FILL THE GAP

Produced by Halls Gap Community Association & Halls Gap Neighbourhood House

Articles for May FTG need to be received by the 25th June 2023 See page 11 for details

In This Edition:

Issue: May 2024

Stats by Chas Page 1
GG Botanical Garden Page 2
APS—Grampians Group

Mine over Matter Page 3
HG Primary School Page 4
Local events/meetings Page 5

Pomonal Men's Shed Page 6

FOGG Page 7 Planned Burns

WAMA Page 8

Healthy Eating on a Budget Page 9

HGNH Page 10

Run the Gap Page 11
Grampians Film Society

HG Community Garden Page 12 Grampians Grape Escape

Local Markets Page 13

Local information Page 14

FROM THE GARIWERD SIX SEASONS CALENDAR



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.

WRAP UP...

This edition of Fill The Gap has many activities you can join in. Starting with the Grape Escape 3-5 May.

Check out the Elders Rights Advocacy on 9th May. Join in on the FOGG bird walk with Neil Macumber on Saturday 10th May

Help out at the Halls Gap Botanical Garden, History Room or Community Garden.

Come along to Halls Gap Neighbourhood Houses regular programs. Participate in the bake of for HGNH Biggest Morning Tea—great prizes to be won.

Finish off the month Sunday 26th May you could Run the Gap, visit Pomonal to get lots of goodies from the Pomonal Village Market (yes we're back bigger and better than ever) follow that up with a visit to WAMA for their free Botanic Gardens Day.

ED

STATS BY CHAS...

April 2024 Rainfall by Chas: 60.5 mm for April 2024 bringing the progressive total to 165.5 mm. This compares to the same period last year of 103.5 mm for April with a progressive total of 177.5 mm.

As of the 24th April 2024 Lake Bellfield is holding 69,100 ML or 88% full compared to the same period last year of 69,280 ML or 88% full.

Mount William received 97 mm for April 2024. The highest temperature of 18 C was recorded on the 6th of April and the lowest of 1.1 C was recorded on the 30th April 2024.

To check out Halls Gap daily weather at our community website:

https://hallsgapcommunity.org.au/ residents-info/weather/weatherforecast/



We're hosting a Biggest Morning Tea

Please support us!



Concer Council
Austrolo's Eggest
Morning Teo

Enter our Bake Off Competition

Fabulous Prizes for:

Best Cake

Best Biscuit

Best Scone

Best Slice

Where: Recreation Reserve Pavilion, Halls Gap

When: Thursday 23rd May 2024

Time: 10am -12noon

Gold Coin Donation
Bring a plate to share





As we head into a dry Autumn and have farewelled Margo Sietsma, we are looking for volunteers to help in our Botanic Gardens on the 2nd & 4th Fridays 9-11am of each month. If another time suits you, please contact Warren (04L95715061) or adopt a garden bed and do your gardening at any time.



- * Mural grant has come through from NGSC and will start in near future when we get the go ahead.
- * Thanks to Parks Victoria for cutting up a large tree branch in gardens across the Peaks Trail path with many bees in it I Bees were gone then returned again and gone again.
- * Halls Gap School had a clean up in the gardens in past weeks and a cross country run through garden paths as part of a circuit.
- * NGSC held a Halls Gap/Pomonal Popup play group get-together in the gardens.
- * FOGGs conducted a Chautauqua loop walk starting in the gardens and finishing with lunch in the picnic shed
- * Donations of cash, in kind or local Grampians plants are always welcome.

Warren

APS Grampians Group Calendar 2024

We meet monthly on the <u>3rd Tuesday 7.30pm</u>, except 3rd Saturday 2pm in June & July, recess Jan Even months at PH (Pomonal Hall, Ararat-Halls Gap Rd) or a member's garden.
Odd months at SNH (Stawell Neighbourhood House, 42 Sloane Street Stawell) or a member's garden.
Outings/activities communicated in this newsletter; subject to change - eg with an eye on the weather

February Tue 20th Meeting 7.30pm: PH, cancelled.

