DONALD

Phone: 5497 1222

Articles to:

news@buloketimes.com

Adverts to: admin@buloketimes.com



BIRCHIP

Phone: 5492 2735

5492 2863

Email: birchipblc@ bigpond.com

PRICE (inc. G.S.T.) \$2

Published Tuesdays and Fridays

PP331336/0000 1

Tuesday, October 7, 2025

For the Shire of Buloke, and the districts of Birchip, Charlton, Donald, St. Arnaud, Watchem and Wycheproof



• The new BCG docuseries "Over the Fence" will uplift the voices of local farmers, business owners, sporting clubs and community leaders.

Over The Fence" In Dry Times, Look

BCG is bringing local voices to the screen with "Over the Fence", an eight-part docuseries that celebrates the resilience and ingenuity of farming communities across north-west Victoria.

The series shifts the focus from drought as crisis to drought as an opportunity for learning, preparation and connection. By capturing the lived experiences of farmers, advisers, local business owners, sporting clubs, contraccommunity and members, "Over the Fence" will shine a light on the strategies and stories that help people endure dry times, and move through them with confidence and hope.

Recognising and Valuing

BCG CEO Fiona Best said the series is about recognising and valuing the knowledge already within our communi-

"Too often drought is only spoken about when people are already in the middle of it. This project is about changing that conversation. 'Over the Fence' encourages us to think ahead, to talk openly about

risk management and wellbeing, and to see the strengths we already have. Our communities are collaborative, resourceful and connected. We want to capture and celebrate

The docuseries builds on the success of BCG's Over the Fence magazine published in 2023, which featured 33 local farming families and received overwhelmingly positive feedback. The magazine sparked

conversations, prompted re- | that resilience doesn't start flection and offered a hopeful outlook in contrast to the deficit-focused portrayal of drought that so often dominates mainstream media.

"The third iteration of 'Over the Fence' reimagines the concept for a wider audience," Ms Best said. "By sharing authentic, local stories on film, we can highlight resilience in many forms, from financial planning to community connection, from the role of technology to the importance of wellbeing. These stories are inspiring, practical, and they remind us

with rain, it starts with people."

BCG Extension Officer and project leader Alicia Gault said she was proud to be uplifting the voices of local people. "By shining a light on inspiring stories across the community, from farmers to business owners and community leaders, we're able to showcase the bigger picture of how small towns band together in tough times."

Filming

Filming is taking place between September and November, 2025, with a dedicated launch event planned for early 2026. The series will be made in partnership with local production company Mallee Media and released across BCG and the Federal Government's Future Drought Fund Victoria Drought Resilience Adoption and Innovation Hub platforms.

"This project is about lifting each other up," Ms Best said. "By listening to one another and sharing what we've learned, we can strengthen our communities, inspire action, and be ready for whatever the future brings.'

Ahead of Challenging Fire Season...

CFA's "Get Fire Ready"

CFA last week launched its Get Fire Ready initiative across Victoria in anticipation of a potentially challenging fire season.

communities across Victoria during the month of October.

is the largest This statewide community engagement initiative CFA has ever run, reaching metro, regional and rural communities

These events are designed to engage residents directly, offering practical advice and resources to help them understand their fire risk, develop a fire plan, and know where to access emergency information.

The Launch

CFA Chief Officer Jason Heffernan said Mount Dandenong was chosen for the launch because, despite not

More than 530 CFA | experiencing a major fire brigades will host events at since 1997, the region refire stations and within local | mains one of Victoria's most fire-prone areas, a reminder that long periods without fire can lead to complacency and increased risk.

"The Get Fire Ready initiative is about making sure Victorians understand their fire risk, have a fire plan and know where to get emergency information from," Jason

"Preparedness saves lives. By getting fire ready now, communities can reduce their risk and respond quickly if fire threatens.

"Our most recent bushfire survey shows that an alarming number of Victorians living in high-risk bushfire prone areas do not perceive bushfire to be a threat.



The "Best Option"?

"Many still believe leaving early is not the best option, and would instead stay and protect their property, or wait until they feel threatened or receive advice.

"Get Fire Ready is just that getting communities ready for fire season, knowing what their risks are and how they can prepare."

Helping to launch the Get Fire Ready initiative was Black Saturday survivor and former Marysville captain Glen Fiske. Glen's wife and son died in the 2009 fires and



• The "Get Fire Ready" initiative aims to help save lives, and reduce risk.

Glen continues to share his story in an effort for communities to prepare. Also sharing their experience with fire is Sassafras-Ferny Creek lieutenant John Schauble, who fought the 1997 fires in the Dandenongs.

CFA is urging all Victorians,

especially those in high-risk areas, to attend their local Get Fire Ready event this October. Jason reinforced that preparation doesn't need to be complicated.

"Clearing gutters, mowing lawns, trimming branches, knowing where you'll go if a fire breaks out and setting a watch zone in the VicEmergency app can make a real difference in an emergency," Jason said.

To find out when your local brigade is taking part visit www.cfa.vic.gov.au/getfireready.

Probians Out and About

Donald Combined Probus Club Members have been enjoying a social calendar recently with a trip to St Arnaud, where they visited the gallery, heard the workings of the Steam Engine turn roundabout, and drove past the silo art before visiting the old Fire Brigade Museum.

Following a long lunch at the Sporting Club they then visited Brian Dixon's large collection of fully restored children's pedal driven cars, which also included one formerly owned by Gerard Hogan. Then it was off to the Bible Museum.

Probus bowls have resumed and two teams from Donald enjoyed their day at Warracknabeal.

Following this some have attended the Probus Day at the Charlton Trotting meeting where members from Castledonnington, Charlton, Wycheproof Clubs were also in attendance, and where a lovely lunch with prizes along with interviews from a driver, trainer and bookmaker were also part of the day. Members were also entertained by the singing barman, who sang some Johnny Cash songs, ending a most enjoyable day.

On a much sadder note the club was shocked to learn of the sudden death of the son of its president Ian and his wife Alison and offered them sincere sympathy and support at this time and in the days

All were pleased to welcome Colleen Harmer to this meeting.

Guest Speaker

Guest speaker at the October meeting was Kerry Duncan who spoke on her love of family, friends, work and travel, and how they all connected for her. Although Kerry has worked for many local businesses she has only ever applied for two jobs. The first one was with Onley's Holdings and the second one was with her present position

at the Bendigo Bank. The others have come via requests through friends or employers.

Kerry's working career began as a babysitter for several local families. She has also worked at the Post Office, Kooka's, Johnno's Cafe, two hotels (Donald and Shamrock), Bakery, Andy Gillahan's, Donald Steel, Warren Smellie, Harberger's and Michaels. Some of these several times. As well as this she has carried out her screenprinting business and her artwork. Her first mural was at the laundromat.

Kerry proudly displayed her first painting which she painted for her parents while at Kinder.

In 2002 she bought her first passport and went on a cruise to Vanuatu with her brother. Bali soon followed. Since then she has added USA, including Alaska, Canada, and Washington.

In January 2024 she took a gap year and visited USA West Coast including Vegas, Utah, Wyoming, Colorado, Nevada, South Dakota followed by China and Vietnam and Europe including London, Dover, France, Switzerland, Florence, Rome, and Vatican City.

Egypt and Norfolk Island remain on her wish list.

Members enjoyed listening to Kerry's busy life and her adventures. The Probus social calendar continues with opportunities to attend concerts at Birchip and Warracknabeal for October, which is Probus

• Right: Kerry Duncan was the guest speaker at the October Donald Combined Probus meeting.





• Jim Petrie working on one of his many projects.

History Group Goes to Watchem

The September gathering of the Donald History Group started at 2 p.m., September 8, at Jim Petrie's workshop in Camp St, Watchem.

It took a while for everyone to get to the correct place, as GPS and Watchem aren't yet, but once there, everyone was greatly entertained to see Jim's workplace and to hear about his recent projects.

Jim has recently restored the Bills Horse Trough for the Birchip Historical Society and some years back he successfully braced and re-erected a huge Marble gravestone, using sheets of granite as a backing, in the Donald Ceme-

In another project Jim has made cement footings to install an avenue of lights, near to the Watchem Lake, similar to the lights on the Byrne St levee bank in Donald. These are ready to be installed and will be quite spectacular.

Everyone was greatly taken in by Jim's work in

progress, which is shaping a huge block of sandstone into a globe of the world to evenreally aligned with each other | tually | be | erected | at | the | ber of exhibits. The Society Watchem War Memorial.

> Jim posed with the Project along with his chisel, but did admit that some of his larger and noisier equipment will be used to move the project along. When pressed for a time line, Jim mused that he hoped that it was finished before he "kicked the bucket".

Other Features

The group then proceeded to the Watchem Hall, where Councillor Graeme Milne welcomed everyone and the September meeting was held, followed by a delicious afternoon tea, compliments of the Watchem Progress Society. This was followed by a short drive to the Watchem Museum, situated in the old

Bowling Club, where great progress has been made in displaying the growing numhas purchased some lovely glass cabinets and has been donated a few more, which they are gradually filling. Cr. Milne says that there is an enthusiastic band of about five workers who are doing the work for the Museum. There is plenty to do and more volunteers are welcome. This is the catch cry of all the Local History Groups.

Members were then invited to look at the Church, if they hadn't seen it before, and then it was time for home. Graeme and the Watchem Society members are very welcoming and they are to be commended for the work that they are doing to preserve Watchem's history.

Donald Show Set to Deliver Two Huge Days of Fun, Family and Community Spirit:

Show Office Open This Week for Tickets, Entries and Enquiries

The countdown is officially on for the 2025 Donald Show, with the Donald Showgrounds set to transform into a hub of colour, creativity and community spirit on Friday 10th, and Saturday 11th October.

The Show Office is now open at the main gate, Hammill Street from 10 a.m. – 5 p.m. daily this week, where visitors can enter pavilion competitions, purchase gate tickets, and get answers to all their show-related questions ahead of the big weekend.

Friday 10th: Evening Entertainment and **Fireworks**

Festivities begin on Friday afternoon from 4 p.m., with a full program of entertainment running into the night. Expect a lively mix of activities including:

- · Live music from Roadhouse Band, setting the mood on the main stage.
- Face painting and body art by Janelle, adding sparkle and creativity for kids and adults alike.
- Balloonatic Bruce roaming the grounds with his larger-than-life balloon creations and hilarious antics.
- Professor Wallace's Puppet Theatre, bringing cheeky characters and laughter to the Front Lawn.
- Furals interactive activity zone - hands-on fun where kids can build, paint, and take home their own creations.
- Iron Man competition, kids' zone, and roving entertainment across the grounds.
- Camels rides (user pays) and Sideshow Alley open throughout the evening.

The evening will culminate in a spectacular fireworks display around 8:30 p.m., lighting up the skies over the Donald Recreation Reserve. (Animal owners are reminded to secure pets and livestock ahead of the show.)

Saturday 11th: A Full **Day of Family Fun**

The fun continues on Saturday from 11 a.m., with something for every age and interest. Highlights include:

- Billabong Ridge Animal Nursery – packed with furry friends, cuddles and plenty of farmyard fun.
- Tiny Goats & Co. cheeky, playful goats ready for pats and photo opportuni-
- Fair Dinkum Fauna an interactive wildlife experience featuring reptiles, mammals and more.
- · Camel Rides (Jeffcott Oval, user pays) – a unique adventure for kids and adults.
- Classic and Vintage Tractor Pull and static tractor display – celebrating the power and history of farm machin-
- MXW Pro Wrestling, Cupcakerealla cupcake decorating, and Level Up Gaming bringing high-energy entertainment.
- Shearing competitions, pavilion exhibits, and a showcase of local talent at the

Donald Show Star on the main stage.

- The much-loved Grand Parade at 4:30 p.m., bringing the whole community together in celebration.
- Sideshow Alley, food stalls, market vendors, police and emergency service displays, and hands-on demonstrations will run throughout the day, rounding out a truly action-packed program.

A Celebration of **Country Life and Community**

The Donald Show is more than an event — it's a celebration of everything that makes country life special: community spirit, creativity, competition, and connection. From the roar of the tractor pull to the giggles at the puppet theatre, there's something for everyone to enjoy.

