

Issue: April 2023

FILL THE GAP

Produced by the Community Association
& Budja Budja Neighbourhood House

Articles for April FTG need to be received by the 25th May 2023. See page 17 for details

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FROM THE GARIWERD



gwungal moronn

season of honey bees - autumn
(late March to June)

Sunrises, Bees and Flocking Birds
Autumn (the season of native honey bees or gwungal moronn) is when the country starts to cool down after the summer heat.

SIX SEASONS CALENDAR

WRAP UP...

Welcome to the April edition of Fill The Gap.

This is a very busy time of year for everyone. If you are staying close to home check out some of the wonderful markets, art shows and events in the local area including:

Friday 7th - Halls Gap Twilight Market 3-6pm, Great Western Rodeo from 11am, Powercor Stawell Gift Calcutta 6.30pm

Saturday 8th - Moyston Easter Market, Deep Lead Annual Easter Art & Craft Exhibition

Sunday 9th - Dawn Easter Service at Big Hill, Halls Gap Easter Market, Stawell Gift—Family Day, Deep Lead Annual Easter Art & Craft Exhibition

If you are traveling these Easter Holidays please travel safely. We have 11 tips for safe, comfortable and happy road tripping. Check them out.

STATS BY CHAS...

March 2023 - Rainfall by Chas:

23 mm for March 2023 with a progressive total of 74 mm. This compares to the same period last year of 12 mm for March with a progressive total of 121.5 mm.

As of the 29th March 2023 Lake Bellfield is holding 71,500 ML or 91% full

compared to the same period last year of 53,250 ML or 68% full.

The total system is holding 365,190 ML or 65.18% full compared to the same period last year of 178,680 ML or 31.89% full.

Mount William received 55 mm for March 2023. The highest temperature of 23.6 C was recorded on the 5th of March and the lowest of 2.5 C was recorded on the 8th of March 2023. The highest wind speed of 91 km/h was recorded on the 18th March 2023.



Next Market: Sunday
9th April 2023
9am - 1pm
Halls Gap Rec Reserve
hallsgapmarkets.com.au



Halls Gap Social BBQ



Join us for a fun get together for anyone living or working in the Halls Gap area.

Organised by the **"Snappy Gappians - we get things done!"** We're just a bunch of locals who felt it was high time we get together more often and get to know each other better. This is not a seminar and if there's one little speech we promise it will last less than a minute!

When & where?

Tuesday 4th April from 6.00pm to 9.00pm at the Recreation Reserve.

What to bring?

A shared plate - salad or dessert and a sense of fun!

This get together is being sponsored by the Halls Gap Cricket Club and the Halls Gap Recreation Reserve Committee (thanks guys!). That means meat and bread will be provided. We will cater for vegetarians too but please let us know when you RSVP. Everyone is asked to bring a plate of salad or dessert to share. The Mangles family is kindly donating a hamper and everyone attending will receive a free raffle ticket! And the cricket club will run a cash bar.

RSVP please

To help with planning, please let us know if you are coming. You can:

Respond to our [facebook event](#) or

Text Blanche on 0448 480 102 or Monica on 0412 378 128 or Nicki on 0421 845 515

Further activities and events are planned and will be advertised in Fill the Gap. Contact Alison if you want to receive a free copy each month (neighbourhood.house@budjabudjacoop.org.au).

You'll also find them on the What's On Calendar on the Halls Gap Community website (www.hallsgapcommunity.org.au) If you have any ideas on what you'd like to see being offered locally, or want to join in the planning, please contact us as above.

PARKS VICTORIA

Changes to access at MacKenzie Falls

The rock shelf at the base of the MacKenzie Falls and the large rock stepping stones crossing the river are now permanently closed. Recent investigations at MacKenzie Falls have revealed a significant rock fall risk from the cliff above the large rock shelf where visitors gather.

Access to the base of the Falls is still available via the walking track, however to ensure visitor safety, Parks Victoria is re-directing people away from the area on the other side of the Falls and access to this area via the stone steps.

Please note that the walking track at the base of the Falls may be crowded, especially over busy long weekends and Easter. For visitor safety, please inform visitors to stay on the walking track and keep off rocks at the base as they can be wet and slippery. To miss the crowds, we recommend to visitors that they should consider visiting early morning or later in the afternoon.

