

3610

*live
work
play*

FREE

murchison and district newspaper

April 2018 #16

a change of pace



Next Deadline is 18th July for August Release

The Changing Face of Aged Care

Dom Mellino

Hi I am Dom Mellino, the CEO of Murchison Community Care. We operate what I believe to be one of the best Nursing Homes in the country D.P Jones Nursing Home. I say this after once again having achieved the 44 standards out of 44 as set by the Australian Government – Australian Aged Care Quality Agency.

As a Non for Profit community based organisation our staff and Volunteers play an integral part in ensuring that we offer our residents the best of care in the family environment that we strive to achieve. I would like to take this opportunity to highlight a shift in the type of residents we can expect to be entering our Nursing Home over the next 10 to 15 years and the challenges we can expect from them.

They are called the “Baby Boomers” for a reason, and yes I am one of them. There are a lot of us born between 1945 and 1964, in the post WWII baby boom and some are starting to hit their 70’s now and will be the core demographic for Aged Care and Home Care Services over the next 20 to 30 years. We are also different. Unlike the generation that preceded us (the “Silent” Generation) we are less tolerant, less likely to follow rules, more independent, less patient, better educated, more demanding, etc.

Methods, styles and processes that have worked for the Silent Generation over the last several decades will be challenged by this new demographic. How service providers will need to change to accommodate us is probably yet to be determined, however, service providers need to take steps to better understand us so as to better adapt, right now.

Where to from here for us? Well the aged care landscape is constantly changing, and we need to be at the forefront so that we are able to offer the best of care to our residents for years to come. I hope to keep you informed of some of these changes in future 3610 publications. I will also offer some advice on what you may expect when it’s time for you or someone in your family to enter a Nursing Home. Until then have a good day.

What’s on at Murchison Preschool?

Maddy Ginger

The children are very excited each Thursday as Mrs Vraca and two Grade five helpers visit us from Murchison Primary School. Last week Mrs Vraca taught us a new song “Gerlump went the little green frog”. Then the children created their own frog puppet with a whistle blowing tongue.

The garden is a favourite place for the children to explore. We were amazed to find a Leaf Insect trying to hide on our green gate.

Insects are a popular interest at the moment with caterpillars, snails, ants, worms, millipedes and slugs discovered under logs, pavers, rocks and hiding amongst our plants.

The Sandpit is always busy with the children cooking, digging and building together. These constructive activities encourage new friendships forming as we get to know each other.

• NOV

16

SAVE THE DATE

Evening Fete - Friday Nov 16th

Like information about having a stall at the fete?
Contact Michelle Donders on 0408 138 197

Parks Victoria

Emma Banting

Winter As winter is approaching it is important to remember the bush will become harder to access. Please do not drive through water and avoid using tracks where possible when wet as this will damage them. Please remember when camping to check for overhanging branches and trees. The river will still be high over the next couple of months due to irrigation and environmental water.

Firewood Theft If you see any incidents of firewood theft in the park report them to Parks Victoria on **131 963**.

Days Mill Update Tenders have now closed and are being evaluated. We are hoping to have work commencing in July on the restoration program. We are looking at potentially opening the mill in late November. We will confirm dates as soon as we can.



Murchison Occasional Care

3Yr Old Fun Group

For children 6 weeks - 5 years

Mondays 9am-2pm

Murchison Pre-School

\$60 per session
(Centrelink rebates available)

Bookings

5826 2485

A Change of Pace for Smudge Bromac

Margaret Clarke



Popular pacer Smudge Bromac has a new career and he is relishing his new roles! The David Aiken trained gelding retired from racing 12 months ago after 209 starts generating \$460,000 in prize money.

He retired to Peter Clarke’s property, Willowood Equicentre, where he was a regular visitor throughout his racing career. He is being cared for there by his biggest fan, Sue Terry.

His new job was originally as a companion paddock horse, but Sue knew he was destined for far more interesting roles. She has retrained

him to be a pleasure horse both in harness and saddle. Over the festive season she dressed him as a reindeer, hooked him up to a buggy and he was driven by Santa Claus to visit local farms, much to the delight of both children and adults.

