

3610



MURCHISON COMMUNITY NEWSLETTER



MURCHISON PRIMARY SCHOOL
BE THE BEST YOU CAN BE!

MURCHISON PRIMARY SCHOOL 150+ CELEBRATION



Murchison Primary heritage building ready to help the school celebrate 150+ years!

Murchison Primary School's 150th celebration is happening on **Saturday, 1st April** and let's hope it's third time lucky. There will be food and drinks, games and entertainment and a chance to look back through photos and other memorabilia. We are excited to invite the community to this long awaited event.

We will be looking for volunteers to help out on the day so please contact the school if you would like to be involved.



Students keen to show their parents around



Parents and staff catching up



Meeting new staff members

We recently had our **Welcome BBQ** at school. It was a great success with most families of the school attending - checking out classrooms, meeting teachers and having a BBQ sausage.

Chappy, our school chaplain, once again brought his BBQ and cooked the sausages and onion beautifully for us - thank you!



Sausages were a big hit



Murchison Toolamba Football Netball Club

Connecting our Community - One Family, One Place, One Day

GRASSHOPPERS GEAR UP FOR A HUGE 2023

The Murchison-Toolamba Football Netball Club is gearing up for another huge season. Season 2023 will prove to be our biggest yet! After the 2022 season where we fielded all possible grades and they all qualified for finals, we have added more junior football grades and Auskick returns to the club for the first time in years! Check out our attached KDL Fixture.

Our committee, coaches and players have been busy over the off season making sure that we are able to engage our community like never before! We'd love to see everyone down at the Murchison Recreation Reserve on Saturday 1st April. On that morning we will be offering club memberships at an amazing value, get there for this April Fools Special! While you're there check out our Senior Footballers will be taking on Hadfield in a practice match and many of our netball and junior football teams will also blow out some cobwebs. Following the game, join us back at the Railway Hotel in Murchison East.

As you may have seen we've been working hard behind the scenes to fight for some much-needed upgrades for our community club. We hope that as the 2023 season rolls on that we will be able to deliver some news regarding this project. We will be seeking investment from local residents to ensure that this facility is suitable, not just for our club but for the whole community - The Murchison and Toolamba Community Hub (The MATCH) will provide so much social value for us all.

Training continues each Tuesday and Thursday afternoon. Pop on down to see your local team prepare for the new season. We are confident that each grade will have an enjoyable season.

Our club website mtfncgrasshoppers.com is live and is now accepting merchandise orders through our SHOP.

See you at the club,

MURCHISON-TOOLAMBA FNC
FIXTURE

R1 SAT APRIL 15 DOOKIE UTD AWAY	R9 SAT JUNE 24 LONGWOOD AWAY
R2 SAT APRIL 22 NAGAMBIE HOME	R10 SAT JULY 1 SHEPP EAST HOME
R3 SAT APRIL 29 GIRGARRE AWAY	R11 SAT JULY 8 STANHOPE HOME - NAIDOC
R4 SAT MAY 6 LANCASTER HOME	R12 SAT JULY 15 BYE
R4 SAT MAY 13 BYE	R12 SAT JULY 22 VIOLET TOWN AWAY
R5 SAT MAY 20 RUSHWORTH AWAY	R13 SAT JULY 29 MERRIGUM AWAY
R6 SAT MAY 27 UNDERA HOME	R14 SAT AUGUST 5 DOOKIE UTD HOME
R7 SUN JUNE 4 AVENEL AWAY	R15 SAT AUGUST 12 NAGAMBIE AWAY
MB SAT JUNE 10 MONARCH'S BIRTHDAY	R16 SUN AUGUST 20 GIRGARRE HOME
R8 SAT JUNE 17 TALLY HOME	KDL FINAL 6

2023

MEMBERSHIP SIGN UP DAY
SATURDAY 1ST APRIL

\$50 SOCIAL MEMBERSHIP
WITH \$20 VOUCHER
SIGN UP BEFORE NOON

3610 MURCHISON COMMUNITY NEWSLETTER IS A PROGRAM OF NEIGHBOURHOOD HOUSE MURCHISON (VIC) INC.

Articles are due no later than the 17th of each month.