Planned Works – MacKenzie Falls temporarily closed from Wed 22nd to Fri 24th of March

Works will include removing rock stepping stones over the river that were previously installed by Parks Victoria.

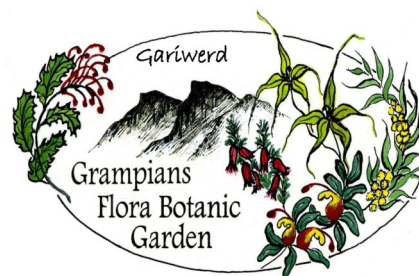
During these works – the walking track to base of the base of the Falls will be temporarily closed. Broken Falls and views to MacKenzie Falls from the Bluff Lookout walk will remain open during this time.

Once the work is complete visitors will be able to again access to the base of MacKenzie Falls from the popular walking track at the MacKenzie Falls carpark, and the Mackenzie Falls River walk from Zumsteins.

Further improvements are planned as part of the MacKenzie Falls Revitalisation project.

If you have questions, please contact William (Bill) Playne, Ranger – Visitor and Community, Parks Victoria, wlliam.playne@parks.vic.gov.au, or 0477 293 757

BOTANIC GARDEN NEWS



What an unusual year weatherwise we had last year. First very wet and then suddenly early this year very dry. Some of our plants didn't cope and we lost quite a few. But thanks to the folk at the Australian Plant Society Pomonal we were given quite a few to replace them.

I think you all know about the Botanical Garden that is well on the way halfway between Halls Gap and Pomonal. Our two gardens will complement each other beautifully. They are out on the plain, we are in a forested valley. So each of us can grow plants which the other has difficulty with. We have had useful discussions in sharing resources like plant labelling tools, getting advice on pruning etc. Plus benefiting from the seedlings the APS group is growing for both of us.

It has been most rewarding to see just how many tourists are exploring the garden. We don't have a system of counting them. Maybe we should?

We have had a couple of weddings in the garden, plus a couple who used it for photographs. We don't charge, but do appreciate donations. We make the toilet available and have signs asking people to respect their privacy.

We are still struggling with getting volunteers. I am wondering whether Friday is the best day for our working bees. Those of you who are accommodation providers are busy on Fridays setting up. If we changed to a midweek day would that be better for you? We do have a few folk who already come and help on a day that suits them better. We give them access to the sheds and ask them to write in our notebook. So if that interests you please don't hesitate to contact me

Margo Sietsma 0429 201 139.

CHURCH NEWS

LOCAL EASTER SERVICES

Halls Gap Anglican

No service here on Good Friday, but there will be one in Stawell at 3pm.

Easter Day service at 8 a.m.

Regular services are on the second and fourth Sundays each month, with the minister coming out from Stawell.

Pomonal Uniting Church

Good Friday service at 9.30

Easter Day service at 10 a.m.

Regular services are every Sunday at 10 a.m. We don't currently have a minister, but several of us take services, including Holy Communion on the third Sunday of the month.

There are also two ecumenical gatherings in Stawell:

Good Friday: 11 am Stations of the Cross at the Town Hall car park picnic area.

Easter Morning: Service on top of Big Hill at 6.30 a.m. followed by breakfast at the Stawell Uniting Church.



Grampians Tourism Management Plan

Thank you to those who attended the Grampians Tourism Destination Management Plan roundtable on Monday, 20 March in Halls Gap. There was a great turn out from community and business.

The Destination Management Plan (DMP) will provide a shared vision and direction for the sustainable development of our visitor economy. One which supports the attraction of investment across the region and ensures the Grampians remains a leading nature-based tourism destination and is both compelling for visitors and sustainable for local communities. Essentially, it's about having a path for tourism to truly support our industry and the quality of life of our community and environment.

In addition to the new DMP, four Local Area Action Plans (LAAPs) will be developed for the Council areas within our region: Ararat Rural City Council, Horsham Rural City Council, Northern Grampians Shire Council and Southern Grampians Shire Council. The LAAPs will align with the DMP but will be specific to each LGA and set out the vision and aspirations for each visitor economy over the next five years.

Stafford Strategy will collate the information from the sessions and surveys to prepare the plan.

