

Issue: January 2022

FILL THE GAP

Produced by the Community Association
& Budja Budja Neighbourhood House.

Articles for February FTG need to be received by the 25th January 2022. See page 15 for details

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FROM THE GARIWERD SIX SEASONS CALENDAR



ballambar

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

Warmth, Butterflies and Wetland Plants

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

WRAP UP...

This is our summer edition of Fill The Gap.

There is loads of fun things happening in January. Check out our special feature pages 4-7.

Neil has provided a wonderful wildlife article on Australian peacock spiders page 2. We have included an article on snakes, what to do and what not to do. We hope it is informative and useful, page 9.

Halls Gap CFA have provided some vital information for this time of year and some great resources on page 8.

Covid is still with us check out pages 12-13 for help during this time.

Remember Halls Gap Pool open from 7am during the season. Great place to meet up with friends.



Finally Lee-Anne, Abbie and Alison would like to wish you a safe and fun New Year. Looking forward to catching up with everyone in 2022.

STATS BY CHAS...

9 mm for December bringing the progressive total for 2021 to 1096.5 mm.

This compares to the same period last year of 36.5 mm for December with a progressive total of 989 mm for 2020.

As of the 22nd of December 2021 Lake Bellfield is holding 59,150ML or

75% full compared to the same period last year of 52,860ML or 67% full.

The total system is holding 227,770ML or 40.65% full. This compares to the same period last year of 209,800ML or 37.44% full.

Mount William received 10.4 mm for December 2021. The highest temperature of 26.6 C was recorded on the 1st of December 2021 and the lowest of 0.6 C was recorded on the 5th of December 2021. The highest wind speed of 89 km/h was recorded on the 18th December 2021.

2022

HAPPY NEW YEAR

WILDLIFE - NEIL MACUMBER

Australian Peacock Spiders

Australian Peacock spiders are the most attractive of the world's 5000+ Jumping Spiders. They are listed under the Genus name of *Maratus*.

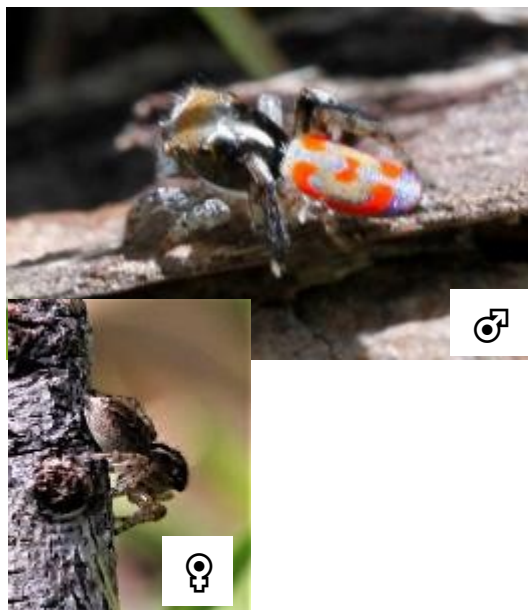
Size: Australian Peacock Spiders are Jumping Spiders and range in size from 2mm to 6mm and can jump up to 40 times their body length. This is the equivalent of a 2Mtr. tall human jumping 80Mtrs from a standing position. They are basically the size of a grain of rice and are completely harmless to us humans – not so to the insects they feed on.

Diet: They do not spin a web and are continuously on the move to hunt their prey. They hunt small insects like moths, grasshoppers and winged ants etc. Females will also eat males if they are not impressed by the males dance. They have extraordinary vision and the ability to jump long distances to capture their prey which they then give a fatal bite to.

Distribution: Peacock spiders are mainly found in Australia and are also supposed to occur in some parts of China and Madagascar. They are widespread across the Southern half of Australia and live in a diverse range of habitats, from sand dunes on the temperate coasts to grasslands in the semi-arid regions. They have suffered from global warming, habitat destruction and land clearing. Peacock spiders are most active during the breeding season. They are usually found in the Austral Spring (breeding season). Males mature as early as August and persist in good numbers until December. Mature females are found later and survive for a longer period than the males.

Other Facts: - There are currently 92 known species of Peacock Spiders in Australia but that number is likely to increase as more people get out there looking for them. Western Australia is their stronghold and being small they are easily overlooked.. Seven new species were discovered in 2020 alone. Joseph Schubert from Museums Victoria has discovered many new species. A spider person from the Museum (probably Joseph) went out searching with David Handscombe (when he was a Grampians NP ranger) and seven species were found including some new to science. Have a look on line and check out these spectacular critters and marvel at their incredible mating ritual 'Dances'.