Publication will be the last week of each month.

Please email your article to 3610ourplace@gmail.com
Subject line: Your Name/Organisation name and month of edition.

- All articles are subject to publisher and Management approval.
- Please submit in a Word document.
- Please submit Images as jpeg.
- Articles published are neither in favour or not in favour of politics.
- All articles must be submitted by the monthly deadline to be included in the next edition.

Rates and Guide for submission.

- Community group/ Not-for-profit Organisation Local Area rates:
Up to full page: Free
- Not-for-profit organisations from non-local area welcome. Space may be limited.
- Frontpage will be shared on a monthly basis between local Community organisations.
- For further details contact the Manager of the House at 3610ourplace@gmail.com

Commercial Rates:

- Full Page: \$100
- 1/2 Page: \$50
- 1/4: \$30
- 1/8 (business card): \$15
- Annual Sponsorship - Business card size. \$250 for 12 editions.
- Annual sponsorship also includes 1 x half page article per annum with photos. For further details Contact Katrina Campbell at 3610ourplace@gmail.com

Neighbourhood House Murchison
23 Impey Street Murchison VIC 3610

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E: info@murchison.org.au

Opening hours; 9am to 3pm Monday to Friday (excluding Thursday).

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- OR
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<input checked="" type="checkbox"/> Removalist and transport costs	<input checked="" type="checkbox"/> Technology e.g. laptop, phone	<input checked="" type="checkbox"/> Utilities
<input checked="" type="checkbox"/> Furniture and whitegoods	<input checked="" type="checkbox"/> Medical and dental	<input checked="" type="checkbox"/> Pet costs

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MURCHISON RSL SUB-BRANCH ANZAC DAY DAWN SERVICE 2023

Murchison War Memorial, Stevenson St Murchison

- Assembly @ 5.30am
- Commencement 5.40am
- Conclusion 6.20am
- Breakfast from 6.20am.

The Murchison RSL will be selling ANZAC Pins in the lead up to ANZAC Day. Pin sales will commence over the Easter weekend and again on Friday 14th April from 8.30am – 12 noon outside Supa Valu and on certain days at The Railway Hotel, Murchison East. So, grab a pin or just say hello to our volunteers, a smiling face, a wave or quick chat makes our day as much as a donation or sale.

All funds raised are used to support veterans with 50% for use to support local veterans & their families and 50% for veterans throughout Victoria.

The Dawn Service will be held at the War Memorial on Stevenson Street and will be lead by the RSL's newly appointed President Brian Carlon. Breakfast and coffee will be available at the conclusion of the service with all funds raised from the breakfast going to Murchison Primary School.

If you feel inclined to get involved and volunteer, or you are a veteran in need of assistance please email us at murchrsl@outlook.com.

We look forward to seeing you in the lead up to, and at the Dawn Service on ANZAC Day.

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REMEMBERING JOE VRACA

BY MARGARET LOCK, SECRETARY MURCHISON AND DISTRICT HISTORICAL SOCIETY

On Sunday, 26th February, a memorial plaque was unveiled beside the labyrinth in Meteorite Park, Murchison, in honour of Guiseppe (Joe) Vraca who died, aged 74, on 2 January 2019. For many years, Joe was known for generously supporting a great number of local charities and other causes, helping to bring many projects to fruition in the Murchison area.

Stage 1 of the labyrinth was officially opened in 2019 as part of the 50th anniversary celebrating the fall of the Murchison Meteorite. With Stage 2 being recently completed, new features show the updated pathway, together with the planets of the solar system painted by Murchison Primary School students. The planets are all positioned to correspond with the time the Murchison Meteorite landed in the Murchison district on 28th September 1969. A board beside the new plaque gives information about the labyrinth, as well as naming and identifying each planet.



An outline of the pathway of the Murchison Meteorite Labyrinth



Plaque



Vraca family

Many Vraca family members and friends, old and new, were in attendance at the unveiling organised by Kay Ball, President of Murchison and District Historical Society. Kay also gave a moving speech about Joe, as well as explaining the creation of a meteorite-themed labyrinth put forward by Rosie Cornelious in 2019.

