

Issue: July 2020

FILL THE GAP

Produced by the Community Association
& Budja Budja Neighbourhood House.

WRAP UP...

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Winter has arrived with some lovely rain and some very cold mornings!!!

This edition is full of interesting articles. The Grampians Wildflower Show committee would like some comment of this years program see page 3.

The book review from Margo on page 2 look like great winter reading. It is always great to catch up with Parks Victoria on the latest in particular what is happening when Parks Victoria temporarily take on management of Brambuk - the National Park & Cultural Centre, in Halls Gap.

Budja Budja Medical Centre is open for business but remember appointments are to be made by telephone only (no walk-ins).

Halls Gap School prospective on the last term and what great things are planed for Term 3 can be found on page 16.

Budja Budja Neighbourhood House is adding to activities. Some of the activities will be run from the Halls Gap Centenary Hall for the next three months. Check out the program on page 11.

Stay warm everyone.

STATS BY CHAS...

May 2020 - Rainfall by Chas;
111.5 mm for May bringing the progressive total for 2020 to 350 mm. This compares to the same period last year of 158.5 mm for May with a progressive total of 225 mm. As of the 27th of May Lake Bellfield is holding 46,980ML or 60% full compared to the same period last year of 52,940ML or 67% full. The total system is holding 165,960ML or 29.62% full compared to the same period last year of 191,610ML or 34.20% full.

...

Mount William received 116.2 mm for May 2020. The highest temperature of 13 C was recorded on the 7th of May and the lowest of - 0.6 C was recorded on the 10th of May. The highest wind speed of 117 km/h was recorded on the 7th of May 2020.

Cheers - Chas



chinnup

season of cockatoos - winter
(June to late July)

Cold, Cockatoos and Early Wildflowers
Morning frosts, bleak mists and
freezing winds make winter (season
of cockatoos or chinnup) the coldest
time of year.

FROM THE GARIWERD
SIX SEASONS CALENDAR

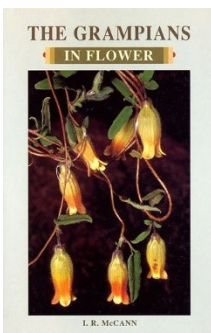




FOGGS (Friends of Grampians Gariwerd) will not be holding any group activities until restrictions ease, but some of us will be doing some individual tasks to support our hard working rangers.

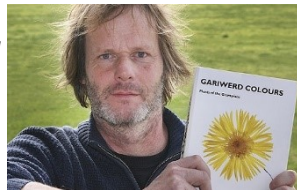
And there'll be a winter newsletter coming out later with plenty of interesting material. You can join FOGGS via our website and help us in our support of our great National Park.

BOOK NEWS



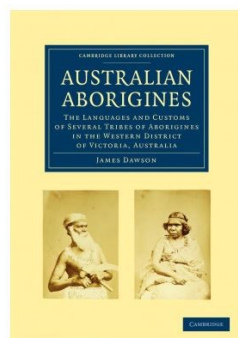
FOGGS have just learnt that the reprint of Ian McCanns book *"The Grampians in Flower"* will be here quite soon. We worked with Dr David Welch (one of our far flung members) to completely revise it. Neil and Wendy Marriott updated the names, we added a tribute to Ian, and the VNPA updated their

page. It is a convenient backpack size, so a good companion to Steffan Schultz's *"Gariwerd Colours"*, which is more a coffee table size. Both available from the newsagency.



Another book David Welch has revised and reprinted is also at the newsagency. James Dawson *"Australian Aborigines, The languages and customs of several tribes of Aborigines in the Western District of Victoria Australia"*. This is a book originally written in 1881 by Dawson who arrived in Australia from Scotland in 1840, moved to farm near Pt Fairy in 1844, and then to Camperdown in 1866. During his life he advocated for better treatment of Aboriginal people and strove to educate white people about Aboriginal culture. David has added many more contemporary drawings to the original. It is a fascinating book on a topic most of us know too little about.

Margo



Yet another month of isolation has passed, and the mornings have been so cold but a bit has been done over the last few weeks. The garden is big enough that several people can work together at the same time quite safely, and I for one have found it very relaxing and therapeutic to work in such a beautiful spot. The plaque on the Sullivan memorial to explain why we want Daniel Sullivan to be remembered is now mounted on the side. Do go and read up on him.

