

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

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A community newspaper
staffed by volunteers

Thursday 29 August 2024

Reading is Magic!

Book Week 2024 has been held in schools around the region, this year celebrating the enchanting power of reading which is captured by this year's theme: "Reading is Magic."

Books are more than just words on a page—they're the way into other worlds and sources of endless imagination. The magic of reading inspires curiosity, creativity and a lifelong love of learning. One popular Book Week activity is celebrating the wonder of storytelling through dressing up as characters from favourite stories.



It would be a rare Book Week without at least one Spiderman!



Children from St Mary's entered into the magic of Book Week with enthusiasm. (Above) Scarlett, Isaiah and Liam dressed for the parade. Next edition we will bring you more Book Week characters from Colbinabbin Primary School.

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

Share the Dignity – ‘It’s in the Bag’ Christmas Campaign

Each November Share the Dignity have donated thousands of bags to those in need across the country filled with essentials and special gifts to make Christmas one to remember.

It's in the Bag is one of Australia's most loved Christmas appeals, where we encourage everyday Australians to put together bags filled with essential items, and maybe some everyday luxuries, to donate to someone in need for Christmas.

The 2024 It's In The Bag campaign will run from the 15 November until 1 December
How can you participate?

Choose a handbag in good condition that you no longer use (or buy one - new or from an op shop).

Inside the bag, we require period products, shampoo, conditioner, toothbrush, toothpaste, body wash, roll-on deodorant. In addition to this, you can add any products or gifts you think someone doing it tough may appreciate.

Fill it with any items that would make a woman feel special or would find useful. Because nobody should go without life's little essentials!

You can also add a thoughtful note or Christmas card to show her someone cares.

Keep in mind when you're packing your bag, "what items would I like to receive during a difficult time in my life?" Additional items that would make someone feel special

such as make up, accessories, moisturiser, facemasks, hand cream, handmade items, purses are an extra but lovely touch.

The following items are not accepted in the bag for safety reasons:

- Loose tampons and pads
- Pharmaceutical items (including condoms, throat lozenges, paracetamol and ibuprofen)
- Food and drinks
- Sharp objects (including razors and scissors)

Who receives a bag?

The donations of #ItsInTheBag go directly to those in need: women's refuges, domestic violence shelters, indigenous communities, homelessness charities, drought-stricken farmers and to young people in foster care.

If you would like more details or to join in this wonderful project contact Michele Hanson on 58518026

Michele has a list of essential items for inclusion in the bag and suggestions for other special items that may be helpful when putting your bag together.

Bags need to be dropped off to Michele at Waranga Health 14 High St Rushworth by Wednesday 27 November.



Essential items for your mum & bub bag

<input checked="" type="checkbox"/> Shampoo	<input checked="" type="checkbox"/> Deodorant	<input checked="" type="checkbox"/> Newborn nappies
<input checked="" type="checkbox"/> Conditioner	<input checked="" type="checkbox"/> Maternity pads	<input checked="" type="checkbox"/> Baby shampoo
<input checked="" type="checkbox"/> Toothpaste	<input checked="" type="checkbox"/> Breast pads	<input checked="" type="checkbox"/> Nappy cash cream
<input checked="" type="checkbox"/> Toothbrush	<input checked="" type="checkbox"/> Dummies	<input checked="" type="checkbox"/> Disposable nappy bags
<input checked="" type="checkbox"/> Soap	<input checked="" type="checkbox"/> Baby wash	

Donate at Bunnings between 17th - 26th November
itsinthebag | #igs



Essential items for your teen bag

<input checked="" type="checkbox"/> Shampoo	<input checked="" type="checkbox"/> Deodorant	<input checked="" type="checkbox"/> Toothbrush
<input checked="" type="checkbox"/> Conditioner	<input checked="" type="checkbox"/> Soap	<input checked="" type="checkbox"/> Toothpaste
<input checked="" type="checkbox"/> Period products suitable for smaller bodies		


Donate at Bunnings between 17th - 26th November
itsinthebag | #igs



Essential items for your adult bag

<input checked="" type="checkbox"/> Shampoo	<input checked="" type="checkbox"/> Deodorant	<input checked="" type="checkbox"/> Toothbrush
<input checked="" type="checkbox"/> Conditioner	<input checked="" type="checkbox"/> Soap	<input checked="" type="checkbox"/> Toothpaste
<input checked="" type="checkbox"/> Period products (tampons, pads or menstrual cups)		

Donate at Bunnings between 17th - 26th November
itsinthebag | #igs



WOMEN'S HEALTH WEEK
2-8 September 2024

GVHealth
Bendigo Bank
Rushworth Community House Inc.

Women's Health Information Night

Waranga Community Health and Rushworth Community House invite community members to join us for an evening of fun, food and health information.

When: Thursday 5 September, 7pm
Where: Rushworth Community House
67 High Street, Rushworth
RSVP to: 5856 1295

Free event - Supper provided

Guest speakers:
Dr Jennifer Collier - Cardiologist
Lynda Morrison - Bowel Cancer Support Nurse
Michelle Parish - Breast Care Nurse

Celebrate Stanhope

Food & Wine Festival

Sunday October 6, 2024 11am - 4pm
Birdwood Avenue Stanhope

Featuring



JB & Me

Cooking Demonstration
by Fiona Hansford
at 11:45am



June Newman

Local Vendors

Live Music
Kids Activities

Entry via gold coin donation - Smoke free event - No Dogs

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No pouring water on Rushworth history

Rushworth Historical Society is now the proud owner of a 30 plus-year-old piece of Goulburn Valley Water infrastructure that will continue to stand in the heart of the main street of the town.

The twelve foot tall standpipe was decommissioned by GVW in 2023 but has remained untouched as a beacon to the important role water has played in the rich history of the Victorian gold rush town.

Rushworth residents will continue to have access to drinking water via a new waist-high standpipe that is located directly across the road from the old facility. It has been painted in heritage colours to maintain the theme of the historic streetscape.

The new standpipe was installed to give access to drinking water in a safer and more accessible way.

A partnership between GVW and the historical society has been struck in order to ensure the 1994 constructed standpipe remained in place and its upkeep will now be in the hands of the society.

GVW Managing Director Dr Steve Capewell said while there was always an eye to the future when it came to the provision of water assets to communities, it was also important to remember the past.

“This standpipe is a reminder of just how long water has played a pivotal role in our communities. Having the original standpipe standing directly opposite the new facility is a fitting way to recognise how far we have come,” he said.

In simple terms, standpipes are an extension of a fire hydrant and have been used in the region for decades to allow practical access to bulk water for domestic and stock purposes.

Since the original Rushworth standpipe was installed there have been significant improvements in both design and technology, which now allows customers to source water using their credit card from a waist high access point.

The historical society standpipe is a replica of the original that stood almost directly



Rushworth Historical Society members Lyn Reade, Peter Reade, Wendy Everest, and Mark Labozzetta with Goulburn Valley Water's Kirk Dalziell (centre) at the High Street standpipe location. The society will be responsible for the upkeep of the 30-year-old standpipe – located directly across the road from the new waist-high drinking water access point, which has been painted in heritage colours to match its predecessor.

across the road from its current location in the gold-mining days of the town. It will also be added to a town map that details historic landmarks of the town.

Rushworth Historical Society treasurer Wendy Everest said the Rushworth community was delighted with the opportunity to retain and maintain the history and heritage of the township.

“We wholeheartedly thank GV Water for their willingness and assistance in transferring the standpipe asset to the Rushworth Historical Society once decommissioned for functional use. We are also grateful to the Campaspe shire for allowing the standpipe to remain in situ on council land.

“It’s reassuring to know that governing bodies share a vested interest with the local community in retaining and protecting heritage. Although not the original Standpipe, it is a worthy reminder of our past and is now assured a permanent home on its original landscape, to be enjoyed by all,” Mrs Everest said.

The historical society, which itself is housed in a building constructed in 1913, operates the Rushworth Museum that boasts more than 4000 items connected to the town’s history. This latest addition will remain in its current location on High Street.

Rushworth Rail Trail tender awarded

Council has awarded a contract for the construction of the Waranga Rail Trail which will see the development of a 2.5m wide, 10km gravel trail stretching from Rushworth to Channel Inlet Road.

The project includes various features such as deviations, road crossings, bridge repairs, culverts, and signage. The project is funded by the Federal Government’s Local Roads and Community Infrastructure Program and the Black Saturday Bushfire Recovery Grant Program with Council agreeing to allocate an additional \$404,000 from the Strategic Asset Reserve in order to progress the project to successful completion.

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Have your say!

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

Colbinabbin solar pushback

Our petition has been tabled in parliament by Annabelle Cleeland MP. We now wait for a response from Sonya Kilkenny MP, the Planning Minister who decides if Cooba Solar Projects application is approved or not.

Premier Jacinta Allan has taken away our rights to fairly object to this project via VCAT. Our only right of appeal is through the Supreme Court.

How is this fair and just?

We like to thank everyone who signed our petition. We had 1362 online signatures and 454 paper signatures. This is huge for such a small town.

So a massive thank you to each and everyone of you who signed, shared (especially surrounding town community facebook pages) and went out of your way to get signatures.

We can't thank you enough.

Also a huge thank you to Annabelle Cleeland for all her support.

*Claire Tuohey
Colbinabbin*

Rushworth Golfers say thanks

After a very successful 66th Annual Golf Tournament, I thought a letter thanking our sponsors and supporters would be appropriate. A very big thank you to...

- Dawes & Vary
Riordan Lawyers(Danny Barlow)
 - Workmate(Brett Peterson)
 - Ken Muston Automotive(Ian Raglus)
 - IGA Rushworth
 - Ned Barlow Electrical
 - Rushworth Hardware(Brendan Hawking)
- and our supporters
- Brad's Magic Meat(Brad Wooton)
 - Central Tyre Service(Tim Webb)
 - Perrys Butchers
 - Whistling Eagle Wines(Ian & Lyn Rathjen)
 - Rushworth Ice Cream Shoppe
 - Rushworth Bakery.

As well thank you to our own club members who donate to our club events and who work hard all season.

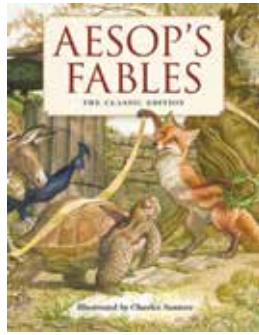
Thank you one and all!

This year is our 111th year as a golf club, which is a true milestone for all members past and present as well as the local community.

As a small club we are always looking for new members, so if you enjoy a round of golf look no further than Royal Rushworth where you'll find the course a challenge and the clubhouse relaxed.

*Garrick Campbell
Rushworth Golf Club*

Reflecting on Aesop's Fables and Our Current Society.



I imagine many of my age (72), had as a child a book of Aesop's Fables, with a beautiful cover such as this.

Aesop is a legendary Greek storyteller, said to have lived around 620-564 BCE, and credited with a

number of moral stories, collectively known as Aesop's Fables.

Apollonius of Tyana, a 1st-century philosopher, is recorded as having said about Aesop:

“... like those who dine well off the plainest dishes, he made use of humble incidents to teach great truths.”

One story being particularly relevant today, 'The Boy who cried Wolf' reveals that human nature has changed little in over 2500 years.

Not only are there those who deliberately create falsehoods, those falsehoods are spread and repeated as if they were true, with the result that subsequent true claims are disbelieved.

The story is cautionary moral tale about a boy who repeatedly lied. and is relevant to the observations by a research team at Columbia University who found that “both nationwide and in communities on the front lines of our energy transition, anecdotal doubts and coordinated disinformation efforts have dampened public enthusiasm for ambitious renewables infrastructure, particularly among concentrated segments of our polarized population”

It is not surprising to find the same anecdotal doubts and coordinated disinformation being used right here in our own community, in an effort to dampen public enthusiasm for renewables infrastructure.

Let me make it perfectly clear, I'm not suggesting that these community groups are acting in a vexatious manner, but rather simply responding to their own confirmation bias. In other words, we think we make

decisions based on logic and 'free will,' but we are far from it. Politicians, marketing folk and the media have used these methods since ancient times; they work by relying on people's personal 'shop windows'.

The report from Columbia University can be accessed at <https://news.climate.columbia.edu/2024/06/11/new-report-refutes-33-false-claims-about-solar-wind-and-electric-vehicles/>

It runs to 68 pages but I encourage you to read it, as it provides credible references, which discredit many of the false claims circulated on social media about solar and wind energy.

You can choose to hear one side of the story, mostly from those wishing to dampen public enthusiasm for renewables infrastructure (often with vested interests), or you can hear another side from the scientists and experts whose job it is to research the topic objectively.

Finally a quote from Ali McLean, farmer and Economic Development Officer at the Hay Shire Council:

“You can absolutely disagree with the energy transition. You can absolutely not want wind farms. But you cannot deny the rest of the community the opportunity that this would bring.”

*Graeme Hanigan
Rushworth*

Move it or lose it

I would like to put in a plug for the Fitness for Older Adults program that comes to Waranga Health every second Thursday from Rochester/Elmore Health.

The program is run by a qualified Exercise Physiologist and is excellent for those rehabilitating or just wanting to maintain fitness in older age.

An assessment is required before starting, and you can call 5406 1238 to organise this.

If we don't use it we lose it (in more ways than one.)

*Gillian Schoenborn
Rushworth*

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Tiny Towns Fund Round 2 open

The Tiny Towns Funding Program is designed to support the revitalisation and development of small, rural communities. With a focus on towns with populations up to 5000 residents, the program aims to provide financial assistance for projects that enhance infrastructure, public spaces, and local amenities.

Round 2 of the Victorian \$20 million Tiny Towns Fund is now open for applications. Grants between \$5,000 and \$50,000 will be available through Regional Development Victoria to boost tourism, liveability and community pride in towns with up to 5,000 people.

Grants are awarded based on the projected impact of the proposed projects on community well-being and economic growth. From new barbecues, bike tracks and walking trails to club and community hall upgrades, the grants will support towns to bring to life projects that celebrate community spirit and make a positive difference to locals.

The first round of the Tiny Towns Fund is already supporting more than 200 projects in 181 towns across regional Victoria – with \$7 million provided to projects that matter to local communities.

Townships that have not yet received a Tiny Towns grant, or that have worthy project ideas to boost community resilience, recovery and economic growth, are encouraged to come forward in this round.

The application process has also been updated to make it even easier for smaller, volunteer-run community groups to apply.

For more information, visit rdv.vic.gov.au/tinytownsfund or suburbandev.vic.gov.au/grants/tiny-towns-fund.

Hotel/Motel under new ownership

Welcome to the Wallanjoe Hotel/Motel Stanhope!

Fiona and Wayne Hansford have purchased the former Stanhope Hotel/Motel. It will be known now as the Wallanjoe Hotel/Motel Stanhope.

As Fiona says, most hotels have a name and Wallanjoe, which is a local wetlands area, has a nice tone to the name.

Fiona, a long-time resident of the Stanhope district, is well known and highly respected for her previous catering business “Truffles”, which catered for birthdays, weddings and funerals. She also operated a café in Kyabram under the “Truffles” name some years ago, so is no stranger to the catering business.

She said she is concentrating on having the bar, kitchen and dining area operational as soon as possible. And with help from the local council, they hope to be open by mid-October. The motel area will not open until early next year, as there is a lot of work to be done to bring that area up to



Fiona Hansford outside the Wallanjoe Hotel.

standard before it can open.

Fiona, who has a liquor licence, said she will be providing a large range of food, both eat in or takeaway. The Wallanjoe will also cater in house, for birthdays, weddings, funerals and any other celebration which requires expert catering.

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Nominations opening soon for local council elections

Nominations to stand as a candidate in the October 2024 local council elections will open on Monday 9 September.