We are encouraging everyone, whether you attended the roundtable or not, to have your say by filling out the survey [here](#). The survey will close on Wednesday, 5 April.

WILDLIFE WITH NEIL

Crested Pigeon – *Ocyphaps lophotes*

Size:- 31 – 35CM

Description:- Largish, long-tailed, predominantly grey-brown pigeon with a diagnostic long and pointed crest on hind crown. **Ad.** mostly dove-grey, suffused with pink on sides of neck and breast, with brown-grey upperparts and narrow black bars across the upper part of the wings. Brilliant metallic sheen with white fringes on the lower part of the wings (that glows like oil on water) Tail mostly blackish with obvious white terminal band. Orbital skin around eye pinkish-red. **Juv.** Duller than adult, predominantly grey, lacks the pink suffusion and with reduced iridescence and shorter, less pointed crest. Orbital skin blue-grey at first gradually turning pink. **Flight:-** distinctive: swift, direct, often low, with pulses of rapid, noisy wing beats followed by a glide on down-swept wings. Take-off accompanied by a distinctive, loud whistle of wings. On landing, body tilts forward and tail is raised and fanned, revealing the terminal band.

Voice:- Loud coo-whoop or coo. Displaying male gives a short, harsh wook.

Notes:- Common in open habitats throughout most of mainland; undergoing rapid range expansion in South and East (occurring in many parts of suburban Melbourne where it previously didn't) Gregarious, confiding, feeds exclusively on the ground, runs on short legs, with crest bobbing. When perched often squats with tail drooped. Male display flight is steeply upward with loud wing-claps, followed by a curving downward glide to an exposed perch. Courtship bowing display shows off iridescent feathers and long, white-tipped tail.



RECYCLING

Single-use plastics ban

The Victorian Government has banned single-use plastic drinking straws, cutlery, plates, drink-stirrers, cotton bud sticks, and expanded polystyrene food service items and drink containers from 1 February this year.

Single-use plastics make up a third of the litter in our streets and waterways. They remain in the environment for a long time, harming our wildlife and contaminating our food and water. This ban will also help reduce plastic waste and contamination at recycling facilities.

The National Retail Association (NRA) has been engaged to help businesses understand and prepare for the ban. The NRA has visited over 3,000 businesses across Victoria, hold information sessions and provide a toll-free hotline and mailbox.

A set of free resources are available, including a factsheet, poster, postcard and detailed guide to help businesses and organisations understand their obligations under the ban.

The Environment Protection Authority Victoria (EPA) is responsible for enforcing the ban.

If you have any further questions please call the hotline on 1800 844 946 or email sustainability@nra.net.au



<https://msk.org.au/road-trip-tips>

11 tips for safe, comfortable and happy road tripping

November 16, 2022 by Lisa Bywaters



“Roadtripophobia (n.) The fear of not having any road trips currently booked.”

With the weather improving (finally), many of us are looking out our windows and dreaming about road trips to anywhere but here. We’ve been stuck in one place for too long, and it’s time to explore new places!

However, living with arthritis, back pain, and other musculoskeletal conditions can sometimes affect your ability to drive. Pain, fatigue, joint and muscular pain, and brain fog can make driving and sitting for long periods difficult. That really sucks when your road trip playlist is ready to go, and a bag of kool mints is waiting in your console! But we’ve got some tips to help you *get your motor runnin’*... so you can *head out on the highway and look for adventure*.

“Never underestimate the therapeutic power of driving and listening to very loud music.” – Unknown

1. Talk with your doctor before you hit the road

If your condition sometimes affects your driving ability, talk with your doctor. Depending on the problems you’re experiencing, your doctor may suggest a range of self-management strategies to help ease muscle tension, reduce pain, prevent you from stiffening up too much, and allow you to move more freely. You can use these strategies in the weeks leading up to your trip and as you [travel all over the countryside](#).

For example, simple things like [regular exercise](#), [pain management techniques](#), [aids and devices](#), and supportive cushions can be a great help on a road trip. Your doctor may also review your medicines to ensure they’re managing your condition as effectively as possible, with as few side effects (e.g. drowsiness) as possible. This brings us to the next tip...

