

The Charlton Community Newsletter

August
2020
Issue 141

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www.charlton.vic.au
charltonnewsletter@hotmail.com

Charlton's Only Dedicated News Resource

Charlton RSL - Tribute to the Land Lasses



Above: A recent addition to Charlton's growing street art precincts is a visual tribute to the "girls" of the Australian Women's Land Army (AWLA) who served in rural Australia during the Second World War. The commemorative mural, executed by St. Arnaud artist, Kyle Torney, depicts the lesser profiled contribution which women made to the war effort. See Page 5 for article.

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How the locals like it.



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*Editorial
Carolyn Olive*

Hello everyone,

Welcome to the August edition of the Community Newsletter.

Well here we are again in lockdown. Thankfully, Charlton & Buloke remain Covid-19 free and we hope it stays that way. Thanks to all the sewers out there supplying Charlton with face masks—very much appreciated.

The newsletter is being delivered again to all households free of charge. Thank you to our deliverers and also the Neighbourhood House—it's quite a big job printing over 600 newsletters.

Congratulations to the RSL on its new wall mural. It's a lovely work of art by Kyle Torney and is a fitting tribute to the role of women in rural areas during times of war.

Both our boys are ensconced in their house in Burwood trying to continue their uni studies online. At least they have each other for company.

The season is starting to look a little precarious. Hopefully the forecast rain later this week delivers a healthy drop. After such a brilliant season last year, we were getting a little greedy wanting a repeat.

Stay safe and well.

Carolyn

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sponsors who have signed
up for another year.**

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The Charlton Community Newsletter is printed at the Charlton
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- Porch.
- Exterior aluminium cladding.
- Carport
- Shedding.

This home is in a great position and renovated throughout.

It has everything you need at the right price! It has a homely feeling and there's no need to do a thing to it.

Cleaning Takes a Front Row at the Rex

Contributed by Jenny Pollard

Cinema patrons can expect gleaming carpets when the Rex Theatre resumes operation after the coronavirus pandemic subsides.

Thanks to the successful application for a Federal Volunteer Grant, administered through the Member for Mallee, Dr. Anne Webster, the Rex allocation of \$4,460 will be used for the installation of a ducted vacuum system to make life easier for those who assist with cleaning the venue.

Citing the problems associated with using the current domestic appliance (long cords, dragging a machine, dusty disposal) the Rex emphasized the need to ensure volunteers were not compromised by O H & S issues, and was mindful of providing an environment where safety, ease and efficiency was paramount.

Rex Chairperson, Hayden McKinnon, said, "We value the significant contribution which our volunteers make, so the new ducted system will streamline that cleaning process and will be far more compatible towards attracting people to the task. Our helpers have had to previously negotiate long power cords trailing on the ground and lug an appliance up and down the stairs which only makes the job harder and less safe."

The new system, which is expected to be installed in coming months, will have four outlets in the downstairs auditorium, two upstairs and another two in the front foyer area of the building.

Featuring a 10ft long hose, movement between outlets will enable an efficient process which will minimize any risks to volunteers. Local Charlton business, Stahl Electrical, will undertake the installation.

"This ducted system will also be of value to the Charlton Neighbourhood House which co-shares the Rex premises," Hayden

said. "This is helping to build bridges between our two organizations, which in normal times have significant outreach to the community."

"On behalf of the Rex Board I would like to thank Dr. Webster and the Federal Government Volunteer Program for this support towards boosting our community growth and resilience."



Above: Rex Chairperson, Hayden McKinnon is pictured with the Appreciation for Volunteers certificate following the recent announcement of successful applicants for the Federal Government's Volunteer Grants. The Rex will utilize the funds for a ducted vacuum system to improve the venue cleaning process for volunteers.

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Community Bank News

Protect yourself from scams

Online scams cost Australians millions of dollars each year and anyone can be targeted. Scammers use many different methods to steal your money or your sensitive information. Unfortunately there has been an increase in scams aligned with the COVID-19 pandemic. Online scams and malicious software aren't always obvious. Scammers' messages can be highly sophisticated, often using brands and logos to make their messages look like the real thing.

How can you protect yourself from remote access scams?

- Never provide a caller with remote access to your computer (NBN do not need to access your computer to install anything)
- Never share your login information, including one time passwords or security tokens, with anyone over the phone, via text or email (your Bank will never ask you for login details). Make sure you complete regular phone and software updates on your devices to ensure that the most up to date anti-virus software is installed.
- Never provide your personal details to a caller over the phone to verify your account
- If in doubt hang up and call your provider's 1300 number to contact the service provider directly.



Picture source: www.staysmartonline.gov.au

If you think you have been a victim of a Scam, you need to let us know as soon as possible by calling us on 5491 2322.

For more information about protecting yourself from scams, refer to ACCC Scamwatch website.

<https://www.scamwatch.gov.au/get-help/protect-yourself-from-scams>

We're here to help you. Your Community Bank remains open to help you through COVID-19. If you need to see us in person:

- Do not to visit if you are not feeling well
- Call ahead to book a time if possible
- Practise safe distancing
- Use the hand sanitiser provided on entry
- We may ask you to remove your face mask momentarily for identification purposes

Thank you for staying safe.

Charlton & District
Community Bank

 **Bendigo Bank**

**Supporting
your
community**

Charlton RSL - Tribute to the Land Lasses

Contributed by Jenny Pollard

Gracing the Armstrong Street wall of the Charlton RSL Club room, the artwork was completed in time for the August commemorations of the 75th Anniversary of the end of World War II.

Thanks to funding secured by the Charlton RSL Sub-Branch through the Department of Veterans' Affairs, the \$10,000 grant was part of a suite of funding allocations made available to ensure the legacies of Australian veterans are not forgotten.

The Charlton commission pays homage to the women who took on roles in agricultural sectors to mitigate the shortages of male workers who joined the armed forces. Formed in July of 1942, the AWLA was state based with its policies being determined at a Federal level.

The mural also features a large image of a young woman holding a pair of binoculars, referencing the Volunteer Air Observers Corps who kept a look-out for enemy planes. Operating from a small, camouflaged building located near

the swimming pool, Charlton volunteers were rostered on to record the presence of any approaching aircraft. In a book of recollections gathered from Charlton residents who had lived through the Second World War, a number of ladies, including Jean McGillivray and Phyllis Hudson, mentioned their involvement in this surveillance.

The monochromatic palette used by artist Kyle Torney has created an image with strong impact – “This tonality simplifies the message, and also makes it more powerful”, he said.

Using a brush attached to a long rod creates sufficient distance from the surface for the artist to gain the correct perspective, and thanks to a variety of ladder and step-ladder heights adjustment for distance can be accommodated when needing to apply greater detail.

Members of the Charlton RSL are excited about the project and the opportunity it brings to highlight women's contribution to the war effort. The topic also holds strong appeal locally with its agricultural association.



Above: A matter of scale – artist Kyle Torney is dwarfed by the image being painted on the Charlton RSL clubroom. Kyle is also responsible for another stunning piece of Charlton wall art depicting local sporting great, and AFL Brownlow Medalist, Graham Teasdale.

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Paving the Way for Tourism Success

Contributed by Jenny Pollard

While Covid-19 may have temporarily clipped the wings of the tourism industry, behind the scenes, maximizing the sector's potential across the state's north west is going from strength to strength.

The success of the Wimmera Silo Arts Trail is set to be re-ignited once restrictions ease, thanks to the development of initiatives geared to boost visitor interest and strengthen local outreach.

Recently, representatives from Wimmera Mallee Tourism (WMT) and Storytowns podcasts dropped into Charlton's Rex Theatre on a mission to collect information about the hidden gems of the Wimmera Mallee region.

