

Issue: September 2022

## FILL THE GAP

Produced by the Community Association & Budja Budja Neighbourhood House.

Articles for October FTG need to be received by the 25th September 2022 See page 11 for details

#### In This Edition:

Stats by Chas Page 1 Colin Machin Page 2 BB Medical Clinic Page 3 **Pomonal Flower Show** Page 4 Men's Shed Page 5 **Celebrating Spring** Page 6 HG Primary School Page 7 Indigenous Literacy Page 8 Wildlife with Neil Page 9 WAMA Garden Festival Pomonal Art Show Page 10 **HG** Landcare FOGG **Grampians Film Society** Botanic Garden Page 11 Wildflower Show Catherine Carlyle Talk GYE (Youth) Meetings Grampians Brushes Page 12 WAMA Nature Play Day Page 13 Pages 14/15 Edible Gardening Page 16/17 Women's Health Page 18 Twilight Cinema Page 19 Ads Page 20/21

### WRAP UP...

So much is happening we thought as a wrap up we would list the many events happening in our region:

- \* 2 Sept Auction Night Pomonal Art Show
- \* 3-4 Sept Pomonal Art Show & Festival
- \* 5 Sept Women's Health Matters
- \* 7 Sept Indigenous Literacy Day with Jessica Mauboy!
- \* 9 Sept Colin M "Celebration of a Wonderful Life"
- \* 9-14 Sept Grampians Brushes
- \* 10 Sept FOGG Wetlands Walk
- \* 17 Sept Petyan Wildflower Walk
- \* 18 Sept WAMA Nature Play Day
- \* 19-30 School Holidays
- \* 20 Sept APS Catherine Carlyle Talk
- \* 23 Sept AFL Public Holiday
- \* 25 Sept Pomonal Village Market
- \* 28 Sept Grampians Film Society
- \* 30 Sept Twilight screening of "Grease"
- \* 1 & 2 Oct 2022 Pomonal Native Flower show
- \* 4 Oct Shed talk

### **AUGUST 2022 - RAINFALL BY CHAS:**

219.5 mm for August bringing the progressive total to 730 mm. This compares to the same period last year of 88.0 mm for August with a progressive total of 856.0 mm.

As of the 31st of August Lake Bellfield is holding 58,460 ML or 74% full compared to the same period last year of 57,920 ML or 74% full. The total system is holding 208,930 ML or 37.29% full compared to the same period last year of 234,260 ML or 41.81% full.

Mount William received 194.8 mm for August 2022. The highest temperature of 11.4 C was recorded on the 28th of August and the lowest of -2.4 C was recorded on the 23rd of August. The highest wind speed of 122 km/h was recorded on the 3rd of August 2022.

## FROM THE GARIWERD COLIN MACHIN

5тн December 1951 - 21st August 2022

In August we lost local identity Colin Machin.

We will be celebrating Colin's life on Friday 9 September at 2pm at the Halls Gap Café next door to Halls Gap Newsagents. One of Colin's favourite places to get a coffee.

Tim Walsh has provided Colin's life story and his passion for literature. See page 2 .

Vale Colin.

## Budja Budja Neighbourhood House needs your help.

Budja Budja Aboriginal Cooperative has supported Halls Gap to have a Neighbourhood House over the last few years. This will cease as of 30 June 2023. So I want to ask a very simple question.

Do you want your Neighbourhood House to continue beyond 30 June 2023?

Yes No

Please email your vote to neighbourhood.house@budjabudjacoop.org.

au. Message on FB or call me on 5356 4485.

Alison









petyan season of wildflowers - late spring (late august to mid november)

Wildlife and Wildflowers

In spring (season of wildflowers or petyan), the bush bursts into life. Nature's rock gardens amaze. The days are warmer, although the weather can still be tempestuous.

SIX SEASONS CALENDAR

#### COLIN MACHIN 5TH DECEMBER 1951 - 21ST AUGUST 2022

Colin Machin was born in Kirkby, Ashfield, Nottinghamshire on the 5th December 1951. It was a coal mining community in the county of the legendary Robin Hood. Colin's family worked in the coal mines although his father bought a truck and did deliveries rather than work in the coal mines like many of the men in the area.

Colin worked many jobs as a teenager as he studied to successfully finish secondary school. One job was delivering groceries on a push bike around the town. By the age of 15 years he was tall and looked 18 years or more. This gave him a right of passage into the pub scene which he enjoyed.

He developed an interest in rock climbing and hiking during these years. Weekends were spent travelling to Wales to partake in these activities. He continued with these interests throughout his life.

At 18 Colin married a local woman. The marriage only lasted 2 years. He also married and divorced an Australian woman when he was in Australia. He dated many interesting and attractive women during his life.