David and Graham installed six new glass fronted noticeboards inside the shade shelter. They look very good and we'll be reprinting the notices to go in them, and adding some extras too. We have two more of the noticeboards and we plan to put them on the shelter near the Venus baths gate and use them to tell visitors about indigenous knowledge and use of plants. Although for quite a few years now we have always had information about which of the six seasons it is and what is happening with plants etc, we are aware that we need to do more. We are adding the name "Gariwerd" to our logo and are applying for a grant to have signs near some of our plants and some art works on the shade shelter building.

We are also asking for help in improving the facilities – an extra shed, solar panels, power and light to the three sheds. We would really appreciate your support letters please for both these projects. Either as individuals or as businesses. Address them to the Community Association of Halls Gap and email them to me at margo@sietsma.com. I need to have them asap. Applications close July 16 and I don't want to be adding things at the last minute!



Work on the dangerous trees has started, but we didn't need to close the garden after all. There's more still to be done so watch out for the team. In the meantime, do visit our garden during your exercise walks and enjoy our plants and the views up to the cliffs above. Beautiful.

And of course, we'd welcome your help with looking after what we already have.

Margo



Hi everyone,

Val, Margo and I have been grappling with (and procrastinating) about what to do about this year's wildflower show. We've come up with some ideas and would dearly love your feedback, and continued involvement.

We are thinking - no "show" this year. Gulp! Instead of a show we are thinking about having a series of flora field trips that will culminate in a weekend of guided walks in the botanic gardens (on the same weekend as the Pomonal Native Flower Show, which is going ahead—at the time of printing). The idea of the field trips is to keep everyone involved and improve the overall flora knowledge in the community. That should lay an excellent foundation for next year's show.

We could still use our picking permit and pick a much smaller amount of flowers and have a couple of vases of them on display in the Halls Gap Visitor Centre (un labelled). We could produce a flyer promoting our field trips and guided walks and have this available locally. The Pomonal Native Flower Show organisers have agreed to promote our activities.

Note that we still have to talk to Parks Victoria about running activities in the national park during the pandemic so nothing is definite as yet.

Below is some info on what the program could look like.

Please send any thoughts, comments, suggestions? To either Monica, Margo or Val



Stop Press: The Pomonal Native Flower Show will go ahead subject to Covid 19 rules. Committee are watching current events closely and will confirm the program in August.

Secretary

Australian Plants Society - Grampians Group

FLORA FIELD TRIPS IN THE GRAMPIANS

Proposed Program—Up for discussion

Come and join some enthusiastic local volunteers and learn about the flowering plants of the Grampians region. 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. Note that 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 rules, we will split into smaller groups.

Wednesday 5th August - Botanic Garden Field Trip. Meet in the shelter at the 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 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 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 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 botanic gardens at 1400.

Saturday 3rd & Sunday 4th October - Guided walks in the Botanic Gardens. 1000, 1200, 1400 & 1600 each day. Meet in the Halls Gap Visitor Centre. Attendance is by donation (suggested at \$5pp).

BEAR ADVENTURES

Well ! Winter has arrived and as you know it is time for all good Bears to hibernate. I have booked a five star cave with en-suite in the Victoria Range.

It has a balcony overlooking the Victoria Valley with spectacular views of the Moora Moora Reservoir. Down stairs is a superb five star restaurant as well as an in-cave heated swimming pool, spa & gym.

I hope I have brought a smile to your faces over these trying coronavirus weeks. I would like to thank all the businesses in Halls Gap for their innovative ways of keeping the locals well looked after.

Those businesses that had to close during this period I wish you well for a not to difficult resumption to "normal" trading. It won't be easy for Halls Gap like everywhere else to rebuild to full strength but I'm sure Halls Gap will bounce back with a wonderful future ahead.

Cherio & best wishes to you all - Bear.



2020 AGM LANDCARE REPORT – COMMUNITY ASSOCIATION OF HALLS GAP

LandMate crews have carried out extensive Kunzea ericoides removal from behind Hill Street to Silversprings Road. Kunzea treatment will be the Project Platypus priority in Halls Gap with the aim of containing, possibly eradicating the infestation within the township.

Future works will be focussed on High Road and Scott Road. There are infestations in patches extending through to Pinnacle Road.

Project Platypus in applying for LandCare and other funding, but no word you on the results. Fortunately we will have access to the LandMate crews over the next year.

With the rate of removal work carried out. We are optimistic that the spread can be contained and managed, but it may take a few years.

