

October 2018

Edition 198



Laharum Primary School Years 3-6 students on camp at Mt Gambier

I greatly appreciate the donations received from individuals, groups and advertisers for this Newsletter – this makes it possible to continue for another year. Thank you!

It's certainly been a yellow spring - the brightness of canola, beautiful wattles, pretty daffodils, and now the capeweed is showing its face! Let's hope for some well-needed rain.

Liz Hopkins

Grampians Olive Co

2018 marks 75 years since our grove was established in 1943!

We are holding a little celebration on **Sunday October 7** from 10am-12pm which includes tea/coffee, cake, champagne and tasting platters.

We will also plant some commemorative olive trees propagated from the original 75 year old trees.

Attendance is free. Please RSVP to greg@grampiansoliveco.com.au for catering purposes.

Greg Mathews



Mobile Library



Laharum dates are as follows – **Thursday October 4, 18, November 1, 15, 29** and **December 13**, 9.30am at Laharum Primary

School.

Paul Demillo

Brimpaen Craft Club



Tuesday November 6, 10am-3pm – Melbourne Cup at Loretta's, 167 Rosebrook-Glenisla Road, Wartook

Tuesday December 4, Christmas lunch,

Brimpaen Hall.

Jill Sinclair

Laharum-Wartook Produce & Vegetable swap

SPRING-SUMMER 2018 2nd Sunday each month at 10am sharp



14th Oct Jenny McInnes
1331 Brimpaen-Laharum Rd

11th Nov Laharum Hall part of
Laharum & Wartook
Community day

Everyone is most welcome especially
all the new people to our area

9th Dec To be advised

For further information contact
Wendy McInnes 53 836220
or 0407 914498



Beginner Bird ID workshops October 9 & 14

See page 11 for full details



Laharum & Wartook Community Day Sunday November 11 – Laharum Hall



9:00am – Yoga 60 mins (hall)

Join Judy for a 'come and try' Yoga session. Suitable for beginners or anyone who wants to improve their flexibility and strength. BYO Yoga Mat (some available to borrow on day)

10:00am- Veggie Swap & Morning tea (outside)

Laharum Landcare hosts their monthly veggie swap. No veggies? There are many things you can bring to swap! Egg cartons, magazines, jam, jars, reusable bags

10:30am- CFA Community Information Meeting 60 mins (hall)

Laharum Brigade Captain Luke Dumesny & Brigade Community Safety Coordinator Jessica Bettess will speak to you about the upcoming fire season & what you need to do to be prepared and informed during the season

11:30am- Produce stalls and displays. BBQ lunch

Browse our local produce stalls and visit information displays for our community groups

11:30am- Nest box decorating (outside) *kids activity

Join Wendy to decorate nest boxes for our community. Paint and stencil your own designs and create a home for native wildlife

12:30pm – CFA demonstration of Laharum's new tanker

12:45pm – Become a Laharum junior firefighter for the day!

30 mins *kids activity

Join Captain Koala and participate in firefighter activities to earn your junior firefighter helmet and certificate

Put on your uniform (provided) and attend a call out, Crawl low through smoke, Rake a fire break, Roll out the hoses, Put out a 'fire'.



LAHARUM



Laharum Wartook Promotion Group

Our next meeting will be our AGM on **Tuesday October 9**, 4pm at Grampians Olive Co, 376 Olive Plantation Road, Laharum. Tea/coffee provided and all operators, including new and non-members, are welcome to come along for a catch up.

Greg Mathews, President

Unstructured Garment Making with Teresa Dair

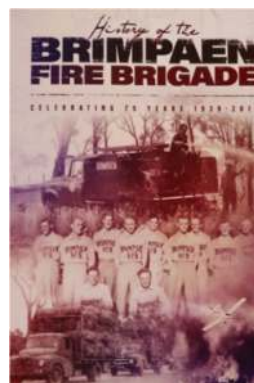
Learn how easy it is to make -

- Unstructured garments with just an over locker
- Fashionable garments for your layering wardrobe with easy, no fuss patterns

Saturday-Sunday October 13 and/or 14 - 1 or 2 days

For enrolment and requirement list, contact Redrock Books & Gallery on 5381 0866 or email info@redrockbooksandgallery.com.au

Gill Venn



Copies of 'History of the Brimpaen Fire Brigade' are available. Please contact Ivan Smith on 5382 2614; 0438 839204 or Redrock Gallery in Horsham. Cost \$22

Laharum Primary School Fundraiser

Friday October 26, 7.30pm

Cameron Oval Clubrooms,
Northern Grampians Road, Laharum

\$20 per person

Families Welcome

\$10 under 16 yrs

Children must have parental supervision

Nibbles Provided

Drinks at bar prices - strictly no BYO

Silent Auction

Put together teams of 6 or join a table on the night
Join us for a night of fun and laughs

RSVP essential by **Wednesday October 24**

Deb 0400 838250 or Cherie 0429 840252



Laharum Football Netball Club Annual Meeting

Cameron oval

Tuesday October 30, 7pm

Election of office bearers for the season 2019

NURSE ON CALL 1300 606 024

North West Grampians Branch of Horsham Lions Club



Fifteen people attended the District Governor's dinner meeting held at Laharum Hall on September 13. Dinner was delicious as always and it was fantastic to use the new kitchen facilities at the hall.