During his late teens he was working in the local knitting mill. A close family friend was the manager and was able to get Colin onto the staff. It was a big improvement on being a coal miner which was the other family career.

Colin also was studying at night for a degree in English literature. After some years of study he successfully obtained his degree majoring in the most famous bard of all, Shakespeare.

Colin, now in his early 20's was offered a job in a knitting mill in New Zealand. He had become an expert in fixing problems in the machinery of the mills. Colin moved to NZ and stayed there for a couple of years. He was then offered a job in Melbourne so moved to Australia. Over the years he worked for companies such as Red Robin, Prestige and Holeproof. His reputation grew as a trainer of people and a fixer of machines.



In 1989 he was sent to Beijing for 6 months to fix the machines and to train the Chinese staff. He fondly recalled how the students would often knock on his bedroom door in the morning whilst he was in bed and sit around his bed asking him questions. Each morning a Mr Lee would train Colin in the art of Tai Chi before he went to work. The factory had 10,000 staff. He was in Tiananmen Square when the killing of students began. He was eating in a hotel and saw a student killed before the staff drew curtains and then made the patrons stay in the hotel for the next 2 days.

During the 90's Colin was employed by RMIT to set up a faculty to educate and train people in the knitting and weaving industries in Victoria. Colin was the Head of this department and loved teaching and educating people. It was his forte and he loved being a teacher.

Unfortunately politics intervened and Colin suffered from anxiety. He took a year off work in 1999 and came to Halls Gap. He never returned to work or Melbourne.

During the last 23 years Colin has become a local identity. He has always been polite and well mannered. He was well known to many people. Due to ill health life became difficult but Colin always made the effort to walk around the village. Many people offered him rides or brought food, newspapers to his house. All these gestures were appreciated by Colin.

Colin was a philosopher and an educator. He loved the English language and nothing gave him more pleasure than to sit around and dissect a word. His love of Shakespeare continued throughout his life. He loved classical music and books. His Halls Gap Book club commentaries were impressive.

Colin gave a lot of joy and wisdom to those who knew him. I am grateful and honoured to say that Colin Machin was a good friend of mine and I am eternally grateful for the gifts he has given me. The gifts being an appreciation of words and an open minded attitude to the world.

Vale Colin.

## BUDJA BUDJA MEDICAL CLINIC



20-22 Grampians Road, Halls Gap 3381

PH: 03 53 564751

WEBSITE: www.budtabudtacoop.org.au

SEPTEMBER 2022		OCTOBER 2022	
1-2 5-9 12-22	Dr Ruth Sutherland Dr Christine Harvey To Be Advised	3-7 10-14 17-28	Dr Elizabeth Chong Dr Ruth Sutherland Dr Gregory Stewart
23	PUBLIC HOLIDAY		

## **Bowel Screening.**

## This home test kit could save your life.

Around 1 in 13 Australians will develop bowel cancer in their lifetime. Bowel cancer usually starts without any symptoms - that's why this bowel cancer test kit could save your life. This test can detect cancer in its earlier stages so it can be treated quicker. It's also simple, quick and easy – just open your kit and away you go.

#### Do you need to test for bowel cancer?

If you're aged 50-74 you need to do regular bowel screening. Why? Because bowel cancer can develop without you noticing.

Some people have a bigger risk of bowel cancer than others. Your risk of bowel cancer is higher if you:

- are aged 50 or over. Risk also increases as you get older
- have had an inflammatory bowel disease, such as Crohn's disease or ulcerative colitis
- have previously had special types of polyps, called adenomas, in the bound
- have a significant family history of bowel cancer or polyps

As a part of the National Bowel Cancer Screening Program, all Australians aged 50 to 74 are mailed a free at-home bowel screening test every two years. This test is simple, quick and hygienic. Most importantly, it could save your life.

## NATIONAL

## CERVICAL SCREENING

## PROGRAM

A joint Australian, State and Territory Government Program

The National Cervical Screening Program reduces illness and death from cervical cancer. Women and people with a cervix aged 25 to 74 years of age are invited to have a Cervical Screening Test every 5 years through their healthcare provider.

Did you know that you can now take your own cervical screening sample? The test is free, easy and reliable. As of 1 July 2022, anyone who is eligible for cervical screening can choose the self-collection option for their next Cervical Screening Test. The sample can be taken in a private space at your clinic (behind a curtain or in the bathroom) Alternatively our GP can take the sample for you, just as they always have.



#### **GRAMPIANS WALKING TRACKS SUPPORT GROUP**

We held a working bee with Warrnambool Bushwalkers on 13th August on the west side of the Victoria Range, off the Harrop Track. Vegetation was cut back and run-off drains cleared on the track from Buandik campground to the Billimina Shelter. The party then moved to give the same treatment to the track into Manja Shelter. The weather was not altogether favourable but the small party had a very good spirit, as always, and gained much satisfaction from the day.