The venture between the two outlets aims to capitalize on tourism potential by enabling visitors to gain greater insight into the towns which host the art works, as well as those along the trail.

The outcome will be a series of eight podcasts covering not just the silos, but

also the scattered communities which dot the landscape in between. Capturing the essence of community through personalized stories, historical detail and unique attractions, the geo-located podcasts will create an immersive experience for the traveller where they are encouraged to stay and explore, rather than just transitioning through on the way to larger centres.

Storytowns founders, Jarrod Pickford and Emily Edge, interviewed Rex Chairperson, Hayden McKinnon about the theatre's history and background, while videographer Jarrod Hall captured footage of the venue. This content will then become part of an app which informs visitors of the tourism highlights around the area and becomes an easily accessible resource.

Wimmera Mallee Tourism is also assisting communities to make the most of the visitor experience through the development of an educational video tool kit aimed at supporting the local

hospitality and accommodation sectors. WMT's Executive Officer, Lauren McBriarty said building improved customer outreach strengthened the potential for greater economic boosts for the localities on the trail.

Captivated by the venue's old-world charm, the group was impressed by the multi-faceted potential the theatre offers in addition to its movie screenings. A general tour ended with a photo session in the bio box and a look at the projectors from yester-year.

While in Charlton the group also headed to the Golden Grains Museum for an interview with local historian, Carolyn Olive.

The official launch of the podcasts and tool kit is mooted for the near future, but at this stage much depends on the Covid-19 situation and ongoing health restrictions.

The Storytowns podcasts will be made available through the online App Store and Google Play.



Above: The balcony setting of Charlton's Rex Theatre made a perfect location for a snap as Storytowns podcasters (l-r) Jarrod Pickford and Emily Edge, videographer Jarrod Hall and Wimmera Mallee Executive Officer, Lauren McBriarty explored the iconic building during their tourism fact-collecting visit.

Charlton Harness Racing Club News



RACING RETURNS TO CHARLTON

Whilst the harness racing industry continues to manage the ongoing Covid situation, albeit with a few hiccups along the way, some new clubs have been added to the regional racing roster. And Charlton is one!

This means that we have been gazetted a race meeting on **Monday 17th August**.

Of course with the escalating Covid numbers here in Victoria there does not seem to be any hope of an early return for spectators, so for the moment we must be grateful for the fact that industry participants can continue to work, and we are seen as a safe and viable option to facilitate racing.

On track protocols are strict and comprehensive, and all measures will be continuously monitored by race day staff to ensure a safe environment for everybody who brings their horses to Charlton to compete.

So pencil it in if you are at home and watch Charlton on your phones LIVE.

Here's how you do it!!!!

Google TROTS VISION a few minutes before each race and HIT THE ARROW TO PLAY.

It is very simple and allows all our members to stay in touch and follow the local horses going around and perhaps have a little flutter!!

All fields can be found at www.thetrots.com.au – RACING – FIELDS

FOLLOW THE LOCALS

There will be regular updates of the local horses who are entered for the week and results from the previous week on the noticeboard outside Tormey's IGA for you all to follow. With the growing numbers of horses rolling in to town there will be a bit to watch as we move towards the warmer months.

CHARLTON PARK SURROUNDS CLEAN UP

A big thank you to our band of members who spent some time over the last week to clear and tidy up the horse float carpark and the area previously used by the Pony Club.

Des Calnin, Simon Peck, Dave Campbell, Noel Bennett and Randall Perry – thank you.

The area looks pristine and will be an impressive entrance

for harness racing participants who come to support Charlton meetings. The club feels very strongly that all aspects of the racing complex should reflect a sense of pride and it all helps to provide those who visit the best possible race day experience.

NEXT RAFFLE NIGHT – FRIDAY 7TH AUGUST

Congratulations to Jon and Liz Whykes who won the July club raffle. For those members who would like to enter the August raffle just text your name to 0499701322 and you are in! Obviously we are not selling any tickets but the club is so happy with the high level of involvement of our members who are supporting this via facebook.

Drawn 7pm live on Facebook.

SEASON 20/21 MEMBERSHIPS

In the next few weeks new season membership packages will be distributed and we hope that all our loyal members will again be in a position to support the club. There are lots of new initiatives planned for the time when we can gather again as a club.

Very exciting times ahead as our membership surges past 600!!

For anyone wishing to join for the first time some membership forms will be posted on the noticeboard at Tormey's IGA – everyone is welcome!

OFF TO A FLYER – MICK AND DENBEIGH

We are so happy to report that Michael Gadsden and Denbeigh Wade are off to a flyer with their tenancy at the Charlton Training Centre. Thanks to Markleigh Jill, who has done the right thing by delivering a quick fire double – hopefully the start of a great run for the couple who have settled well in to Charlton life. Well done!

A DAY AT BUSHY LODGE – SEB ZAGAME

Whilst it is not the easiest thing to create ways for people to be actively involved at the moment it was a real pleasure to have young Sebastian Zagame visit Bushy Lodge to lend a hand recently. It was great to see him eager to have a go at all the tasks Leon put before him – a real natural! From leading horses in, to putting on a headstall, to giving them a wash after their work, Seb is welcome back any time! We are not totally sure but we think his favourite horse just might be named Bubbles!!



Above: Seb & Hanover Chance meet.



Above: Seb & America



Above: Michael & Markleigh Jill



Charlton P-12 College

It has been an exciting return to school, as over the holidays a new shade structure provided by School Council was erected on the playground side of the building, and last Friday some new seating provided by Parents' Club arrived. It is fantastic to have a sheltered place to sit during recess and lunchtimes.



Numeracy



Brody constructing
3D Shapes



Isaac & Sam
measuring



Lacey & Bailey
measuring



Mathew working on
measuring ten



Year 1 & 2 sorting
objects



Tom & Tom with
their prism

Art



Josie



Stella

Charlton Golf Club

Men's Championships

On Saturday 25th July, Charlton played the final round of their annual men's golf championships. Brett Schofield went into the final round with a substantial lead, following his previous round of 75. He continued to build on that lead and ultimately was a runaway winner from the rest of the field. Congratulations to Schoie on his first Club Championship with rounds of 85-75-82=242. Brett will now have his name on the Les Mays Perpetual trophy, Les Mays is the most prolific Champion Charlton has had, winning 20 championships between 1932 to 1961.

In B grade the final round was reduced to a 2 horse race between President Anthony Hargreaves and Handicapper Clinton Olive, who left the barrier with a 4 stroke lead. However after a severe tumble on the 6th hole, Clint limped to the finish line a full furlong behind Anthony, the rest of the field was seen some time later coming down the final straight. Congratulations goes to our President with rounds of 89-90-92=271. This is the second time in 3 championships that Anthony will get his name on the Bob Wescott perpetual trophy.

The C grade was a real contest with 3 players teeing off with only 4 shots between them. Paul Sanderson, Roy Postlethwaite and Peter Sexton all played well, with sub 100 scores and the lead changing several times throughout the round. On the 14th hole, Paul chipped in for a birdie 2, from 70 meters in the rough. This "skillful?" shot changed the dynamics of the game and Paul was the ultimate winner from Roy, by the narrow margin of 2 hits. Congratulations to Paul with rounds of 103-96-94=293. He was overheard leaving the clubhouse, looooong after an enjoyable BBQ dinner, saying look out Auntie Marilyn, another golf champion in the Sanderson family.

The 3 best netts for the championships was again won by Wayne Southwell in A grade, In B grade Jimmy Soulsby beat Clint Olive in a countback and in C grade Phil Stafford won by one shot from Peter Sexton. The Luth Cup is awarded each year for the best 2 nets from any grade over the 3 rounds. This year both Brett Schofield and Phil Stafford had nets of 139 and became joint winners.

