

Waranga News

Waranga News acknowledges the Traditional Owners and Custodians of the lands and waterways of our distribution area. We recognise their living cultures and ongoing connection to Country and pay our respects to their Elders past, present and emerging.

Published fortnightly since 1978

Serving Colbinabbin, Corop, Girgarre, Kyabram, Murchison, Nagambie, Rushworth, Stanhope, Tatura, & Toolleen

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A community newspaper
staffed by volunteers

Thursday 1 February 2024

Soggy start for 2024!



We thought it was going to be a hot, dry El Nino summer, but our capricious weather gods played tricks with us again. Colbinabbin photographer Robyn Ryan captured the mood when she came across these water-logged hay bales.

Diamond wedding anniversary

Congratulations to John and Glen Avard who recently celebrated their 60th wedding anniversary. The couple have been stalwarts of the Colbinabbin community for many of those sixty years. In particular, Glen has penned the Colb Tit Bits for the Waranga News almost since the paper was born - as well as being a valuable member of the production team.

John and Glen Avard are pictured with their family (L-R) Nicole, Jim, Taffy, Chris and Jacqui who joined them for a family lunch at home to celebrate.



Chris Bolton **BOLTON ESTATE AGENTS** 0413 092 698



Stop kidding yourself. If you drink, don't drive.

Thinking about driving after a couple of drinks? Think again.
If you blow .05 or over, you could face serious penalties,
including fines, losing your licence, getting an interlock installed
in your car and having to blow zero for three years.



Australia Day events in Campaspe

Community groups throughout Campaspe shire have coordinated a diverse array of events for Australia Day this year.

Community awards have been a feature at each of these events, accompanied by traditional ceremonies like flag raising and presentations from a range of guest speakers such as past Australia Day award recipients, business leaders, community workers, and individuals from various backgrounds.

Campaspe awards

Awards were presented in three categories, with the overall shire award winners as follows:

Citizen of the Year: Don Hicks OAM of Echuca

Young Citizen of the Year: Jordan Simpson of Echuca

Community Group of the Year: Kyabram Plaza Theatre Volunteers

In addition to the overall shire Award winners, the districts of Echuca, Kyabram, Rochester, Tongala and Waranga each had their own winners who were presented at local events during the day.

“On behalf of Council and the community, I congratulate not only the winners, but all nominees of Australia Day Awards across the shire,” Mayor Cr Amos said.

“These awards are a moment to recognise the diverse tapestry of our community and appreciate the contributions of individuals who, through their actions, make Campaspe a better place for everyone.”

New citizens welcomed

An Australian Citizenship Ceremony was held as a stand-alone event in Echuca on 25 January. It was preceded by a Welcome to Country by Uncle Rick Ronan.

Stanhope celebrates

Another successful Australia Day celebration was held in Stanhope with entertainment by Claire & Glenn and the Rushworth and District Concert Band. Thank you to Cr Adrian Weston, Jorja Ponting and Frank Scopelliti for their presentations and Donald Campbell for being the MC for the day.



Jorja Ponting was one of the presenters on the day.

District Citizen Awards

The Waranga district awards were announced at a Girgarre event.

Citizen of the Year – Noel Mattei

Young Citizen of the Year – Not awarded

Community Group of the Year – Rushworth Op Shop & Foodbank



Rushworth Op Shop & Foodbank was awarded Community Group of the Year at both the Waranga Ward ceremony and the Rushworth district event.

Rushworth celebration

Approximately 70 people were joined Cr Adrian Weston, Mayor Cr Rob Amos, Cr Chrissy Weller and Cr Coleen Gates who all enjoyed the beautiful weather and the chance to sit and chat with friends and family. Music by ‘True Country’ kept everyone entertained.

Michele Hanson awarded Rushworth honour

Rushworth’s Citizen of the Year, Michele Hanson, was nominated for her exceptional work above and beyond that of her Goulburn Valley Health position.

Michele is active in the promotion of women’s health and a number of other community health initiatives.

The Community Group of the Year, awarded to the Op Shop & Food Bank, recognises the group for its benefit to the local and wider community as it provides support to people who are doing it tough in these times.



‘True Country’ provided the musical accompaniment the day.



One of Michele’s many initiatives is organising the local collection for ‘It’s in the bag’ project’, providing essential personal items for vulnerable and at-risk women.

Have your say!

Readers are invited to contribute their letters, opinion pieces and ideas to these pages.

Stanhope Monster Garage & Car Boot Sale
 Birdwood Avenue, Stanhope
Sunday 11 February
 From 8.30 am
 Live music, BBQ, stalls
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On ya bike!

by Graeme Hanigan



RUSHWORTH AND DISTRICT 1853 - 2006


Local Cycling Club, circa 1910.

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As this photo shows it's been a long wait, but we can anticipate that 2024 will see the completion of the rail trail connecting Rushworth to Murchison, providing a safe relaxed bike ride of roughly 22 kilometres, or a half marathon if you're a runner.

If you're in the photo above, your riding skills probably need a freshen up by now, and thankfully local resident Marie Wycisk, encouraged by some cycling friends, has been inspired to establish a cycling support program to increase social connectedness while exercising and building confidence on returning to regular bike riding.

Dedicated to promoting healthy, active living in Rushworth and District, the program will encourage people to use their own bicycle or tricycle to practice riding skills on different road surfaces, and mapping short local rides on the bush tracks around Rushworth, to encourage the residents of Rushworth and visitors to come for a ride and make an idea into reality.

We look forward to seeing you ON YA .


You can ride as much or as little as you're comfortable with, and bringing a picnic is always an option. These supportive rides will accommodate all riding abilities, which you can

undertake either individually or on social rides with others. This is a social group not a club so there is no cost.

You can contact Marie directly on 0431 700 228 or just bring your bike along to the Rushworth Footy Ground on Saturday 3 February or 10 February at 8am.

We usually head to a local café for a cup of tea or coffee at 10am.

Don't miss out on future rides; connect with us on Whatsapp to keep in touch.

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Murchison Heritage Centre open got 2024

by Kay Ball, President, Murchison & District Historical Society Inc.

The Heritage Centre in Murchison, situated in the River Bank Gardens at 4 Stevenson Street, has resumed normal open hours after our Christmas / New Year recess.

Open times are Wednesday morning and Saturday morning, 10am – 12md and at other times by arrangement. Groups are very welcome and visits can be booked by ringing Janet on 5826 2363 or emailing murch.hs@outlook.com

Apart from viewing displays in the gallery area and finding out about our significant and amazingly diverse history, we can arrange for a talk with slide show presentation, provide refreshments and if coming on a coach, a guided tour of the town and surrounds can be organised with local history commentary.

We now have tea towels back in stock, a great souvenir of the area which make an inexpensive gift selling at \$15. They are available in Murchison at the Heritage Centre, at Lindsays Jewels and Gifts across the road and at Motofinish Café, High Street, Rushworth.



We look forward to seeing you at the Heritage Centre in Murchison!



Murchison Heritage Centre - open for business.

New pilot program at stadiums

Campaspe Stadiums will begin a pilot program in February, trialling five months of day-time activities to revitalise the stadiums in Echuca, Kyabram and Tongala.

Campaspe Shire Mayor, Cr Rob Amos said it's great to have programs that encourage healthy active living within our communities, focusing on some of Council's groups of priority, including mums and bubs, seniors and people with disability.

"The cost of hiring the stadiums will be covered through the Healthy Loddon Campaspe funding. It's a great way for community

groups to use the stadiums, trialling projects and activities for the community and using the stadiums during the quiet hours of the day.

"The activities will run for about an hour each week and aim to make better use of the stadiums during times when they're not busy, as well as engaging our community to get active," Cr Amos said.

The activities have been

planned in collaboration with Echuca Regional Health, Kyabram District Health Service and Pickleball Power.

"The pilot program is a result of the Active Stadiums consultation that was completed last year. We look forward to seeing how the activities of the program go and encourage community members to make use of the activities across the shire," Cr Amos added.

Do you know your way around a computer? Do you have a couple of hours each fortnight to volunteer?

Online edition creator may be the role for you.

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Mosquito and mould advice post flood

Campaspe Shire Council encourages flood affected residents to be vigilant against mosquito-borne diseases and mould, as recent flooding and warm weather creates an ideal breeding environment for both.

Campaspe's Public Health team has been on the ground administering mosquito treatments post flood, across the municipality as required.

"The team have been out last week treating mosquito dense areas in Rochester and Echuca to help prevent disease in our communities," said Mayor Cr Rob Amos.

"As we know, mosquitos gather around stagnant water and can carry diseases which can be passed onto people through mosquito bites, including Ross River virus, Barmah Forest virus, Murray Valley encephalitis, Japanese encephalitis and Kunjin virus," Cr Amos said.

Some tips to prevent getting bitten and breeding sites on your property:

- Tip water out of pots, plant-saucers, play equipment and other containers in your yard
- Remove any debris in the yard that collects water, including old tyres, cans and palm fronds.
- Remove pools of standing water by clearing debris or digging small channels



Inland Victoria mosquitos are generally most active from early November through to late April the following year.

to assist drainage.

- Check for damaged fly screens on windows, doors and vents. If required, repair or install new screens. Mosquito-zappers or coils will also deter mosquitos around the home.

It's also recommended to wear long sleeve clothing, using a repellent that contains DEET (diethyltoluamide) or picaridin, and avoid being outside during dusk and dawn.

Mould problems

Residents should also be vigilant about mould developing in their homes. Mould grows in damp, poorly ventilated areas and humid conditions, and can appear like fuzz, a stain, smudge or discolouration.

Mould found in damp structures can trigger nasal congestion, sneezing, cough, wheeze, respiratory infections and worsen asthma and allergic reactions. People with weakened immune systems, allergies, severe asthma and lung diseases should seek advice from their medical practitioner.

Some actions residents can take to reduce mould in the home include:

- Fixing any leaks in plumbing, roofs and other building faults.
- Ensuring gutters are cleared and well maintained.
- Reduce condensation by using exhaust fans, or opening windows in the bathroom and kitchen when using these areas.
- Wipe excess water caused by condensation on windows or showers.
- Air the home regularly by opening windows and doors on warmer days.
- Use reverse cycle air conditioning and a mechanical dehumidification if available.
- Vent clothes dryer to the outside and clean lint filters regularly. Ensure sufficient exhaust openings to the outside of the home if you use evaporative cooling. Evaporative coolers increase the moisture content in indoor air, follow the instruction manual to ensure sufficient airflow in the home.
- Service/maintain heating, ventilation and cooling systems.
- Use a vacuum cleaner with high efficiency particulate air filter (HEPA).
- Avoid placing your mattresses on the floor or surfaces without adequate ventilation.
- Vacuum and/or turn mattresses if it can be done safely.
- Increase air circulation around furniture and move furniture away from walls.

If you suspect mould contamination in your home but can't find its origin, residents can engage an occupational hygienist or environmental health and safety professional to conduct testing for a fee.

For more information on mosquito-borne diseases and mould prevention, visit www.betterhealth.vic.gov.au.

Rushworth Market
Village Green High st, Rushworth
Saturday 17 February
8.30am - 1pm

**Trash 'n' Treasure/car boot *Soaps *Plants *Dog treats *Tools*
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Girgarre's Moosic has 'Something for Everyone'

by Irene Labbett

Another very successful Girgarre Moosic Muster, held on 10 - 14 January, is over for another year. Once again, the all-inclusive format contained the tried and true, plus many new and exciting workshops, open-mic opportunities and free events to the delight of festival goers and visitors.

