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## MESSAGE FROM OUR EXECUTIVE OFFICER

We are attaching reports to our newsletter now if staff from the PCP Office or from member agencies go to a conference or a professional development activity from which there are some learnings to share—and most of the time there are. Attached is a summary of the ideas which came from the COTA ( Council of the Ageing) Annual conference which Liz Casey and I attended this week.

Also attached are some thoughts from Liz and Chantal who attended the Inaugural Population Health Congress in Brisbane a couple of weeks ago.

Last night I went to hear Tim Costello talk about " The State of the Australian Family" in Ballarat. Great initiative this series of public lectures sponsored by Centacare, DHS and the University of Ballarat. Also good to see that 200 or so people of all ages braved the winter to hear this inspiring man. Tim's message was quite clear. However fraught we think families are, there is no other long term proven and sustainable alternative structure to the family which has stood the test of time as a way of looking after each other.

(I wondered about kibbutzim in this context, but certainly it has to be said that in Australia there is no other structure. )

Tim also talked about the way that iconic film "The Castle" captured all that is precious about family in Australia. The Kerrigan family in "The Castle" were well connected to their neighbours (remember how they looked after Farouk), were proud of their home, ate meals together, discussed the bargains in the "Trading Post" and collected memories and memorabilia of all sorts. The family stories, which are often exclusive to very specific events, are rarely about money or wealth—they are about family holidays , Gran's great sponges, the biggest carrot we ever grew, a famous mark or goal at a country football match, a deb frock made at the last minute.....

The great egalitarianism of Australian society claimed Tim, is also captured in the "the Castle" - when a QC not only volunteers his services for free, but then holidays at Bonnie Doon with the Kerrigan family

I suggest that some of this great pride in community and family was also captured well in the recent ABC short film " Valentines Day ' . Worth getting hold of if any of your friends taped it.

Well.... Probably a lot of these issues will be further discussed at our **Youth Strategic Planning Day on August 12th** All welcome. It will be high level discussion which focuses around how we keep young people connected to their families, communities, schools, employment, health services and their peers.

Being connected, being socially included—as we all agreed at our strategic planning day with Andrew Hollo— are key health issues and in terms of health promotion, early intervention in chronic disease and coordination of services . A shared vision about social inclusiveness is integral to the way we work together in partnership.

Look out for further words of wisdom from Tim Costello— one of the great reformers and thinkers of our time.  
Cheerio for now, Kate

## PCP MEETING DATES FOR YOUR DIARY

### Healthy Eating Working Group Meeting

Date: Monday 4th August, 2008  
Time: 10.00am (Extended session to develop a strategic direction for HEWG)  
Venue: Stawell Regional Health  
RSVP: Chantal Thomas

### Active Recreation Steering Committee (ARSC) Meeting

Date: Tuesday 5<sup>th</sup> August, 2008  
Time: 12:30pm – 2:30pm (lunch provided)  
Venue: Ararat Tourist Information Centre  
RSVP: Laura Waters

### Physical Activity Sub Committee

Date: Wednesday 13<sup>th</sup> August, 2008  
Time: 10.00am  
Venue: Grampians Community Health Centre Ararat  
RSVP: Chantal Thomas

### Service Coordination and Chronic Disease Management Group (BATS) Meeting

Date: Wednesday 20<sup>th</sup> August, 2008  
Time: 10.00am - 12.30pm  
Venue: To be confirmed  
RSVP: Kate Serrurier

### GPPCP Executive Meeting

Date: Thursday 21<sup>st</sup> August, 2008  
Time: 10.00am–12.00am  
Venue: Browse 'n Brew High Street, Ararat  
RSVP: Michele Corcoran

\*\*\* All staff contact details are listed at the top of this newsletter \*\*\*

## CELEBRATION OF SEASONAL PRODUCE

### Roast Shoulder of Pork

#### Ingredients

1.2kg free-range pork shoulder  
2 tablespoons of crushed fennel seeds (use a mortar and pestle)  
Sea salt  
Freshly ground black pepper  
Grated zest of an orange  
Olive oil  
2 tablespoons of freshly chopped rosemary