For the daily competition and ball run we had 25 golfers play over 2 divisions. In division 1, Riley Thiesz, with 85-14-71 won 3 balls. Benno Catherine won 2 balls with 90-17-73 and one ball went to John Headon net 74, Brett Schofield net 74 and Jamie Soulsby with a net of 76.

In division 2, Phil Stafford won 3 balls, with a personal best score of 96-28-68. John Harley with 97-26-71 won 2 balls and one ball went to Paul Sanderson with a net 72, Peter Sexton net 73 and Roy Postlethwaite with a net 74. Nearest to the pin on the 7th was won by Jeff Cox.



Above: Charlton Golf Champions 2020. Brett Schofield (centre) with B Grade winner Anthony Hargreaves (left) and C Grade winner Paul Sanderson (right)



Above: Grade winners of the best 3 netts for the Championships. From left, Phil Stafford (C Grade), Wayne Southwell (A Grade), Jamey Soulsby (B Grade).



Above: Joint winners of the Luth Cup 2020. Phil Stafford (left) & Brett Schofield (right).

Ladies' Championships

Due to Covid-19 the 2020 golf season has been very disrupted with many events not held. There has been no Pennant competition, no Tournament, no Putter Day and no Kara Kara Association special days. The Course has been in first class condition all year due to early season rains. Unfortunately frosts and lack of rain in past weeks has seen it now dry off considerably.

In maintaining some normality to the season, the Club Championships were played a little later than usual, The ladies played over three Wednesdays, finishing on July 8th.

The Ladies' Club Champion for 2020 is Anne Kenny. Anne now has a creditable seven championships to her name. Her rounds were 85,83,88. Janice Boyle had the three best nett rounds in A Grade,

The B Grade Championship was won by Eily Rosewall. Eily has been B Grade champion several times in the past, but she is very proud to now have her name on the Joan English Trophy which has been competed for since 2009.

Di Roberts had the best nets in B Grade.

Di had the two best nett rounds (71, 71) over the Championships and was an excited winner of the Doreen Heenan tray..

Anne Kenny received the Gladys Dew Putting Award with 73 putts over the three rounds. For her middle round, Anne had an excellent 21 putts.

In a change from the norm the ladies had a luncheon following play and were presented with their trophies by Captain, Wendy Laffin. President, Chris McGurk, used the book "Charlton Golf Club 1895-2016" as a reminiscing time to the history of each trophy as it was presented.

Charlton Golf Club



Above: Lady Champions. L to R—Eily Rosewall, Anne Kenny & Di Roberts.

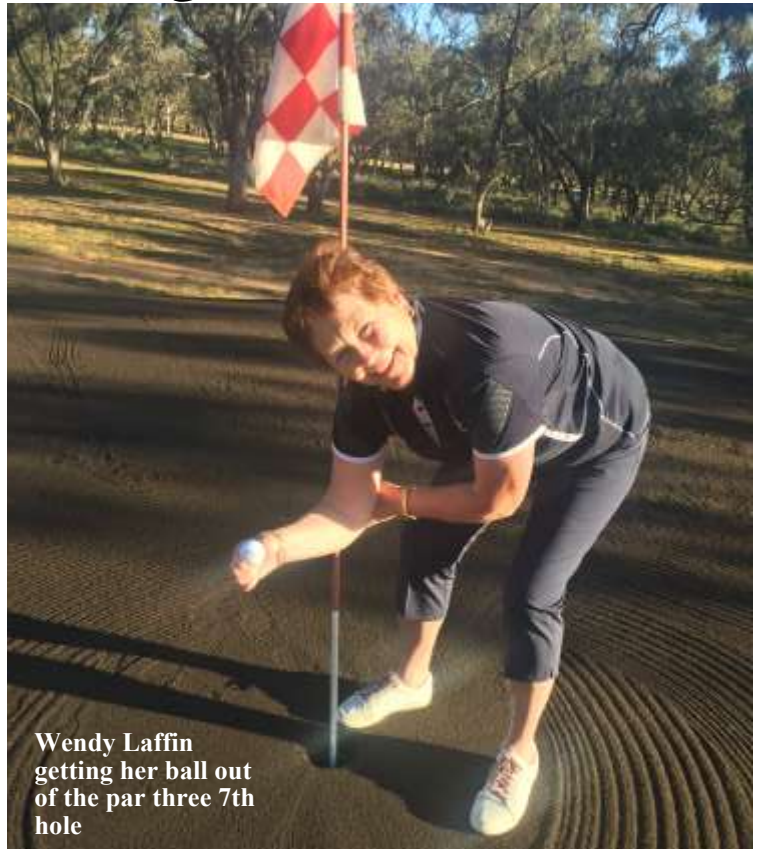
Exciting Weekend of Golf in Charlton

Two holes in one were recorded on the golf course over the weekend. On Saturday morning Cooper Boyle achieved his ace on the par three 14 hole. Cooper was playing in the junior competition, and at 13 years of age, he is the youngest person to achieve the amazing feat at Charlton. Then on Sunday Wendy Laffin, our ladies' Captain, hit the perfect shot on the par three 7th hole in full view of the Clubhouse. Congratulations to both golfers. It is 3 years since the last hole in one was scored in Charlton, and to have two locals achieve this 'golfer's dream' in one weekend, generated much excitement.

On Saturday morning 40 adults and juniors had received coaching over 5 different sessions. Both Cooper and Wendy had been part of the coaching clinics - obviously something had been remembered.



Cooper Boyle
getting his ball out
of the par three
14th hole



Wendy Laffin
getting her ball out
of the par three 7th
hole

Then on Saturday the highlight of the day's golf was welcoming Ian Bruns back to golf. Ian suffered a devastating accident and stroke nearly 5 years ago and has been practising one armed golf over recent weeks. With the assistance of good friends, John Headon and Ian Jenkins, he completed the 18 holes. Well done Brunsy, it was fantastic to have our former golf champion back on the fairways again. We wish you all the best and look forward to sharing many more golf days with you.

On Saturday 24 men played on well grassed but very dry fairways. We played 2 divisions and Wayne Keenan broke 100 for the first time, having 96 hits and recording an incredible 47 stableford points. Good luck Wayne adjusting to your new handicap. Damian McIntyre had the second best score with 40 points. In division 1 scores were somewhat more modest, with Jeff McLoughlan and Trevor McGurk both having 36 points. Only one shot behind was Troy Heenan and Anthony Hargreaves, both on 35 points. Nearest to the pin on the par threes was Leo Giakamis on the 2nd, Troy Heenan on the 7th and Benno Catherine on the 14th.



Above: Ian Bruns with John Headon standing on his left and Ian Jenkins on his right

Charlton Croquet Club

Unfortunately the Charlton Croquet Club had to cancel its Tournament but we are fortunate to be able to continue to play—social singles play, no shared equipment, a maximum of 10 players, access to clubhouse or toilets only.

On Monday 13th August the lawns were dethatched and the Croquet Club is grateful to Brian Heenan and Wayne Keenan for volunteering their time, also to the Tennis Club for use of their machine.

Saturday, 7th November we hope to celebrate 140 years since Croquet was first played in Charlton.

Right: Golf Croquet Champions—Marg Bowen & Marie Fitzpatrick.

Below Left: Scarifying—Brian Heenan

Below Right: Wayne Keenan & Brian Heenan.



Passing of Terry Waters 1943 - 2020

Terrence Joseph Waters, Collingwood Football Club Champion and also former Teddywaddy resident, passed away on 27th July 2020 aged 76.

Terry Waters was an Australian Rules footballer who played with Collingwood in the Victorian Football League (VFL). He transferred from VFA club, Dandenong, in 1963.