Graham Parkes

Help

STOP SCATTERED RUBBISH





Collect and use your free bin straps

Halls Gap Newsagency

Halls Gap Post Office

Halls Gap Visitor Information Centre

For further information call 03 5358 8700

HALLS GAP CFA



We are excited to have recruited eight new volunteers this year.

With COVID restrictions preventing face to face training we are commencing with some on-line learning modules to get them prepared for fire response as soon as possible. Regular training is also scheduled this month with small groups participating outdoors with social distancing and enhanced sanitation. As an essential service, CFA continues to respond when paged to emergencies.

Fire Equipment Maintenance (FEM) is also an essential service, but with reduced visitor activity and restricted business operations some recent inspections have been postponed. As restrictions are eased and activity is increasing, our volunteers are now busy returning to the scheduled routine. We are fortunate to have the opportunity to provide this service to businesses and agencies in the community as it is also a source of funds for the brigade. We appreciate owners and operators utilising the FEM service which is administered by the CFA and carried out locally by trained and qualified volunteers.

Throughout the cooler months, the Brigade is promoting its priority to maintain access and egress along the Grampians Road corridor in the event of fire. We are hoping this will be addressed through a cooperative approach between Northern Grampians Shire, Vic Roads, ParksVic, DELWP and landholders. Slashing, clearing and burning is encouraged when it is safe. 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 our Fire Equipment Maintenance service, call Peter on 0437 524 716.



Calling local Aboriginal and Torres Strait Islander artists!

The Horsham Magistrates Court are seeking Expressions of Interest for local Aboriginal and Torres Strait Islander artwork to be displayed in the Magistrates Court.

Expressions of Interest Due:
31-07-2020

If you are interested or would like to submit an Expression of Interest, please contact Jo Clarke on 03 5382 0977 or joanne.clarke@bglc.org.au.

What did the
traffic light
say to the car?

Don't look!
I'm about to change.

PARKS VICTORIA UPDATE

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



Healthy Parks
Healthy People®

Grampians National Park Update – Brambuk the National Park and Cultural Centre

As communicated earlier this year, from 1 July 2020 Parks Victoria will temporarily take on management of Brambuk - the National Park & Cultural Centre, in Halls Gap.



The management change will follow expiry of the current operator's permit and will allow time for Traditional Owner corporations and Parks Victoria to explore future options to reinvigorate this important cultural and visitor site.

Although Parks Victoria will formally take on management from 1 July, some services won't be immediately available.

Brambuk's park information building and cultural centre are currently not open. From 1 July they will remain closed to the public while Parks Victoria undertakes due diligence in assessing Brambuk's infrastructure and facilities, and conducts essential works. This process may take between 4–8 weeks, depending on the outcome of assessments.

In the future, Parks Victoria will also be refreshing visitor services, including cultural programs and the café service, with our Traditional Owner partners Eastern Maar Aboriginal Corporation, Barengi Gadjin Land Council and Gunditj Mirring Traditional Owners Aboriginal Corporation.

From 1 July, Parks Victoria will be delivering essential park information and support services for visitors and licenced tour operators by phone, email and online, including campground bookings, school group activity statements and trip intention processes. Visitors seeking park information in person are asked to visit the Halls Gap Visitor Information Centre during this period.

Contact details for these services during July are:

Phone: 13 1963

Email: info@parks.vic.gov.au,

Online campground bookings: www.parkstay.vic.gov.au

We understand the importance of Brambuk as a place for celebrating and learning about the Aboriginal cultural heritage of Gariwerd. Over the coming weeks and months, we will continue to work with Traditional Owner corporations to position Brambuk as a place that delivers long-term benefits to the community, local businesses, Traditional Owners and the national park.

As we get closer to fully opening the precinct again, Parks Victoria will update you on our progress.

Grampians National Park Newsletter

Chinnup: June to Late July 2020



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

This is the Chinnup newsletter – the season of cockatoos. For more information on the Gariwerd six seasons visit brambuk.com.au/gariwerdsixseasons.htm and www.bom.gov.au/iwk/calendars/gariwerd.shtml

Chinnup: Cockatoo Season

Chinnup is the coldest time of the year with morning frosts, bleak mists and freezing winds.

In the woodland areas fungi comes alive. Coral fungus on mossy grounds and boletus fungi in wet litter. Winter orchids such as tall and nodding greenhoods, early nancy chocolate lilies begin flowering.