Don't forget to visit the Show Office this week to secure your tickets, finalise your pavilion entries, and make the most of this much-loved community tradition.

For more information, visit the office at the Donald Showgrounds main gate, Hammill Street, or follow the Donald Show on social media for updates.



Order Your Rubber Stamps

from the

"BULOKE TIMES" McCULLOCH STREET, DONALD - 5497 1222

Range of type to choose from

There's a Lot More to Lions Than Barbecues:

Where There's a Need, There's a Lion

It's a long story – in fact, it's more than 30 metres from stem to stern.

We refer to the Lions V District's Mobile Skin and Awareness Unit, which brought its free service to Donald over the weekend.

Stationed near the entrance to the Donald showgrounds, the unit and its vounteers welcomed a constant stream of local district residents enthusiastically accepting the invitation to have their skin checked.

On Saturday, of the 61 people checked, 23% were referred to be checked by a doctor.

Of the 61 checked on Sunday, 33% were referred.

At the Donald end of the state-wide program was Donald Lions Club secretary, Lion Colleen Harmer, who worked tirelessly to arrange bookings for those attending between 9 a.m. and 3 p.m. on both Saturday and Sunday.

High Incidence

Addressing the identified need that exists in our country - namely a high incidence of skin cancer and mortality due to melanoma, exacerbated by low levels of service and access to dermatologists in rural and remote areas – the Lions V Districts Cancer Foundation was formed in 2018 with the initial aim of putting a Skin Cancer Check and Awareness Unit on the road. Supported by Lions Clubs, Lions Foundations, as well as public and private philanthropic organisations, the Unit was operational by 2021 and officially launched in March of 2021. It provides a free skin check facility, which also serves to educate and inform people of the important need for skin care and protection.

Did You Know?

- Australia has one of the highest skin cancer rates in the world.
- Two in three Australians will be diagnosed with skin cancer by the age of 70.



SOLICITOR

116 Napier Street, St. Arnaud

Experienced practical advice in plain English

Appointments also available in Charlton, Donald and Wycheproof

Ph. 5495 2595

Karen@klp.net.au

Your Blood is Worth Bottling

If you are visiting Ballarat or Bendigo and have a bit of time to spare, a trip to the Blood Bank would be a very rewarding experience. You will need to book, by phoning 13 14 95.



• More than 2,000 Australians die from skin cancer each year. In 2015, 379 Victorians died from skin cancer, 1.5 times the Victorian road toll that year.

• The incidence of treatments for basal and squamous cell carcinomas is more than five times the incidence of all other cancers combined.

- There are no public funded skin cancer check programs in Victoria.
- In 2019, there were 199 dermatologists in Victoria most living in Melbourne; however, just 15 dermatologists held clinics in eight Victorian country towns and centres.
- Rates of melanoma are significantly linked to occupational exposure.
- The rate of melanoma in rural and remote areas is 40 66% higher than for metropolitan Melbourne.
- Early detection is crucial

 if treated early there is a
 95% chance of a normal lifespan, however in just a few

REX THEATRE

30-34 High St. Charlton

• Working with the Lions' mobile skin and awareness unit: Left to right, Jenni Dennis, Sheree Brambrook, Harold Malone (vehicle driver), Mary Malone, Michael Raynes (Donald Lions president), David James (Donald Lions vice-president).

CHECKS

Always.

Iions australia

Parameter

San F

months a melanoma can spread – reducing life expectancy to 5 years.

• The next visit by the Lions' Skin Cancer Unit will be at Charlton on Saturday, and Sunday, October 11 and 12.

COMING ATTRACTIONS

THE NAKED GUN

M 85 mins | Comedy

Sat 11 Oct 8pm

Tue 14 Oct 8pm

No Sunday screening

POLMUSICA

Sunday 12 Oct 1pm

Free Event

At This Year's Presentation Ball...

Students Step Into Tradition

Birchip P-12 School is busily preparing for one of the most anticipated events on the local calendar – the annual School Council Presentation Ball, to be held this Friday, October 10.

Doors open at 7:00 p.m., with the official student presentation commencing at 8:30 p.m..

Under the expert guidance of Carol Reid and Connelly Ryan, students from Years 10 and 11 have been rehearsing weekly in preparation for the big night. Their commitment and enthusiasm promise an evening filled with grace, style, and community spirit.

While the event draws on the long and proud history of debutante balls, Birchip P-12's Presentation Ball reflects the changing values of modern society.

Traditionally, debutante balls introduced young women into society – a custom dating back to seventeenth-century England. When the "Deb Ball" came to Australia, it began as the Chinese Dragon Ball in Melbourne in 1938, and quickly became part of local community life across the nation.

Fundraisers

In the Mallee, the tradition flourished. Early town balls often served as fundraising events for local causes, where the girl who raised the most money was crowned "Queen." When debutante balls first arrived in Birchip, they were often presented through local churches or the RSL, with multiple events held each year. Young women would proudly re-wear their gowns to each ball, a far cry from today's one-night-only tradition.

After the Second World War, debutante balls became more formalised, with girls inviting boys to be their partners and performing a series of traditional dances before family and friends. But as social life evolved, so too did the dance floor. By the 1980s, town dances had largely given way to drive-in movies, videos at home, and blue light

discos, as free-form, no-contact dancing replaced the old choreographed routines.

Spirit and Change

Today, Birchip P-12's Presentation Ball honours the spirit of that history while embracing change. Students are no longer paired off, but are instead presented as a group, symbolising equality, inclusivity, and community.

The focus has shifted from formality to celebration – a night for students to connect with their peers, families, and the wider community in a setting that blends tradition with progress.

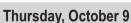
As the students don their formal attire and step on to the dance floor this Friday night, they continue a cherished local tradition – one that reflects not just the past, but the evolving values and unity of Birchip today.

Tickets are available at the door: Adults \$15, Concession \$10 and school students \$5.



• Students dancing at the 2024 Presentation: Tylah Haslam, Harry Cook, John Brooks and Emily Braine.

DONALD LIONS CLUB Spinning Wheel Roster for Donald Show



1pm: Set Up trailer at showgrounds, near toilets. Leigh Hawkes, Geoff Harvey, David James, Trevor Campbell, Graeme Harris, Alan Berg.

No screenings 18 | 19 | 21 Oct Charlton Show Weekend

Saturday, October 11

10am - 10.45 am: SET UP MICROPHONES AND PUT PRIZES ON TRAILER.

Graeme Harris, Shane O'Shea, Alan Berg, Leigh Hawkes, Gary Dunstan.

ON SPINNING WHEEL

10.45am - 12.30pm: Shane O'Shea (caller), Glenn and Emma Gorin, Andrea Mason, Gary Dunstan, Sheree.
12.30pm - 2.00pm: David James (caller), Norm Hollis (caller), Sarah Noonan, Matt House, Mick Raynes, Michelle and Alan Berg, Jacki Richards.

2.00pm – 3.30pm: Arthur Tsakonas (caller), Graeme Harris (caller), Colleen Harmer, Stuart & Joyce Hollis, Chris Rodgers.

3.30pm – 4.30pm: Norm Clark (caller), Graeme Harris (caller), Kerri Flagg, Brian Brasier, David James, Graham Shilton, Mick Raynes (collect money).

PACK UP Graeme Harris, David James, Norm Hollis, Matt House.

Please arrange your own replacement if unavailable

or contact Graeme Harris 0419 547 897. Lions will be serving eggs and bacon breakfast from 7.30am on Friday morning at the show.

from 7.30am on Friday morning at the show.
All support appreciated thank you!



JOHNSON-GOODWIN MEMORIAL HOMES **Annual Meeting**

NOTICE is hereby given of the 50th Annual Meeting to be held 'face to face' and Zoom on Monday 27th October 2025, in Riverside Lounge at Goodwin Village. The Meeting will commence at 8.00 pm after a meal.

DINNER

The Annual Meeting will be preceded by a meal at 7.15pm. This will cost \$10.00 per head and will include a subscription to the organisation.

People not wanting to have the meal are welcome to just come to the meeting for the 8.00 pm start.

GUEST SPEAKER

Jodie Drake (RN) will speak briefly on aspects of her role at Goodwin Village.

MEETING

The Johnson-Goodwin Memorial Homes Annual Meeting is a 'face to face' public meeting, but only people who are members of the organisation can move motions, and vote on them during the meeting.

PARKING

Parking for the meeting attendees is available in the Riverside carpark at Goodwin Village. Entry to the carpark is by the riverside track beside the western side of the Camp Street Bridge.

BUSINESS:

- 1. To receive the Board's reports.
- 2. To receive and adopt accounts.
- 3. Election of representatives to the Board.
- 4. Notices of motion.
- 5. Such other general business as may be discussed at this meeting

Nominations in writing are invited for six positions on the Board. Five positions are for a two-year term, and one position is a casual vacancy for a one-year term. Nomination forms are available from the Chief Executive Officer.

The following 5 members of the Board will have their two-year term expire: Helen Amos, Gerard Burke, Mark Donnellon, Margot Paynter, Leo Tellefson. These members are all eligible for re-election.

Members are also informed that subscriptions of \$10.00 are now due.

> A. Hogan, Chief Executive Officer.

Enjoyment & Employment — Have Both, Shop in Your Own Town!

Times" Classifieds

Phone Donald 5497 1222. Birchip 5492 2735 Email admin@buloketimes.com

DEATH BECKHAM

(Nicholls).- Joan Valda Passed away peacefully, in Donald,

on October 2, 2025, aged 89 yrs.

Loving wife of Ken (dec.) and loving mother and mother-in-law of Gary & Fiona; Rod & Julieanne; Kerry & Ned Raven; Bev, Carol and Jim (dec.).

Treasured Grandma of Bryan & Bridgette, Gavin & Sam; Emily, Joshua & Kate, Jesse, Brenden and Great-grandmother of Leo, Estelle, Daphne, Violet and Jamie.

> A life well lived and loved.



DEATH BECKHAM.- Joan

The members of the Donald Golf Bowls Club regret and mourn the passing of one of our esteemed ex-club and Life Member in Joan Beckham.

We extend our deepest sympathy and condolences to Rodney, Gary, Kerry and their families on their personal loss at this sad time.



DEATH BOTHERAS.-

Clive Alan Passed away on October 2, 2025 Aged 81

Dearly loved husband of Marjorie (Muir).

We had 58 years together. We had many years of playing tennis and waterskiing both together and as a family.

Rest in peace

-Marj

BOTHERAS.-Clive Alan

Passed away peacefully, on Thursday, October 2, Aged 81.

Loved father and father in law of Chris and Deanne. Pa of Rebecca, Sarah and William.

Will be deeply missed and forever in our heart.

BOTHERAS.-Clive Alan

29/02/1944 to 02/10/2025 Loved husband of Marj.

Much loved father and father in law of Chris and Deanne, Rod and Simone. Cherished Pa of Rebecca, Sarah and William; Jayde, Brittany, Jeshua, Keely, Neve, Devan and Isobel. Loved Pa of Xavier.

Treasured Memories.

DEATH DOUEAL.-Tim "Dasher"

Passed away in Adelaide, on October 2, 2025

after a tough innings. Life-long mate of Jack Alexander.

Fond memories of those cricket matches in the backyard, services cricket club, and country week cricket.

Re-united with Dangles.

FUNERAL BECKHAM.-

11 a.m.

A private burial will be held.

> ST. ARNAUD 5495 1043 NFDA EST. 1860

FUNERAL BOTHERAS.-

A tribute can be left on our website: <u>kellyfunerals</u> birchip.com.au

Mark and Raelene O'Halloran

5492 2547

FUNERAL

You are invited to James Andrew **McEwen**

Memorial Service Mon., October 13, 2025

The Oliver Tree Southland Church, Batemans Bay, NSW Livestream: Further details: Facebook Grace McEwen

Local Gathering: Friends, Family, Neighbours are invited to Granite Community Granite Flat

Mon., October 13, 2025 1 p.m.