The requirement for all volunteers in National Parks to have a Working With Children Check came into force on 1st July and there are indications that this is restricting the number of people willing to put up their hand. They also need to register their interest on ParkConnect which is also done through the internet. Neither process is too complicated for anyone with very basic skills and lots of assistance is available if necessary, so please get in touch if you are interested.

We have now opened a Facebook page for the Group to try and reach more people, and quite a lot of interest is being shown. If you wish to talk over any matter please ring David Witham on 5356 4300 or Graham Parkes on 0429 839 179.

#### NOTE:

Alison at Budja Budja Neighbourhood House is also able to assist people to get their Working With Children online and how to navigate ParkConnect. Call her during opening hours on 5356 4485.

Australian Plants Society Grampians Group Present the 39th Annual

## POMONAL NATIVE FLOWER SHOW

Pomonal Community Hall
Saturday 1st & Sunday 2nd October 2022 9.00am to 4.00pm
Admission \$5.00, children free

Cut Flower Displays Named specimens Book Sales Speakers



------

Refreshments
Plant Sales
Activities
Village Market





Special Feature: Grampians Indigenous Species



## Kookaburra Hotel, Halls Gap

- Offers evening waiting work. Suit person willing to do minimum two shifts of approximately 3.5 hours =
   approximately \$200 earnings. Would this help you? To grab this opportunity call 0417 023 389 or 5356
- 4222



## Activities Update - 31<sup>st</sup> August 2022

August has been another fun month down at the shed with our members being involved in many various activities and projects.

Mondays social sessions run from 9-30am – 3pm each week and have had a great turn out with members enjoying the social side of the shed over a hot cuppa and biscuit solving all the world's problems, and maybe creating a few.

Wednesdays from 1pm – 4pm our patchwork group have a wonderful time together where the chatting is just as important as the patchwork.

The Mixed Bunch Art Group have been enjoying their sessions held in our meeting room.

Members taking part in our fortnightly session building bird boxes with students from Pomonal Primary School are really enjoying the interaction with the youngsters as are the students.

Thursdays project days run from 9-30am – 3pm and have been busy and offering a variety of interests from wood work and metal work to personal projects. These sessions could never be called boring, and of course always includes a hot cuppa, biscuit and chat.

This month our shed talk topic was skin cancer and was given by Crystal the community nurse, this was a very informative and fun session followed by a lunch.

This month we also hosted the Men's Shed cluster meeting and lunch. The cluster meeting is a 3 monthly get together of up to 21 local sheds and great for networking and sharing of information.

As usual on the first Thursday of the month we enjoyed a sausage sizzle lunch after the session, just because we can.

Last Sunday of the month always sees members at the Pomonal market running our sausage sizzle and selling items made in the shed. Portable fire pits are now on sale.

The shed is very welcoming to new members or anyone interested, feel free to drop in and have a look at what we are up to or for any information contact Russ Kellett on 0438 024 929 or check our website: https://pomonalmensshed.au/











## Pomonal is celebrating spring!

Pomonal Progress Association is inviting community members and visitors to Pomonal for the **Petyan Wildflower Walk on Saturday, 17 September**.

Petyan is the season for wildflowers in the local indigenous calendar.

Jill Miller, President of PPA, says the event celebrates the natural environment of Pomonal, and acknowledges community members working with Ararat Rural City Council to maintain community gardens, roadside reserves and walking tracks.

As well as the abundance of wildflowers Pomonal is known for in spring, the walk will provide surprises! Community groups, local businesses, and people with talents that lend themselves to bush settings, have been invited to find a spot on the map and surprise us!

The walk will start and finish at the Pomonal Community Hall. There will be a longer route and a shorter route with wheelchair access.

Both walks start with registration at the Hall between 10.00 and 11.00am, to pick up a map and a wildflower checklist.

There is an opportunity for refreshments along the walk. On completion at the Hall, checklists will be entered in a raffle to win a basket of local produce. The raffle will be drawn at 1.00pm.

Dogs on leads will be very welcome. Especially if they wear a wildflower themed dog coat!

If very wet weather results in a cancellation this will be confirmed on the pomonalcommunityconnections FaceBook page.





Need help with your iPad? Have we got the course for you

## iPad Group

Want to use your iPad more effectively? Would like to know how to get onto Government websites, how to make a group facetime call or use the tabs on safari?