Possums have young in the pouch, sugar gliders give birth and echidnas are searching for mates. Yellow-tailed black cockatoos are on the move seeking new feeding grounds, large flocks of pink eared ducks are seen on lakes, brown thornbill and scrub wrens are nesting and magpies and lapwings are dive bombing (watch your head!).

News and updates

The park reopens

All areas of the park have reopened to the public. Parks Victoria would like to thank everyone for respecting public health measures such as physical distancing.

For the latest information on park access as it relates to coronavirus (COVID-19), please visit: <https://www.parks.vic.gov.au/get-into-nature/safety-in-nature/covid-19-update>

For the latest health advice please visit the Department of Health and Human Services website: www.coronavirus.vic.gov.au

Pest animal control

During May, an aerial control program targeting deer and feral goats was undertaken in the Grampians National Park and Black Range State Park.

This important program supported the protection of sensitive cultural heritage rock art sites and environmental values.

The operation was 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.

Visitor site refresh

While the park was closed, the park operations team have been busy replacing bollards, concreting new fireplaces in ground and removing hazardous trees at Borough Huts, Jimmy Creek and Wannon Crossing Campgrounds.



Planned burning and fire prevention works

Several planned burns were undertaken over recent months using hand and aerial ignition methods, including the Mt William Range, Serra Range and Mt Difficult Range adjacent to Mt Victory Road. Positive results were achieved and objectives were met for fuel reduction and ecological values management.

In addition, roadside mulching and slashing works to strengthen fire lines and breaks have been undertaken. These include Grampians Tourist Road along the northern entrance to Halls Gap, Pomonal Fireline and Smiths Road in the Northern Grampians.



Illegal waste disposal

Unfortunately, Parks Victoria has continued to see illegal dumping of rubbish in parks and reserves across the state.

This creates not only an unsightly mess, but can lead to waste entering waterways, the spread of weeds and pests, and the destruction of native vegetation and wildlife habitat.

Dumping waste in parks and reserves is illegal and may result large fines being issued.

Please report illegal rubbish dumping to the Environment Protection Authority on 1300 372 842 or by visiting <https://www.epa.vic.gov.au/report-pollution/illegal-waste-disposal>



Welcome Mike Wadge

The Grampians team would like to welcome Mike Wadge (Wadgey) to the team. Mike has worked for Parks Victoria for several years as a Project Fire Fighter and now joins the park operations team in a full-time capacity. Mike brings a wealth of practical skills and experience to the role that will be valuable in maintaining the parks infrastructure and visitor areas into the future.



Stapylton loop walking track works

Works were recently undertaken to realign a short section of the Stapylton Loop Walking Track at Stapylton Campground. This work improves walking track flow and safety when crossing Millar Road and improves track definition with new gravel. Staff carrying out this work followed the public health guidelines for hygiene and physical distancing.



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 workshop presentations, read the discussion papers and register for updates.

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.

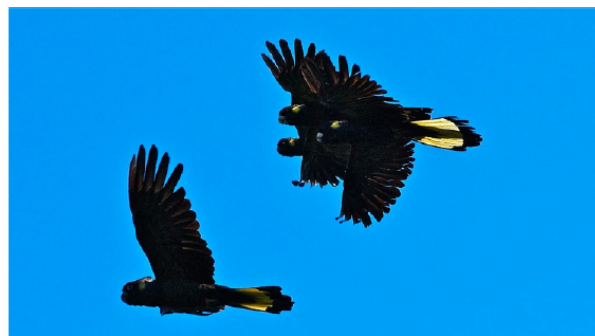
For more detailed information on the Grampians Peaks Trail please visit parks.vic.gov.au/projects/grampians-peaks-trail



Seasonal Fauna Species

Yellow-tailed Black Cockatoo (*Calyptorhynchus funereus*)

Identified by their black bodies with yellow patches on the ear, tail and edges of feathers. Yellow-tailed Black Cockatoos are often seen in small groups in wet forests and woodlands. They feed on seeds and grubs that live in logs and trees. They have a harsh, high pitched screeching call that resonates through the landscape.



Seasonal Flora Species

Fungi

Have you been for a walk lately and noticed the abundance of Fungi growing?

It is estimated there is over 250,000 species of fungi in Australia. However, very little is known about Australian Fungi with only 10% of Fungi named. The study of fungi is called Mycology and is a branch of biology that has plenty of room for growth.