“Nominations must be lodged in person during the nomination period, so prospective candidates should act quickly to make sure they are prepared,” said Electoral Commissioner Sven Bluemmel.

Prospective candidates are strongly encouraged to attend one of the scheduled information sessions or watch the online video about nominating as a candidate.

A candidate must make an appointment during business hours with the election manager to lodge their nomination form and pay their \$250 nomination fee. They must be able to provide evidence that they have completed the mandatory candidate training online through Local Government Victoria (LGV).

Election offices will be open for nominations during business hours from Monday 9 September until 12 noon Tuesday 17 September.

Candidate information sessions have already been conducted in a number of locations over the past few months and candidates have started to emerge on many social media sites and in local newspapers expressing their intention to stand.

Prospective candidates can use the Victorian Electoral Commission’s (VEC’s) new candidate helper to prepare their applications. The tool assists in pre-filling the nomination form before submitting it at the nomination appointment. It can be accessed at vec.vic.gov.au/council-candidate.

Details about candidate information sessions, including the location and time of each are available at vec.vic.gov.au/candidate-info-sessions

Further information on nominating as a candidate is available at vec.vic.gov.au/council-candidate

Ned Kelly comes to Stanhope

A display of art featuring Australia’s most famous outlaw Ned Kelly, is now on show at the Stanhope Art Space (adjacent to public facilities)

The paintings by Melbourne artist James Deslandes depicts many aspects of Ned Kelly’s short life as the best known Australian outlaw. He was involved in many murders, horse stealing and robberies. He led a gang of outlaws including his brother Dan Kelly

Ned Kelly was best known for his stand at Glenrowan in a shootout with police wearing a suit of armour. However, this was where he was captured and later hanged at the Old Melbourne Gaol at the young age of twenty five.

No matter what you think of Ned Kelly, he has become a large part of Australian folk law.

The Art display at Stanhope is well worth a visit. The display will conclude on Friday 6 September.



Campaspe animal shelter to transition to a pound

Campaspe Animal Shelter will transition from a shelter to a pound over the next 12 months, with the express aim of delivering better animal welfare outcomes for lost or stray cats and dogs, as well as providing financial efficiency across the service.

Like many councils, Campaspe Shire is moving away from a shelter model where lost or stray animals are held for extended periods of time awaiting adoption, and instead will move to a pound service where animals will be placed in the hands of a rescue or animal welfare group after eight days.

Campaspe Shire Council’s Director Communities Jo Bradshaw said despite several adoption drives, and the best effort of the animal shelter, the number of animals residing at the shelter for significant lengths of time in a cage and concrete environment awaiting adoption was not in the best interest of the animal.

“Owners will still be able to claim their lost pet up to eight days after their dog or cat comes into the pound, the difference is that stray animals will then be put in the hands of rescue and animal welfare groups who nurture, re-train and foster animals before placing in a forever home,” Ms Bradshaw said.

As there are a number of animal welfare groups already re-homing animals across the

state and interstate, Campaspe Shire will no longer be providing this service.

“Our shelter has done an amazing job for many years, homing unwanted, lost or stray animals but the reality is many are held in the shelter for extended periods of time which is not ideal. Not for the animal, and not financially either. Not many councils run the shelter model for those reasons,” Campaspe Shire Mayor, Cr Rob Amos said.

Once the full transition is made over the next twelve months, members of the community who have their animal picked up by the ranger or taken to the pound will have up to eight days to claim their pet.

Animals will still be scanned for microchip and owners contacted, however if the animal is not claimed after eight days, ownership moves to Council and it will be placed with the appropriate animal welfare rescue group.

Campaspe Council will work on the transition model over the next twelve months.

Stanhope Community Garage Sale
Birdwood Avenue,
Stanhope
Sunday 8 September
From 8.30 am
Live music, BBQ, stalls
and plenty of fun!
Ph 5857 2866 or 0427 539 110
A Stanhope and District Development Committee Project

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Black Caviar and Peter Clarke - the Murchison connection

As she thundered down the track towards the winning post once again, Black Caviar and her connections, trainers and fans could thank one man - Murchison's Peter Clarke.

Peter had prepared the famous mare for her racing career from her third start at the age of three years. She had raced in two starts up until then and had large muscle tears in her chest when her trainer Peter Moody contacted Peter to work with her. "The Princess" as the Clarke family affectionately called her during their years of having Black Caviar staying and training at their property, was about to become famous.

Peter Clarke grew up on King Island where his father had selected a parcel of land under the Soldier Settlement scheme. His father and grandfather visited the Island and chose the block for dairy farming. Peter and his siblings were riding horses from a young age, mustering cattle to move from one Soldier Settlement property to another at weekends. Peter grew up in a farming environment with horses, cattle and pigs. He completed his education at boarding school where he studied Agricultural Science. At age 17 Peter worked at a Thoroughbred stud at Pakenham outside Melbourne. There were four other staff members and Peter felt they were not sure of their jobs, so at seventeen years of age he approached the manager and offered to be the foreman to ensure all workers were utilised appropriately. Peter reports he "got the ship running smoothly".

After a time in Far North Queensland Peter returned to Victoria to manage the stud at "Clearview Park" in Flowerdale. He was gaining a reputation for excellent horsemanship and the ability to assess the conformation of horses and their suitability for racing. Peter moved to work at Thoroughbred Stud "Glen Appin" at Avenel. He was responsible for managing the mares' mating, delivering and caring for the foals and preparing yearlings for sale. It was there he met Tommy Woodcock of Phar Lap fame and a horse he was training at the time "Reckless" who went on to win Brisbane, Sydney and Adelaide cups in 1977 and came second to Bart Cumming's "Gold and Black" at the Melbourne Cup in the same year.

Following that, Peter began to train race horses himself at Balnarring where he met his wife Marg who was nursing in the area.

His training methods included walking the horses along the Balnarring beach in the seawater. This was very successful but over



Billy and Andy with their famous friend.

time the beach became too restrictive with a 9am deadline to vacate the beach, the dogs that chased the horses and the number of people who frequented the beach increasing. One day while exercising the horses at the beach, a dog chased the horse he was riding and Peter called out to the owner to control his dog and call it back. Around ten years later, a journalist visited the successful Peter with her father. Peter said he had met the father somewhere – and the father reminded Peter of the incident of the dog at Balnarring beach – the father was twenty-third Governor General of Australia, Peter Hollingsworth!

Peter came to the Goulburn Valley region when he had an offer to manage the property Morningside near Nagambie. He and Marg lived there for seven years managing many aspects of the property. He began breaking replacement horses bound for Hong Kong and spent six weeks a year there during the sales season. Marg and their children sometimes accompanied Peter to the Hong Kong events, and were provided with VIP responses from the racing community when showing their Hong Kong Jockey Club pass. This occurred before the British handover of Hong Kong to China in 1997.

At Morningside Peter was increasingly interested in developing a water exerciser of some kind for training horses as he knew the benefits of the walks in the sea. He suggested developing a water walker to the Morningside owner who was not interested in the idea.

While Peter was planning how to replicate the sea walking, he watched his children play in a paddle pool – making a vortex of water one way and then turning around and pushing the other. Peter's idea was set.

Peter and Marg then bought their Murchison property and Peter developed his Water Walker. When they arrived, many locals pitched in to help Marg and Peter set up their property with five acre paddocks fenced, the concrete pool erected, the stables built and other infrastructure so Peter could trial his idea.

His plan came to fruition and the Water Walker was ready for horses at his Murchison property. It was the first such training aid in the world – many others have attempted to replicate Peter's model, but without the success Peter had with his original. The machine provided for five horses, in separate compartments around the wheel, to move at walking pace in water up to their chest on a 200mm river sand base and set up a vortex of water. They were then turned around to walk in the opposite direction, using muscles to push against the water. Over several minutes each way, the horse's heart changes from a strong heart beat to a more relaxed heart rate, thus developing their interval training. A personal program was established by Peter for each individual horse and was between 20 to 40 minutes per horse depending on needs.

Tim Breadmore had some horses on agistment with Peter and told him about a ten-year-old horse he had that had not raced for four years because of injury. Following Peter's work with "King Joey" he went on to have his first race at Seymour – over a 1600 meter track at odds of 100:1 King Joey won easily causing



Peter Clarke and 'The Princess'.

quite a stir. Such was the ongoing evidence of the success of Peter's training methods.

Consequently, Peter was contacted by 3UZ radio station to chat about his training and recovery method – a 45 minute radio interview with Brian Martin. This led to an inundation of calls from all over Australia for Peter to take on many horses. Peter Moody, trainer of Black Caviar had a steady stream of horses for Peter to treat and when Black Caviar was a three-year-old she first came to Murchison for Peter to weave his magic in the Water Walker. Her trainer wanted Black Caviar to be ready to race in six weeks, but Peter knew it would take longer to prepare the horse for the ordeals of racing after her injury and said no, six weeks was not long enough. He then worked with Black Caviar for another ten months until she was race fit – and went on to win another 23 races. Imagine what would have happened if Peter Clarke had not insisted the horse stay for longer!

When not working in the Water Walker, Peter had the horses grazing in five acre paddocks on the property. The grazing was also beneficial for the horses as their necks and shoulder muscles were exercised, rather than being stabled and having their feed at head height.

Black Caviar spent many months during her racing career on Peter and Marg's Murchison property. In fact, when she was in work and racing, she was at the Murchison property up until a week before the race when she went to Caulfield for her track gallop. After the race she was immediately returned to Murchison for her work with Peter. Black Caviar spent her racing career as a three year old and onwards at Peter and Marg's property in Murchison. She was part of their family and had special friends in her paddock – Billy the goat and Andy the pony. When Black Caviar arrived in her float, Andy would whinny to her and they would greet each other in the paddock. To the Clarke family, Black Caviar was "The Princess". To the rest of Australia, and the racing world, she was Black Caviar – the horse that was undefeated in twenty-five races including fifteen Group Ones.

Thank you Peter Clarke.

RIP Black Caviar.

Arts & Tourism

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

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Texture and Colour exhibition by Heather Wellington

Texture and Colour, a lively exhibition will open on Saturday 7 September at the Motofinish Café, High Street, Rushworth. There will be 49 mixed works by local artist Heather Wellington who loves to mix paint and textiles and colour in her works.

Heather has lived in Rushworth for 23 years and during that time has had a couple of solo exhibitions and exhibited some works with other artists. Previously Heather painted and exhibited in and around the Seymour area.

There is no theme to this exhibition as Heather says she just painted and sewed what she wanted, when she wanted, for fun. This shows up in the vibrant selection of works. As far as she is concerned the 'brighter the better'. However there are a few quieter works that have a gentler feel.

Heather works mainly in acrylics or fabrics and thread, sometimes combined to make interesting pictures. At other times a simple watercolour is what she feels like doing. The exhibition is in the cafe in Rushworth so that you can have a coffee cake or something more substantial while looking at the pictures. The cafe is open Wednesday to Saturday, from 9am to 3pm and Sunday 9.30am to 3.30pm inclusive. Heather will be there most days from 10am to 2pm.



One of the many artworks by Heather Wellington which can be seen at the Motofinish Cafe from Saturday 7 to Sunday 22 September.

Milkwood testing the water for future gigs



Upstairs at the Colbinabbin Country Hotel on Friday night during their rehearsal *Milkwood* gave the lucky audience a glimpse of what will be coming up. Lou Costa and Julie Price welcomed their new cellist Emma King to the group with a mix of covers and their own songs.

Basket weaving with Tony returns

On Sunday 22 September anyone wanting to do basket weaving with Tony Ford should get in early as it is filling fast.

The workshop will be held at the ART Depot, 34 Esmonde Street, Rushworth from 10.00am - 2.00pm.

Fee \$10.00. BYO lunch.

Bookings

Phone 0408585348

Profits go to
BoHollow Wildlife Shelter.

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

Not just a butcher! A great local asset

Perry's Butcher shop has a long tradition in Rushworth, with the business passed down from father to sons over a number of years, until Slim and Jim finally put away their knives, hung up their aprons and welcomed new owner Graham Warren to the business.

In recent years Perry's has become the spot where tradition meets variety. While it continues to offer the quality meat the shop is renowned for (including the famous Perry sausages), the business also offers a diverse selection of premium small goods, dairy products including cheese and free-range eggs. All small goods are sliced freshly for the customer.

But that's not all! In addition to all that protein you will find high quality produce sourced from local suppliers, including olive oil from Lisadurne, the popular honey from local beekeepers Clarks and a variety of fresh veg.

Combine all this with Graham and staff being there on hand to provide recommendations, and you will see that Perry's can be not just a butcher, but a one-stop shop for your dinner tonight!



Graham and Lachie are always ready to help customers with their wide variety of meat, small goods and produce.



Behind the counter the colourful artwork tells some of history of Perry's Butchers shop.

Girgarre Fire Brigade sizzling in style

Girgarre Fire Brigade have welcomed a new workhorse into their midst with the construction of a brand-new BBQ trailer.

The trailer was made possible thanks to a Community Bank Rushworth & District community grant of \$10,000. It features two BBQs which slide out of the trailer body, overhead fridges to keep fresh product cold, a hand wash station and room to carry tables, marquees and, of course, gas bottles. The trailer is the brainchild of Brigade Captain Shaun Halls with all parts and labour for its construction sourced from local businesses.

Branch Manager Alek Stokes was blown away with the trailer and the thought that has gone into its construction.

"Every detail was thought of to ensure that anyone using the trailer doesn't have to strain to reach things stored inside or lift things unsafely. I'm so pleased we were able to assist with its construction" he said.

The trailer appears at Girgarre Market, the major fund-raising activity of the Brigade, where they have been attending every month for the market's approximate 20-year history. It can also be utilised during lengthy turn outs in the fire season and is available for other events, volunteers dependent.

Community Bank Rushworth & District welcomes grant and sponsorship applications from community groups



Pictured are Judes Gadzinski - treasurer Girgarre Fire Brigade, Alek Stokes - branch manager and Shaun Halls - captain Girgarre Fire Brigade.

year-round. Applications can be made at communitybankrushworth.smartygrants.com.au. For more details or to discuss your application options before you apply, contact

Charleen, Marketing and Local Engagement Manager, on 0408 572 808 during business hours.

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



Around Rushworth

AGM season coming

September/October seems to be AGM season each year.

• Rushworth Cricket Club will be the first of the September batch on 4 September at 7pm at the Rushworth Reserve club-rooms.

• Waranga News will be holding its Annual General Meeting at Motofinish Cafe on 18 September - and we're inviting everyone to come along and hear about some exciting new plans we have for the future.

• The AGM for Moora Working Draught Horses will be held at 12.00 pm on Sunday 29 September at the Undera Hotel. Everyone is welcome so come along and enjoy a great meal and good company.

• And if you are interested in the health services in town (and who wouldn't be?) the Waranga Health Community Reference Committee AGM will be held on 2 October at 6 pm at the Waranga Health Multipurpose Room.

Rushworth's General Store named 'Best in State'

It's probably no surprise to Rushworth locals and regular visitors to town that our General Store would take out No 1 spot in the state for regional boutiques.

The very popular High St shop received the gong from readers of Country Style Magazine who were invited to vote for their favourite.

The achievement is testament to the high quality products, great service and welcoming atmosphere created by Jasmine and her staff - it clearly resonates with their customers!

Jasmine says there's more excitement coming up as the Spring/Summer collection of clothing arrives. A fashion extravaganza is in the planning stages to show off all the new styles - so keep Friday October 4 free and we will tell you more about the event next edition.

Congratulations General Store - you have definitely earned that votes of confidence from your fans!



Jasmine with some of her vast range of lifestyle items, giftware, plants, clothing - and more!

Celebrate Stanhope Food & Wine

Stanhope is again looking forward to a great local food and wine celebration this year, planned for Sunday 6 October.