The muster's motto of 'Something for everyone' has seen it grow from a very small launch nineteen years ago, to the hugely successful five-day camp it is today. It's a uniquely winning concept in the world of festivals, attracting more and more campers and day visitors each year.

This year online bookings were up fifteen percent on previous years. The feedback and accolades from the campers, many of them attending for the first time, is heart-warming. The program organisers and the volunteers are no doubt tired, but rightly proud of their efforts.

The bush dance on Wednesday evening kicked off



the festivities. The local bush band, the Billabong Bushies, played a mix of Australian bush music while the dance caller encouraged everyone, young and old, to get up and have a go.

The 'Out-Of-The-Hat' Bands are an increasingly popular event

each muster. The randomly-picked members of each band ensures everyone, from raw beginners to the more proficient, are equally in the mix.

This year there were twenty-nine bands giving it their best shot for a spot on the Friday night

concert stage. The winning band (pictured below) entertained the crowd with their version of 'Sing C'est La Vie' a French inspired pop song.

They were followed by 'The Drongo and the Crow', an Australiana band hailing from Ballan in Vic, who delivered lively songs and ripping yarns from Australia's colourful past, followed by a variety of acts including NQR (Not Quite Right), out of Melbourne, a jazz band and 'Woodville', from the Dandenong ranges area, who offered a unique and eclectic musical sound blending various genres and influences, everything from a folky mix of European cool to country and rock.



The Drongo and the Crow entertained with their 'Australiana' selection of songs and tales.



The Muster kicked off with always popular bush dance, with the Billabong Bushies' music encouraging everyone to join in and kick up their heels.

Strengthening Rural Communities

Federal Member for Nicholls, Mr Sam Birrell MP, is encouraging members of local organisations to apply for funding through the Strengthening Rural Communities grant program.

The Foundation for Rural & Regional Renewal (FRRR) has been funded by the Commonwealth to provide grants of up to \$10,000 to support local organisations across regional, rural and remote Australia to uplift their communities under the Strengthening Rural Communities program (Rebuilding Regional Communities stream).

Mr Birrell said the program aimed to enhance and support the work of regional and rural organisations and their members.

"Local organisations are the backbone of regional communities and consistently provide opportunities for people to come together whatever the event, sport, occasion or hobby they specialise in," Mr Birrell said.

The grants focus on a broad range of projects and include funds for volunteer support, events and activities, enhancing community spaces, and developing services to support local vulnerable people.

Mr Birrell encouraged community groups to also look at other grants opportunities which may be available through the Foundation for Rural & Regional Renewal.

Applications close 5pm AEDT 26 February 2024.

For further information, guidelines or to apply visit - <https://frrr.org.au/funding/place/src-rebuilding-regional-communities/>



Arts & Tourism

Places to stay, things to do and see in our district

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Young Artists of Kyabram Exhibition

On Saturday 20 January a large number of parents, grandparents, and young people gathered in the Isobel Harvie gallery at the Kyabram Town Hall gallery to Officially open the Young Artists of Kyabram Exhibition. The exhibition will be in the hall until the end of February. Free entry.

All were there to see and admire the work of Lexie Zobec and the students from Caterina's Vintage Stitches.

The Isobel Harvie Gallery is named after Lexie's great grandmother who is renowned for her Vintage Clothing Exhibitions from 2014.



Many parents and friends came to look and buy.



Isobel Harvie and Lexie Zobec



Vicki Neele with Lexie Zobec opening the exhibition.



Catharina Sudholz from Catharina's Vintage Stitches presented work from her young students.



Basketry & Beyond

Northern Plains Basket Makers presents Basketry and Beyond at the Kyabram Town Hall. Exhibitors include Heather Turner, Joan Leeder, Margaret Wilson, Joan Corner, Jenny Douglas, Lea Watts and Gillian Banks.

The Official Opening will take place at 2pm on Sunday 11 February, with the Hall open from 1.30pm - 3.30pm.

A piece of Lexie Zobec's artwork

Kyabram Town Hall Gallery Exhibitions

WHAT'S ON IN FEBRUARY

- YOUTH QUILT AND ART EXHIBITION.
- A IS FOR ANIMAL Splinter Contemporary Artists Opens 5th Feb
- NORTHERN PLAINS BASKET MAKERS BASKETRY & BEYOND. Opens 5th Feb
- LESLIE EDWARDS—Textile Artist - Colour & Form. Experiments in Fabric Dyeing

Open 10-4 daily except Sunday
5852 1546 or 0490 371 641
www.kyabramtownhall.com.au

**Kennedy Shiraz 2019, Kennedy Cambria (Reserve) 2014, Kennedy Pink Hills Rosé 2021, Henrietta Shiraz 2020
Henrietta Rose 2022 - all available online and being served at Colbinabbin Country Hotel.**

Arts & Tourism

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Watercolour Workshop at the Colbinabbin Country Hotel



Colbinabbin Country Hotel recently hosted a wet-on-wet watercolour workshop with local artist and textile designer Natalie Ryan. Participants enjoyed a relaxing Sunday afternoon session exploring composition, creating a colour palette using warm and cool primary watercolour paints along with granulation techniques.

The summer heat is perfect for the wet-on-wet technique as the paint dries readily, allowing for playing around with granulating pigments to create a beautiful depiction of Eucalyptus leaves. With the workshop held in air-conditioned comfort, the afternoon flew by and participants were pleased to learn an inspiring new method of creating artwork.

Keep an eye out on Natalie's social media for upcoming classes: @meander_natalie_ryan or see Tracy at the Colbo Pub!



Around our towns Around our towns Around our towns Around our towns Around our towns



Around Rushworth

Rushworth Garden Lovers Club

A well attended meeting on Thursday 18 January with 23 members. The trading table of produce sold quickly. The programme was discussed so garden lovers are in for a very interesting year. The next meeting is on the 15 February in the Senior Citizens rooms at 1.30pm.

February meeting is the birthday, so a high tea was decided on and if any passed members would like to join in you will be made most welcome. Flowers and vegetable are available from the competition table.

Competitions are as usual plus a plate of food suitable for a high tea, trading table also.

The Elms ‘children’ revisit their old town

Cate and Clem Furphy were pleased to have a brief visit from Marie and Andy Yuncken and Graham Elms, from Perth, WA. Marie and Graham grew up in Rushworth, the children of Hubert Elms who was Shire Engineer of Waranga for many years.

Coincidentally, Clem and Andy had met in primary school in 1951, and went right through school and university together, and subsequently worked together in the same engineering firm until the Yunckens moved to Perth and the Furphys back to Corop in the early eighties.

Marie and Graham had a nostalgic drive around the town, with many memories of times and places.



Old friends catch up: (l-r) Graham Elms, Marie and Andy Yuncken, and Clem Furphy.

Stanhope’s Container Deposit Scheme

The container deposit scheme has been extremely busy since mid-November when it commenced in Stanhope. As with many other depots in the area, it has filled quickly. After the weekly pick up of containers the closed sign has had to be rolled out. Soon it is hoped the backlog in the community will be cleared and it will be open on more days per week. Just a recap on what containers are collected:

- Clean empty bottles and cans, not crushed, no liquid inside.
- barcodes and 10c symbol intact,
- no cigarette butts in cans or bottles.
- Plastic bottles can have lid on or off,
- glass bottles not broken and no lids please.
- please rinse flavoured milk containers.

If you need any clarification please check the Visy website

<https://www.visy.com/services/container-deposit-scheme>



Stanhope Business Centre is open:
Monday 11am - 3pm,
Tuesday closed,
Wednesday, Thursday and
Friday 11am-3pm,
Saturday 9am-1pm
Sunday 9am-1pm.

*Celebrating 4 years in Rushworth.
 Thanks for the local support.*



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Colbo Tit Bits

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Silo news

The Colbinabbin Silo Art Committee is applying for funding through the Tiny Towns Grant to continue the development of the silo art garden precinct, in particular the vacant space around the Neale Daniher tree. We are seeking suggestions/ideas from community members for this precinct development.

For suggestions, please email colbinabbinsiloarttrail@gmail.com or contact Julie Price 0408 602 841, by no later than Friday 9 February 2024.

Save the date

Colbinabbin Silo Art Picnic and Wine Festival – Sunday 5 May 11am to 3pm

Colbo library

The Colbinabbin Library will continue to open in 2024 from 2-4pm each Wednesday. There is a great selection of fiction and nonfiction books and magazines to borrow.

There are small and large print books available. For children there are picture story books. Parents, feel free to call in after kinder on a Wednesday to check out our local library at the hall.

Found - sunglasses

A pair of prescription sunglasses has been found at Avard's . . . hate to think how long they might have been there (they were tucked well down between the lounge cushions!)

Ecumenical Lenten group

Anyone is welcome to join the Ecumenical Lenten group which starts on Monday 12 February, 2pm at Avard's for six weeks.

FIRE BRIGADE ROSTER

Feb 4 Ray McEvoy, Pat Tuohey

Feb 11 Graeme Reid, Bill West

If unable to attend for duty, call Chris/Leo.

Siren, radio and test pager at 9am. Crew member should ensure the siren and radio tests are carried out. Vehicles should be checked for fuel and taken for a road test.

Colbo Diary

February

Mon 12 Ecumenical Lenten group

May

Sun 5 Silo Art Picnic and Wine fest

LIBRARY

Wed Jan 4 Heather Woodman

Wed Jan 11 Marge West



Cemetery Trust

Mowing Roster (lawn section only)
February - Geoff Weppner

Swimming lessons

Photo at right: The Learn to Swim at Colbinabbin pool over summer was again a sell out. Here this group of children line up for their swim wearing clothes.

Coch family catch up in Colbo



The grandchildren of the late George and Bessie Coch of Colbinabbin West (over the hill!) got together for a long overdue catch up. They dined at the Colbo Pub and stayed in the motel. Pictured front left to right: Geoff Weppner (ring in), Len Price (in-law), Mustack (in-law), Glenda Price (nee Childs), Carl (Cookie) Coch, Lorraine Howard (nee Childs), Pat Coch, June Michael (nee Childs), Joe Howard (in-law).

Motor-trikes roll into town

Following a successful day as part of Bendigo's Australia Day Celebrations a group of three-wheel bike enthusiasts travelled to Colbinabbin on Saturday. In all the group numbered over 50 riders who not only enjoyed the pleasant ride from over the range, but also the hospitality of the Colbinabbin Country Hotel.



Rushworth Community House

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Rushworth Community House Welcomes 2024!

We have hit the ground running this year with the first two weeks of 2024 at the House being lovely and busy! There is so much going on this term and we are excited to welcome you back!

The Activities Guide for Term 1 was circulated around town before Christmas. We continue to offer regular favourites such as Yoga, Quilting Group, Be Connected and WebDotWiz along with some exciting newbies.

Take some time to have a read of the Guide, which can also be found on our Facebook page, and ring us to make a booking. We'd love to see you!

Have you managed to grab yourself a copy of this year's calendar?

We had a few new local businesses put their hands up to be included on the latest advertising board. It's always a good feeling when we can do our bit to support them.

This year we have recognised important dates on the calendar such as Carer's Week and Volunteer Week, both being held in May, along with World Mental Health Day in October and World Kindness Day in November, just to name a few.

Keep your eyes peeled for events happening at the House in line with these dates and if you have any ideas or suggestions on ways to recognise and celebrate them, give us a buzz!

It's that time of the year again when Anita starts filling the Community House fridge with Cadbury easter eggs! It is a true challenge for staff to resist pinching a couple at coffee break time but alas we somehow manage to do so!

