



EGHS ECHO



East Grampians
Health Service

JULY

2022

FROM THE CHIEF EXECUTIVE'S DESK

BY NICK BUSH
CHIEF EXECUTIVE



The building of the second theatre is well underway. We are hopeful that AW Nicholson's will have the theatre ready for operation on October 3. Currently we have one operational theatre to treat the patients with the highest needs.

The need for the second theatre is very clear with the Victorian Public Health system's surgical waiting lists increasing significantly due to COVID-19. Many Victorians who need treatment are waiting too long for surgery. The Victorian Government has injected a significant amount of funding to have these patients treated.

The second theatre will allow us to increase the current services we offer, general surgery,

services. These are the services our local community waits the longest for. We have strong interest from Ballarat based surgeons to come to Ararat to provide these services which is very pleasing.

Ararat Rural City has exited home care services and East Grampians Health Service, being the preferred provider by the Commonwealth Government, is now providing the services, which commenced on July 1. It is an exciting time to have these services come into the health service as they align very well with the home care packages and the healthy at home services we have been progressively building up.

Providing an increase in services and having these integrated into our services is likely see an improvement in the health and well-being of the community. The co-ordination of these services will hopefully reduce the admissions to hospital and the residential aged care facilities.

We will be welcoming a new a workforce to provide the home care services, individual support and home maintenance as well as Meals on Wheels. We anticipate we will have some change over issues. Our occupational therapist Kim Simon is project managing the transition for EGHS.

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CE Report cont.

We continue to have workforce shortages across the health service due to staff being off with COVID-19. I would like to acknowledge the executive staff, management team, visiting medical officers and all staff who have been working extended hours due to the workforce shortages. Your great contribution is appreciated and acknowledged.

We are offering the Building for the Future, Joe Kapp memorial, Angela Laidlaw memorial and Epworth scholarships to support our staff to upskill. The development of our staff's skills has been a focus of East Grampians Health Service for many years. It is important to give our local community the opportunity to have a great career in their community and provide much needed services that are sustainable into the future. Please review the scholarships and share them with your colleagues.

If you would like to develop your career please discuss your interests with Training and Development Manager Claire Sladdin or your manager.

Have a good month.

BLUE RIBBON FOUNDATION DONATES \$1M TO EGHS

BY JODIE HOLWELL - COMMUNITY LIAISON

The Victoria Police Blue Ribbon Foundation Ararat Branch presented a cheque for \$65,000 to East Grampians Health Service at the annual Gala Night, with proceeds from the event to complete the Branch's \$235,000 project of funding a new general x-ray for the EGHS medical imaging department.

EGHS Board Chair Nancy Panter thanked the Blue Ribbon Foundation Ararat Branch for its generous support over the past 20 years and more than one million dollars donated to the health service in that time.

"EGHS is grateful for the dedication of the Blue Ribbon Foundation Ararat Branch and the support of our community," Ms Panter said.

"Over 20 years, \$1million has been raised from the community and has helped EGHS continue to deliver safe and quality care."

This year the Ararat Branch celebrated its 20th anniversary at the Gala Night, with more than 250 people in attendance.

Ms Panter said donations to the health service for projects completed since 2002 have included \$63,000 for the 'John McNally' Urgent Care Centre, \$150,000 for the 'John McNally' Emergency Helicopter Landing Pad, \$136,000 for the 'John McNally' Medical Imaging Department for a general and a portable x ray machine, in addition to \$150,000 for an image intensifier and computerised radiography, and \$50,000 for a new microscope for the Peri-operative Unit. In 2014 the Ararat Branch donated \$150,000 to match a \$200,000 contribution from the East Grampians Health Service 'Building for the Future' Foundation for the purchase of a new CT scanner for the 'John McNally' Medical Imaging Department. Many of the facilities have been named in memory of Sergeant John McNally, a policeman killed on the goldfields at Mount Ararat in 1856.

In late 2014, the day procedure unit was named after local young man, Jason Bond, a police officer in training who died as a result of a motor vehicle accident in 2011. The Ararat Branch also donated \$150,000 to redesign and refurbish the theatre and day procedure areas.