Birdwood Avenue will be alive with great music, lots of interesting food stalls, food vans, wineries, plants and flowers.


There will be children's activities galore and interesting displays by the local fire brigade and SES.

For a gold coin donation, it's a fun filled day. Mark the date on your calendar now.



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Thank you

A big thank you to all those who helped with the catering after Pam Hassell’s funeral. It was a wonderful response.

Pam was fondly known around town (and far beyond) for her kindness and her caring nature, so it was good to be able to offer a welcoming spread of hospitality after the service at the Colbinabbin Hall.

When the last of the church guilds realised they could no longer cope with the catering of large local funerals, a public meeting was held to see what could be done.

From that meeting, a catering committee was formed with representatives from each of the three Colbinabbin churches and several representatives from the local community. Robyn Ryan accepted the role of co-ordinator and this set-up seems to have worked well.

Contact Robyn Ryan with any enquiries about catering for a local funeral: 0407 054 795.

Springtime

There will be a special outdoor church service celebrating the beauty and renewal of spring, surrounded by the vibrant colours of a canola field in full bloom. You’re invited to gather to reflect on the season’s promise of new beginnings and growth. Come and experience the warmth of community, the joy of worship, and the breathtaking beauty of nature in this unique and uplifting service.

Whether you’re a long-time member of the Uniting Church or a first-time visitor, all are welcome to share in this celebration of life and hope.

9.30am this Sunday 1 September at Shiraz Republic, 507 Hamblin Road, Cornella.

Sympathy

The CFNC was deeply saddened at the passing of Ray Wilson, a valued life member of Colbinabbin Football Netball Club. His commitment and spirit will be greatly missed. Our thoughts and heartfelt condolences go out to his family and loved ones during this difficult time.

Ray played over 250 games from 1946 - 1967 and played in the 1949 and 1950 premiership teams. He won Best and Fairest in 1951, was Secretary from 1946-48 and from 1958-1960 he was Secretary/Treasurer.

Farewell to Rev Edward Barkla



Margery West thanks Rev Edward Barkla for his time spent ‘filling in’ at St John’s Anglican Church while awaiting their new Parish Priest of Elmore.

St John’s Colbinabbin congregation farewelled Rev Edward Barkla last Sunday. He has been filling in across the Elmore parish for the past ten weeks, pending arrival of the new minister, Christine McWilliams. Members of the Colbinabbin Uniting Church congregation joined with the Anglicans to thank Edward and wish him well.

Christine McWilliams takes up her full-time role as Parish Priest for the churches at Colbinabbin, Elmore, Goornong and Raywood, and will reside at the Parish Rectory in Elmore. Although born in Melbourne, Christine has lived in country Victoria for the majority of her life in Nhill, Mildura, Daylesford, and most recently in Stawell. Services at Colbinabbin are on second and fourth Sundays at 11.15 am.

Local boys’ Colbo gig



It was all about music at the CCH on Friday night when local duo Lachie Wallace and Royce Palmer were the ‘warm-up’ act for Milkwood’s ‘Testing the Water’ session (see page 8).

Pictured left are Lachie and Royce playing an acoustic set.

Come have a say . . .

Next Tuesday morning, 3 September, Anita, from Rushworth Community House will be having a coffee at the Colbinabbin Community Store and she’d like to meet locals to talk about what ‘classes’ the House could offer in Colbo.

It looks like there might be an opportunity for a Strength and Balance class if there’s enough interest, so come, put your hand up and find out more.

If you can think of other courses you would like here in Colbo, come along and discuss them with Anita. She plans to be at the store at 10am. Hope to see you there.

Cemetery Trust
Moving Roster (lawn section only)
 August - Will Hayes
 September - Barrie Borger

FIRE BRIGADE ROSTER
 Sept 1 Ray McEvoy, Pat Tuohey
 Sept 8 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.

LIBRARY
 Wed 4 Sept Lynn Rathjen
 Wed 11 Sept Margery West

Colbo Diary
Coffee and Cake 1st & 3rd Tuesdays 10.15am @CCH
Colbo Community Shed - Thursdays BYO BBQ lunch
Colbo Pub Choir - 5pm Tuesdays at CCH
September
 Sun 1 Springtime UC Service at Shiraz Republic 9.30am
 Tues 3 Meet Anita of RCH at Colbo Store
 Sun 8 CFNC Presentation Day

Spread your news in the **Waranga News**
 5856 1120
 or
 wnews@iinet.net.au



**Rushworth
COMMUNITY HOUSE INC.**
67 High Street Rushworth 3612
Phone (03) 5856 1295
Email:
admin@rushcomhouse.org.au
Website:
www.rushcomhouse.org.au
Facebook:
Rushworth Community-House
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Community outings

Enjoy a day out and about? If you are able to get in and out of a car on your own, and can comfortably walk unaided for more than 100m, then the Community House has just the thing for you!

Bookings are now open for our regular weekend outings, which include Op Shop Tours, Market Runs and Shopping Sprees.

There's even a river tour on the horizon.

We welcome suggestions for future outings, and can accommodate multiple riders in our spacious, comfortable community car.

Please call the House to book a seat on 5856 1295 or you can text 0402 468 685.

Heading out to Colbo

Rushworth Community House Manager Anita Pirie will be visiting Colbinabbin at 10am on Monday, 2 September to meet with townfolk and learn how the House could host activities that would benefit the community in and around the town.

Anita will be at the Colbo General Store for coffee and a chat and would be delighted to meet with local residents and take on board any of their suggestions for possible future RCH activities in the town.




GVHealth
Rushworth
COMMUNITY HOUSE INC.
**Women's Health
Information Night**
2-6 September 2024
womenshealthweek.com.au

Waranga Community Health and Rushworth Community House are partnering once again to present an evening of fun, food and health information for women of all ages, with visiting experts who can provide up-to-date information about many women's health issues.

The event will be held at the Community House, 67 High Street, Rushworth at 7pm on Thursday, 5 September. Guest speakers will include Cardiologist Dr Jennifer Coller, Bowel Cancer Support Nurse Lynda Morrison and Breast Care Nurse Michelle Parish.

There is no charge to attend the Women's Health Information Night, and supper will be provided during the evening. Bookings are essential for seating and catering purposes, so please call Rushworth Community House on 5856 1295 to make a reservation

FoodREDi® program a hit with participants

The Community House is also collaborating with Goulburn Valley Health by hosting a series of FoodREDi classes in the House's commercial kitchen.

The FoodREDi program helps people aged 18 or more years to:

- Choose healthy foods and drinks
- Plan to shop for affordable food
- Make healthy meals for one or more

It runs for six weeks (two hours per week) between 11am and 1pm, and costs just \$42 per person for the six sessions and delicious meals prepared during the classes.

FoodREDi topics

Topics for the six classes are as follows:

1. **REDI and Safe** – Food safety, storage, hand hygiene and general kitchen safety
2. **REDI to Eat (1)**– Portion sizes and the Australian guide to healthy eating
3. **REDI to Eat (2)** – discretionary items (reducing salt/sugar/saturated fats) and the 5 food groups
4. **REDI to Save** – Unit Pricing, shopping lists, home-made vs takeaway and how to avoid food wastage



5. **REDI to Choose** – Supermarket psychology, ingredient lists, nutrition panels and label reading
6. **REDI to Cook** – Ingredient swaps for healthier meals and sugary drinks vs water

The House currently has six participants in its FoodREDi program, and they are now exploring more adventurous meals, having already mastered the creation of fresh vegetable soup and tacos.

Community Garden a real hit with students

Rushworth Community Garden is proving to be a popular (and fertile) training ground for super-keen students from both St Mary's School and Rushworth P-12 College.

The College students have been learning about weeding techniques (*below left*), mulching and planting indigenous food sources. St Mary's students have also been growing seedlings, and (*below right*) learning how to use a battery-powered lawn mower for a perfect grass cut.

The Community House thanks both schools for supporting us in this innovative initiative.



Rushworth's Container Deposit Scheme needs more volunteers.
* Please call 58561295 if you could help us keep the depot open for more hours per week *

NEWS FROM THE OP-SHOP AND FOODBANK

BROUGHT TO YOU BY RUSHWORTH COMMUNITY SUPPORT INC.

AGM reports Op-Shop financial success

The AGM of Rushworth Community Support took place on Friday 16 August and President Gail Corner welcomed all present.

Gail noted that over the last financial year \$23,000 was returned into the Rushworth Community from the profits of the Rushworth Op-Shop. A lot of the money went to the continued operation of the Foodbank, but a substantial amount was also given to other community organisations. Gail thanked all the volunteers for their hard work and support and then introduced Cr Adrian Weston who conducted the election of the committee.

The committee elected were:

- President, Margaret Raglus
- Vice President, Claire Campbell
- Secretary, Tina Hanigan
- Treasurer, Christine Sandford

Ordinary members: Christine Smith, Janis Day, Esther Weichman, Heather Wellington, Gail Corner, Graeme Hanigan and Samantha Rouget.

Margaret submitted the following report. "As the new President I'd like to reflect on the previous year and thank our outgoing President Gail Corner for steering our small committee through the last three years of learning times and challenges. The previous year has been one to be very proud of with us being awarded the Australia Day Award for the great work done within the op-shop and the Foodbank, not to forget the wonderful work within our community.

Thank you, Christine Smith and her wonderful team of volunteers at the Foodbank. They had to move everything up and down the hill while the renovations took place at the Shire Offices, and what a great place you have made there. I know your home-made soup and chats each week have been invaluable to many within our community.

Thank you also goes to our previous manager at the op-shop, Jean Crossman, for leading the dedicated group of volunteers and helping our little shop grow in reputation across the district as a place worth visiting. We've been able to extend our little shop of bargains to a green shed of furniture which has been fabulously received by many from all over the district.

Looking towards the future, our op-shop and Foodbank plan to continue supporting our community and we want to continue to grow our reputation.

We would like to invite you to join us by donating any free time you may have to helping out either the op-shop or Foodbank. We'd love to open more hours but need the volunteers to do so."

Moving on to other things . . .

Rushworth Community Support donated \$500 to Rushworth Artistries to help with



Heather Wellington was pleased to accept a donation towards the popular Rushworth Artistries town Christmas decorations.

buying Christmas decorations. Each year the display gets bigger and better so Heather Wellington was delighted to accept a cheque, on behalf of the RA Christmas Action Group, from Tina Hanigan. Heather thanked Tina for the donation and said it would add extra sparkle!

Our little green furniture shed is rather empty at the moment so with all the spring cleaning coming up (yuk!) if you are replacing furniture, curtains, etc. And the old things are still in reasonable condition, we would be very happy to sell them. Just come into the op shop when it is open and speak to Samara or one of the other staff, about what you have to donate. Or ring 0494 159 314.

We are nearly into spring so Spring Sale coming up. All jumpers will be \$2, all denim articles \$1, and a bag of children's clothes is just \$5!

Also with Fathers Day coming up we have some beautiful shirts which Dad would love as a present, plus books, puzzles and bits and pieces which he would also just love! This is a great opportunity to squirrel away some winter clothing for next winter - and by that time you will have forgotten what you bought so it will be a lovely surprise!

That's all for now; wishing you a full belly and a happy smile until next time.

Fickle Spring

We'd like to think spring's come to play
But what's the weather like today?
Sun might be out, but wind is cold.
No, weather will be warm we're told.
So thin the clothes layers down to two
With spring now here, we won't catch 'flu.
So off I go to walk the dog
But bl...y hell, here comes the fog.
The temperature drops, my nose turns red.
I knew I should have stayed in bed.
My brain kicks in – the Op Shop Sale
With winter jackets on the rail
And jumpers too at all half price
So I'll be warmer in a trice.
Down we trot as fast as can be
A jacket, two jumpers and hat for me.
Now I've five layers. I'm nice and warm
With very rounded, chubby form.
Out I step to have more fun
But blast and damn here comes the sun!
Now I'm too hot! So we head home
We'll choose another day to roam.

Heather

Fifty years ago in our district....

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



Sporting complex idea gone forever

Plans to build a Rushworth sporting complex on Education Department land adjacent to the golf course were officially shelved! Two years of fighting and arguing went down the gurgler after price rises exceeded all previous estimates, and the Public Works Department insisted on involvement of an architect likely to cost close to 10% of the whole job. Tens of thousands of words spoken and written came to nothing! Local anger generated during the debate had divided people who had previously been friends.

Winter flooding on the local landscape was one thing. There was growing concern about increased salinity in the Stanhope-Girgarre district.

Northern Region of Soil Conservation Authority awarded first prize to Graham, Rod and Ewan McRobert for tree planting on their Mt Pleasant property.

Shire of Waranga

At the Shire AGM, Cr. W. A. Jacobsen was elected President for a third term, and Con and Mrs Demaris of the Stanhope Café became naturalised Aussie citizens.

Wage rises and a long list of flood damage repairs were putting pressure on Waranga Shire, eased slightly by a \$40,000 grant from the Commonwealth.

Work was delayed on Max's Maze, leaving the streetscape in disarray opposite the post office. Strikes in the cement and transport games were blamed.

Strangely there was concern about plans for No Standing signs at the Toolleen Hotel, presumably on the highway side.

Schools

St Mary's Mothers' Club (President Mrs Quinn) was told by Sister Martin that 20 louvre windows needed replacement at the school. (*Probably those Fraser boys kicking their football! Barlows, McArdles and Morgans may also have come under suspicion!*)

Community

Colbo Fire Brigade roster: Ian Reid, Frank Stewart and Jim Phelan.

Fifteen-year long service brooches were presented to Mrs Irene Shepherd and Mrs Muirhead at Murchison Guides. Mr Mac Shepherd received a supporter's badge.

Personal

Bill and Dot McGuire left the role of

deputy weir-keeper at the Basin, promoted to the top job at Lake Mokoan near Benalla. Daughter Wendy was to make her home at Rushworth, married to Graeme Wall.

Russell and Linda Hacon welcomed Jamie's sister Teresa, the first girl in the Hacon family for 93 years!

Frances Johnson (nee Kennedy, and formerly of Rushworth), and husband Lionel, welcomed Matthew, making him a nephew of Elaine Francis of Rushworth.

Alf Perry died suddenly, at just 61 years, leaving widow Pearl (nee Campbell). Henry George Brown, 81, of Colbinabbin, died. He was the father of Gladys and Alan.

Also passing was Florence Elvey, mother of Kathleen Emmett of Stanhope, and nan of Glenis, Greg, Noel and twins Roy and Wendy.

Ian Oliveiri, born and raised at Rushworth, became engaged to Barbara Berkery.

Arthur and Kit Heath leased out their Wanalta farm and retired to Bendigo, after a farewell at the Catholic Presbytery. (*The property these days is the home of Bill and Katrina Ogden and their three boys.*)

Golf

In the Crosgrave Cup, Ray Cheatley and Norm Geisler claimed their match 5 and 3, over Tacky Borger and Max Richards. Nearest the Pin was Ron Ristrom.

In a charity day event, Mal McLeod went around in 79. The best Digger player was Reg McIntosh, the Best Lion Don Sefton and the Best Apexian was Ralph Barlow.

Jean Branson won the Frank Richards trophy over Amy McIntosh.

Toolleen Golf Club held its annual tournament on the only 11-hole golf course in Australia!

Football sensation during the finals

Ahead of the second semi-final, the Heathcote Football League disqualified a Doug Stacey for five years. He had played some of the season at Tooborac using the surname Lacey, but was part-way through a three-year disqualification from the Pantom Hill League for a serious misdemeanour! Though Tooborac should have lost the points for every winning match in which Stacey/Lacey had played, the club escaped penalty, after claiming they had no idea of the player's true identity. (*They had fifteen ex-radius players each week from Melbourne, so that defence sounds vaguely plausible.*)

Tooborac responded by beating Colbo by 29 points though oddly the actual scores

were not shown. Gerry Brown got five goals with best players Emsley, Ellis, McTaggart, McMurtrie, Hammond, Lundberg and Pinniger.