***Maratus pavonis* – Fyans Ck. via– Halls Gap**



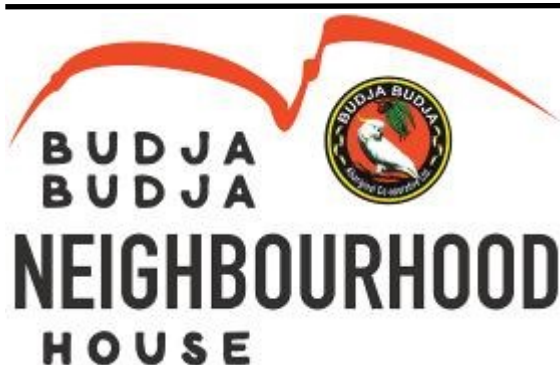
***Maratus* sp. – Green Head – North of Perth WA**





	January 2022	February 2022
CLOSED 27th December 2021 to 3rd January 2022	<u>Dr Ruth Sutherland</u> Tuesday 4 th - Friday 7 th Monday 10 th - Friday 14 th <u>Dr Rachel Bassett</u> Wednesday 5 th - Friday 7 th <u>Dr Prashanti Godakumburra</u> Monday 17 th - Friday 21 st Monday 24 th - Friday 28 th CLOSED WEDNESDAY 26TH AUSTRALIA DAY	<u>Dr Prashanti Godakumburra</u> Monday 31 st January – Friday February 4 th <u>Dr Luhong Min</u> Monday 7 th – Friday 11 th Monday 14 th – Friday 18 th Monday 21 st – Friday 25 th 

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 of respiratory infection symptoms even if mild. Call for reception 53564751 for a Telehealth appointment.



Mediation will resume on Monday 17th January from 7am in the Community Gathering space at 20-22 Grampians road, Halls Gap.

We look forward to 2022 with all your favourites and lots of new activities. We will be advertising these new workshops and events when we return in January 2022.

Budja Budja Neighbourhood House will have a new home in 2022. So watch this space for our opening week. We hope the Halls Gap and surrounds will come and check out our beautiful new space. We expect to be in our new home some time in February 2022.

Check out our Summer School Holiday Program on page 6. Remember bookings are essential.

We hope everyone will enjoy there summer break and we look forward to catching up with everyone from **18th January 2022.**

Lee-Anne & Alison

Lots to do during Summer School Holidays in January 2022



2022 School Summer Holiday Program!



Stawell Library

Fresh Start!

Shake off the past and welcome in a fresh new year!

- Storytime at Cato Park
- Morning stretches with Kevan
- Make a wishing jar



Thursday 6 January 10.30am
Friday 7 January 10.30am

Suitable for kids of all ages

N.B. Bring your own morning tea/lunch picnic



Storytime

Thursday 13 January
10.30am

Friday 14 January
10.30am



Storytime

Thursday 20 January
10.30am

Friday 21 January
10.30am



Bookings are required
Please call 03 5358 1274



capes4kidsaustralia.com.au/



Join the mission!

- Make your own paper cape.
- Get clues and go on a scavenger hunt.
- Spot some superhero pics.
- Drop back your answers to receive some goodies!

Help raise funds for the real heroes: the brave little ones who receive Capes 4 Kids!

Register at:

- Stawell Library
- Stawell Sports and Aquatic Centre
- Stawell Neighbourhood House

Registration Cost: \$5.

All money raised will go to Capes 4 Kids

Once you register, you can complete the course at any time between

Tuesday 11 January to Tuesday 18 January 2022

Call the Stawell Library on 03 5358 1274 for more information.

Be your own hero!



BRAMBUK: THE NATIONAL PARK AND CULTURAL CENTRE

Visit Brambuk this Summer to experience the cultures of Gariwerd's First Peoples

Enrich your visit to Gariwerd by coming along to Brambuk to hear stories, songs and to experience the cultures of Gariwerd's First Peoples.

Each Saturday in the series, you can attend a live music performance and / or a cultural workshop.

Just pick the time (and date) that suits you – and get yourself to Halls Gap this Summer for a Gariwerd experience you'll never forget!