"East Grampians Health Service is indebted to the ongoing generosity of the Blue Ribbon Foundation Ararat Branch, partners, businesses, organisations and the community who annually support the Ararat Branch's fundraising efforts," Ms Panter said.

"Our community's support is evident where even during COVID-19 lockdowns, with fundraising difficult, the Ararat Branch has donated \$235,000 towards our new x-ray equipment."



Pictured above: L-R, Dean Pinniger, EGHS Board Chair Nancy Panter, Jodie Holwell, Paul Margetts, Nick Bush, Shaun Allen, Stuart Kerr, Chris Emmerson, Peter McIntosh and Jess Seres



Pictured above: Kirsty Millson, Sandra Marriner, Jodie Holwell, Chris Emmerson, Jess Seres, Shaun Allen, Peter McIntosh, Stuart Kerr, Nick Bush, Dean Pinniger and Dianne Radford



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EGHS MAKING A SUSTAINABLE DIFFERENCE

BY JODIE HOLWELL
COMMUNITY LIAISON

East Grampians Health Service has released its Environmental Sustainability Report 2021, showcasing the improvements and initiatives that have made sustainable differences to the health service's environment over the past year.

EGHS chief executive Nick Bush said the health service recognised the importance of, and is committed to, sustainable environmental management by reducing landfill waste, reducing energy usage and promotion of energy efficient behaviours.

"Our commitment to sustainability is long standing," Mr Bush said.

"We recognise the link between human health and the environment including climate change. Extreme weather events that occur as a result of our changing climate, such as heat waves, see our patient admission rates rise, placing increased pressure on the services that EGHS delivers.

"As a large consumer of electricity and natural gas, and a considerable generator of waste, EGHS has a key role to play in helping to reduce our impact on the environment by using resources efficiently, reducing the amount of waste generated, maximising recycling opportunities and minimising the amount of waste going to landfill."

Mr Bush said the EGHS Environmental Sustainability Committee oversees the implementation of sustainable strategies and endeavours to engage, educate and empower staff to create an environmentally sustainable workplace.

"Major projects this year have include the installation of a large scale carpark shelter solar system, which is expected to save the health service \$76,000 in the first year, lift upgrade and ongoing LED replacement program.

"However, there are many smaller upgrades and initiatives occurring across the health service to improve sustainability and energy efficiencies."

Some of these initiatives include installation of additional water fountains (encouraging staff to use reusable water bottles), an order has been placed for five hybrid fleet cars, introduction of recycled toilet paper, photocopy paper and paper hand towels, use of biodegradable cotton tip applicators (used to apply medicine to wounds), introduction of small recycle bins in offices, and purchase of a new generator fuel tank which will prevent spillage and rupture to the tank that could be devastating to the environment.

EGHS has increased construction of vegetable gardens across the Ararat and Willaura sites for residents and clients and compost bins have been purchased for each area which use the waste from the kitchens. Coffee grounds from Café Pyrenees are also used in the compost bins and for fertilising the gardens.

"As part of our redevelopment projects across the health service, it is part of our process to recycle materials wherever possible," Mr Bush said.

"During these projects, we have been able to reutilise and recycle many items, which has not only assisted with large cost savings to the health service, but has also assisted in less wastage."

Mr Bush said the community was welcome to read the full Environmental Sustainability Report 2021, which can be found on the EGHS website: <https://eghs.net.au/publications/reports>

"EGHS is proud of its commitment to the environment and sustainable practices across both the Ararat and Willaura sites and we will continue to evaluate these practices to ensure we reduce our impact on the environment," Mr Bush said.

GENV MILESTONE

BY RACHAEL COOPER
GRAMPIANS REGION AREA MANAGER, GENV

It has been one year since GenV began inviting families who have had a baby at East Grampians Health Service to participate in one of the world's most exciting child and parent research initiatives.

Grampians Region Area Manager, Rachael Cooper, signed up Brooke and her baby, Lucas, recently, who was more than happy to join the project which aims to improve the health and wellbeing of a generation of children and their parents.