The Australian National Botanic Gardens has a fantastic webpage if you would like to learn more about fungi: <https://www.anbg.gov.au/fungi/index.html>



Upcoming Events and Activities

Guided Activities

No guided activities are planned for the winter period.

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

The Junior Ranger stand at Brambuk the National Park and Cultural Centre has a range of family activities – grab a sheet and learn about the park.

Volunteering

Volunteering with Parks Victoria is a great way to contribute to conserving Victoria's special places and help others do the same.

Each year Volunteer Campground Hosts, Track Rangers, TrailRider Volunteers and community groups help make the Grampians National Park a better place.

To find out how you can be involved visit

parks.vic.gov.au/get-into-nature/volunteering

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 broken sign in a park or reserve you have visited?

Report it to Parks Victoria via the Snap Send Solve phone app. Visit <https://www.snapsendsolve.com/> for more information.

Further Information

To stay up to date with the latest park information:



Call 13 1963



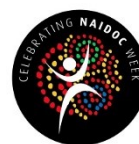
Visit Brambuk the National Park and Cultural Centre, 2.5km south of Halls Gap. Ph: 03 8427 2258.



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.



Well it is already July. Budja Budja Neighbourhood House (BBNH) has opened slowly taking into account restrictions due to Covid 19. We would have celebrated NADOC Week from 5th July however that is on hold until November 2020 due to covid-19.



**Always Was,
Always Will Be.**
8-15 NOV 2020

On Saturday 13th June BBNH facilitated a World Wide Knit in Public Day at the Halls Gap Visitor Centre. We had a wonderful time. Alison live facebooked the event so check out our facebook page and with any luck our website also.

We are not running a traditional School Holiday program. The first week Neil took Alison and Wilari on a bird walk in Halls Gap. Our adventures are on facebook and our website. As it was raining on Friday Wilari and Alison made Paper Plate Twirlers. As you can see from the pictures we had a lot of fun. If anyone decides this is a good idea Alison and Lee-Anne would love to see pictures of your creations. Send your picture to neighbourhood.house@budjabudjacoop.org.au and we will put them up on our website.

Second Week of the School Holidays Alison will be cooking up a storm with Lucy and we are going to make some really fun pom pom animals.

Paper Plate Twirlers

MATERIALS

Paper plate
Crayons, pencils, paint
Glue
Scissors
String/yarn



INSTRUCTIONS

Step 1: Draw your spiral onto the paper plate

Step 2: Now decorate your spiral with crayon, pencils, paint etc

Step 3: If you want more decorations you could cut out shapes card such as stars, fish leaves etc and then glue them onto your spiral (OPTIONAL)

Step 4: Cut along the spiral line.

Step 5: Punch a hole in the centre and tie a string there for hanging. ...

Step 6: Hang your paper plate twirlers!

After the school holidays we will be resuming more of our programs.

Tuesday - Sewing 10am - 12am Recommence 14th July - Art Room at BBNH

Tuesday - Move It Move It - Gentle Exercise with Jo Brown - 1.30pm - 2pm Recommence 14th July - Halls Gap Centenary Hall

Thursday - Tai Chi 10 - 11am - Halls Gap Centenary Hall from 2nd July until the spring.

Thursday - Yarn Group - 1-3pm— Art Room at BBNH from 2nd July

Friday - Move It Move It Finska—Halls Gap Centenary Hall from 11th July until the spring

Alison and Lee-Anne are also working on getting Move It Move It— Gentle Yoga, Tai Chi for Beginners and Gentle Walking group, Indoor Bowls for the winter, another knit/crochet in public day, pine needle weaving and maybe even some dance classes..... If you have any great ideas ring us on 5356 4751 option 3.

Stay safe and connected.... Alison & Lee-Anne



20-22 Grampians Road, Halls Gap 3381

PH: 03 53564751

www.budjabudjacoop.org.au

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

Important Patient information


Budja Budja has implemented physical distancing requirements which reduces the number of people who are able to attend our clinic at any one time to ensure the protection of our customers and staff

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

All patients will be asked to sanitise their hands, have your temperature tested, be screened for COVID-19 and may be given a mask upon arrival.

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.