The January 2022 program is currently available. Bookings are essential as tickets are limited and cost is FREE.

Workshop with the Murrundaya Yepengna Dancers

11am-12pm OR 2pm-3pm : Join the Murrundaya Yepengna dancers for an interactive workshop of dancing and singing. *Children and adults of all ages are very welcome.*

Maximum number of bookings per family / group for each workshop is 6 people.

Live Music Performance by Andy Alberts and The Walkabouts

1pm-2pm OR 3pm-4pm: Come along to Andy Alberts and The Walkabouts to hear their unique blend of country and country rock.

Maximum number of bookings per family / group for each performance is 6 people.

PLEASE CONTACT BRAMBUK INFORMATION DESK FOR INQUIRIES

EMAIL: brambuk@parks.vic.gov.au

Brambuk: The National Park and Cultural Centre is managed by Parks Victoria in association with Barengi Gadjin Land Council, Eastern Maar Aboriginal Corporation and Gunditj Mirring Traditional Owners Aboriginal Corporation.



Budja Budja Neighbourhood House Summer School Holiday Program 2022

Numbers limited so
bookings essential

Wednesday 19th January

10am-12noon

Plaster Animals



Friday 21st January

10am-12noon

Sand Art

Tuesday 25th January

10am-12noon

Scratch Art



Friday 28th January

10am-12noon

Tie Dying

20-22 Grompians Rd, HALLS GAP VIC 3381
p: 03 53564751, option 3
m: 0491 090 496
e: neighbourhood.house@budjabudjacoop.org.au
w: https://budjabudjaneighbourhoodhouse.org.au/

Gold Coin Donation
Activities suitable for 5-13 years



Budja Budja Neighbourhood House will be closed from 24 December 2021 to 17 January 2022 - To book during that time please email neighbourhood.house@budjabudjacoop.org.au



About Junior Rangers: <https://juniorrangers.com.au/>

The Junior Ranger program encourages kids to explore Victoria's amazing parks with a real park ranger. Junior Rangers can take part in cool activities like rock pool rambles, historic tours and spotlight night walks. They also have the ability to get out and about anytime they like with a range of cool Junior Ranger activities that they can download right here from the website and complete with their family and friends anytime they like.

The Junior Rangers program is proudly supported by our Principal Partner, Macpac, encouraging the next generation of nature lovers.



Bush Detective

Jan 4, 2022 - Jan 21, 2022
Grampians National Park

Tune your senses to become a Bush Detective and learn the secrets of the Grampians (Gariwerd) National Park.



Bike Scavenger Hunt

Jan 6, 2022
Grampians National Park

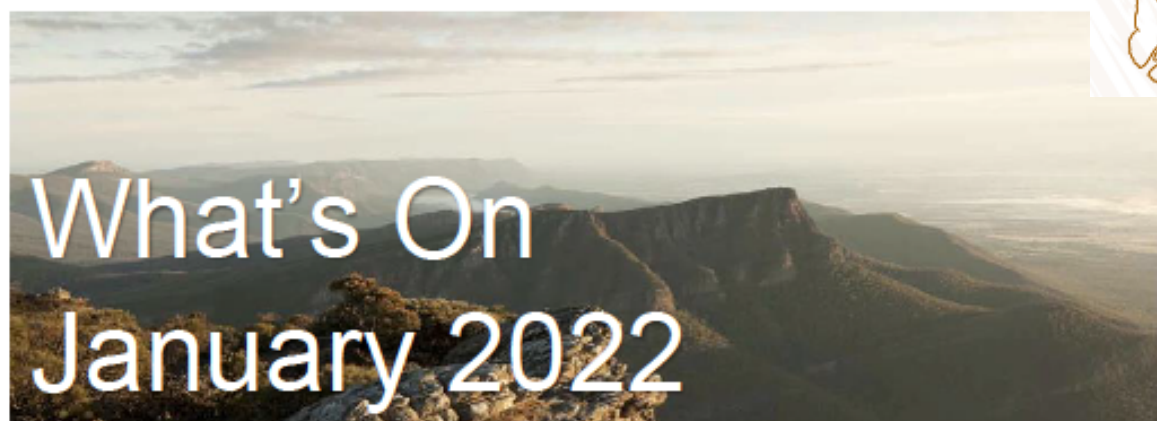
Jump on your bike and uncover clues and facts about the Grampians (Gariwerd) National Park with a Ranger!