Terry was a versatile player who was originally used as a ruck/forward before moving into defence later in his career. He was known as a reliable mark of the ball in dry or wet conditions. He played 163 games over 10 seasons. He won the Copeland Trophy for being Collingwood's best and fairest player in 1966, was their leading goalkicker in 1963 and 1964 and earned All Australian selection for his performance at the 1969 Adelaide Carnival. Terry was inducted into the Collingwood Hall of Fame in 2010.

Terry was appointed captain of Collingwood in 1970. In 1971, after suffering a series of injuries that caused him to miss seven games, he resigned the position midway through the season, reasoning that the responsibility associated

with the captaincy had affected his form.

Terry was born in Rochester and moved with his family to Teddywaddy in the early 1940s. His father, Norman, was a railway worker and they lived at the Teddywaddy Railway Station. Terry went to the Teddywaddy State School and played football in the back paddocks of Teddywaddy with his older brothers.

The family moved to Dandenong in the mid 1950s. There Terry attended St Mary's and later won a scholarship to De La Salle College in Malvern. It was there that he played his first seriously competitive football.

Other members of the family also had sporting success. His brother, Bryan, was a member of the Charlton Premiership team in 1944 and played for Hawthorne in the VFL in the 1950s. His sister, Carole, played for the Australian women's national basketball team during the late 1960s and early 1970s and competed for Australia at the 1967 World Championship held in South Korea and the 1971 World Championship held in Brazil. Mrs Waters also had some local success, winning the tennis tournament at Boort in 1949.

Terry is survived by his wife, Jane, son, Tom, and daughter Charlotte.



Above: Terry Waters



CHARLTON CHAMBER OF COMMERCE & INDUSTRY, FORUM & NEIGHBOURHOOD HOUSE

Working together for Charlton

The next 6 weeks will be difficult for all Victorians, however it is important that we all remain focussed on the end goal- to stay safe and stop the spread. Across the Buloke communities we have been remarkably lucky that coronavirus has not reached into our boundaries and that is largely due to the diligence of the community members. We are now in Stage 3-Stay at Home restrictions and we must continue to ensure that we follow the government instructions of only leaving home to shop for essentials, caring for family members, medical, exercise, educational and work purposes.

We are urging everyone to think about their activities and interactions and how these might affect their risk of exposure to COVID-19. Along with the Buloke Shire Council's message we are encouraging residents to do the following:-

1. Download the COVIDSAFE app.
2. Develop a social bubble and limit interactions outside the bubble, i.e. how many incidental people are you being exposed to.
3. Change some of your activities from face to face, such as Telehealth appointments with your GP, request electronic prescriptions rather than paper based, online banking, ask for home deliveries of medications, groceries, newspapers etc if you are in the 'at risk' group.
4. Make a plan for if you are unwell and get tested. You will need to isolate until your results so plan how you will get your essentials. Have the discussion with family, neighbours and friends.
5. If you see someone without a mask, please do not assume they are ignoring the rules. They may have a medical condition that prevents it. They are in the at risk category and should be treated with kindness.



The coronavirus pandemic impacts us in many varying ways, the only constant is that **we are all impacted**. It is extremely difficult to know what other stresses people are under and everyone will react differently. The best thing we can do for each other at the moment is to stick to the rules, support each other and stay connected.

Our organisations, along with Buloke Shire Council, are here to support the Charlton community. If you require business support or any clarification of council services please contact Buloke on 1300 520 520. If you need any physical assistance during the next 6 weeks please reach out to us by phoning 0473 759 456 or email coord@charltonnh.org.au.

If you need further COVID-19 advice please refer to the below:

<https://www.dhhs.vic.gov.au/coronavirus>

For any questions

Coronavirus hotline 1800 675 398 (24 hours)

Please keep Triple Zero (000) for emergencies only

Tips for staying calm and healthy

In terms of your physical health, the most important thing you can do is maintain basic hygiene, particularly frequently washing your hands with soap or using hand sanitiser. Going into self-isolation or quarantine may feel daunting or overwhelming. Fear and anxiety about the pandemic can be overwhelming and cause strong emotions.

For your mental wellbeing, there are a number of things you can do:

- Remind yourself that this is a temporary period of isolation to slow the spread of the virus.
- Remember that your effort is helping others in the community avoid contracting the virus.
- Maintain a healthy diet, exercise and sleep regime.
- Talk to loved ones about worries and concerns.
- Engage in hobbies and enjoyable activities.
- Manage your stress levels, and if needed, increase your coping strategies (for example, listening to music, watching your favourite shows, meditation or exercise).
- Avoid or reduce your use of alcohol and tobacco.

You may feel stressed listening to the news, so make sure you receive information through trusted and credible sources, rather than social media. If you can't access the internet, get a friend or family member to read to you or show you the most up-to-date information from credible sources

Staying connected

The coronavirus (COVID-19) pandemic highlights the importance of community and social connections in improving our health and wellbeing.

Connect with friends and family:

- Staying connected with friends and family at this time can reduce feelings of loneliness and isolation.
- For older Australians, now might be the time to embrace technology. Younger family members, or the Neighbourhood House can help you get set up and guide you through the process. Give it a go!
- If you are more comfortable with the phone, call friends and family for regular catch-ups. You could even write notes or letters.

Conversations with children and young people

Families and caregivers of children and young people should discuss coronavirus (COVID-19) in an open and honest way that will be understood by the child or adolescent.

Talk about the facts without causing alarm, and in a way that is appropriate for their age and temperament. It is important to listen to any questions they may have, to let them know that they are safe and that it's normal to feel worried or concerned.

If the media or the news is getting too much for them, limit exposure for young children and encourage teenagers to limit their exposure or turn it off completely.

Further tips for caring for younger children:

- Ask children what they have heard about coronavirus (COVID-19).
- The way parents behave can have a significant effect on children. Keep conversations calm and focussed on the facts. Emphasise efforts that are being taken to contain the virus.

Young people will have higher social needs at this time.

They will be experiencing FOMO (fear of missing out), feeling disconnected, worried about the state of their friendships, their school and their academic performances. Be mindful that they may become overwhelmed by the persistent bad news both here in Australia and internationally.

If they are a bit older, they will be worried about losing casual work, school and university performance and what the future holds. It is important to tell young people that it is normal to feel stressed out about the current situation. Encourage regular exercise, good practices for communicating with others online and have conversations about how this is impacting them.

Please seek support if you are feeling anxious, concerned or depressed.

Lifeline Australia 13 11 14 www.lifeline.org.au

Beyond Blue 1800 512 348 <https://coronavirus.beyondblue.org.au/>

Eheadspace 1800 650 893 www.headspace.org.au/eheadspace/

Online and webchat support and counselling for 12-25 years old, their family and friends.

Mensline 1300 78 99 78 (24 hours a day, 7 days a week). [MensLine online counselling](http://MensLine.org.au).

Mindspot- free telephone and online service for people with stress, worry, anxiety, low mood or depression. It provides online assessment and treatment for anxiety and depression and can help you find local services. Call **1800 61 44 34** (8am - 8pm, Monday - Friday; 8am-6pm, Saturday).

Suicide Call Back Service - mental health support, call back service: **1300 659 467** suicidecallbackservice.org.au

Headspace - Youth focused mental health and support services **1800 650 890** www.headspace.org.au

Kids Helpline - Call **1800 55 1800** or kidshelpline.com.au



These are trying times for all communities. Whether it is you and your family, your business, your club or your group, we want you to know that we are here for you.

It's a different time, and yes there is some apprehension around visitors to our region.

Victoria Police are doing all they can to ensure people are following directions and cracking down on deliberate breaches. The State of Victoria is actively responding to increasing rates of COVID-19.