A service to celebrate Joan's life will be held at the Donald Golf Clubrooms on Friday, October 10 at

KELL FUNERALS

The funeral service for Clive Alan Botheras will be held at the Wycheproof Uniting Church on Wednesday, October 8, commencing at 11.30 a.m. Burial will follow at the Wycheproof Cemetery.

KELLY FUNERALS BIRCHIP



1 p.m. 2 Bayridge Drive, North https://southland.org.au

Church, 358 Bishs Rd,

View Livestream together

us. We love & miss you more than words can be written.

Love you,

IN MEMORIAM

FRENCH.-Riley David 13/04/1988 - 07/10/2006

19 years of missing you

Riley, our shattered hearts will never heal, every day

That beautiful nature is

always missed, the biggest

heart we ever knew, your

smile, those beautiful blue

eyes; we just miss every-

Always and forever with

seems harder.

thing about you.

our darling son. - Dad & Mum xxx

DONALD TYRE & **EXHAUST CENTRE**

Will be

CLOSED FROM Thursday Oct. 2 to Monday Oct. 20

Sorry for any inconvenience

CHOOK RUN **Ballarat Chooks**

Pullets/Chooks for Sale Sexed and Vaccinated Hyline Browns

DELIVERY Monday, Oct 20

Dropping of at: Ararat, St Arnaud, Donald, Birchip and Wycheproof. Contact Kelvin to pre-order Ring or message on

0400 559 559

BIRCHIP TENNIS CLUB

A.G.M.

WED., OCTOBER 8 7 p.m.

AT THE CLUB ROOMS Cardio and Junior tennis starts Tues., Oct. 14 - spots available.

NAMES

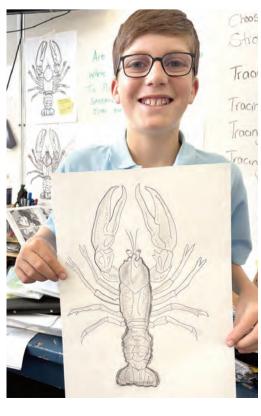
If anyone is interested in playing tennis this season please contact secretary Georgie Warne, on 0427 793 879.



In the recent art exhibition in Donald and on display at the Donald High School foyer, Year 7 Art students enjoyed exploring a variety of multimedia options.

These are some of the students whose work was in progress.

Max Reilly **DONALD HIGH SCHOOL**



OUTFITTING MEN SINCE 1959

AT MENSLAND

We're still here just having a go!

OYSWEAR CLEARAN

ITEMS

FLEECY WINTER JACKETS

 SUMMER SHORTS · T-SHIRTS ·

Also, an odd range of toys and games - look in the corner - watch out for things!

For Promotions, Specials and Competitions, w us on Facebook

Find us on



70 Woods Street, Donald — 5497 1211

Just ring or email **mensland@iinet.net.au** and we will **deliver your order.**

Deadlines:— Tuesday's Issue: Display advertisements (2 or more columns), 3 p.m. Friday prior. Friday's Issue: by 3 p.m. Wednesday prior.



SOCIETY INC. FURTHER INFO: 0427 976 208

Meeting

Tuesday, October 14 DONALD COURTHOUSE 7.30 p.m.

Speaker: Anne Walsh -100 Yrs of Litchfield Hall

ALL WELCOME

BIRCHIP GOLF CLUB Annual Meeting

MONDAY, OCT. 20 AT THE BIRCHIP RAILWAY STATION

commencing at 7.30 p.m.

Anyone who is remotely interested in golf continuing in Birchip please register your support by attending the AGM or an apology to Sue Davis on 0428 430 967

Printed and published for the proprietors by Robin Letts, at the office of "The Buloke Times", 6 McCulloch Street, Donald.

WATCHEM **TOWN GARAGE SALE**

Sunday, Oct. 12 8a.m. to 3p.m.

Maps available from Watchem shop for a gold donation.

Anyone wishing to have a g/sale can text address to Annie on 0428 287 116 so you can be added to map. Out of town people most welcome to set up in town.

Bendigo Bank

To all past staff and directors of the Community Bank Donald & District you are invited to

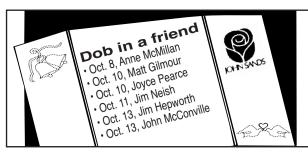
celebrate the 15th Birthday

of our branch opening

When: Friday October 24 @ 6.30 p.m.

Where: Donald Golf Club Meal provided. Drinks at bar prices Please RSVP to the branch

> by October 10th. Ph. 5497 1194



If you know someone celebrating a birthday, or wedding anniversary or some other special occasion, let us know and we'll let the world know!



Donald Newsagency & Emporium

For all your Greeting Cards, Wraps, Ribbons and Stationery needs. 37 Woods Street, Donald. 'Phone 54971510.



WE ARE HIRING! 2025/26 HARVEST STAFF

Duties will consist of:

- Unloading Trucks
- Operating belt shifters
- Operating Bunker Staker
- Bunker Duties
- Operating Drive Over hopper

Successful applicants will need to be self motivated and able to work autonomously, Be an Australian citizen or hold a valid work Visa

APPLY NOW

Email admin@wimpak.com.au Call Damian: 0428 857 055



"PolMusicA" Live at the Rex

The Rex Theatre once again welcomes the winners and competitors from the PolMusicA 2025 Competition, showcasing their outstanding musical attributes live on stage on Sunday, October 12, at 1 p.m..

The annual national competition, which is open to young pianists and string musicians seventeen years and under, features the crème de la crème of emerging young artists. The 2025 competition also saw the introduction of a vocal section for the 15-17 year age group.

Working in tandem with PolMusicA Executive Director, Greg Machnacki, The Rex is pleased to be hosting a selection of participants in this concert presentation.

This is a call out to all local music lovers and piano students to attend Sunday's performance, which will provide a wonderful opportunity to hear the virtuosic performances by these young musicians.

PolMusicA is a free event. "The Naked Gun"

If it's humor you are looking for, then The Rex screenings of "The Naked Gun" will surely tick the box.

Moving on from the 1990s franchise starring Leslie Neilson, Liam Neeson now plays

against type as police lieutenant "Frank Drebin Junior" – the son of the former top cop - and exhibits all the scattered brained and slap-stick antics

made famous by the bumbling

"Frank Drebin Senior". Tasked with saving the Police Squad from closure by cracking a high-stakes case, this comedy/parody of policing is filled with genuinely funny moments as Neeson offers a deadpan, earnest delivery which adds even more humor to the chaos arising from the most absurd situations. This is laugh-out-loud comedy which has garnered good reviews from both audiences and critics alike.

So why not check it out for yourself? Grab a crowd and settle in for a fun-filled session of undemanding entertainment!

"The Naked Gun" (M 85 mins) screens: Saturday, October 11, 8 p.m. and Tuesday October 14, 8 p.m..

Patrons, please note: No Sunday screening.

Subject to change

Saturday 11th

Fun kicks off at 11am

What's on at the Donald Show Friday 10th • Horse Events 9am Onwards Main O • Pavillian Viewing bours 1000

Fun kicks off at 4pm

- Horse Events 9am Onwards Main Oval
- Show Opening Approx 7pm Anderson Blueroom
- Music By Roadhouse 5pm Onwards Main Stage Food Court
- Face Painting 4pm Onwards Front Lawn
- MXW Pro Wrestling 4pm Onwards Stadium
- Kids Zone 4pm Onwards Front Lawn
- Professor Wallace Puppets 4pm Onwards Front Lawn
- Camels User Pays pm Onwards Jeffcott Oval
- Balloonatic Bruce 4pm Onwards Roaming
- Furals 4pm Onwards Front Lawn
- Iron Man Competition Approx 7pm Anderson Blueroom
- Free Skin Checks 4pm Onwards
- First Aid Demos 4pm Onwards Front Lawn
- Smoothie Bike 4pm Onwards Front Lawn
- Sideshow Ally 4pm 9pm
- Food Court 4pm 9pm

Admission Prices

General Admission & Equestrian Competitors

Friday 10th October

Donald Show 2 Day Pass 2 Adults & Student Children - \$60 2 Day Single Ticket - \$40 Adults - \$20 Concession - \$15 Secondary School Students - \$5 Primary School Students - Free Equestrian Competitors - \$20 Per Vehicle with float, free entry for under

18 yrs

Saturday 11th October

Family Ticket 2 Adults & Student Children - \$60 Adults - \$25 Concession - \$20 Secondary School Students - \$15 Primary School Students - Free Equestrian Competitors - \$20 Per Vehicle with float, free entry for under 18 yrs

Horse Events 9am Onwards Main Oval

- Pavillion Viewing hours 12:30pm 4pm
- Donald Hockey Club Luncheon 12pm Onwards Anderson Blueroom
- Music By Darren Wardle & Jeff Woodward Main Stage Food Court
- Face Painting 11am Onwards Stadium
- Professor Wallace Puppets 11am Onwards Front Lawn
- Balloonatic Bruce 4pm Onwards Roaming
- Tiny Goats & Co 11am Onwards Front Lawn
- MXW Pro Wrestling Stadium
- Furals 11am Onwards Stadium
- Billabong Ridge Animal Nursery 11am Onwards Jeffcott Oval
- Level up Gaming 12pm Onwards Anderson Blueroom
- Mel & Co Cookies 12:30pm Onwards Stadium
- Cupcakerella Cupcake Decorating 12:30pm Onwards Stadium
- Kids Zone 11am Onwards Stadium
- Victoria Police, CFA, SES, Ambulance 11am Onwards The Triangle
- Cartoon Portraits 11am Onwards Stadium
- Free Skin Checks 12 Noon Onwards
- Camels User Pays 11am Onwards Jeffcott Oval
- Fair Dinkum Fauna 11am Onwards Front Lawn
- Laser Tag inflatable 11am Onwards Jeffcott Oval
- It's So Photo Booth 11am Onwards Stadium Show and Shine Judging 1pm Jeffcott Oval
- Shearing 9am Onwards Shearing Shed
- Donald Show Star 2pm Main Stage Food Court Grand Parade 4:30pm Main Oval
- Sideshow Ally 11am Onwards
- Food Court 11am Onwards





PUBLIC NOTICE FIREWORKS

Notice to all animal owners in and around Donald area. A Fireworks display will be held on Friday 10th of October 2025 Approx. 8:30 pm please ensure your animals secure at this time. Thank you. Further info contact 0430021100

Country Roads Left to Crumble

The Nationals' Member for Mildura, Jade Benham, has slammed the State Government for its continued neglect of regional roads with its announcement of limited upgrades to the Calder Highway, saying the funding falls far short of what is needed.

Ms Benham said while the announcement gave the impression of a broad commitment to the Calder Highway, the fine print reveals works are limited to just three locations: Lockwood, Bridgewater on Loddon, and Nyarrin.

"These works are needed and welcome, but they don't even scratch the surface," Ms Benham said.

Calder Needs Upgrades

"The Calder Highway urgently needs extensive upgrades. I travel this road frequently and see firsthand the dangerous conditions, dodging potholes and avoiding eroded edges. Some sections are simply unsafe, and communities continue to face crumbling roads despite years of warnings.

"The Government claims it is responding to community

feedback, yet communities have been screaming from the rooftops for years and their pleas still go unheard."

Below Average

Regional roads are vital to Victoria's economy, connecting farmers, freight operators, and families. Funding for road maintenance remains well below the national average, leaving many communities with roads that are unsafe and deteriorating. Without a longterm, fully funded plan, these conditions will only get

"Communities, freight operators and families rely on the Calder Highway every single day, yet Labor's neglect has left it in a state that is costing both lives and livelihoods. We need a significant increase in funding to deliver the upgrades and



· Jade Benham.

maintenance the Calder Highway desperately needs," Ms Benham said.

"Victoria is spending \$1,500 per kilometre less than the national average on road maintenance, and this shows in the deteriorating conditions of our regional roads.

"We need a long-term, fully funded plan to fix the Calder Highway."

At Free "Gone Fishing Day"...