Stage 2 of the labyrinth included restoring the pathway outline, together with painting and resealing the surface, generously sponsored by the Vraca family. M&DHS member, John Ferguson, also kindly donated the plaque fixed to a large rock beside the labyrinth.

Afternoon tea was later enjoyed by a large group of visitors back at the Murchison Heritage Centre.

NURSE VIVIAN BULLWINKLE

BY VIVIENNE LINANNE, APPEALS OFFICER, MURCHISON RSL SUB-BRANCH



Having recently been appointed the new Appeals Officer for the Murchison RSL Sub- Branch I was delighted that my mothers cousin Nurse Vivian Bullwinkle has been featured on a new ANZAC Day pin.

Vivian Bullwinkle began her nurses training in March 1934 at Broken Hill and Districts Hospital. Vivian joined the Australian Army Nursing Service in 1941 and was posted to Singapore leaving Australia on 9th September 1941.

Over the next 3 months the medical staff worked 16-hour days to ready an asylum as a general hospital, the hospital was ready to function on the 25th November with an 1100 bed capability. On the 7th December 1941 the bombing of Singapore began, Australia was at war with Japan. In the fighting that followed the wounded continued to flow into the hospital and staff worked around the clock under fire.

The Nurses were ordered to evacuate during the final nightmarish hours of the fall of Singapore. On the 14th of Feb 1942 the Nurses evacuation ship the SS Vyner Brook is bombed and sunk, separated from the others, 22 nurses surrender to a Japanese patrol on Bangka Island. The 22 nurses are marched back into the water and shot. Vivian is wounded and plays dead and is the sole survivor. Dragging herself out of the water and crawling into the jungle she finds a wounded British soldier, Private Kingsley.

After 12 days of begging for food from villagers, the realisation that the risk to the villagers if they were found to be helping them, starvation and their wounds force them to surrender. For the next three and a half years Vivian and the other surviving Australian Nursing Sisters of the 2/10th, 2/13th AGH and the 2/4th CCS* are starved, tortured, refused medication and constantly moved from one jungle camp to another.

On the 11th September 1945, walking through the gates of the prison camp were three men with the Australian Rising Sun badge on their berets, the Australians were here and the war had ended, of the 65 nurses that were evacuated from Singapore only 24 were coming home to Australia.

In the years following her return to Australia Vivian was to rise steadily in her profession. In 1955 she was appointed Assistant matron of Heidelberg Hospital offered the rank of Lieutenant Colonel and became the Commanding Officer of 3 Royal Australian Army Nursing Corps Southern Command.

At age 61 Vivian retired from Nursing, married Colonel Frank Stratham and relocated to Perth. She remained heavily involved in many support organisations including the Army Wives' Association, Returned Sisters', Military Museum, Red Cross, Royal Humane Society, State War Memorial and the Naval, Military and Air force Club.

NURSE VIVIAN BULLWINKLE

CONTINUED...

She spoke at schools of the true meaning of ANZAC Day and marched until such time as health prohibited.

The following inscription appears on the window of the Chapel of the Queen Elizabeth Hospital, South Australia and is dedicated to those nurses who served Australia in time of war.

*When you go home
Tell them of us and say
For your tomorrow
We gave our today.*

ANZAC Day pin sales will commence over the Easter week-end and again from Friday 14th April, please feel free to stop and have a chat if you see me or any of my RSL colleagues outside SuperValu or The Railway Hotel in the lead up to ANZAC Day.



Pot Painting Workshop for adults and kids.

Local artist Kez R is bringing her popular pot painting workshop to Murchison Neighbourhood House during the school holidays.

In this workshop Kerrie will be showing you how to paint and decorate a terracotta pot. She will guide you through the process and encourage you to embrace your imperfections! Afterwards, you will be able to take the pot and a small plant home to enjoy.

FREE Tuesday 18 April 2023
10.00am to 12.30 pm

No cost, but numbers are limited and booking is essential. Please contact Louis Bowden with name, phone number and email address to secure your spot.

23 Impey Street Murchison
03 5826 2373 | manager@murchison.org.au

Kez R Art is coming to the Neighbourhood House during the school holidays for some **FREE** art workshops.