As the COVID-19 situation continues to evolve Council is taking a proactive approach to ensure the balance of the health and safety of the community and staff alongside the provision of essential services.

Some of our services and facilities have closed. Some services will again take on a different form for the time being. We are enacting these changes on the back of advice from the Federal and State Governments.

Council will be cancelling face to face events, meetings and consultations and implementing nimble solutions to continue vital Council business.

Essential services like waste, public amenity cleaning and Independent Support Services will continue.

As well as remaining committed to community safety and wellbeing, Council also has an obligation to look after staff, volunteers and Councillors.

Minimising disruption is a high priority, second only to the health and wellbeing of the community. Council will continue to keep the community updated and you can find a range of resources and a full list of affected services at

www.buloke.vic.gov.au/coronavirus-covid-19-health-alert

For the latest COVID-19 public health information please visit the Department of Health and Human Services (DHHS) website www.dhhs.vic.gov.au/coronavirus.

If you have been financially impacted by COVID-19 you may be eligible to apply for the Working for Victoria positions with the Buloke Shire Council.

Please call 1300-520 520 for further information.

If you need immediate financial support please call 0473 759 456 for referral to appropriate agencies.

Did you know....

**You can get tested for
COVID-19 locally**

so you don't have to travel!



If you have flu like symptoms, contact your local EWHS campus to arrange a time to get tested

Birchip - 5477 7100 Charlton - 5477 6800 Donald 5478 6200
St Arnaud - 5477 2100 Wycheproof - 5478 0700

MASKS

You must wear a face covering when you are leaving your home unless you have a lawful reason for not doing so. A face covering needs to be worn covering both your nose and mouth. This applies to everyone over the age of 12 years, unless you have a relevant medical condition that exempts you. The Coronavirus website and Hotline on page 1 can help you if you have questions regarding this.

TIPS

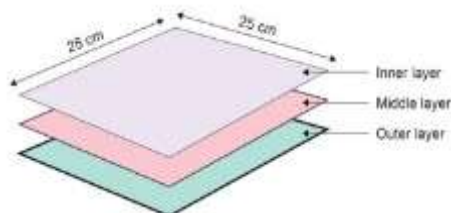
Removal– remove a face mask carefully using the straps. Avoid touching the face mask. Wash your hands or use hand sanitiser. If removing the mask prior to disposal or washing, place it in a plastic bag, to avoid it touching surfaces.

Disposal– face masks used for physical distancing can be disposed into regular rubbish. Those used for isolation purposes you should double bag and store for 72 hours both masks and any personal protective equipment prior to disposal. **DO NOT PLACE THEM IN THE RECYCLING BIN.**

Washing– reusable masks should be washed every day using warm soapy water or warm washing machine setting. Masks can be placed in a dryer, or ideally in sunlight and they should be dry before re-using. Having two masks to rotate is recommended.

Making your own mask– You will need

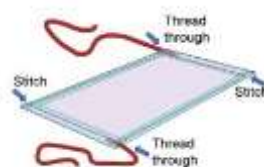
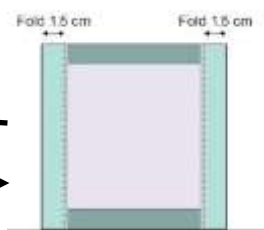
1. Cut out the outer layer, middle layer and inner layer pieces. Place the outer layer on the bottom, the middle layer in the middle, and the inner layer on top.



2. With the inner layer facing up, fold over 1 cm of the three pieces of material for the top and bottom edges and stitch at the borders (see red dotted lines).



Step 1
Step 2



2
3

Steps 4 & 5

3. With the inner layer facing up, fold over 1.5 cm of material for the side edges and stitch (see red dotted lines).

4. Thread a 20 cm piece of elastic, string or cloth strip through the wider edge on each side. Use a safety pin or large needle to thread it through.

5. Knot the ends tightly or stitch them together.

6. Put on the mask with the outer layer facing away from your face. Adjust the mask to make sure it fits tightly over your nose and mouth.

7. If you want to improve the fit of your mask you can add a nylon stocking over the mask and tie at the back of the head.



While wearing and removing the mask, do not touch the outer layer. Wash your hands before putting your mask on and after taking it off.

Section	Quantity	Material type	Example materials
Outer layer	1 piece (25 cm x 25 cm)	Water-resistant fabric (polyester / polypropylene)	Clothing Reusable 'green' shoppingbags Exercise clothing
Middle layer	1 piece (25 cm x 25 cm)	Fabric blends (cotton polyester blend / polypropylene)	A repeat layer of either: Clothing Reusable 'green' shoppingbags
Inner layer	1 piece (25 cm x 25 cm)	Water-absorbing fabric (cotton)	Clothing
Ear loops	2 pieces (20 cm each)	Elastic or string or cloth strips	T-shirt Shoelaces



Charlton Netball Club

The Charlton Netball Club is thrilled to have had our junior players back on the court for training each Thursday. Adhering to Netball Victoria and Buloke Shire Covid guidelines has been a challenge but the committee and players have stepped up to the challenge and training has been running smoothly in accordance to the guidelines. Troy Heenan, with Maddi Fitzpatrick assisting, has been leading the 13 & under and Julie Roberts the 16 &

under - both teams have had great numbers each week and everyone was enjoying being back.

Isabel Soulsby and Emmersyn Nelson returned to Central Victoria Academy training which had been cancelled in Term 2 due to Covid restrictions. Both Isobel and Emmy enjoyed the training sessions and were making the most of the opportunity.

Unfortunately due to RE-introduction of

Stage Three restrictions announced by the Victorian Government Charlton Netball Club junior training has been cancelled.

The CNC committee are extremely appreciative of the work that the coaches Troy, Maddi and Julie have undertaken, and are also impressed with how appreciative each of the players have been. It has been great to see you everyone out on court having a great time.



Above: Back—Abby Thompson, Lucinda Holmes-Brown, Tahli Roberts, Isabel Soulsby, Maddi Fitzpatrick. Front—Emily Olive, Zara Jenkyn, Emmy Nelson.



Above: Isabel Soulsby & Emmy Nelson



Golden Grains Museum News

Hello everyone to another update from the Golden Grains Museum. With the current issues continuing with COVID-19 the museum is still not opening to the public. Thank you to those people who have recently donated items to our collection; we appreciate it very much. Volunteers are continuing to work safely behind the scenes archiving our items and maintaining the displays. A big thank you to those locals who have supported our 'Supp Lotto' fundraising. With the regular bingo trips and admissions not coming in, this has been a great source of much needed income.

We held our Annual General Meeting in July, with all the executive being re-elected to their positions. President, Anne Kenny, reported on the museum's activities:

- **AMaGA**—Accreditation process is still underway. In September 2019 there was a visit and they were impressed with our progress, particularly the store room. It was suggested we modify our receipt/donation form and this has been done. Our paperwork will have to be resubmitted with updates prior to the official visit in November 2020.
- **RHSV**—looked around the Museum and asked how they could assist us. We suggested more seminars & workshops in rural areas.
- **Planned Activities**—6 people travelled to Inglewood and visited the Eucy Mill, the Court House, the Town Hall and local antique shops.
- **Grants** - \$1,200 from Windlab for 8 photo enlargements for display in the big room. \$3,500 from Bendigo Bank for new photocopier.