Two new members, Fiona & Darren Nuske were inducted by the 201 V2 District Governor Biddy Weel at the meeting. See photo page 12.

Our last meeting was held on October 2.

We have a fundraiser on **Monday October 8**, 1.30pm at Horsham Town Hall Theatre when Christine Middleton will present the fascinating 'Story of Ellen Kelly', Ned Kelly's mum. Includes afternoon tea. Cost \$20.

Seniors week will be launched by Horsham Rural City Council prior to the performance at 1.15pm. Bookings are essential by phoning 5382 9555 or visit www.horshamtownhall.com.au.

Proceeds go towards the restoration of the Lions Green Lake Kiosk.

Beth McGennissen 0418 951903

Brimpaen Ladies Social Club



Tuesday October 30, 2pm – Brimpaen Hall. 'Pick a topic day' – everybody brings along a topic that another member has to speak about for 3 minutes. Topic drawn out of a hat.

Tuesday November 27, 12noon. Christmas get together lunch at Commercial Hotel, Horsham.

Ann Dyer

Local Vocals

Laharum Hall
Leader - Merryn Eagle



Thursday November 22, 7.30pm

Come join us for early Christmas carols singing and for a happy and relaxing singing evening

Enjoy the friendship - it's lots of fun!

We love to see new faces - Minimal charge

Singing ability definitely not necessary

Laharum Tennis Club



Laharum is putting one team into the competition this year.

We intend to hold social tennis on Friday nights from 5pm with meal and bar, and play under lights till stumps. The annual fee has been reduced to \$20 per family providing insurance cover, etc with a \$5 charge for each weekend played - social, competition or both - to cover balls, nets etc. Meals will be at cost depending on what is provided or maybe it will develop into a 'bring along' affair.

We are also toying with a handicap system to even-out differences in ability. So if you are interested in having a fun night out with a bit of exercise, please contact me on wvicagserv3@gmail.com.

The first event is planned for **Friday October 12**.

Bill Gardner

Laharum Cricket Club



2018/19 season is quickly upon us! Laharum Cricket Club AGM was held on August 31 in Horsham with no major changes to Board members, structure or teams for the coming season.

We will again be entering A and C Grades in the senior competition - A Grade starting **Saturday October 13** and C Grade **October 20**.

The junior competition is revamped a little this year with changes to the age groups and match formats. The Friday night competition will be an Under 15 competition this year - eligible for boys under the age of 15 and girls Under 17 as of September 1, 2018. This will be a T20 competition and Laharum has entered a team in this - matches are scheduled to start **Friday October 19**.

Draws for all competitions are being finalised in the coming weeks. Please follow the Laharum Cricket Club Facebook page for updates.

The Woolworths junior blasters program - formerly Milo cricket - will start in the first week of term at Laharum on **Wednesday October 10**. There is a registration link on the Facebook page for this. If you have any trouble please contact Dan Mibus on 0437 728205 or myself. We will have a sausage sizzle following the first session on October 10 and will be able to assist with registration on the night.

Again, a huge thank you to Josh and co for seeking out sponsors and arranging our new shirts through the winter. The shirts are due to arrive any day now!

Our sponsors this year are - Australian Wildflowers, Horsham Hydraulics, Horsham Family Health Care, Royal Hotel, Cellarbrations, Lawrence & Hanson, Best Hire, Buildpro Wimmera. If you are interested in becoming a player, a member of the Board can assist with junior development. Please contact me on 0408 011319 or ben.peucker@outlook.com. Looking forward to another successful summer of cricket.
Ben Peucker, President

Laharum Hall Committee



The Hall kitchen is now well in use with much praise from users – see page 12. With the help of the committee and some non-committee people, the move from the old to the new kitchen happened. Thank you to all who assisted. Many hands make light work!

Thank you to Leigh Mibus for spraying the grass around the Hall.

We are having a committee dinner meeting to celebrate the new kitchen on **Monday October 15** - 6.30pm for dinner followed at 7.30pm with our meeting.

\$50,000 was raised by the committee towards this project. I can't thank this group of people enough for their support and extreme patience over many years, while we worked with Council to achieve the improvements at the Hall which will benefit all the community.

Judy Berendsen, Secretary



Wonwondah News

Wonwondah Sit & Sew



Fridays October 26 and November 30,
Wonwondah Hall, 9.30am-3pm.

BYO lunch and sewing supplies. I will provide tea, coffee and morning and afternoon tea, gold coin donation please. All newcomers are welcome - bring a friend or come alone and meet some new friends. ☺
Happy stitching. Sue Ahern 0438 304948

Wonwondah Fleece & Flower Show

Sunday October 28.

Fleece entries in by 9am on the Sunday morning.

Flower, Produce and children's entries in between 11am and 1pm.

Afternoon tea at 3pm - bring a plate to share.

Main Hall open to view entries at 3pm.

Guest Speaker at 4pm - Matthew Rohrasheim from Haven Grown.

Please contact Jill Warren on 0428 837500 if you would like a copy of the Schedule for Flower, Children & Produce sections.