> Join Jenny on Thursdays from 1pm-3pm 29th September to 3rd November 2022 at Budja Budja Neighbourhood House

Cost: \$5 for individual session or \$25 for all six sessions





## What's on in September at your Neighbourhood House

We are open Tuesday to Friday 9am to 3.15pm

- Mondays 11am-1pm Writers Group
- Mondays 7.30pm Meditation
- Tuesdays 1.30-2pm Gentle Exercise
- Wednesdays10am-12noon Craft mornings Come along and share your skills or learn a
- Thursday 15th 7.30pm HG Book Club
- Thursdays 10am-10.30am Qi Gong
- Thursdays 10.30-1130am Bird Walk
- Fridays 10am-11.30am Storytime
- Fridays 1.30-3pm Friday Fun Finska

Tuesday to Friday 9am-3.15pm

- Computers
- Printing
- Internet access
- Come in for a cuppa and yarn



## Shed Talk - Get Moving



Pomonal Men's Shed and Budja Budja Neighbourhood House have joined forces to bring you a special event - "Gentle Exercise Session"

What: Shed Talk with Jo Brown from Dare2Fit who will help you get more exercise in your day, safely. Jo provides private personal training sessions, Group Fitness and Vinyasa Yoga throughout the district. Including BBNH Gentle exercise on Tuesdays in Halls Gap.

When: Tuesday 4th October 2022 from 11am to 12noon followed by lunch Where: Pomonal Community Hall, Ararat-Halls Gap Road, Pomonal

Cost: Free Event includes Lunch!

Who can come: Everyone

RSVP: Call Russ on 0438 204 929 or Alison 0417 883 445 - to assist us with catering.







## Free

Masks



We have supplies of masks and Antigen Rapid Tests (RAT tests) available at the Neighbourhood House. Visit during opening hours Tues - Fri 9am to 3:15pm to collect.

Free



## **Halls Gap Primary School**

RESILIENCE Have strength, character and a positive outlook

EXCELLENCE Strive to be the best we can

COMPASSION Give care and compassion to others

There is always something exciting happening at Halls Gap PS.

The Junior School Council have organised Solar Buddy Light kits. Each Solar Light needed to be built before being sent to "Power Poor" countries that do not have electricity. These will help children to do their homework.

For Book Week, the school ventured to Concongella PS by bus and was met there by Great Western PS. This day is one of many that the Cluster get together. All the children (including teachers) dressed up as their favourite book character and enjoyed many activities.

Tony the 'Golf Man' came to the school and gave us some golf lessons. Our session with him gave us an opportunity to putt and drive and a chance to try a new sport. We have another session with him before the end of the term.

The students are currently participating in Jump Rope for Heart. Each week for PE the children will be skipping and perfecting their tricks. The target is \$1,000.00 and we are well on the way.

From the Staff & Students at Halls Gap PS













If you have enrolment forms for Prep 2023, please complete them and return them to school A.S.A.P. If there are any families who may be interested in their children attending Halls Gap Primary, we would encourage you to give us a call to arrange enrolment forms. Please contact the school on 5356 4235

or email halls.gap.ps@education.vic.gov.au





## Celebrate Indigenous Literacy Day with Jessica Mauboy!

This year, ILF Ambassadors <u>Jessica Mauboy</u> and <u>Gregg Dreise</u> celebrate Aboriginal and Torres Strait Islander peoples' Stories, Languages and Cultures during our annual Indigenous Literacy Day (ILD)!

This National Digital Event, proudly produced and presented by the Indigenous Literacy Foundation and



hosted by the <u>Sydney Opera House</u> is a free video available anytime from 10.30am AEST on Wednesday 7 September. Register now via <u>ilf.org.au/ILD</u>.

This engaging online story is a small window into the lives of two boys, Dean and Derek and their friends growing up in Milikapiti and Jilkminggan, in the Northern Territory.

Jilkminggin crew: Dean C, Tishaun, Sharinda and Dean R, with film crew Tom Danks and Mark Daniels from <u>Katherine Regional Arts</u> and Ethan Grahek from Infinity Prism Entertainment.

Excitedly, the kids respond to an unexpected call from ILF Ambassador and music icon, Jess Mauboy, and proudly teach her a well-loved song in their First Languages, Tiwi and Mangarrayi, before ILF Ambassador, author and performer, Gregg Dreise sings the song in Gamilaraay Yuwaalaraay. Audiences will be encouraged to stretch, bend and sing in three different languages, from three different places!

Of course, all this hard work builds an appetite and the children head off to hunt for a feed in the nearby waters before a well-earned fire-side feast.

ILF Ambassador Jessica Mauboy meeting the Milikapiti crew while filming for the National Digital Event.



The digital event is hosted on the <u>Sydney Opera House website</u> from 10:30am AEST on Wednesday 7 September and is available any time for 90 days.

This event is not only for children, adults of all ages will enjoy the story, the songs and stunning scenes. Audiences will delight in this magical story led by children, sharing a snippet of life in remote Australia and the richness and diversity of First Nation peoples' Stories, Languages and Cultures.

