

FILL THE GAP

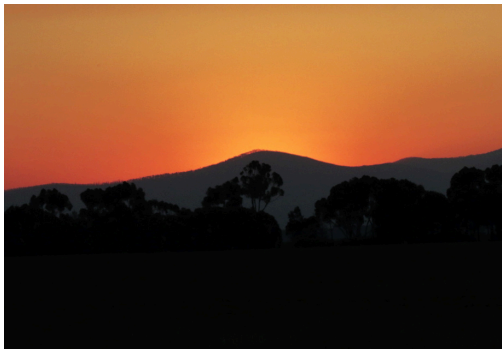
Produced by Halls Gap Community Association
& Halls Gap Neighbourhood House



March was full of fun activities in Halls Gap, we have had the last session of Water Aerobics, Grampians Textures was running with workshops and markets around town. Our Community Art Program has wrapped up its first of four workshops and The Halls Gap Kitchen Cabinet held a Community BBQ to end a ripper of a month!

There is a lot to look forward to in April, from our Bunting being displayed around town to our second Community Art Program starting and lots more to look forward to!

South of
Moyston from
Wilaura Road
27-3/2025 by
Neil Macumber



March 2025 Rainfall by Chas:

50.5 mm for March 2025 bringing the progressive total to 113.5 mm for 2025. This compares to the same period last year of 2.5 mm for March with a progressive total of 105.0 mm.

Lake Bellfield is holding 54,460 ML or 69% full compared to the same period last year of 70,230 ML or 89% full.

The total system is holding 227,110 ML or 40.53% full compared to the same period last year of 329,100 ML or 58.74% full.

Unfortunately still no statistics from Mount William due to the damage caused by the 2024/2025 fire.

Fill The Gap is back monthly, if you have any events and news to share please email hallsgapcommunity@gmail.com

Articles for May 2025 FTG need to be received by the 25th of April.

If you would like to volunteer your time to Fill The Gap please either email or come into The Halls Gap Neighbourhood House to speak to Alison.

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THE SIX SEASONS OF GARIWERD



gwangal moronn
season of honey bees - autumn
(late march to june)

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

MONDAYS

07, 14, 21 & 28-THE HISTORY ROOM, CENTENARY HALL FROM 2PM – 4:30PM

07, 14, 21 & 28-POMONAL MEN’S SHED SOCIAL MORNINGS FROM 9:30AM

TUESDAYS

01, 08, 15, 22 & 29- GENTLE EXERCISE AT HALLS GAP NEIGHBOURHOOD HOUSE (HGNH) 1:30PM

01, 08, 15, 22 & 29- PETANQUE IN THE PARK - 4PM

WEDNESDAYS

02, 09, 16, 23 & 30- CRAFT AND CHAT, HGNH -10AM-12NOON

02, 09, 16, 23 & 30-THE HISTORY ROOM, CENTENARY HALL FROM 2PM – 4:30PM

02, 09, 16, 23 & 30- POMONAL MEN’S SHED SOCIAL AFTERNOON- 1PM

23- GRAMPIANS FILM SOCIETY, CENTENARY HALL DOORS OPEN 7PM

THURSDAYS

10 & 24- THE HISTORY ROOM, CENTENARY HALL FROM 2PM – 4:30PM

03, 10, 17 & 24- POMONAL MEN’S SHED SOCIAL MORNINGS FROM 9.30AM

03, TBC - HALLS GAP KITCHEN CABINET MEETING, CENTENARY HALL- 9AM

17- HALLS GAP BOOK CLUB, MEETING ROOM, CENTENARY HALL - 6PM

FRIDAYS

04, 11, 18 & 25- TAI CHI/QI GONG, HALLS GAP NEIGHBOURHOOD HOUSE- 10AM-10:30AM

04, 11, 18 & 25- THE HISTORY ROOM, CENTENARY HALL FROM 2PM – 4:30PM

25- ANZAC DAWN SERVICE, WAR MEMORIAL- 5:30AM-6AM

SATURDAYS

05, 12, 19 & 26- PETANQUE IN THE PARK- 1PM

05- HARMONY FESTAVAL, STAWELL TOWN HALL- 12PM- 4PM

12- POP ARTS WEAVING WORKSHOP, HALLS GAP CENTENNIAL HALL- 10:30AM-2:30PM

19- POP UP ARTISAN MARKET, HEATH STREET, HALLS GAP- 4PM-6PM

SUNDAYS

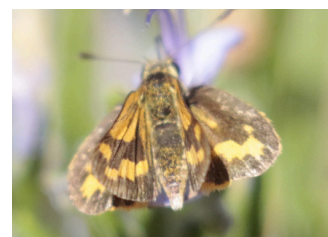
6- STAWELL ORCHID SOCIETY MEETING, SENIOR CITIZENS ROOMS, 9 VICTORIA STREET STAWELL- 1:30PM