March Tue 19th Meeting 7.30pm: SNH, Speaker Elia Pirtle

April Tue 16th 7.30pm: PH, Speaker: Royce Raleigh- Growing Hakeas in my Grampians garden

May Tue 21st Meeting 7.30pm: SNH, Speaker: Miriam Ford Marvellous Mintbushes

June Sat 15th Meeting 2pm: PH, Speaker to be confirmed

July Sat 20th Meeting 2pm:SNH, Speaker Alan Bedggood Grasses and pressing specimens

Also in July, at Noon Working Bee before meeting

August Tue 20th Meeting 7.30pm: PH, Speaker to be confirmed

September Sat. 7th Sun 8th Outing: Currency Creek Arboretum

Tue 17th Meeting 7.30pm: SNH, Show planning

Sat 21st Sun 22nd Event: 40th Pomonal Flower Show

October Tue 15th Meeting 7.30pm: PH, Speaker to be confirmed

November $\underline{\text{Tue } 19^{\text{th}}}$ Meeting 7.30pm: SNH, Speaker to be confirmed

December Tue 17th Meeting 7.30pm: Christmas breakup



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







Halls Gap is a Cat Free Zone



GALLERY 85



NIVEN

Exhibition 3rd - 10th May - 2024

85 Main Street - Stawell - Victoria - 3380

Grand Opening of Gallery 85 Showcasing "Mine Over Dark Matter" Exhibition by Alasdair Niven Opening - Thursday 2nd May - 5-8pm - All welcome Exhibition runs from the 3rd - 10th May 2024 85 Main Street, Stawell, VIC Gallery 85 extends a heartfelt invitation to art enthusiasts, collectors, and curious minds alike to help celebrate its grand opening on Thursday, 2nd May 2024.

This significant occasion introduces a vibrant new venue to the art landscape of Stawell and the Northern Grampians, offering a fresh hub for contemporary art exhibitions and creative events. The gallery's grand opening not only marks its debut but also showcases "Mine Over Dark Matter," a captivating collection by Scottish-born local artist Alasdair Niven. His artwork masterfully combines the natural beauty of Stawell's landscapes with the cutting-edge research into dark matter conducted at the Stawell Underground Physics Laboratory.

This exhibition embodies a profound reflection on human exploration and curiosity, featuring drawings and paintings that challenge societal norms by merging reality with the imagination in thought-provoking compositions. "We are thrilled to unveil Gallery 85 and introduce a platform where artists can share their stories, provoke thought, and evoke

emotions," said Rob Haswell, owner of Gallery 85.

"Our mission is to cultivate a dynamic community of creatives and enthusiasts, fostering meaningful connections and nurturing the boundless potential of artistic and creative expression".

The gallery aspires to cultivate a deeper appreciation for the arts and spark meaningful connections within the community. Following the opening, Gallery 85 will be available for the hire of its unique space, catering to a broad spectrum of artistic and creative events — from local and regional art exhibitions to workshops, artist talks, and community gatherings. It aims to significantly contribute to Stawell's cultural scene and beyond. Ideal for artists, businesses, or individuals eager to transform their events into something truly memorable, Gallery 85 provides an intimate setting brimming with historical appeal. This venue is designed to spark creativity and unlock endless possibilities for all who enter.

For more information about Gallery 85 and its upcoming exhibitions and events, please contact Rob Haswell on 0419 222 046. For more information regarding the exhibition, please visit aniven.art or contact Alasdair Niven direct on 0481 356 323 or via email at alasdair.niven@gmail.com



GALLERY MINE (85 OVER DARK

NIVEN

Exhibition 3rd - 10th May - 2024

2nd May Art



5-8pm EXhibition

85 Main Street - Stawell - Victoria - 3360



Halls Gap Primary School

Resilience Compassion



We have hit the ground running in Term 2, with Cross Country and Athletics Days putting our skills to the test. It was wonderful to once again host our Cluster Cross Country and welcome Concongella and Great Western Primary school's staff and students on Wednesday 17th of April. The grade 3-6 students hit the track first, while the P-2 students worked together to complete STEM challenges using apples. All students enjoyed the day and celebrated success of achieving their personal best.

A big thank you to Pomonal Primary school who were the Moyston and District Athletics Day hosts this year. We had a great day at North Park participating in running, jumping and throwing events. We certainly cheered our hearts out, supporting our peers through each event!

Students, staff and families gathered on Wednesday 24th April to remember those who have served to defend Australia. Our Year 6 leaders ran a traditional ANZAC service. They led us in paying our respects and told us the story of local Halls Gap man, George Charles Johnson who enlisted at the age of 26 and fought as part of the 8th Infantry Battalion at Gallipoli. Our wreath was laid at our school flag poles and then moved to the Halls Gap cenotaph for the community service.

Our Year 6 students were enthralled by the life stories of Lorin Nicholson on Monday 22nd April as part of the Wimmera Leadership Day in Horsham. The students were inspired to be leaders to others and be a leader for themselves. Lorin told stories about how he overcame adversity as a person living with low vision and how we can all achieve or dreams no matter the obstacles we face.