Our annual Easter Egg Hunt will be held as part of the traditional Rushworth Easter Heritage Festival on Saturday 30 March. Bring your basket, bring your hat, bring your water bottle and bring your best chocolate hunting skills! It promises to be a fun morning.

As we launch into what is gearing up to be our best year yet, we want to take this opportunity to say how grateful we are to see our volunteers again this year. Their tireless efforts and commitment to the House and the wider Rushworth Community are always appreciated and this year is no different.

If you have been toying with the idea of volunteering come and have a chat with us. There are many ways to contribute no matter what your availability or capability. We are a family here at the House and our door is always open to new members.

Happy 2024 and see you at the House!



Have you managed to grab one of our 2024 calendars yet? Call into to Community House to pick one up.

Line Dancing with Rhoni



Line Dancing will be back commencing Monday 4 February. Beginners from 6pm to 7pm. Advanced classes 7pm to 8pm. \$6 per session at the Rushworth Shire Hall.

Annual General Meeting



The Rushworth Community House would like to invite you to its **Annual General Meeting**.

To be held on Wednesday 28 February in the MP Room at the Community House, from 7pm.

A light supper will be provided at the end of the meeting.

To assist with catering please contact the Community House on 5856 1295 to confirm your attendance.

Rushworth Court House



Due to significant interest in the future of the Rushworth Court House and its potential redevelopment and use as a significant community asset, we have decided to establish a committee for this purpose.

If you are interested in becoming a member of this committee or would just like to provide some input into the Court House's future, the first (formative) meeting will be held on Wednesday 14th February, 7pm at Rushworth Community House.

NEWS FROM THE OP-SHOP AND FOODBANK

BROUGHT TO YOU BY RUSHWORTH COMMUNITY SUPPORT INC.

Happy New Year to all Rushworth Folk! It is good to be back on board with the fortnightly catch-up of going-ons at the Op Shop and Foodbank.

Congratulations to us!

First big shout out and thank you to the supporters and nominees that saw the Op-shop and Foodbank receive the award for “Best Community Group – 2023” at the recent shire Australia Day Awards. All are beyond thrilled to have been given this honour.

A good crowd of our Committee and Volunteers turned out to accept the award and they are the ones that earned it. It is such a team effort to keep the Op Shop and Foodbank going and every single one of you is appreciated!

Volunteers very welcome

If you have an hour or two to spare on Monday (Op Shop), Wednesday (Op Shop or Foodbank), Friday (Op Shop or Foodbank), or Saturday (Op Shop), your help would be really appreciated.

There is a great team of volunteers but recently a couple have moved out of town so there is definitely space for a few more. With more support the hours at both locations could be extended, giving more back to the town.

Op Shop access

The Op Shop has disappeared behind the fences and piles of concrete due to streetscape works in our corner of the High Street. But IT IS STILL THERE and hopefully soon will have a smart new frontage to share.

The busy bees inside the shop have taken the quieter time to have a bit of a clear out of old stock and replaced some of the fittings. Plus, the furniture shed had a good clear up over Christmas and New Year. The Op-shop is lucky to have a new volunteer – Trevor, who will be looking after the furniture shed when the shop is open - welcome Trevor and visit the shed for your larger item needs.

Donations - keep them nice

A word about Op Shop donations: Your donations are much appreciated, and needed as stock moves pretty fast in the shop. However, the staff don't love your items that no one else will buy! Lately quite a lot of large unsellable items have been found at the back of the shop – the shop has to pay to take these to the tip!

Before you leave anything (it is preferable that they are dropped off when the shop is open, so the pile outside the back door is kept to a minimum), please ask yourself “I don't need this anymore – but could someone else use it”? If the answer is no, please take it to the tip yourself. Two hundred and fifty dollars in tip fees is money that cannot be put back into the community.

Thanks for the Christmas spirit

The Foodbank helpers had a terrific time over Christmas with all the lovely extras people gave to add to the Christmas joy for the customers. A big thank you to those who donated and made this time of year special for many local families.

The big move back to 33 High Street – next door to the new library – will be in early February. Thank you to the Shire Hall committee for being so patient and hosting since July. Keep watching out for a definite moving date.

With the move are lots of new ideas about accessibility and pre-prepared foods to make the foodbank user-friendly going forward. Watch this space!

GOBLINS

We've goblins round about our shop, they're mean and nasty creatures,

With warts on nose and glaring eyes and other nasty features.

I'm sure they wait 'til backs are turned to dive into donations

With dust and dirt and rips and breaks they jump with jubilation.

With furniture they'll kick a leg or tear off knobs and handles,

They'll dance around and spoil your gifts and each throw out a sandal.

And sometimes they will add things like grandpa's combinations,

Unwound wool, a hat with holes and other strange creations.

So when kind people give us things to help our shop keep going

Please think, would you buy as is, or would it you be throwing?

A careful choice means goblins go and staff all give a smile.

We heave a sigh and say hurrah – we have no rubbish pile.

Heather Wellington

Left: Community group of the year award for the Waranga Ward.

Right: Some of the many Christmas hampers for local families made possible by donations and profits from the Op Shop.



Fifty Years ago in our district...

Looking through the pages of past 'Rushworth Chronicles'
.....compiled by former district resident Alan McLean



Quiet and wet January in 1974

A new offset printer had been installed at the Chronicle office in late 1973. If the first editions of 1974 were anything to go by, it should have been sent back! Rushworth-Colbinabbin Apex Club members helped install it, with Murray Hitchcock, Chief Perry, Mick Barlow, Ian Anderson, Ian McLean, Rob Holdsworth and Ray Cheatley contributing their various skills, some in the supervisory category.

The January editions of the newspaper were very thin in every sense of the word. Editor Peter Davidson had embraced Nagambie and there were articles and lots of faint photographs, mainly of new mothers and babies, from that town, almost nothing of Colbo, Stanhope, Girgarre and Toolleen. *(He worked out the more photos, the fewer words were needed.....)*

In January it was reported that the December break-up party for Shire employees was itself broken up, the men having to take out tractors and chain saws to clear roads at Colbinabbin and Moora after a fierce storm.

Rainfall records showed January to have been the wettest since figures commenced in 1880. 142 mm, or 576 points in the old scale.

Two locals were separated from their driving licences for 15 months and 9 months respectively, reinforced with heavy fines. Alcohol had been involved.

Hepples Emporium in Stanhope, selling groceries, drapery and electrical goods for 34 years, was sold to Ibis Milk Products Ltd.

Community

Rushworth joined Murchison in that both were on the search for a doctor. A salary of \$15,000 per year was on offer. *(Don't laugh.)*

Permits for burning off could be obtained from Waranga Shire offices. Those further away towards Toolleen had to see Pat Sexton at the store.

Cr W. Jacobson pushed for lights and a telephone at Groves Weir Wanalta as "the only flood warning is water rushing down the creek", and "Alan McMurtrie's house is surrounded".

Colbo Methodist Ladies Guild farewelled Mrs W. McTaggart and Mrs A. Adamson, but the report did not say where they were going.

Mary Beck of Rushworth was scrambling to find drivers for Meals-On-Wheels.

Personal

Mrs Elizabeth Simpson celebrated her 90th birthday at Rushworth after release from hospital. The party was attended by sons Bill, Alf and Tom Simpson, and daughters Mrs

Nell Jones and Mrs Rita Hageman. Born at Goulburn Weir, she had lived at Reedy Lake until 1907, moving to Rushworth and living in the same house until 1974. Many of Mrs Simpson's descendants still live in the district.

Julie Jones and Trevor Mason of Rushworth announced their engagement.

Dianne Perry of Rushworth and Ian Micheel of Elmore did likewise, as Dianne's brother Ginger had a big party for his 21st birthday, and bigger brother Les and wife Cheryl welcomed Kathryn Isobel. *(How can Kathy Barlow be 50? She looks about 24!)*

Joe and Peg Baker of Rushworth celebrated 30 years of marriage, which is known as the pearl wedding anniversary, *(but everybody knows that)!*

Heather Barlow of Rushworth and John Bock of Mathoura were married in Bendigo.

Kelvin Barlow was selling his heavily chromed breach shot-gun. It had fired less than 100 rounds.

Chris Bell of Stanhope attended the Scout jambouree in South Australia. His brother James had been to a jamboree a couple of years earlier, in Queensland. Their father David attended the first Australian jambouree, held at Frankston in 1934.

Cricket

Playing for Kyabram in Junior Country Week were Peter Raglus (Rushworth), Laurie Casey, Brian Cresswell and Russell Morgan (Girgarre), and Brendan Clark (Stanhope). Playing in the B team were Peter Sherman (Stanhope) and Stephen Teasdale (Rushworth).

The senior Country Week team included John Raglus (Rushworth), Ian Haw (Stanhope) and Girgarre man Maurie Varcoe, then playing for Tongala. The Rochester team included Malcolm McLeod, aged 40, who had returned to that competition for Toolleen.

Rushworth A-grade rattled up 38 against Kyabram Red, but avoided outright defeat. Former player Ian Coyle made a brief cameo re-appearance but his batting failed to trouble the scorers. His bowling was equally unproductive.

B-grade did a little better against Wyuna, making 39. Bruce Carrotte, postmaster, carried his bat for 16 not out. Wyuna won easily. *(Bruce was a dealer in vintage furniture advertising tables, chairs and washstands.)*

Stanhope chased Lancaster's 133, without success, brothers Bruce (3) and Mark Milthorpe (2) not out.

Bowls

Entering two teams in a tournament

at Euroa, Rushworth's Jack Pettifer, Cec Bradley, Keith Vickers and Bruce Laurie faced off against Jeff Geddes, Geoff Beck, Clive Wootton and Jack Borger in the final, the former team winning. *(They could have saved the travelling, and played at Rushworth.)* Rushworth Bowls Club team were in the second half of the GVBA ladder.

Charlie Jones came home from an early-morning shift at Stanhope Butter Factory to play 1973 bowls champion Vic Cruz for the 1974 championship. Charlie's three on the last end took the result to 31-28.

Tennis

In a junior tournament at Rushworth, it was all about those Barlows. Stephen Barlow beat older brother Joe in the final. The junior section of the junior tournament was won by Brendan Barlow. Elizabeth Caygill was also a winner.

The senior C-grade team was Peter Davidson, Robert Raglus, Ken and Trevor Ristrom, Miriam Poulson, Bernadette "Polly" Barlow, Karen Oliveiri and J. Hawking *(Janet or Joanne? Only Rosemary will remember.)*

Call for Golden wedding photos

If those readers intending (or hoping) to clock up 50 years of marriage during 2024 can get me their best wedding photo from 1974, I will do my best to include it on this page. It will save me and my wrecked hand having to type up so many words! *(Like Peter Davidson in 1974!)*

Order in the Court!
Crime and punishment
in the Rushworth
district
\$20

Grass-seeds and
Thistles

- the early years of Moora,
Gobarup and Wanalta
\$20

Contact the book's author

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STORIES OF CHINESE IMMIGRANTS TO THE

WARANGA AREA

Compiled by Tony Ford

Chinese death rituals

In Australia at present, there is a wide range of choices about what happens to you when you die. The actual rituals that take place can vary widely. Across China in the 19th century, there were also many variations, given that there was a much larger population, with broad ethnic and religious diversity. Consequently, rituals for Chinese immigrants who died in Australia took a variety of forms.