6- WAMA NATURE PLAY, 4000 ARARAT-HALLS GAP ROAD, HALLS GAP 11AM-3PM

13- POMONAL GROWERS & PRODUCERS MARKET, POMONAL COMMUNITY HALL- 9AM-12:30PM

13- POP UP ARTISAN MARKET, HEATH STREET, HALLS GAP- 10AM-2PM

27- POMONAL VILLAGE MARKET, POMONAL COMMUNITY HALL- 9AM- 1PM



Skipper Butterfly - possibly a
Splendid Ochre AKA
Symmonus Skipper-Thyreus
nitidulus - by Neil Macumber



Neon Cuckoo Bee-Thyreus nitidulus - by Neil Macumber



We are open Tuesday to Friday 9am to 3.15pm

- **Tuesdays** 1.30-2pm Gentle Exercise
- **Tuesdays** 2pm to 3pm Coffee Catch up
- **Wednesdays** 10am-12noon Craft & Chat Come along and share your skills or learn a new one.
- **Thursdays** 1.30-3pm Finska
- **Fridays** 10am-10.30am Qi Gong
- **Fridays** 10.30am-11.30am Coffee Catch up

That's A Wrap!

Last Thursday was the final night of Water Aerobics, after 5 weeks of increasing numbers we had 18 participants. Thank you to Jo for instructing the classes and to Thrive50+ and Northern Grampians Shire Council for their involvement and support.



Tuesday to Friday 9am-3.15pm

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

FREE TO A GOOD HOME!

Halls Gap Neighbourhood House is having a spring clean:

Cannon Printer
&
Computer Screen Monitor

What's happened in MARCH

We have been running gentle exercise every Tuesday through March and due to Grampians Textures 2025 we were in the Botanical Gardens for one week! It was lovely to get outside for our session.

March Community Project!

In association with Northern Grampian Shire Council and PopArts, Neighbourhood House has completed our first art project of 2025! We have had many locals help with creating our bunting as well as some little helpers from Halls Gap Primary School! Bunting workshops have been inclusive and loads of fun, we have cut squares of white fabric, used paint and stamps, pens and ink to create colourful patterned squares. With the help from local sewers our bunting is coming together! Keep an eye out around town to see our wonderful community project come to life!

NEIGHBOURHOOD HOUSE IS WORKING WITH LIDS4KIDS!



Lids4Kids Australia is a national organisation that rescues lids from landfill and provides them to different organisations to turn into something meaningful. They work with Zero Plastics Australia, an eco- friendly company that specializes in recycling single-use plastic milk lids into brand new products. We are only accepting clean lids with a recycling code of 2 and 4, if there is no number we can still take it, please also remove the white circle in the lid. Clean Lids Please.

Tribute to Jill Miller, from the Pomonal Resilience Group International Women's Day, 12 March 2025

When Jill Miller retired from her role as CEO at Grampians Community Health, she didn't retire from community service.

Back in her home community of Pomonal she became the president of the Progress Association and chair of the Resilience Group. Already strong and committed groups, Jill brought to them her experience, wisdom and access to a large network of people and resources, but more importantly her authentic commitment to community resilience.

When the devastating fire of February 2024 destroyed over 40 houses in Pomonal, Jill's leadership and love, her compassion and practical problem solving meant that the Resilience Group was able to play a crucial role in Pomonal's recovery. Jill was the calm but constant still point in all of it. We could never get her to rest! Jill never made a fuss or a ripple, but she was like a strong tide.

Jill's leadership has become a valuable model for those who worked with her, teaching us so much about connection, communication, and building resilience. The Pomonal community is incredibly grateful for what Jill has given, what she has brought to us and helped us to become.



A Hug

A hug can cheer you when your blue. A hug can say, "I love you so", or, "Gee I hate to see you go." A hug is "Welcome back again!" and "Great to see you!" or "Where have you been?" A hug can soothe a small child's pain, warm the heart and calm the brain. A Hug! There's just no doubt about it, we scarcely could survive without it.

Hugs are great for fathers and mothers, sweet for sisters and bonza for brothers, and chances are some favourite aunts love them more than potted plants.

A hug can break the language barrier and make the greeting all the merrier. No need to fret about the store of 'em. The more you give, the more there are of them.

So stretch those arms without delay and give someone a hug today.



Farewell to Jill Miller, a Pillar of Two Communities.

It is hard to say goodbye to friends, but sometimes it is really much more than just hard. No words can easily describe that moment when it comes. That is how I feel about the loss of Jill Miller who drew her last breath on Friday, 14 the March. It is not just because Jill was such a good friend over the past 40 years but because she had such a strong will and determination to make life better for as many other people as possible. So, it is here that I would like to recall the many ways, that I know, she made life better for her community and beyond.