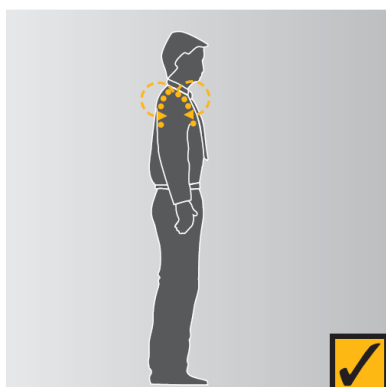
Please Contact us on **5356 4751** to discuss your appointment options

reminder:
 **take care
of yourself!**

During this time of working from home it is important to look after yourself if you are spending more time on your computer.

Here are some exercises from Worksafe Victoria that you might find helpful.

EXERCISES FOR OFFICE WORKERS



B.4 Shoulder rolls

Shoulders

Shoulder rolls

Circle shoulders forward several times, then backwards. Repeat 3 to 5 times. See Figure B.4.

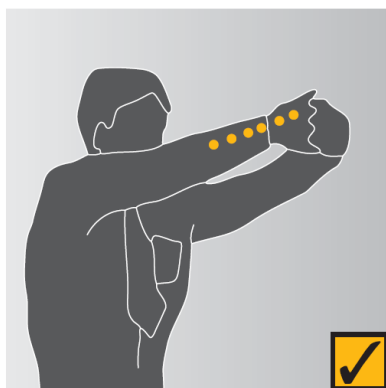
Check shoulder posture

- Relax your shoulders and rest your hands on your lap. Bend your elbows to no more than 90 degrees and check the height of your finger tips against your current work height. If the work (keyboard or desk) is higher than your hands you may be hunching your shoulders unnecessarily. If so, try and raise your chair height or lower your desk height and try and relax your shoulders while working.

Wrists, hands and arms

Wrist and elbow stretch

Interlace fingers, palms outward, and straighten arms in front. Hold for 10 seconds and repeat several times. See Figure B.5.



B.5 Wrist and elbow stretch

Wrist stretch

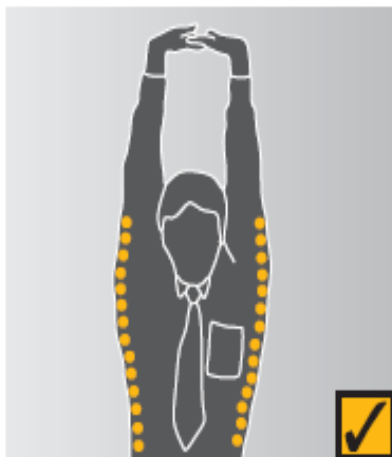
Straighten your arm in front and bend your wrist forward, gently assist the stretch with your other hand. Hold for 10 seconds then stretch your wrist back and hold for 10 seconds. Repeat with other arm. See Figure B.6.

Check hand and wrist posture

- While keying, keep your wrist straight while your fingers are suspended over the keyboard.
- Keep elbows at keyboard level. This may mean adjusting the desk or chair height.
- Don't rest your wrists on the desk or keyboard while keying. Keep hands suspended.
- Rest on the desk between periods of keying.



B.6 Wrist stretch



B.7 Upper and lower back stretch

Upper and lower back

Upper and lower back stretch

Interlace fingers and turn palms upwards above head; straighten arms then slowly lean slightly from side to side. Repeat movement several times. See Figure B.7.

Back arching

Stand up. Support your lower back with hands and gently arch back and hold for 5 to 10 seconds. Repeat as often as is needed. See Figure B.8.

Pectoral stretch

Raise both arms to shoulder height and bend elbows. Pull both elbows back slowly to bring shoulder blades towards each other.

Repeat several times. See Figure B.9.

Check back support

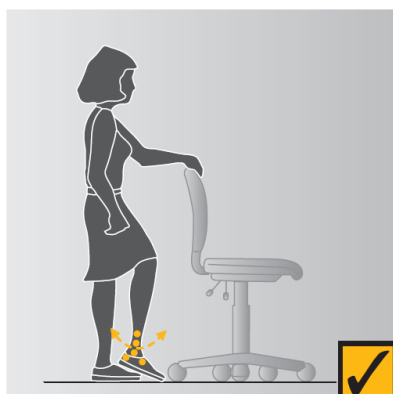
- Sit well back in your chair – if your feet need support, use a footrest.
- Adjust the backrest on your chair to support your lower back.



B.8 Back arching



B.9 Pectoral stretch



B.10 Foot pump

Legs

Foot pump

Stand up, holding the chair for balance if necessary, and alternately raise heels and toes. Repeat 10 times. See Figure B.10.