Second semi-final in the Seconds had Denis Ogden's Tigers up against John Brown's Colbo. 16-10 to Rushworth, 6-7 for the Grasshoppers. Geoff Hawking four goals, Geoff Wall three, as Les McMurtrie and Mick McArdle notched two each for Colbo. Barry Thompson and Neville Clarke were best for Rushworth, the Johnson brothers for Colbo.

Rushworth Under-15s began the second semi-final with just seventeen players for the first half, but still beat Heathcote 7-5 to 3-4. Chris Geisler, Cruz brothers Greg and Mal, Hugh Fraser and Peter McGuire were mentioned. The season was over for Craig Beck after dislocating his collarbone in his 115th game, having commenced in the Under-15s at age eight.

In the Senior preliminary final at Elmore, Colbinabbin 18-9 just topped Rushworth on 15-11. McCubbery (captain-coach) booted six goals for the winners, Alec Horne (captain-coach) six for the losers. No surprise to find McCubbery named best, with Emsley, G. McTaggart, K. McMurtrie and B. Ellis. Horne was best for the Tigers, with Lambden, H. Barlow, McKeown, R. Williams and O'Sullivan.

Meanwhile the Rushworth club votes were counted with Herb Barlow romping home in the best-and-fairest with seventy-six votes, Glen Heily on thirty-one, Noel Lloyd and Warren McKeown joint third on twenty-nine. (*As paid players, club rules prevented any votes for Alec Horne or Mick O'Sullivan.*)

Seconds' b-and-f went to Trevor Hawking on twenty-eight votes, from Graeme Jones twenty-four, Barry Thompson twenty-three. Geoff Hawking won the League award for Seconds' top goal-kicker.

Netball

Rushworth A-grade lost narrowly to Heathcote in the preliminary final, going down by just two goals, season over and no match report published.

Pigeons

A train strike meant that a truck and a caged trailer took the birds to Narrandera, thanks to H. Fleming, R. Geisler and S. L. Simpson, the latter rewarded when a pigeon covered 1123 yards per minute, beating home T. Simpson's bird by a beak, with 1122 yards per minute.

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 WARANGA AREA

On the kokoda track

Images and stories from Kokoda Track might have you believe that Australian soldiers, all of good British stock, took on and ultimately beat back the invasion by Asiatic hordes in Papua New Guinea during World War 2. However, some of the Australians were from other ethnic backgrounds, including Asian. Indeed, George Cheong from the local Waranga area, and whose grandfather was Chinese, was one of the defenders on the Kokoda Track.

George was born in Rushworth during World War 1, to parents William and Caroline. He grew up at Whroo and lived there prior to World War 2. Sadly, his father William died in 1944 while George was on active service and never got to rejoice in George's homecoming at the end of the war. He is buried in the Rushworth cemetery.

Later Sergeant George William Cheong (VX116530), George had initially enlisted at Rushworth in April 1941 at the age of 24. At first, he was in the militia i.e. civilian forces that were not part of the regular army, and only supposed to serve in Australia. His battalion went to Papua New Guinea in late 1941, as PNG was deemed to be part of Australian territory at the time. Later, he signed on to be part of the regular army at Iloilo, Papua, just before his unit went up the Kokoda Track to meet the invaders.

Facing the Japanese invaders

Like many local men, he was a member of the famous 39th Battalion, which became the first unit to front the Japanese advance around Kokoda in July 1942. Other locals who were in the battalion included Charles Clarke, Joe Baker, Roy Nutt, Jack Lloyd and John McLeod (all of Rushworth), George Saunders and John Taylor (Girgarre), Aub Downing and George Dunster (Stanhope) and several from Tatura including Jack McPhail. Many of these men belonged to B Company of the 39th.

With the Japanese threat building, the 39th Battalion was ordered up the Kokoda Track along with another militia battalion. After the Japanese landed on the north coast of PNG in late July, they moved quickly to try to seize the strategic town and airfield at Kokoda. It soon became clear that Kokoda was indefensible, and the 39th started a strategic withdrawal back along the track towards Port Moresby.

At Isurava, site of the first major battle on the track, the militia battalions had been reinforced by two experienced regular army battalions. Eventually they were relieved as more troops arrived. Later in the war, George worked with the Australian New Guinea Administration Unit before his eventual discharge in February 1945. Shortly before that, he married his sweetheart Myee Aileen Bryant at St John's church in Ashfield, NSW. His wife had also served her country in the Australian Women's Army Service.

After the war, George and Myee farmed for a while at Moora East, then lived in Kyabram where George was a mail contractor and bus proprietor. The couple later moved to Macleod, a north-eastern suburb of Melbourne where George died in 1989. He is not recognised on the Rushworth war memorial's WW2 nominal roll plaque even though he appears to tick all the boxes with regard to qualifying criteria.

Brothers in arms

George's brother Arthur (VX126780) served for over two years (August 1943-October 1945) at Adelaide River, just over 100 km south of Darwin, as a truck driver. The Australians and Americans had set up a major army base there and an airfield at nearby Batchelor. Arthur's unit was 1 Australian BIPOD – Bulk Issue of Petrol and Oil Depot. The airfield was bombed by the Japanese in November 1943, the last of over 200 air raids on northern Australia during the war. It is unclear whether Arthur was there at the time.

Another brother, Albert Edwin Cheong (V331265) served on the home front, including at the No 3 and 4 Internment camps off Zegelin Road, north of Rushworth. Each camp contained up to 1000 civilians who were interned because they were foreign nationals from countries like Italy and Germany, and therefore deemed to be the enemy.

The Cheong family made a significant contribution to Australia's war effort during World War 2. These three boys were just some of the many Australians of Asian descent who helped thwart Japan's intentions. Perhaps there was an element of retribution involved, as the Imperial Japanese Army had already carried out many depredations in China in the 1930s.

A Name from the Past Miss Florence Smith - pianist linked to the gold days

As the last of a generation, and with no children, there is always the issue of who is left to mourn, and to bury. Such was the case with Miss Florence Smith. It is not known who wrote her obituary but the Rushworth Chronicle of 22 August, 1974, reported on her passing at the age of 91.

"Miss Florence Alice Smith. Born July 8th 1883, the youngest member of a large family, Miss Smith was reared and educated at Rushworth. She was the last link with one of Rushworth's oldest families, her nine brothers and sisters having predeceased her.

Miss Smith used to be a well-known pianist for the local dances and concerts. At one time she and one of her brothers were members of a local dance band.

She was a first-class dressmaker and noted for the expertise with which she was able to interpret the latest fashion trends.

In her mid-teens, Miss Smith opened her door to her first music pupil and for the next 75 years taught music to several generations of Rushworth young people. In sports she was very fond of playing golf, and like everything she attempted she did quite well.

Till her death she resided at 62 Moora Road, Rushworth in the old family home. It is perhaps the oldest home in the town, and many features about it are reminiscent of the gold-digging days."

I well recall Miss Smith's small cottage from the outside, with a front garden of archways and creeper plants almost obscuring the home. I also recall my mate Bruce Wootton having to negotiate with her to alter his after-school piano lesson, so that he could participate in junior sports training. Ask Bruce about his career tickling the ivories on the piano! He may have just fallen just short of Mozart status.

Request from Alan

Lately I have had a run of requests for the book "Grass-seeds and Thistles – the early years of Moora, Gobarup and Wanalta". It is completely out of stock. If anyone has finished with a copy purchased a few years ago, there is a buy-back offer available! If you can help, I would be grateful for a call on 0412 143660. Thank you.

Alan McLean.



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.

Habitat damage in wild weather

I hope everyone stayed safe in the storms earlier in the week. We were extremely lucky at our Bunbartha shelter as a fierce, mini tornado swept through only a few kilometres from us and caused a lot of damage to many of the large roadside trees.

In times of severe storms like this, our thoughts of keeping safe and acknowledging the damage caused is predominantly centred around our man-made structures such as powerlines and buildings. When trees come down, unless they are blocking roads, driveways or land on our infrastructure or possessions, we may not give much thought to the repercussions for our wild creatures.

The storm damage between Bunbartha and Zeerust certainly affected our roads and some infrastructure. Roads can be cleared and we can rebuild our man-made dwellings and replace things that may have been damaged...but it's not so easy to replace an old growth tree.

Sadly, many trees came down and most of them were of considerable age. Our old growth trees provide homes, shelter and nesting sites for a plethora of different species. These trees are the ones that are aged enough to possess hollows, lots of canopy and high branches. Many bird species choose nesting trees for their height. Birds of prey, magpies, ravens and other species prefer their nests high in the top canopy.

Storms are, of course, natural events which we have no control over. For eons our environment has faced the perils of severe weather in the form of severe winds, drought, fire from lightning strikes and flood...and survived. The difference now is the fact that natural habitat has declined considerably and is fragmented and isolated, so a natural disaster can obliterate an entire ecosystem extremely quickly.

A few years back when fire went through an area where the Gippsland Water Dragon existed, it was devastating for this species as their natural habitat range had already been largely reduced through human impacts such as clearing. Roadside trees are important in this regard as they are often the only remaining old growth trees and, ironically, contain some of the least disturbed habitat for many areas where farmland and human activity, including housing, has seen the landscape denuded of old growth trees.

Being in close proximity to a busy roadside is not ideal for any wildlife, particularly



Storm damage on the Zeerust Road.

nesting birds. So many young birds get hit on our roads in their maiden flight because of this reason but they choose these trees specifically and it makes perfect sense when you realise roadside trees are often the last remaining old growth trees in an immediate area which was once thick bushland pre European settlement.

My heart aches for the habitat and wildlife homes that have been lost in the recent storm. We may think there is not much to be done in the way of protecting our habitat from naturally occurring disastrous events such as this one...but there is.

If you have single old growth paddock trees or patches of old growth habitat, you can enhance these areas by providing a bit of protection. We can plant both understory and other trees of the same species around them. Trees in a forest are protected considerably more so than lone standing trees.

Another important aspect to consider is connectivity to other remaining habitat. This is really important because if one section gets severely impacted by a natural disaster such as wind, fire or flood, wildlife have more of a chance to move to another area until sufficient regeneration can occur.

It's a numbers game really. The more habitat we provide and protect, even prolific damage will not be as devastating to species of plants and animals alike as a whole. If only five percent of a species' habitat remains and if half of that is affected it becomes a considerable amount in regards to the survival of a species. If eighty percent of habitat remains, half of it being compromised will still be a significant amount but species will cope on a whole.

If you own property and have areas which may not be as productive for farmland as



Roadside trees down on Shepparton - Barmah Road.

others, please consider planting indigenous species to your area to help provide more habitat. Think about what habitat you do have, consider enhancing that and also consider planting those all important corridors to help reconnect existing habitat. There is always something we can do to help!

For injured wildlife contact Kirsty at Bohollow on: 0447 636 953

ON THE BRINK

by Neil Laurie

Looking at endangered or extinct flora and fauna.

Brushtail possum update

I suspect many readers were a little surprised and perhaps a little sceptical when they read the recent Brink column about brushtail possums. Since then, 40 hand-picked possums captured on Kangaroo Island by the Australian Wildlife Conservancy



have been flown north to its 9,450ha Newhaven Wildlife Sanctuary, around 350km northwest of Alice Springs. The sanctuary is enclosed, free of cats and foxes and allows the possums to be monitored.

Australian pest species exports

It was also pointed out that the brushtail possum had been introduced to New Zealand, where it not only became a pest, but also did ecological damage. In Australia we have many introduced environmental pest species, but there are Australian species that have become problems after being introduced to other countries. Here is a list of some of them:

The coastal sheoak (*Casuarina equisetifolia*) has become an invasive species in the southern USA, South Africa and the Bahamas. It is also quite invasive in Australia where it will spread from roadside plantings.

Coast tea-tree (*Leptospermum laevigatum*) has become naturalised in parts of the USA but is sometime used to distil tea tree oil.

Broad-leaved paperbark (*Melaleuca quinquenervia*) has run riot in Florida, especially in the Everglades where it grows at the expense of native trees and clogs waterways.

Sweet pittisporum (*P. undulata*) now occupies 49% of the forested area of the Azores.

Red-necked wallabies (*Notamacropus rufogriseus*) are a traffic hazard in the Forest of Rambouillet, France (descended from escapees from a wildlife park).

Black swans have formed small breeding colonies in Europe where they compete with the local white swans.

The redback spider (*Latrodectus hasseltii*) has spread across much of Japan and is also in New Zealand.

The paper wasp (*Polistes humilis*) has also made its way to New Zealand.

Cottony cushion scale (*Icerya purchasi*) is an Australian sap-sucking pest in California. Not to worry, the vedalia beetle (*Rodolia cardinalis*), another Australian species, keeps it in check.

There are any number of acacias and eucalypts that have found their way to other countries. Some of these become prolific pests. Regardless, they compete with the local indigenous species. It is interesting to spot eucalypts in the background of American TV shows and movies. Tasmanian blue gums (*Eucalyptus globulus*) were even introduced to Easter Island where the local tree, a palm tree, went extinct by about 1400 following the arrival of the Polynesians.

These examples are just some of the Australian species thriving in other countries. While we are quite aware of the many introduced species playing havoc with Australian ecosystems, we are less aware of the damage being done by Australian species once they become established overseas.

Banding together to understand birds and bats in the region

The Goulburn Broken Catchment Management Authority is celebrating birds and bats in 2024 with the Year of the Wing community awareness campaign.



Have you ever seen a bird or bat with a coloured band around its leg? The colour and unique number of a band leads to information that helps ecologists to understand the habits, movements and population status of an individual animal and provides information that may help the conservation efforts for threatened and migratory species.

Goulburn Broken Catchment Management Authority project officer, Janice Mentiplay-Smith, said the Australian Bird and Bat Banding Scheme was launched in 1953 by the CSIRO to coordinate bird banding in Australia, and the bat banding scheme was launched in 1960. Today it manages a dataset of more than 4.4 million records. More than 2.6 million birds and bats have been banded and more than 14,000 of these recaptured, evaluated and subsequently released.

“By banding birds and bats, the answers to questions like the numbers of that species, where it lives and goes, age, food it eats and offspring can be partially or fully answered, which informs important habitat management and conservation decisions,” Ms Mentiplay-Smith said.

“For example, waders or shorebirds migrate long distances in pursuit of an ‘endless summer’. Many of these birds, including those found in the Goulburn Broken catchment, breed in Siberia, Manchuria, Northern China, Korea

and Japan during the northern summer.

“Sightings of banded waders and shorebirds reveal the routes these ‘long-haul’ travelers follow and which feeding grounds they use, therefore highlighting which regions require protection from development and degradation.”

Banding is also important to inform conservation actions for the more home-based birds. By analyzing information gathered by observing banded birds, it has been discovered that most small bush birds such as robins and wrens never move far from where they were born, yet Silvereyes will fly to Queensland from Tasmania and Victoria during the winter months.

The critically endangered Regent Honeyeater is the subject of a captive breeding program, as there are just a few hundred remaining in the wild. By banding the captive bred birds they can be identified and tracked in the wild. This is important for the recovery of the species by helping ecologists to understand the integration of captive bred birds into wild populations and helps to inform future actions.

If you see a banded bird or bat or find a dead animal displaying a band you can report it to the banding scheme via the online form <https://www.dcceew.gov.au/science-research/bird-bat-banding/reporting-form>.



Spring is blossoming

September is a great time to be out in the garden or paddock after a cold cloudy winter.

The ground is moist and warming up. We have a lovely selection of flowering native plants that will encourage wildlife into your property.