Don't forget if you are shearing in the next few weeks to think about putting aside a fleece for the Fleece Competition. As well as merino fleeces we also accept crossbred and ram fleeces. There are prizes for merino fleeces and also a prize for most valuable non-merino style. Contact Andrew Bell 0427 811779.

Other dates to put in your diary -

Saturday December 15 – Christmas Tree

Saturday April 13, 2019 - Autumn Gathering/
Easter Egg Hunt

Jenny Ervin is Wonwondah Hall Booking Officer.
She can be contacted on 5384 6202 or 0409 175012.

Jill Warren

Wonwondah Landcare Group



The installation of the weather stations three months ago has now gathered a short history of soil moisture. Recently the group was involved in a session to learn the finer aspects of all the information each unit obtains.

At Jock and Russell Heard's site, Dale Boyd from Primary Industries Victoria compared an actual soil core profile with the data from the moisture probe. Following the paddock session, the group gained lots of information from existing probes around Victoria and Tim Powell who installed the units, also contributed. See photo page 12. This was followed by a barbecue at Russell's workshop which allowed plenty of discussion.

Our group has also received funding for further rabbit control as the K7 virus seems to have had little impact in this area. Please make any required works known to group members.

The next meeting will be **Tuesday October 30,** 7.30pm at Guest's dairy, all welcome.

Chris Guest

Laharum Landcare Group



Our meeting on **Tuesday October 9**, starting at 6.30pm in Laharum Hall includes the AGM. At 7.30pm Jess Bettess will show us how to identify and record local birds - see page 11 for full details. Supper is provided.

Laharum Landcare will be represented with some of their equipment at the Laharum Wartook Community Day on **Sunday November 11** – see page 2 for details.

Spring is an important time for controlling noxious weeds. We have developed a local noxious and environmental weed identification and control paper, which is free to whoever wants it. Please contact me at giliz@activ8.net.au.

We also have a lot of knowledge, some equipment and some funds for pest plant and animal control. If you want help with noxious weeds, rabbits or cats, please contact Wendy McInnes on 5383 6220 or me 5383 8207.

Also contact Wendy if you have indigenous vegetation or natural waterways that you want to protect or improve as there is some funding, and we also need to know so we can apply for future funding.

Gil Hopkins, Vice President

Horsham Rural City Landcare Facilitator



Many in our community await the outcomes of the Pick My Project process. I was impressed with the number and quality of entries, but also torn by the requirement to campaign for votes. Horsham Urban Landcare committee decided to just let the process take its course without too much promotion. Our fingers are crossed as funding for the shade gazebo will really start to shape this future food hub at the Salvation Army.

We will be holding a grand opening of 'The Patch' - community food forest and garden - on **Sunday November 18** at midday, shortly after the monthly Horsham Urban Landcare/Horsham Produce Swap.

HUL is also organising another Dunkeld Gourmet Kitchen Garden and Bakery Bus Tour on **Thursday November 15**. Please contact me if you are interested as seats will be limited.

Wimmera Landcare, with many local and Melbourne partners, are preparing to run a plantout weekend on **Fri/Sat/Sun May 31, June 1 & 2, 2019**.

The event has been called HeartLand Horsham and will be a trial to hopefully run as an ongoing event in the future. Yarrilinks is our model and with its success over 20 years, we will also be welcoming migrants and their families from Melbourne to visit and volunteer in our Horsham area, with a big celebratory evening and meal supplied by 'Lentil as Anything' on the Saturday evening. Local Landcare volunteers will have the opportunity to be involved. I will share more information about the event early next year. Please contact me on 5383 6220 if you would like to find out more before then.

Wendy McInnes, Landcare Facilitator



Batteries

Used vehicle batteries can be left at Pam & Des Geue's property at 1922 Northern Grampians Road which helps raise funds for Laharum Hall

**ALWAYS DIAL TRIPLE ZERO
TO REPORT FIRE**

Laharum Rural CFA



Since the last newsletter, Laharum Brigade has responded to one incident – a car accident on Mt Zero–Halls Gap Road. Luckily the occupants of both cars weren't seriously injured.

Laharum Brigade recently received some new first aid back packs through the Emergency Management Victoria grants. These back packs will be used to assist our members in responding to rescues in the Grampians. Both are stored in Laharum Tanker 1. Also in the same grant system, the brigade was successful in gaining an Engel Fridge to go in Tanker 1. Due to some CFA processes this fridge hasn't arrived yet, but will be installed in the tanker shortly.

It's good to see many members are taking the new tanker for a run and getting familiar with it. Even if you're not rostered on, please feel free to take out either tanker whenever you have time. In the coming months you'll notice a change in the truck roster for the Laharum Brigade. We've changed it so that members have the opportunity to take both tankers for a run on a cycle type rotation. One time you could be rostered on Tanker 1 and the next cycle Tanker 2 and so on.

I'd like to welcome Pam Pratt to the air waves. Pam has recently had the 2nd remote radio installed in her house and can take on her role as Grampians Remote 2. Training is in progress for Pam to get used to the CFA lingo, so if everyone can please be patient and kind with Pam as she learns the ropes!

Pre-Season Meeting - Laharum Brigade will be having their pre-season meeting on **Tuesday October 16** at Laharum Oval Clubrooms with a 7.30pm start. All members of the community are welcome to attend.