He has recently been welcomed to Harness racing Victoria’s HERO program as its newest ambassador, where he will travel to various harness racing meetings as part of the ‘Pat Your Hero’ promotion. Sue first took Smudge Bromac back to the racetrack on Shepparton Gold Cup night this

year to mark the running of the John Brain Memorial in honour of his former owner, who died of Motor Neurone Disease. She always has the donation tin discreetly available for any donations towards this worthy cause.

To show the amazing versatility of this wonderful horse, Sue took him to his first horse competition at Tatura Park where he placed 2nd in a hack event! Sue believes that Smudge is ideally suited to his roles. ‘He’s a big personality,’ She says. ‘A lot of people put their hand up to adopt him when he retired and I’m enormously grateful to the connections for choosing us. He retired completely sound, which is an extraordinary achievement, so we keep him in regular work to maintain his fitness and health, which he loves. I was initially drawn to Smudge because of his success over a long racing career, but I really didn’t expect him to get under my skin quite the way he has. He’s a little horse with a huge heart and a very big personality!’ So it’s onwards and upwards, Smudge Bromac!

SCHOOL HOLIDAY FUN

Are the kids looking for something to do over the school holidays? Murchison Neighbourhood House will be offering a selection of activities aimed a primary school aged children. A survey has been sent to families through the school so those results will be integrated into the ideas already on the drawing board.



Keep an eye on the school newsletter, murchison.org.au website for information closer to the time about the low cost activities on offer.

School holidays are from June 29th – July 15th.



Men's Health Night



Join us at the Railway Hotel for a night of fun, all in the name of men’s health

Tickets \$50pp
(tables of 8 available)

Railway Hotel, East Murch from 6pm, tickets include a two course meal and drinks available at bar prices. Bring your holiday spending money to help raise funds while you have lots of fun. Money raised to GV Prostrate Support Group

For tickets phone Sharon 0438 262 172



TALK ABOUT Dawn Beale

It's easy to see the pre-loved shop as an chance to grab a bargain. But Dawn has made it so much more. As we sit under the trees sharing a pot of tea, Dawn recalls how she came to Murchison, her involvement with the community, and memories that span a lifetime.

Juliet Palmer

3610 As a well-known local, did you grow up in Murchison?

Dawn No, I came to Murchison 24 years ago, to marry the man I still love as we've grown older together. We got married under a 200 year old tree on his property, and there were over 70 guests attendance.

3610 How did you get involved in those early years after moving to Murchison?

Dawn I found it easy to get to know those around me better as I worked in the nursing home, as well as helping out with local youth. I love simply sharing stories of times gone by over a cup of tea; there is so much history to learn of a place or peoples lives.

3610 How long have you volunteered in the Murchison pre-loved shop?

Dawn I've worked here for 14 years. In that time I've made many good friends, seen families grow, some stay, some move on, and I try to help those who need it most. they might need a

food parcel or just a kind word.

3610 You've had a very busy community life. How do you unwind?

Dawn I love reading, particularly of autobiographies. I always enjoy spare time at home, and being on a 40 acre property makes it easy to get away from it all! I've always been an animal lover. I have the perfect place to watch the wildlife and farm animals.

3610 You have very strong family bonds. What are some of your happiest memories?

Dawn We had family gatherings at my home in Diamond Creek, where I raised my two boys. I can remember fondly the Sunday afternoons when all the extended family would come over for a cuppa. We'd watch the children play under the shady trees and talk about life. I had an enormous 17 cup teapot, very well used on those days, and the oven was never free of scones!

Continued murchison.org.au/dawn



Murch Readers

Ann Dennis

At our February meeting, The Guernsey Literary and Potato Peel Pie Society by Mary Ann Shaffer and Annie Barrows, was the topic of conversation. Generally the consensus was that we all enjoyed the story, and many anecdotes from our families of the difficulties faced by civilians during the war and the German occupation were recalled. The novel's format of letters between the characters to tell the story is an unusual one, but we all got used to it very quickly and enjoyed the insights which letter writing can reveal about the characters.

At our meeting on March 23, Year Of Wonders by Geraldine Brooks was our focus. Readers generally found this an intriguing story, based as it is on a true story, of the troubles faced by one small English village in plague-ridden 1666, and their ingenious solution to the reality of that hideous disease.

We will be considering Burial Rites by Hannah Kent at our meeting on 29th June. New readers welcome to join the discussion!

gotafe

We're on the road!