#### Method

1. Prepare the pork the night before. Remove the skin score and set aside
2. Combine herbs, orange zest, olive oil and seasoning and rub all over meat and refrigerate
3. Preheat oven to 240c or 220c with a fan forced
4. Place prepared pork in a roasting pan with skin on top. Rub lots of sea salt into the skin as this will help with the crackling
5. Place chopped vegetable such as onion, carrots, potatoes and fennel around the pork and drizzle olive oil over whole dish. Season with sea salt and lightly toss vegetables to coat
6. Place in the oven and cook for half an hour then turn the oven down to 180c or 160c
7. Cook for another hour (general guide with pork is half an hour for every 500g of pork).
8. When a skewer is inserted juices should run clear, if not return to the oven for another 15 minutes or so.

Recipe courtesy of "Fernleigh Farm"- organic pork growers in the Daylesford area. They are also part of the Rare breeds group which preserves rare breeds of animals in Australia. "Fernleigh Farm" breeds Wessex saddleback pigs.



GOOD WORK IN INTERGRATING  
HEALTH PROMOTION &  
PROFESSIONAL DEVELOPMENT  
OPPORTUNITIES IN HP



The Grampians Pyrenees Primary  
Care Partnership invites you to  
attend a facilitated

## Youth Strategic Planning Day

& launch of the  
**Grampians Pyrenees  
Regional Youth Advisory  
Network (RYAN)**

10am - 3.30pm Tuesday August 12th

Moyston Football Club

A really yummy Lunch will be provided

The agencies and government departments that deal with young people across the Pyrenees, Northern Grampians Shires and Ararat Rural City have all agreed that it is time for us to get together and look at the key ways in which we can support young people to feel more connected and contribute more meaningfully to their communities.

The day will particularly focus on connectedness and social inclusion.

The day will be facilitated by Mark Riches who trained as a youth worker and is now Managing Director of Level Consulting Services. Mark has over 20 years experience as a manager and a consultant.

Please RSVP to Kate Serrurier by:  
Friday 1st of August  
Phone: 5352 6206 or 0407 548 553  
Email: [kates@grampianspyreneespcp.org.au](mailto:kates@grampianspyreneespcp.org.au)



## Healthy Eating Working Group Extended Session

On Monday August 4th the Grampians Pyrenees PCP Healthy Eating Working Group will be holding an extended session. As decided at the GPPCP Strategic Planning Day, the extended session will be to develop the future direction for integrated health promotion in encouraging healthy eating. It will be a great opportunity to have input into where HEWG is headed and everyone is welcome to attend.

**When:** Monday August 4th 2008  
**Where:** Stawell Regional Health  
**Time:** 10.00am  
**RSVP:** Chantal Thomas  
**Email:** [chantalp@grampianspyreneespcp.org.au](mailto:chantalp@grampianspyreneespcp.org.au)

Lunch will be provided at the end of the session.  
Hope to see you all there.



## NEW Health Promotion Indicators DHS Consultation

The Department of Human Services is aiming to introduce new Health Promotion indicators & measures for 2010-2012 planning cycle.

A consultancy group has been engaged to meet with Community & Women's Health funded agencies to help define what these indicators & measures will look like for the 2010-2012 planning period.

**Grampians Pyrenees PCP Consultation**  
**Thursday 14th August 2008**  
**2.00 - 4.00pm**  
**Grampians Community Health Centre, High St.**  
**Ararat**

RSVP to Judy Perkins  
[Judith.Perkins@dhs.vic.gov.au](mailto:Judith.Perkins@dhs.vic.gov.au) or 5333 6087





## Lifting the Bar: Living Longer Living Stronger™ Into the Future

Report by Liz Casey

Kate Serrurier and I attended a forum this week held by the Council of the Ageing (COTA) on the Living Longer Living Stronger Program (LLLS). LLLS is a progressive resistance strength training program for people over 50, which is run in community based settings.

The first speaker was Dr Ralph Audehm, a General Practitioner (GP), who spoke on effective strategies to engage GPs and how to get them to refer patients to strength training classes. A GP's time is increasingly valuable as in most areas they have large patient waiting lists, so the possibility of face to face meetings are limited. Dr Audehm articulated strategies to increase referral rates from GPs.