Fire Preparedness - Hopefully by now all residents and land owners have begun fire prevention works around their property in readiness for the coming season. As you would all be aware, the fire season won't be too far away and it would be fair to say fire restrictions will be introduced earlier. When weather conditions permit, get your burning of leaves, sticks etc done sooner rather than later.

The Brigade also plans to conduct its annual burn off around the Council dam, around and opposite the oval, school and Hall, plus both Fire Stations.

Recently I delivered batteries to mailboxes for those who have pagers. If I've missed anyone, please feel free to contact me.

Training - Our 1st Lt and Training Officer, Francoise van der Plank is planning to set up a training calendar with regular training sessions for any interested Brigade member in the coming months, no more than 1.5 hours.

Activities will include -

- Entrapment drill
- Hazardous tree identification
- Draughting, quick fill, generator use
- Radio communication protocols
- Grass fire simulation
- Pole fire simulation
- Using foam
- Pressure-testing canvas hoses
- Using the defibrillator
- Timing the crew safety sprays
- Using the monitor

Suggestions are welcome.

The calendar dates will be published on the Grampians Group Facebook page and in this newsletter, and announced further by telephone, pagers and by word of mouth.

Laharum–Wartook Community Day - Laharum Brigade is a proud partner in joining other community groups in a community day on **Sunday November 11** at Laharum Hall. Our Brigade Community Safety Coordinator Jess Bettess has done a great amount of work to organise this. See full details on page 2. See you all there!

Luke Dumesny, Captain

CFA District 17



Burn Off Notifications - All burn-offs should be registered on **1800 668 511**, because unregistered burn-offs can cause Brigades to be called out unnecessarily.

The information you will be asked to provide includes-

- Location
- Date and expected start and finish times
- Estimated size
- What you intend to burn

Before burning off -

- Check and follow local regulations or laws set down by your local council or CFA
- Notify neighbours at least two hours before starting the burn
- Check the weather forecast for the day of the burn and a few days afterwards
- Establish a fire break of at least three metres cleared of all flammable material
- Make sure there are enough people to monitor, contain and extinguish the burn safely and effectively

Preparing for Fire Season - Drier than average weather over recent months combined with the forecasts for spring, suggests the fire season is likely to commence earlier than usual and be more active than normal in parts of the State.

Preparing for rural grass fires - Reduce your grass fire risk on days when it's safe to do so. Slash, mow, graze and spray grass near your home and assets, and create fuel breaks. You should have access to firefighting equipment in the event a fire starts during your work, eg hitting rocks while slashing. Burn offs may be conducted prior to commencement of the Fire Danger Period.

What is the Fire Danger Period - also known as Fire Restrictions? - The Fire Danger Period is declared when the fire risk increases in your part of the municipality. Once declared, open air burning is prohibited unless you have a permit issued by Horsham Rural City Council or your municipality as appropriate.

For any permitted burns, ensure you comply with the conditions of the permit and always register your burn on **1800 668 511**.

If you light a fire without a permit during the Fire Danger Period, you could be charged with breaking the law and may be prosecuted. Penalties may include a fine of up to \$19,342 and/or up to 12 months imprisonment. Local agencies have a Zero Tolerance policy on illegal fires. CFA will report all illegal fires to Victoria Police who will prosecute. The current status of the Fire Danger Period is always displayed on the CFA Website under Warnings & Restrictions www.cfa.vic.gov.au

Louise McGillivray, Brigade Admin Support Officer

Laharum Football Netball Club



Laharum Football Netball Club would like to invite anyone in our community to join our great club. We have been established since 1923 and are still going strong!

We offer Net Set Go netball and Auskick for all children in the second term of school and ongoing throughout the season with qualified instructors.

Saturday morning starts with modified netball, 13 under, 15 under, 17 under, C Reserve, C Grade, B Grade and A Grade in netball.

Football starts with 14 under, 17 under, Reserves and Seniors with minis football at half time - jumpers are supplied.

There is something for everyone and at 'home games' we offer an evening meal at low low cost for anyone to attend.

We have wonderful new Change Rooms with one of the best manicured ovals and fantastic netball courts in the league. And one of the prettiest views around!

For any information contact me on 0429 836214 any time. Thank you.

2018 has been a very exciting year for the football netball club. As mentioned, we have our new beautiful Change Rooms. Thank you to everyone who helped out with funding for the Laharum Sports Inc and the hard work that was done to make this possible.

If I was asked what a member's club should look like – it's a place to play football and netball which consists of a well-manicured oval; a junior oval and great netball courts. Now to add new Change Rooms it has ensured our club is providing our members and community a great venue to be proud of. It is a community hub with a safe environment for our children and families. Great achievement!

All clubs rely on volunteers and if we don't have them, we cannot survive. I would like to thank all who have helped out in any way this season. For anyone not involved and wishing to help out, don't be scared to come and offer your services at any time. We have our annual meeting in October and are always looking for new ideas and new faces, so please feel free to put your hand up in any shape or form.