PREP ENROLMENTS 2025

We invite all parents of prospective Prep students to contact us for an individual school tour or to discuss your child's educational journey.

Halls Gap Primary School is a unique educational setting for children to learn and grow. With small class sizes and close working relationships with families, the staff at Halls Gap focus on individual student needs.





📭 5356 4235 / 0409 4370 555 🛮 🔁 halls.gap.ps@education.vic.gov.au





Are you a parent or carer of a neurodivergent child and live in the Grampians?

Join our online discussion group and in person education sessions and catch ups, sharing with others who have lived experience.



https://www.facebook.com/groups/theirwonderfulworld

Neurodivergence includes but is not limited to:

- Austism
- Dyslexia
- Tourette Syndrome · Down syndrome
- Dysgraphia

- Obsessive
- Intellectual Compulsive Disorder disabilities
- Sensory processing disorder

HALLS GAP & GRAMPIANS HISTORICAL **SOCIETY**

Working bees are held on the 1st and 3rd Thursday of the month. If you are interested in joining our dedicated workers pop into the History rooms between 2:30-4pm on one of these days.

COMMUNITY ASSOCIATION OF HALLS GAP

Meeting held Monday 4th March, 3rd June, 2nd September and 2nd December 2024 at 4.30pm in the supper room at the Halls Gap Centenary Hall.

All locals are welcome.

HALLS GAP RESIDENCES & RATEPAYERS ASSOCIATION

We are a group of residents or ratepayers who meet four times a year to discuss and raise issues that directly impact our town, whether they be big or small. We are fortunate to have our local councilor, Cr Trevor Gready, attend each meeting and provide a direct liaison with the Northern Grampians Shire council. You are welcome to come along to any meeting.

Members pay the nominal fee of \$10 per annum and receive an emailed copy of the minutes from each meeting.

Meetings will be held on Wednesday 6 March, 5 June, 4th September and 4th December 2024 at 7.30pm in the Supper Room at Centenary Hall, Halls Gap.

All Residents and Ratepayers are invited to attend.



Invitation to all Community Members

Elder Rights Advocacy will be at Stawell Neighbourhood House on:

9th May, 2024 - 12pm

To discuss:

Accessing aged care Your rights in aged care How advocates can work for you Friendly volunteer visitors

1800 700 600 | elderrights.org.au 🔼 🔯 🔀







Elder Rights Advacacy is a founding member of the Na Pregram PSAEAPS, an Australian Covernment initiative



Pomonal Men's Shed 3360 Ararat Hall Gap Road, Pomonal. Victoria 3381

pomonalmensshed@gmail.com

Activities Update - 30th April 2024

April has been another very busy month in the life of the shed with us continuing to pass on garden tools, power tools and bicycles to bushfire victims requiring much sorting out as items continue to arrive from all over Victoria and interstate. For our Shed talk session this month Chris Rosso from Halls gap Police came and spent a good session talking about local policing and legal issues facing our community and was really enjoyed by all who attended.

We enjoyed a BBQ at the Stawell men's shed with guys from Ararat men's shed there too celebrating the



solve a variety of the worlds problems over a hot cuppa and running a woodwork session with students from Pomonal for the students and our members alike. fact that we didn't lose the great pumpkin contest – yummo... We also helped out at the Take a Breath a day at Barney's Bistro for the community by running a BBQ with the CFA guys.

After the Market this month in the afternoon we spent time with some local young people doing stuff around the shed encouraging them to think about shed membership and positive inputs into our community.

Monday's from 9-30am we meet for our weekly social session where we usually snack. Every Monday morning, we are Primary school, which is a great time

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 from 1pm in the meeting room we have had our Patchwork session with our female members doing a variety of patchwork and sewing projects enjoying some girl time over a hot cuppa and good humour.

The all inclusive sessions to include our female members every 2^{nd} Tuesday evening form 7pm – 9pm are running very well with good attendances. We have also seen members making extra time for more nightly sessions as required with the shed being used a lot more.

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 run 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.



Bird Walk with Neil Macumber

Saturday 11th May 2024.