The Chinese immigrants would all have preferred to be buried in their home village back in China, close to kith and kin. There is a fear that if this does not happen, the spirit might become a lonely ghost wandering in a strange and foreign land. However, bodily repatriation was an impossibility for most of those who died in Australia because of the cost that would have been involved in returning the coffin containing the remains by ship.

Burial

Something that most 19th century southern Chinese wanted was to be buried rather than cremated. There was a strong belief that cremation mutilates the body, having a disturbing effect on the afterlife. With burials, there are some differences compared to most Western funerals. For instance, the casket is generally open during the ceremony and up until the point of burial. Also, as the casket is lowered into the ground, mourners turn away from the grave site rather than watching the casket descend into the earth.

When a monument is erected, it is a footstone rather than a headstone. That is, the commemorative stone is placed at the foot of end of the grave with the mound behind the footstone. There is just one footstone in the Rushworth cemetery and one in Murchison. Footstones have curved tops rather than flat to discourage malignant spirits from settling there. Burial mounds are regarded as important and should not be flattened out as they were at Kangaroo Flat cemetery some years back, causing great consternation.

Interestingly, the colour that Chinese associate with death is white, as opposed to the black that Westerners usually associate with death. The deceased may be attired in a white robe

and attendees at the funeral tend to wear plain white clothes. An exception is made when the deceased is over 80, where bright colours such as pink or red may be worn.

Cemetery layout

Chinese cemeteries are laid out according to Feng Shui principles, as is the Chinese section at Bendigo cemetery. Elements included are trees (to represent the protective dragon and tiger), a guardian hill behind the graves, running water, and an entry defined by stone markers.

In Chinese cemeteries the tracks wind through the graves instead of following straight lines because bad spirits are thought to travel in straight lines. Pomelo trees are important features as the Pomelo is regarded as the Tree of Life.

Some cemeteries e.g. Bendigo and White Hills have burning towers. This is nothing to do with cremation. Paper gifts and offerings are burnt and transported by the smoke for use by the ancestors in the afterlife. Smoke from incense fulfils the same function.

Ancestral tablets

When Chinese people die, an ancestral or spirit tablet is produced, which symbolizes the spirit of past ancestors. They usually contain details of the deceased, such as name, home village, age, date of death and perhaps some details of the person's life. They may be kept in a temple (joss house) where there is one, or at an altar in the home. They can be as simple as writing on a piece of paper or quite elaborate, made from materials that will last. In the case of the Chinese who died on the Waranga goldfields, lack of access to a joss house may have meant that they were placed at a home altar in a tent or hut of a relative.

It is thought that the soul is made up of three parts – one which stays with the ancestral tablet, a second that accompanies the deceased to the grave and a third that begins the journey to reach the next world. Ancestor worship and filial piety (respect for the elderly and ancestors) is central to most Chinese belief systems.

Reference: Talk on Chinese burial traditions and beliefs by Adrian Hem (Wan) at Bendigo Library 3.5.23

Names from The past

William Hamilton

- one of the originals

The Hamilton family are still present in the Colbinabbin area. Here is the very colourful story of one the original Hamiltons, published in the *McIvor Times* of 12 December, 1907.

“The death occurred on Sunday last of a very old colonist and pioneer of this district, Mr William Hamilton, at the age of 76 years, the deceased having passed peacefully away at the residence of his brother, Mr John Hamilton, of the Heathcote Pound.

The cause of death was acute bronchitis ending in heart failure, though the deceased had been suffering for several years from a degenerative heart affection and asthma. Mr Wm. Hamilton was a son of the late Captain Peter Hamilton, shipowner and mariner, of Port Glasgow, Scotland, where the deceased was born in 1831.

He landed in Victoria in February, 1842, with his mother and other members of the family, before they arrived his father being drowned about Cape Nelson, and his mother bringing a large family to Melbourne. The deceased was consequently a colonist of 65 or nearly 66 years.

For about 4 years the family resided on the Yarra, on their land a number of acres in extent, between Dight's Falls and Melbourne. The deceased and his brothers took up the country as a cattle station where Echuca now stands, but being flooded out, they moved southwards and in 1846 settled on the Colbinabbin South Cattle Station purchased by their mother. Part of the property, on which they built the Half Way House, Cornella, the family retained until about four years ago, the hotel being well known as Tait and Hamilton's Half-Way House, Mrs Hamilton having married the late Mr Tait, who has been deceased many years, Mrs Tait having died a few years ago.

In connection with the Colbinabbin South Station, Mr Wm. Hamilton was well acquainted with the Bendigo country and with his brothers drove cattle through it before the discovery of gold on the Bendigo Creek, then known to him as the Piccaninny Creek.

Word was received by the family on 30th Nov. 1851, that gold had been discovered on the Piccaninny Creek, and on the same day he received a letter from his brother in Melbourne, urging them on account of the rich finds, to go gold digging. On the 2nd December, in company with Mr W. D. Tait and a Mr H. Mackey Sinclair, they packed up and started for the diggings, first visiting Forest Creek. On the 8th December hearing of the rich finds of gold at “The Point,” now known as Golden Point, Bendigo, the party lost no time in getting there.

Mr John Hamilton was also soon on the field, and they were there at the indignation meeting because the Commissioner (Captain John Dane) refused to take gold in payment for licenses. However, on resolution being passed to ask Captain Dane to alter his determination and deputation to him urging diggers, [several lines obscured] and that the name “Bendigo” was so called after a sailor, a shepherd, who was always talking about the pugilist, Bendigo.

The deceased was also well acquainted with this part of the country before the discovery of the McIvor gold field, and hearing that gold was being found here [Heathcote] he rode over from the Half Way, and saw a few men digging about the foot of Argyle Gully, but they had then discovered nothing worth speaking of. He rode back home, and subsequently found that men were at work in the tea-tree scrub in Golden Gully, where the ground was very rich. The rush to this goldfield set in shortly afterwards.

The surviving members of the family are Mr John Hamilton, Heathcote, Mr Walter Hamilton and Mr James Hamilton, Cornella, and Mrs George Groves-White, of Wanalta.”

Mr Hamilton was buried at Heathcote.



All about wildlife

Kirsty Ramadan from BoHollow Wildlife is a wildlife rescue expert. Here she shares some of her knowledge about our very familiar wildlife neighbours.

Already nearing the end of the first month of a new year and it has been a bit of a strange summer so far. The rains have kept things greener than usual for this time of year and despite temperatures not excessively high, the humidity has made it feel warmer and more oppressive than what the mercury levels show.

We have a special patient in care at Bohollow. Bee eaters do not come into care very often. In over 30 years I have had maybe a handful come to Bohollow, but they are one of my favourite birds; I know I say that a lot!

These beautiful little birds come back to northern Victoria in October after wintering up North in the warmer climates of Australia around Arnhem Land and Cape York and also up further to the Lesser Sunda islands of Indonesia, Papua New Guinea and the Bismark Archipelago.

Some birds stay up in northern Australia all year round but the majority migrate from North to South each year for breeding and nesting. Anywhere south of the Kimberleys and the Gulf of Carpentaria is seen as suitable for nesting so we are really lucky to have these little gems choose to come this far south and reside in our neighbourhood over the spring and summer months before returning north around March.

As their name suggests, Rainbow Bee eaters are experts at hawking bees and wasps on the wing. They deal with their venomous insect prey by flying back to a perch and smacking it on a branch to remove the stinger before consuming their meal. They catch all their prey on the wing, flitting and swooping gracefully in the air. Usually their distinct chirping calls signal their presence before you see them. For hunting purposes, they don't spend much time on the ground but when it comes to nesting, they dig a burrow in the ground, usually in soft banks, particularly sand banks or sometimes just **Rainbow Bee eater**



open holes on flat, bare ground. They are very communal and generally hang out in flocks. Sometimes these flocks can be up to 30 or 40 birds. Nesting is also a communal activity with birds placing burrows close together in the same area.

Incubation and rearing of young can also be shared amongst members of a group with anywhere up to eight birds assisting in excavating burrows and tending to young. Three to seven eggs can be laid and the nesting burrows can be over a metre long, the egg chamber being a little wider in the last 30cm of the tunnel.

The entire nesting process takes a couple of months; eggs take about 25 days to hatch and young take around four weeks from hatching as naked chicks to fledging.

It all needs to go quite smoothly for the young to be fledged; flying and feeding well before the migration period. We have the pleasure each October with Bee eaters passing through the shelter property at Bunbartha on their way to nesting grounds within Loch Garry and this

last week they have been roaming once more on the shelter grounds, now with freshly fledged young honing their hawking skills while still being supported by parents, fattening up for the approaching long journey back up north.

I was excited to see some birds on the

Bee eater

other side of the shelter property here right in the middle of the nesting period which suggests that at least one breeding pair put a burrow here this season. This may be because some of their usual nesting spots in the Loch may be still inundated with water.

The little fellow in care was newly fledged, found in the middle of the road not far from the shelter. He has a hairline metacarpal fracture which is healing perfectly so prognosis for strong and normal flight is good which is imperative for any bird who needs to catch prey on the wing as well as endure a long distance migration. He has just started to feed on his own. In the beginning he would only consume food items presented to him with tweezers or fingers. He has a diet of live

food to help nurture his hunting skills and if all goes well, he needs to be strong enough in flight to return to the local flocks before they begin their journey in March.

It's always tricky with migratory birds in care as you are working on a strict timeline to get them back out in time. If we miss the boat, then it means we have to hold a bird until spring which is less than ideal but sometimes can happen, particularly if they run into trouble just before or at the start of migration time.

Keep your ears and eyes attuned for these sweet little birds. You will generally hear their distinct call before catching sight of them as they are often hawking high around the tops of trees and if you're lucky, your property may be a stop off point on their migration route.

ON THE BRINK *by Neil Laurie*

Looking at endangered or extinct flora and fauna.

Gerald Durrell

In the last edition of 2023 this column featured Sir David Attenborough. This edition we are looking at another British naturalist, Gerald Durrell OBE (b 1925, d 1995).

As a child Durrell had a keen interest in animals which only grew during the pre-war years he spent in Corfu, Greece, following his father's death. On Corfu he not only had plenty of opportunities to observe animals in the wild but also to collect them, adding them to his menagerie. The skills learnt observing and caring for wild animals on Corfu proved to be more relevant to Durrell's adult life than the rather sporadic home schooling he received. With war looming, he and his mother returned to England.

After the war he found work at Whipsnade Zoo as a junior keeper. Zoos at this time were very different to the zoos of today. Animals were kept in small enclosures and cages. If an animal died it was simply replaced with another captured from the wild. Zoos were seen as an entertainment. Elephants were put to work providing joy rides for children, chimpanzees were trained to put on a show (the chimp 'tea party' at the London Zoo was world famous), and the big cats were kept in small cages so the public could get close up to them. At the time these conditions were seen as acceptable and it is largely due to Gerald Durrell that zoos and our attitudes towards them changed.

Durrell soon left Whipsnade Zoo to join wildlife collecting expeditions, with the collected animals being sent to various British zoos. He housed and fed the captured animals well and did not just collect animals for their 'show value' or the worth to collectors. He fell foul of the British zoos and it became almost impossible to find a job. With the help of his novelist brother, Lesley, he started writing books. These were largely accounts of his misadventures on expeditions or of his family's trials and tribulations on Corfu (later made into several TV series and a film). With the money from



his first book, Durrell mounted another expedition with the view of collecting animals to set up his own zoo.

Durrell returned to England with a collection of animals and the idea of setting up a very different sort of zoo; an open range zoo. After being refused by various British towns, he discovered the Channel Island of Jersey. The Jersey administration could see the merits of the open range zoo concept and in 1959 the Jersey Zoo opened and in 1963 the Jersey Wildlife Conservation Trust to oversee the zoo and its worldwide conservation programs was established.