Hook a New Hobby

Newcomers to the pastime of fishing will get the chance to hook a new hobby at eight free events hosted by angling clubs and fishing organisations on "Gone Fishing Day", Sunday, October 19.

The Victorian Fisheries Authority CEO, Travis Dowling, said Gone Fishing Day is an annual event that celebrates the wonderful world of recreational fishing right across the country.

"Gone Fishing Day is the perfect opportunity to take out a friend, neighbour or relative who's always wanted to wet a line, but hasn't had the chance," Mr Dowling said.

No Licence Required

"To help everyone give fishing a go on Gone Fishing Day we're making Sunday, October 19, a day when a recreational fishing licence isn't required anywhere in Victoria.

"We're also supporting angling clubs with grants to host come-and-try fishing days from Portland in the west to Mildura up north and a few around Melbourne.

"Several clubs and fishing organisations have reeled in grants to help run the events, using revenue derived from the sale of fishing licences, to give beginners a great introductory experience, free of charge, on Gone Fishing Day.

"Angling clubs are the perfect hosts for these events because their members know the local waters, the fish species most likely to be encountered, and the tactics to net that catch of the day that could be a delicious meal on the family dinner table.

"And if participants want to pursue the hobby further, they can join the host club and enjoy all the benefits of being well connected to the local fishing scene," Mr Dowling

List of Clubs

• King River, Glenrowan Recreation Reserve, King River & District Fishing Club.

- · Lake Marma, Murtoa An-
- Portland town jetty (foreshore), Portland Sports Fishing Club.
- Ess Lagoon, Casterton Angling Society.
- Howqua Inlet, Lake Eildon, Howqua Angling Club.
- · Sandringham Foreshore,
- Sandringham Anglers Club. · Fisherman's Beach,
- Torquay Angling Club. Kings Billabong, OzFish Unlimited.

For people attending the Melbourne Boat Show on Gone Fishing Day there will be 30-minute fishing clinics from Fishcare between 10 a.m. and 3 p.m.. Book online.

For more information, including event times and angling club contacts, visit www.vfa.vic.gov.au/gonefishingday25

"Farmers Need Help, Not Spin"

Deputy Leader of The Nationals and Shadow Minister for Agriculture, Emma Kealy, has urged the Allan Labor Government to refocus its priorities on supporting drought-affected farmers instead of hiring more communications advisers in Melbourne.

"Despite recent rain, many Victorian farmers remain in drought conditions. While paddocks may look green, the reality is the feed has little nutritional value, forcing producers to keep buying in hay at very high prices," Ms Kealy said.

According to the Bureau of Meteorology, rainfall so far has not been enough to turn the season around for many, with the outlook still uncer-

"With hay costing between \$300 and \$450 per tonne, and

livestock feed needs ranging from 1.5kg a day for a sheep to more than 10kg for a dairy cow, every dollar counts for farmers right now," Ms Kealy

"Spending up to \$320,000 on additional communications staff in Melbourne is disappointing when that money could have been put towards practical support - helping feed hundreds of animals for months. Labor has lost sight of the needs of the bush."

The drought taskforce, designed to guide government



• Emma Kealy.

response and assistance, has not met for three months.

"It's time for the Premier and the Minister for Agriculture to reconvene the taskforce so that experts can help recalibrate the government's response.

"Farmers, their families, and their livestock need practical help, not spin."

"That's NOT the Spirit"

Qantas is no longer the "Spirit of Australia" after confirming Mildura base shutdown, Qantas has insulted the Sunraysia population and should no longer be allowed to call itself the "Spirit of Australia", Member for Mallee Dr Anne Webster MP said this week after Oantas confirmed its worst-kept secret on closing its Mildura, Hobart and Canberra bases.

"Qantas can try to spin this however they like, they engineered the very outcome they announced crocodile tears today," Dr Webster said.

"Qantas has slapped Sunraysia in the face despite our history of Qantaslink passenger traffic for over 30 years. Today's decision to close the Mildura Qantas base next April shows total disrespect to long-standing Mildura residents, pilots and cabin crew, who have served with distinction and this is the thanks they get. Just two years' support to commute from Mildura to alternate 'bases' in Melbourne, Sydney or Brisbane, with no guarantee after that, and unclear financial support arrangements.

"Has Qantas considered the cost not only of purchasing a similar home in Sydney, Melbourne or Brisbane compared to an existing home in Mildura, or of spouses or partners changing jobs, but also children changing schools and all of the family disengaging from Mildura social life?

"This is a premeditated Qantas-engineered closure. Qantas have whittled down the Mildura workforce over a period of years, so effective rosters cannot be filled. They are simply going through the motions. Once again consultation means nothing.

The Fight

"Qantas has today insulted every working Australian on Albanese Government's watch and all Transport Minister King can say is 'please reconsider'? Where's the fight for workers? I assure you that I, and The Nationals, are fighting for these workers and for regional Australians.

"I am also concerned that Qantaslink service reliability to Mildura will be affected because Qantas has hollowed out local staffing. This is a repeat of Qantas' 2008 Mildura maintenance facility closure where, now, if planes break down an engineer has to be flown in, causing significant delays or cancellations.

"Sunraysia residents and regional Australians are sick of being treated as second class citizens by city-centric



• Ann Webster.

Labor Governments and big corporations who should be more grateful to governments that helped them through the pandemic when the Coalition was in Government.

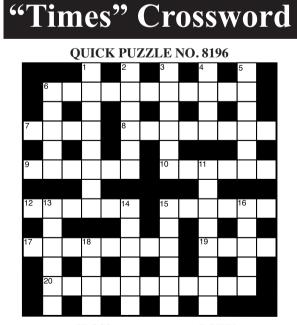
"Let it be known on October 1, 2025 Qantas ceased to be the 'Spirit of Australia' and became the 'Spirit of Sydney, Melbourne and Brisbane'."

Dr Webster spoke with Qantaslink CEO Rachel Yangoyan this afternoon and communicated her displeasure and that of local Qantas staff and the Mildura community.

Background

While Mildura has been serviced by commercial airlines since the mid-1970s via what began as Murray Valley Airlines, then Sunstate and Southern Australia Airlines, the operation's later owner Australian Airlines merged with Qantas in September





ACROSS

Unrealistic (11) Note (4)

- Man's name (6) Fate (6)

Memento (8)

- Withdraw (6)
- Famous artist (8)
- Praise (4) Bird (7-4)
- **DOWN** Adversary (8)
- Dog (6)
- Hit (6)
- Pain (4)
- Fish (6) Perfect (5)
- Nationality (8) 13. Horrified (6)
- Vegetable (6) Loll (6)
- Inebriated (5) Kill (4)
- · Solution next issue.



• 1925 Woosang Junior Football Premiers.

COMMUNITY UPDATE

Buloke.



ROLL UP - THE CIRCUS BRINGS THE FUN TO TOWN!

Buloke Shire has been buzzing with excitement this week as The Connected Circus brought its vibrant energy and playful spirit to five towns across the region.

The free school holiday workshops, designed for primary and secondary students, were an absolute hit with youngsters and families who attended at Birchip, Charlton, Donald, Sea Lake and Wycheproof.

Across two days, children learned circus skills including spinning plates, poi, flowerstix, dragonstaff, stilts and more, with each session tailored to suit all skill levels.

The Wycheproof session saw a fantastic turnout, with lots of laughter as kids mastered new tricks.

Parents and carers watched proudly as their children explored new talents and built confidence in a safe, inclusive environment.

FIVE WEEKENDS FOR FIRE SEASON

This year, Council is starting a new initiative to assist residents with preparation for the fast-approaching fire season.

Just as with Council's long-running Free Green Waste in October, residents will still get a period of free green waste at Landfills and Transfer Stations, but we're making an improvement.

We've been listening to you, and we know most people only get a chance to drop off at the tip on weekends. That's meant, depending on how the days fell each year, residents often only got four full weekends to take care of their fire season prep.

To improve the service we offer, Buloke Shire Council is introducing Five Weekends for

Free green waste at all sites will now start at the beginning of the first weekend in October and continue until the end of five full weekends.

That means, the 2025 free green waste period starts this Saturday, 4 October and will finish on Sunday 2 November.

Residents who are able can still drop off free green waste during regular opening times on weekdays until the end of the period, they'll just be guaranteed five weekends from

You can check the opening times at all Council Waste sites on our website www.buloke. vic.gov.au/waste-and-recycling

And don't forget that we're always listening and love to hear your feedback and suggestions about how we can improve the services we offer, so don't hesitate to get in touch with your ideas.

REMINDER -HAVE YOUR SAY

The Draft Asset Plan 2025-2035, Financial Plan 2025-2035, Road Management Plan and Buloke Health and Wellbeing Plan 2025-2035 are currently on public exhibition and open for submissions.

Copies can be downloaded from the Have Your Say webpage council website at www.buloke.gov.vic.au

Hardcopies can also be viewed at the Wycheproof Customer Service Centre,

Submissions must be received in writing no later than 5pm on **Thursday 9 October** 2025 and can be provided in the

- Email: buloke@buloke.vic.gov.au
- In person: Place a hard copy submission in the box at the Wycheproof Customer Service Centre, 367 Broadway,
- Mail: Address your submission to -

To ensure your submission is valid a contact phone number, email address (if you have one) and details of

Please indicate in your submission if you would like to attend a Submissions Hearing to discuss it with Council on Wednesday

Following the consultation and review period, the Asset Plan 2025-2035, Financial Plan 2025-2035, Road Management Plan and Buloke Health and Wellbeing Plan 2025-2035 will be recommended for adoption at the Council Meeting on Wednesday 15 October 2025.

For more information or assistance with making a submission, contact us on 1300 520 520

367 Broadway, Wycheproof.

following ways:

- Wycheproof, VIC 3527
- Buloke Shire Council Submissions, PO Box 1, Wycheproof, VIC 3527.

please include your name, postal address, your submission.

8 October 2025 in Wycheproof.



ON THE ROAD WITH ABC NEWS

Council's advocacy efforts continue to push for urgent funding for repairs to flood-damaged roads, highlighting the safety risks and isolation faced by affected communities.

Mayor Cr Alan Getley was interviewed last week, and took the news team on tour of some of the most concerning roads in the shire. Council is working closely with government agencies to secure funding and accelerate restoration timelines.



BULOKE SHIRE COUNCIL

PO Box 1 Wycheproof VIC 3527 367 Broadway, Wycheproof. Victoria, 3527 T: 1300 520 520 E: buloke@buloke.vic.gov.au W: buloke.vic.gov.au



Charlton 100 Years Ago

(Information from "East Charlton Tribune")

October 3 to 7, 1925.

The Gun Club held a pigeon sweepstakes. The birds were in good flying trim and on the average the shooting was exceptionally fine. Young shooter, Joe Lazarus, proved himself equal to the best men on the ground as also did W. Bertoli who was in form. Although young shooters, these two show the makings of first class trap shots. Some of the results of the different events were: First sweepstake (4 birds) divided by W. Bertoli, J. Lazarus and I. A. O'Donnell. 3rd sweepstakes between W. Halligan and J. Lazarus. 4th sweepstakes divided by R. H. Klunder, W. Bertoli and J. T. Dwyer.

Cricket: A meeting of delegates with a view to forming an Association was held at Wycheproof when eight clubs were represented. It was unanimously decided to re-form the Charlton and District Association and to admit Jeffcott and Corack clubs. Election of officers resulted:- President, Mr James Spain, Charlton; vice-presidents, Mr P. Denney, of Wycheproof, and Mr A. Pink, of Teddywaddy West; hon. secretary, Mr C.J. Dew. It was decided to enter a team for Country Week. A proposal to form a town competition is being taken up heartily and it is expected that three local teams will be formed with a possibility of a fourth.

> Tennis: There was a fair attendance of about twenty members at the annual meeting of the Tennis Club. The secretary reported that the work on the new concrete courts was progressing favourably and one court will be ready to play on in three weeks' time. At present the liabilities of the club exceed the assets by the sum of £65/15/7. This deficiency is to be rectified by members' subscriptions for this season, by a picture night and tournaments. Subscription fees are: Gentlemen, £1/1-; ladies, 10/6; visitors, 2/6 per week or 5/- per month. The ladder competition which was introduced last year is to be continued.