- Pot Painting Workshop for Children and Adults | Tuesday **18th April** | 10am - 12:30pm
- - Permission to Play Creative Workshop for Adults | Thursday **20th April** | 10am - 12:30pm

Booking is essential. Get in touch with Louis at the Neighbourhood House to register.

Permission to Play Creative Workshop

Did you used to love exploring your creative side? Have you found life too busy to make time for being creative? Would you like to have some fun with a range of Art supplies?

Local Rushworth Artist Kez R will be at **Neighbourhood House Murchison** to guide you through the use of a variety of art supplies, creating a mixed media artwork.

FREE Thursday 20 April
10am to 12.30pm

No cost, but numbers are limited and booking is essential. Please contact Louis Bowden with name, phone number and email address to secure your spot.

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MURCHISON MEN'S SHED INC

INC No. A01097471; ABN 47749064930; ATO, DGR

23 Impey Street Murchison Vic 3610

Values: Respect, Honesty, Inclusiveness, Community Focused, Integrity

We have been waiting 10 years since the Murchison Men's Shed first started on the 28th February 2013 in a very cramped, cluttered garage workshop at the back of DP Jones nursing home in Murchison. In 2015 we moved to a double carport behind the Neighbourhood house. Alterations started the next week - half the front was closed in with a window and sliding door and the other half used as storage. There was no committee, we were just a few old guys enjoying each others company and keeping ourselves occupied.

By 2018 we had a committee, became incorporated and - due to a lot of hard work by the members and working with the Greater Shepparton City Council - we are about to move into our new shed.

Our official opening is tentatively planned for **Saturday 6th of May 2023**. The council is proceeding with this date in the hope that the building will be completed, a lease signed and keys handed over before this date.

Contact Dennis - 0428 148 210 - or Con - 0421 525 665 or 0468 786 454 - for more information.



ROYAL CHILDREN'S HOSPITAL GOOD FRIDAY APPEAL FRIDAY 7TH APRIL 2023

Murchison Fire Brigade - Members and Juniors along with our colleagues from Murchison SES, will be out collecting from 9.30am, not going to be home, then you are more than welcome to donate at the Murchison Fire Station.

Our virtual tin will be available if you would like to donate online, the link will be available on our Facebook page (Murchison Fire Brigade CFA) shortly.

Please Give that they may grow!



MURCHISON FIRE BRIGADE CFA

BY BOB LANGFORD

BURNING OFF

AGRICULTURAL BURNS: CFA is often asked about 'burning off' at this particular time of year. Although the FIRE DANGER PERIOD IS STILL IN FORCE Permits under schedule 13 may be issued to FARMERS to assist in stubble burning. Such permits are issued subject to strict compliance with certain laid down procedures and arrangements and Farmers wishing to make application for a permit are encouraged to apply via Fire Permits Victoria at firepermits.vic.gov.au.

NOTE: Lighting a fire in the open during a Fire Danger Period without a permit is an offence and can bring a hefty penalty. CFA advise of a 'ZERO TOLERANCE' policy towards those operating without, or not operating fully within the conditions of any permit.

PLEASE THINK VERY CAREFULLY AND DO THE RIGHT THING !

PLANNED BURNS. As the weather cools planned burns are undertaken across the State by Forest Fire Management Victoria with the aim of fuel load reduction in certain areas identified as having a potential hazard. Such burns are strictly supervised by FFMV and are not to be confused with Permit Burns. A result of planned burning might mean local exposure to wind born smoke which can drift for many kilometres and may not relate to an emergency close to home. Planned burns are usually indicated on the Vic Emergency app.

VIC EMERGENCY APP

VicEmergency is a centralised website for Victorians to access emergency information and warnings on a real time display and is worth downloading.

PLAN-ACT-SURVIVE

Going away for a long weekend or even a road trip ? If you plan on visiting or even passing through high risk locations please plan carefully by checking Fire Danger Ratings for these areas on a daily basis. Be aware that conditions can change very quickly and often without notice. Take every precaution and if in any doubt as your safety, stay at home !