- GPs will refer to a program once it is embedded into their routine. If the client is feeding positive information back to the GP about the program, the GP is far more likely to refer other patients. The most powerful form of feedback for a GP comes from individual patients (this is often called "feedback loops".)
- As time is scarce for GPs, any correspondence needs to be clear, concise and to the point.
- GPs hear about lots of different programs and aren't likely to remember all of them. So by maintaining contact with the GP, even if it's just touching base every few months is important.
- It also helps if GPs have access to a flyer or brochure of information on your program, they can then hand these on to the patient. Having access to the waiting area also provides an ideal opportunity for browsing reading.
- GPs will also want to see evidence of the effectiveness a program before they begin to refer patients.

The National Ageing Research Institute (NARI) has conducted a research study into the functional status and quality of life on older adults participating in the LLLS Program. Although the study was limited by size, results showed significant improvements in participants' physical performance, an increase in mental health and decrease in depression. These results add to the body of evidence surrounding the importance of physical activity in maintaining good mental health. A full report will be available from the NARI when it is completed in September.

We then heard from Scott Way, an organisational psychologist, about how service providers can better cater to the needs of the older generation, specifically Baby Boomers, and sell their message/service more effectively. Scott spoke of a number of important points to remember when targeting Baby Boomers:

- Expectations - Manners, respect and a high level of service are expected, Baby Boomers also don't appreciate being bombarded. They tend to be conservative and therefore want order and predictability.
- Communication - Face to face communication is preferred. Baby boomers place value on word of mouth, understand straightforward messages and appreciate follow up. It's also important not to patronise.
- Persuasion - It's not easy to influence Baby Boomers but it helps to emphasise the overall package and sell the benefits. Don't be too "flowery" and be honest. Use active outreach rather than passive outreach and make sure what you're offering represents value for money.
- Facilities - Clean, fresh and contemporary décor and the facility is easy to access. It is also important that the environment is non-threatening and has a friendly feel.
- Staffing - Ensure that staff are friendly and welcoming, attune to the participant group, take a client centered approach, are educated,



### Community Partnership Reference Group Meeting Grampians Region

#### INVITATION AND AGENDA

- When:** Tuesday 5th August, 2008  
**Where:** Northern Grampians Shire Council Office,  
40 Napier Street, St Arnaud  
**Time:** 11.00am - 12.30pm, followed by lunch  
Following lunch Indigenous workers are invited to attend a 1 hour discussion on ways of connecting Indigenous students to Health and Community Services Careers.  
Please RSVP to Keyda McNama by July 27th, 2008, email: kmcnama@kangan.edu.au, phone: 9094 3341.  
Please indicate if you will be attending the CPRG Meeting or the Indigenous Meeting or both.





VicHealth and Heart Foundation invite you to attend a free forum on  
**Urban Design Lessons from Brazil -**  
 Presented by recent Mayor of Curitiba,  
**Cassio Taniguchi**

Cassio Taniguchi's presentation will focus on:

- Creating Active Transport Solutions; and
- Addressing Infrastructure for a Healthy Community.

From 1997 to 2005, Cassio Taniguchi was the mayor of Curitiba, Brazil, a city recognized as a model for good urban planning and progressive ecological policies since the early 70s. Mr. Taniguchi implemented an innovative bus system, created more than two dozen recreational parks that provide natural treatment for stormwater runoff, and increased green areas from 5 square feet per inhabitant to 560 square feet. Previously, Mr. Taniguchi spearheaded the creation of Curitiba's industrial centre and led efforts to attract non-polluting industries. He is now the secretary for the Department of Urban and Environmental Development in the federal district of Brasilia.