Jill came to Halls Gap in 1984 when John, her husband, was appointed the Grampians National Park's first Head Ranger. Jill, as I was soon to find out, was no stay-at-home-housewife, even though she did have two small children, Nadya and Kristie, to care for but she wanted to be involved in the community. One day, she said to me, "How DO you get to know what's happening in this community?" to which I replied, "Have a child who goes to the local primary school." Well, at that time Nadya had just started at school but Jill was soon thinking up other ways to connect. Within weeks she had a newsletter up and running in the community and that was how Fill the Gap came into being. Jill had persuaded a number of local women to share the job of editing the newsletter which began as a fortnightly edition. She drew up a list of suggestions and guidelines (e.g. no commercial advertising, no politics) and contacted local organizations and clubs to send in regular reports to be included in the newsletter. In no time at all, everyone knew a lot more about what was happening in their own community and the newsletter is still circulating today, part of Jill's legacy. Jill didn't stop there for she soon saw a way she could help the wider community. About a year later, after consultation with the right people, she began what was known as the Stawell Health & Community Centre. If I remember correctly, this new support centre was first set up in the upper level of the old Nurses Home in Wimmera Street, but it wasn't long before the Centre occupied the whole of the building. That was the beginning of what we know today as Grampians Community Health, the organization which then took over the former Stawell Technical School building in Patrick Street to provide primary and allied health care and community support.

However, Jill as the CEO grew her "community" far wider than Stawell and the Grampians. Forty years on, GCH has centres in Ararat, St. Arnaud, Horsham, Hamilton, Maryborough and Warracknabeal, servicing the Grampians, Wimmera, Southern Mallee and Pyrenees districts. Yet another Jill Miller legacy. But maybe the one never-forgotten gift she gave to 'people in need' was her introduction of the Healthy Lifestyle Holidays. Jill was aware that many home carers and those in their care rarely had a holiday or, for that matter, have time to relax. So, Jill set up the necessary requirements for HLH and she soon had groups of forty to fifty people taking off in a coach to a selected destination for a week away from home. They were met at their accommodation place, usually a very accessible motel, by a group of support staff which Jill had chosen.

Then the holiday began with carers having as much free time as they wished, knowing that their loved one was being well looked after. Activities for all ranged from canoeing to horse riding, scenic touring to museum visits, card games to massage. Everyone came home, maybe a little bit exhausted, but the smiles on everyone's face was a joy to behold and put new life into all who attended. I can't recall all the places to which Jill took HLH but I do recall Bright and Daylesford, and the first being at Halls Gap. Jill's capacity for love of her community, whether small or much wider, will be remembered by all who knew her. For me I have one outstanding memory of Jill before she moved from Halls Gap to live in Pomonal. There she continued to be an active member of the community and became a tower of strength to all during and after their devastating 2024 bushfire. But my never-to-be-forgotten memory of Jill was watching her setting up an orchid display at one of the past annual Wildflower Exhibitions. There she was gently positioning a specimen among the small logs and moss of the woodland like setting which she had arranged. Bent over her task, Jill was lost in her own world of peace and productivity.

We who knew Jill will miss her, so very much.

On the last Monday of March Halls Gap Kitchen Cabinet held a Wellbeing night for the locals of Halls Gap. The night was a huge success seeing everyone from the community mingling and celebrating the fires being out. We had guest speakers from CFA and BeyondBlue. We are wanting to remind everyone to stay connected.

Special thank you to all that helped with the set up and the running of the evening and an even bigger thank you to everyone who helped with the dishes and the clean up!!

We also had many people from different organisations come and share some recourses from:

- GCH - Brad Tarr
- Community Connect App - Jade Green
- Red Cross - Tonie Draffin
- Beyond Blue - Mel Novak

The Daggy Award Goes To...

The planet earth prize for leaf raking & general town tidiness.

Outstanding performance in rakeology.

Joy Robson.

Honorary Doctorate in Science from the Moyston University.

For being a source of truth.

Graham Parks.

United Nations medal for tolerance.

For putting up with grumpy customers.

Lisa and Michael from the supermarket.

Outstanding service in the field of Inebriation and debauchery.

For always welcoming and providing.

Simon Freeman.

The Peoples Republic of Halls Gap medal of courage.

For sticking up for her community.

Blanche.



Road Side Clean up

In conjunction with our other "Community Led Fire Recovery" activities aimed at building positive connections between us all here in Halls Gap, the "Bring Out Your Dead POWER HOUR" campaign undertaken by our Volunteers to decrease the volume of roadside fire fuel debris within Halls Gap has been wonderfully successful - thank you to all involved!!!