Why not take 30 minutes out of your day, and watch with your students, staff or clients over morning or afternoon tea. End the session with a conversation about how your organisation can learn and engage more in First Nations peoples' Stories, Languages, Cultures, and the real value of literacy.

2022 is the first year of <u>UNESCO's Decade of Indigenous Languages</u>. Indigenous Literacy Day celebrates and promotes the revitalisation and preservation of Aboriginal and Torres Strait Islander languages now and for future generations of Indigenous children.

#### WILDLIFE WITH NEIL - AUSTRALIAN DARTER - ANHINGA NOVAEHOLLANDIAE

Size: - 90cm

**Description**: - Large black or greyish brown darter with long thin neck and pale streaks on wing. Feet webbed and pinkish.

**Male:** – Black with white stripe on neck and rusty patch on throat.

**Female:** – Greyish-brown above, white or buff below, white stripe on neck edged black.

**Juvenile:** – Paler above, pale brown below, stripe on neck less obvious.

**Voice**: - A series of ratchet like clicks, but mostly silent away from breeding colonies.

**Nesting**: - Bulky stick nest in tree over water, 3-5 pale green chalky eggs. Nests solitarily or in small colonies.

Range: - Patchily common throughout mainland (absent Tasmania) on fresh and salt water, offshore islands.



**Notes**: - Usually solitary or small groups, male has his own favourite calling perch. Plumage of Darters is even more permeable and less buoyant than in Cormorants, allowing them to dive for longer periods and catch fish by underwater stalking rather than pursuit. Forages in smooth inland waters, rarely in estuaries. Perches Cormorant like on waterside branches or rocks, spreads wings to dry. Flies strongly and high, rides thermals.

Look for Darters sitting on tree branches or fishing at Lake Fyans – Kelleys Beach towards the dam wall and Lake Lonsdale – at the small lake at Green Hole below the dam wall.







## Boyhood

#### Wednesday 28th September 2022

Centenary Hall, 117 Grampians Road, Halls Gap

After MJ's parents' divorce, he and his sister Samantha live with their mother, whereas the father has visiting rights. Incidents that occur across a period of twelve gears mould MJ's life.



(VIC) was taken back by the Northern Grampians Shire on 15th August. They will no longer sell V/line tickets at the VIC. Daniel at the Halls Gap Newsagents will sell V/line tickets by the end of September. In the mean time you will be able to purchase your tickets from the driver.

**Visitor Information Centre** 



ne Grampians Film Society evenings are held from January to November in either Halls Gap, Pom

Drinks and nibbles are served prior to the film and a light supper is served afterwards



What: FOGGs Wetlands Wander – Bruce McInnes, CMA will be examining water flow

through the wetlands at Sheet of Water

Date: Saturday 10<sup>th</sup> September 2022

Time: Meet at 10am

Meeting Place: Forest Lodge Forestry Camp Site.

What to bring: Just bring our sense of adventure. And gumboots! (or expect to have

wet feet) Also the usual outdoor necessities like hat, coat, beanie, sunscreen etc.

Lunch: We can probably return to Forrest lodge for lunch. Please bring your own lunch.

Enter your intension to come at https://www.parkconnect.vic.gov.au/ or give Alison a call on 0417 883 445



### HALLS GAP LANDCARE - SEPTEMBER 2022

During the winter months our Landcare Group focussed on the future and applied for a grant that will enable us to continue our pest plant control works in the township. Should we be successful, we will concentrate on plants that are fine in their natural habitat, but pose a threat here in Halls Gap. There are a few wattles in this category, such as the Sallow Wattle and the Cootamundra Wattle. Both are in flower now and can be easily identified. They have become extremely invasive in our local bushland and pose a major risk to the biodiversity of the Grampians National Park. If you have either of these plants in your garden and are concerned about their potential spread, please don't hesitate to contact us for information. We are also keen to develop a brochure that will inform residents and visitors about introduced pest plants found within Halls Gap and how they can be managed. We will be commencing work on the brochure at our next meeting. A big thank you to the YHA for their fundraising efforts and contributing our first donated funds. Well done and greatly appreciated. The next Halls Gap Landcare Group meeting is at 2 pm, Monday 7 November. If you are interested in the work we carry out and would like to contribute, please contact Graham Parkes at graham@grahamparkes.com.au or phone 0429 839179



I have some very good news. We now have lights and power available in our shelter, plus the ability to trickle charge electric tools. To use the power you need

to have a lead reaching to our tool shed. And to get the lights working you need to find out how from one of our committee people. We don't want everyone to hold late night parties there.

We are hoping that fairly soon we will be able to install the signs we have ordered next to plants significant to people of the First Nations. This project was funded by a grant from the state government.