We as a club have had another successful year. Netball has lead the way with great pride in 2018. With all senior sides making the finals and 13 under leading the junior ranks, it is up there with one of the most successful years for our netball. We play the game because we love it and it's always a bonus when we are winning along the way. Thank you to coaches for their efforts this year - Scoop McCluskey, Tim Nagorcka, Carman Dridan, Brooke MacInnes, Bianca Mibus, Erin Mellington, Camil Quick and Caroline O'Donnell.

Our A Grade team going through the season undefeated was a tremendous achievement! A great effort to all who contributed to this team's success this year and in particular coaches Caitlin Story and Rebecca McIntyre. We came second in the grand final, but we are all so proud of our girls. See photos of netball players page 12.

Football has had a challenging year but the hard work does pay off. With very young under 14 and 17 sides this season, we are very proud that they have succeeded beyond maturity this year. Well done to Heath Mibus for

his continued effort with the team this season as Reserves Coach. Seniors didn't manage to scrape into finals in the end.

We will be talking to netball coaches at the end of the season on coaching appointments, so watch this space! We have re-signed Robert Miller as senior football coach with more announcements to follow in the football space.

Lastly I would like to thank District League Board, umpires, Laharum Board and all those who have volunteered for roles throughout the season in such roles as umpires, scoring, time keepers, trainers, first aid attendants, runners, tea, managers, water carriers, cleaned and dished up teas in and out and worked at the bar and canteen. The club thanks you all as you all ensure our club is a great place to be each season.

We are a very proud club which has been around since 1923 and I personally want us to keep providing a great place to meet and play sport. Let's bring on 2019 season!

Nadine Miller, Chairman Laharum Football Netball Club

Laharum Primary School Council



Calling for Enrolments for 2019 -

Unfortunately in 2018 the kindergarten at Laharum was in recess and even though we were hopeful of operating in 2019 with two prospective students, this is not to be the case. What this means is for the first time in many years, Laharum Primary School at this stage has no Foundation students enrolled for 2019.

Laharum Primary School has a well-developed program that goes from Foundation to Grade 6. Its NAPLAN results even from a small school show continuing growth over many years. The school offers an amazing range of extra curriculum activities, arts and performing programs and camps. Importantly the LFACES program provides amazing opportunities for leadership development of students as they progress through the school. The hard work of the parents and friends fundraising means that every student at the school has access to a laptop and we can undertake many outside-of school excursions. The Building and Grounds Committee has worked hard to provide an engaging and safe environment, and this year alone will see further works to connect the buildings and improve the amenities.

If you are interested or you know someone who might be interested in learning more about our wonderful and unique school, please make contact with the school on 5383 6202 and organise to come and visit. We are the only rural school in Horsham Rural City Council and one of only a few left in the Wimmera.

Rhonda McNeil

LAHARUM-WARTOOK VEGIE SWAP

2nd Sunday of each month - 10am sharp

Everyone welcome to come along 'empty handed' or with goodies such as vegies, fruit, preserves, cooking, seeds, seedlings, second-hand magazines to swap!

Come and catch up with your neighbours!

Education News



With mixed emotions, I write this last Newsletter article to say farewell to Laharum Primary School community and the extended community of Laharum.

As many will be aware, I am departing the school at the end of Term 3. I have thoroughly enjoyed my time at the school and I am ever so grateful for the support of a large contingent of people who have backed the school, our programs and the students.

I am pleased to announce that Jane McLean will be returning to the school at the start of Term 4 to take over as Principal. I know that Jane will be warmly welcomed by everyone across the area.

Once again, thank you to everyone who has provided assistance and support across my time at Laharum Primary School.

Building Works - It is with excitement at the school that our Capital Works Building Project has commenced during the end of Term 3 holidays. Over the course of Term 4 our school will have works undertaken which will see our entire administration building refurbished, a sick bay established, a verandah built linking the two main buildings in the school. These works will not only enhance the street appeal of our school, but will also enable our staff, students and visitors to move freely around the school in all weather and conditions. It is an exciting time for the school. We wait in anticipation to see the end result of the hard work and planning which has been undertaken over the past 12-15 months.

Mt Gambier and Naracoorte Caves - At the start of September the students in Years 3-6 attended a 3 day camp at Mt Gambier and Naracoorte Caves. See photos front page & page 11. On the last day of the camp we welcomed our Prep-2 students who joined us for some underground experiences at Naracoorte Caves. Many thanks to Marieke Dam for coming along and helping on the camp.

Students have been learning about 'Why we use different areas of Australia in the way we do' and the excursion to Mt Gambier and Naracoorte helped to reinforce the learning we had undertaken. In Mt Gambier we visited sink holes, caves, toured the pumping station at the surface of the Blue Lake, walked through a wildlife park and learnt about the volcanic history of Mt Gambier area. In Naracoorte we undertook a bat cave experience and then went underground in Blanche Cave and the Victoria Fossil Cave.

Upcoming School Events - During the start of Term 4 there are a couple of events which our parent club will be undertaking which our community can get behind and support if they have the time. On **Saturday/Sunday October 20/21** the Horsham Spring Garden Fest will be held. Our parent club will run a barbecue stall across the course of the weekend which is a terrific fundraiser for our school. If you are able to volunteer some time to assist then that would be appreciated. If not, make sure you drop by and have a sausage or hamburger for your lunch at the event!