The usual tasks connected with the Museum have continued:

- **Fundraising** – We continued to support the Upmarket in 2019 & sold our calendars – the theme this year was hotels. Our raffle once again was a woodblock photo of the Mill. This year we had four Bingo trips which have been well supported. Thank you to Glenda Litton, Sue Walsh & Diane Wood for holding Lotto fundraisers.
- Each month an article in the **Charlton Newsletter** is written by Archivist Markus. This usually features general Museum news, a feature item from our collection & also a mystery item.
- The **Western Victorian Association of Historical Societies AGM** was held at Serpentine. The visit to the East Loddon Shearing Shed was a highlight. President Anne & Secretary Carolyn attended. For Insurance purposes we now have a diary to sign in & out.
- **Oral Histories** – Leo & Kathy Noonan and Ross Williamson have been interviewed by Markus.
- **Volunteer hours** – over 550 hours has been contributed at the Museum. This is down on last year but is to be expected. Many volunteer hours are also contributed outside the Museum, especially by Carolyn.
- We continue to have a steady stream of **Visitors** with over 64 visits for the year. This is a little down on last year but due to closure was expected. Groups who visited this year were Prep from Charlton College, Donald Historical Society and Murray Magic Tours.
- **Acquisitions** such as football trophies belonging to Tom Hindson, a spike with numerous invoices and an organ from Nell Johnston's family have been received. (Thanks to Nick Olive, Wes & Kye Jenkyn and Brad Chester for moving the organ)
- Cash books/ledgers from Buloke Shire (relating to Charlton) have been added to the POD.

- We thank the **Buloke Times** for providing copies of the papers each year.
- **Research requests** continue to be received.
- **Newspaper Indexes** are being typed by Rose Curnow. Thank you.
- This year we have continued to make inroads into the backlog of items needing to be catalogued but unfortunately there is still more to be done. Although we are small in number we have achieved a lot.

Our feature this month relates to a magnificent donation we recently received. The item is an organ that was gifted by the Presbyterian Ladies Guild to Rev. W.G. Fitzgerald's wife, Nin, around 1929. Rev Fitzgerald took over at St Andrew's Church in 1923 from Rev J.C. Coulter and stayed for 6 years. Their family included 5 children while living in Charlton. As well as being an avid cricketer the Rev. Fitzgerald was a keen prospector, and in 1926, was granted a 3 month leave of absence to go searching for Osmiridium in rugged areas of Tasmania. Following the Bolshevik Revolution in 1917 and collapse of the Russian industry, there was a dramatic increase in the price of this metal, and Tasmania had become the world's largest producer. With prices at 38 pounds per ounce, the excitement and adventure drew many to the wilderness, and the rush lasted until 1930. Books and even a feature movie were made about this period, and Osmiridium was mined until 1954.

As always, we welcome any donations of items relating to Charlton's history or individuals with a connection to the area. Family research can be arranged by appointment. For any information about our museum please contact any of the following. Until next month.

President Anne – 0408547973, Secretary Carolyn – 0418361971, Archivist Markus - 0413129216.



'Beautify Charlton' Thank You & August Update

These are exciting times as planting has commenced in Mildura Way, hopefully complete when you read this. What an example of community and volunteer effort and achievement everyone should reflect on with a great deal of pride!

Two years ago nothing was on the table to replace the trees in our thoroughfare which were long past any suitable presentation, were a poor reflection on our town, were in advanced stages of dieback and were a major source of contamination in our river.

Two years later, due totally to a collective effort it is done! If it wasn't for that effort whatever replacement program that might eventually happen would never have happened as quickly, efficiently or with anywhere near the level of impact. Collective pride, a key project goal, is the key.

A bit further down the track the people who have been quietly working away will be acknowledged. We are in the middle of a cold dry winter but reflect on those people who in their own time have done such a massive job keeping the young trees going in hot, dry summers. Many thanks to you unnamed people on a magnificent effort!

When we first spoke with the Shire the response was, "Show us your community backs the plan and we'll back you". That has happened so thanks to the Shire also for ensuring the relationship works. By their nature community groups and Shires can't always be a compatible mix but key Shire people from the very start have made sure it is a true collaborative relationship. Those type of relationships that work demonstrate ongoing mutual respect.

We would never have even started the project without critical financial backing that came locally. FRRR was a breakthrough but just as important were the local contributions which meant FRRR saw the community commitment and came along. Many thanks once more to those listed for showing your active support in the community.

Personal tax deductible donations directed toward the *Beautify Charlton* project are now available through the Golden Grains Museum. All private donations will be acknowledged at a later

stage. We have one anonymous donation, and her anonymity at this stage will be of no surprise to any who know her, which is all of us!

There are two things we will be actively looking for over the coming two summers. We do need your support.

Firm agreement and understanding with those residents who will water 'their own' trees on a regular basis. We will be speaking with you all.

Volunteers with their own trailer to take ownership of the watering of a section. Gear supplied. The process itself is simple.

Beautify Charlton still has much to do. Background work is ongoing to put before the community ideas for Town Signage and also Charlton's Notables.

Remain aware of Facebook updates, local town promotion spots and the Newsletter over the coming months. It is **vital** the Committee receives community feedback.

Spokesperson on the project for the Garden Club is Robin McRae 0400 522 700.

Stay healthy everyone, things are not getting any easier any time soon.

Charlton Community Bank	10,000
North Central Garden Club	2,500
Charlton Lions, Oasis and Rotary @ \$2,500 each	7,500
Charlton Chamber of Commerce	1,000
Charlton Cabaritta CWA	558
Private Donation	200
	\$21,758

Beautify Charlton
Pride in Your Town. Passion for Your Town.
'A Whole of Town Project.'

Charlton Community Car Operation for 2020/21

The new Community Car has just had its first birthday, clocking up 26,653 kilometres for the year, and probably would have done around 30,000 km if its use had not slowed down due to COVID-19. This represents 127 trips, mostly to Bendigo, which is an average of just under 2.5 trips a week.

Over the past 12 months the Charlton Neighbourhood House has taken the bookings and arranged drivers. During the year this work has been the responsibility of firstly Kim Collins and for the last 5-6 months Mrs Deb Finlay. Community Car Coordinator Garry Larmour said, "both women have done a magnificent job assisting clients and making sure that our volunteer drivers all get an opportunity to participate in this very valuable community service".

At present we have 12 volunteer drivers of which only two are women, of the 12 drivers 6 of them are prepared to drive in Melbourne which gives us excellent flexibility in matching the client's needs. Mr Larmour said, "It would be good to have a few more ladies in the team to give us a little more flexibility, so if there are any women out there who would like to become part of the program, please feel free to contact me or Deb to discuss the matter".

At a recent Community Car Committee meeting Garry advised that the car had made a small profit on the year's activities. He also reported on the continued support for the

program by Charlton College. They have provided an under cover locked Garage to house the car and have also allowed us to use Driver Education cars at times when we have had multiple bookings on the same day at varying times for bookings. The committee agreed to use part of the profit to make a small donation to the School for the use of the Garage, they also agreed to increase the amount paid to the Neighbourhood House for administering the Car Program.

The Community Car Committee would like to extend a **huge thank you** to the Charlton community for their support for the program which would not be able to operate without clients and to the volunteer drivers who are also integral to the operation of the program.

Garry Larmour – Community Car Coordinator.

The Charlton Community Car is available for transporting clients to non-urgent medical ap-
pointments as a user pay service.

Bookings can be made by contacting
Community Car Officer Deb on
0438-549 274.