The Jersey Zoo pioneered open range zoos, developed captive breeding programs for endangered species, set up exchange programs with other zoos to promote genetic diversity, developed techniques to relocate captive-bred animals into the wild and has set up training programs for naturalist, biologists, zoo keepers and conservationists. In short, everything that zoos do today.

Two thirds of the animals at the Jersey Zoo were bred by the zoo. This is particularly significant as nearly all species in the zoo are endangered or rare. Animals surplus to their needs are sent to other zoos. This not only broadens gene pools but also helps protect species should some disaster befall them at the Jersey Zoo.

Like David Attenborough, Gerald Durrell has had a range of creatures, buildings and organisations named in his honour. After his death in 1995, the Trust was renamed the Durrell Wildlife Conservation Trust. It continues with his work.



Pygs flying thanks to team effort

Things are looking up for yet another Threatened small-bodied native fish in the region, with the state and federal government agencies' rescue plan bearing fruit.

The Murray-Darling lineage of the southern pygmy perch were once common in the wetlands and slow flowing creeks of the Basin.

They are now considered threatened nationally, with their decline thought to be from loss of permanent floodplain wetlands, altered flows, loss of aquatic vegetation, climate change and introduced fish.

They were last recorded in Gunbower Forest in 1997.

The North Central Catchment Management Authority (CMA), through its Native Fish Recovery Plan, is joining forces with a raft of partners – including the Department of Energy, Environment, and Climate Action's Arthur Rylah Institute (ARI), the Victorian Government's Nature Fund, the Murray-Darling Basin Authority's Native Fish Recovery Strategy, and fish conservation groups – to genetically rescue the southern pygmy perch and help them thrive again.

"In September last year, we joined First Nations people from the Yorta Yorta Nation Aboriginal Corporation Woka Walla works crew to release more than 2,800 southern pygmy perch into Camerons Creek in Gunbower Forest," North Central CMA Project Manager Peter Rose said.

"The fish were bred up in dams and wetlands around Bendigo with help from the City of Greater Bendigo, and this was our largest release into a wild site to date.

"They were released just before breeding, so the young would grow up in their new habitat and adapt well."

"The stocking approach was guided by a population model developed by ARI, and using this approach has really paid off".

A visit back to the site in December revealed impressive results.

"A quick survey discovered 44 southern pygmy perch and six new recruits (young fish). That may not sound like a lot, but it is, considering the site," Dr Rose said.

"It shows they have successfully bred in Camerons Creek and there is a good chance tens of thousands of them will establish there.

"It also shows how important collaboration is in finding solutions to biodiversity crises, especially in a changing climate."



Cooks Column

It's the season to enjoy zucchini and tomatoes.

So here's a recipe for Bruschetta (a cheat's version!)

Bruschetta

Dice tomato and red onion, add torn fresh basil leaves, add a splash of olive oil or balsamic vinegar, salt and pepper.

Place a store-bought garlic or herb bread into the oven until toasted (the long two-piece bread is the best). Place tomato mixture onto warm bread and top with buffalo mozzarella or bocconcini or marinated feta. Slice and serve. It's a great entrée or snack.



Above: Bruschetta.

Zucchini and snap pea salad

- 500g zucchini
- 500g sugar snap peas
- 1½ bunches of mint
- 1 bunch of parsley
- 100g toasted macadamia nuts
- juice of two lemons
- 1 clove garlic
- 100ml extra virgin olive oil
- Salt and pepper
- 100gm pecorino romano (finely grated).

Method - pesto

Place toasted nuts and 2/3 of the mint, all of the parsley, garlic, pinch of salt and the olive oil in a food processor and blend until smooth.

Using a vegetable peeler, thinly slice your zucchini lengthways. Blanch sugar snap peas and then plunge in iced water.

In a large mixing bowl, combine the zucchini strips, sugar snap peas and the remainder of the mint leaves. Season with salt and pepper, drizzle with lemon juice and dress with the pesto.

Shave the pecorino over the top. Enjoy as a salad on its own or as a side dish.

Seasonal Kitchen



Above: Zucchini and snap pea salad.

Garden Hints & Tips

Planning a water feature for your garden

There is nothing like the sound of trickling water to add a peaceful ambience to the garden and sitting watching carp is very relaxing, so here are some water feature tips.

Firstly, look at where you would like to put your water feature. Full shade and full sun are not good; partial shade is ideal. Make sure it is where you will be able to enjoy it: beside your favourite sitting spot, next to a well-used path or perhaps near your back door. These sites also allow you to keep an eye on the water feature.

Think about what type of water feature would best suit your garden. There are irregular ponds that suit more natural settings while a rectangular pond may be better in a formal garden. Many water features comprise of a series of ponds that flow into each other. These require some fall in the site. A slope may be artificially landscaped on a flat site.

What you use for the water feature will depend upon the size you want and your budget. For a small garden or court yard a large pot can be used. Ideally it should be glazed. Plug the drain hole with silicon sealant. Discount stores stock a range of large tubs which can be used for ponds. Ponds are available from gardening centres but are quite expensive, however second-hand ponds are regularly sold on-line on sites such as Gumtree. It is possible to just dig a hole, line

it with sand and a pool liner (but not where there is stoney soil). Don't use polythene sheeting to line a pond - it will always develop leaks.

When filling a pond using town water, you will need to use a dechlorinator to remove the chlorine from the water. Water plants will help even out water temperatures, give fish cover and will look nice. For fish, carp are ideal. Avoid the fancier ones. Smaller fish for smaller ponds (fish grow to suit the size of their pond). Feed occasionally. Provide an exit point for tortoises and any wildlife that may end up in the water.

Water needs to flow and trickle to oxygenate the water, to prevent stagnation and to provide that lovely sound. A small solar pond pump is quite cheap but will be limited in its volume and lift, and only works when its panel is in sunlight otherwise a larger, mains powered pump may be better. Algae problems can be chemically treated, but there are anaerobic treatments which I find work better and last longer. Every couple of years you may need to drain the pond and remove the sludge that inevitably forms. My fish breed quite well and a sacred kingfisher sometimes drops by to keep the fish population in check. You are creating a micro environment. If you get the balances right it will be successful.

The Zen Gardener

Handy Hints - from Lyn Rumble

Happy New Year. How many of you have set New Year goals? I decided not to for 2024 because I was very happy with my 2023 progress in 'Reusing, Repurposing and Recycling', and I want to continue on that same track and see how much further I can go.

However, for this first issue, I thought I'd share with you something that is constantly a problem for me - my immune system does not like the heat when it is HOT! Here are you some of my methods with coping with everyday life and still getting mobile and having coffee with friends and family!

In the heat of the day - keeping cool is not an easy task, so here's some reminders to help you in your day-to-day activities:

1. Wear sunscreen before you go out and re-apply regularly during the day (you need to check the use-by date on your sunscreen. It does have a recommended use-by date).
2. Wear a hat that covers your head - not just visor types (which don't shield your scalp)
3. Do not be tempted to take your pet with you in the car for any extended period - they are far better off left at home in a familiar and cool environment - rather than subjected them to a stressed and hot - and possibly life threatening stay in a hot car!
4. Carry a bottle of water with you everywhere to keep up your hydration (multiples if going out as a family). Put some water on forehead and wrists during the time your outside.
5. If you have a cloth handkerchief, soak with water and put on your forehead or around your neck.
6. Buy a gel neck cooler that you soak in water until expanded, keep in the fridge and then take out with you when leaving the house - lay it around your neck like a narrow scarf. (It is amazing how much cooler that

effect has!)

7. Make sure you head for some shade every now and again to allow your body to cool from the heat
8. Have your air-conditioner in your car and house regularly serviced to ensure smooth and efficient running (and, importantly, cost effective.)
9. Do not water the garden flowers or veggies during the heat of the day - either do it early in the morning, or late in the evening just before sunset.
10. If the day is going to be hot and you need to go out with friends or for a coffee etc, check ahead that there is some shaded areas in the location you're attending and plenty of cool water and that non-alcoholic drinks are available.
11. A lightweight umbrella is good in strong sun - you use it as a sunshade! Nowadays you can get small fold-up and fully portable ones that fit in your shopping bag!
12. Enjoy your time in the sun - it is great for your mental health as well as for your body, but remember sunstroke is a real danger - so slip-slop-slap, remember the water and everything else all in moderation!

Health and Wellbeing

Free vaccines in pharmacies from 2024

The Pharmacy Guild of Australia says patients will no longer have to pay for vaccines at their local community pharmacy under the National Immunisation Program (NIP) from January 1.

Up until now eligible patients for the NIP faced an administration fee if they received their vaccination at a community pharmacy, but this will change from 2024.

The Pharmacy Guild's National President, Professor Trent Twomey says the changes will see more pharmacies be able to administer more vaccines.

"From the first of January all Australians will be able to ask their pharmacist for all vaccinations on the Commonwealth Government's National Immunisation Program," he said.

Professor Twomey says having more pharmacists able to administer the vaccines will free up more appointments at doctors' surgeries.

The changes aim to give patients greater choice and convenience about where they get their vaccination.

Patients wanting to find their nearest community pharmacy can visit www.findapharmacy.com.au

Innovation and capacity building in primary health care

Murray Primary Health Network has released its annual Report to the Community, highlighting some of the primary healthcare activities that commissioned and coordinated in 2023.

Innovation and capacity building are hallmarks of the work of Primary Health Networks, particularly those working in rural and regional areas, where workforce is stretched, and communities can face long waits (or long commutes) for healthcare services.

Murray PHN has the largest PHN catchment in Victoria and covers almost 100,000 square kilometres, stretching from the edge of the Macedon Ranges to Mildura and Swan Hill, through Bendigo, Shepparton and Wangaratta and up to Albury and Wodonga. The population covered is approximately 650,000.

To read the report visit <https://bit.ly/3vDALpx>



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REDFEB 2024: Heart Health on a Budget

Four ways to prioritise your cardiovascular well-being

This February is REDFEB, heart awareness month. In addition to encouraging people to wear red and donate, Heart Research Australia is raising awareness about how Australians can take control of their cardiovascular well-being without breaking the bank.

Heart disease doesn't discriminate based on your income. Whether you're a millionaire or living on a tight budget, taking care of your heart is paramount. Heart disease affects two in three Australians and still remains our leading cause of death.

"Prioritising heart health is an investment in your future, both health-wise and financially," says Nicci Dent, CEO of Heart Research Australia.

"The financial implications of heart disease are not just limited to medical costs. Recovery from heart attacks often leads to lost wages, reduced work capacity, and hindered career advancement, due to the physical and mental effects of the condition. Furthermore, higher health insurance premiums and the rapid depletion of retirement savings pose long-term financial challenges."

As the cost of living continues to rise, budgeting for health can often seem like a luxury. However, the financial implications of ignoring your heart health can be far more severe in the long run.

Ms Dent notes the substantial decline in household spending on health insurance since interest rates began to rise. In the midst of the current economic climate, it is important to seek out cost-effective methods to safeguard your heart – as heart disease can impact anyone at any time.

In response to these challenges, Heart Research Australia is advocating affordable ways to maintain heart health. Dr Avedis Ekmejian, a senior cardiologist and researcher supported by Heart Research Australia, provides his expert tips:

• **Eating heart-healthy foods:** A heart-healthy diet doesn't have to be costly. Focus on affordable staples such as beans, lentils, whole grains, and vegetables. These foods are not only nutritious but also easy on your wallet. Avoid excessive processed foods, sugary snacks, and fast food, which can be both unhealthy and

costly. Eating five or more vegetables everyday reduces the risk of cardiovascular disease by almost 17%.