2. Know how your medicines affect you

Do your medicines affect your concentration? Do they make you sleepy? Or affect your coordination or reaction time? If so, talk with your doctor about whether there’s another medicine you can use that won’t have this effect on you.

Understanding the effect medicines can have and whether or not they’ll affect your ability to drive safely is extremely important. If you’re unsure, chat with your doctor or pharmacist.

Remember to pack any medicines you may need on your trip, whether you’re gone for an hour or days. Pain and flares can appear unexpectedly, so take a leaf out of the Scout guidebook and ‘be prepared’.

3. Wear comfy clothes

There’s nothing worse than driving for a while and realising you’re wearing the absolute worst clothes for the trip. Your shoes are restrictive, your top doesn’t breathe, and your jeans are giving you an atomic wedgie!

Road trips are fun, so you should feel relaxed and comfortable in the clothes you wear. Choose clothes with some give that allow you to stretch and move around easily, and are appropriate for the weather.

If you want to look more put together at the end of your trip, take a change of clothes and get changed at a rest stop close to your destination.

And don’t forget to pack a raincoat, sunhat and sunscreen – it’s Australia, after all. We can have all the seasons in one day!

4. Plan your trip

Planning and prepping will make you more confident during the drive and reduce the risk of stressful surprises. It also helps to build anticipation for the journey ahead.

- Make sure your car is ready for the trip. Book it in from a service to ensure tyres, fluids, brakes etc., are up for the drive.
- Print your maps or enter the route into your GPS. Plan your rest stops, fuel stops, and places you want to visit along the way.
- If you're making a long trip, stop every hour, get out of your car and stretch. Give yourself plenty of time; you don't want to feel tense or rushed. Tension and stress can make your muscles tight and increase your pain levels. So take time to go slow and enjoy the ride.
- Be aware of changing road conditions. Much of Australia has had extensive rain and floods. This has caused many potholes to form, making driving stressful and potentially damaging to your car. Hitting a pothole can also cause significant jarring, increasing your muscle and joint pain. Read the RACV article: [Stay alert, slow down, don't swerve](#) for info on how to safely navigate potholes.
- As far as flooding goes, the information is clear – avoid flooded areas, and never drive through floodwaters. If you're not sure about the state of the roads on your route or where floodwaters are, visit the website of your local roads authority and state emergency services.

“There is nowhere to go but everywhere, so just keep on rolling under the stars.”- Jack Kerouac

5. Get comfortable in the car

Before you hit play on your playlist and set off, carefully adjust your seat and mirrors. If your feet and ankles are stiff, move your seat forward to push the pedals with your entire foot, not just your toes. Make sure your seat's height lets you control the pedals without being uncomfortable. You should be able to reach and operate all of the controls, pedals, steering wheel etc., and have good visibility through your windows and mirrors.

If you have pain in your hips or legs, consider using a cushion that supports the lumbar spine, hips and buttocks. You can find these at chemists, auto shops, and any store that sells aids and equipment. Or you can see an occupational therapist for info and advice. Just be sure to do all of this before your trip, so you can try out the cushion to ensure it helps and doesn't aggravate your condition.

Remember to empty your pockets of keys, wallet, small change and other bits and pieces. They can cause irritation and pain – especially if you have a long drive ahead.

6. Take breaks and notice the world around you

Don't drive for more than an hour without a break. Stop, get out of your car, and stretch or massage tight muscles. Walk around. Drink some water. Check out what's nearby – a coffee shop, a historical marker, or a breathtaking view. It's incredible how much you can discover when you stop and look around. And the break will help you feel better and more relaxed at your destination than if you'd driven straight through.

Build these breaks into your overall trip time so that you have plenty of time to get from point A to point B safely and comfortably.

***“Because the greatest part of a road trip isn't arriving at your destination.
It's all the wild stuff that happens along the way.” – Emma Chase***

7. Stay hydrated and eat well

[Water lubricates](#) and cushions your joints, aids digestion, prevents constipation, keeps your temperature normal and helps maintain your blood pressure. When you're not getting enough water, your body can't work as well as it should. So make sure you fill your water bottles before you set out and take time to drink from them.