Flora Explorer

Jan 19, 2022
Grampians National Park

Learn about the fascinating lives of plants and the amazing diversity found in the Grampians (Gariwerd)!



Grampians (Gariwerd) National Park

Parks Victoria are offering free activities for all ages these school holidays.



Junior Ranger activities are for children aged 6-12 years old – for more details and to book, go to www.juniorrangers.com.au. Children must be accompanied by a parent/guardian. Bookings essential.

For all other guided ranger activities, please contact Brambuk, the National Park and Cultural Centre on (03) 8427 2058 for more details and to book. Bookings essential.

When & Where	Details	Age
Tuesday 4 January 11am-12pm Brambuk	Bush Detective Become a bush detective and learn about the different tracks and traces animals leave behind!	
Thursday 6 January 10am-11am Location TBC*	Bicycle Scavenger Hunt Learn about the Grampians (Gariwerd) National Park on a bicycle! (Bring your own bike!)	
Thursday 6 January 2pm-3pm Brambuk	Storytime in nature Come along for a nature-themed story read out loud in the great outdoors.	
Saturday 8 January 9am-10am Location TBC*	Mindfulness Walk Practise mindfulness and tuning into your senses on a guided mindfulness walk in nature.	12+
Sunday 9 January 10am-11am Location TBC*	Guided Ranger Walk Learn about Grampians (Gariwerd) National Park on a guided ranger walk.	12+
Tuesday 11 January 9am-10am Brambuk	Bird Brain Learn about the diversity of birds in the Grampians (Gariwerd).	
Thursday 13 January 11am-12pm Brambuk	Bush Detective Become a bush detective and learn about the different tracks and traces animals leave behind!	



HALLS GAP CFA

December has seen our volunteers responding to several incidents including support for the Stawell brigade at a truck fire on the Western Highway and helping Pomonal brigade find a fire reported from a fire tower. We have also run a couple of regular training sessions and special training opportunities to get all our firefighters through the annual entrapment drill. Training will continue on the first and third Wednesday of each month, including January in 2022, as we re-group after many missed training opportunities due to COVID restrictions.

With many visitors in the Grampians and surrounding areas it is important that we share information about the current summer restrictions. Locals and travellers should use two websites to clarify the rules and expectations on private and public land during the fire danger period, and particularly on days of Total Fire Ban. See:

<https://www.cfa.vic.gov.au/warnings-restrictions/total-fire-bans-and-ratings/can-i-or-cant-i> and/or [Fire restrictions and regulations \(ffm.vic.gov.au\)](https://www.fire.vic.gov.au/fire-restrictions-and-regulations)

Brigade and community members have been involved in on-line forums to discuss emergency preparation and resilience. Researchers from the University of Melbourne interviewed groups of interested landholders and residents for feedback about fire readiness and response. The research is to inform the Northern Grampians Shire Resilience initiative and the report will be shared with participants who requested a copy. CFA members state wide have also participated in forums to discuss and evaluate the culture of the CFA with a view to improving co-operation and engagement within the organisation and with its stakeholders and communities.

To remain informed about the Halls Gap CFA, our training activities and fire news and warnings, follow us on Facebook at [Halls Gap CFA Brigade - Home | Facebook](#)

All the best for the New Year, and stay safe this summer. If in doubt about lighting a fire, don't! And if you're looking for an exciting new challenge for 2022, consider volunteering with the fire brigade. As well as fire fighters, we welcome volunteers for maintenance, communications and logistics. Please call Peter if interested - 0437 524 716.



A big thank you to everyone who has contributed in 2021. Weeding, mowing, pruning, donating. So much contributed. We look forward to seeing you all again in 2022. Our first working bee is scheduled for January 14. We may be adding a weekend working bee sometimes, so that you weekday workers can join us.



January should see our new watering system installed and then in a couple of months we will have new signage about indigenous use of local plants.

Margo



SNAKE SAFETY:



What to do when you see a snake

Your safety. When you see a snake, never approach it or try to scare it off. This can provoke the snake to try and defend itself.

Call a professional. If you decide that the snake should be removed call a professional. If this is the option you have chosen then the following steps can be critical to ensuring the snake is found when the catcher arrives.