**When:** Monday 28th July, 2008  
**Where:** VicHealth,  
 Ground Floor, 15 - 31 Pelham Street,  
 Carlton South  
**Time:** 2.00pm—3.30pm  
**RSVP:** Serrin Cooper  
**Phone:** 9677 1354  
**Email:** [scooper@vichealth.vic.gov.au](mailto:scooper@vichealth.vic.gov.au)

Further information: <http://www3.iclei.org/localstrategies/summary/curitiba2.html>



**Primary Health Weekly Bulletin**

17 July 2008

Department of Human Services

The latest edition of the Primary Health Weekly Bulletin is now available at:  
[www.dhs.vic.gov.au/rrhacs/ph\\_bulletin](http://www.dhs.vic.gov.au/rrhacs/ph_bulletin)



**Men's Health Promotion Forum, Melbourne**

Prostate Cancer Foundation of Australia (PCFA) in conjunction with the Commonwealth Bank, is pleased to invite you to attend the Men's Health Promotion Forum for men and women of the general public and health professionals. There will be a number of outstanding local and national presenters to this important Forum in Melbourne.

**When:** Saturday 9 August 2008  
**Who:** For the general public and health professionals  
**Where:** Melbourne Convention Centre,  
 2 Clarendon Street Melbourne  
**Time:** 9.00am—5.00pm  
**Registration is invited:**  
**Online:** [www.prostate.org.au](http://www.prostate.org.au)  
**Email:** [enquiries@prostate.org.au](mailto:enquiries@prostate.org.au)  
**Phone:** Free Call 1800 22 00 99 or 02 9438 7000



**How can we stop youths from binge drinking?**

Come and have a chat about how we can save our kids from binge drinking!

Ararat Neighbourhood House

56 Campbell St Ararat

On Thursday 31st of July

From 10-30am till 11-30am





**Food for All:  
Learning from the Field - Forum**

This forum will provide an opportunity for individuals, community, business, agricultural sectors, government and academics to share learnings from the evaluation of the 9 local government authorities involved in the Food for All program. Food for All aims to improve access to foods for healthy eating and food security. The Hon. Joe Helper MP, Minister for Agriculture and Small Business will open the Forum.

This forum will feature:

- A presentation by the evaluator of the Food for All program, Dr Meg Montague.
- Six workshops by project officers and/or their partners in which they will share strategies and insights from their activities to improve access to nutritious food and food security.
- Recently funded projects in non-health sectors that strengthen and complement the work of Food for All program, including the Planning Institute of Australia (Vic), Deakin University and the Victorian Local Governance Association.
- Two panels facilitated by Dr Norman Swan, multi-award winning producer and presenter of ABC Radio National's Health Report

A publication of case studies illustrating strategies implemented by individual projects will be launched and available for participants on the day.

**When:** Friday 1 August 2008  
**Where:** Sunshine Convention Centre  
 Victoria University, Sunshine Campus  
 460 Ballarat Road, Sunshiiene  
**Time:** 9.00am—4.00pm  
**Cost:** Free  
 Places are limited  
 For further information or to register  
**Email:** [FFA08@vichealth.vic.gov.au](mailto:FFA08@vichealth.vic.gov.au)



**Multifaith Multicultural Youth Network  
2008-2009:**

The Victorian Multicultural Commission is seeking young people (16 - 25 years of age) from a range of diverse backgrounds and experiences to be part of the Multifaith Multicultural Youth Network.

A key focus for network members will be to represent the voice of culturally, linguistically and religiously diverse young people to the Victorian Government. The network has the opportunity to highlight key issues facing Victoria's diverse young people and to develop youth led projects which respond to some of these.

The application forms will be up on [www.youthcentral.vic.gov.au](http://www.youthcentral.vic.gov.au) shortly or for further information:

**Contact:** Claire Henderson  
**Phone:** 9208 3153  
**Email:** [claire.henderson@vmc.vic.gov.au](mailto:claire.henderson@vmc.vic.gov.au)  
**Closes:** Applications close 22 August. 2008  
**Web:** [www.multicultural.vic.gov.au](http://www.multicultural.vic.gov.au)



**Free and confidential tax help available**



**ARARAT NEIGHBOURHOOD HOUSE INC**  
 Tax help volunteers are available to assist you to complete your tax returns. This service is free to those who earn less than \$35000 less per year, or up to \$42000 for those with dependent children. This service is not available to those who run a business or other commercial interest. Appointments available Mondays, Tuesdays or Thursdays. E-tax is available upon request. Please phone 5352 1551 as bookings are essential.