> C. of E. Flower Stall: A very successful and enjoyable concert and afternoon tea was held in the Presbyterian Hall. The function was inaugurated to raise funds for the purchase of pot plants, etc, for the flower stall in connection with the Church of England Carnival. There was a very large attendance of ladies. The programme was presented and each and every item was generously applauded. Items were: Mrs Miller – piano; Miss V. Kirk – song; Mrs Rowlands – song; Miss Jean Wood – recitation; Miss Frost – recitation; Miss E. Curnow – song. During the interval the audience were well entertained by Mr Frank Kruger with his wireless.

> Woosang Juniors Entertained: A splendid banquet was given by Mrs Walker, Globe Hotel, to the members of the Woosang Junior Footballers to commemorate their winning the premiership. The colours of the team (maroon and gold) were the predominating feature of the decorative scheme. Mr Tobin proposed a toast to "the Team". Responding on behalf of the team the captain, Mr Les Parry, remarked that it had been a pleasure to be captain of the team. Mr A. White thought football was one of the finest games possible for developing young men. It broadened their minds, strengthened their bodies and taught them to take the "bumps' that life gives.

> Wychitella News: A very successful ball, in aid of the Bendigo Hospital, was held in the local hall. The hall was nicely decorated, the floor splendid and dancing continued till the small hours of the morning. A profit of £7 was obtained.

> A few loads of wool have been delivered to the local railway station, and shearing is still in full swing. Lambs sent from this district have been bringing high prices, but feed is now scarce.

> The Buckrabanyule tennis team visited and were victors by a narrow margin.

> For Mother: The carrying of a baby is no light task, and it is as uncomfortable in warm weather for baby as it is for mother. Sometimes father carries baby, but not very often. The "Fan Folder" is a new and modern pram designed to give the greatest possible comfort for baby without the necessity of carrying him. The new pram is easy to open or close with one hand, takes up small space and is light in weight and is, therefore, ideal to take along with one in tram, train or car. The "Fan Folder" is serviceable, economical, attractive, and is fully guaranteed. Misses Dudley and Morse are sole agents for this handy pram.



Sleep, the Natural Healer

We all need regular, restful, sound, natural sleep to keep healthy. Sleep allows the mind and body to unwind and restores lost energy, but not everyone practises sleep hygiene – good sleeping habits.

Good habits promote restful nights and daytime alertness. They're essential for maintaining cognitive function, emotional well-being and physical recovery. Poor sleep habits are linked to things like increased inflammation, higher blood pressure and a greater risk of chronic conditions such as heart disease and diabetes.

Most important, sleep helps your brain and body reset. The glymphatic system is your brain's waste-clearing mechanism. It's most active during deep sleep, flushing out toxins and waste proteins. Sleep supports your body's overall detoxification system, includ-

· Take care on the roads · no one is safe from careless drivers.

ing the liver and cellular pathways.

Yet all of us at some time still have one of those nights where we just can't go to sleep: tossing and turning and reliving every single facet of the day's activities. Fatigue, tension, anxiety, over-excitement or pain are some of the causes of an occasional sleepless night.

If you can't sleep, ask yourself why? And if the inability to relax and regenerate at night causes you even more fatigue the next day, and so on, you need to re-examine your daytime activities and establish a natural rhythm that allows your body to relax. This can be done by improving your sleep hygiene.

One of the best ways to improve sleep is by getting some morning sunlight. Exposure to this early-day light helps regulate your circadian rhythm, also called the sleep-wake cycle, which makes it easier to fall asleep at night. Aim for 15-30 minutes of morning sunlight during a walk, while doing stretches on the lawn or enjoying a cup of coffee on the deck, verandah or porch.

Sufficient fresh air at night and an adequate diet are also important. Stuffy, dry rooms will leave you feeling jaded in the morning, will dehydrate the skin, and can cause an accumulation of fluid around the eyes, making them baggy when you awake.

Don't forget to check your diet! If you are one of those

"one-in-four Australians" who continually suffers from insomnia, you may not be getting sufficient vitamins and minerals to soothe jangled nerves and tone up the nervous system.

If your diet is not adequate, take a daily supplement, available from your health-food stores, to ensure a balanced calcium and magnesium intake. Include the following foods in your diet: apples, avocado, barley, almonds, cabbage, celery, sweet-corn, lettuce, fresh sliced mushrooms, onions, spring onions, green peas, baked potatoes, brown rice, soya beans and tomatoes.

Herbal teas, which are soothing and strengthening to the nerves, can be taken after dinner, instead of coffee, and half an hour before going to bed. Chamomile is an excellent choice and is readily available; it will soothe both the nerves and an overactive and tired brain, helping to promote sound, natural sleep.

Establish good relaxation rituals, so that you develop a routine for winding down the day. Consider stretching, progressive muscle relaxation and breath-work to relax your body and mind. Add calming scents like lavender or cedarwood essential oils to increase effectiveness.

Finally, optimise your sleep environment. Keep your bedroom cool to help promote



Alan Hayes

deeper sleep and find ways to make the room dark and quiet. Use a mattress and pillow that support your spine.

Visit Alan on the Net www.itssonatural.com

YOUR THREE-DAY TV GUIDE

ABC (2) 6:00 News Breakfast 9:00 ABC News 10:00 Australian Story 10:30 Planet America 11:00 Antiques Roadshow 12:00 ABC News 1:00 The

Following Events Are Based On Lies (M I) 2:00 Parliament Question Time 2:55 Anh's Brush With Fame (PG) **3:25** Grand Designs (PG) **4:15** Long Lost Family (PG) **5:00** Antiques Roadshow 6:00 Spicks And Specks (PG) 6:30 Hard Quiz (PG) 7:00 ABC News **7:30** 7.30 (PG) **8:00** I Was Actually There (M I) **8:30** Take 5 With Zan Rowe

ABC ENTERTAINS (23)

Clarke's Amazing Spaces 6:20 Phil Spencer: Secret Agent 7:05 Richard Osman's House Of Games 7:35 QI (PG) 8:10 Would I Lie To You? (PG) 8:40 Austin (PG) 9:35 Spooks (MA15+) 10:30 ER (PG) 11:15 My Family (M)

ABC FAMILY (22) 4:00 Play School Science Time 4:25 Super Monsters 5:00 Peppa Pig 5:35 Peter Rabbit 6:10 PJ Masks Power Heroes 6:30 The Adventures Of Paddington 7:00 Supertato 7:35 Ninjago Dragons Rising (PG) 8:00 Operation Ouch! 8:35 Deadly 60 (PG) SBS (3) 5:00 Worldwatch 9:05 Outside - Beyond The Lens (PG) 10:05 Confucius Was A Foodie (PG) 11:00 Eye In The Sky - Australia (PG) 12:00 Worldwatch 2:00 Ancient Egypt - Chronicles Of An Empire (M v) (In English/ German) 3:00 The Hunt For Cleopatra's Missing Tomb (PG)
3:45 The Cook Up (PG) 4:15 Who Do You
Think You Are? (PG) 5:05 Jeopardy! (PG)
5:30 Letters And Numbers 6:00 Mastermind Australia (PG) 6:30 SBS World News 7:30

SBS VICE (31) 3:40 Worldwatch 5:45
The Food That Built The World (PG) 6:35 Jeopardy! 7:25 NITV News Update 7:30 8 Out Of 10 Cats Does Countdown (M I,s) 8:30 Alone (M) 9:40 Hoarders (M) 11:20 Calipari - Razor's Edge

Great British Railway Journeys (PG)

(M) 12:10 The Nine Lives Of Dave Chappelle SBS MOVIES (32) 3:55 Movie: "Fried Green

Tomatoes" (PG) ('91) Stars: Kathy Bates 6:15 Movie: "First Cow" (PG) ('19) Stars: Alia Shawkat 8:30 Movie: "Únforgiven" (MA15+) Stars: Ken Watanabe (In Japanese) 11:05 Movie: "Iceman" (MA15+) ('17)

Morning Show (PG) 12:00 Seven Noon News 1:00 Seven News With Alex Cullen 1:10 Blankety Blank (PG) 2:00 Bridge Of Lies (PG) 3:00 The Chase UK (PG) 4:00 Seven News At 4 5:00 The Chase Australia (PG) 6:00 Seven News 7:00 Home And Away (PG) 7:30 My Kitchen Rules (PG) 9:10 Murder In A Small Town (M) 10:10 The

Agenda Setters 11:10 Grosse Pointe Garder Society (M s) 12:10 Pretty Hard Cases (M v) 2:00 Home Shopping 4:00 NBC Today 7TW0 (62) 2:00 Creek To Coast 2:30 Great Rail Restorations (PG) 3:30 Harry's Practice 4:00 RSPCA Animal Rescue 4:30 Better Homes And Gardens 5:30 Escape To The Country 6:30 Bargain Hunt 7:30 Call The Midwife (PG)

8:45 Foyle's War (M) 10:45 The Yorkshire Vet

7MATE (63) 1:30 Outback Crystal Hunters (PG) 2:30 Aussie Gold Hunters (PG) 3:30 Mountain Men (PG) 4:30 American Restoration (PG) 5:00 Storage Wars (PG) **5:30** American Pickers (PG) **6:30** Pawn Stars (PG) **7:00** The Agenda Setters

6:00 Today 9:00 Today Extra (PG) 11:30 NINE News Morning 12:00 The Block (PG) 1:30 Getaway

(PG) 2:00 Pointless (PG) 3:00 Tipping Point (PG) 4:00 NINE News Afternoon 4:30 Tipping Point Australia (PG) 5:30 WIN News 6:00 NINE News 7:00 A Current Affair (PG) 7:30 The Block (PG) **8:40** Bump (M d,l,s) **10:00** NINE News Late **10:30** TBA **11:30** Forensics Murder Scene (MA15+) 12:30 Tipping Point (PG) 1:30 Home Shopping 2:30 Skippy The Bush Kangaroo 3:00 Home Shopping

GEM (81) 1:00 M*A*S*H (PG) 2:00 Shakespeare & Hathaway M v) 3:00 Antiques Roadshow 3:30 Movie: "A Passionate Stranger" (PG) ('57) Stars: Ralph Richardson **5:30** The Travelling Auctioneers 6:30 Antiques Roadshow 7:30 New Tricks (M I,s,v) 8:40 Agatha Raisin (PG)

GO! (82) 12:10 Movie: "A Royal Makeover" (PG) ('23) Stars: Veronica Long 2:00 The Golden Girls (PG) 2:30 The Nanny (PG) 3:30 Seinfeld (PG) 4:30 The Addams Family 5:00 Bewitched 5:30 I Dream Of Jeannie 6:00 The Golden Girls (PG) 6:30 The Nanny (PG) 7:30 Seinfeld (PG)

10:00 Entertainment Tonight 10:20 The Amazing Race Australia Celebrity (PG) 11:30 Judge Judy (PG) **12:00** Everyday Gourmet **12:30** Family Feud (PG) **1:00** 10 News: Lunchtime **2:00** Wheel Of Fortune 2:30 Lingo (PG) 3:30 10 News: Afternoon 4:00 Neighbours (PG) 4:30 The Bold & The Beautiful (PG) 5:00 10 News (PG) 7:30 Talkin' 'Bout Your Generation (PG) 8:30 The Cheap Seats (M I) 9:30 FBI: Most Wanted (MA15+) 10:30 10's Late News

10 COMEDY (52) 2:30 Becker (PG) 3:00 Frasier (PG) 4:00 Everyday Gourmet With Justine Schofield 4:30 The King Of Queens (PG) 5:00 Becker (PG) 5:30 Frasier (PG) 6:30 Neighbours (PG) 7:00 Friends (PG) 8:00 The Big Bang Theory (PG) 10:00 Becker (PG)

10 DRAMA (53) 9:00 The Living JAG (PG) 12:00 Days Of Our Lives (PG) 1:00

12:45 The Young And The Restless (PG) 1:30

A Million Little Things (PG) 2:30 JAG (PG) **4:30** The Living Room (PG) **5:30** JAG (PG) **7:30** NCIS (M v) **9:25** Blue Bloods (M v)

ABC (2) 6:00 News Breakfast 9:00 ABC News 10:00 Four Corners 11:00 Pilgrimage: The Road Through The Alps (PG) 12:00 ABC News 12:30 National Press Club Address 1:35 Media Watch 2:00 Parliament Question Time 3:00 Anh's Brush

With Fame (PG) 3:25 Grand Designs (PG) 4:15 Long Lost Family (PG) 5:00 Antiques Roadshow 6:00 Spicks And Specks (PG) 6:30 Hard Quiz (PG) 7:00 ABC News 7:30 7.30 (PG) 8:00 Hard Quiz (PG) 8:30 Mother And Son (PG) 8:55 The Assembly

ABC ENTERTAINS (23)

Clarke's Amazing Spaces 6:20 Phil Spencer Secret Agent 7:05 Richard Osman's House Of Games **7:35** QI (PG) **8:05** Would I Lie To You? (PG) **8:40** Unforgotten (M I) **9:25** Spooks (MA15+) **10:20** ER (PG)

4:00 Play School ABC FAMILY (22) **4:25** Super Monsters **5:00** Peppa Pig **5:35** Peter Rabbit **6:00** Octonauts - Above And Beyond 6:30 The Adventures Of Paddington 7:05 Piripenguins 7:35 Ninjago Dragons Rising (PG) 8:00 Operation Ouch!