Charlton Neighbourhood House

30-34 High Street (in The Rex Theatre), Charlton Vic, 3525 Phone: 0473 759 456

Email: coord@charltonnh.org.au

In Charlton we have watched as COVID-19 continues its impact across Melbourne and Mitchell Shire and are concerned with the growing number of cases in regional areas. From 11:59pm Sunday August 2, Face Masks **must** be worn when you leave home, with exemptions for medical conditions, communicating with a deaf person or occupational health and safety rules. Continue to observe the Government's advice on gatherings, social distancing and hand hygiene. Only leave home when necessary, and **consult your GP if you show any symptoms.**

What does this mean for our Neighbourhood House? With the requirements for physical distancing, sanitising and precautionary measures we will not be reopening to the public at the present time. **We encourage those who require any face to face assistance from the Neighbourhood House to call 0473759456 to make an appointment.**

Hand Sanitiser and wipes in a convenient travel satchel are available through the Charlton Neighbourhood House and Marea's House to Home. Ideal to keep in your bag, pocket or glove-box, this is a valuable item to have available when you are out and about.

Cost \$30 for 50 individual satchels.

Calling all qualified service providers.

Is there a course you would like to deliver to our community?

Whether it's a health or well being, a trade skill or Certificate Course we want to hear from you

The Charlton Neighbourhood House can facilitate you and members of the community as we go forward into the future.



Concession Card Holders, do you know that you may be able to get assistance with your non-mains energy bills such as LPG or Firewood?

Application Forms now at CNH.

The Charlton Neighbourhood House was very pleased to be able to host our first course for some time at the Charlton Senior Citizens rooms. Under all the required COVID-19 guidelines a group of local farmers was able to complete their Chemical Handling Certificate training to satisfy government regulations in this area. Check the list below of upcoming events and training we have on offer that can be undertaken online in some cases, or face to face following social distancing regulations. There is generally a minimum number of participants required, so register your interest now.



Our Neighbourhood House delivery partner in Wycheproof have advised us about these upcoming courses - 'Lifeguard Course in the Buloke Shire' and 'Aqua Fitness in the Buloke Shire'. A Yoga course is also commencing shortly in Charlton targeting older residents, but will be open to everyone. For further details contact Rhonda Allen on 0427 780 109.

EXPRESSIONS OF INTEREST UPCOMING COURSES

Ink greeting cards or painted flower pots. Cost TBC

Boat and Jet Ski Training Course. Covers Marine Licence and the personal watercraft endorsement. Provided by Seaton Training Pty Ltd Cost \$125.

Hospitality Training—Use Hygienic practices for food safety OR

Participate in safe food handling practices SITXFSA002 Cost \$120

Responsible Service of Alcohol (RSA) Cost TBC

Prepare and serve espresso coffee SITHFAB005 Cost \$180.

Provide First Aid HTTAOD.003 \$160 (On-line component)

Provide First Aid Childcare and Education HLTAOD.004 \$190 (OLC)

Provide CPR HLTAOD.001 \$70 (On-line component)



Keep abreast of our activities through
Charlton Neighbourhood House
Or look in our window and community noticeboard

www.charltonnh.org.au



Charlton Neighbourhood House

30-34 High Street (in The Rex Theatre), Charlton Vic, 3525 Phone: 0473 759 456
Email: coord@charltonnh.org.au



DHHS COVID-19 Hotline -1800 675 398

www.dhhs.vic.gov.au/coronavirus

Buloke Shire- 1300 520 520

www.buloke.vic.gov.au/coronavirus-covid-19-health-alert

East Wimmera Health Services- 03-5477 6800

www.ewhs.org.au

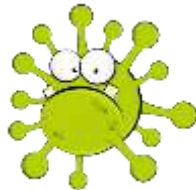
ABC Radio ABC Wimmera for local updates.

Lifeline 13 11 14

Beyond Blue 1300 224 636

Kids Helpline 1800 551 800

Nurseoncall 1300 606 024



The Charlton Forum Community Car is still available for transporting clients to non-urgent medical appointments as a user pay service, thanks to the wonderful volunteer drivers.

Bookings can be made by contacting our Community Car Officer Deb on **0438-549 274**.



The Charlton Neighbourhood House can still provide all your copying and office printing requirements. Posters, flyers, resumes, handouts etc, as well as secretarial services can all be arranged. Prices on application.

No job too **BIG** or too small. \
Phone for an appointment today.

#Charlton Connect #Be Kind # Be Safe

We are continuing to create daily Facebook posts to help brighten the day of the Charlton community and provide information and activities to keep us all connected. So make sure you 'like' our FB page and follow our posts.

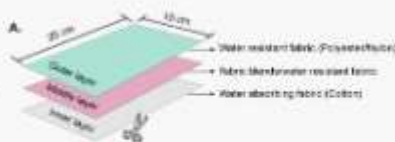
Design and preparation of cloth mask

To make this cloth mask you will need:

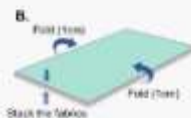
- 1 x piece (25cm x 15cm) of water-resistant fabric (polyester/nylon)
- 1 x piece (25cm x 15cm) of fabric blends fabric (cotton/polyester mixture)
- 1 x piece (25cm x 15cm) of water absorbing fabric (cotton)
- 2 x pieces (15cm each) of elastic

Steps

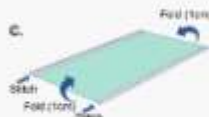
A. Cut out three 25 cm x 15 cm rectangles of cotton fabric, fabric blends (cotton/polyester mixture), and polyester fabric for inner layer, middle layer, and outer layer respectively.



B. Stack the three rectangles (like a single piece of fabric) according to the order mentioned in point A. Then fold over the long sides 1 cm.



C. Stitch down the folded long side and then fold the short sides 1 cm.



Health
Department

Health
Department

Victorian Seniors Festival Reimagined

The Buloke Shire has recently announced that this year's Seniors Festival will be happening in a much different way. Rather than public events in October, the Festival will be running from May to October online and on radio.

The festival is now up and running. Visit:

<https://www.buloke.vic.gov.au/victorian-seniors-festival>

Buloke Shire Working for Victoria positions

While there has been a good response in Buloke for this program with many of the 50 positions being taken up, some spots are still available .

To apply for these positions you must register through <https://www.vic.gov.au/workingforvictoria>. You will be sent an email and asked to download an app.

www.sidekicker.com.au. Here you can complete a profile and a computer generated matching service will forward positions to you with more detail, and you can also apply through this platform.

Contact the Charlton Neighbourhood House if you require any assistance. Phone 0473759456.



**CHARLTON RSL STREETSCAPE,
COMMEMORATION and GOLF DAY.**

Thanks to a successful DVA grant application and to the artistic talents of Kyle Torney, street artist from St Arnaud, the Armstrong Street facade of Charlton RSL Sub-branch clubrooms is now graced with artwork recognising the important role of the Australian Women's Land Army and the Air Observation Corps during World War II. The artwork adds to Charlton's art space environment and can, thanks to the flagpole illumination, be viewed both by day and by night.

The 75th anniversary of the end of World War II was to be celebrated in Charlton on Friday 14 August. With the recent revised Covid-19 restrictions this event is now cancelled.

Unfortunately Charlton Diggers Day Golf 2020 will be another Covid-19 casualty but, all going well, we hope to be back on course (pun intended), with assistance from the Golf Club and Oasis, in 2021.

Charlton RSL Sub-Branch.



Preliminary Notice

Lions Club of Charlton is intending to reproduce the Local Large Print Phone Directory for Charlton residents, businesses and surrounds in 2021

This directory will be completely new and registration forms will need to be filled in to be included in this directory as a lot of details have changed.

All Businesses will be contacted for inclusion in the Business Directory which will include the White Pages Section.

Only phone, mobile and fax numbers will be accepted.

We request that First names and Surnames be used instead of initials and this will be on the registration forms and preferred to be more personal.

Keep an eye out next month for more details



REX THEATRE COVID 19 UPDATE

With the change to Covid 19 restrictions the Rex is keen to keep the wider community updated on our current status.

Due to a number of factors it is not viable for the cinema to return to operation just yet.