*You are invited to  
Disability Workforce:  
Exploring sustainability*

In this awareness raising workshop, participants will:

- gain an understanding of the broad labour market context in which we operate;
- share our knowledge of our current workforce and what drives them; and
- share our knowledge of what works in attracting and retaining staff.

**Melbourne**

**When:** Friday 25 July, 2008  
**Where:** NDS Victorian Office,  
10 / 369 Royal Parade, Parkville  
**Time:** 9.00am - 12.00pm

**Albury**

**When:** Wednesday 13 August, 2008  
**Where:** Wattle Room, Albury Commercial Club,  
618 Dean Street, Albury NSW  
**Time:** 2.00pm - 5.00pm

**Bendigo**

**When:** Friday 22 August, 2008  
**Where:** Golden City Support Services  
48 Mundy Street, Bendigo  
**Time:** 1.00pm - 4.00pm

**Colac**

**When:** Monday 25 August, 2008  
**Where:** Skills Connection  
50 Rae Street, Colac  
**Time:** 1.00pm - 4.00pm

**Dandenong**

**When:** Tuesday 26 August 2008  
**Where:** The Comfort Inn  
124 - 126 Princes Highway, Dandenong  
**Time:** 1.00pm - 4.00pm

**RSVP:** To [jane.sampson@nds.org.au](mailto:jane.sampson@nds.org.au) for any of the above or call the project team at (07) 3357 4188.



**PAL-ED**

knowledge learn develop



The Grampians Regional Palliative Care Team  
Present a  
**Pharmacological Study Day**  
Part funded by Post PEPA

This study day addresses the fundamental pharmacological principles of medication management in Palliative Care. With a greater appreciation of the action of drugs on body processes, participants will be able to determine the therapeutic, adverse effects, contraindications and precautions of medications for use in the Palliative Care setting. This focus will ensure that participants develop learning skills that will enable them to assess patients' needs for specific medications, administer medications, monitor responses to medications and evaluate outcomes in their practice setting.

On completion of this study day participants will be able to:

- Use problem solving skills in understanding the effects of drugs on body processes
- Use appropriate problem solving abilities in understanding the therapeutic and adverse effects, contraindications and precautions for medications
- Apply knowledge gained to determine conversion rates from oral administration to parenteral administration of drugs
- Gain an understanding of medication competencies in the Palliative Care setting.

**When:** Monday September 22, 2008  
**Where:** Educational Resource Centre, BBH, Ballarat Health Service  
**Time:** 9.00 am—4.30 pm (Lunch provided)  
**Cost:** Grampians Region \$70.00  
Non Grampians Region \$120.00  
**Close:** Registrations close 15.09.2008  
 For further information  
**Contact:** Bernadette Matthews  
**Phone:** 5320 3553  
**Email:** [bernadette@bhs.org.au](mailto:bernadette@bhs.org.au)





## Cultural Information Resources and Document Links

Please find below some resources related to working with Aboriginal people and communities contained on the Department of Human Services internet site.

### Reconciliation news

Throughout the State, Aboriginal people are succeeding on many levels and making a difference in their own lives and in their communities.

 [reconciliation news - May 2007](#)

### Positioning Aboriginal Services for the Future

This project aims to ensure Aboriginal people receive the best possible services into the future by examining the question of 'What will make a strong Aboriginal community controlled sector in 2025?'

The attached information sheet provides further details on this initiative.

 [Positioning Aboriginal Services for the Future fact sheet, PDF](#)

### Improving the way DHS works with Aboriginal organisations

The aim of this project is to improve outcomes for Aboriginal Victorians by supporting the capacity of Aboriginal community controlled organisations.