Access FREE advice on training and employment opportunities at your local Skills and Jobs Centre.

GOTAFE Skills and Jobs Centres and Murchison Neighbourhood House are excited to be providing a pop-up Skills and Jobs Centre where you can get free access to:

- Career Voyage
- Course information
- Career advice
- Resume and job applications
- Interviews skills

Call **5826 2373** for details

Wagners Cafe

Kay Ball

Closure of Wagners Cafe Murchison
It is sad to say goodbye to India and Kadir who have been providing a great place to meet, eat and drink excellent coffee by running Wagners Café over the last couple of years. India and Kadir have been poached away to work full time at a busy eatery in Bendigo where they are sure to give the same great service that we have all enjoyed in Murchison during their time in the town, and they will be sorely missed. All their customers wish them every success in their new venture.



The building housing the enterprise is going to be auctioned soon so the Café is not functioning at present.

Writers to Publish

Lucette Bailliet

Murchison writing group has a new project in 2018 – to publish a chap book. What is a chapbook? No, it's not a chapter book but more the equivalent of a sketch book for an artist. It is a kind of work in progress, a collection of ideas or in our case a collection of texts, prose or poetry with interviews of the writers who participate. It is the ideal format for what we are doing in the group which is meeting monthly and presenting a project we may be working on, or work on a prompt either in class or from between classes. What is fascinating is how diverse the texts are from the same prompt. We learn a lot from each other too.

Feel the Love

Jenny Lister



It may not have quite been Valentine's day, but 34 people came together amid roses and flowers on February 16 to feel the love, raising money for the GV Breast Cancer Support Group.

Enjoying a meal prepared by India and KD from Wagner Bros, guests enjoyed a sumptuous two course meal and a raffle boasting lots of local prizes (see murchison.org.au for a list of winners). Fifteen hundred dollars was raised from the event which was inspired by a request from the group to raise money for local women after the success of last year's pink ribbon event supporting breast cancer research.

Looking forward to building on the success of the night, organisers are already planning for this year's pink morning tea on October 6

Newlyweds



Murchison Pharmacy Worker Rebecca was recently married to Michael Treloar at Kyal Castle Ballarat. Good Luck for the future.

Dhurringile PS

The Life Education Van was the latest excursion for Dhurringile Primary school.



For anyone not familiar with Life Ed, it is a program for pre-school through to secondary school students that 'empowers children to make safe and healthy choices now and into their adult lives'. Every session is hands-on with the children joining in with the assistance of the Life Ed mascot 'Healthy Harold' the giraffe. You may have seen the large white semi-trailer with Harold's picture on the side parked at a local school.

Together with the Harston students, the Dhurringile Year foundation to two students, undertook the program 'Ready, Steady Go' which focused on the benefits of healthy eating, physical activity, strategies to stay safe, and how our body reacts in different situations.

The year three to six students from both schools studied 'Mind your Medicine' which assisted the students to find out about medicines, how they can help and affect the body and why some people need them.

Continuing to Chip Away

Alan Munro

Murchison Men's Shed has had a busy month installing our dust extractor. A new hole in the wall means that the noisy extractor will be outside in the new carport. The unit is mounted on casters and we can move it into the shed when we have finished using it. Wal, Bob and Bill have installed the plastic pipe to which various machines may be connected to take dust out of the shed. Members are grateful for the work that has been done by local tradesmen Peter Davies and Jon Crowley to make this possible.

Recent work includes the installation of shelves in the Neighbourhood House and the sanding and sealing of blocks for the Pre-School.

New members are always welcome, remember we have a barbeque lunch on the first Wednesday of the month and, tea coffee and a chat always available.



A Mystery Somebody has left an old radio tablegram outside the op shop with the request for the Men's Shed to repair it. It has a valve radio with a turntable, and the cabinet has been neglected for many years. If you were the donor, will you please contact Alan 0407 849 440 to talk further about this.

Lions Continue Hard Work

The Murchison Lions Club is once again conducting its Weekly Wood Raffle, with the cold weather closing in this is a good chance to top up the wood supply for a small outlay and good fortune. Congratulations to the first two winners who kindly donated the wood to other people.

The club also conducted a Driver Reviver site on the Thursday evening before Easter at Warring and we thank the Warring Service Centre for allowing us to put our caravan on their site. This was we believe a worthwhile activity as we had almost 200 travellers pulling to have a free drink and snack.