Have you been in our garden recently? There are quite a few flowers looking quite dramatic already, and more to come in the weeks ahead. And so many tourists too,. But also, so many weeds! The weeds have loved the weather. We still have a problem with the number of volunteers available for our Friday working bees, Quite a few of our regulars are away, But we don't want our visitors to be disappointed. How about some of you adopting a bed and coming at a time that suits you, any day of the week? That would be a tremendous help. Just let me know and I can arrange access to our sheds, so we can have a record of who has been in to help and you can use our tools and gloves. Or just come any Friday morning in September and we'll put you to work.

**AUSTRALIAN PLANT SOCIETY—GRAMPIANS GROUP** 

**APS Grampians Group** guest speaker for September is **Catherine Carlyle.** Cath's talk is called "Off Track Walking in Tasmania: Plants of Wild Places"

When: Tuesday 20th September 2022 from 7.30pm

Where: Pomonal Community Hall, Ararat-Halls Gap

Road, Pomonal

#### All Welcome





As I told you back in July, we are not holding a wildflower show this year, but will be co-operating with the Australian Plant Society in their show on the first weekend of October. Their theme will be Grampians Gariwerd plants. However we do hope to organise some guided walks through the Botanic garden the week before and the week after. Plus we hope to be selling guides of where to see wildflowers out in the Park. If you would like to help us produce wildflower notes on an area you know well, or if you would like to lead some of our botanic garden walks, do please let me know.'

Back in the July issue, I put in a request for opinions about the future of the show, plus a request for new members on our committee. The silence has been deafening! I presume that means that you are happy to see it disappear as a separate event..

Anyway, do come along to the Pomonal Flower Show on October1 and 2 and enjoy Australian wildflowers, mainly Grampians ones, but also from other areas.

We'd love to hear your thoughts.

Margo 0429201139, margo@sietsma.com

Grampians Youth Events (GYE) meets weekly 4-6pm during the school term on a Monday night at the Stawell Health and Community Centre (SH&CC)

We have a core group of young people aged **from 12 to 25 years old** who form the GYE FReeZa committee and a number of people who help out at events.

New members for GYE are always welcome, young people are encouraged to come and try on a Monday. If you know any young people who may be interested in being involved, feel free to pass on my contact details, or call GCH reception and they will pass on a message.

So far this year the group have presented the Push All Ages Tour in March, Arcad- I – con in July and set up the Funky Fridays' theme nights monthly at the Stawell Neighbourhood house on the last Friday of the month.

Melissa, Health Promotion Officer and Stawell FReeZa Coordinator, Grampians Wimmera 03 5358 7400



## **Grampians Brushes Makers Market**

## 4pm - 6pm Friday 9 September

Where students and tutors sell their wares.

The market will be at the GrampianArts Market Place
at the Halls Gap Community Centre.

## **GrampianArts Market Place**

## 8am - 5pm Saturday 10 - Wednesday 14 September

At the Halls Gap Community Centre. On sale will be a range of paper, fibres, books and art supplies from Senior Arts.

**Gramplan Arts** 

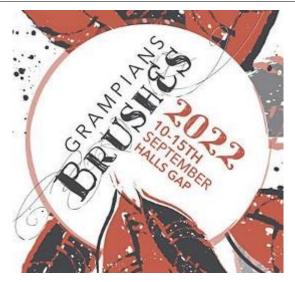




Grampians Brushes is a project of GrampianArts, a not for profit organisation that strives to provide opportunities for artists to extend their skills and showcase their work. Grampians Brushes is supported by Regional Events & Northern Grampians Shire Council.

∭ www.grampianarts.com.au PH:0493 430 312





Grampians Brushes 22 is all set for our opening night on Friday 9 September at the Halls Gap Community Hub with the artist Makers Market opening from 4pm. Everyone is welcome to come and buy direct from the artists! GrampianArts Market Place will be situated at the Halls Gap Community Hub with Senior Arts who will be selling specialist art supplies, Dairing selling speciality papers and textiles, Red Rock Books with art books and Fibreworks hand dyed fibres.

From Saturday 10 – Thursday 15 September 2022 Grampians Brushes will be hosting over 440 visiting participants and tutors in and around Halls Gap. The annual 6 day workshop program is for painters and print makers and provides an opportunity for participation in two, four or six days workshops with some of Australia's best artists and tutors for introduction level to experienced artists.

Workshops run 9am – 4pm. There are still some workshop spaces available! Check online at <a href="https://www.grampianarts.com.au">www.grampianarts.com.au</a> and click on Grampians Brushes to see the line-up of tutors on offer this year...

Grampians Brushes is a project of GrampianArts, a not-for-profit organisation that strives to provide opportunities for artists to extend their skills and showcase their work. Grampians Brushes is supported by the State Government Regional Events and Northern Grampians Shire Council.