Pack healthy snacks like unsalted nuts, pre-cut fruit and veg, trail mix, or cheese and crackers. Check the nutrition panel to ensure they're not high in fat, sugar or salt. Alongside the healthy snacks, you may decide to add a road trip treat (*because you're only human*). For my family, that's always been kool mints or snakes. Yum!

8. Manage your fatigue

You may experience fatigue or intense tiredness due to your condition, the effects of some medicines, or lack of sleep. So plan around your fatigue. For example, if you're generally fatigued most days around 3pm, plan to do your driving before this. Your driving ability is compromised when you get tired, or your pain worsens. So don't drive when you're feeling foggy or sleepy. Share the driving with others. When you're not the driver, you can keep the music playing, be the navigator, quiz master, or lolly dispenser. Or just put your head back and rest.

"You can pack for every occasion, but a good friend will always be the best thing you could bring." - Unknown

9. Check out aids and gadgets

There are many aids available to help make driving more comfortable, including:

- A swivel seat cushion to help you get in and out of the car. You pop it on top of your car seat, sit on it with your body facing out and then swivel your body and legs around to face the dashboard.
- A lumbar back support or a rolled-up towel to support your lower back.
- A steering wheel cover can help make your steering wheel easier to grip if you have stiff, sore hands.
- If you find it difficult to twist the petrol cap on or off, try using a petrol cap turner. It'll make twisting the cap easier.
- Grab handles and bars can be added to your car to help you get in and out of your car more easily.
- A seat belt reacher can help reduce arm and shoulder strain when reaching for your seat belt and pulling it across your body.
- Reversing cameras and parking sensors are available in most new cars and can be added to older ones. They can make parking and reversing easier if you have problems twisting, turning your neck or looking over your shoulder.

Talk with an [occupational therapist](#) for information and advice about what aids or gadgets may be helpful for you.

10. Use heat and cold treatments

Applying [heat or cold](#) to painful areas before you head out in your car can help relieve your pain. Generally speaking, heat can ease muscle spasms and tension, and cold can reduce swelling. Heat and cold treatments are available in a wide range (e.g. packs, rubs, gels, patches). Some are portable and can be left in your glovebox or bag, so you have them on hand when you need them. Always read the instructions carefully before using them.

11. And have fun!

Heading out on a road trip is a time-honoured tradition because it's fun, gets us out of our bubbles, and leads to new and exciting adventures. So take some time to plan and prepare, and enjoy the journey!

"It doesn't matter how old you get, buying snacks for a road trip should always look like an unsupervised 9 year old was given \$100." - Unknown

Contact our free national Help Line

Call our nurses if you have questions about [managing your pain](#), musculoskeletal condition, treatment options, [mental health issues](#), [telehealth](#), or accessing services. They're available weekdays between 9am-5pm on 1800 263 265; email (helpline@msk.org.au) or via [Messenger](#).

More to explore

[8 tips for road trips with a chronic illness](#) - The Mighty

[12 ways to make road trips and car rides easier when you have arthritis](#) - Creaky Joints

[15 to float](#) - Victorian State Emergency Service

[Road trip tips for arthritis](#) - Arthritis Foundation

[Stay alert, slow down, don't swerve: how to avoid and safely navigate potholes](#) - RACV

[Understanding chronic pain and driving](#) - RECOVER Injury Research Centre, The University of Queensland



The results of the 2023 Halls Gap Fire Plug Audit are in. They can be downloaded from the Resilience Group web page at <https://hallsgapcommunity.org.au/directory/halls-gap-resilience-group/>.

Most of the actions recommended in the 2022 audit have not been addressed in the 12 months since it was issued. In particular:

The major defect of the silting up of the FP housings, which [makes the FPs unusable until the silt is removed, remains unchanged compared to 2022.](#)

Corrosion is still a significant concern and it has not been addressed over the past 12 months.

Careful testing was recommended in 2022 to confirm network functionality, but this has not occurred because NGSC, GWMWater and CFA have not agreed who will test the FPs.

The Resilience Group will consider what action to take in response to these findings at its next meeting.



*Wander into
nature and
restore yourself*

FOREST THERAPY WALKS

FREE!

These walks will complete my training as an INFTA Forest Therapy guide (International Nature and Forest Therapy Alliance). They are for anyone aged 16+ years who wants to explore the benefits that connecting to nature can bring.