The Lions Community BBQ Trailer was put to use at the Dawn Service on ANZAC Day as the SES cooked a hearty breakfast. Well done to all concerned.

The Lions Club raises funds in this community and also distributes money

to local causes. If an organisation feels Lions can help they can contact the Lions Club and put their case for assistance.

The Lions also have been helping keep the Murchison Cemetery in good order with the help from the Dhurringile Prison inmates, we hope we can continue to give this service with the help of people with a community spirit for this town.

The Lions meet Monthly at the Historical Society or the Caledonian Hotel for a dinner meeting. Those who would like to get more info on Lions can contact Alan Rosser.

Recent good news for all the community is the News Release that an injection has been developed to help reduce the incidence of Ovarian Cancer, Australian researches with funding from Australian Lions have led this exciting development.

murchison
Preferred
shop

CLOTHING CRAZY
ALL CLOTHES \$2

*Offer for June 2018, excludes jackets and coats. 9:30 - 2:30 Monday - Friday

Social and Community Connections

Murchison Garden Group

4th Wednesday of the Month 7:30pm \$1.
Guest speakers, garden walks, displays, DVD screenings & more. June 27 Therapeutic Gardens. No July meeting. Call Beth 0458 262 240

Community Café

Wednesdays 10:00 - 11:00am, \$1.
\$1 capuccino, latte, hot chocolate or tea. Homemade slices and cake on sale, indoor and outdoor seating available.

Men's Shed

Wednesdays 1:00pm - 2:30pm, \$5.
This enthusiastic group is a chance to meet and talk with others, work on small projects for different community groups. Contact Alan 0407 849 440.

Murchison Book Club

4th Friday of the month, 10am, Gold Coin.
July 27th, August 24th, September 28th, October 26th
Booklist available from murchison.org.au or pick up from Neighbourhood House.

Cuppa and Chat

Tuesdays 10.30 - 11.30am, Gold Coin.
Meet new people & time out with a social group.

Monday Activity Group

1st and 3rd Mondays of the Month, 1 - 3pm \$5
Variety of activities, games, DVDs, speakers, craft, short trips and lunch. Home pick up available. Group run from Murchison Community Centre. Bookings required, begins July

Simply Lunch

Mondays and Wednesdays from 12pm, \$5.
Join us in a two course meal, everyone welcome, \$5 per person. Bookings appreciated phone 5826 2373.

Monthly Movies

Tuesdays Jul 24, Aug 28, Sept 25 - 12:30pm, \$2
Watch a recent release film with others, film followed by afternoon tea.

Writers Group

2nd Friday of the Month, 10am, \$2
Share your story, try something new or just enjoy the company of other writers.

Computer Troubleshooting

Wednesdays 1:30 - 2:30pm, \$2
Bring in your computer problem and we will try to help you to work it out.



Health and Wellbeing

Walking group

Wednesdays 10:00am, Gold Coin.
Leaves 10am Wednesdays during the school term from the Neighbourhood House. Group members welcome to stay for cuppa and the end of the walk.

Modified Strength Training

Tuesdays 11am - 12noon, \$4.
Exercise your total body at once and develop greater strength. Equipment is provided, sessions conducted by Primary Care Connect.
Term 2 ends June 26th, program resumes July 17th.

Carers Group

Tuesday Jul 17th, Aug 21st, Sep 18th, 10:30-11:30, Free
If you see yourself as a carer to someone, come along and help to establish a monthly carers group to meet your needs.

First Aid training

HLTAID
CPR 6-10pm Aug 15th \$70
HLTAID004
Level 2 first Aid 6-10pm Aug 15th \$165
HLTAID003
Level 2 update 6-10pm Aug 15th & 22nd \$85

Community Bus to Shepparton

This community service runs from Murchison to Shepparton and back every Thursday, drops off in K-Mart precinct or at appointments as required. Bus leaves the Murchison Neighbourhood House at 9am or other points by prior arrangement. Cost \$5 per person, booking essential.

Crafts

Needle and Thread

Fridays 12:00 - 3:00pm, \$3
Activities change weekly, please contact for current list of what to bring/projects. Group members available to offer support and advice on patchwork projects as required.

Quilting Frame

Available for \$15 per hour.
By arrangement only. Call 5826 2373 for details.