• **Staying active:** Four in five Australians don't do enough exercise, yet physical activity is essential for heart health. You don't need an expensive gym membership to stay fit. Consider free or low-cost options like walking, jogging, or home workouts. Gardening and household chores can also help you stay active while saving money. Try to be physically active for at least 2.5 hours every week, spreading it out over five or more days.

• **Managing stress:** Chronic stress can take a toll on your heart. Finding cost-effective ways to manage stress is vital. Heart Research Australia recommend relaxation techniques like deep breathing, meditation, or yoga, which can be done at home or with minimal expenses. Spending time in nature or with loved ones can also provide emotional support without breaking the bank.

• **Regular health check-ups:** Preventive care is key to maintaining heart health. While it may seem counterintuitive to spend money on doctor visits, regular check-ups can help detect issues early and save you money in the long run. Look for affordable healthcare options or community clinics in your area. Smoking is a significant risk factor for heart disease. Quitting smoking is not only beneficial for your health but also for your wallet. Seek free or low-cost resources to help you kick the habit.

Heart Research Australia extends an invitation to all Australians to explore their free online Heart Hub, where you can access a wealth of expert advice on cultivating heart-healthy habits. The Heart Hub, provides information on mitigating risk factors, optimising your diet, embracing effective exercise routines, and mastering stress reduction techniques.

For more information on REDFEB or to donate, please visit: www.heartresearch.com.au

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Kids Corner

- interesting things to know!



Hey Kids! In this edition of the Waranga News we are taking a look at feathers. Birds rely on their feathers not just for flight, but also for communication, temperature control, and many other things. On this page you'll learn about what makes bird feathers so special.

Birds are the only living animals to have feathers. Notice that the word 'living' has been emphasised. That's because another famous group of now extinct animals also had feathers ... the dinosaurs (or at least some of them).

Some of the dinosaur feathers that have been found are near-identical to those belonging to modern birds. This tells us that the original function of feathers was not for flight. We know this because many of the dinosaurs that had feathers were far too large and lacked the other physical adaptations necessary for flying.

Feathers must therefore have originally evolved for another reason. At first, feathers probably simply provided insulation. After that they may have adapted to help dinosaurs balance or to change direction quickly while fleeing from predators or chasing something to eat. Over the years feathers may then have undergone further adaptations to allow dinosaurs to glide from tree to tree.

Finally, flying dinosaurs appeared. Their feathers, in combination with many other physical changes - including arms that by now had become wings - allowed them to lift themselves from the ground and power themselves through the air. Can you think of the name of a flying dinosaur?

As well as being necessary for flight, a modern bird's feathers have many other uses. Below is a list of the many benefits of having feathers:



What Are Feathers For?

Temperature regulation. A bird's feathers play an important part in keeping its body at the right temperature. When feathers first appeared on dinosaurs, it's likely that this was their primary function.

Protection. Feathers protect the bird's body from cuts and bumps.

Waterproofing. A bird's skin is almost entirely covered with feathers. Not only do feathers help to keep the bird warm, but they also provide waterproofing.

Communication & Display. Bird feathers are used in communication and display. Think of a male peacock's magnificent tail. This shows a female peacock how fit and healthy he is. The males of many bird species use their colourful plumage to attract mates.

Camouflage. The plumage of many birds provides excellent camouflage. Both predators and prey need to remain hidden - for different reasons!

Sensory input. A special type of feather, called a filoplume, collects information such as how wind is moving over a bird's body. Some birds, such as Tawny Frogmouths, have bristle-like feathers around their mouths which may help them to capture insect prey.

Feathers are made of keratin, the same material out of which scales and claws are made, along with animal fur and human hair.

Birds have many different types of feathers, but they're either one of two main types: contour feathers and down feathers.

- Contour feathers are rigid and form the 'shape' of the bird. A bird's body, tail and wing feathers are all contour feathers.

- Down feathers grow under the contour feathers. They are soft and fluffy. Down feathers provide insulation. For water birds, they also provide buoyancy.

Some birds have crests - longer feathers that stick out above or behind the back of the head. Some birds can raise or lower their crests as a form of communication. Cockatoos and galahs have majestic crests!

As we've found, a bird's feathers are incredibly important to its survival. Birds spend a lot of time

looking after their feathers, making sure that they're in tip-top condition.

Birds have a special area on their backs (just above their tails) called a preen gland. This produces an oily substance that protects the feathers from bacteria and fungus, while also keeping feathers waterproof.

Birds bathe themselves in water and dust and even use swarming ants to clean their feathers. It is thought that these activities help to remove parasites from the all-important flight feathers.

Now that you know some fun facts about feathers, have a go at the feather themed wordsearch!



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Find the following words in the puzzle. Words are hidden → ↓ and ↘ .

- | | | |
|---|--|--|
| <ul style="list-style-type: none"> BALANCE CAMOUFLAGE COMMUNICATION CONTOUR CREST DINOSAUR DISPLAY DOWN | <ul style="list-style-type: none"> FEATHER FLIGHT FUNCTION GLIDE INSULATION KERATIN PLUMAGE PREDATOR | <ul style="list-style-type: none"> PREDATORS PREEN SURVIVAL WATERPROOF WING |
|---|--|--|

Children's activities, entertainment, food and fun coming up at TatFest 2024

The Lions Club of Tatura's annual festival of fun is well into the planning stages and promising to live up to its reputation as a great community day.

It will be an especially action packed day for the children with 'train rides', Zorb balls, a bouncing castle, face painting, slot car racing, reptile petting, a giant water pistol, fairy floss and a gyroscope.

As well, the CFA and SES will be present with stalls and vehicles and, if children plead nicely, they will be able to sit in the CFA and SES vehicles and maybe even switch on the lights or siren!

For the grown-ups there will be lots of entertainment with bands and singers all day and there will be market stalls selling various goods.

Ambulance Victoria will also be present teaching or refreshing on CPR.



There will lots of activity in Tatura's Mactier Gardens on Sunday 3 March.



Ever tried a Zorb ball? This might be your chance! (We have read it's sometimes called a 'human hamster ball'.)

A wide range of food will be available for sale including hot meals and sweets and you will be able to purchase soft drinks, coffee, ice cream and gelato.

If you would like to know more about TatFest - or if you would like to have a stall there - have a look at the website - <https://www.tatfest.com.au> or send an email to tatura@lions201v5.org.au or ring Malcolm 0429 683 775 or Helen 0408 378 057.

Where – Mactier Gardens, Hogan Street, Tatura

When – Sunday 3 March 2024 – 10am to 4pm

Entry- Children's activities, and entertainment are FREE

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Project Update

Plexi pave court surfacing and line marking works have been finalised at the newly completed netball courts and spectator shelter at the Kyabram Recreation Reserve.



Coming Up ▶ Council meeting | 6pm Tuesday, 20 February | Echuca Civic Centre

Meetings can be streamed live: campaspe.vic.gov.au/livestreaming



Active Stadiums Pilot Program

Campaspe Stadiums will begin a pilot program in February, trialling five months of daytime activities to revitalise the stadiums in Echuca, Kyabram and Tongala.

Activity sessions include:

- Pickleball for seniors
- Strength conditioning for seniors
- Bubs physical activity session
- Dodgeball for people with a disability
- Indoor soccer for people with a disability

For more information, visit Council's website.

Employment

#campaspecareers

- Early Childhood Educator Co Worker – Casual
- Early Childhood Educator Room Leader – Casual
- Group Fitness Instructor
- Maternal & Child Health Nurse – Casual
- Supported Playgroup Facilitator – Casual

For all positions currently open and application details, visit Council's website.

Immunisation Sessions

by Appointment Only

Register at <https://portal.cirv.vic.gov.au>.

If you are feeling unwell or have any cold or flu like symptoms, you must cancel or reschedule your appointment.

Thursday, 1 February

- 9 – 9.45am | Echuca Library
- 11.30am – 12noon | Stanhope Community Health

Tuesday, 6 February

- 5.30 – 6.30pm | Rochester Service Centre

Wednesday, 14 February

- 9am - 9.45am | Kyabram Senior Citizens Centre

Having difficulty making an appointment? Please call Council on 1300 666 535 - we are here to help!

Now Open

For all projects and applications open, visit campaspe.vic.gov.au/nowopen



Youth Action Group (YAG)

Young people are invited to join Council's Youth Action Group (YAG). YAG members will provide a youth perspective on our key plans and strategies, direct youth funding towards desired programs, activities and events, and brief community groups, businesses and Council on issues that significantly impact young people in Campaspe. To be eligible for Youth Action Group membership, you must be a resident of Campaspe Shire aged between 12 and 25 years old. If you are under 18 years, you will require parent/guardian permission.

Free Workshop

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Are you looking to boost your marketing skills to better understand customers, competitors, branding, and your unique selling proposition? The come along to this FREE marketing workshop. Whether you're a small business owner, community group leader, or just interested in upskilling then this workshop is for you. Reserve your spot today by visiting the Now Open page or calling our Economic Development Team on 1300 666 535.



Rushworth Streetscape Project Update

Stages five and six of the Rushworth Streetscape project are scheduled to begin on Monday, 19 February, and will see road pavement works taking place on both the east and west sides of High Street. The road pavement works provide a much needed upgrade in Rushworth and will fill existing potholes and other road hazards along the road surface. During this time, High Street will be closed in sections over a five to six week period. Detour routes and temporary parking will be available along Parker Street.

For more information scan the QR code or visit www.campaspe.vic.gov.au/rushworthstreetscape



Five-year milestone for Coliban River project

A long-term project to protect one of the region’s most important waterway systems has marked five years of action with some impressive results.

A Healthy Coliban Catchment (AHCC) is a joint project between Coliban Water, Djaara, and North Central Catchment Management Authority (CMA).

Beginning in 2018, its aim is to protect water quality, fauna and flora, and the cultural history of the Coliban River and its tributaries upstream of Malsbury Reservoir.

AHCC works to revegetate and fence stream banks, remove weeds, and build off-stream watering systems for landholders, along waterways throughout the Coliban River catchment.

Over the past five years, the project has managed or funded:

- 38 kilometres of fencing
- 296 hectares of weed control
- 76 hectares of revegetation
- 78 off-stream watering systems

Project Manager Tess Grieves from the North Central CMA said the program was returning impressive results.

“We’re really excited with



what has been achieved by working together with, and alongside, councils, landholders, and community groups,

especially given the challenges of COVID-19,” she said.

“These waterways are important ecologically, culturally, and economically. They provide an essential raw water supply that is turned into drinking water for more than 130,000 people from Kyneton to Bendigo, and are home to a range of key species and culturally significant areas.

“So doing what we can to protect, restore, and enhance them is important.”

Coliban Water Manager Land, Water and Environment Phillip Fasham said the benefits from the project continue to enhance our environment and ensure long-term sustainability of the Upper Coliban catchment.

“This really has been a joint effort for the region and it demonstrates the commitment of the local community and partners,” he said.

“AHCC is a 20-year plan with a strong vision and we’re excited to see what else we can achieve in coming years.”


The program is also supporting Dja Dja Wurrung people to reconnect with the landscape and waterways which hold significant cultural value.

The AHCC project plan has been developed for implementation over 20 years, with an estimated cost of \$10.81 million over the first 15 years.