5:00 Worldwatch 9:00 Outside
- Beyond The Lens (PG) 10:00
Confucius Was A Foodie (PG) 10:50 The
Great British Photography Challenge (PG)
12:00 Worldwatch 2:00 Dateline (PG) 2:30
Insight (PG) 3:30 Such Was Life 3:40 Plat Du Tour **3:45** The Cook Up (PG) **4:15** Who Do You Think You Are? (PG) **5:05** Jeopardy! (PG) 5:30 Letters And Numbers 6:00 Mastermind Australia (PG) 6:30 SBS World News 7:30 The People Vs Robodebt (M I) 8:35 Great British Train Journeys From Above (PG)

SBS VICE (31) 3:45 Worldwatch 5:50 The Food That Built The World (PG) 6:40 Jeopardy! 7:30 NITV News Update 7:35 8 Out Of 10 Cats Does Countdown (M I,s) 8:30 The Patient (MA15+) 9:40 Movie: "What We Do in The Shadows" (M) ('14) Stars: Taika Waititi

6:25 Movie: "The Straight SBS MOVIES (32) Story" (PG) ('99) Stars: Richard Farnsworth 8:30 Movie: "The Legend Of Molly Johnson" (AKA 'The Drover's Wife') (MA15+) ('21) Stars: Leah Purcell 10:30 Movie: "Heathers" (MA15+) ('98) Stars: Winona Ryder

PRIME (6)
6:00 Sunrise 9:00 The Morning Show (PG) 12:00
Seven Noon News 1:00 Seven News With Alex Cullen 1:10 Blankety Blank (PG) 2:00
Bridge Of Lies (PG) 3:00 The Chase UK (PG) 4:00 Seven News At 4 5:00 The Chase Australia (PG) 6:00 Seven News 7:00 Home And Away (PG) 7:30 RFDS (M) 8:30 Off The Grid With Colin And Manu (PG) 9:30 House Of Wellness (PG) **10:30** Chicago Fire (M v) **11:30** Lopez Vs. Lopez (PG) **12:00** Imposte (M I,s,v) 2:00 Home Shopping

7TW0 (62) 2:00 Sydney Weekender 2:30 House Of Wellness (PG) 3:30 Harry's Practice 4:00 RSPCA Animal Rescue 4:30 Better Homes And Gardens **5:30** Escape To The Country **6:30** Bargain Hunt **7:30** Heartbeat (PG) **8:45** nspector George Gently (M v)

7MATE (63) 1:30 Outback Truckers (PG) 3:30 Mountain Men (PG) **4:30** American Restoration (PG) **5:00** Storage Wars (PG) **5:30** American Pickers (PG) 6:30 Pawn Stars (PG) 7:30 Highway Patrol (PG) 8:30 The Force - Behind The Line (PG) 9:30 Caught On Dashcam (M I)

PRIME (6) 6:00 Sunrise 9:00 The Morning Show (PG) 12:00 Seven Noon News 1:00 Seven News With

Alex Cullen **1:10** Blankety Blank (PG) **2:00** Bridge Of Lies (PG) **3:00** The Chase UK (PG)

4:00 Seven News At 4 5:00 The Chase Australia (PG) 6:00 Seven News 7:00 Home

NINE (8) 6:00 Today 9:00 Today Extra (PG) 11:30 NINE News Morning 12:00 The Block (PG) 1:15 Great Australian Detour 1:45 Garden Gurus Moments 2:00 Pointless (PG) 3:00 Tipping Point (PG) 4:00 NINE News Afternoon 4:30 Tipping Point Australia (PG) 5:30 WIN News 6:00 NINE News 7:00 A Current Affair (PG) 7:30 The Block (PG) 8:35 Sydney 2000 (Part 1) 10:05 Footy Furnace (M I,v) 11:05 NINE News Late 11:35 Court Cam (M v) 12:35

GEM (81) 12:00 Poirot (PG) 1:00 M*A*S*H (PG) 2:00 Are You Being Served? (PG) 3:20 Antiques Roadshow 3:50 Movie: "Father's Doing Fine (G) ('52) Stars: Richard Attenborough 5:30 The Travelling Auctioneers 6:30 Antiques Roadshow 7:30 As Time Goes By (PG)

Tipping Point (PG) 1:30 Home Shopping

GO! (82) 12:10 Movie: "May The Best Wedding Win" (PG) ('23) Stars: Alys Crocker 2:00 The Golden Girls PG) 2:30 The Nanny (PG) 3:30 Seinfeld (PG) 4:30 The Addams Family 5:00 Bewitched 5:30 I Dream Of Jeannie 6:00 The Golden Girls (PG) 6:30 The Nanny (PG) 7:30 Seinfeld

TEN (5) 10:00 Entertainment Tonight 10:30 Dogs Behaving (Very)
Badly Australia (PG) 11:30 Judge Judy (PG) 12:00 Everyday Gourmet 12:30 Family Feud (PG) **1:00** 10 News: Lunchtime **2:00** Wheel Of Fortune **2:30** Lingo (PG) **3:30** 10 News: Afternoon **4:00** Neighbours (PG) **4:30** The Bold & The Beautiful (PG) **5:00** 10 News **6:00** 10 News Plus **7:00** Deal Or No Deal (PG) **7:30** New Dogs Behaving (Very) Badly Australia (PG) **8:30** The Gilded Age (PG) **9:30** Elsbeth (M v) **10:30** 10's Late News

10 COMEDY (52) (2:30 Becker (PG) 3:00 Frasier (PG) 4:00 Everyday Gourmet With Justine (PG) 4:30 Everyday Gourmet With Justine Schofield 4:30 The King Of Queens (PG) 5:00 Becker (PG) 5:30 Frasier (PG) 6:30 Neighbours (PG) 7:00 Friends (PG) 8:00 The Big Bang Theory (PG) 10:00 Becker (PG)

10 DRAMA (53) 9:00 The Living Room (PG) 10:00 JAG (PG) 12:00 Days Of Our Lives (PG) 12:45 The Young And The Restless (PG) 1:30 A Million Little Things (PG) 2:30 JAG (PG) 4:30 The Living Room (PG) 5:30 JAG (PG) 7:30 NCIS (M v) 10:30 The Weekly Kick-Off

ABC (2) 6:00 News Breakfast 9:00 ABC SBS (3) 5:00 Worldwatch 9:00 Outside News 10:00 I Was Actually There (M I) 10:30 Back Roads (PG) 11:10

Mother And Son (PG) 11:40 If You're Listening 12:00 ABC News 1:00 Silent Witness (PG) 2:00 Parliament Question Time 2:55 Anh's Brush With Fame (PG) 3:25 Grand Designs (PG) 4:15 Long Lost Family (PG) 5:00 Antiques Roadshow 6:00 Spicks And Specks (PG) 6:30 Hard Quiz (PG) 7:00 ABC News 7:30 7.30 (PG) 8:00 Back Roads (PG) 8:30 Grand Designs New Zealand (PG)

5:30 George **ABC ENTERTAINS (23)**

Clarke's Amazing Spaces 6:20 Phil Spencer: Secret Agent 7:05 Richard Osman's House Of Games 7:35 QI (PG) 8:10 Would I Lie To You? (PG) 8:40 Hard Quiz (PG) 9:10 Gruen (M) 9:45 Planet America

ABC FAMILY (22) 4:00 Play School Science Time 4:25 Super Monsters 5:00 Peppa Pig 5:35 Peter Rabbit 6:00 Octonauts - Above And Beyond 6:30 The Adventures Of Paddington 7:00 Supertato 7:35 Ninjago Dragons (PG) 8:00 Operation Ouch!

- Beyond The Lens (PG) 10:00 Confucius Was A Foodie (PG) 10:55 The Great British Photography Challenge (PG) 12:00 Worldwatch 2:00 The People Vs Robodebt (M I) 3:00 When Love Is In Your Eyes 3:50 The Cook Up With Adam Liaw (PG) **4:20** Who Do You Think You Are? (PG) **5:05** Jeopardy! (PG) **5:30** Letters And Numbers 6:00 Mastermind Australia (PG) 6:30 SBS World News 7:30 Eurostar -Minding The Gap (In English/ French)

SBS VICE (31)
4:00 BBC News At Ten 4:30 France 24
International News 5:00 PBS News Hour 6:00 Our Medicine (PG) 6:40 Jeopardy! 7:30 NITV News Update 7:35 8 Out Of 10 Cats

Does Countdown (M I,s) 8:30 The Curse Of SBS MOVIES (32)

2:50 Movie: (PG) ('19) Stars: Alia Shawkat 5:05 Movie "Mosley" (PG) ('19) Stars: Kirby Atkins **6:55** Movie: "All At Sea" (AKA 'Wide Blue Yonder') (PG) ('10) Stars: Brian Cox 8:30 Movie: "The Thicket" (M I,s,v) ('24) Stars: Peter Dinklage

7TW0 (62) 2:00 South Aussie With Cosi (PG) 2:30 Air Crash Investigations (PG) 3:30 Harry's Practice 4:00 RSPCA Animal Rescue 4:30 Better Homes And Gardens 5:30 Escape To The Country 6:30 Bargain Hunt 7:30 Father Brown (M) 8:30 Line Of Duty (MA15+)

Shopping 4:00 NBC Today

7MATE (63) 12:00 NFL: Vikings v Browns *Replay* 3:00 Talking W (PG) 3:30 Mountain Men (PG) 4:30 American Restoration (PG) 5:00 Storage Wars (PG) 5:30 American Pickers (PG) 6:30 Pawn Stars (PG) 7:30 Family Guy (PG) 8:30 American Dad (M)

6:00 Today 9:00 Today Extra (PG) 11:30 NINE News Morning 12:00 The Block (PG) 1:00 Journey

To Europe 2:00 Pointless (PG) 3:00 Tipping Point (PG) 4:00 NINE News Afternoon 4:30 Tipping Point Australia (PG) 5:30 WIN News 6:00 NINE News 7:00 A Current Affair (PG) And Away (PG) 8:30 Jim Jefferies And Friends (MA15+) 9:30 The Amazing Race: Mom's Gonna Have The Willies (PG) 11:00 Gatecrashers (M) 12:00 Life (M v) 2:00 Home **7:30** The Block (PG) **8:45** Sydney 2000 (Part 2) **10:15** NINE News Late **10:45** Chicago Med (MA15+) **11:35** Next Stop **12:05** Tipping Point (PG) **1:00** Hello SA (PG) **1:30** Home Shopping 4:00 Religious Programs