However, as a result of the many comments, conversations and investigations with Community Members, representatives of the Northern Grampians Shire and with the Department of Transport / VicRoads, the following important information needs to be brought to the attention of Property Owners, Residents, Business Owners and all Relevant Others:

Under the Shire's road / shared pathway maintenance regime (publicly available on their website), each property owner, apart from maintaining fire fuel debris on their own property, is also responsible for maintaining their own "nature strip" area to the road edge, keeping it clear of fire, tripping and other hazards. If this is not done, the responsibility reverts to the Shire, but with the associated costs subsequently charged to the property owner.

The Shire itself is responsible for maintaining the shared pathway (walking / bicycle track) and for half a metre on each side of that pathway. I would encourage the use of the "Snap, Send, Solve" app to report fallen limbs, trip hazards, etc. VicRoads are responsible for relevant Grampians Road maintenance, that is the road itself, for the road edges, and includes drains to the back edge of the spoon drains. I would encourage using the contact phone numbers on their website to directly report any relevant issues - they include urgent and less urgent contact numbers...

They have now been contacted about the current state of the drains, specifically about the saplings growing, fuel debris and silt build up in the spoon drains, and as a result of being contacted have now issued an assessment / works order to the relevant regional contractors as of the 21st of March - yayyy, stay tuned (no time frame provided)

Meanwhile, the assistance of the Northern Grampians Shire in helping to remove our Volunteers' piles of debris on two occasions to date (Mackays Peak Road corner and Silver Springs Road corner) is therefore greatly appreciated! We are still looking forward to potentially attracting some Emergency Victoria funding to enable low / no cost disposal of the green waste gathered in undertaking fuel debris reduction, thank you Rachel for your ongoing efforts! Also, we cannot express deeply enough our appreciation of "Locals" who have enabled us to create "burn heaps" on their properties for our volunteers to dispose of the accumulated fuel debris, not to mention our "Angel Army" of Volunteers themselves with gloves, chainsaws, tools, utes & trailers who have shown up to the multiple "Power Hours" held to date, plus for their commitment to continuing on!!!

There are so many positive comments and compliments of the sections cleaned up to date - thank you for your support and encouragement!

March has been a time of mixed emotions as we were very sad with the loss of one of our charismatic members Michael McMurtrie and his partner Jill Miller. Michael was one of our original members and will be greatly missed, for his humour, big heart and giving attitude with in the shed and the entire community.

We have also been working on some community projects, such as the war memorial for Pomonal and a wide variety of different projects in the workshop.

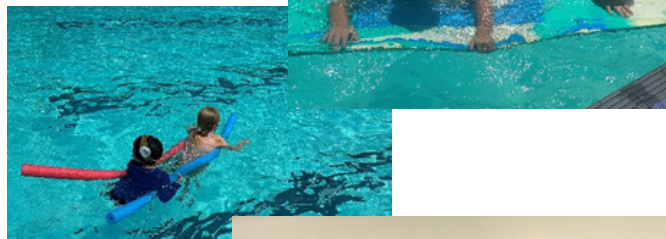
This month we also had a fish & chip night in Halls Gap for members and their families being a great social time together. Monday's from 9-30am we meet for our weekly social session where we usually solve a variety of the worlds problems over a hot cuppa and snack. Every Monday morning, we are running a woodwork session with students from Pomonal Primary school, which is a great time for the students and our members alike. Thursday's from 9-30am we have had busy Project sessions with lots of different projects on the go in the workshop. We are slowly producing some items for sale at the monthly markets. We also have a BBQ lunch at least one of these sessions per month. Wednesday's from 1pm in the meeting room we have had our Patchwork session with our members doing a variety of patchwork and sewing projects enjoying some time over a hot cuppa and good humour. We are pleased that the Mixed bunch Art Group are enjoying using our meeting room for their sessions. 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 and explaining some of our various activities. 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.





Halls Gap Primary School

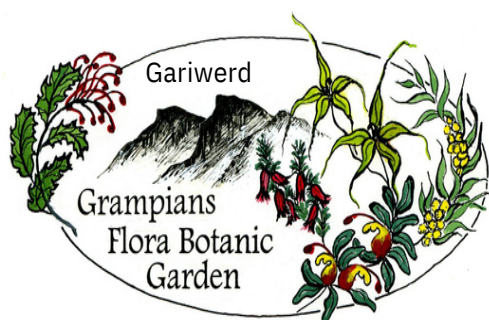


It has been a busy start to the year for both staff and students at Halls Gap Primary School. We welcomed Mrs Stoffel back to the school as our new Acting Principal and she is very excited to be at Halls Gap after 4 years working for the Department of Education in large schools across Western Melbourne.

This year we have two classrooms, P-2 and years 3-6. Mrs Henderson, Mrs Stott and Miss Jeffrey are our classroom teachers, and they are supported by Caren and Rubiah each day. Mrs Sharp is with us again for art and Helen is in the office. Also the MARC Van with Ms Fisher here fortnightly.

As always, we started the term with two weeks at the pool. Students love their lessons with Ange and Sandra who are so effective at teaching everyone how to swim and have fun in the water. The program culminated in a pool party with our friends from Great Western which included lots of swimming, dancing and The Great Ice Challenge!