WINTER IS COMING

Shudder the thought, but it's unavoidable. Our thoughts naturally tend towards keeping warm. Our CFA thoughts tend towards advice to keep you safe. A safe community means that our big red trucks get to stay in the shed away from the winters chill. As we move towards winter, please ensure your basic safety precautions are considered for instance,

- smoke alarm installation or maintenance
- chimney flues cleaned before lighting.
- electrical appliances are in good order
- re-visit or start your Home Fire Escape Plan

-Obtain a copy of the CFA CFA publication 'HOME FIRE SAFETY' for reference. Available free from the Post Office, High Street shops and the Neighbourhood House.



MURCHISON JUNIOR FIRE BRIGADE

BY BOB LANGFORD



Members of the Murchison Fire Brigade CFA recently visited the Primary School to highlight the activities of the Junior Fire Brigade. Did you even know that Murchison CFA had a Junior Section ? Well, it's going strong and looking for new members ! Junior Fire Brigade (JFB) offers supervised activities with the emphasis on fun in a disciplined environment for children between the ages of 11 and 16.

Junior Fire Brigade is strictly non-operational with no actual firefighting involved but part of the program is structured to give participants an awareness of the dangers of fire together with the necessary safety precautions. Sometimes parents can learn a lot from their children ! Other activities might include weekends camping, perhaps canoeing on the Goulburn River or visits to places of interest, all designed to encourage teamwork and self-development.

The JFB programme is supervised by three of our Senior Firefighters, designated 'Junior Leaders' - Rebecca Catania, Andrew Gell and Sharon Reilly, each having had children benefit from their involvement, and all now graduated into the Senior brigade. Interestingly our Captain Thaniel Mayer is a graduate of the Murchison JFB training programme as are many of the Brigade Officers - 'start at the bottom, and end up at the top'.

Murchison Fire Brigade CFA is proud of our Junior section and is one of the few CFA Brigades in the area to offer this opportunity to the younger members of the community. Vacancies exist for membership and if interested, children and parents are invited along to the Murchison Fire Station on Robinson Street between the hours of 1pm and 2pm on Sundays to watch Juniors in action and have a chat with Junior Leaders.

All CFA Senior Members are in possession of the necessary police clearances and certification required for involvement with minors. CFA is one of the leading organisations pioneering inclusion and equal opportunity.

COME AND HAVE A LOOK!

BOLTON ESTATE AGENTS

**If you're thinking of selling
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THE MONTH .10AM TO 11AM.

A program of the Murchison Neighbourhood House.
23 Impey Street. Murchison. VIC 3610

CREATIVE CITY NETWORKING SESSION



Interested in learning about visual and textile arts in our region? Come along to this free workshops session!

STITCHED UP WORKSHOP: TALKING TEXTILES WITH JUDITH ROBERTS

Friday 12 May, 2 to 4pm.
Murchison Community Centre
10 Watson Street Murchison

Initiated through Greater Shepparton City Council's new arts strategy, Creative Cities, this event is one of several presented by local arts workers and artists. Hosted by Rhonda Chrisanthou, textile artist Judith Roberts will present a lively talk and demonstration about her experience as a textile artist working and exhibiting in regional Victoria.

Judith Roberts is a well-known member of Shepparton Textile Artists and the founder of Tactile Textiles. She will present an overview of her artwork that includes experimentation with materials, using natural dyes, creative needlework, recycled fabrics and found objects. Participants will also learn about local networks and creative spaces for visual and textile arts and complete an art activity prepared by Judith. Refreshments provided.

Booking essential through Eventbrite: [stitched-up-workshop-talking-textiles-with-judith-roberts-tickets-573342632247](#) or contact host rchris@iinet.net.au



MURCHISON RETIREMENT VILLAGE INC WYBALENA VILLAGE

LIVE LOCAL, RETIRE LOCAL AND REMAIN LOCAL.

Our Village provides 11 friendly, supportive and affordable independent living units which are operated on a “not for profit” basis through our Management Committee, on behalf of your community.

The following is a short story about another of our residents who calls the Murchison Retirement Village Community his home.