Have someone watch the snake from a safe distance 100% of the time. This is crucial. Snakes are very fast and can disappear in a matter of seconds, even in short grass, their colouring can also make them blend in to sticks and rocks etc. If the snake disappears, relocating it can be a very difficult and sometimes an unlikely accomplishment.

Keep your distance. The person watching the snake needs to keep a safe distance so that they don't unintentionally make the snake feel threatened. If the snake does decide to move on to another spot you can follow the snake to keep it in your sights, but from a distance. Sometimes it helps to have more than one person watching the snake (or the area that the snake was spotted, for example if it went into a bush, having people watch the bush from different sides can increase the chances of the snake being spotted if it leaves).

Keep vulnerable family members away. Make sure that any young children, Dogs, cats etc. are kept away. Children can be curious, Dogs and Cats can be defensive. Keep them in the house, (or a separate room if the snake is in the house).

If the snake is in your home. If the snake is in your home, Let us use the bathroom as an example. Follow the same steps as before. Have someone watch the snake whilst keeping their distance. Call a professional and keep vulnerable family members away. Try to prevent the snake from moving to another room by rolling up some towels and putting them under the doors, close cupboards, toilet lids and anywhere else where the snake may want to try to escape or hide. If you are not comfortable being in the room with the snake, there is no need to put yourself in that position. Close the door and put a rolled up towel under it. You can maybe watch it through the window outside. If this is what you are comfortable doing I would try to find someone to watch the snake from the rooms window and also at the door. If the snake makes its way to the door and gets into the rest of the house, by the time you get back inside to monitor it, it could be anywhere.

When to call a snake catcher

You can call a snake catcher at any time for general advice, we are always happy to talk about snakes. Anytime you see a snake is also a good time to call a snake catcher. Not every snake needs to be removed from a property. There are a lot of factors that are used to determine if the snake should be removed.

If there are young children and or pets such as dogs and cats. This is the most common reason, most people decide to have the snake removed. For Families with children and pets, if they see a snake in their yard they want the peace of mind knowing that it has been relocated to a place where it won't come into contact with the household again.

If the Snake is in the house. A common reason to call a snake catcher is if the snake has made its way into your home. Commonly found in kitchens and bathrooms (making their way in through the plumbing). This situation will require a professional to make sure that the snake has been safely removed from the home.

If the snake is in the yard. This situation doesn't always require the snake to be removed. The decision comes down to the people living at the property. If they feel threatened by the snakes' presence, if they are worried for other family members' safety, also the exact location of the snake. If the snake is in a common area for foot traffic, (in the chicken coop, by the clothes line etc), or in a less used area of the property, (down in the paddock, by the wood shed in summer etc).

If the snake is in the workplace. A common place to spot a snake during work hours is on construction/ building sites, down manholes, if you work as a gardener, or any general outdoor work. The decision for the removal of a snake from a job site should be made by the Manager or Property owner. As soon as the snake is spotted notify the appropriate person in the company to decide on the action they want to take.

What to do if you are bitten by a snake

This will be a very basic what to do and what not to do if bitten by a snake.

DO NOT MOVE: Snake venom flows via the Lymphatic system not the blood stream. If you are bitten the most important thing to do is to NOT MOVE. Every time you walk or move your arm you will push the venom further through your system. The best thing you can do is to sit down and get help to come to you.

FIND HELP: These days most people have a mobile phone. Call 000 and they will talk you through the rest. Even if your phone is out of reception range calling 000 should still put you through to the emergency department.

THERE IS NO NEED TO IDENTIFY THE SNAKE: Anti-Venoms have come leaps and bounds in the past decades. Today one Anti-Venom will treat all Australian Native Snake Venoms. So gone are the days where you had to identify the snake or test the patient to work out the correct Anti-Venom.

APPLY A COMPRESSION BANDAGE: If you have a Compression bandage in your pocket then apply this. If it is in your car or first aid kit a minutes' walk from you call 000 first and follow their recommendations.

Note*** If you are bitten on the hand and have jewellery such as rings or bracelets take them off as swelling can be common from bites making it very difficult in the near future to remove them safely.

Tips on how to deter snakes

There are no guarantees that anything you do or buy to deter snakes will result in a snake never coming to visit. But there are some things that you can do that will make it less inviting for them.

Snakes mainly feed on mice and lizards, but some species also eat other snakes. So if you can limit the food sources for mice, then there will be less mice and then less reason for a snake to come for dinner.