We have all really enjoyed the gorgeous weather and have spent a lot of time playing with new sand and cubby equipment which was purchased by the Junior School Council with extra special thanks to Magret and the FoodWorks group who made a very kind donation. The shovels were such a hit that we had to go shopping and buy more!! Staff were a little concerned that one of the holes is reaching a dangerous depth, could be almost through the Earth's outer crust and heading into the mantle!



Our report is to give the locals a idea of what has been happening in the Botanical Gardens over the last 3 months, for locals to appreciate the diversity of plants, birds, animals and insects in its surrounds. We have had 4 main working bees with a couple not going ahead due to absence or illness but 15 turning up over that time to mulch, whipper snipping, ant eradication, fence & gate maintenance, raking, watering, lots of pruning, much chainsaw work, garden bed edging, hand & ride on mowing, install 'Keep Wildlife Wild' signage.

I thank all volunteers for their hard work from the bottom of my heart. Our volunteer numbers are still low and still could do with more help.

Halls Gap Primary School is maintaining a garden bed and have been weeding and cleaning it up, hopefully they will help plant some trees and shrubs later this Autumn [Thanks Sam]

On Saturday 17th of May a CITO [Hour Of Power] is being held in the gardens with 10-20 out of towners geohashes putting their hands to the wheel as well as our local volunteers as well. No new plantings over the summer period but a few -dead shrubs removed. Some extra watering has been done over this ongoing dry spell. [127ml over 3 months]. Due to the fires visitor numbers have been down, did see a guided tour being taken through, feedback of admiration has been overwhelming. Of course our mural has been finished and Margo Sistma giving her approval last week as Joy and I took her on a tour. Joy is repainting/ touching up the bear and door in the clock tree.

We all must promote our Botanical Gardens at any opportunity to locals and visitors.

What a ripper of a place to wander, work and rest.
Warren.

Halls Gap Botanic Garden Group
Situated in Halls Gap is always
welcoming volunteers.

There are different ways you can
help:

- Join in our working bees on the 2nd and 4th Fridays from 9.30am, contact Warren for more details
- Adopt a bed and look after it at a time that suits you
- Donate in cash or in kind
- Like our Facebook page
- Or just visit and enjoy



Date: Saturday 12th April
When: 9.45 am
Where: To be confirmed somewhere in the Grampians.

Join us as we pull out or cut regenerating sallow wattle. Sallow wattle is not native to the Grampians and is spreading and shading out all other vegetation to the detriment of biodiversity. Parks Victoria will choose an area for us to remove sallow wattle.

Register at parkconnect.vic.gov.au for this event. After the event we will have lunch together. Bring Chairs, food and drink to enjoy. All welcome.



When: Sunday the 13th of April, 9:00am - 12:30pm
Where: Pomonal Community Hall, Ararat-Halls Gap Road, Pomonal

A community- focused food and produce market. We aim to provide high-quality, locally made and grown products prioritising seasonal, and where possible, chemical-free options.

There is an extensive list of local volunteer groups located in and around Halls gap. If you are a new group in town or an existing one wanting to change/ update your information please email your new information to: hallsgapcommunity@gmail.com

List of groups looking for volunteers:

- Ambulance Community Officers
- Community Association of Halls Gap
- Fill the Gap Newsletter
- Friends of Grampians Gariwerd
- Grampians Film Society
- Grampians Grape Escape
- Grampians National Park
- Grampians Walking Tracks Support Group
- Halls Gap Botanic Garden
- Halls Gap CFA
- Halls Gap & Grampians Historical Society
- Halls Gap Landcare Group
- Halls Gap Neighbourhood House
- Run the Gap
- WAMA (Wildlife Art Museum of Australia)



Experience the fun of Family Day at the Powercor Stawell Gift with a host of activities for the whole family to enjoy on Easter Sunday at Central Park, Stawell. And its all free for under 12's.

Join the hunt for more than 7,000 easter eggs, get your face painted or meet the stars of Australian athletics. Enjoy family fun at Central Park even if you're not running. Come and meet our Powercor mascots, Max and Pippa, enjoy fun activities and giveaways, or ride high above the ground to see the world like a liney. Registration is necessary on the Stawell Gift website in the Off the Track section under Stawell Gift Family Day.

When: Sunday the 27th of April
9:00am- 1:00pm

Where: Pomonal Community Hall, Ararat-Halls Gap Road, Pomonal



The Pomonal Village Market is held on the last Sunday of every month. It is a vibrant local market where local growers sell fresh seasonal produce, artisan bakers offer homemade bread, and nearby craftspeople showcase their handmade goods. Dog friendly.