For more information please contact Adelle Rohrsheim on 0493 430 312 or email brushes@grampianarts.com.au



Fun Activities during the school holidays





Eight months on from releasing the final Greater Gariwerd Landscape Management Plan we are providing an update on how the implementation of the plan is progressing. We are also notifying you that this email list will now be archived with the completion of the Landscape



Management Plan, and providing information for how you can remain updated on Gariwerd and the broader parks estate.

## Implementing the plan

Parks Victoria is privileged to work on Country with the <u>Barengi Gadjin Land Council</u>, <u>Eastern Maar</u>, and <u>Gunditj Mirring Traditional Owners</u> Aboriginal Corporations to implement the Greater Gariwerd Landscape Management Plan, which was released in December 2022. You can view the plan and associated documents at <a href="https://www.engage.vic.gov.au/gariwerd-management-plan">www.engage.vic.gov.au/gariwerd-management-plan</a>.

- Our priorities in the first year of implementation are to:Refresh Brambuk the National Park and Cultural Centre.
- Design and begin delivery of improvements to the visitor experience, safety and car parking at MacKenzie Falls.
- Provide trailheads in key towns for the Grampians Peaks Trail, which continues to disperse visitors around the park.
- Continue the ongoing partnership with the Gariwerd Traditional Owners.
- Restore and protect culturally significant places like rock shelters and rock art.
- Do further assessment of priority rock climbing areas.
- Create a new rock climbing permit system.

All these activities are well underway and some have been completed. Below we provide more detail on the key highlights of the last eight months.

### MacKenzie Falls Revitalisation



We are currently engaging with the community on revitalising MacKenzie Falls. This work will help us to better cater for visitor numbers, manage visitor safety, and protect the significant cultural, natural, and recreational values of the area. Until 12 September you can review proposed improvements and provide feedback to help us refine the final scope of the project. To find out more, sign up for an event and give feedback, please visit – www.engage.vic.gov.au/

mackenzie-falls-revitalisation

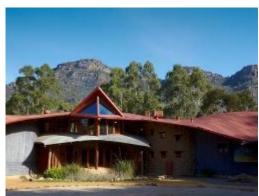
## Grampians Peaks Trail - trailheads

We have progressed planning and design for the access points and trailheads along the Grampians Peaks Trail. The trailheads will provide hikers with increased flexibility, information and facilities to access the trail. Improvements will likely include new toilets at some locations, improved car parking, larger water tanks, and opportunities to interpret Aboriginal cultural and environmental values of Gariwerd. You can find out more on our



website - www.parks.vic.gov.au/projects/western-victoria/grampians-peaks-trail.

## Re-invigorating Brambuk



Brambuk the National Park and Cultural Centre, located in the Grampians (Gariwerd) National Park, is being re-invigorated and the Gariwerd Traditional Owners are working with Parks Victoria on the future of the precinct as a place of cultural strengthening and a hub of cultural learning and tourism. Aboriginal arts and cultural experiences and programs, new visitor spaces and facilities, and events will be developed as Brambuk moves towards operation by a Traditional Owner enterprise that will be accountable to the three Gariwerd Traditional Owner Corporations.

## Rock climbing management

Parks Victoria and the Climbing Victoria Advisory Council (CVAC), which represents a range of climbing related organisations, have been in regular dialogue on a variety of topics that impact climbing in Victoria. Through this process CVAC provided Parks Victoria with a priority list of approximately 50 climbing areas for Parks Victoria to conduct further assessments. These assessments will commence this year and will determine whether these areas will be designated as a climbing area or not. We are also working with CVAC on the future rock climbing permit system and re-opening a section of Taipan Wall. For more information on the work of CVAC visit www.outdoorsvictoria.org.au/cvac-gariwerd-august-announcement/

## Keeping up to date on activities in Gariwerd

Parks Victoria has started a quarterly newsletter to provide updates on key initiatives throughout the Grampians (Gariwerd) National Park. You can sign up to that regular newsletter via the link- https://confirmsubscription.com/h/r/FC563EF28EB8840D2540EF23F30FEDED

Parks Victoria also has a bi-monthly newsletter that profiles how we are caring for nature and how you can be involved in our parks, including community engagement opportunities. Key updates about Gariwerd will be included as well as updates about other parks. You can sign up to that via the link - https://confirmsubscription.com/h/r/38617028A8393E2A2540EF23F30FEDED

For the latest information on where and how you can climb in Gariwerd please visit - www.parks.vic.gov.au/places-to-see/parks/grampians-national-park/rock-climbing-in-gariwerd



# Edible Gardening Workshops in Stawell

Time: 12.30 - 3.30pm (afternoon tea provided)

Dates: Fridays 30 Sept, 7 Oct, 14 Oct, 21 Oct 2022

Location: Stawell Community Garden, corner Franklin St and Newington Rd.