**7.30am - 10.30am
Friday 14th
& Sunday 23rd April**

Scan the QR code below to book, or for more information, contact Rowena on 0422 465 207 or visit www.echidnatrails.au



For anyone interested in joining me for a Forest Therapy walk this month I will be running two free walks to complete my training as a Forest Therapy guide.. They will take place on the 14th and 23rd April from 7.30am - 10.30am.

The walk will suit all levels of fitness, with only 10 steps to navigate, otherwise the path is smooth and wide, with plenty of opportunity to sit along the way. Come and experience for yourself the mental and physical benefits that Forest Therapy provides.

For more information go to www.infta.net, and if you want to look at the research just let me know and I will send you some links. You can book on www.echidnatrails.au under 'Services' or call me on 0422 465 207. Looking forward to meeting you on the trail! Cheers, Rowena





Greetings from
STAWELL

GYE
GRAMPIANS YOUTH EVENTS

PRESENTS

SCAVENGING STAWELL

FROM THE 7TH - 21ST OF APRIL

HEAPS OF FUN PRIZES TO BE WON!

ENTRY FORMS @ STAWELL NEIGHBOURHOOD HOUSE

SEE THE GYE FACEBOOK PAGE FOR MORE INFO

Or follow this link
to start Scavenging Stawell





THE 2023 WAMA ART PRIZE IS NOW OPEN AWARDING \$25,000

WAMA, Australia's National Centre for Environmental Art has launched the 2023 WAMA Art Prize, a \$25,000 national award for excellence in nature inspired art created with or on paper.

The biennial Art Prize is in its second year after a very successful launch in 2021. Receiving over 600 entries in its inaugural year, the award attracts a broad spectrum of Australian artists who are passionately engaged in the natural environment.

Chair of WAMA's Art Advisory Council, Jacqueline Healy said, "The quality and number of artists who entered the inaugural prize, demonstrates the resonance that the theme of art and nature has within our creative community."

"Australia has many art prizes, but what makes this award special and unique is that its about art and the environment, two things that people are passionate and care deeply about. It provides a focused platform for equally important things in our lives that are connected and should be celebrated."

The 2023 WAMA Art Prize will be judged by a strong and knowledgeable panel including Dr Vicki Couzens, prominent artist and Gunditjmara Keerray Woorroong elder, Robert Nelson, art historian and art critic, Suzanne Davies, Contemporary Art Gallery Director, and Dr Jacqueline Healy, Chair of WAMA's Art Advisory Council.

"We are excited about the talented artists that will be discovered this year through the prize and are looking forward to judging some remarkable works."

The award's finalists will be exhibited at Ararat Gallery TAMA and online between 19 August and 19 November, 2023. The major acquisitive award of \$15,000 and Awards of Excellence will be announced on 26 August, 2023. Included within the exhibition is a People's Choice Award, available for public vote after the announcement of the major prize winners.

Entries for the WAMA Art Prize are open from April 1 to May 19 online through the WAMA website (www.wama.net.au/wama-art-prize/).

The aim of the WAMA Art Prize, Works on Paper is to invite a multi-disciplinary range of Australian artists, to celebrate their connection with nature and raise awareness of the importance of conserving our precious and unique Australian environment.

BUDJA BUDJA MEDICAL CLINIC



20-22 Grampians Road
Halls Gap 3381
PH: 03 53 564751

| APRIL 2023 | MAY 2023 |
|---|---|
| 3 rd – 6 th Dr Dominique Coleman Dr Luhong Min | 1 st – 5 th Dr Christine Harvey |
| 7 th & 10 TH ^m PUBLIC HOLIDAYS | 8 th – 12 th Dr Christie Harvey |
| 11 TH – 14 TH Dr Dominique Coleman Dr Luhong Min | 15 th – 19 th Dr Christine Harvey |
| 17 th CLOSED | 22 nd – 26 th Dr Christine Harvey |
| 18 th – 21 st Dr Dominique Coleman Dr Luhong Min | 29 th – 31 st Dr Ian Jones |
| 24 th – 28 th Dr Luhong Min | |



COVID 19 VACCINATION CLINIC



Friday the 14th of April at Cato Park (Stawell)

Bookings are essential.