Budja Budja Medical Clinic

20- 22 Grampians Road, Halls Gap

53 564751

54 Girdlestone Street, Ararat

53 526700



Halls Gap Clinic	Dr Julia Fortes	1-4 APRIL
	Dr Rachelle Bassett	2-4 APRIL
	Dr Lisa Bendsten	7-17 APRIL
	Dr Christine Harvey	22-2 MAY
	Dr Clare Hand	22-24 APRIL
	Dr Katriona Ross	28-9 MAY
Ararat Clinic	Dr Simon Grewcock	1-4 APRIL
	Dr Jean Jagger	7-18 APRIL
	TBA	21-30 APRIL



Meet your councillors:

Left to right top row, Cr Jack Blake, Cr Murry Emerson, Cr Justine Hide.

Left to right bottom row, Cr Karen Probst, Cr Karen Hyslop, Cr Jenny Greenberger.



Keeping our Community Connected.

CommunityConnect is a FREE app available to download now.

As a founding partner of CommunityConnect, we are excited to bring to the community a centralised point for local information that is aimed at fostering community connections and enhancing emergency preparedness, recovery and relief support.

Download CommunityConnect Now!



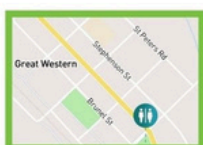
Emergency Relief & Recovery Notifications

Keep up to date with important information for your area during emergency relief & recovery periods



Events

Find events, meetings and other activities happening in your area



Visual Map

Find the location of business, events and important places in your area



Stay Connected.
Download Now.



A Northern Grampians Shire Council supported initiative

communityconnect.digital communityconnect@ngshire.vic.gov.au

Save The Date for 28 April Community Recovery Session

You're invited to a community-wide session on Monday 28 April starting from 6pm at Centenary Hall, hosted by the Halls Gap Kitchen Cabinet.

Everyone is welcome - we need everyone's ideas and talents to help keep our recovery moving forward.

Stay tuned for more details closer to the evening via local Halls Gap Facebook pages, poster locations around town, and local newsletters.



The Grampians Film Society evenings are held from January to November in Halls Gap. The aim of the Grampians Film Society is to bring back to the big screen some classic films, as well as those which are lesser known but regarded in the cinema world as meritorious.

The Community Association of Halls Gap works for our community and has offered to pay the 2025 membership of Grampians Film Society.

So don't miss this golden opportunity so come along and enjoy movies on the big screen for a great social night out.

This month:

La La Land

When: Wednesday the 23rd of April 7:00pm.

Where: Halls Gap Centenary Hall.

drinks and nibbles are serviced prior and a light supper afterwards.

More information: grampians.filmsociety.org.au

Introducing Gariwerd Trail Running

What are all these people doing, running into the national park with small backpacks? They're often gone for an hour or two but always return with big smiles. Here in Gariwerd we have a vast network of hiking trails, but increasingly the trail running community are noticing these are comparable to the world's best running trails! The Grampians Peaks Trail adds to this network and now the annual GPT100 event has brought this stunning place to a global audience.

Trail running is a rapidly growing sport with physical and mental health benefits. Mindfulness comes easily on the trails, immersed in nature and challenged by the terrain. Most regular trail runners will tell you how a morning run helps them navigate the challenges of the day.

What is Gariwerd Trail Running (GTR)?

We are an incorporated not-for-profit group made up of super welcoming locals with a passion for connecting people to the trails. Our holistic approach is to focus on the physical and mental health benefits of trail running, fostering connection to the natural environment, increasing awareness of Gariwerd's cultural significance, reaching out to the wider trail running community and encouraging destination trail running trips to the area. We coordinate regular group runs for all paces & levels of experience, and have a plethora of information on our website, socials and even a new podcast to help you get on the trails.

Check out our podcast

If you fall somewhere between vaguely interested in the outdoors to a hardcore trail-nut, tune in to the Gariwerd Trail Running Podcast on your preferred podcast platform and listen to a few local trail runners having a light-hearted chat about their favourite topic.

Common barriers preventing people from getting into trail running:

I can't run up those hills

It is totally ok to walk up hills! In fact, it's totally ok to start by walking everything!

I once injured my knee/ankle/back

Trail running can put less stress on your body than road running.

I'll join you when I get a little fitter

Why wait? Our Friday morning runs are for everyone, all paces welcome.

Friday morning runs

Weekly group run for all paces, typically meeting in Halls Gap. Stay tuned to Instagram and Facebook for the start time and location, and then just turn up.

Weekend runs

Ad hoc weekend runs that venture further afield and may require intermediate or advanced trail experience. Watch our socials for these runs and then message GTR to work out logistics.

I prefer to run on my own

Simply use the GTR platforms as a reference guide! You'll find a whole heap of runs from entry level to super challenging.