On **Friday October 26** the school will be holding a trivia/quiz night. This was a great night out for all participants last year and is sure to match that this year. Teams can be organised or you can join a table on the night. See page 2 for details.

Craig Amos, Principal

Yoga at Laharum Hall



Yoga at Laharum Hall for over 17 years!

Join the 'regular' participants at 7.30pm and experience the benefits of yoga. It keeps our bodies flexible; builds muscle tone; maintains a good level of fitness and is a great stress relief – particularly important as we get older! Come and give it a go with our friendly group of

participants!

Please contact me on 5383 6265 if you plan to attend for the first time.

Judy Berendsen

Mineral exploration in our area – Stavelly Ground Release

The first newsletter to keep landholders and community groups updated on news about the Stavelly Ground Release Tender can be found on the website:

<http://bit.ly/MineralsExplorationNewsletterEditionOne>

You can subscribe to future newsletters:

<http://earthresources.vic.gov.au/earth-resources/industry-and-investment/stavelly-ground-release/contacts>

We are keen to remind landholders that we welcome approaches from groups for small tailored meetings which can be at a time and venue suitable to the group. We acknowledge that any such meetings are separate to your regular network events.

A link to the map of the area under consideration:

<http://earthresources.vic.gov.au/earth-resources/industry-and-investment/stavelly-ground-release/communities>

Please let me know if you would like further information. Telephone: 8392 9028; 0418 293419 or annie.farrow@ecodev.vic.gov.au

Annie Farrow, DEDJTR

Laharum Hall subscriptions are due

Subscriptions \$10 per adult. These subs are very important for the upkeep of our Hall.

If paying by direct deposit please include names.

Details as follows –

Commonwealth Bank Horsham

BSB 063 514

Account No 1007 6686

Alternatively post to – Laharum Hall, C/- Judy Berendsen
PO Box 621, Horsham 3402

Lah Arum Book

**Told by the people of Lah Arum & district
Published in 1987**

Lah Arum book includes family history with photos; industry from grazing to tourism; services from mail to government; education; community and church life; sport and much more!

A great gift idea - \$10

Please contact Judy Berendsen on 5383 6265

7 ways to cut your cancer risk



A third of cancers can be prevented with simple lifestyle changes

1. Eat a healthy diet –

Eat at least five serves of vegetables and two serves of fruit each day and limit processed foods and added sugar. To check the sugar in the products you buy, compare the numbers in the 'Average Quantity per 100g' column on the pack with our guidelines.

BEST < 5g **OKAY** 5-15g **POOR** > 15g

2. Limit alcohol –

If you choose to drink, aim for no more than two standard alcoholic drinks on any day. More than this increases your lifetime risk of harm from alcohol-related disease or injury such as stroke, some cancers, and heart disease.

3. Quit smoking –

Within one week of quitting, the lungs' natural cleaning system starts to recover, becoming better at removing mucous, tar and dust from the lungs.

Quitline dial on 13 78 48.

4. Get active –

One hour of moderate activity daily or 30 minutes of vigorous activity is recommended.

How to stay active every day -

- See exercise as an opportunity, not an inconvenience
- Walk instead of driving to the shops, and walk during your lunch break
- Walk or cycle to work, take the stairs
- Get off the train or bus one stop earlier and walk the rest of the way
- Do vigorous housework like vacuuming or gardening
- Get up and talk to colleagues instead of sending an email
- Use a pedometer to count your steps. Work towards a goal of 10,000 steps per day

5. Be Sun Smart –

- SLIP on covering clothing
- SLOP on SPF30 (or higher) broad-spectrum, water-resistant sunscreen at least 20 minutes before going outdoors and re-apply every two hours
- SLAP on a broad-brimmed hat to protect your face, head, neck and ears
- SEEK shade
- SLIDE on sunglasses

6. Get screened –

Australian government runs screening programs for breast, bowel, and cervical cancer.

Visit [Get checked](#) to learn more about early detection and screening

7. When in doubt, see your doctor

Be vigilant and make checking yourself part of your regular routine. Understand what is normal for you and see your doctor if you notice any unusual change

Find out more about [cancer prevention](#) or call our experienced cancer nurses on 13 11 20 or go to website www.cancervic.org.au

Financial support for Newsletter

If you still wish to make a donation for this Newsletter, here are details of how this is possible.

Donations can be made by –

- Cash
- Cheque made payable to - North West Grampians Newsletter
- or Direct Deposit to – CBA Horsham; BSB 063 514 Account No 1017 0621. Please include your name. Thank you.

Liz Hopkins, Publisher



PURE NATURAL HONEY

Buy Local – Support Local: 310g \$6.00 500g \$10.00
\$1 from every Jar sold direct from farm will be donated back to Laharum Community Groups
PHONE: 0419532615 TO ORDER FOR PICK UP
rosehavenfarmshedstore@gmail.com
Facebook rosehavenfapacas.com.au

FOR SALE

New children's bike

Suitable for 6 to 10 years

\$150

Contact John or Alison on 5383 6263



DOB IN A LITTERER

1300 372 81300 372 842 or 1300 EPA VIC

Report pollution of the environment
to the 24 hour EPA pollution hotline

Telstra Priority Assistance

For people with life-threatening medical conditions, Telstra will provide an 'immediate response' to telephone connection if your landline breaks down – phone **132 200**

The editor reserves the right to reduce the size of articles so the Newsletter fits 12 pages. Opinions expressed in any articles are not necessarily those of the editor. Please contact the author of the article for further discussion.