Ways to help keep the mouse population down in your home:

Don't leave food scraps laying around – keep all food in containers.

Only feed your pets what they will eat in the next few minutes. You may need to feed your pets a few times a day, but this will stop having pet food sitting around for the mice to feast on.

If you have chickens or ducks etc – Feed them as far from the house as possible.

Snakes are also attracted to water sources, especially on a hot summer's day. Things like bird baths and ponds are a good easy source of water for a snake. They are always nice features in an Australian garden, if you decide to have one then please always be alert when near them. Another easy source of water for a snake is your Dogs water bowl. This also goes for chicken water bowls. I would recommend changing your chicken's water bowl out for chicken drinker nipples. There isn't a huge amount you can do about your dog's water source. Your local pet store might have a solution.

Snakes Like cover. Another crucial way to make your property less inviting for a snake is to keep your property tidy. This means keep your grass short, don't leave piles of building materials around (like bricks, tin, Timber ect). Keep your firewood storage a good distance from the house and yard. Snakes are common prey to predatory birds. They like to move between bushes and cover as much as possible. Limiting these spots of cover and or having large open spaces between will lessen the appeal of your yard to a snake.

If the snake can easily move from cover to cover in short distances, can easily pop out to bask in the sun and have a drink of water close by, and also a plentiful food source, then your home will be a snakes 5 star hotel.

Tips on snake behaviour

- * An interesting fact about Venomous snakes is that they don't have an endless supply of venom. The venom that snakes evolved has been designed for hunting their prey, not for defence. This means that their hunting style is reliant on the venom working. If they don't have any venom they won't be able to successfully hunt. A Venomous snake will strike at its prey and let the venom do its work. This is different to pythons and other non-venomous snakes who will constrict their prey. Most snakes (depending on the size and time of the year) will only eat once a week or once every two weeks. This means they have evolved to give themselves a long period of time to develop more venom to replace what they have used.
- * What does this mean for the snakes relationship with you? If the snake was to bite you then it will have to wait to develop more venom before it can feed again. So a snake will generally only bite a human or non-prey animal like a dog or a cat in a life threatening situation. This can range from the snake being attacked by a dog, to it simply being startled enough when you step on it or put your hand near it. The snakes' personal experience plays a huge part in this. Some snakes have no reason to be fearful of humans so will be very docile. Other snakes may have been attacked previously, or been stuck in a chicken coop or bathroom for days and desperate for escape, making them very grumpy.
- * Yes snakes can be docile.
- * Yes snakes can be aggressive.
- * When dealing with any wild snake it is best to contact a professional who has experience reading snake behaviour.
- * Because of the snakes limited venom supply, most snakes will give a few warning strikes to inform you to back off. If you don't back off it may interoperate that as life threatening and decide to defend itself.
- * Remember Snakes are wild animals and think like wild animals. They will try and escape in a direction that is away from you first. If the snake is cornered, and its only way out is through you, then that is the way it is going to want to go.

Common Myths:

- * Bluetongues and Stumpy-tail lizards: There is a common saying that if you have these lizards around you won't have snakes. This is false, snakes like tiger snakes actually eat lizards.
- * Snakes always travel in pairs. This is a common misconception. Snakes keep to themselves and can be very territorial. Most snakes leave their children as soon as they are born or hatched from the eggs (depending on the species).



This information was provided by Hodgson's Snakes,
0490415734, hodgsonssnakes@gmail.com





Older Australians Initiative

About the service:

This program supports our older community members who are experiencing social isolation and loneliness as a result of COVID-19.

Loneliness has an impact on our physical and mental health and can lead to depression, anxiety and emotional distress.

We can help you reconnect to your community, and provide support based on your goals, interests, social and physical needs.

Who is it for?

The program is available to support people 65 years and over and 55 years and over for Aboriginal and Torres Strait Islander peoples.

Where is it available?

The Older Australians Initiative is available to those who live within the Northern Grampians, Yarriambiack, Hindmarsh and West Wimmera shires and also the rural cities of Horsham and Ararat.

How do I make an appointment?

Call 03 5358 7400 and ask to speak to an Intake Worker.

They will ask you some questions to make sure this service is right for you.

If there is a wait time for this service we will let you know.

What happens next?

One of our friendly workers will be in contact with you.

Our workers will talk to you about the supports and connections you would like to have and provide you with information and support to achieve your connections and goals.