Baden Mouldsdale has only recently become a resident of Wybalena. Baden has led a very active a full life so far, having been born in Gippsland to a dairy farming family based in Jindivick (North of Warragul) and then at the age of 9 moved to a dairy farm in Stanhope. His family then moved to an orchard in Kyabram and later to another dairy farm, this time at Girgarre. Baden moved to Shepparton in 1960 in search of work outside of the farm, taking on various roles over time including in a grocery store, as a cash van salesman, working for 26 years at the local Mobil distributorship and driving trucks including a few years driving a gas tanker.

Baden has a keen interest in many areas:

- Ballroom dancing {and very good at it too with several “Beau’s” to his name}! His parents and grandparents were active ballroom dancers so it was always going to be in his blood. Baden believes that dancing provides those involved with fitness, improved balance, improved brain function and naturally improved social interaction.
- Fishing, along the Goulburn, Murray and Edwards Rivers with a definite skill to catch those elusive big one’s mainly using lures.
- Baden has always been keen on horses and involved in horse racing and training and horse ownership. Baden enjoys horse trail riding in the high-country including Kosciusko National Park etc.
- When young, Baden was a competitive cyclist and at the age of 15 won a junior road cycling championship. As a bike rider Baden could be seen peddling the roads around the district in earlier times
- Baden has a wealth of knowledge and has amazing memory for dates and events – just ask him about any of the football grand finals {he has been to 11 of them including a number with his beloved team, Richmond. Or who won the Melbourne Cup in any year {Baden has been to 9}!

Baden has 5 children who are all grown up and live around regional Victoria, plus 5 grandchildren and 3 great grandchildren.

Baden enjoys the freedom and flexibility provided at Wybalena as this allows him to close his door and be out there undertaking all those activities and interests that Baden likes to do including spending time with his family.

We appreciate Baden making the time to tell everyone a little about his very busy life’s journey and how he has found life at Wybalena Village.

We will be providing another of our resident’s story in the next edition of “3610” Please check out future editions of 3610 for more information but if you have any questions, please feel free to contact any of the Committee members including:

Bruce Smith 0437157319 } Marg McMaster 0417162213 | Lee Gardiner 0438464913

MURCHISON'S BEAUTIFUL PLANE TREE NEEDS OUR HELP BY TIM LINTON



Our beautiful Victorian State Heritage listed London Plane Tree planted in 1913 in front of Thornebridge is under threat. This tree, your tree is one of 2 State Heritage listed trees in the Goulburn Valley so needs to be protected. It is a treasure Murchison wants to keep forever.

I own Thornebridge behind the tree with my partner Clare and we care about the tree and know you do too. We are writing this article because we are concerned and need your help with City of Greater Shepparton and Regional Roads Victoria.

In the week beginning February 13th Greater City of Shepparton council decided the Low Road in Murchison East required fixing due to flood damage. The issues with this is the road resurfacing goes right under the tree and now the tree has a concrete like surface on the northern side which will place it under increased stress because it won't be able to source any water from this side any more.

The possible consequences of this resurfacing are that we will slowly see the tree suffer under increasing stress. It will lose branches, become bare, lose limbs, on the north side first probably and slowly it will become obvious the tree is dying because it can't get enough water. I am no arborist but I have lived there and looked after the tree for 26 years and can just see what's going to happen.

Council have been contacted in regards to the health of this heritage listed tree and have responded that any road works are considered repairs and are exempt under some road act. We are not satisfied with this response.

Do not despair there is something you can do to save the tree! You can email council - - council@shepparton.vic.gov.au - and Heritage Victoria - heritage.victoria@delwp.vic.gov.au - and tell them you care about the tree and the community and want to see some action.

I thank you for taking the time to read my rant. You might think I am going off half cocked and getting carried away but all I am thinking about is the tree. It can't say anything or do anything and we need to respect it, look after it and guide it on its journey.

FLOOD INQUIRY OPEN FOR PUBLIC SUBMISSIONS

The Legislative Council’s Environment and Planning Committee has now opened public submissions for the Inquiry into the 2022 Flood Event in Victoria, established after the passing of a Liberals and Nationals motion during the last parliamentary sitting week.

The Nationals Member for Euroa, Annabelle Cleeland, is calling on those impacted across the Goulburn, Broken and Murray systems to make a submission.