Register: use the QR code below or contact Lauren Dempsey at lauren.dempsey@kitchen gardenfoundation.org.au



## PERFECT FOR BEGINNERS

Are you needing some help in the garden? Want to save money by growing your own delicious, fresh food?

Join our 4 x 3 hour workshops and learn

- how to set up a veggie garden (using wicking beds)
- how to produce veggies from seed or cuttings
- how to feed yourself and your family on a budget

Hands-on learning + take home freebies!

Limited spots available \$10pp (to be paid in cash at first workshop)

Participants must attend all four workshops.

Please register by 26th Sept

\*Attend a pre-workshop at Stawell Neighbourhood House on Thursday 8th Sept or Friday 16th Sept, 12.30 - 1.30pm to find out more information, get help registering and receive a free potted plant to take home!













## Workshop 1 Friday 30 September 12.30 - 3.30

- What is an edible garden?
- Why grow your own food?
- Basics of home gardening
- Choosing where to plant
- Seedings, seeds and cuttings



## Workshop 2 Friday 7 October 12.30 - 3.30

- Soil 101
- Assessing soil texture through a jar test
- Potting mix explanation and demonstration
- Nutrition, deficiency symptoms, manures, composts and fertilisers

# Workshop 3 Friday 14th October 12.30 - 3.30

- Making cuttings and propagating from seed
- Making seed raising mix
- Crop planning and harvesting
- Common pests management
- Disease and good/bad bugs



## Workshop 4 Friday 21 October 12.30 - 3.30

- Irrigation systems and wicking beds
- Drought proof your garden
- Scheduling planting
- Importance of organic matter in soils and mulch





## WOMEN'S HEALTH MATTERS

FREE morning tea

## Guest N Speakers

**Professor Cassandra Szoeke**Director of Melbourne
University's Health Ageing

Program

Breeanne Fratin

Registered Nurse and Diabetes Educator

Samuel Padarcic

Accredited Exercise Physiologist

Guest Monday 5th September

Located at the Alexander Oval Community Centre 10:00am-12:00pm

## Register:

Registrations are essential

https://www.trybook ing.com/CBPLL

East Grampians Community Centre: 5352 9327













# TWILIGHT CINEMA



Friday 30th Sept, 2022 from 6pm

\$20 Admission Adults Kids Free

BYO Chairs/Rugs on the lawns of Pomonal Estate

Fundraiser Event for Olivia Newton John's Cancer Wellness & Research Centre so dress in your finest pink clothes!!





Food & Drinks available

Purchase tickets at www.eventbrite.com.au or contact Cellar Door m: 0448 983 248

#### 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) on the Halls Gap Recreation Oval, Grampians Road, 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 families volunteer to run the website, booking system, set-up and general organisation of the day. The students make and sell products, learning customer service, organisation and marketing skills along the way. There is also a fantastic raffle each market with great prizes. All proceeds go to the Halls Gap Primary School to purchase resources and engage relevant programs.

Please check the website for information on becoming a stall holder:

https://www.hallsgapmarkets.com.au/

#### Market Dates for 2022:

Melbourne Cup Weekend - Sunday 30th October

#### Market Dates for 2023:

Labour Day Weekend- Sunday 12th March Easter Sunday - Sunday 9th April Queen's Birthday Weekend - Sunday 11th June



Last Sunday every month - 9am - Ipm Pomonal Community Hall Ararat-Halls Gap Road, Pomonal

#### 2022 Market Calendar

2nd January
30th January
27th February
27th March
24th April
29th May
26th June

3Ist July
28th August
25th September
Ist & 2nd October
30th October
27th November
18th December

All site enquiries: Alison Bainbridge Market Coordinator M: 0417 883 445

**All proceeds to Pomonal Community** 

## Are You Stuck in the Bush?

Call Glenn on 0419 802 846

Or 0424 619 355...Leave a message if no answer.

Take a photo of this flyer.



On-Board Recovery Equipment

Winches – Front and Rear Snatch Straps Winch Extension Straps Snatch Blocks Shovel Air Compressor UHF Radio Ch 20 Fridge Hi-Lift Jack
Tree Trunk Protectors
Bow Shackles
Soft Shackles
Rated Recovery Points
Chainsaw
GPS Assistance
Local Knowledge



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





Halls Gap is a Cat Free Zone



#### **FILL THE GAP COMMITTEE**

Lee-Anne, David 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 acknowledges 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 https://budjabudjaneighbourhoodhouse.org.au/
- \* Various sport/fitness groups. Check the community website for details— www.hallsgapcommunity.org.au