Yarning & Sewing with Helen

Fridays 10am - 12noon, \$2.
Learn to knit or crochet, sew with a machine, draft or read a pattern.

Draw & Paint Weekly

Tuesdays 10 - 12noon, \$5.
Get inspired to begin new projects, BYO materials or purchase a basic painting kit from our tutor.

Everyday Service

Printing & Photocopying

Photocopying, scanning and laminating available
Monday - Fri 9:30am - 2:30pm.
B&W: A4 20¢, A3 40¢ - Colour: A4 40¢, A3 80¢

Room For Hire

Room For Hire for meetings or classes. Please ask about our generous rates

Maternal & Child Health

Fortnightly service by appointment only, for more information phone 5832 9312.

Immunisations

4th Tuesday of each month, 12:15 - 12:30.
Ph 5832 9731 for more information.

Murchison Community Plan

check out when meetings are scheduled and up to date information about progress to date on murchison.org.au

Murchison Website

Not only a place to find out what is happening at the Neighbourhood House, but who to contact in local groups, and see what is happening in our community calendar. Listings by community Groups are most welcome! Follow the prompts to list your event for everyone to see.

3610 Newspaper

3610 Murchison & District Newspaper is printed bi-monthly. Issues released to our community. Delivered FREE to homes in the Murchison and Dhurringile areas, copies available for pick up from selected business.

Information and Referral

If you would like to find out more about local services or programs, office staff may be able to help with written or verbal information. Office hours are 9:30am - 2:30pm weekdays.

St Vincent de Paul

Fridays 3:00 - 4:00pm
Volunteers from St Vincent de Paul are available for help. Appointments not necessary.

Internet Cafe

Monday - Friday 9:30 - 2:30, \$2.
Open during office hours - \$2 per hour

WANTED

Reporters & Photographers

We're looking for articles, preferably accompanied by photos, which explain the success of the local community, clubs, businesses, events, or activities. Because a story must be of interest to its readers, help is available if needed to complete an article.



SCHOOL HOLIDAY ACTIVITIES

July 2nd - Rock Art
July 9th Scarecrow & Seeds
\$5 each activity

10-11am daily, suitable for primary school aged children. Bookings essential, adult sign in and out required.

Help us plan for term 3 school holidays, send in your ideas to the Neighbourhood House before 01/09/2018.



Linen Sale

SB Sheets \$1
DB, QB, KB Sheets \$2
Pillowcase 20¢

*Offer ends July 31st,
excludes doona covers.

Shoe Sale

All Shoes \$2*

*Offer ends August 31st

All money made stays in Murchison and is used to maintain and upgrade facilities at the Murchison Neighbourhood House



Preschool Mother's Day dinner

Juliet Palmer

For 60 years now the Murchison Preschool has held its Annual Mother's Day Dinner, inviting all women from the community from all ages and walks of life. It is a great opportunity to get to know one another as well as kick your heels up! This year was no exception. A very topical theme this year in view of the Royal wedding. "Here comes the Bride", was an event that went off with a blast, with over 80 women dressed as Brides, Bridesmaids, Flower girls, Grooms, Reverends and Mother's of the bride, converged to make a very memorable night! With something old, something new, something borrowed, something blue; some ladies turned out in exquisite gowns, others in very poor taste! For some it was a chance to reminisce and relive the happiest day of their lives, and for others the

chance to have the wedding they always dreamed of. The hall decorated with beautiful paintings and ornaments made by the preschool children, it gave a very personal touch to the evening and showed exactly what the funds were being raised for. Proceeds from the evening go towards much needed refurbishments for the Murchison Preschool as well as the upkeep of the occasional care program. With generous donations from local businesses, the raffle was a popular event of the night, as well as the highlight: best bride and groom outfit. Marion DeCline, winner of best bride, wore her own wedding dress, over 50 years old! Beautifully modified over the years to suit ballroom dancing, Marion's dress was as elegant as the blushing bride herself.