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**Please note the last day Deirdre's Restaurant
will be open is Sunday December 9**



478 Laharum-Grahams Bridge Road
Laharum Vic 3401

Phone 0419 116711 AH 03 5383 6385

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bikechef@activ8.net.au



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Join the wild & woolly world of knitting &
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knitters & crocheters and share hints and ideas. Bring
your own creation or start a new project for a **FREE** fun
session of sharing and participation.

Our meetings continue every Monday from
4-6pm at **Red Rock Books & Gallery**, 65 Firebrace Street,
Horsham. Our last meeting for the year will be on
Monday November 26.

Enquiries: 5381 0866 or email
info@fibreworks.net.au

Gill Venn

FABRIC SALE OLD ROSEMONT QUILTS

138 McTavishs Road, Laharum

Phone: 5383 6229 or 0457 661335

Email: oldrosemont@skymesh.com.au

Facebook: Old Rosemont Quilts

Open by appointment - Small groups welcome

**Quilts, fabrics, trims,
wadding, cottons, patterns and gifts for sale**



Shop and General Store

Open 7 days a week from 9am-6pm
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Phone Garry & Janet on 0404 696629 or
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LAHARUM FIRE BRIGADE TRUCK ROSTER

October - December 2018 IN CASE OF FIRE DIAL 000



*The trucks need to be driven at least 30km a week, and water pumped for at least 5 minutes. Fuel, tyres, lights checked. Refuel if less than ¾ full. **Fill in the log book.** Immediately report any problems to the Captain. Captains are – Laharum Mark Francisco 5383 8218; Brimpaen Ken French 5380 1500.*

Truck radio will be on Vicfire Channel 517 for emergency callout.

Call Grampians Remote 275# before taking the truck on a run. When returning change back to 517#

	LAHARUM TANKER 1		LAHARUM TANKER 2	
WEEK START	DRIVER	CREW	DRIVER	CREW
01/10/18	Barry Berendsen	Dan Berendsen	Gil Hopkins	Eh Doh Jah
08/10/18	Rob Launder	Ambrose Launder	Damien Knight	Andrew Crawford
15/10/18	John Fisher	Paul van der Plank	Luke Dumesny	Raquel Tyler
22/10/18	Will Pyke	Htoo Kaw Jah	Rob Jess	Daniel Doherty
29/10/18	Francoise van der Plank	Vicky Stevens	Tim Martin	Angus Martin
05/11/18	Mal Griffiths	Ray Zippel	Roger MacInnes	Deb MacInnes
12/11/18	Rob McInnes	Leigh Mibus	Gary Staehr	Robert Staehr
19/11/18	Brad Geue	Steve Suter	Mark Uebergang	Jenny Uebergang
26/11/18	Ed Johnson	Jim Johnson	Bill Gardner	Stuart Gardner
03/12/18	Jim Carter	Graeme Wood	Gil Hopkins	Eh Doh Jah
10/12/18	Bruce McInnes	Jessica Bettess	Mark Francisco	Dane Francisco

BRIMPAEN FIRE BRIGADE TRUCK ROSTER

Date	Tanker 1 Brimpaen		Tanker 3 Brimpaen		Tanker 2 Glenisla	
06/10/18	Peter McGennissen	Ra McGennissen	Anthony Smith	Ben Starick	Robert Barber	Will Barber
13/10/18	Ron Winfield	Courtney Dunn	Andrew Bell		Ken French	Teresa & Hettie French
20/10/18	Andrew Chincarini	Kerry Anne & Tristan Chincarini	Dean Winfield	Maggie Winfield Bailey Pilgrim	Rod Miller	Sue, Alana & Will Miller
27/10/18	Cameron McDonald	David Schmidt	Steve Price	Gerard Matthews	Luke Barber	Laura Anderson
03/11/18	Brenton Roberts	Amanda Britten	Des Roberts	Chris Roberts	Brian Campbell	
10/11/18	Peter McGennissen	Ra McGennissen	Anthony Smith	Ben Starick	Robert Barber	Will Barber
17/11/18	Ron Winfield	Courtney Dunn	Andrew Bell		Ken French	Teresa & Hettie French
24/11/18	Andrew Chincarini	Kerry Anne & Tristan Chincarini	Dean Winfield	Maggie Winfield Bailey Pilgrim	Rod Miller	Sue, Alana & Will Miller
01/12/18	Cameron McDonald	David Schmidt	Steve Price	Gerard Matthews	Luke Barber	Laura Anderson
08/12/18	Brenton Roberts	Amanda Britten	Des Roberts	Chris Roberts	Brian Campbell	

VICTORIAN BUSHFIRE INFORMATION LINE 1800 240 667

Total Fire Bans – Fire Restrictions - Bushfire Planning – Major Fires

Fire warnings and updates: Emergency broadcasters: ABC and Commercial radio stations and SKY News TV