The AHCC is funded by the Victorian Government’s Our Catchments, Our Communities program, Coliban Water, and the North Central CMA.



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A Prayer for the New Year

God of endings and beginnings,
God first and last,
we pray for all who are marking the end of
another year.

We pray for those who long for this year to end.
Where there is sorrow,
bring comfort.
Where there is brokenness,
bring wholeness.
Where there is pain,
bring healing.

We pray for those who look back on this year
with gratitude.
Where support and encouragement has been
offered or received,
sustain community
Where life has been full of joy,
sustain wonder.
Where life has been awash with your presence,
sustain faith.

We pray for your world in all its glory and terror.
Where there is war,
may peace prevail.
Where there is injustice,
may your righteousness come.
Where creation is breaking,
may it be restored.

God of endings and beginnings,
God first and last,
as we stand on the threshold of a new year
send us the gift of the Spirit to reassure us that
by your goodness
we dwell in your love.
By your mercy
sin is forgiven.
By your grace
your kingdom is coming.
Amen.

*President Rev Sharon Hollis
Uniting Church in Australia*

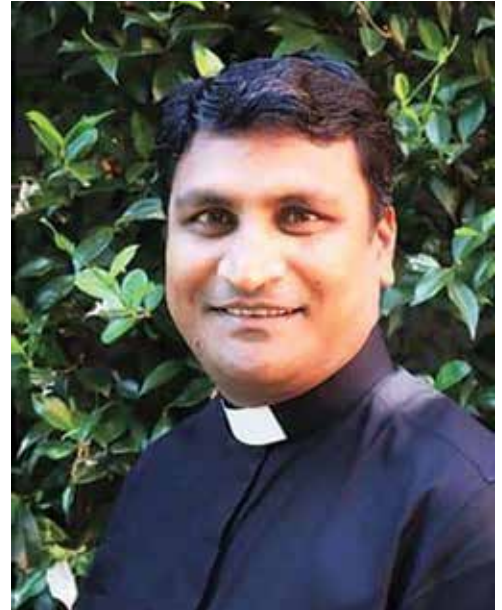
Tatura and Kyabram welcome new priest

Fr Uday Marneni has been welcomed to the parishes of Sacred Heart Tatura and St Augustine's Kyabram with the previous parish priest, Fr John Paul moving to a team ministry in Wodonga.

Fr Uday was born and raised in a small village of three-hundred Catholic families in India. Some of his cousins are religious sisters and were an inspiration for him to choose to enter the priesthood.

During his years at the seminary he felt, more than ever, the call to a vocation God had planned for him. He was ordained a priest in 2011.

Fr Uday says, 'Priesthood, for me, is challenging and rewarding. Being a priest has given me the privilege of getting to know people well and of being part of their lives in joyful and painful times. I hope to be a part of the community soon, to be one of you to share the Word of God and Break the Bread of Life.'



Ecumenical Lenten group starts soon

It's a very early start to the season of Lent this year (Ash Wednesday falls on 14 February 2024).

An ecumenical group will meet on the six Mondays of Lent, starting on Monday 12 February, using the study booklets from Wollongong diocese.

The meetings focus on the Sunday scriptures for shared prayers and faith. The meetings start at 2pm and finish with a cuppa and afternoon tea. Venue is John and Glen Avard's, 62 Mitchell St, Colbinabbin.

Christmas Bowl Appeal sends thanks

A collection for the Christmas Bowl Appeal was taken up at the Colbinabbin Ecumenical Carol Service.

\$500 was collected and sent to the appeal. A receipt has been received saying, 'Thank you so much for your kind gift through the Christmas Bowl and for helping to create a world where people uprooted by conflict and disaster have a safe place to belong.'

The money goes towards helping provide practical care so that refugees and displaced people can live in safety and dignity and know that they are loved and not forgotten.

District Church Times and Contacts

Anglican

- St Paul's, Rushworth: 0419 512 632
- 9.30am 2nd Sunday of month - lay led service
- 9.30am 4th Sunday of month - Communion
- Christ Church, Murchison: Rev Andre du Plooy
0458 155 930
-10.30 am Thursdays Holy Eucharist
-11am service every Sunday
- St Matthews, Stanhope: 0419 855 964 (Church Warden)
- St John's, Colbinabbin: 0428 329 344 (Mick Clayton)

Presbyterian

- St Andrew's, Rushworth: Sunday 9am: Minister Kalpan Vasa 0477 241 042 or Elder Gary Dunstan 5856 1332.
- St Andrew's, Stanhope: 5831 6494 (Rev Kyung Rae Ee)

Catholic

St Mary's Parish. 1st and 3rd Sundays: Cornella 9am; Stanhope 10.30am. 2nd and 4th Sundays: Rushworth 9am; Murchison 10.30am. 5th Sunday: One Parish Mass - Rushworth. Contact a team member on the parish mobile phone: 0478 820 960. Sunday Mass continues online from St Kilian's Sundays 10am.

Shine Church, Stanhope

Sunday services at 10am at the Stanhope Community Hall. All COVID restrictions abided by. Kids church running as well during service. More info call Wal Sinapius 0408 393 398.

Living Waters Rushworth:

Sunday 3.30pm coffee: 4pm service 0428 323 631 (Pastor Peter Guerra)

Generations Church, Tatura

5824 3240 (Pastor Jeremy Burr)

Salvation Army: 5852 3875

Uniting Church

Waranga Uniting Churches – Rushworth, Colbinabbin, Murchison and Tatura. Service Times: Weekly at 9.30am (with the 'room' open for a chat at 9am)

Every congregation is open for services which will be streamed each week into all four of our church buildings.

Each week one congregation will host the service with people in other congregations participating in leading the readings, sharing news and fellowship via the magic of Zoom.

You are welcome to join us in person or from your lounge room via Zoom.

The link for the Zoom service can be found on our website warangaunitingchurches.net.au or can be emailed to you each week.

*As you gather around the dinner table,
join hands to give thanks to God for all his
blessings.*



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GOOD LIFE

Carol's life-cast finds its home

This is a story thirty-eight years in the making. In 1985, I was the Co-ordinator of the Coburg Community Youth Support Scheme (CYSS). During a time of high youth unemployment, CYSS was then Prime Minister Malcolm Fraser's idea of being 'seen to be doing something about youth unemployment.'

At Coburg CYSS, we offered a range of pre-vocational and recreational courses as well as providing personal support to vulnerable young people who were unemployed.

One of our participants, John, developed an interest in ceramics and plaster casting. During one session, John created a life-cast of Carol, the young woman in charge of our Women's Programs.

John created a mould with latex rubber and plaster bandages and then used that mould to cast a plaster replica of Carol's face.

A few years later, Carol had moved from Coburg to the country, married, and had two children. Sadly, Carol phoned to tell us she had been diagnosed with cancer of the cervix. Tragically, despite surgery, treatment and embracing alternative strategies, Carol died in 1998.

Over the years, I maintained contact with John and his mother, but we lost contact with Bruce, Carol's husband. John had kept the life-cast of Carol's face, and as the years passed, he urged me to find Bruce and ask if he would like Carol's life-cast. With some hesitancy, I eventually reached out to Bruce via social media but we didn't make any plans to meet in person.

Time passed. John's health declined, and he implored me, with greater urgency, to ask Bruce about Carol's life-cast. Tentatively, I raised the subject with Bruce, explaining John's connection with Carol and the life cast of Carol that John had kept safely since 1986. Bruce said he would think about it and talk to his children. But more years went by without further communication.

Then suddenly, the week before Christmas last year, I received a message from Bruce. He would be in Melbourne to drop his sister at the airport and he wanted to meet me and to introduce himself to John. He also expressed interest in seeing, and possibly taking, Carol's life-cast home with him.

The next morning, my wife and I met

Bruce outside the residential care home where John lives. After a brief reunion with Bruce on the nature strip, we entered John's room. John is now extremely ill so he was lying in bed, pale and frail.

After introducing Bruce and John to each other, and some general conversation, John asked my wife to pick up Carol's life-cast and give it to Bruce. While this happened, we held our breath, waiting to see how Bruce would respond.

Bruce held his late wife's plaster face with reverence, staring at it and caressing its contoured surface. The plaster cast shows the features of a young woman. It brought back memories of years before. Witnessing Bruce lovingly holding Carol's cast face reinforced the tragedy of her premature death.

'Haptic memory'

The memory of touch is called 'Haptic memory', the process of identifying an object by touch. When we touch something or someone connected to our past, involuntary memories surface unconsciously, triggered by touch. Unlike our other senses, touch requires bodily contact, and our skin is the primary sense organ through which we perceive touch.

The absence of touch is one of the many things that produce longing in the bereaved, for example, missing hugs from the person who has died. Bruce's relationship with Carol involved touching, smiling, holding, mutual gazing, and physical intimacy. Bruce's haptic memory remembered Carol's skin, the shape of her cheekbones, and much more. We were privileged to witness a sacred time. It was as though Carol and Bruce were together, exchanging intimate moments.

Eventually, Bruce looked up, smiled, and said his daughter had the same nose. Everyone smiled and visibly relaxed. Relief washed over us, and John enjoyed sharing stories of how Carol had supported and helped him during his time at Coburg CYSS.

The healing touch

Touch features in many of the Gospel stories, particularly in several of those about healing. There is a story of a woman who had been sick for twelve years. She approached Jesus for healing. She said to herself, 'If only I may touch the fringe of his garment, I shall be made well.' Sure enough, she was healed the instant she touched Jesus, and he said, 'Somebody touched me for I felt power go out of me.' (Luke 8:46)

The word that Jesus used for touch is 'haptomai', which means 'To alter by touching.' or 'Touching someone in a way

that changes them.' Jesus was effectively saying, 'Someone really touched me. Someone touched me in a way that made an impact on me.'

As we left John, I couldn't believe that after so many years, this touching reunion, pun intended, had finally happened. We hugged as we said goodbye.

Bruce later messaged me to say that his children, who were quite young when Carol died, cherished Carol's life-cast because it brought back many memories to them in ways that photos and stories couldn't.

The hurt and trauma that we suffer over our lifetime shapes who we are. Trauma is not healed by forgetting it but by its transformation.

The message of the incarnation is that, in Jesus, God became one of us. When we hurt, God hurts. When we reach out to God with faith, even in very imperfect ways, maybe full of our own ego, confusion, and doubt, when we discreetly 'touch the fringe of Jesus' garment,' he feels it, reacts with love, and touches us back.

This is the Gospel and it's good news.

*Brian Spencer, Minister
Waranga Uniting Churches.*



**PRAYING FOR OUR
COMMON HOME**

*Based on Pope Francis, 'On Care for Our
Common Home,' Laudato Si*

**A Christian prayer in
union with creation**

God of love, show us our place in this world as channels of your love for all the creatures of this earth; for not one of them is forgotten in your sight.

Enlighten those who possess power and money that they may avoid the sin of indifference,

that they may love the common good, advance the weak and care for this world in which we live.

Amen.

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WARANGA NEWS CLASSIFIEDS

DEATHS

JONES, George Skeeles:

21/03/1944 to 19/12/2023 -79 years old
Passed peacefully at Goulburn Valley Hospital surrounded by his family.

Loving husband to Edyta, Father to Karen, Andrew (Dec) and Mark, Father in-law to Mark, Rachel and Tracey, Grandfather to Clinton and Aleesha, Ben and Erin, Trinity, Ebony, Stephanie, Jackie, Ayden and Lucas, Great Grandfather to Annabelle, Monty, Cooper and Harvie.

George had a smile for everyone and a heart of gold, he has left behind memories that we will always hold.