Meet at 9.45am - At the Shelter, Halls Gap side of the boat ramp at Kelleys Beach Road, Lake Fyans

Walk will commence at 10am

We will return to the Shelter at Kelleys Beach for a picnic lunch

MEET: KELLEYS BEACH, LAKE FYANS

WHEN: SATURDAY MAY 11TH

TIME: MEET 9:45AM WALK COMMENCING IOAM

BYO: LUNCH, WATER, BINOCULARS, HAT, SUNSCREEN ETC



For parks closures, please refer to Parks Victoria on 13 1963 or visit https://www.parks.vic.gov.au/places-to-see/parks/grampians-national-park#change-of-conditions

Stay informed about Planned Burning

Visit our website at <u>https://www.ffm.vic.gov.au/bushfire-fuel-and-risk-management/planned-burning-in-victoria</u> Call the **VicEmergency Hotline** on freecall **1800 226 226**

Download the Vic Emergency app

Email <u>wimmera.fuelmanagement@delwp.vic.gov.au</u>

Sign up for automated notifications about planned burns near you via <u>ffm.vic.gov.au/pbns</u>

Callers who are deaf, hard of hearing, or have a speech/communication impairment can contact via the National Relay Service on 1800 555 677.

Forest Fire Management Victoria includes:







Partnering with





Join WAMA to celebrate Botanic Gardens Day. - FREE event

Botanic Gardens Day brings awareness to the vital work botanic gardens do for plant conservation.

This year's theme reflects the fact that botanic gardens and arboreta are not only nice places to visit — they also conduct ecological research, safeguard plant diversity through living collections and seed banks and educate and empower communities in environmental sustainability.

To celebrate, WAMA is opening the Grampians/Gariwerd Endemic Botanic Gardens to the public.

Created in 2022, WAMA's endemic botanic gardens display the majority of the 70 plant species that only grow within the Grampians region. More than a third of Victoria's native species are found in the Grampians – with many of those only growing there. It's a vital biodiversity hotspot.

The day will include:

- Guided garden walks
- Garden talks
- Demonstrations
- Nature Play activities for kids
- Information on the WAMA precinct development and garden landscaping plans.

WAMA GALLERY BUILDNG UPDATE

Construction of WAMA's gallery building is progressing rapidly, as the walls have been erected and the gallery

building is taking shape with the completion of the precast walls and surrounding concrete.

WAMA's National Centre for Environmental Art will showcase the symbiotic relationship between the arts, natural sciences and the preservation of natural heritage, the gallery building plays an important role in bringing the creativity and energy of WAMA to life.

The building will include a climate-controlled art gallery that meets international standards, along with a café, retail store, and a large multi-purpose room for workshops and gatherings.

The gallery will hold major exhibitions of art inspired by the natural environment, borrowing from leading galleries and collections in Australia and internationally. WAMA is planned to be open in early 2025.



5 TIPS FOR HEALTHY EATING ON A BUDGET

Many of us lead busy lifestyles and have little time left for shopping and cooking. This can result in a reliance on processed foods and drinks, which can contribute to

fatigue.¹ When we are low in energy, we are less likely to feel like being physically active so it's important to prioritise eating a well-balanced diet.² In addition, you may feel that healthy eating can be expensive – especially with the higher cost of living! But it doesn't have to be. Read on for tips and tricks that can make eating healthily the cheaper option.

1. MAKE A WEEKLY MEAL PLAN AND SHOPPING LIST^{3,4,5}

Going to the supermarket without a list and trying to plan meals while doing your shopping can be exhausting and can make us more likely to impulse buy or overspend. Spend some time each week planning what meals and snacks you will include in the following week and write a shopping list. Meal planning will ensure you can plan well-balanced healthy meals and will save you money and help to prevent waste. Make your ingredients stretch and plan to cook extra for dinner and take leftovers for lunch the next day. If you don't love doing the grocery shopping, then consider ordering online and picking them up in-store. Online shopping is another great way to help track exactly how much you're spending as you add things to your basket.

2. BUY SEASONAL FRUITS AND VEGETABLES^{3, 4}

Buying seasonal fruits and vegetables will not only save you money but you will notice they taste better too. The price of fruits and vegetables can vary dramatically throughout the year. Eating produce that is in season is usually cheaper as there is less cost involved in the storage and transportation of the produce.

3. CHOOSE HOME BRAND PRODUCTS^{3, 4}

Home brand products are generally cheaper than brand-name alternatives. Are they less nutritious because they are cheaper? Generally staple foods such as milk, eggs, pasta, rice, and frozen vegetables are similar in nutritional value to other brands. For processed or canned home-brand products be sure to review the nutrition information compared to other brands so that you can make an informed choice when it comes to differences in sodium, sugar, and saturated fat content.

4. BUY FROZEN FRUITS AND VEGETABLES^{3, 4}

Frozen fruits and vegetables are just as nutritious as their fresh counterparts and often much cheaper. Don't forget to stock up when specials are on. Stocking up with frozen products also means you will always have fruit and veggie options on hand for last minute snacks and meals.