St. Brigid's Luncheon

The sun sparkled through the Autumn leaves surrounding St. Brigid's Catholic Church as nearly 100 guests filed through the open doors donning their finest hats for the Annual Luncheon. Hats made for the occasion, some bought, some old, and some new. With so many different hats to choose from, it must have been a difficult decision for the guest judge Loretta, who has been a milliner for many years. Residents from DP Jones Aged Care facility turned out in hats they had decorated especially for the occasion as well as members from several other community groups and churches. Floral hats were the most popular choice with a few modern race day offerings as well. Guests enjoyed a feast accompanied by local wines with all proceeds going toward the Catholic Ladies Auxiliary, who provide much needed funds for some of the most worthy causes, both locally and afar.



Help to Identify Stolen Porperty

Ricky Keast

Overnight on Saturday the 12th of May and the early hours of Sunday the 13th of May, a series of theft from motor cars occurred in Murchison, along with one known burglary. The cars were unlocked at the time and various items were stolen. An offender has been interviewed for the series of theft from motor cars and burglary. Not all property stolen has been recovered. At times the offender was leaving property stolen from one car, in other cars he was stealing from. If you have located property in your car not belonging to you, it is requested you contact Murchison Police.

An owner for two recovered stolen items is yet to be identified, being a child’s fishing rod and a brief case tool

kit, depicted in attached photographs. If you are the owner this property, it is requested you contact Leading Senior Constable Keast, at Murchison Police Station, on **5826 2222**.

I would imagine nearly all of us would lock our cars if they were parked in any large city. It is a timely reminder for all of us to not become complacent, just because we live in a quiet small rural town. I urge all residents to lock their cars when they are un-attended during the day or night, whether they be parked in a garage, carport or in the street. The thief on this occasion did not target any locked cars, so please do yourself a favour and lock your car, when it is un-attended.

Murchison Ambulance Branch

Maree Pulis



Progress for the brand new Ambulance Branch for Murchison is on track to open in coming months. The new Ambulance Branch will boast state-of-the-art facilities for Paramedics and Ambulance Community Officers, including:

- * Large garage
- * Training Room
- * Locker Room
- * Paramedic Relievers Quarters
- * Team Manager Office
- * Secure Parking for Staff

Features such as the ability to open up the training room into the communal area with sliding doors will be of great benefit when training local Ambulance Community Officers from Murchison and surrounding areas.

The Paramedic Relievers Quarters will enable continued coverage of Murchison when permanent Paramedic staff are not available.

We thank the Murchison community for your continued support and hope to showcase our new facilities later this year.

Service Recognised



Sue O’Mahony recently retired from the Murchison Cemetery Trust after 22 years as a Trustee. Chairperson Stan McMaster thanked Sue for her service and dedication to the Cemetery Trust, particularly for her diligent attention to the job of Treasurer for 17 years. Stan presented Sue with a Certificate of Appreciation on behalf of the Department of Health and Human Services at the last Trust Meeting.

While Sue might be retired from the Cemetery Trust, she is still very active with other community and church activities, not to mention the arrival of her first great grandchild.

Garden Group

Everyone enjoyed learning about succulents at the April meeting from Michelle at Flourish in Mooroopna.

In May we heard from Larry from Emerald Bank giving us tips for growing roses.

Then on Wednesday 27th June we have Michael Hutton coming and he will speak on Therapeutic Gardens.

Tatura Garden Seminar is on June 6th and is always a great day. There is no meeting in July.

We usually meet at Neighbourhood House at 7.30pm on the 4th Wednesday of the month. Further information call Beth **0458 262 240**

Historical Society

Kay Ball

Twenty nine members and friends had a terrific day on a coach trip to the Costume Collection at the Thomson’s in Bulleen on 4th of May. The displays are so well presented by Loel; cleverly presented and reflecting Australian social history – right through from mid 1800’s to the 1980’s - just amazing! Bryan has motoring memorabilia on display as well, enjoyed by the men folk as well as the ladies.



Sadly Bryan and Loel’s days at this ideal location are numbered as the property has been compulsorily acquired for an extension to the freeway. Finding a suitable person to take over this very special collection of costume is a work in progress.

Our group were so pleased we planned this trip to the Costume Collection when we did, as the opportunity may not happen again.

On the way home we had afternoon tea and a guided tour of the Vietnam Veterans Walk in Seymour which is really well done and quite amazing.

Medical Centre Update

We are so fortunate to have a high quality and dedicated medical team in Murch. The clinical staff are well trained, thorough, and caring. We have systems in place for follow up of results, preventative medicine, and referrals to specialists and allied health. Last year the clinic was awarded a \$50,000 matching grant from the Department of Health to position the clinic as a premiere rural teaching centre in the hopes that by training more medical students and registrars we will attract and keep high quality doctors now and in the future.