Halls Gap CFA

Recruiting For

- ✦ Operational firefighters
- ✦ Equipment maintenance volunteers
- ✦ Community engagement volunteers

**Keen to learn
more?**

**Contact Captain
Justin Cozens**

0400 047 346

[justin.cozens@](mailto:justin.cozens@members.cfa.vic.gov.au)

members.cfa.vic.gov.au

Fire Restrictions Are Still In Place

The Fire Danger Period is when CFA restricts the use of fire in the community. This is to help prevent fires from starting.

The Fire Danger Period is currently in place until 1 May 2025.

You need a permit from Council to burn-off during the Fire Danger Period.

The Fire Danger Period is NOT the same thing as a Total Fire Ban.

**Please do your part and help us
avoid unnecessary call outs.**

Heath Street Artisan Market

SUNDAY 13TH APRIL 2025

Heath Street Shops
From 10am – 2pm

Bespoke and Handmade Items

Also open:
Dot and Frankie
Life in the Gap
Raccolto Pizza
Grampians Wine Cellar

Mini Pop-up Artisan Market

SATURDAY 19TH APRIL 2025

Heath Street Shops
From 4pm – 6pm

Bespoke and Handmade Items

Also open:
Dot and Frankie
Life in the Gap
Raccolto Pizza
Grampians Wine Cellar

POMONAL PRIMARY OSHC

SCHOOL HOLIDAY PROGRAM



 **Monday 14th April - Thursday 17th April**
8.30am - 5pm **Fees: \$85/child/day - CCS**
Bookings: 0422 465 207 or oshc@pomonal.vic.edu.au

	OSHC SERVICE <i>Monday to Thursday</i> 3:15 - 5:30	CONTACT US 5356 6292 https://www.pomonal.vic.edu.au/	RESPECT <i>Ourselves, others and the environment</i>	RESPONSIBILITY <i>For our own learning and the environment.</i>	RESILIANCE <i>Do not give up, learn from challenges.</i>
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MENU FOR VAC CARE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Apple Muffins	Children will be able to select an ice-cream from the Pomonal Store	Cheese Scones	Fruit platter, Apple Muffins and Scones	PUBLIC HOLIDAY
LUNCH	Children are to provide their own lunch	Children are to provide their own lunch	Children are to provide their own lunch	Easter Party Nachos, Pizza and Mini Sausages in rolls.	PUBLIC HOLIDAY
AFTERNOON TEA	Fruit platter	Popcorn for movie afternoon	Fruit platter	Easter Party Healthy Donuts, Fairy Bread and Jelly.	PUBLIC HOLIDAY