“This inquiry has the ability to make crucial recommendations and ensure our region is better prepared and protected against flood events,” Ms Cleeland said.

“It is vital local voices are heard. Businesses and individuals have a great opportunity to voice their concerns and push for change.

Individuals and organisations addressing one or more of the issues identified in the terms of reference can make a submission before the closing date on May 8.



RURAL FINANCE FLOOD SUPPORT CLOSING SOON

Primary producers impacted by the October floods are reminded to apply for financial support before the deadline on April 30.

Four streams of assistance remain open through Disaster Recovery Funding Arrangements, in a Commonwealth and Victorian Government partnership.

Get in touch with Rural Finance on 1800 260 425 for a confidential discussion.

POWER SAVING BONUS IS BACK!

All eligible Victorian households - including those that received payments under previous rounds - can apply for the \$250 bonus to provide relief from skyrocketing electricity prices.

Neighbourhood House Murchison is here to help if you need a hand with the application.

23 Impey Street Murchison
5826 2372 | manager@murchison.org.au



DHURRINGILE PRIMARY SCHOOL

'Aim High' Respect Achievement Resilience



The students at Dhurringile Primary, like many other schools, participate in wellness or wellbeing activities as part of the curriculum. We have named our wellbeing lessons S.H.I.N.E. with the acronym coming from:

- o I STRIVE to do my best
- o I make HEALTHY choices
- o I INCLUDE everyone
- o I try NEW things
- o I understand my EMOTIONS

Our SHINE lessons incorporate the Resilience, Rights and Respectful Relationships program (RRRR) together with Be You, Smiling Minds and Chill Skills for Kids.

We are extremely fortunate to have Lisa from Chill Skills come to visit us each Thursday afternoon. Lisa takes us through a range of therapeutic, creative and expressing activities to alleviate stress and anxiety. We explore what makes us happy in life and listen to relaxing stories to take our minds to a place of happiness where we can leave our cares and troubles behind! We practice body movement strategies for being happy and calm along with mindfulness drawing or colouring. Chill Skills has become a favourite time for everyone at Dhurringile since commencing in term 4 last year.

To assist with the mental health and wellbeing of our students (and staff!), we have been offering a variety of activities to choose from during break times including quiet activities. Our students can choose traditional school yard activities such as ball games, playing on the playground and generally running around or they can choose quiet activities such as drawing, building with different materials like dominoes or blocks, rolling over the grass on yoga balls, or playing with our cotton sand.

If Dhurringile Primary School sounds like a school where you might like to send your child for 2024 or 2025, why not arrange a tour and chat? We would love to show our beautiful, small school to you and discuss what we can offer your child. Tours can be arranged with Lisa on 0418 383 064.



KYLIE LADD TOURING GOULBURN VALLEY LIBRARIES TO SHARE HER NEW BOOK "I'LL LEAVE YOU WITH THIS"

Kylie Ladd will be visiting four of Goulburn Valley Libraries' branches later this month to share her recently published book *I'll Leave You With This*.

I'll Leave You With This is a heartbreaking, funny, thought-provoking and honest novel about a brother's legacy and the tangled bonds of sisterhood.

The O'Shea sisters couldn't be more different. Allison, an obstetrician, has always put others before herself and is torn between her job and young family. Prizewinning film director Bridie hasn't had work in over a decade, though her actor husband is on the brink of stardom. Clare, desperate for a baby, is bereft when her wife leaves her after their latest IVF failure and Emma, the youngest, has turned to God to fill the aching loneliness in her life. When their only brother Daniel is killed, the four women drift even further apart. Then, on the third anniversary of Daniel's death, Clare proposes an idea: they should trace the many recipients saved by his donated organs. Perhaps their brother's gift of life can bring them back together again?

Kylie Ladd is a novelist, psychologist and freelance writer. Her five previous novels have been published in Australia and overseas, and her previous book *The Way Back* has been optioned for film. Kylie has also co-edited and co-authored two non-fiction books.

Cobram Library | Wednesday 26th April 2.00pm
Violet Town Library | Thursday 27th April 2.30pm
Mooroopna Library | Wednesday 26th April 7.00pm
Nagambie Library | Thursday 27th April 6.30pm