Imagine sitting at your table and watching wrens and honeyeaters feeding on the flowers and insects in your garden.

Great bird attracting plants that we have in stock are the lower growing mallee eucalypts such as *Eucalyptus torquata*, *Eucalyptus websteriana* and *Eucalyptus Platypus*. These mallee trees provide canopy shade, a gorgeous mix of flowers and bird attracting nectar for our honeyeaters whilst remaining a much lower height than many eucalypts.

Banksias are also a good choice for honeyeaters as they are loaded with nectar! Like a lolly shop for birds!

Lower growing shrubs like the red flowering kunzia would make an impressive mass planting in an open space.

We still have some larger trees and wattles but they are going fast.

As we grow all our plants from seed they are acclimatised to our local area and should perform well at your place.

We re-open Tuesday 3 September and will be open every Tuesday and Saturday mornings in September and October unless

we sell out sooner.

Please be sure you don't miss on your spring planting!

*Goulburn Valley Tree Group
Native Nursery
6 Kerferd Street Tatura.*



Banksia ericafolia

With oranges aplenty, this is a lovely citrus dessert cake.

Orange and olive oil cake

Ingredients

- 1 tbsp freshly grated orange zest
- 1 tbsp fresh orange juice
- 2 small eggs at room temperature
- 150 g caster sugar
- 125 g plain flour
- 1/4 tsp salt
- 1/2 tsp baking powder
- 1/8 tsp baking soda
- 125 ml olive oil
- 150 ml milk, at room temperature
- 2 tbsp flaked almonds

Method

Pre-heat oven to 190°C. Line your springform cake pans.

Sift together the flour, salt, baking powder and baking soda, whisk to combine and set aside.

In the bowl of a stand mixer, add the eggs, sugar and orange zest. Mix on high for five minutes until thick and fluffy. Slowly drizzle in the olive oil and mix until it's incorporated, then reduce the speed to low and slowly add the milk and orange juice. Add the flour mixture gradually and mix until everything is just combined- you'll want to avoid over-mixing it here.

Pour the batter into the prepared pans, sprinkle with flaked almonds, and bake for 30-35 minutes (you'll need to add an extra ten minutes if baking one larger cake). The cake is done when the almonds are lightly golden and a skewer inserted into the centre comes out clean.

Remove the cakes from the oven and leave to cool for ten minutes. Cool completely on a baking rack before serving with Greek yoghurt.

Lovely dessert!

Seasonal Kitchen



Handy Hints - from Lyn Rumble

Recycling, Repurposing and Reusing is big on my list to try to do my bit for the environment. In turn that usually means I can save some money in my weekly budget, which is wonderful. This issue mostly reflects the start of activity in the garden now we've had rain and some sun - and blossoms are starting to show! I hope that some of these tips can help you too! Have a great week and stay safe.

- 1. Shooehorns are not just for shoes!** - If you happen to see an old one in an op-shop or got one hanging around - they are so useful in the garden. They are brilliant for thinning out seedlings, or lifting small shrubs from around compact places. They would also be useful when replanting the lifted plant, as the shooehorn can support the roots as you lower it into the soil in its new bed.
- 2. Save your used teabags** - so many uses that I've mentioned in the past but this one is new to me too! When repotting your favourite plant and you've put in the bottom layer of soil around the drainage - add in a couple of used teabags (minus string and tab) around the soil base. Add a thin layer of more soil to your cherished plant, and then top dress to set in. Additional note: If you dipped the teabags in liquid fertiliser, they can also act as a slow-release bag.
- 3. Cuttings can wait a few days** - if you have some cuttings but are not ready to plant them on - you can put them in a very clean glass jar with a little water added, and then screw the lid on tight. This should keep the cuttings until you can plant on in a day or two.
- 4. Don't chuck out all of your old carpet underlay** - keep some of it to reline your hanging baskets when your repotting and refreshing the soil. Its really soft and pliable so you can shape it anyway, and its easy to put little drainage holes in it.
- 5. Shredded paper shouldn't just be thrown out** - use it in the garden! If you grow asparagus or strawberries - they just love the clean mulch. It can be left out in the rain, is a good moisture catcher for the plants, and the snails and slugs hate it because of the sharp edges.

Health and Wellbeing

Stanhope welcomes new health service

Stanhope and District Development Committee Inc recently hosted a meet and greet with Dr Ken Koh and staff from the Stanhope Telecare Medical Centre.

Glenda Cowie President of the S&DDC welcomed all who attended and thanked the Kyabram & District Health Service for returning Doctor Services to Stanhope.

Anne McEvoy CEO of Kyabram Health introduced Dr Koh and the Staff of the Telecare Medical Centre.

Dr Koh spoke on the program that offered easy access to Doctors via Telehealth and with monthly in person consultations.

To book an appt. call Telecare on 03 4800 5291 or email stanhope@telecare.com.au

Online bookings are available via Hotdoc. Search for Stanhope Telecare Medical Centre

Stanhope Health also welcomes Austin Health Pathology services to Stanhope every Tuesday 8.30am to 11am

Austin Health Pathology accept all request forms and bulk bill any tests that are MBS rebatable.



Celebrating the new service - Manu, Floss, Bob, Dr Koh, Melinda and Aakriti.

Campaspe Health Expo to boost community awareness

The community is invited to attend the **Campaspe Health Expo**, a free event aiming to increase awareness of community services that cover five health domains: **wellbeing, physical, financial, legal and pet health** at the Rochester Town Hall on **28 August**.

The Health Expo is part of the Active August program being held across the Rochester community for the month of August and will feature various exhibitors who will showcase their services, as well as BBQ catering provided by the Rochester Lions Club.

M.C. for the Health Expo will be renowned mental health advocate and keynote speaker Narelle Fraser, a former member of Victoria Police for 27 years diagnosed with PTSD. She

overcame many adversities to become a mental health advocate, keynote speaker and true-crime podcaster.

Throughout the day there will be three key panel discussions which will include speakers addressing the Following topics of Legal, Financial Physical, Wellbeing and Pet Health.

Event details: Campaspe Health Expo
2-6pm, Wednesday, 28th August
Rochester Town Hall, 45 MacKay Street, **Panel times:**

Wellbeing: 2.30 - 3pm
Physical and Pet Health: 4 - 4.30pm
Home Health and Mould: 4.45 - 5.15 pm
Financial and Legal Health: 5.30 - 6pm



Austin Pathology staff member Julie takes care of local resident Patricia.



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Gold digger rebellion at Waranga, 1853

by Alan McLean

Sunday 1 September will mark 171 years since one of the most remarkable events in district history, occurring just a few weeks after

the arrival of gold-diggers to this area in 1853.

At the Gold Commissioner's Camp on the banks of what is now known as Waranga Creek, Commissioner Willoughby, assisted by his deputy Richard Henry Horne, were confronted by a large mob of angry diggers. According to Horne, the officials were backed by less than twenty poorly-trained troops and police.

Digger agitation centred upon the licence fee of thirty shillings, due and payable every month for the right to search for gold, irrespective of whether any was found.

Word had spread around the gullies of the Dry Diggings (which later became Rushworth), the Wet Diggings (later Whroo) and the Waranga Diggings (along Waranga Creek, which was also known as Gunn's Creek), that eight of their comrades had been locked up for failure to produce the monthly licence. Led by a small group elected the previous day to be the spokesmen, men marched together from what is now Rushworth to challenge the Commissioner and to demand action.

Newspaper reports day of uproar

Two accounts of the challenge exist. One is an eye-witness report on the day's agitation on 1 September which only appeared in The Argus on 7 September.

The report began: "Miners... assembled about 8 a.m., each wearing in their caps a piece of red ribbon, as symbolic of their determination to pay no more than 10s for license-fee.... At 9 a.m. the procession to the Commissioner's camp, distant four miles at Waranga Station, commenced, headed by the committee, 100 volunteers followed in their wake in four abreast, and about 300 yards behind... a large mass of diggers in five abreast, rank and file". A total of 4,000 diggers was suggested, but seems high with

gold only found a few weeks earlier, and drinking water in short supply.

"As they crossed the plain to the camp, there stood the Commissioner on one side, and about sixteen troopers ready, mounted and armed to the teeth on the other side."

Richard Horne's recollection

The other account is from the memoirs of Richard Horne. It differs little from the newspaper report, but mentioned 1500 miners and was detailed in description of the tension.

"The miners now closed in on us, advancing so near that our walk up and down was literally reduced to a narrow lane. It was difficult to avoid brushing against the insurgents as we walked, and it often seemed as they wished we would give one of them a thrust or a push".

Clever move by Commissioner Willoughby

After heated argument during which Commissioner Willoughby insisted that the arrested men would have to be tried on the no-licence charge, he cleverly and hastily arranged to hear the cases himself, with a small group of agitators in earshot. All cases were swiftly dismissed on one or other technicality, and each man was released. Honour was imagined to have been served on both sides.

Upon hearing that only ten shillings would purchase a licence for September on these three goldfields, the men dispersed and went back to their claims in the various gullies, hailing victory.

Not a riot, but on the brink

The newspapers of the day took positions largely critical of the government officials for "caving in" at Waranga, and concerned that the rebellion might incite insurrection on other goldfields. Some researchers have subsequently dubbed the event as the



"Rushworth Riot". Had a shot been fired, or a punch thrown, who knows what would have happened? Wearing red ribbons of protest, and challenging the Commissioner was not a riot. The event was not at Rushworth. And the name Rushworth was not even in use, only adopted officially in the second half of 1854, proposed by Horne.

Eureka Stockade followed

Just over a year later, in December 1854, the licence issue joined with other digger grievances to produce a real uprising, men protesting and barricading themselves in a rough fortress shelter, before being attacked by troops. Multiple deaths arose and major changes to gold-searching regulations and political representation followed. This was the origin of the Eureka flag, still used for some unrelated protest purposes.

Full details of the Waranga Rebellion are given in Alan's book "Rushing to Whroo, 1853 to 1880". Copies are available from Waranga News office and from General Store Rushworth.

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All aboard and ready to sail!

Children from Colbinabbin Kinder were very excited to see their much-loved boat renovated by the Colbinabbin Men's Shed.



The boat has been a fixture in the playground for a number of years, and children always love sailing away on the high seas. Dramatic play is a key component in the Kinder program. Children take on roles and act them out as a way of exploring themselves and their surroundings. They learn new ways to express themselves and share thoughts and ideas.

The boat is now primed and painted, ready to be a prop in children's play for another 10 years.

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Around our schools Around our schools Around our schools Around our schools Around our **Reading is Magic at St Mary's for Book Week 2024**

Book Week 2024 embraced the theme “Reading is Magic” with a spectacular parade on Tuesday morning at St Mary’s.

The event was a hit, with students, teachers, and families coming together in imaginative costumes inspired by their favourite books. The parade, enthusiastically attended by families, turned the school into a vibrant celebration of reading. It was evident that families put a great deal of effort into planning their costumes.

Throughout the week, classrooms buzzed with themed activities, from storytelling to creative writing, highlighting the enchantment of reading.

The festivities, which included several incursions, learning experiences and a visit to the newly renovated Rushworth Library, underscored how books open doors to magical worlds and how community involvement amplifies that magic, making Book Week a truly memorable experience for all.



Left: Ruby dressed for the parade. Above: Spidey Spiderman



Scarlett, Isaiah and Liam dressed for the parade.

Learning and Teaching

Throughout the week at St Mary’s, the tremendous commitment and dedication of our staff in meeting the needs of each student and allowing them to grow and thrive is evident.

Teachers and support staff adeptly manage whole-class explicit teaching programs while designing learning experiences and adjustments to allow for more targeted small-group activities and personalised support in one-on-one settings. This tailored approach, paired with our schools’ commitment to heavily resourcing in staff and providing a positive and enclosing environment, ensures that every student receives the support they need to thrive academically and developmentally.



Jemae and a small focus group

Around our schools Around our schools Around our schools Around our schools Around our

Small classes offer achievable learning opportunities

Learning and teaching

Walking through our school, we witness very small class sizes, with teachers and education support staff in each class, offering challenging but achievable learning opportunities for our smiling, engaged and resilient students.



Above: Kathy working with Isaiah
Left: Laura and Meila reading
Below: Mrs Brook working with a focus group

Vinnies Winter Appeal Mass

On Wednesday, we held our Vinnies Winter Appeal Mass and we are incredibly proud of how our students attended and took an active part in the celebration of the Eucharist. We are so grateful for how our community came together over the past few weeks to support those in need with generous donations of blankets that were collected and will be distributed to those less fortunate. A special thank you goes to the Rushworth St. Vinnie's conference for their unwavering support and presence at the Mass.



Sofia completing a reading



St Mary's Fathers' Day breakfast

Our Father's Day breakfast on Friday will be a heartwarming success, thanks to the dedicated assistance of our staff and our Parents and Friends group. Their support will make the event special, providing a delightful morning for our school community to celebrate and honour fathers (and significant males in our childrens' lives). We appreciate everyone's efforts in making this occasion memorable and enjoyable for all. Happy Father's Day for Sunday.

Celebration of the Season of Creation

Following last year's very successful event, Sandhurst Diocese will mark the Season of Creation 2024 with an outdoor Mass on Friday 6 September.

Mass will be celebrated at 11am by Bishop Shane Mackinlay at Huntly Streamside Reserve, followed by a picnic lunch (either BYO or enjoy provided sausage sizzle).

All are invited and encouraged to come along and celebrate this occasion. If you would like a lift to Huntly, please let Maree Steward or Glen Avard know, as we are considering car-pooling.

Uniting Church

The Colbinabbin Uniting Church will hold its next service on Sunday 1 September surrounded by paddocks of canola in full bloom.

The 9.30am service will be held at the Shiraz Republic (507 Hamblin Road, Cornella) and what a beautiful way to celebrate spring and the Season of Creation.

Anointing Mass at Waranga Health

An Anointing Mass is held on the first Sunday of each month at Waranga Health in Rushworth.

Parishioners are welcome to attend the monthly Mass when Fr Jinjo Solis celebrates on the first Sunday of each month in the B-wing lounge at 1pm.

Anyone attending is required to wear a mask and sign in as per visitor protocol.



The firstfruits of hope
(Rom 8:19-25)

The Season of Creations starts 1 September 2024, the Day of Prayer for Creation, and ends 4 October, the Feast of St Francis of Assisi, the patron saint of ecology beloved by many Christian denominations.

In his letter to the Romans, Paul pictured the earth as a mother, groaning in childbirth [Rom 8:22], later echoed by Francis of Assisi when he referred to the Earth as our Sister and Mother in his Canticle of Creatures. Yet, in modern times, our relationship to the Earth is of subjection and exploitation, rather than nurturing and respect.

And yet, there is hope and the expectation for a better future. To hope in a biblical context does not mean to stand still and quiet, but rather groaning, crying, and actively striving for new life amidst the struggles. Just as in childbirth, we go through a period of intense pain, but new life springs forth.

As stewards of this planet, the call to hope is a beacon guiding us towards a future of sustainability, balance, and harmony with nature. It invites us to envision a world where the beauty of Creation is preserved for generations to come, where ecosystems flourish, and where every living being finds its place in the delicate web of life.

TO HOPE AND ACT WITH CREATION

SEASON OF CREATION 2024

Remember that during this Season of Creation you have a unique opportunity to act in favour of creation. Plan your community activities with the free resources available!

The Season of Creation is an ecumenical period dedicated to prayer and action for creation. During this time, communities around the world come together to reflect on the importance of caring for the planet and taking concrete actions for its conservation.



'Sustain My Plate' - Change your diet



'Shelve My Purchases' - Buy nothing new



'Shift My Gears' - Change your transport

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: 0459 898 925. 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.