Just over 100 participants from 40 families in the Ararat/Stawell region have signed up in the past 12 months which ensures rural families and their experiences are included in future research activities. They join over 47,000 other participants across the state who have signed up to GenV.

For further information go to the GenV website www.genv.org.au



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TOY LIBRARY TATTLES

BY DENISE CALVERT
ARK TOY AND ACTIVITY LIBRARY

Thanks to the EGHS Murray to Moyne Cycle Relay fundraising, the Toy Library has taken delivery of outdoor play equipment in the form of an outdoor play gym.

The gym has many different configurations including a small climbing wall, balance boards and climbing frames.

On cold and wet days a small version can be set up inside for inside

play. The play gym is a great addition to the outdoor play area and will be well used during the warmer months.

Thanks riders for your outstanding effort, the Toy Library is very grateful.

At the last meeting the Toy Library welcomed three new members. To Diane, Margaret and Angela we hope you enjoy your time at the library.

Remember the Toy Library is open on Wednesdays for pre-schoolers to come and play and borrow toys from the great many on offer free of charge.



WINTER WARMERS

BY JODIE HOLWELL
COMMUNITY LIAISON

It might be cold outside, but it's as warm as toast in 70 Lowe Street!

Residents have been enjoying a number of indoor activities during the chilly weather.

Marj is pictured with her delicious looking savoury scones and Marie enjoyed making flower pins for Mother's Day.



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EGHS POLICIES & CPGs

BY SARAH HARWOOD

EXECUTIVE ASSISTANT DEVELOPMENT & IMPROVEMENT

NEW/UPDATED CPGs	
CPG 11.40	MANAGEMENT OF ALCOHOL WITHDRAWAL SYNDROME
CPG 78.05	SCOPE OF PRACTICE FOR ADVANCED PRACTICE NURSE (APN)
CPG 10.79	PERIPHERAL INTRAVENOUS CANNULATION AND INTRAVENOUS THERAPY
CPG 78.06	REGISTERED UNDERGRADUATE STUDENT OF NURSING (RUSON) – CORE ACTIVITIES AND EXCLUSION ACTIVITIES
CPG 12.18	INTRAOSSEOUS VASCULAR ACCESS SYSTEM
CPG 35.66	AGED CARE ZONING DURING COVID-19 OUTBREAK
CPG 35.67	ACUTE CARE ZONING DURING COVID-19 OUTBREAK
CPG 85.03	PREVENTING FALLS AND HARM FROM FALLS – PERIOPERATIVE/PREADMISSION
NEW/UPDATED SOPPs	
SOPP 58.25	MANDATORY REPORTING FOR NDIS CONSUMERS IN AGED CARE
SOPP 78.00	ADVANCED PRACTICE NURSE
SOPP 58.01	MEDICATION MANAGEMENT
SOPP 15.01	INCIDENT REPORTING, INVESTIGATION AND MANAGEMENT
SOPP 70.14	ANTIMICROBIAL STEWARDSHIP
SOPP 74.02	OPEN DISCLOSURE
SOPP 70.06	ISOLATION ROOM GUIDELINES
SOPP 70.39	ADMISSION, RECEIPT AND TRANSFER OF PATIENTS WITH AN INFECTION
SOPP 70.30	CLEANING AND DISINFECTION OF FLEXIDOCK CAMERA PROBES
SOPP 70.29	INFECTIOUS DISEASES IN UCC
SOPP 60.17	EMOTIONAL SUPPORT
SOPP 56.05	DEATH VERIFICATION, DEATHS TO BE NOTIFIED TO THE CORONER AND DEATH CERTIFICATION PROTOCOL
SOPP 72.43	CAPSICUM SPRAY
SOPP 70.08	WASTE MANAGEMENT
SOPP 60.05	CONSUMERS SECURITY OF TENURE AND RESPONSIBILITIES