With Hollywood withholding new film releases until the world market is stronger, the reduction in number of attendees, and with concern for the safety of our patrons and volunteers, the Rex Board is undertaking a month by month review of the situation and will keep the community informed through updates on our digital media platforms and through the local press.

While we regret the ongoing delay, and understand the community's desire to return to normality, it is essential that continued health compliance and availability of product are in hand before we re-open.

We thank you for your patience, and look forward to soon welcoming you back to the Rex.

Drop in for your

SUNDAY

COFFEE

@



with Bendigo Brewhouse coffee

10am - 2pm

Every Sunday

| Lattes | Cappuccino | Chai Tea | Cakes |

Brewhouse coffee and bite-sized cakes available from The Rex each Sunday.

TAKE-AWAY ONLY

St Martin's Messenger—August



“Brilliance in your smile, in your home, in your hearts. Brilliance is wherever you wish it to be.”

Brilliance (not meaning intellect or clever) but brilliant as in shining out, bright and illuminating. For example, the brilliant shine on the bonnet of the Holden Statesman, or the brilliant shine on the spit-polished shoes of the soldier. I especially like the “brilliance in your smile,in your heart”.

And, yes, I know, it might be difficult to smile with a mask on, but where there is a will there is a way.

Try to be more aware of people's non-verbal cues, keep more eye contact to help understand how they are feeling, to try and pick up on some sort of emotion. Be more attentive to their tone and hand gestures as well.

We might see more exaggerated gestures to compensate for not being able to see nearly half of one's face. From expressive eyebrows to a simple thumbs-up, there are ways to compensate for our smiles not being visible. Use your hands – do not underestimate the warmth that can be felt in a wave exchanged between people.

But while wearing your mask, still smile at people. Even if they cannot see your mouth, they will have a pretty good idea that there is a good old country grin underneath. Smile from your heart.

When you are home alone, smile in the mirror, smile as you read something inspiring, smile because you are you. Smile right now. Why? Because smiling tells your brain to release the feel-good hormones.

This is brilliant for you and this then is brilliant for all of us. A smile to yourself acknowledges that you are special and is part of being kind to yourself.

And if you are an emoji person – read this: A smiling face with arching emoji eyes and flushed, rosy cheeks. Unlike other happy emojis which usually include teeth or an open mouth, this emoji features a closed mouth.

😊 Who knew!!

So be brilliant and shine out – smile, even though you are wearing a mask, as your attitude and acceptance of change can be an encouragement for others as well as for yourself.

Worship:

Please contact me if you would like more information about resources for worship.

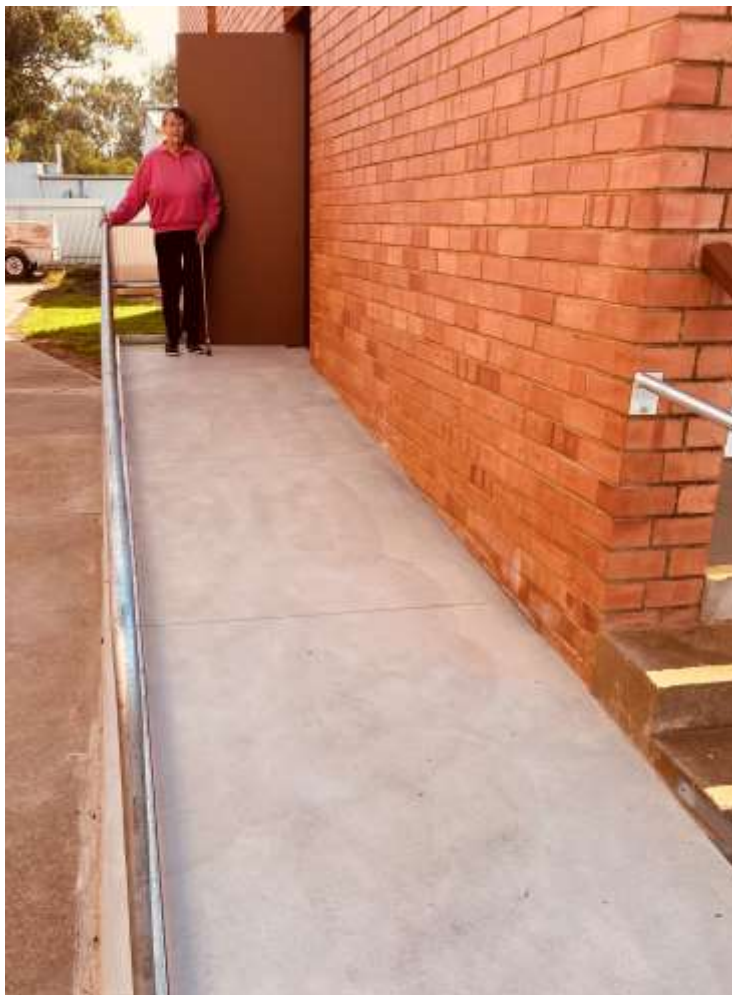
Reverend Judi Bird 0435 593 359

judithblackbird@outlook.com

Charlton Uniting Church

New Ramp into Uniting Church Hall

With many thanks to local Tradies, Marty Clifford Construction, Randall Perry Contractors and Ian Addlem Engineering, we now have a compliant ramp leading into the Church Hall in Halliday Street, Charlton. This will be a great asset, as the old ramp leads in through the kitchen and is not easy access for wheelchairs, walkers etc. The new ramp goes up beside the main entrance, so those using it will enter into the Hall the same as everyone else. Thanks to our own Charlton Tradies.



East Wimmera Parish—St Joseph's Church



With the continuing Covid-19 restrictions, Sunday Mass will continue to be celebrated at 10.30am with Fr Eugene on Zoom.

For further details contact Fr Jim on 0418 664 083.

Stay safe, stay well.

Charlton Bowling Club

Hello bowlers, we are back to stage 3 restrictions which means club house access only for hygiene purposes. We can have a roll up on Saturday provided we only have 2 people per rink and max 10 per green with 1.5 metres between. We must also wear a mask at all times. Just be sure you sanitise your hands before and after putting on or taking off a mask.

Keep your reusable mask in a ziplock bag to prevent any possible contagion to within that bag. This is why you also must wash or sanitise your hands before and after. If you touch your face, then your mask, then your face, you are possibly contaminating the mask so have a few spares and wash them daily—bowl of warm soapy water is fine and dry in the sun if possible. Won't it be fun trying to guess who is who behind the mask.

I hope you are all okay and have someone to help you should it be needed. If not call out to fellow bowlers. I am sure one of us will be able to go to the chemist or shops for you.

Please take care and stay safe.

North Central Garden Club

Bill Larmour was the guest speaker at our last meeting which was back in March. Most of us were able to take lots of cuttings to start a cactus and succulent garden.

The Garden Club visit to Bill's garden has been postponed due to the Covid-19 restrictions.

For further information contact Bernice on 5491 1334, or Sue 0407 140 336.



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Visiting Charlton by appointment.



Cabbaritta CWA

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Meets evenings, 3rd
Monday of each month
**Friendship, Crafts,
Community**

Tuesday Craft: Every Tuesday
morning, 10-12 at the Lions
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Bring your craft project.
All Welcome

New Members Welcome
Contact: Secretary, Jo Phillips on 0417 538 598.

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Rae Heenan
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37 HIGH STREET, CHARLTON, VIC 3525

We are a Volunteer Run Licensed Club Open to the Community On Friday Nights From 5pm.

We have Cold Drinks, A Meat Raffle and a Members Draw for a Cash Prize that you Must be there to Win or it Jackpots.

Come see what we have to offer.

We are available for Hire.

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North Central Garden Club

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Charlton Senior Citizens



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5491 1418



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