> **GEM (81)** 12:00 Poirot (PG) 1:00 M*A*S*H (PG) 2:00 As Time Goes By (PG) 3:20 Antiques Roadshow 3:50 Movie: "Hue And Cry" (G) ('47) Stars: Harry Fowler 5:30 The Travelling Auctioneers 6:30 Antiques Roadshow 7:30 Clarkson's Farm (M I) 8:40 Fawlty Towers (PG)

GO! (82)

12:10 Movie: "A Slice Of Chicago Romance" (PG) ('22)
Stars: Megan Elizabeth Barker 2:00 The Golden Girls (PG) 2:30 The Nanny (PG) 3:30 Seinfeld (PG) 4:30 The Addams Family Bewitched 5:30 | Dream Of Jeannie 6:00 The Golden Girls (PG) 6:30 The Nanny (PG)

TEN (5) 10:00 Entertainment Tonight 10:30 New Dogs Behaving (Very) Badly Australia (PG) 11:30 Judge Judy (PG) **12:00** Everyday Gourmet **12:30** Family Feud (PG) **1:00** 10 News: Lunchtime **2:00** Wheel Of Fortune 2:30 Lingo (PG) 3:30 10 News: Afternoon 4:00 Neighbours (PG) 4:30 The Bold & The Beautiful (PG) 5:00 10 News 6:00 10 News Plus 7:00 Deal Or No Deal (PG) **7:30** Gogglebox Australia (PG) **8:30** The Office Australia (M I) **9:00** Law & Order: SVU (M) **10:00** 10's Late News

10 COMEDY (52) 2:30 Becker (PG) **3:00** Frasier (PG)

4:00 Everyday Gourmet With Justine Schofield 4:30 The King Of Queens (PG) 5:00 Becker (PG) 5:30 Frasier (PG) 6:30 Neighbours (PG) 7:00 Friends (PG) 8:00 The Big Bang Theory (PG) 9:30 Becker (PG)

10 DRAMA (53) 9:00 The Living Room (PG) 10:00 JAG (PG) 12:00 Days Of Our Lives (PG) 12:45 The Young And The Restless (PG) 1:30 The Dog House (PG) 2:30 JAG (PG) 4:30 The Living Room (PG) 5:30 JAG (PG) 7:30 NCIS (M v) 10:20 The Real CSI: Miami (M v)



Living with the Land





• Unpacking the shipment of the Lixus (Weevil) into the EcoScience facility. (Photo: Provided by CSIRO.)

Five Key Tips for Silage This Season

(By Michele Jolliffe, Agriculture Victoria, Hamilton.)

Capitalising on the spring surplus will be critical on farms this year.

While some things are out of our control, focusing on key factors will help ensure that you get the best possible return.

Five key factors for silage this season are:

1. Only lock up pasture that is surplus to requirements

Making silage can be an expensive exercise, so it only makes sense when pasture growth exceeds animal requirements. In a reasonable year on most farms, this generally occurs in early to mid-September.

2. Use nitrogen (N) to increase dry matter yield but cut pasture within 6 weeks of application.

Once cutting is delayed beyond 6 weeks, the quality of the silage declines more rapidly than if no nitrogen is applied and this can result in large quantities of low-quality silage which is unsuitable to feed cows in the early stage of lactation.

By using rates of nitrogen up to 50 kg N/ha, responses of 18 kg DM/ha for every kg N applied, six weeks after application can be produced.

Followed by dinner.

Time: 3:00 p.m. - 6:00 p.m. (AEDT).

@agriculture.vic.gov.au. Phone: 0448 146 604.

age strategies.

3. Be prepared to cut pasture when the ryegrass component of the sward is just reaching early ear emer-

Ideally, the plan is to cut pasture when the ryegrass component of the sward is at early ear emergence.

Due to the seasonal conditions this year, it is more likely that paddocks will be cut at a range of times, for example, when it is still vegetive or later than early ear emergence.

As a result, it will be critical to ensure that the forage hits dry matter targets quickly, so it doesn't lose quality.

4. Use tedders to increase the drying rate of cut material and so reduce the wilting period.

It has been shown that the use of tedders has a beneficial effect on both final silage metabolisable energy and crude protein. The length of the wilting period will be dictated by the type of silage to be made and weather conditions.

Given reasonable drying conditions material should be ready for pit silage within 48

What's On

Soil Moisture Probes and

Grain Storage – Wonwondah

signed to help you get the most out of the Wimmera soil mois-

ture probe network and improve your grain storage practices.

mise your on-farm grain storage. Chris will cover the latest

GRDC research on fumigation and venting options, managing

pests in bags, pest prevention options and cost-effective stor-

Location: Wonwondah, Victoria. Date: October 13, 2025.

Contact: Felicity Pritchard. Email: felicity.pritchard

More information: https://grdc.com.au/events/list/

Join fellow farmers for a practical, on-farm workshop de-

Grain storage specialist Chris Warrick will help you opti-

hours and for bale silage within 72 hours.

5. Ensile material quickly and seal well.

It's important to ensure that the material being ensiled is tightly packed into either a pit or the bale and that it is sealed promptly.

The ideal dry matter of pasture for pit silage is 30%, any lower and effluent may be a problem, and any higher compaction may be difficult.

The dry matter percentage of bale silage should be about 45-50%. At this dry matter a reasonable fermentation should occur, and it reduces the chance of spoilage.

For more information about drought support visit www.agriculture.vic.gov.au/d rought or call 136 186.



"Weevil Kinevil" Could Be the Answer to a Wicked Weed Problem in Australian Crops

A team of world-leading researchers from CSIRO, Australia's national science agency, are exploring if a small insect, the stem-boring weevil, Lixus caudiger, could hold the key to tackling flaxleaf fleabane; one of the most invasive and costly weeds in Australian grain production.

The research, an investment by the Grains Research and Development Corporation (GRDC), aims to deliver biological control solutions for fleabane, a weed that costs Australian growers significantly each year in lost yields and control costs.

CSIRO is working closely with international collaborators in Brazil and France to identify and test fleabane's natural enemies, and the weevil which is native to South America has shown promising results from early trials.

This specific weevil feeds on fleabane leaves and stems, while its larvae burrow inside the stem tissue, hollowing out plant structures and weakening them until they collapse. The internal feeding often prevents the weed from flowering and setting seed, cutting into the weed's ability to spread.

The colony of weevils, housed in CSIRO's quarantine facilities, is undergoing further testing, with researchers carefully monitoring feeding, mating, egg-laying and larval development across a wide range of test plants. If the insect proves safe and effective, CSIRO will prepare submissions for regulatory approval before any potential field release.

The weevil is the focus of CSIRO entomologist Dr Michelle Rafter's research and is one of several new potential weed biological controls unveiled by Dr Ben Gooden in a keynote presentation on Wednesday at the South Australian Weeds & Pests Conference in Adelaide. Dr Gooden said the weevil research was

part of a broader push to expand weed control options as part of GRDC's weed management investigations.

"The weevil is just one of four promising fleabane biocontrol candidates, but it's shaping up as potentially one of the most impactful," Dr Gooden said.

CSIRO Principal Research Scientist, Dr Michelle Rafter said her team researching the weevil was witnessing promising signs that Lixus caudiger is highly specialised to fleabane, while not causing any damage to the crops themselves.

"So far, our testing shows the weevil is restricted to fleabane and its close relatives. That's exactly what we want in a biocontrol agent, something that hones in on the target weed without threatening native plants or crops," Dr Rafter said.

Flaxleaf fleabane (Erigeron bonariensis) has become a headache for farmers across the northern, southern and western grain growing regions where it flourishes in non-cropped areas like fence lines and roadsides, sending clouds of wind-borne seed back into cropping paddocks.

GRDC Manager Weeds, Sarah Morran, stressed the importance of identifying cutting-edge weed control innovations on behalf of Australian grain growers and said investment in biocontrol was a priority because of its potential for cost-effective, longterm weed suppression.

"Weeds cost growers significant amounts of money and impact on crop yields. By investing in innovative approaches like biocontrol, we're helping growers tackle herbicide resistance, using nature's own checks and balances to help manage weeds more sustainably," Ms Morran said.

Weed biocontrol is not designed to eradicate weeds but to reduce impact and allow other management practices to be more effective.

"Weeds like flaxleaf fleabane won't be beaten by chemicals alone. Integrated solutions, including biological control, could offer a sustainable pathway to protecting yields and profitability," Ms Morran said.

The project with CSIRO is in addition to the GRDC national Weed Management Initiative (WMI), a 5.5 year program bringing Australia's leading researchers and communications and extension specialists together to work on innovative, cutting-edge weed management research, development and extension.

WMI aims to provide sustainable and effective weed management strategies through four nodes across Australia, ensuring both national collaboration and regional specificity.

While it may take several years before the weevil could be released into paddocks, the CSIRO research team is optimistic.

"Finding a safe, effective biocontrol agent takes patience, but the payoff is worth it," Dr Rafter said.

Save the Date for Wimmera Pulse Field Day Showcase rial should be represented the should be represented to the should be represented by the should be represented to the should be represented

Farmers, agronomists and industry are warmly invited to the annual Wimmera Pulse Field Day on Wednesday, October 22, at Kewell, hosted by Agriculture Victoria in partnership with the Grains Research and Development Corporation (GRDC).

Horsham SmartFarm research agronomist Ash Wallace said the annual field day is an industry networking opportunity not to be missed.

"Come and see our trials in lentil, field pea, chickpea and faba bean, and hear the latest in pulse research and emerging pulse protein market opportunities," Ash said.

"Growers will be excited to see new large-seeded lentil variety releases from the National Lentil Breeding Program and Grains Innovation Australia and learn how to manage problem weeds in pulse crops.

"You'll also get fresh updates on sowing times, faba bean and lentil nutrition and agronomy know-how to support pulse performance and profitability."

The program features updates from industry experts including the Agriculture Victoria crop pathology team and Jason Brand, a pulse agronomist from Frontier Farming Systems.

Birchip Cropping Group's trial manager Kelly Angel and Faba Bean Australia's breeder, Sam Catt will also be present to share National Variety Trials results.

Seed distributors, market-

formation.

The free event starts at 9 a.m. and will conclude at 1 p.m. with complementary pulse-based morning tea and

ing and export experts will be

on hand for current market in-

barbecue lunch available.

Location: 500 metres north of the intersection at Dimboola-Minyip Road and Keenan's Road, Kewell.

Google Maps: https://maps.app.goo.gl/kbFsH4o8kK VaPbVx6

Learn more at www.agriculture.vic.gov.au/events

Have You Got Something to Sell?

Try an advert in

The Buloke Times

Over 2000 readers will see your adv. every issue, giving you the best chance to move your sale item.

Phone 5497 1222 or email: advertising@ buloketimes.com

2025/10/soil-moisture-probes-and-grain-storage-wonwondah

"The Buloke Times", Tuesday, October 7, 2025 — PAGE 9



The main courtroom with Stuart's photographs. There are over thirty photographs displayed throughout the building.



• Joy Freeman, Bill Freeman and Kate Giakimis enjoy a drink at the opening.

"Birds in Focus" Opens at **Charlton Courthouse Gallery**

The Charlton Courthouse Gallery was abuzz with visitors on Sunday, October 5, for the opening of Birds in Focus, the latest exhibition by local farmer and keen photographer, Stuart Giles.

A terrific turnout of community members and guests came to admire his remarkable bird photography.

Chairperson, Win Scott, officially opened the exhibition, noting how Stuart's photographs capture birds so beautifully in their natural habitats, before handing over to the photographer himself.

Stuart shared insights to his process and the equipment and software he uses, explaining the importance of both patience and luck in capturing the perfect shot.

He remarked that he always carries his camera around the farm to make the most of every opportunity.

While he has long been interested in cameras, it was the ability to see the fine details of birds up close that truly drew him into bird photography.

Especially Elusive

When asked if there was one bird he found especially elusive, Stuart pointed to the Red-capped Robin. Once a common sight in childhood, they are now far rarer. He recalled a moment this year when he spotted one perched on a fence - he dashed off to fetch his camera and, by good fortune, the robin was still there when he returned.