Read on for further details:

 [Improving the way DHS works with Aboriginal organisations](#)


### Building better partnerships

Working with Aboriginal communities and organisations: a communication guide for the Department of Human Services

Read on for further details:

*The Building Better Partnerships report is a large document that can be downloaded as an entire file or in two parts.)*

 [Building Better Partnerships, PDF, 8.02mb](#) Complete file

 [Building Better Partnerships - Part 1, PDF, 2.38mb](#)

 [Building Better Partnerships - Part 2, PDF,](#)



## WHAT'S HAPPENING IN CHRONIC DISEASE MANAGEMENT



### The Grampians Regional Palliative Care Team

Present a

### Twilight Education Session

### Motor Neurone Disease

Eric Kelly, MND Coordinator for the Grampians region will present at this twilight session. The aim is to improve participant's knowledge of disease progression, symptom management & palliative care approaches. We will also be discussing services available and support groups in our region, and at a State level.

**When:** Monday August 4, 2008  
**Where:** Education Resource Centre, BBH, Ballarat Health Services Drummond Street North, Ballarat  
**Time:** 6.30pm – 8.30pm (Drinks & nibbles provided)  
**Cost:** Grampians Region \$15.00  
Non Grampians Region \$25.00  
**Close:** Registrations close 30.07.2008  
For further information  
**Contact:** Bernadette Matthews  
**Phone:** 5320 3553  
**Email:** [bernadette@bhs.org.au](mailto:bernadette@bhs.org.au)



## PROFESSIONAL DEVELOPMENT

### "Overcoming the Barriers" Supporting women with a disability to access cancer screening

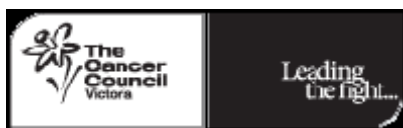
PapScreen Victoria is pleased to provide a professional development opportunity for people who support women with disabilities or work in the community health sector.

Professionals who may benefit from this workshop include: residential workers, disability case workers and managers, recreation and respite staff, day program instructors and disability development and support officers.

This one day training will be facilitated by Natalie Walker, who is a highly skilled trainer with extensive experience in the disability field with particular expertise around empowerment, sexuality, integration and inclusion.

Topics and issues to be presented:  
Case Study Analysis and Discussion  
Facts about Cancer  
Cancer Screening  
Overcoming the Barriers  
BreastScreen Victoria

**When:** Friday 5th September, 2008  
**Where:** The Cancer Council Victoria,  
Main Conference Room  
100 Drummond St, Carlton  
**Time:** 9.30am—3.30pm  
Resources, lunch & refreshments provided  
**Cost:** Free Workshop—Bookings essential  
**RSVP:** By Wednesday 20 August, 2008  
For further enquiries or to register:  
**Contact:** Hirranthi Perera  
**Phone:** 9635 5147  
**Email:** [Hirranthi.Pereracancervic.org.au](mailto:Hirranthi.Pereracancervic.org.au)



Stanford Chronic Disease Self  
Management Program (CDSMP)

### Master Training Workshop

Saturday 22<sup>nd</sup> November until  
Tuesday 25<sup>th</sup> November 2008  
(includes early evening training session Monday  
& dinner on Monday night)

### Mantra Southbank Melbourne

31 City Road, Melbourne, Victoria  
Cost per trainer is \$1610  
(includes \$1500 tuition & \$110 levy to Stanford University)  
Contact Pauline or Sally for details  
Pauline: 0419 801 076  
Sally: 0408 844 720  
Email: [CDSMPtraining@hotmail.com](mailto:CDSMPtraining@hotmail.com)

## FUNDING OPPORTUNITIES

### Youth Funding

Briefing for various youth dollars available

**When:** Friday 15 August 2008  
**Where:** Astor Theatre, Ararat  
**Time:** 10.30am—12.30pm

Music Equipment Grants Information Session

**When:** Friday 15 August 2008  
**Where:** Astor Theatre, Ararat  
**Time:** 1.30pm—3.00pm

For further details and to RSVP:

**Contact:** Maryanne Ross, Youth Programs  
**Phone:** 5327 2817



## POSITIONS VACANT



Department of General Practice  
Faculty of Medicine Dentistry & Health Sciences  
The University of Melbourne

### Indigenous Project Research Officers (2 positions)

Two part-time 0.5 EFT (negotiable) fixed-term positions available until 30 November 2010

"An exemption has been granted under Section 83 of the Equal Opportunity Act 1995 (A312/2007).  
**Only Aboriginal or Torres Strait Islander people are eligible to apply**".