5. COOK AT HOME^{3,4,5}

Not only does cooking at home save you money, but it also means you are in control of what goes into your meals – meaning you can make healthier choices. Cooking at home doesn't need to be complicated— start by choosing a handful of quick and easy meals and rotate these throughout the week. Try our homemade beef burgers with sweet potato chips as a takeaway alternative!

REFERENCES

www.sportsdietitians.com.au www.betterhealth.vic.gov.au www.eatforhealth.gov.au www.nutritionaustralia.com.au www.heartfoundation.org.au





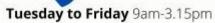


Get your copy of 6ways you can help Halls Gap from your Halls Gap Neighbourhood House.

What's on in May at your Neighbourhood House

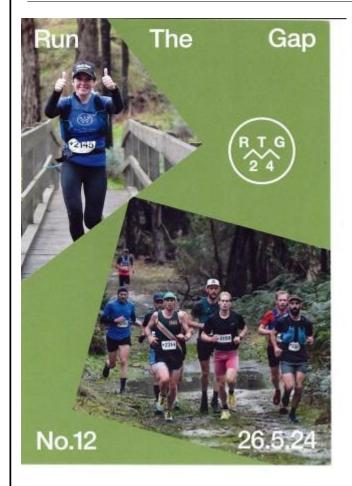
We are open Tuesday to Friday 9am to 3.15pm

- 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.
- Thursday 23rd 10am 12noon Biggest Morning Tea
 Join in the fun, baking competition, trivia & prizes!
 - Thursday 23rd 6pm Halls Gap Book Club
 - Thursdays 1.30-3pm Finska Fun
 - Fridays 10am-10.30am Qi Gong
 - Fridays Toam-10.30am Qridong
 - Fridays 10.30am-11.30am Coffee Catch up 117-119 Grampians Rd., HALLS GAP VIC 33B1 m: 0417 883 445 e: info@hallsgapnh.org.au



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







In light of the recent devastating fires in and around our local community, Run the Gap would like to support the recovery efforts with a pledge of \$20,000 from the upcoming RTG24 on the weekend of 26.05.24. The pledge is in line with RTG aims from supporting 2011 flood recovery in 2012, as we reach out to our neighbor's affected by the fires of Feb 13, 2024.



Wednesday 22nd May 2024

Doors open 7pm Film Screening 7.30pm

Centenary Hall, 117 Grampians Road, Halls Gap

Check The Grampians Film Society website on membership details and full program. https://grampians.filmsociety.org.au/

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



Spend some time in the Halls Gap Community Garden, There is always something yummy to find and alsways plenty of weeding.

Check out what our chickens are up to.



,

Join us for artisan stallholders who make, grow or create, delicious food vans and live music on special Daylight Savings Saturday nights for a festive night out!

5pm - 8pm	4pm - 7pm
9 March	30 March
4pm - 7pm	4pm - 7pm
5 October	2 November
5pm - 8pm 7 December	
	9 March 4pm - 7pm 5 October 5pm - 8pm

MREVELINTHEGAP⊠HGTWILIGHTMARKET@GMAIL.COM ONR HEATH ST AND GRAMPIANS RD, HALLS GAP VIC 338



Friday May 3, 2024, Halls Gap Feel-Good-Friday is returning to Grampians Grape Escape to kick start the festival weekend with a show of local spirit, and resilience to help support the towns and exhibitors affected by the summer bushfires in the Grampians and Pyrenees.



Pomonal Market

Market Calendar

28th January 25th February No Market in March 28th April

> 26th May 30th June

> 28th July

25th August

21st & 22nd Sept

29th September

27th October

24th November

29th December

Last Sunday every month 9am - Ipm **Pomonal Community Hall**

Local Markets



Halls Gap Market dates



Sunday 10th March Sunday 31st March Sunday 9th June Sunday September AFL Sunday 3rd Nov

Mark the dates in your calendar. The only market which supports the small school of Halls Gap and it vital to their fundraising. Over 70 stalls - Local Products - Local Produce - Food & drinks Crafts & Giftwares - Homewares & clothing - Music & more www.hallsgapmarkets.com.au



Halls Gap Market

FILL THE GAP COMMITTEE

Mandy and Alison

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

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: 03 8400 7300
- Help for Wildlife: 5356 4749
- WRIN: 0419 356 433
- BADGAR: 1300 223 427

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
- Halls Gap Neighbourhood House check the program at the house and online https://hallsgapnhe.org.au/
- * Various sport/fitness groups. Check the community website for details—