Stawell Orchid Society

Autumn Meetings

6th April 2025 1.30pm

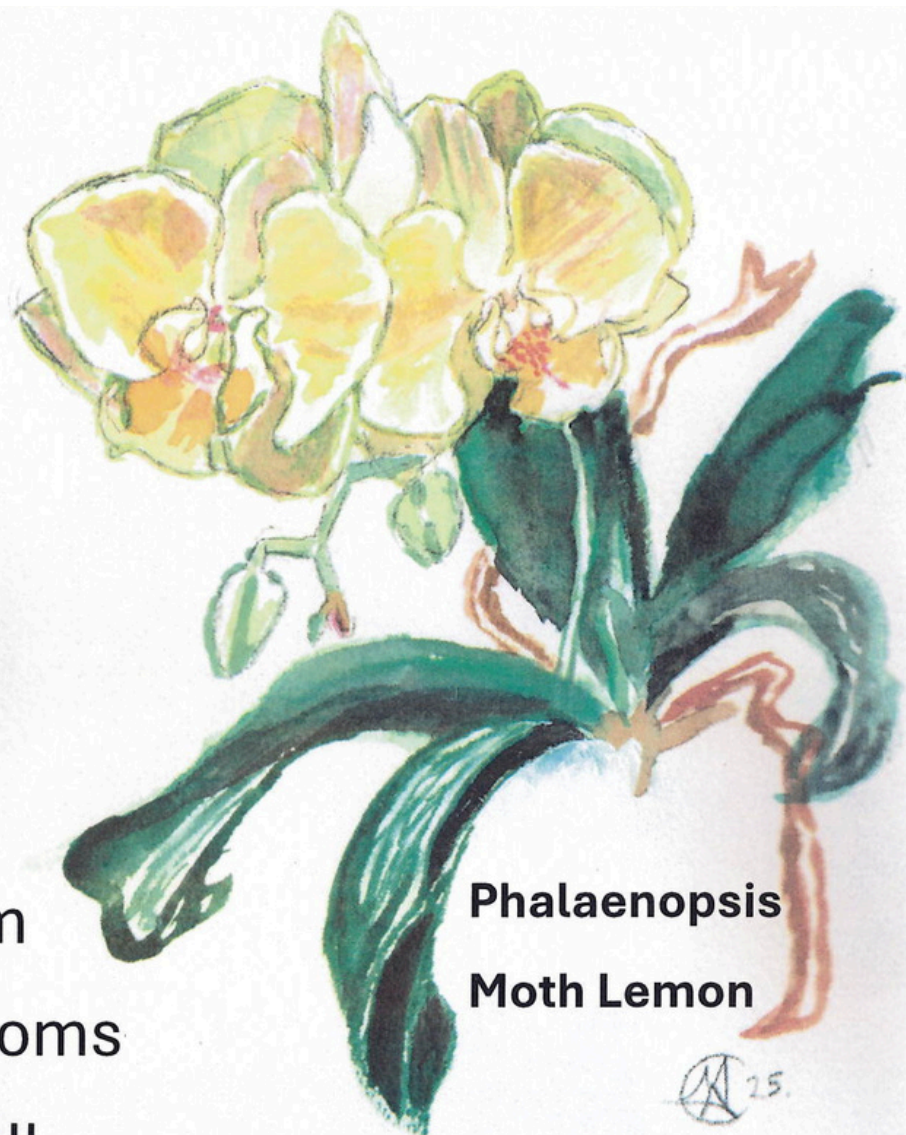
Event; Walkaround

4th MAY 10.30am

1st June 2025 1.30pm

Senior Citizens Rooms

9 Victoria St Stawell



Phalaenopsis

Moth Lemon

Moth Lemon grown by Beate & Rolf Wacker their growing hints are heated hot house in winter, when very hot put in bathroom, lots of light, feed same time each week.

Join us on a GROWER'S WALKAROUND/LUNCH

Open Orchid Houses growers giving advice

followed by lunch/meeting at clubrooms

meet us at Senior Citizens Rooms

10.30am Sunday 4th May

Ph Anne 5358 3742 or MOB Gabby 0427 700 258



EST 1992.



WEAVING WORKSHOP

LEARN TRADITIONAL WEAVING TECHNIQUES WITH
INDIGENOUS ARTISAN **EMMA STENHOUSE**



**POP
ARTS**
WORKSHOP 2

**VENUE:
HALLS GAP
CENTENNIAL
HALL**

**SATURDAY
12TH APRIL**

**10.30AM-2.30PM
ALL WELCOME**

**CONTRIBUTE TO A
COMMUNITY
INSTALLATION
FOR NAIDOC WEEK**



**BYO LUNCH: TEA &
COFFEE SUPPLIED**

**COST \$10.00.
INCLUDES MATERIALS
STRICTLY LIMITED TO
20 PEOPLE**



HARMONY FESTIVAL

SATURDAY 5 APRIL 12PM TO 4PM

STAWELL TOWN HALL

FREE ENTRY

Grampians Multicultural Hub

invites you to a vibrant festival celebrating the rich cultural diversity of our community!

Featuring:

Traditional Performances and local bands

Local Artists

Food Trucks

Arts & Craft Stalls

Showcasing cultures and talents from Vanuatu, Timor Leste, Philippines, Thailand, South America, and more!

JOIN US!

grampiansmulticulturalhub@gmail.com

Facebook – Grampians Multicultural Hub



Special thanks to our partners and sponsors:



AUTUMN

Nature *Play Day*



SUNDAY APRIL 7
11.00AM - 3.00PM

WAMA SITE, CNR NEAL ROAD & HALLS
GAP-ARARAT ROAD, HALLS GAP



Where Art Meets Nature

AUTUMN

Nature *Play Day*

Bark painting with natural
pigments
Clay moulding and glazing
Weaving with natural materials
Water play
Campfire cooking
Nature science

WHERE

WAMA site, Cnr Neal Rd & Halls
Gap-Ararat Rd, HALLS GAP

Meet at the automatic gate on
Neal Road

BRING

Sturdy shoes or boots, Picnic
Lunch, BBQ food to cook on
our campfire

E: info@wama.net.au
wama.net.au



FILL THE GAP HELPERS

We are always looking for new helpers
Please email your articles and photos to us

by the 25th of each month to:

hallsgapcommunity@gmail.com

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

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

There are lots of groups looking for
volunteering. Head to Halls Gap - Community
Noticeboard and look under the Volunteering
tab to learn more.

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.



There is a new Facebook page for local business in the area
it is a private group by invite or request only, please search
Halls Gap Business and Workforce Communication
on Facebook to join.

Wildlife Rescue

- Wildwood Wildlife Shelter – Gariwerd
- Close to Halls Gap call Ian on 0413 921 171
- Wildlife Victoria: 03 8400 7300
- Help for Wildlife: 5356 4749
- WRIN: 0419 356 433
- BADGAR: 1300 223 427
- RACV Wildlife Connect: 13 11 11



Just a reminder
Halls Gap is a
cat free zone.
Help protect
local wildlife

**SCHOOL HOLIDAYS
ARE COMING UP,
PLEASE SLOW DOWN
ON LOCAL ROADS.**