The challenge is that the demand for appointments is greater than our current capacity. In fact, if it seems like the waiting room is busier than usual, that’s because it is. In addition to having brought on Drs. Kaur and Berryman within the last two years, our nurses have seen twice as many patients this year compared to last year. And while the clinic is not designed to be an emergency room a number of same day urgent or emergency cases present in the clinic each week, pushing out wait times for those who are already booked in.

- To alleviate the appointment congestion, we are:
- * Actively recruiting for another GP
 - * Limiting new patients living in Murchison (until we have more availability)
 - * Adding an additional consult room
 - * Purchasing equipment to conduct more telemedicine appointments

As we are taking these measures to maintain the high quality of care you are used to, and improve access to services, there are ways patients can also help:

- * Think ahead and schedule appointments well in advance so you do not run out of prescriptions
- * Cancel appointments at least a day ahead of time if you cannot attend
- * Reply to appointment text reminders
- * Ring ahead and if your GP is running behind reception staff will reschedule your appointment

Protecting rural medicine is a challenge in many places in Victoria and around the country. Working together we can find solutions and continue to offer the quality and service you deserve and have come to expect.

100 Years On and Still Blooming

Be part of celebrating the Centenary of the end of WWI by knitting or crocheting some poppies to form a commemorative display on Remembrance day in Murchison. This is an exciting project being undertaken by Murchison Neighbourhood House and Murchison RSL. This is a ideal opportunity to personalise a symbol of remembrance for a family member or unknown soldier who served.

Red and black wool, green for a stem if you are making one are all that you need. There are many patterns online and a pattern sheets are available from the Neighbourhood House or online at murchison.org.au. Completed poppies can be returned to the Neighbourhood House before



October 26 for assembly as part of a larger display.

For more information, call into the Neighbourhood House and talk to Jenny. A limited amount of wool is available to get you on your way with the project – come in and ask. Murchison Neighbourhood House is open Monday – Friday, 9:30-2:30pm.

Community Plan Update

Rhonda Christanthou

The sub-committee for Iconic Town Entrances is pleased to announce that Council has accepted a quote from Design by Nature for the East Murchison entrance project. Led by Louise Costa Pele and Melissa Stagg, Design by Nature will meet with Murchison Community Plan group at our next meeting on June 19 to begin community consultation on the concept design and to submit a draft plan and technical details that includes elevations and construction schedule.

There will be further opportunities for viewing and commenting on the proposed designs in the near future, with updates posted online on the Murchison Neighbourhood House website at murchison.org.au

If you'd like to receive electronic update please email Jenny Lister, manager@murchison.org.au

With the aim of increasing visitation and recreation opportunities, MCP members have recently met with the members of the Tatura planning committee to discuss the possibility of joining our towns with a new trail. We'll be looking into new funding opportunities once we have looked at possible trail links for cycling, riding and walks in proximity to the river and other scenic sites. If you'd liked to get involved, register your interest megan.hill54@yahoo.com.au

We soon look forward to seeing new business opportunities presented at the next Murchison Business Event organized with Rohan Sali, through Council's economic development department in the new financial year.

2018 School Captains Profiles



Hi! My name is Ellie Parr, and I'm proud to be one of Murchison Primary School's School Captains for 2018. I'm 11 years old, and I really like that I know most of the students at this school. In my free time I like to read, paint and hang out with my family. My favourite footy team is Richmond, (go Tigers!) and my favourite food is tuna mornay.

As School Captain I'm looking forward to leading others in the way we treat our school's natural environment. I also think it's important to treat other people the way we want to be treated, including people who can't speak up for themselves. I want to learn as much as I can and achieve the most I can. My Words of Wisdom for other students is to Be the Best You Can Be!



Hi, I'm Sebastian Vraca. I'm 11 years old, and I'm proud to have been voted a School Captain for 2018. I'm looking forward to the responsibilities of being School Captain, like giving speeches, especially on Anzac Day. I like playing sports and gaming, and I hope to encourage my house to try and win the school sports. The best thing about Murchison Primary School is the nice teachers and all the sports equipment. As a leader in the school, I hope to teach younger students right from wrong, and help them with any problems. My Words of Wisdom for other students is to Treat Others as You Want to be Treated!