Call Budja Budja Medical Clinic on 5356 4751
to make a Booking.

**must be over 18*

** must not have had COVID 19 or a booster shot within the last 6 months*

Cervical Screening



Cervical screening every 5 years could save your life!

At GCH's clinic you will be able to take your own vaginal sample (self-collection), or have your screen completed by our qualified Community Health Nurse

Book your appointment today!

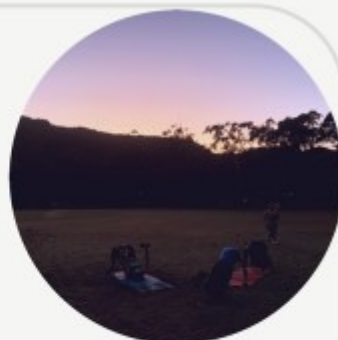


Appointments: GCH Stawell on
Thursdays, between 9am - 4pm.

5358 7400

*Some charges may apply - please check when booking.

www.gch.org.au



Train with us!

April 24th - June 12th
Monday @ 6:30am

Beginner to advanced, this circuit class will have you feeling it all. Come along for a fun workout packed with laughs, smiles and sweat



Contact Cass to secure your place.
0418 375 199
casshebbard@gmail.com



health · fitness · wellbeing



March has flown by... The Highlight was our Budja Budja NH Luncheon - "Living better and living longer- Women share their secrets" talk by Professor Cassandra Szoeké from the University of Melbourne. Her book 'Secrets of Women's Healthy Ageing' published in 2021 is based on over 30 years of research unlocking the secrets of women living better and longer. University researchers followed 387 Australian women from the Women's Healthy Ageing Project for three decades. The women were aged from 45 to 55 when the study began in 1992. The participants were so impressed and wanting to know more we plan to have Professor Szoeké back to talk again. In the mean time BBNH still has a few copies of her book for sale.

We followed our lunch with a game of Finska.



What's on in April at your Neighbourhood House

We are open Tuesday to Friday 9am to 3.15pm

- **Monday 3rd** 11am-1pm Writers Group
- **Monday 10th Closed - Public Holiday**
- **Mondays** 7.00pm Meditation



- **Tuesday 25th Closed - Public Holiday**
- **Tuesday** 10am-11.30am Storytime
- **Tuesdays** 1.30-2pm Gentle Exercise



- **Wednesdays** 10am-12noon Craft & Chat Corr along and share your skills or learn a new one.



- **Thursday 20th** 6pm HG Book Club



- **Friday 7th Closed - Public Holiday**
- **Fridays** 10am-10.30am Qi Gong
- **Fridays** 10.30-11.30am Bird Walk
- **Fridays** 1.30-3pm Friday Fun - Finska



Tuesday to Friday 9am-3.15pm

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





POMONAL MEN'S SHED

**Activities Update
– 31st March 2023**

March has been quite a busy month down at the shed with members being involved in a variety of activities and projects.

Monday's 9-30am – 3pm we have been enjoying our social sessions with everyone enjoying a laugh as we solve all the worlds problems over a hot cuppa and sweet snack.

Thursday's 9-30am – 3pm is our project session where we have been busy with some varied projects with In the shed and for community members. Both the metal and woodwork sections have been well utilized.

The 1st Tuesday of the month from 10am we have our "Shed Talk" session, where this month we had a speaker from the Dementia Institute of Australia give a talk on dementia. All who attended enjoyed the talk and had a lunch together afterwards.

The 2nd Tuesday of the month we have our computer/smart phone session with Moya where we are increasing our skills in the modern world, we also enjoy a lunch together after this as well.

Wednesday 1pm – 4pm we have our Patchwork session in the meeting room with Frances. Members have been doing quite a variety of sewing/patchwork projects from week to week.

3360 Ararat Hall Gap Road, Pomonal.

Victoria 3381

pomonalmensshed@gmail.com

www.pomonalmensshed.au

This month we also had some fun together helping the Grampians Brushes folk set up and pack up the classrooms for some much needed funds for the shed.

We have resumed our woodwork sessions with Pomonal Primary School which is a great time for our members and the students alike.

This month we have enjoyed having a few extra lunches together, well, just because we can. Food, cuppas and fun seem to be high on the priority list at the shed.