GRACE BEFORE MEALS

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Thanks for for this food we share.
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living the GOOD LIFE

Not done yet

My week has been filled with visits from some old friends. And when I say old, I mean it in every sense of the word.

Larry and Caroline: a legacy of advocacy

Continuing the fight for Aboriginal justice

Larry called last Sunday to see if I was home as he and his wife Caroline wanted to call in on their way home to Melbourne from Swan Hill. The three of us worked together in Dareton, engaging with the local Barkanji community, and during that time, I officiated at their wedding. We have been friends for forty-five years!

Those were days of conflict, tragedy, and hope. Carolyn was involved in Community Health, Larry was an Outreach Worker with the Secondary School, and I was the local Minister.

Over time, life took us in different directions, and although we have had sporadic contact through phone and facebook, it had been over thirty years since we last met.

Despite being in their mid-70s, with the inevitable gait of older age, both Larry and Caroline remain deeply engaged with Aboriginal issues. Carolyn, a Boon Wurrung elder, is now a Professor at Monash University, while Larry supports his son, a lawyer who works with Aboriginal communities.

Our reunion over coffee and beer was both lively and comforting, reminding me of our shared values and the deep bonds that endure over time.

Elias: a testament to resilience The struggles and strength of a Palestinian advocate

Then, on Tuesday, my friend Elias dropped by unexpectedly. I hired Elias to manage a Community Employment Program (CEP) back in the mid-1980s. Our families became close as we both lived in Coburg, renovated our homes, and raised children of similar ages.

Elias came to Australia at the age of six, a Palestinian refugee from the newly formed nation of Israel. He has been deeply involved with Palestinian causes and politics, and the ongoing Gaza-Israel conflict weighs heavily on his heart.

Despite his efforts to lead protests and help re-settle new refugees, he feels disheartened by the younger generation's

seeming indifference to his contributions. Over coffee, we reminisced, and it became clear, that while some doors may have closed, Elias is far from finished. His resolve to continue his work, despite the challenges, is a powerful testament to the resilience of the human spirit.

Lindsay: wisdom in selectivity Navigating purpose in the later Years



On Wednesday, another friend visited on his way back to Adelaide from the north coast of New South Wales. Lindsay and I first met in 1977 when he was a Youth Leader, organising a national conference in the Adelaide Hills. He asked me to lead a study group, and although our face-to-face contact has been sporadic, we've maintained a strong relationship over the decades.

Now in his mid-70s, Lindsay runs his own consultancy business, specialising in governance and planning for community boards of management.

He's scaled back his workload, choosing to focus on organisations whose values align with his and he went to New South Wales to meet with an Aboriginal community board.

Like my other friends, Lindsay isn't ready to retire from making a difference. His commitment to causes that matter to him is a powerful reminder that meaningful work is not about quantity, but about the quality and impact of our efforts.

A new crossroads at seventy Embracing new challenges and opportunities

As for myself at 70, I find myself at another crossroads. I've committed to another five years of ministry with the Waranga cluster of Uniting Churches. It feels both challenging and exciting—a chance to continue the work that I believe in and support the communities that have been a significant part of my life.

Like my friends, I'm not done yet. We've seen much, done much, and learnt much. We've faced adversity, loss, and change, but we've also experienced joy, success, and fulfillment. Our shared experiences have taught us the value of resilience, healing after

hurt, and finding new ways to contribute to the world around us.

We are living proof that age is not a barrier to making a difference; rather, it provides a source of wisdom, perspective, and, perhaps most importantly, enduring hope. We see possibilities where others see obstacles, and opportunities where others see dead ends.

Age and calling: The story of Peter

Finding purpose in the later years of life

As I reflect on my life journey and the journey of my friends, I'm reminded of the biblical story of Peter. In the Gospel of John, there's a subtle suggestion that Peter was past his use-by date. He was slower in the race to the empty tomb, compared to the younger disciple, and he was flawed.

Yet, despite his age and earlier denials of Christ, Peter was called upon for a crucial task. He was chosen to lead, to feed Christ's sheep, and to strengthen his sisters and brothers in the faith. His later years were marked by significant contributions to the early church, showing that God's calling does not diminish with age.

We are not done yet Embracing hope, resilience and continuing impact

Like Peter, my friends and I are not done yet. We are still running our races, albeit at a different pace, with the understanding that our work, our contributions, and our callings are far from complete. We are just a few of the many people dedicated to strengthening communities, advocating for justice, and, in our own ways, leaving the world a little better than we found it. Age is not prohibitive.

I encourage you, no matter your age, to keep moving forward in your corner of the world. Whether it's mentoring the younger generation, advocating for justice, or simply sharing your life's lessons, your contributions are invaluable. You are not done yet—not by a long shot, and God is not done with us either.

This is the gospel, and it's good news.

Brian Spencer,
Minister, Waranga Uniting Churches

Colbinabbin Uniting Church Service
in the Canola
Sunday 1 September 2024
at Shiraz Republic
507 Hamblin Road, Cornella
at 9.30am

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119 Albion Street, Kyabram 3620

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WARANGA NEWS CLASSIFIEDS

DEATHS

CROSBIE: Anthony Montfort "Tony".
Born, 17/07/1936, passed away peacefully at the Kyabram Hospital on Saturday evening, 17/08/2024, aged 88.
Tony leaves behind his loving wife Lee, their adult children, Lisa, Stephen, Nicole, Adam and their families, including nine grandchildren and four great grandchildren. You are the music in our hearts forever more.

FUNERAL

CROSBIE
A Funeral Service for Mr Anthony Montfort "Tony" Crosbie will be held at the Kyabram Uniting Church, 9 Unitt Street, Kyabram TOMORROW, Friday, 30 August, 2024 at 11am.
Tony will be interred at the Rushworth Cemetery, Heily Street, Rushworth at 2.30pm.
CLIVE COVENTRY
Kyabram 58521619
www.clivecoventry.com.au

ADVERTISING DEADLINES
for 12 September edition
News & adverts - Fri 6 Sep
Classifieds - Mon 9 Sep

PUBLIC NOTICES

Rushworth Cricket Club
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2024/2025 season
Wednesday 4 September
at 7pm
Rushworth Reserve
Social Rooms
Old and new players, most welcome.

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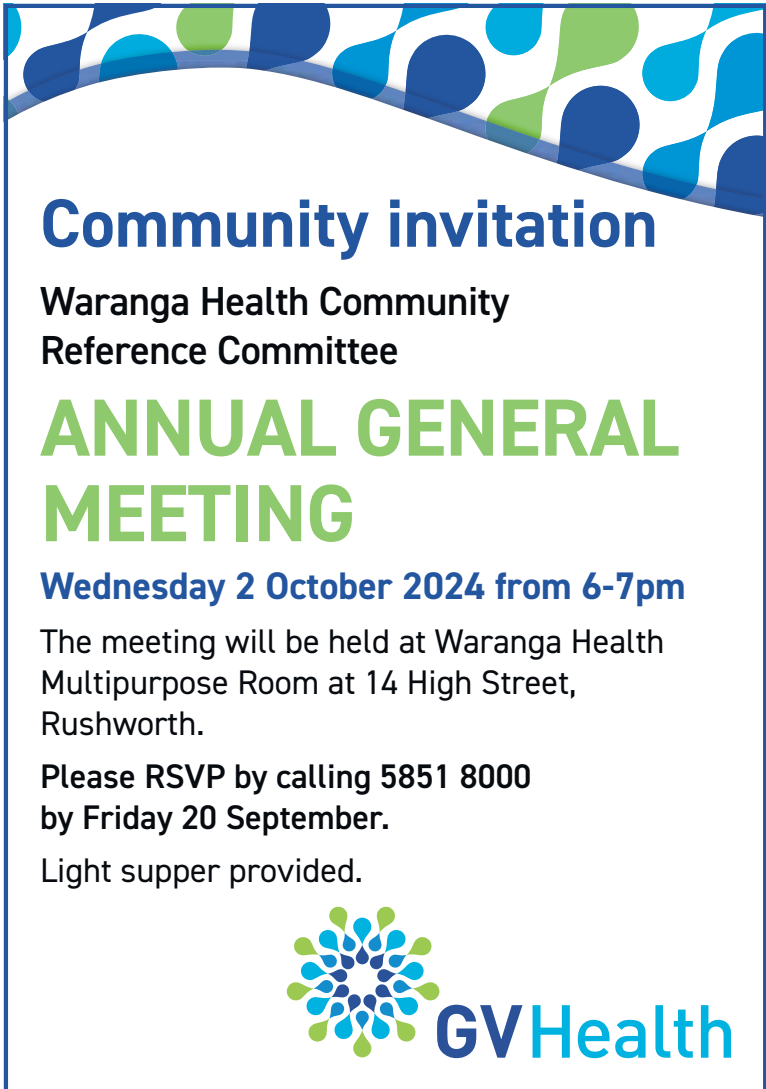
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Early booking of colour ads is strongly advised as space is limited.
Phone: 5856 1120
or email wnews@iinet.net.au



Community invitation
Waranga Health Community
Reference Committee
ANNUAL GENERAL MEETING
Wednesday 2 October 2024 from 6-7pm
The meeting will be held at Waranga Health Multipurpose Room at 14 High Street, Rushworth.
Please RSVP by calling 5851 8000 by Friday 20 September.
Light supper provided.


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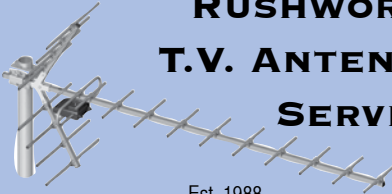
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DISTRICT INFORMATION BOARD

WHAT'S ON AROUND THE TOWNS

SEPTEMBER

Thu 5	Womens Health Information Night Rushworth Community House
Sun 8	Stanhope Town Garage Sale from 9am
Sat 21	Rushworth Market, High Street - 8.30am to 1pm
Sat 21	Rushworth ART Depot (RAD) - every Market day - Sat 10am -1pm
Sun 22	Basket weaving at ART Depot 10 - 2

OCTOBER

Sun 6	Stanhope Wine and Food Festival 11 - 4
Fri 11	St Mary's Transition Prep program
Sun 13	Stanhope Town Garage Sale from 9am
Sat 19	Rushworth Market, High Street - 8.30am to 1pm
Sat 19	Rushworth ART Depot (RAD) - every Market day - Sat 10am -1pm

Meetings & Activities - around the district

- Rushworth SES training: Wednesday evenings at 7pm
- Rushworth CFA: Tuesday nights
- Rushworth Food bank: Mon 10am -12pm, Wed 10am-12pm, Frid 10am-12pm
- #9 Op-Shop: 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 Walking Group: Tuesdays at 10am at McEwen Place
- Rushworth Market: 3rd Saturday of month - 8.30am to 1pm
- Rushworth ART Depot (RAD) - every Market day - Sat 10am -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

POLICE or FIRE.....Emergency.....000
Non-emergency 13 1444

AMBULANCE.....Emergency.....000
Non-emergency...13 3009

SES: (storm & flood).....13 2500

DOCTORS:
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Waranga Medical Centre..... 5851 8400
Stanhope5857 0452
West Goulburn Comm Health...5857 2400
Murchison Medical Centre.....5826 2575

HOSPITAL:
Waranga Health5851 8000

POLICE:
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Murchison.....5826 2222
Stanhope.....5857 2507
Colbinabbin.....5856 1000

SUPPORT SERVICE:
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ADVERTISING DEADLINES

FOR NEXT EDITION - 12 SEPTEMBER

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wnews@iinet.net.au

Waranga News



A Voluntary Community Newspaper

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Your Council News

Project Update

Works are underway at Lockington Recreation Reserve to replace the oval lighting. Footing works are underway and the full installation of new lighting should be completed by November.



Coming Up ▶ Council meeting | 6pm Monday, 16 September | Echuca Civic Centre

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

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 P: 1300 666 535 | 03 5481 2200
 E: shire@campaspe.vic.gov.au
www.campaspe.vic.gov.au



Youth Glow Up Disco

Get ready to shine at the Glow Up Youth Disco at Fuzion Café in Echuca! Designed for high school-aged youth, this vibrant event features a live DJ, Just Dance sessions, a photo booth, and exciting giveaways. Enjoy free food and drinks in a fun, inclusive atmosphere. Tickets are free and are available only to young people aged between 12 - 17 years. This alcohol, smoke and vape free event will be fully supervised and is brought to the community in partnership with Echuca Regional Health, Headspace Echuca and Thorn Harbour Health. Visit Now Open on Council's website to secure tickets.

Immunisation Sessions

By appointment only. Register at campaspe.vic.gov.au/immunisations

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

Tuesday, 3 September

• 5.30 - 6.30pm | Kyabram Senior Citizens Centre

Thursday, 5 September

• 9 - 10am | Echuca Library

• 11.30 - 12noon | Rochester Service Centre

Need help making an appointment? Please call Council on 1300 666 535.

Employment

#campaspecareers

- Commercial Business Coordinator
- Communications Graphic Designer
- Communications Officer
- Early Childhood Educator- Various Positions
- Group Fitness Instructor
- Learn to Swim Teacher

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

Now Open

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

Creative Recovery Co-Design Group/s

Council is calling for enthusiastic individuals, artists, creatives and community members to join Campaspe Shire Council's 'Creative Recovery Co-Design Group/s'. Participants in the Co-Design Groups will collaborate with a diverse team to develop creative activities, contribute innovative ideas and assist in program delivery of a new upcoming Arts Festival/Program, set to take place in May - June 2025. Members will be paid a co-design fee for their creative contributions. Meetings and workshops will be held to guide the development of the festival's artistic vision. Visit Now Open to submit your EOI by Monday, 23 September.

2025 Campaspe Shire Citizen of the Year Awards

The Citizen of the Year Awards celebrate the achievements and contributions of individuals and community organisations or groups in our region. These prestigious awards are one of the highest honours Council can bestow to publicly acknowledge local heroes, whose dedication and contributions may otherwise go unnoticed. Nominate today for any of the three award categories including Citizen of the Year, Young Citizen of the Year and Community Group of the Year. Visit the Now Open page for more details on eligibility, selection criteria and the nomination process. Nominations close Sunday, 1 December.

#MyCampaspe Photo Competition

Show off what you love about where you live, work or visit and feature in the 2025 Campaspe Shire Calendar. All photos, including three new artwork categories, need to be taken in Campaspe Shire, must be in landscape orientation and high quality, up to 10mb. Each winning entry will receive \$100 and a month's coverage in the calendar. Entries close Friday, 27 September.

Community Grants

The Community Grants Program offers financial support to not-for-profit community organisations, groups and associations for projects, exhibitions and/or performances. The maximum grant amount is \$4,000. Applications close at 5pm on Monday, 16 September. If you require assistance with your application, contact our Community Development Team on 1300 666 535.

International Women's Day Event Working Group

Saturday, 8 March 2025 is International Women's Day and we are seeking Expressions of Interest (EOI) from our vibrant community to join the International Women's Day Event Working Group. Your contribution will be pivotal in shaping the 2025 celebrations in Campaspe Shire. Visit Now Open to submit your EOI by Sunday, 15 September.

Field and Game - transformation almost complete

Rushworth Field and Game have almost completed the transformation of the previous Rushworth tennis rooms back into a welcoming building after many years of neglect.

Conservation officer Graeme Wall said the Rushworth Field and Game had been overwhelmed with support from the community. As well as our members we have had tremendous donations of labour and materials from community members and organisations.

Within our own members we have been blessed with the talents of those that can put up their hands to do so many of the long list of things that required fixing from plumbing, carpentry, brickwork repair and a complete building repaint.

Last weekend the club held its last fox shoot for the year at the rooms and were able to sit back and enjoy the sunshine and a barbeque lunch, look at the building and discuss the next phase of their conservation work.