Talk to us
(9am - 5pm Mon - Fri)
03 5358 7400



Visit us
Stawell 8-22 Patrick St
Ararat 60 High St
Horsham 70-72 Hamilton St
(Entry via Darlot St)



Explore our website
www.gch.org.au



Send us an email
gch@gch.org.au

Connect with us



Useful links

Victorian Department of Health: <https://www.facebook.com/VicGovDH/posts/274563668049317>

Know what type of contact you are, and follow the steps in your COVID Checklist:

<https://www.coronavirus.vic.gov.au/checklist-contacts>

Get tested if you're a contact or at the first sign of symptoms:

<https://www.coronavirus.vic.gov.au/where-get-tested-covid-19>



Where can I get the free COVID-19 vaccination in Northern Grampians Shire?

Stawell Regional Health

5358 6550 www.srh.org.au

Patrick Street Family Practice Stawell

5358 7555 www.psfamprac.com.au

East Wimmera Health Service pop up clinics

5477 2100 www.ewhs.org.au

St Arnaud Medical Centre

5495 1766

St Arnaud Pharmacy

5495 1911 book via [Facebook page](#)

Victorian Government Home Vaccination Service

1800 675 398. For people with disability and their carers

Call your preferred provider directly to make a booking. Call the Victorian vaccination hotline for more information on 1800 675 398 or visit www.coronavirus.vic.gov.au

Everyone aged 12 and over is now eligible for a COVID-19 vaccine.

Information subject to change. Updated 19th October 2021

COVID-19 CLINIC UPDATE

COVID Testing: 8am - 11am

Daily, until further notice, except Christmas Day

Stawell Leisure and Aquatic Centre Car Park.

No appointment needed

Pre-register for your COVID-19 Test:

- Scan the QR code – Use the camera on your mobile phone.
- Complete the Registration Form
- Get a unique registration number (URN) via SMS - valid 90 days.
- Present your URN at the testing site to save your time.



This is not a Service Victoria check-in QR

Your Safety

- Turn off your engine before you open the Registration Form.
- Road safety rules apply - Follow instructions of traffic control staff.



Home isolating? You're not alone.

COVID-19
(Coronavirus)

If you or someone you know is self isolating we can help you.

Contact Grampians Community Health for assistance.

Call: 5358 7400 or 5358 7599 (after hours)

Email: home.isolation@gch.org.au

Availability: Northern Grampians Shire
Monday to Friday 9am to 5pm

Grampians
Community Health



Non-residential Drug & Alcohol Rehabilitation

**Free
8 weeks**

Call 5358 7400
And register for next group.

MAKING A CHANGE

Day rehabilitation is available in Stawell, Ararat and Horsham.

Local support to anyone 18 years and older seeking to make a positive change to their drug and/or alcohol use. We will work with you to set goals to improve overall health.

Join our supportive group environment to:

- Manage daily life and relationships
- Improve stress and anxiety
- Identify and prevent relapses
- Reconnect to the community
- Apply simple money management tools
- A range of life skills to assist you moving forward

Your commitment

You commit to attend 3 days per week, for an 8 week period.
10am to 3pm, lunch included.

Supported by:



Grampians
Community Health 
For you, your family & our community

www.gch.org.au

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 2022:

Labour Day Weekend- Sunday 13th March

Easter Sunday - Sunday 17th April

Queen's Birthday Weekend - Sunday 12th June

Melbourne Cup Weekend - Sunday 30th October

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



Report stolen vehicles, property, 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



Contact Alison Bainbridge on 0417 883 445 to for all enquires.



Halls Gap is a Cat Free Zone

FILL THE GAP COMMITTEE

Lee-Anne, Margo, Abbie 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 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



Fill The Gap newsletter acknowledges Aboriginal
and Torres Strait Islander Peoples as the first
Australians.

We acknowledge the diversity of Indigenous
Australia.

We respectfully recognise Elders past, present
and emerging.

This newsletter was produced on Djab Wurrung
country.



Regular Events

- * **Chas Mangle** Justice of the Peace is available for witnessing documents in the Halls Gap Newsagency from 8am - 10am daily except Tuesday 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.
- * **History Room** is open 2pm-4.30pm on **MOST** days. **CLOSED Tuesday**
- * **Budja Budja Neighbourhood House** - check the program at the house and online
- * Various sport/fitness groups. Check the community website for details