Check leg comfort

- If the seat of your chair is digging into the backs of your thighs check that it is not too high or whether it is tilted backwards.
- If the seat is too high, lower the chair and desk or use a foot rest to support your feet.
- Also check the tilt of the seat and, if necessary, adjust it to a horizontal position.

Eyes

Eye exercise

Eyes

Eye exercise

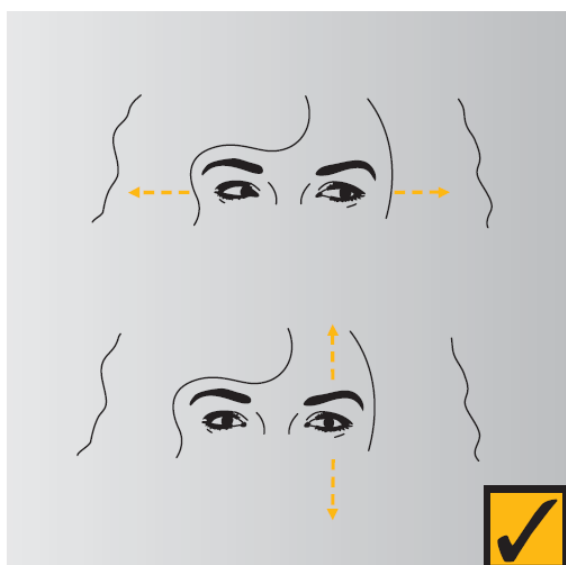
Sit up straight, face forward and repeat this sequence several times without moving your head. Look up, then down. Look left, then right. See Figure B.11.

Visual rest

Look up and away from the screen. Focus on a distant object (more than 3 metres away). For example, look out of the window or at a picture on a far wall. Shift vision back to screen and refocus. See Figure B.12.

Check eye comfort

- Is there enough light falling on your documents?
- Do windows or light fittings cause glare or reflection on the screen? If so, try turning the screen or blocking the path of the light.
- Use a screen with a light background when working with text. Software with a light background for text is more comfortable for the eyes.



B.11 Eye exercise



B.12 Visual rest



FROM THE CLASSROOMS OF HALLS GAP PRIMARY SCHOOL

FINALLY! We have everybody back at school now. Our Grades 3-6 students made their grand entrance a few weeks before the term

finished. Everyone was so happy to see them and I think it's fair to say they were happy to see us. Our playground is again bustling and our classrooms are busy. School as it should be! Well almost. Only school staff and contract workers are allowed on site at the moment but, hopefully, that won't last for too long. All

of the families did an amazing job of supporting our students in their home learning. It wasn't an easy task but everyone did their best and that is all we could ask.



Whilst in remote learning our temporary school residents, the ant colony, did the rounds staying with three families. Thank you to the Tepper, Clark and Schoo families for ensuring they were well cared for. They are very interesting to watch and our Grade 5/6 class will work with them and Denis Crawford from WAMA to participate in the Virtual Biggest Science Experiment later in term 3.

Our JSC's Virtual Biggest Morning Tea went extremely well. It was so nice to have some of our parents join us via video. It was definitely an unusual way to socialise but the chanting for the family pets gave us some added entertainment. Nearly \$400 was raised for the Cancer Council. Thank you to all of the generous people who donated.



The last term has definitely been an experience of learning that we will all remember here at Halls Gap Primary School. Next term we have planned something a little special for our students to really get their teeth in to. A special project that we think they will love. Watch this space and the school's Facebook page to keep up to date. We are also hoping to have our grade 5/6 camp, be able to virtually participate in State Schools Spectacular and also get back out into the beautiful park and community garden to continue our environmental programs. Lots to look forward to!



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>

Market Dates for 2020 are:

Melbourne Cup Weekend – 1st November

Market Dates for 2021 are:

Labour Day - 7th March

Easter Sunday - 4th April

Queens Birthday Weekend - 6th June



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 markets will not recommence until it is safe to do so. It is envisaged no markets for July and 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.



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



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



Did you know there are two Facebook pages to
like to keep up to date with what is happening
in Halls Gap. Like our **Halls Gap Community
Association** Facebook Page and/or **Halls Gap
Community Watch and Events** Facebook
Pages.

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



Stay straight and brake

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

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

In an emergency call 000



VICTORIA POLICE

WHY SHOULD YOU NEVER BELIEVE A CLOCK?



IT'S USUALLY SECOND-HAND INFORMATION.

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 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