Before and after shots of the kitchen area in the old tennis rooms.

The club members on their Sunday fox drives have removed 70 foxes this year and over 350 foxes have been removed by members by spotlighting and other methods this year. Foxes and Cats take millions of native wildlife each year and the removal of foxes is beneficial to many species especially ground nesting birds and even chooks in town. Rushworth is no different to many towns where foxes are adapting to sneaking into town for a feed from rubbish bins and discarded food and then raiding local chook pens.

In the area last year there were four known successful hatching and rearing of four Brolga chicks. Brolga eggs are very susceptible to predation by foxes so the efforts of the club and local farmers doing fox control has helped with the increase in Brolgas numbers



After the clean-up and paint.

in northern Victoria.

The club has been actively involved providing nesting sites not just for ducks. It has been building and erecting parrot boxes and has a list of species using these boxes such as kookaburras, swallows, sugar gliders and rosellas.

Although only a small Field and Game branch, Rushworth is hitting above its weight working in conjunction with Shepparton and Seymour branches. Rushworth has a very active Facebook page highlighting its great conservation work and bringing regular updates to its followers.

If there is anyone out there with marine ply or plyboard of at least 7mm thickness the club would appreciate your assistance in donation it to keep the costs down in their nest box construction. Sometimes that discarded off-cut or left over piece could be utilised in the hollow replacement program. Contact can be made through our Rushworth Field and Game Facebook page.

Spring firewood collection season opens 1 September

Victorians can prepare for next winter by collecting free firewood for personal use from state forest collection areas from 1 September until 30 November.

Domestic firewood in state forests is provided from fallen trees and forest management works to clean up after storms, to reduce bushfire risk and create safe access to forests for visitors and emergency workers.

The Department of Energy, Environment and Climate Action (DEECA) balances access to firewood with safety, forest values, biodiversity and cultural heritage.

“People can collect up to two cubic metres per person per day with a maximum of 16 cubic metres per household per financial year as long as they collect from designated firewood collection areas during a firewood season,” Forest Fire Management Victoria Deputy Chief Fire Officer, Aaron Kennedy said.

Maps for this spring season’s designated collection areas will be live from midnight, Sunday 1 September, at www.ffm.vic.gov.au/firewood.

“Demand for firewood is always high, so we prioritise availability for local communities and those who depend on firewood as their primary source for heating and cooking.

“It’s important Victorians plan their firewood needs early as it can take at least

8-12 months for firewood collected during the collection seasons to be dry enough to burn safely and effectively.”

- It Is illegal to collect wood outside designated areas or to chop down or damage any dead or standing trees.
- It’s also an offence to take vehicles off formed roads to collect or load.
- In Victoria, you can only use firewood collected from state forest for personal use, such as at home or for camping. You CANNOT sell it to someone else. This is to make sure everyone gets a fair share, and people aren’t using a community resource for personal gain.

• You can nominate someone to collect firewood on your behalf however you will need to print out and complete a nomination form and give it to the person who will be collecting your firewood. Nominated persons must carry the form with them when collecting their firewood.

“Most people do the right thing by sticking to the collection limits and following the rules,” Aaron said.

The Conservation Regulator and Parks Victoria are targeting the illegal taking of firewood from Victoria’s forests, parks, and

reserves through ‘Taskforce Ironbark’.

Authorised Officers are patrolling public land and can issue fines of more than \$750 to those caught breaking the rules, and serious offences have a maximum penalty of \$9,879 and/or one year in prison.

Community members can help by reporting any suspected illegal firewood collection to 136 186.

The Victorian Government provides targeted energy support and concessions for people on low incomes who buy firewood or need assistance with their energy costs. This includes tailored support via the Energy Assistance Program, a \$250 rebate for eligible households from the Energy Bill Relief Fund, payments of between \$55 and \$619 per year for eligible households that rely on non-mains energy including firewood for heating and cooking, and up to \$650 via the Non-Mains Utility Relief Grant for Victorians on low incomes who rely on firewood as their only source of fixed heating.

More information about financial assistance is available for people on low incomes who buy firewood: www.ffm.vic.gov.au/firewood/energy-concession-and-support.

Pink Day brought out the grinners on the greens

What a fabulous day we had on 15 August for the annual Pink Day at winter bowls.

The weather was perfect, the pink costumes were abundant and the bowlers all seemed to have a great deal of fun.

At the completion of play there was only one team with three wins. We had a number of two game winners but Joe, Graham, Dom and Jack from Kyabram were our runners up with two wins 36 shots.

The winners for the day were Helen Hutchins, Rob Ponton and Janis Day with three wins 47 shots.

Many thanks to the ladies who provided afternoon tea, it was lovely.

There were lots of raffles to be won and the raffle was well supported by the bowlers.

Many thanks to Graham for the meat tray, Josh and Kyle at IGA for the hamper and Mavis, Claire, Kaz, Mark, Wheelie and Rosie for your raffle prizes. Prizes were given for best dressed lady and man.

This year we ran a 'fines jar' for wrong bias bowls. This made over \$200 for the charity!

The grand total raised on the day was \$1638, which was a wonderful effort.

I would finally like to say a big thank you to all the bowlers who supported our winter season. Their support was brilliant.



Pink Day play - The winners for the day were the smiling Helen Hutchins, Rob Ponton and Janis Day with three wins 47 shots.

My thanks also to the members who helped with meals, setting up the green and the bbq. Good bowling to all during the 24/25 season.

Rushworth golfers win 4ball at Pyramid Hill



Dennis Hardie and Slim Perry beat the competition at the challenging Pyramid Hill course in the 4ball competition with a score of 44 on 9 August. Well done! The following weekend Slim played off in the finals of the Club Championships to be beaten by blood!

Results

Friday 9 August - Pyramid Hill 4Ball competition

Winners: Slim Perry and Dennis Hardy 44 points

Sunday 11 August - Stableford

Winner: Bill Barlow 36 points (on a count back) from Frank Stewart 36 points

N/P: Frank Stewart

Sunday 18 August - Final Club Championship

A Grade: Sam Perry def Slim Perry 2/1

B Grade: Jim Perry def Garrick Campbell 3/1

N/Pins: Tony Geisler, Jim Perry and Sam Perry

Sunday 25 August

Gobarup Cup

Winner: Frank Stewart

Cheatley Shield

Winners: Dean Pontin and Rob Geisler

Stableford

Winner: Bill Barlow 33 points

N/Pins: Tony Geisler and Jim Perry

(Left) He might look like a male model - but it's the dashing Slim Perry on his way to victory at Pyramid Hill.

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MTFNC - Great wins to senior footballers



Nagambie came to show they meant business with some strong sides. However, the Seniors and the Reserves footballers held their own to come away with nice wins.

Murchison/Toolamba v Nagambie

Saturday 10 August

Football - Seniors

Our senior boys played out a hard-fought contest against a determine and physical Nagambie winning by five points, in a game that ebbed and flowed all day.

Leighroy Wellington kicked the last two goals of the game to get our nose in front late. The game was exactly what the boys needed heading into the finals; physical on a perfect day for footy.

Best players: Ryan Devine, Josh Wild, James Milne, Lachie Devine, Sam Mackrill and Adam McGibbon.

Reserves

The Reserves came away with a good win against Nagambie. A nine goal first quarter set the tone for the day in an even team performance by everyone and plenty of good passages of teamwork.

Best players: Joel May, Dylan Foster, Jamie Jones, Callum Miller, Jye Heaney and Tristan Castles

Under 18s

The young lads had a tough task against Nagambie who are the top side and it showed in the game. However, to the boys' credit, they fought it out to the end and didn't give up. It's good to see the development in our young lads; they keep growing each week and the confidence they have in themselves.

Netball - A Grade

It felt like spring had come early on Saturday. A temperature we aren't used to in the netball season.

It didn't stop Kelsey McDonald and Emily Wood from bringing the high intensity we see week in and week out. Our youngster Matilda Ewart went into goal for the last quarter which really challenged the Nagambie defence. She was strong and able to hold her position enabling her to score a huge nine goals. Nagambie were too strong in the end but it was an enjoyable match.

B Grade

After a strong win against Stanhope last week, the B Grade girls had the confidence and ability to take it to the top teams heading into finals. It was a tight game, the lead changing multiple times throughout.

Unfortunately, when the buzzer went the girls weren't the ones in the lead, but they walked away with the knowledge that they can challenge the top

teams and win and that all that's needed are four consistent quarters. The girls will continue to work hard on timing and making the most of turnovers that come their way.

Best on court: Chloe Miller for her fantastic play making and shooting accuracy, Chloe Murray for making instant impact coming onto the court and sticking tight in defence, and Liv Kerrins for her never give up attitude, her intensity and her communication on court.

C Grade

C Grade had an excellent win over Nagambie after narrowly losing to them earlier in the season, winning 45-35.

The whole team collectively played a consistent four quarters rotating seamlessly into different positions to beat the heat. Molly Connors gave 150% for a full game in GA shooting and feeding beautifully to earn herself best on. Frankie Ewart filled in from the Under 15's and fought hard against some very physical players proving she is a force to be reckoned with! Liv Miller again showed her versatility and fight playing through the mid court and making every position her own. Overall a great team effort and it's going to be exciting watching this team through finals!

15 and Under

No doubt Nagambie were going to be another challenge. Fortunately for us, we have nine players who can take the court at any stage and play whatever role we give them.

Lexi Anderson, Erin Calleja and Lori Bathman excelled in defence. Delilah Thomas and Maddy Harlow demonstrated their strong versatility moving from one end of the court to the other! We didn't look back this week finishing with a 69-16 win. Looking forward to seeing what the next few weeks bring.

13 and Under

Facing our last game of the season, the 13's were determined to give it everything they had. The girls had individual goals set for themselves going into the game with our main team goal of going out and having fun.

It was fantastic to see the growth that the team has made from their first clash with Nagambie having only scored four goals in that game. The girls were able to score much higher this time around with a smaller losing margin which goes to show how hard the girls have worked over the season.

Awards this week went to the entire team who each played their part to make our team as amazing as it was - Audrey, Bree, Mia, AJ, Zoe, Ruby, Chelsea, Liv, Torah and Alexis.

The girls are to be commended for their dedication, maturity and positivity during a competitive and very challenging season. Having seasons such as this set up a fantastic foundation going forward in their netball careers where losses are experienced but are not looked at as a negative. They can take aspects of their games and turn them into positives.

Murch/Toolamba 18 lt Nagambie 32 11 and Under

A beautiful day and a huge challenge for the 11's team taking on the always strong Nagambie. The girls rose to the challenge and played some excellent netball. They love mixing up positions and changing things around so it keeps things fun and interesting for everyone.

Each week the girls take on new roles in the team and the supporters love watching how much growth has been made since the start of the year, where they went down to Nagambie by quite a few goals. A fantastic effort to keep level with Nagambie for three out of the four quarters.

While they didn't come away with a win, they walked away with their heads held high. They worked as a team, implementing many learnings from training.

Best went to Lilly W for her fantastic shooting and for looking out for her teammates. To Esther for really challenging the boys in Nagambie's team to play their best to beat her. To Lexie for strong drives to the ball and to Ruby for finding great space and giving a new position a go.

Social Events

Add the following dates to your diary

Fri 27 Sep

- Little Legends Games at Toolamba Rec Reserve

Fri 11 Oct

- Senior Vote Count and Presentation Night

Sun 13 Oct

- Junior Vote Count and Presentation Day

Elimination Finals results - Hoppers move forward in finals

Week two of finals and Murch/Toolamba have five teams playing in the semi-finals. Winners of Saturday's games go straight through to the Grand Final on 14 September.

Football

U15 Football - Murch/Toolamba 12.11.83 def Rushy 4.0.24 WIN!

Netball

U 17 Netball - Murch/Toolamba 22 lt Rushworth 43

C Grade - Murch/Toolamba 37 def Girgarre 26 WIN!

C Reserve - Murch/Toolamba 31 lt Girgarre 35

B Grade - Murch/Toolamba 38 lt Nagambie 47

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Runnymede football Gala Day of fun at Nathalia

A fantastic day for football and fun for the enthusiastic young footballers.



The Runnymede team and winners for the year.

U12s
Best and Fairest
 George McFadzean
Best and Fairest runner-up
 Nick Weppner
Third - Fin Rathjen
Fourth - Trey Hayes
Fifth - Frankie Hay

U10s
Coaches Award: Maisy Masterson
 William Te Hiko - Small but mighty
 Fraser Weppner - Golden Boot
 Seth Masterson- In and under
 Daniel Johnson - Silent Assassin
 Corban Safstrom - Energiser bunny
 Maisy Masterson - Miss Fix it
 Roy Whitfield - Coaches dream
 Jack Ryan - 110%er
 Jimmy Hayes - The package
 Ethan Johnson - Rebounder
 Vinnie Ryan - Mr Football
 Hunter Mullane - Silent achiever
 Tom Rathjen - Up the charts
 Harry Woodman - Under the radar
 Lorelai Wilkinson - Pocket Rocket
 Nate O'Sullivan - Team spirit
 Nathan Nzegwu - Ultimate sportsman



U12s
Coaches Award - Cooper Mullane
 Dan Simmie - Pocket Rocket
 B - 110%er
 Zayde Gibbs - Golden Boot
 Husdon Cowan - Flying ruckman
 Luke Drust - Dash
 Cooper Mullane - The Presence
 Chris Skeers - Up and about
 Ken Comer - Smiling Assassin
 Fin Rathjen - Mr Football
 James Renshaw - G.R.I.T
 Hunter Fourie - Up the charts
 Saxon Masterson - Under the radar
 H- Dynamite Defender
 Trey Hayes - Above and beyond
 Max Simmie- Untapped
 George McFadzean- Mr Fix it
 Josh Skeers- Superhero
 Jack Renshaw- Silent achiever
 Frankie Hay- Rising star
 Nick Weppner- Die hard

U10's Gala Day

The sun was shining and so were the smiles on the Under 10's faces during the Gala Day at Nathalia.

A non competitive day with a focus on fun, inclusiveness and an engaging football experience allowed all Rebels players to demonstrate how much they had improved individually and as a team. Four evenly contested games were played with various Rebel's players scoring and doing amazing things in all games. A great way to finish off a great year. A huge thank you to the committee, sponsors, parents, grandparents, siblings and coaches (Matt and Nick) who have supported the under 10s not only on Gala Day but throughout the year. Bring on 2025!

Awards:

Game 1: Vinnie Ryan, Nate O'Sullivan, Tom Rathjen and Ethan Johnson

Game 2: Lorelai Wilkinson, Hunter Mullane, Corban Safstrom and Maisy Masterson

Game 3: Fraser Weppner, Jimmy Hayes, Roy Whitfield and William Te Hiko

Game 4: Jack Ryan, Harry Woodman, Daniel Johnson and Seth Masterson

U12s Lightning Premiership

It was fun in the sun for the U12s Gala Day. The Rebels came up against a strong Rochester side but held their own and whilst the score board did not reflect their effort, their team spirit shone through on the ground! Moama White were the Rebels next opponent and in true Runnymede style the Rebels fought hard until the final siren, making every passage of play count.

Their pressure stopped the ball moving into the opponents forward fifty time and again reducing their ability to score. Another brilliant game!

The final tussle was against Moama Black. The rebel's legs never tired as they bought the fight to the Magpies. The Rebels roared around the ground in their final game of the season, doing themselves, their coaches (Jake and Pup) and their families proud.

Awards:

Game 1: Hudson Cowan, Luke Drust, Dan Simmie, BM

Game 2: Ken Comer, Max Simmie, James Renshaw, Josh Skeers

Game 3: HM, Chris Skeers, Zayde Gibbs, Saxon Masterson

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Colbo Sports Report

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Colbinabbin fought hard in week one of finals

Colbo Senior footballers earned the right to put it all on the table and go for glory, starting with Heathcote at Leitchville. Unfortunately the boys missed out on a win but fought hard. Then the A Grade girls headed into an Elimination final to come out victors.