Murchison Fire Brigade Update

Sharon Reilly

Plugging away at fire safety

Murchison Fire Brigade has been actively checking our town's fire plugs. If you notice a damaged fire hydrant post or you have a post but can't find the fire hydrant hole, please contact us and we will send our team out to have a look. Take note where the hydrants are when you park your car - you could be parking over them and not know which makes are job harder! There is a program called Adopt a Hydrant if anyone is interested call in and have a chat to find out more. If you use a clothes dryer, remember to clean the lint filter after EVERY USE

We are always looking for recruits. There is more than just putting the wet stuff on the red stuff and have many roles in our group that could be right up your alley. Call in to the fire station on a Sunday between 10-12 noon and have a chat to the gang on what you have to offer us or how we can help you keep safe this winter. **Junior Fire Brigade** CFA juniors meet on the first Tuesday of the month during school terms. If you have a child who is between 11-16 yrs who is wanting to learn about leadership, team work and gain skills, call Sharon 0438 26 2172 to find out more

Bowls Club

Wendy Thompson

Murchison Bowls Club is winding up for this season, the AGM on the 15th May will see the present executive changing over to the new one. The new office bearers and their contact details are:

President

Geoff Higgins 0417304463

Secretary

Gordon Thompson - 0408570368

Treasurer

Margaret Tweddle - 0408570981

Tournament Weekend

Lester Trevaskis - 0400705814

Tournament Midweek

Marlene Lockyer - 0409182958

We are looking forward to what the future season holds for the club. So from now until September the "greens" will be sleeping even though they look dead. The bar will be open after 4pm most Friday's if you would like to drop in for a friendly chat, or to enquire about our club.

Thank you again for all the support you have given us over the season.

PS The Club has a new email address, so please update your records to be murchisonbowlsclub@gmail.com

Meals on Wheels Drivers Wanted



Drivers required to be part of local roster. Phone 5826 1100

GRPSA

GOULBURN REGION PRESCHOOL ASSOC.

2019 Enrolments Now Open

Kindergarden and 3 year old Fun Group enrolments for 2019 are now open for the following centres:

Murchison Preschool

28 Watson St Murchison
5826 2485

Toolamba Preschool

69 Wren St Toolamba
5826 5320

Menigum Preschool

33 Waverly ave Merrigum
5855 2467

To enrol complete an enrolment form which is available at grpsa.com.au or at the centre and return to the centre. For further information please contact the centres, Enrolments close on 31st August 2018

Strength to Strength

Jenny Lister

The benefit of regular weight bearing exercise is well documented, and for many years, the Neighbourhood House has been offering strength training as a group activity.

Now in partnership with Primary Care Connect, this continues on a weekly basis. Led by Rod James, a qualified personal trainer, students are encouraged to set personal health goals and to work to improve their level of health through set group activities. A doctor's clearance is required to be part of this group, and new members are welcome. A second class will be offered soon, so watch this space or follow murchison.org.au for details.

DCAG Meeting

Dhurringile Community Action Group is holding its Annual General Meeting on Monday, 18 June at 7pm. This group meets quarterly and is designed to interface with the prison about escapes and other issues. If you are interested, contact DCAG Secretary, Rachel Smith on 0419 236 888.

3610 is a bi-monthly publication produced by Murchison Neighbourhood House in response to local demands for local news. Before each edition, requests for news, are sent to all local groups and deadline dates advertised on each edition and through social media.

Local support through news collection is vital to determining the shape of 3610 and for its continuation. Stories are published as contributed and we thank all, regular contributors for their time. So if you are thinking of making news, remember to tell others through our publication and website murchison.org.au

Email contributions to info@murchison.org.au or Phone 5826 2373



Murchison
Neighbourhood House

Seniors Week Bus Trip

Wednesday October 17th... more detail next edition

REDUCE PLASTIC IN LANDFILL

The PreLoved Shop is counting down to no more single use plastic bags from July 1st 2018.

Help Murchison and BYO re-useable bag or purchase a handmade one from the PreLoved Shop.



Bag making workshops happening every Friday from 9-11am at Neighbourhood House, or get a Home Kit. For more info call the 5826 2373.