The photographs on display feature birds captured

both locally and further afield, each image offering a glimpse into the delicate beauty and personality of Stuart's feathered subjects. Visitors were in awe – not only of the quality of Stuart's photographs, but of the birds themselves, presented in all their colour and character.

Although all present had their favourites, the little fairy wren, which also featured in the exhibition's publicity, proved to be a clear crowd favourite.

Birds in Focus will be open again on Saturday and Sunday, October 11 and 12, 10 a.m. to 4 p.m..



• Win Scott introduces Stuart.



HARVEST SEASON WE'RE READY

Grain, Hay & Harvest Freight

B-Double & Road Train services, local site deliveries or across Victoria & interstate. Let's come up with a solution that works!

Call/text: Owen & Wendy **0417 304 007**

Perry Contracting Transport & Spraying



• Stuart pictured with the camera and lens he uses.





Office: 03 5494 3120 0408 316 394 Mike: Brendan: 0427 794 479 Nathan: 0409 525 805

For all Earthmoving works including:

- Shed pads, sheep yards, house pads
- Dam construction and fill in, channel fill in
- Driveways and roads
- Supply and Delivery of gravel, sands and quarry materials.

North Central Tennis Begins This Weekend

• Continued from page 12.

If anyone wishes to play for Donald this coming season, please text your name and phone number to 0439 971 362 or contact us through our Facebook page.

Also, keep an eye on the Donald Tennis Club website at www.donaldtennis.com.au for the latest news and of course all reports and results

this season, as well as the NCTA 2025-2026 draw and ladder. The Donald Lawn Tennis Club is also on Facebook at: https://www.facebook.com/ profile.php?id=10007605073

To prepare for our first home game in Round 3 on 25th October, a working bee will be held this coming Sunday (12th October) beginning at 10 a.m.. Main tasks are general mowing and trimming edges, as well as cleaning the clubhouse and washing windows. Any help from players would be greatly appreciated.

The club is looking forward to the upcoming season and hopes to see a few new players take to the courts.

North Central Tennis Draw

Round 1: 11th October Wycheproof v. Nullawil Charlton v. Avon (Fri) St Arnaud v. Wirrim Kara Kara v. Birchip Bye: Richardson (Donald

Round 2: 18th October Kara Kara v. Avon St Arnaud v. Richardson Birchip v. Nullawil Wirrim v. Wycheproof Bye: Charlton (Charlton Show)

Round 3: 25th October Richardson v. Wycheproof Avon v. Nullawil Charlton v. Birchip St Arnaud v. Kara Kara (Fri.) Bye: Wirrim (St Arnaud Races)

Round 4: 1st November Nullawil v. Kara Kara Charlton v. St Arnaud Wirrim v. Avon Birchip v. Richardson Bye: Wycheproof (Wycheproof Races)

Round 5: 8th November Wycheproof v. Kara Kara Nullawil v. Charlton Richardson v. Wirrim Avon v. Birchip Bye: St Arnaud

Round 6: 15th November Wycheproof v. St Arnaud Charlton v. Kara Kara Wirrim v. Birchip Avon v. Richardson Bye: Nullawil

Round 7: 22nd November Charlton v. Wirrim Wycheproof v. Birchip St Arnaud v. Nullawil

Kara Kara v. Richardson Bye: Avon

Round 8: 29th November Richardson v. Nullawil Avon v. St Arnaud Charlton v. Wycheproof Wirrim v. Kara Kara Bye: Birchip

Round 9: 6th December St Arnaud v. Wycheproof Kara Kara v. Charlton Birchip v. Wirrim Richardson v. Avon Bye: Nullawil

Round 10: 13th December Nullawil v. Wycheproof Avon v. Charlton (Fri) Wirrim v. St Arnaud Birchip v. Kara Kara Bye: Richardson

Round 11: 20th December Wycheproof v. Richardson Nullawil v. Avon Birchip v. Charlton Kara Kara v. St Arnaud Bve: Wirrim

Holiday Break 27 Dec, Jan 3, & 10th

Round 12: 17th January

Avon v. Kara Kara Richardson v. St Arnaud Nullawil v. Birchip Wycheproof v. Wirrim Bye: Charlton

24th-26th January 2026 Charlton Tournament

Round 13: 31st January St Arnaud v. Birchip Nullawil v. Wirrim Richardson v. Charlton

Avon v. Wycheproof Bye: Kara Kara

Round 14: 7th February Kara Kara v. Wycheproof Charlton v. Nullawil Wirrim v. Richardson Birchip v. Avon Bye: St Arnaud

Round 15: 14th February Nullawil v. Richardson Wycheproof v. Charlton Kara Kara v. Wirrim St Arnaud v. Avon Bye: Birchip

Round 16: 21st February Birchip v. St Arnaud Wirrim v. Nullawil Charlton v. Richardson (Fri) Wycheproof v. Avon Bye: Kara Kara

Round 17: 28th February Wirrim v. Charlton Birchip v. Wycheproof Nullawil v. St Arnaud Richardson v. Kara Kara Bye: Avon

7th-9th March 2026 Labour Day Tournaments at Donald & Wycheproof

Round 18: 14th March (all games to be played at St Arnaud)

Kara Kara v. Nullawil St Arnaud v. Charlton Avon v. Wirrim Richardson v. Birchip Bye: Wycheproof

21st March 2026 Semi Finals

28th March 2026 **Grand Final**

4th-6th April 2026 Easter Tournament (St Arnaud)

(T1 School Holidays start)



 Pictured is Victory receiving her cheque from Donald Golf Club secretary, Jenny Leishman, and Brad Bath, Donald's Junior Golf co-ordinator.

Victory at Junior **Development Camp**

As reported in the May 2 issue of the "Buloke Times", Victory Davis attended the Victorian Junior Girls Development Camp at Tocumwal Golf Club for three days just before Easter.

As a reminder, the camp aimed to build friendships, support and develop all aspects of the participants' golf game – and, of course, to have

It provided a great opportunity for Victory to meet other girls from around the state. The girls were under the guidance of PGA teaching professionals and Golf Australia staff for the duration of the camp.

Throughout the three days the girls covered the long game, pitching, chipping, bunkers and putting. Night time activities included games, crafts and team building activities.

The Donald Golf Club, through secretary Jenny Leishman, successfully applied for a grant to cover

The WCRC and Sea Lake Neighbourhood House invite our

Lubracing

an evening with Shanna Whan AM of Sober in the Country

Join us to hear some of Shanna's survival story - and how a

simple message of social inclusion is saving and changing

lives across the outback

- whether we're drinkers, or non drinkers.

NOT TO BE MISSED. ALL AGES EVENT.

Shanna Whan AM is the founder and CEO of Sober in the Country, a grassroots charity that's pioneered radical social impact across the outback over the past decade through a straightforward and effective message we can all support: that it's always #OK2SAYNO to booze.

Free event, catered, drinks available including non-alcoholic

Victory's expenses for this camp. The club is delighted to be able to present this money to Victory. The grant was funded by the Sports and Recreation Victoria under the Sporting Club Grants Program.

Victory had a great time at the camp and is looking forward to next year's camp. Hopefully she can encourage some of her friends to join her.



WE SERVICE ALL MAKES & MODELS

SERVICE SPECIAL

Standard Service from \$199

Courtesy drop-off & pick-up or loan car available

TO BOOK Ph. 5497 1203 13-15 McCulloch St, DONALD

MICHAELS

The Buloke Times **Commercial Printers**

- * Letterheads
- * Receipt Books
- * Statements
- * Posters
- * Business Cards
- * Brochures
- * Account Books
 - * Pamphlets * Docket Books

* Envelopes

- * Personalised Stationery * Programs
- * Membership Cards * Raffle Books
- **FULL COLOUR PRINTING**

To discuss your printing needs, ring 5497 1222 (Donald), or call in at our office in McCulloch Street, or see Simone at the Birchip Business and Learning Centre, in Cumming Avenue, Birchip, 6 McCulloch Street, Donald Phone 5497 1222 Email: art@buloketimes.com





Location: Wycheproof Golf Club

Date: October 11th 2025

Time: 7pm - 9pm





Info@wycheproofcrc.org.au

RSVP: October 6th 2025

or (03) 54937 455

"The Buloke Times", Tuesday, October 7, 2025 — PAGE 11

'hthecount's

The Buloke Times

SPORT

Donald Golf Bowlers Win the Local Derby

Donald Golf Division 1 and 2 teams played cross-town rivals Donald on the Donald Golf green in the first match of the Weekend Pennant season.

In Division 2, Golf won all three rinks to win 91 shots to 40, achieving all 12 points available.

Shane O'Shea's team played very well to defeat David Romeo's team 36-12, winning 18 of the 25 available. George Wood's team played well to establish a slender 4-shot lead at afternoon tea, but powered away to eventually win 23-13.

Evergreen skipper Lindsay Borden's team played very well against Margaret Quick's team to win convincingly 32 shots to 15, winning 15 of the available 25 ends.

In Division 1, Geoff Rigby's team was defeated by Norm Hollis's lot, 12-18, after a close tussle all day. Of the 25 ends played, 21 ends were won with only a single shot scored.

Peter Hibberd had an interesting match against Graeme Euvrard's team. Golf's team trailed 13-26 after nineteen ends but "dug deep" to win all remaining ends to narrowly win 27-26. Daniel Pettifer's team played well against Hunter Wingfield's team to win 40 shots to 19, picking up three sixes along the way.

This left Donald Golf defeating Donald 79 shots to 63, gaining 10 points to 2. Well done Donald Golf players.

Donald Golf's Opening
Day was held on Friday
evening with a good crowd in
attendance. Bowlers paid a
minute's silence for Joan
Beckham, a long serving Club
and Life Member, who re-

cently passed away. President Robert Reseigh opened the proceedings by throwing the first kitty and new member Luke Kelly put down the first bowl. The evening concluded with a barbecue meal, expertly cooked by Bill Livingston and salads prepared by Debbie Adams. Thank you Bill and Debbie.



• Donald Golf skip Daniel Pettifer concentrating very hard delivers his bowl. Daniel's team had a very good start to the new bowls season.



• Kevin "Acky" Adamson from Donald delivers his bowl, watched closely by his opposition, Stewart Hollis. As the scores show Donald Golf in front by one shot; this was also the final winning margin.



• Donald's Peter Wyllie delivers his bowl. The use of the bowling arm has definitely help a lot of players enjoy the game. Watching on is Golf's John Slater.



• New club member Luke Kelly delivers the first bowl of the new season at last Friday's opening day event.



• Club president Robert Reseigh sends down the first Jack on Donald Golf Bowls Club's opening day.

North Central Tennis Begins This Weekend

The North Central Lawn Tennis Association's 2025-2026 season has been scheduled to commence this coming weekend. As such, Donald Lawn Tennis Club's preparations for the upcoming season are well under way.

The recent Annual General Meeting saw Stuart Potter reelected president for the coming season. Dawson Hollis will continue the long-time contribution of the Hollis family to the Donald Lawn Tennis Club and has been reelected as vice-president. Meaghan King was re-elected as secretary; Derek Hollis was re-elected as the club's North Central Association delegate. Annabel and Joe Melino were elected as joint treasurers. Jasmine Hollis took on the role of junior/beginners rep.; Richard Reilly, Cherie Reilly, Mark Mortlock, and Anne Maree Wright were re-elected to the committee. It was also

great to see Emma Green come on to the committee for this season, and she will be our second North Central Association delegate.

Expressions of Interest

The Donald Lawn Tennis Club is calling for last minute expressions of interest for those members of the community interested in playing for the club in the upcoming season. Senior tennis caters to all ages and abilities, and the commitment is for 16 rounds between October and March. Due to an increase in player numbers Donald will field two teams (Avon and Richardson), and new players are

certainly welcome. The club also welcomes and encourages older junior players to play senior tennis, and over the last couple of seasons, a number of junior players have made the step up very successfully. Certainly, exposure to senior tennis improves their skills and knowledge of tennis etiquette playing with the older more experienced players. Shared positions are also available if a couple of players are interested but feel they can't commit to play every week.

The Draw

The 2025-2026 NCLTA draw can also be found in this edition of the "Times".

Continued on page 11.