Community Calendar of Events - October-December

October

Sunday	7	10am-2pm	Grampians Olive Co – 'Celebration'
Monday	8	1.30pm	Story of Ellen Kelly; 1.15pm launch of Seniors Week – Horsham Town Hall
Tuesday	9	4pm	Laharum Wartook Promotions Group – Olive Plantation Road, Laharum
Tuesday	9	6.30pm/7.30pm	Laharum Landcare Group AGM + Beginner Bird ID workshop
Friday	12	5pm	Laharum Tennis Social evening – Laharum courts
Monday	15	6.30pm/7.30pm	Laharum Hall Committee – Hall
Tuesday	16	7.30pm	Laharum Rural CFA preseason meeting – Cameron Oval
Friday	26	7.30pm	Laharum Primary School Fundraiser Quiz Night – Cameron Oval
Sunday	28	day	Wonwondah Fleece & Flower Show – Wonwondah Hall
Tuesday	30	2pm	Brimpaen Ladies Social Club – Brimpaen Hall
"	30	7pm	Laharum Football Netball Club AGM – Cameron Oval
"	30	7.30pm	Wonwondah Landcare Group – Guest's dairy

November

Tuesday	6	10am-3pm	Brimpaen Craft Club – Rosebrook-Glenisla Road, Wartook
Sunday	11	9am	Laharum-Wartook Community Day – Laharum Hall. Vegie Swap 10-11am
Tuesday	27	12noon	Brimpaen Ladies Social Club – Commercial Hotel

December

Tuesday	4	lunch	Brimpaen Craft Club – Brimpaen Hall
Saturday	15	evening	Wonwondah Christmas Tree – Wonwondah Hall

Mobile Library – Thursdays October 4, 18; November 1, 15, 29; December 13, 9.30am – Laharum Primary School

Laharum Wartook Vegie Swap – Sundays October 14; November 11; December 9, 10-11am

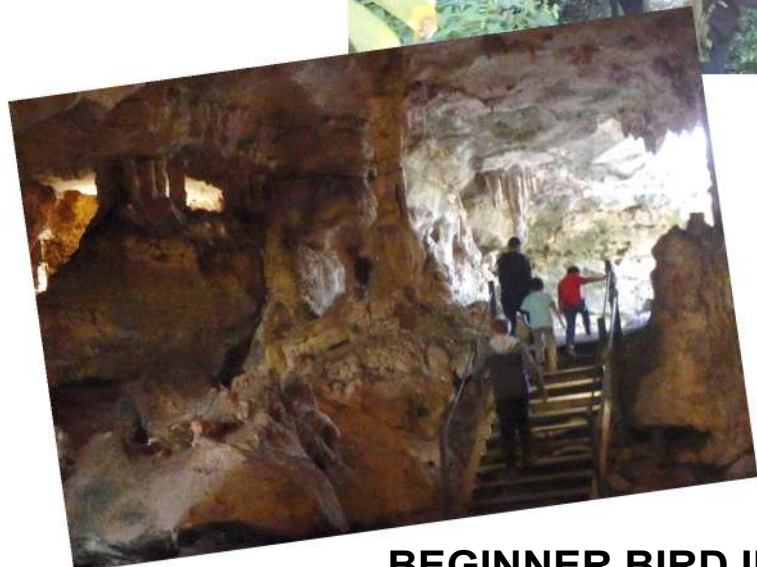
Laharum Cricket Club – Comps start – Wed Oct 10 junior 'blasters'; Fri Oct 19 Under 15; Sat Oct 13 A Grade; Sat Oct 20 C Grade

Unstructured Garment Making with Teresa Dair – Saturday/Sunday October 13-14, Redrock Gallery, Horsham

Wonwondah Sit & Sew – Fridays October 26 & November 30, 9.30am-3pm Wonwondah Hall

Autumn Gathering/Easter Egg Hunt - Saturday April 13, 2019

Laharum Primary School students at Mt Gambier and Naracoorte Cave excursion/camp



BEGINNER BIRD ID WORKSHOPS

Free Event everyone welcome



Join local bird enthusiast Jess Bettess, for a two-part workshop to help you ID common birds in your backyard and the Wimmera

Part 1 - Tuesday 9th October Laharum Hall, 7:30-8:30pm (following Laharum Landcare AGM)

In this one hour session Jess will cover the theory of basic bird ID, the equipment needed and help you to familiarise yourself with local birds found in the area followed by supper.

Part 2 - Sunday 14th October Wartook State Forest, 11:00am (following Laharum Landcare veggie swap)

Join Jess in the field as she takes you to one of her favourite local bird hotspots in the Wartook State Forest. Here we will put our skills learnt earlier in the week into practise, with a chance of finding up to 30 different bird species to ID

RSVP by Sunday 7th October to Jessica Bettess secretaryllg@outlook.com or Wendy McInnes wendy.mcinnis@hrcc.vic.gov.au 5383 6220





Wonwondah Landcare members checking a weather station



Veggie Swaps at properties - Prue & Will Pykes ↩
Gill Venn's ↓



Mal Griffiths with new members of Lions Fiona and Darren Nuske
and District Governor Biddy Weel



Laharum Netball players –
A Grade winners –
Bec McIntyre, Caitlin Story
& Emma Iredell
←

Laharum C
Grade
Netball players →



Laharum Football Netball Club



↑ Laharum Hall kitchen in good use! →