JONES, George

Brother of Margaret, brother-in-law of Trevor. Uncle of Jodie and Duane, Dean and Melinda, Nathan and Maree and their families.

We'll miss you, especially all the smokos we had together.

Rest in Peace.

POULSON, Zane Margaret:

Passed away 31/12/23. Aged 97.

Thanks for the many cherished memories Zane, from my days growing up with your family in Heilly Street, to the many times spent with you and Doug(dec) at Black Rock.

Always loved by the Corner cousins

BEREAVEMENT THANKS

JONES: In memory of George Jones, Edyta and family would like to express their deep appreciation to those who have offered such kindness, support, messages of sympathy and comfort in our loss. Special thanks to emergency services and staff at the GV Hospital.

PUBLIC NOTICES

EARTHWORKS CIVIL

TEMPORARY ROAD CLOSURE

High Street Rushworth
Northbound Lane followed by
Southbound Lane between Moora
Road and Wigg Street from 19th
February to be completed prior
to Easter as part of the Rushworth
Streetscape Stage two works.
Road users to follow detour signs.

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PUBLIC NOTICES

Road Closure – Rushworth Easter Heritage Festival 2024



Please note that at last year's Festival it was seen that Festival patrons left the event area (western side of High St), walking into the eastern side of High Street assuming it was closed. However, it wasn't.

This prompted a review of the traffic management for the event with discussions between The Easter Heritage Festival committee, Campaspe Shire, VicRoads, Local Police, on how to best manage public safety taking place recently and it was agreed that both sides of High Street be closed. (in the past it was only one side) Public safety is behind this decision.

The Shire of Campaspe and VicRoads, have drawn up a Traffic Management Plan for Saturday 30 March 2024, for the duration of the Easter Festival.

High Street, Rushworth will be closed on both sides to all vehicles (Emergency Vehicles excepted) from Moora Road up to and including the Wigg Street intersection, between the hours of 7am - 3pm.

Please see attached map indicating the planned closures and overall traffic plans for the day.

Rushworth Easter Heritage Festival Committee

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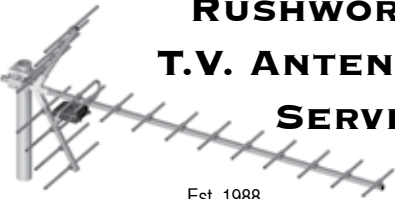
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DISTRICT INFORMATION BOARD

WHAT'S ON AROUND THE TOWNS

FEBRUARY

| | |
|---------------|--|
| Sat 3 | "On ya bike" - Rushworth Fooball ground 8am |
| Sat 10 | "On ya bike" - Rushworth Fooball ground 8am |
| Sun 11 | Stanhope Monster Garage Sale - from 8.30am |
| Wed 14 | Inaugural meeting Rushworth Court House Committee 7pm at Rushworth Community House |
| Thu 15 | Garden Lovers meeting - high tea at Senior Citizens rooms 1.30pm |
| Sat 17 | Rushworth Market, High Street 8.30am-1pm |

MARCH

| | |
|---------------|---|
| Sun 3 | TatFest Mactier Gardens, Hogan Street, 10am-4pm |
| Sat 30 | Rushworth Easter Heritage Festival 8am - 2pm |
| Sat 31 | Moora Working Draught Horses |

Meetings & Activities - around the district

- Rushworth SES training: Wednesday evenings at 7pm
- Rushworth CFA: Tuesday nights
- Rushworth Food bank: Wed 9am to 12pm and Friday 9am to 12pm
- #9 Op-Shop: (Summer hours) Mon, Wed and Fri - 9am - 2pm Saturday 9am to 12pm
- Rushworth Community Garden every Wednesday
- Rushworth Community House - Genealogy, every Friday from 9.30 to 12.30pm
- Colbinabbin Library: Wednesdays
- Colbinabbin Community Shed: most Thursdays (old Shire Depot), 10am
- Rushworth Band practice: 7.30pm every Monday night
- Stanhope Monster Garage Sale: 2nd Sunday of month - from 8.30am
- Rushworth Market: 3rd Saturday of month - 8.30am to 1pm
- Murchison CFA: Meeting 1st Monday 8pm - training on 3rd Monday 6.30pm
- Rushworth Museum: every Saturday 10am-12 noon, 1st and 4th Sunday 11am - 1pm
- Rushworth & District Community Bank Board: meets 1st Tuesday monthly, at 6pm
- Rushworth Events Inc: meets bi-monthly, third Wednesday at 7pm
- Community Walking Group: Thurs 8 - 9am meet at front of Waranga Health
- Stanhope Mens Shed: Mon - Wed - Fri 9am - 12 noon
- Murchison Mens Shed: Wednesdays 10am - 3pm
- Rushworth Garden Lovers Club meet 3rd Thursday Month 1.30pm at old Senior Citizen's building
- Friends of the Hostel: Third Monday 1.30pm monthly

Local clubs or groups who would like to display their event, occasion, community service, entertainment, meeting or opening times, give Waranga News a call or email to be included in our events calendar.

EMERGENCY PHONE NUMBERS

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Stanhope5857 0452
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Murchison Medical Centre.....5826 2575

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POLICE:
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SUPPORT SERVICE:
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ADVERTISING DEADLINES

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12 February

wnews@iinet.net.au

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District Sports Report

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ACCOMMODATION**

RFNC – New Committee and players looking forward to 2024

Rushworth Football Netball Club Committee is ready to take on 2024 with a full contingent of office-bearers eager to take up the challenge.

At the helm this year are:

President – Dean Shepherd

Vice President – Katrina Ogden and Shaun Young

Secretary – Sharon Gleeson

Treasurer – Brynne Schumacher

Football Director – Daniel Kelsey

Netball Director – Christie Thomas

Junior Development Officer – Risk Addison

Committee – Regan Hanson, Maya Barlow and Calvin Gleeson

Seniors Coach – Mark Wheatley

Reserves Coach – Daniel Kelsey

U18 coaches – Jac Barrett, Matt Caton and Bradie Chillingsworth.

Congratulations to netball coaches - C Grade,

Crystal Pateman, U17, Maya Barlow, U15,

Rose McKenzie, U11, Millie Simpson/Kelly Ross

(Netball A Grade, B Grade, D Grade and U13 still looking for coaches.)

Thinking of playing senior netball in 2024?



Whether you have never played and are wanting to learn, looking for a fun way to socialise and get involved in the community or looking to play competitive netball and further your skills, we have you covered!

New football talent

The club welcomes new football players for Rushworth - Nico and Darcy McKinley, Isaac Griffin, Blair Boyd, Ethan Arnold, Dylan Arnold, Jarryd Shepherd,

And welcome back to the club - Matt Caton, Bradie Chillingsworth, and Harry Barlow.

Welcome back for another season – Brett Anderson.

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Rushworth bowlers keep active over break

The bowls season has continued over the Christmas Break, many thanks to the members who consistently look after the surrounds and maintain the Jacobson Green to such a high standard greatly appreciated by all members. Many have been competing in tournaments and playing off in the Championship rounds. The draw is up for the Mixed pairs, so bowlers should check the board for the dates.

Great bowls and strong competition for Womens and Mens Championship trophies

Womens Champion
- Lyn Nicholson

Mens Champion
- Kevin Glibert



The final play off between Jean Sprague and Lyn Nicholson in the Ladies Championship saw Lyn winning in a closely fought game and great display of bowls. Congratulations Lyn.



Final play off was between Bruce Wootton and Kevin Gilbert in the Men's Championship. Kevin won by one shot in the end - another great display of bowls. Congratulations Kevin.

Barefoot Bowls

Barefoot Bowls commenced on Wednesday 31st January and will run for four weeks. If you are looking for a fun night come along, have heaps of laughs and test your bowling skills. Be there around 6.30 for a 7.00 pm start.

Spare bowls are available at the Club. \$5.00 entry. Supper provided and everyone is most welcome.

Pennant

Mid week pennant commenced 9 January with only Division 6 but due to wet weather all games were cancelled.

Mid week, Division 1 - 16 January

Rushworth 78 defeated Kyabram 57 - what a great win well done !!

23 January

Euroa 69 defeated Rushworth 67 - another great game

Division 6

(at present 4th on the ladder)

16 January

Mooroopna Blue 53 defeated Rushworth 32

23 January

Nagambie 43 defeated Rushworth 42

Weekend

Division 3

20 January

Rushworth 73 defeated by Seymour VRI 116

27 January

Rushworth 113 defeated Mooroopna Golf 93

This was a must win round playing Mooroopna Golf on their home ground. All played so well, a great effort and hopefully this will guarantee a place in the finals in three weeks time. Well done Division 3.

Division 7

20 January

Rushworth 55 defeated Avenel 23 -great game well done

27 January

Rushworth 29 defeated by Nagambie 34

Division 7 are third on the ladder. They have a fight on their hands to make the finals after losing to Nagambie, three games to go and need to win two.

Rob Borger Memorial Twilight Tournament

Bowlers came from Mooroopna, Kyabram, Tatura, Colbinabbin, Stanhope, and Kennington for this well supported tournament in its eighth year, sponsored by Christine Borger and family.

The evening was a great success. A sumptuous meal, as always, was prepared by the tireless workers in the kitchen capably led by Jean.

Thank you to our local IGA, for supplying and donating the lovely meats, also all the members who bought along a salad.

The beautiful weather of the evening added to the fun, frivolity and mateship, although by the end of the night everyone was looking for a jacket to escape mosquitos or the chill of the night.

Many thanks, Bruce, Mavis Christine and Mark for raffle prizes.

(Pictured right) Winners David Cartwright (s), Jacob Cartwright, Olivia Andrews, and Charlie Boswood, with sponsor Christine Borger.




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Barefoot bowls at Colbinabbin - a great success



Dean Wallace give a few bowling hints to Ruth Woodman, while Bob West keeps an eye on things in the background.

It was wonderful to see so many people come along to enjoy Sponsors Day for the Bowling Club on Sunday 14 Jan with a game of bare foot bowls. Louise Rathjen and her helpers put on a delicious afternoon tea which was enjoyed by all before heading back out to continue the games.



The winners of the Sponsors Day Barefoot Bowls at Colbinabbin were Stuart Lowe, Pat Stewart, Jenni Rathjen and Josh Tuohey (who was back-to-back winner from last year - might have to give him a handicap next year).



Colbinabbin bowls club new club champion for 2023-24 is Bob McLean. Ramon Rathjen was runner up. Bob blitzed Ramon from the start of the game with a runaway victory.



Some players became very competitive as the day wore on.

... and on the Senior netball front

Senior netball players keen to get on the court this year will be required to attend at least one of the try-outs listed: Saturday 3 February, Thursday 8 February, Saturday 17 February. Make sure you fill in your registration form.

Other sports news around Colbo

Colbo football club is on the lookout for a Thirds coach and also putting out a call for anyone who is keen to come along and have a kick in the Thirds team this year.

If you or anyone you know might be interested, get in touch with Hugh Barlow 0427 615 559 or Tim Hill 0418 385 912.

There will be a pre-season footy camp on Saturday 17 February - circle the date on your calendar.

Junior netball training will kick off on Wednesday 7 February. More info on the Lady Hoppers' page.



Shane Ryan and Maurice Ryan guided Harry Woodman with his bowls technique.

Mystery UFO on OZ Day



Many people spotted it, local ace photographer Sharon Perry captured the moment, but no one can tell us who, what or where it came from! If anyone can tell us more we would all love to hear it.

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