Football - Seniors

Colbo 10.11. 71 lt Heathcote 11.13. 79

What a game of footy we all had the privilege of watching! It was highly skilled, contested, free flowing and tough. It was hot, in temperature and intensity. The footy oval at Leitchville is long and wide so the game was always going to be a fitness tester.

A slow start to the game had the lads doing a bit of chasing early but an almost perfect second quarter had them in front at half time by a goal.

The stage was set for an unreal second half. At times it was ugly and sometimes it was brilliant, but every goal was pure gold. The lads got the jump early in the third quarter getting out to a two-goal lead more than once, but Heathcote kept clawing it back to keep within reach. Colbo went into three quarter time with a stable two goal lead.

It was going to take a lion-hearted effort to keep the lead and control of the game. Unfortunately the start of the last quarter saw Colbo cough up the lead and the game remained close to level for most of the quarter. Not long after, Heathcote got themselves a goal, back to level pegging.

A late scramble forward and a couple of points on the board to the Saints put them in the lead. A kick forward, mark, and late goal to Heathcote absolutely sunk the hearts of the Colbo boys as time was running out. A last gasp surge forward didn't quite work and not long after that, the siren went.

The 'three amigos' in the middle, Willy Lowe, Nathan Basile and Logan Fitzgerald were clear standouts throughout the day. Connor Aldous kept running back into packs, spoiling and intercepting, and shutting down a lot of Heathcotes forward drive. For a little man he knows how to play big.

Speaking of playing big, Clint Shields stood up when it counted. On the big ground he worked up and down, taking marks, mopping up contested work and even slotting a goal in amongst it all.

Jude Ryan stood up out on the wing, playing beyond his age and showing grown men how to play finals footy.

A great effort from all who wore the jumper. They did everyone who was there to watch proud.

Goal kickers: Laine Fitzgerald 2, Willy Lowe 2, Charlie Ryan 1, Hughie McMurtrie 1, Clint Shields 1, Jordy Wilson 1, Patty Taban 1, Jed Brain 1

Best on ground: Willy Lowe, Nathan Basile, Logan Fitzgerald, Connor Aldous, Clint Shields, Jude Ryan

Well done to Jed and the coaching staff. Who would've thought at the halfway point of the year that the boys would be playing off in a final. The boys are getting stronger by the week as a club. Well done to all the players who put it all on the line and gave the supporters something to watch and be proud of.

Looking forward to sharing more shenanigans with you all next year!

Netball - A Grade

Colbinabbin 56 lt Elmore 57

The rain knew to stay away for A Grade's clash on the weekend, setting the sunny stage for what was sure to be a tight contest.

Given their most recent clash with Colbo ending in a loss, Elmore came out thirsty for revenge.

The first quarter was exhilarating, goal for goal. Shouts from the crowd begged Ella Kerlin and Matilda to show mercy, carving up the ring like their life depended on it. You'd think Grace and Kasey had arms of steel, given the bullet like speed and precision of their passes into the goalers. The score line reflected that of a tug of war, with Elmore pulling ahead, only to be wrestled back by the Colbo girls.

You'd never guess Ella Turnbull had been MIA for eight weeks, slotting into the team like she never left.

Liv had another strong game, seamlessly transitioning the ball. Coming out of the last break down by four goals, Colbo knew they'd need do more to get the win. Elle, a Laura Gietz reincarnate, provided key turnovers to level the score. Tanzin also proved handy in Colbo's clawing back of the score.

Despite this, Colbo could not hold onto their late lead, with Elmore keeping their heads and ultimately pipping the girls by one point! Whilst disappointed, the Colbo girls look forward to their next match, which will undeniably be hard-fought too. We look forward to seeing a sea of green and gold on Sunday to cheer on the girls.

A Reserve

Colbinabbin 52 lt LBU 57

With spring like weather that gave the atmosphere of a real finals feeling excitement and nerves were high as we warmed up in Leitchville.

A strong start to the game was important and the girls were on song early. To Lockington's credit they steadied, and we were all tied up at quarter time. The heat was a factor undoubtedly throughout the game and credit to our girls who rolled substitutes seamlessly throughout the remainder of the game.

Charlotte was as strong as she has been all year in defence tipping balls, getting intercepts that look impossible and rebounding strongly. Down the other end Dom combined well with Lily and Mardi and their goaling circle was difficult to contain, as it has been all year.

Congratulations to all three goalers and thank you for changing things up and being prepared to try different things all year.

Sophie, steady as always with a great tactical view of the game showed solid leadership all day as she has all year. A great Vice Captain's game.

Well done to Macy McCaig who had a great game - strong in WA and her fitness shining through in C in the heat.

Aggie and Mik worked hard all day and coach Jen loved the one-on-one defensive efforts.

Morghan, with her never-ending passion, got a couple of vital interceptions in the last quarter and we had one more push, but unfortunately it was not enough and Lockington took the win.

Massive thanks to Megan for being the absolute best support you could be assisting with trainings and coaching. You are a star! We can't wait to see you back on the court in 2025.

Thank you also to Kathy Ryan who is an awesome team manager; so calm and patient with all questions, multiple rolling subs often almost simultaneously - she is unflappable.

Thanks to the A Reserve girls for a ripping year. It was disappointing to lose week one of finals but you should be proud of the year you had. See you in pre-season...some might be starting a little later but I hope to see you all back in 2025.

Best on ground: Morghan Hughes and Macy McCaig

Netball - 25 August - Sunday

A Grade

Elimination final at White Hills

Colbo v Leitchville-Gunbower

Heading into a game where a loss was season-ending with an horrendous weather forecast, the girls were switched on from the beginning of the game.

Getting on top early was always going to be key as we had a shared win/loss ratio with LGB so early ascendancy was important.

Defence was rock solid early and over second phase of centre passes slowing everything down for LGB. In contrast, the centre passes flowed smoothly and the girls went to the quarter time break leading 13 goals to 9. In the second quarter the team rewarded the coach with an 18 to 8 score. The bench was awesome - getting around the players on court and undoubtedly providing an 8th player.

Matilda and Ella were sharing the shooting load with nine goals each for the quarter and Elle and Tanzin rebounding strongly to send the ball back into attack.

With a strong lead at half time, the coach implored the players to remember LGB would continue to fight and that they wanted to win each quarter. An unchanged line up going into the third quarter saw a score line of 16 to 9. Kasey was dominating the centre passes receives and her passing into the goalers was outstanding. This would continue all game and saw her awarded Best on court by the umpires.

The last quarter saw some of the predicted weather move in and with an electric sky on display we managed to get the game over and won before the golf ball hail arrived.

Thanks to LGB for a game played in good spirits.

Taking the elimination final win 58 goals to 38 we are excited to progress to the Preliminary final.

Best on court: Kasey Conder and Ella Kerlin.

GO HOPPERS!

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RFNC - Junior netballers going to finals

A positive end to the senior football season as some junior netballers and footballers go on to the finals in a great comeback for the Rushworth Tigers this season!

Netball

U/11

Rushworth 10 def Longwood 7

Incentives: Mason Jarrett, Taya Cleary, Mia Chillingsworth

U/13

Rushworth 29 def Longwood 9

A twenty goal win for the girls today in rainy winter conditions puts them in the finals. It's been an amazing season with the team displaying great team work, commitment, adaptability and resilience that has secured their spot in the finals.

Incentives: Whole team effort

U/15

Rushworth 27 def Longwood 14

Incentives: Matilda Lockwood, Desiree Swallow, Lailah Francis

U/17

Rushworth 42 def Longwood 22

Longwood was the last game of the season and it rained all morning. The girls struggled to adapt to the wet and slippery conditions (as did Longwood) and were evenly scored by the first quarter. The girls held a strong stance in their attacking and defending, coming out on top with another win.

Again, a big thank you to Keileigh for stepping up from U15's. Great work. Let's go hard at training this week. Bring on finals.

Incentives: Zahley, Maddy and Millie N

C Grade

Rushworth 26 lt Longwood 58

Incentives: Emma Francis, Anita O'Dea,

Brittney Kouroupakis

B Grade

Rushworth 47 def Longwood 29

B Grade has had yet again another stunning performance coming away with a win to finish off the year. The club is very proud of their efforts for the season.

The girls played really well in the pouring rain and didn't let it dampen their spirits.

Incentives: Kiarrah, Shannon and Maya

A Grade

Rushworth 35 lt Longwood 44

A Grade had a tough day with no umpire available up until the night before. The club really appreciated Beth for putting her hand up for the job.

While the girls closed the gap from last time they met Longwood, it just wasn't quite enough to get the win.

Despite not being as successful on the court, the girls should be proud with the way they have conducted themselves not only this week but every week. Onto a good rest and then we will crack into pre-season!

Incentives: Janelle, Shan and Crystal

Football

U/15

Longwood 10-6-66 def Rushy 5-6-36

The boys made the trip down to Longwood for their final home and away game.

It was a little bit wetter than they were hoping for, with the showers hanging around for most of the day.

The boys started off a little bit slow, letting the Redlegs get a few quick goals, but to the Tigers credit, they fought back and were only down by five points at quarter time.

The boys battled well for the rest of the game, but unfortunately they did not take home the four points.

Goal kickers: Riley, William, Heath, Zade, and Dusty.

1st incentive: Lucas - doing all the right, natural things in the backline.

2nd incentive: Brodie - Hardest runner for the day with his second efforts.

3rd incentive: Thomas - for his confidence, footy, right spot, right time attitude.

Umpire's award: William - for his great game in the ruck and working hard around the ground.

Reserves

Rushworth 26 lt Longwood 65

Best Players: Hayden Gray, Joshua Newton, Bradie Chillingsworth, Riley Teresi, Joshua Mckinley, Thomas Jones.

Seniors

Rushworth 50 lt Longwood 92

Best Players: Dante Henry, Isaac Griffin, Nico Mckinley, Cooper Horsfall, Riley Cusack, Ryan Raglus.

Social Calendar

**21 Sept - Junior and Senior
Vote Count and Presentation Day**

RFNC - Eimination Finals, netballers move onwards

Congratulations to our three junior Tiger teams in making it this far. The club is very proud of your achievements. Good luck to the Under 13 and Under 17 netballers for the rest of the final series.

Sat - 24 September

Avenel Rec Reserve

Football - U15s

Murchison 12-11-83 to Rushy 4-0-24.

The boys had an early start down at Avenel for the Elimination Final against Murchison.

Unfortunately, the boys were without 4 important team-members this week, but that did not stop them with their hard fought, team effort, and great sportsmanship they put on display for our fantastic supporters.

Shaun and Calvin (and everyone else) could not be more proud of their team and their 4 quarter effort they all maintained. They did not drop their heads when we were undermanned on the field. They pushed harder.

Thank you very much to Brodie, who did the running, Josh and Thomas, who ran water. You

all are an integral part of our team, even though you didn't pull the jumper on. We truly appreciate your dedication.

At the end of the game, the boys didn't come away with the 4 points, going down by 59 points.

Goal kickers were Heath with 2 and Riley and Roy one each.

Incentives: went to the whole team for an amazing game!

Netball - 17 Under

Rushworth 43 def Murchison 22

What a great day for netball as we headed to Avenel for the first elimination final. The girls started out strong and capitalised each quarter. The defence end stuck tight as it flowed along to the mid courters. Shooters were going in hard for rebounds and it paid off. Top effort girls. Keep it up tiger cubs. Another step closer.

Sun - 25 September

At Lancaster Rec Reserve

Netball -13 Under

Rushworth 39 def Shepparton East 11

The excitement and nerves were palpable for the girls in the first quarter. They settled well and gave it their all in the elimination final on Sunday at Lancaster.

Storms and rainy weather were forecasted and luckily were not a thought as the girls secured a strong lead into the second quarter - winning by 19 goals. The intensity and determination by the girls was a thrill to watch and we are all so proud of what they have achieved so far in the year. Thanks to everyone who came to cheer and watch. Semi finals here we come!

Go Tigers!

RFNC - Let's keep the club going in 2025

The RFNC are seeking applications for the following gameday and committee positions. These roles ensure a smooth and enjoyable gameday experience and are a crucial part of the club.

Executive Positions

- President
- Vice President
- Secretary
- Treasurer
- Assistant Treasurer
- Netball Gameday Co-ordinator
- Football Gameday Co-ordinator
- Canteen Co-ordinator
- Netball Umpires Co-ordinator

- Groundsmen Co-ordinator
- Sub-committee positions**
- Membership Co-ordinator
- Sponsorship Co-ordinator
- Grants Co-ordinator
- Social Media Co-ordinator
- Senior Football Director
- Junior Football Director
- Senior Netball Director
- Junior Netball Director

Coaches

- A Grade Head Coach (with remuneration available for the right candidate)
 - B Grade Coach
 - C Grade Coach
 - C Reserve Coach
 - Under 17 Coach
 - Under 13 Coach
 - Under 11 Coach
- Submissions will close 30 September

Contact: Secretary 0481 386 981 - Email: rushworthtigers@gmail.com or Facebook.

GVHealth Waranga Health News

August 2024



AGED CARE EMPLOYEE DAY



Aged Care Employee Day, celebrated annually on August 7, is a special day dedicated to honouring and recognising the dedication and hard work of the 370,000 aged care workers caring for more than 1.5 million older Australians.

Waranga Health celebrated the day with staff wearing pyjamas to work and a morning tea. Nadiene Jerram, Director of Nursing, thanked our staff for their continued dedication and compassion to their work in aged care.

WEAR IT PURPLE DAY

On the last Friday in August, Waranga Health will join workplaces, organisations, schools and individuals across the country and wear purple to proudly and visibly stand with LGBTQIA+ young against the discrimination they still face.



COMMUNITY INFORMATION SESSION

On Wednesday, August 14, GV Health Breast Care Nurse Michelle Parish held an information session with netball players from the Rushworth Football Netball Club.

Michelle explained how early detection of breast cancer saves lives through breast self-examination each month and regular breast screening mammograms.

Using the visual image of lemons, Michelle showed what breast cancer could look or feel like.



WARANGA HEALTH - COMMUNITY HEALTH SERVICE PHONE (03) 5851 8000 FOR MORE INFORMATION ON:

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- QUIT Educator
- Women's Health / Sexual Health Nurse

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NOTICEBOARD

Community Walking Group
When: Thursday
Where: Meet out the front of Waranga Health, 14 High Street, Rushworth
Time: 8am - 9am
Cost: No cost
All abilities welcome.

Rushworth AA group
When: Thursday
Where: Waranga Health
Time: 7pm
Cost: No cost
Phone: Jenny on 0430 103 145 for more information

Carer Support Group
When: Thursday, September 5, and Thursday, October 3
Where: Rushworth Community House
Time: 2pm - 4pm
New members welcome
Phone: (03) 5851 8026 for more information.

Women's Health Clinic
When: Wednesday, November 20
Where: Waranga Health
Time: 2pm - 5pm
Cost: No cost
Phone: (03) 5851 8000 to make an appointment.

SAVE THE DATE



Waranga Community Health and Rushworth Community House invite community members to join us for an evening of fun, food and health information.

Guest speakers:
Cardiologist, Dr. Jennifer Collier
Bowel Cancer Support Nurse, Lynda Morrison
Breast Care Nurse, Michelle Parish

When: Thursday September 5 2024 @ 7.00pm

Where: Rushworth Community House
67 High Street, Rushworth

Free event. Supper provided.
Call 5856 1295 to RSVP.



You can keep up to date with what's happening at Waranga Health on Facebook. Like our page at facebook.com/warangahealth