The successful applicants will join a dedicated team of general practice and population health researchers working on Indigenous health research and the research capacity building project 'Improving mainstream diabetes care for urban Indigenous Australians'.

As an Indigenous Project Research Officer, you will provide assistance and support specific to the project including obtaining ethics approvals, collecting data, implementing strategies, disseminating and communication of information.

The position is situated within the Department of General Practice and the appointee will report directly to the Project Coordinator, Dr Phyllis Lau.

For further information

**Contact:** Dr Phyllis Lau, Department of General Practice,  
**Phone:** 8344 9042  
**Email:** [plau@unimelb.edu.au](mailto:plau@unimelb.edu.au)  
**Closes:** 31st July 2008

To access the online advertisement visit :  
[www.jobs.unimelb.edu.au](http://www.jobs.unimelb.edu.au)



## THINGS TO DO TO GET ACTIVE



Opportunity for Renewal  
A Garden Day

Hear John Patrick

author and presenter on ABC TV's

"Gardening Australia"

see displays by local nurseries

and enjoy lunch

Willaura Memorial Hall

Tuesday August 12th, 2008

At: 10am, Cost: \$10

RSVP by August 5th

For more information & to purchase tickets contact: Heather Fleming: 53541348, [fleminghb@bigpond.com](mailto:fleminghb@bigpond.com) Rosemary Jackson: 53547518, Colleen Peacock: 53502227

A project of the Willaura- Lake Bolac Community Bank, with support from Grampians Pyrenees Primary Care Partnership and East Grampians Health Service.





# 'FIESTA'

## COMMUNITY CELEBRATION & PARTICIPATION AT ITS FINEST!

Sunday August 10th

12 noon - 4pm

- ⇒ Make a clay character
- ⇒ Create a colourful badge
- ⇒ Cardmaking for all ages
- ⇒ Add your artistic flair, group logo or handprint to our centenary mural
- ⇒ Be entertained by **BUSHWAHZEE**, sing-a-long, clap-a-long and enjoy traditional colonial music and dance
- ⇒ View our display and discover those **Woody Women** who have left their mark on society today—vote for your favourite and she may be immortalised as a ceramic figurine.
- ⇒ Dress as a 'suffragist' and be in the running to win \$250.00 for your club or nominated community group.
- ⇒ Enjoy a b-b-q and endless delicious treats throughout the afternoon
- ⇒ Participate in a one hour 'circus' workshop ~ be adventurous. Bookings are essential for this activity as places are limited. All ages and levels of ability welcome.
- ⇒ Add your signature to the new **Monster Petition** ~ be part of history

396 Sago Hill Road, Haddon 5342 7050

This is a family friendly FREE event



Registration for Circus Workshops now being taken.

*Knowing our past, transforming our future*

Table bookings for BUSHWAHZEE performance highly recommended



## Stawell Farmers Market

### Promoting and selling quality local products

The Stawell farmers market has gourmet foods, organic produce, farm fresh produce, livestock, quality crafts, garden needs, farm produce and more.

**When:** Sunday 27 April 2008  
**Time:** 9.00am - 1.00pm  
**Where:** Stawell Show Grounds, Patrick St  
**Contact:** Judith Burke  
**Phone:** 5356 6306  
**Email:** [jburke@iinet.net.au](mailto:jburke@iinet.net.au)



### Free Compost Information

Learn how to make compost from household waste to save the environment and boost your garden.

**When:** Wednesday 30 July, 2008  
**Where:** Old Shire Hall, Barkly St Ararat  
**Time:** 7.30pm—8.30pm  
**Phone:** 5355 0231 to register



Next market.....

July 27<sup>th</sup>, 2008



It is important to us to receive feedback from you on this newsletter. Please email feedback, suggestions and items for inclusion in the next newsletter to Michele Corcoran [michele.c@gchc.org.au](mailto:michele.c@gchc.org.au) by **Wednesday 6th August**.

Don't forget to pass on this information on to others and stick it in your staff room!!