The last Sunday of each month we ran our (now quite famous) sausage sizzle at the Pomonal market. This helps us raise some much-needed funds as well as being a great social time for all involved. It is also a great way of showing potential new members through the shed.

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.



Parasite

Wednesday 26th April 2023

Centenary Hall, 117 Grampians Road, Halls Gap



2019 South Korean – Black comedy thriller film directed by Bong Joon-ho. Greed and class discrimination threaten the newly formed symbiotic relationship between the wealthy Park family and the destitute Kim clan.

Check The Grampians Film Society website on membership details and full program.
<https://grampians.filmsociety.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) 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 2023:

Easter Sunday - Sunday 9th April

King's Birthday Weekend - Sunday 11th June

AFL Grand Final Weekend - Sunday 1st October

Melbourne Cup Weekend - Sunday 5th November

Future Dates for 2024:

Labour Day Weekend—Sunday 11th March

Pomonal Village Market

Last Sunday every month - 9am - 1pm
Pomonal Community Hall
Ararat-Halls Gap Road, Pomonal

2023 Market Calendar

| | |
|---------------|-------------------|
| 1st January | 30th July |
| 29th January | 28th August |
| 26th February | 24th September |
| 26th March | 30th Sept/1st Oct |
| 30th April | 29th October |
| 28th May | 26th November |
| 25th June | 31st 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.



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



Report stolen bicycles, property taken from your car or other items.



Report personal property lost in Victoria.



Report damage to your property, including graffiti.



Register your party.



Inform police when you are away from your home.

Call 131 444 or visit police.vic.gov.au



Halls Gap is a Cat Free Zone

FILL THE GAP COMMITTEE

David, Pam, Margo, Rod and Alison

Please email your articles and photos to us
by the 25th of each month to:

neighbourhood.house@budjabudjacoop.org.au

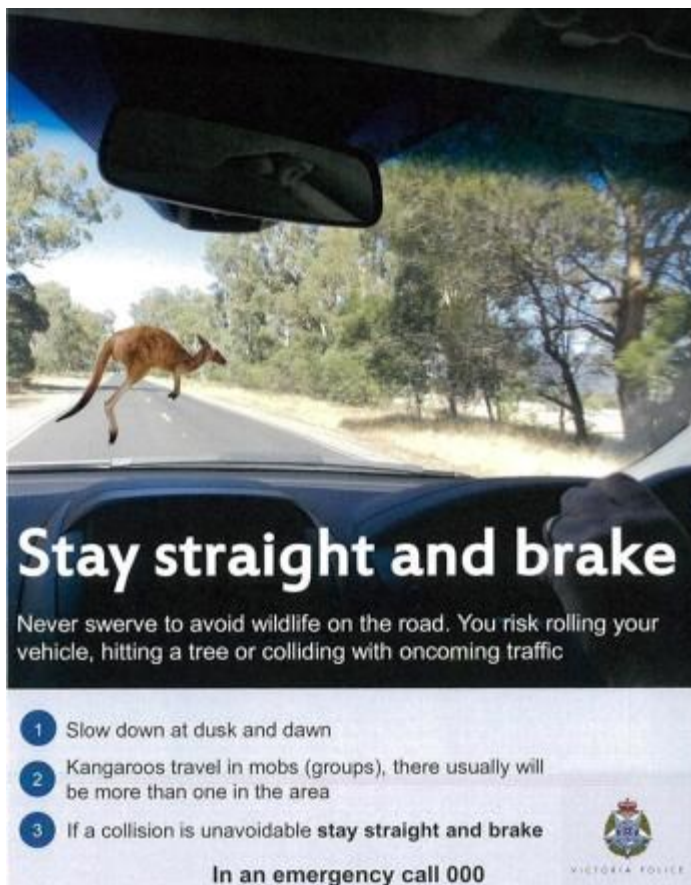
Upload your community events details to
the Community Association webpage:

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.



Wildlife Rescue

- [Wildwood Wildlife Shelter – Gariwerd](#)
- Close to Halls Gap call Ian on 0413 921 171
- Wildlife Victoria: 13000 WILDLIFE (1300 094 535)
- Help for Wildlife: 5356 4749
- WRIN: 0419 356 433

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