NEW/UPDATED FORMS	
57.04.08	NIGHT DUTY ROUTINE - 70 LOWE STREET
57.07.05	INSERTION PIVC COMPETENCY
72.19.01	ASBESTOS REMOVAL RECORD
38.02.01	LEAVE APPLICATION
38.01.84	DNS REASSESSMENT CHECKLIST
74.02.03	OPEN DISCLOSURE CHECKLIST AND PLAN FOR HIGH LEVEL RESPONSE
58.11.15	REGISTER OF CLEANED PHYSIO EQUIPMENT
85.00.34	COVID-19 - VISITING FOR COMPASSIONATE REASONS CHECKLIST
38.02.01	LEAVE APPLICATION
70.01.11	INFECTION CONTROL CONSTRUCTION APPROVAL CHECKLIST
70.01.12	INFECTION CONTROL PROJECT COMPLIANCE SURVEY
85.00.10	RESPIRATORY OUTBREAK INFLUENZA COVID-19 CASE LIST
70.02.00	POST SURGICAL WOUND INFECTION SURVEILLANCE
85.00.20	COVID-19 SCREENING TOOL FOR RESIDENTIAL AGED CARE SERVICES
21.01.50	PHC COVID-19 ACTIVITY REPORT -WELFARE VISITS
38.04.04	STUDENT DECLARATION - WORK EXPERIENCE
NEW/UPDATED MRs	
MR302.22	OT – HOME MEASUREMENT
MR303.26	GOAL ATTAINMENT SCALE
MR303.27	HEALTH RELATED QUALITY OF LIFE SURVEY
MR301.6	PODIATRY REFERRAL NAIL CARE ASSISTANT
GR146	OPEN DISCLOSURE SUMMARY
NEW/UPDATED TERMS OF REFERENCE	
TOR 6.08	INFORMATION COMMUNICATION TECHNOLOGY
TOR6.01	GRAMPIANS REGIONAL CREDENTIALING COMMITTEE AND APPEALS COMMITTEE
TOR 6.90	HEALTHY AT HOME SUBREGIONAL EXTENSION



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WILLAURA HEALTH CARE AUXILIARY MOVIE NIGHT: "DREAM HORSE"

BY HEATHER FLEMING

WILLAURA HEALTH CARE AUXILIARY

Members of the Willaura Health Care Auxiliary were pleased with the community's response to their recent movie night fundraiser; "Dream Horse".

Based on a true story from a little village in Wales, "Dream Horse" starred Toni Collette and Damian Lewis in a warm hearted movie that showed how neighbours in a small community helped make a racing dream come true when they raised an unlikely champion.

Over seventy children and adults watched the film on the Memorial Hall's relatively new 'big screen'.

"We were fortunate to receive support from Community Bank Willaura and Lake Bolac, the ACE Radio Network and the Ararat Advocate, to help bring this movie to town, and were pleased to see how much the crowd enjoyed the evening," Auxiliary President Heather Fleming said.

She added that all funds raised will go towards supporting the patients and residents at Willaura Health Care, so film goers not only had a good night out, but helped the local community as well.

East Grampians Health Service Chief Executive Nick Bush commended the Auxiliary's efforts. He said that EGHS is committed to supporting Willaura Health Care and is hoping to secure funding to complete major refurbishments at the facility.

Community Bank Willaura and Lake Bolac Board Chair Rowly Paterson also commended the Auxiliary and the community, and reflected on how important it is for all to support local initiatives such as health care and community banking.

The Auxiliary has had a busy six months. It ran the popular and successful Willaura Market, catered at both the Mt William Charolais bull sale and the Community Bank Willaura and Lake Bolac Men's Night, and also helped out at the Victoria Police Blue Ribbon Foundation Ararat Branch Gala Night. Members are now looking forward to liaising with EGHS on how the funds raised can best be used to support the residents and patients at Willaura Health Care.



Pictured above: Willaura Health Care Auxiliary members, Community Bank staff and Chair Rowly Paterson, and EGHS Chief Executive Nick Bush.



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WELCOME NEW EGHS STAFF

BY ROS BLOOMFIELD, MANAGER – HUMAN RESOURCES

Emma Cooper

MY POSITION AT EGHS	ADMIN SUPPORT SERVICES
FAVOURITE FOOD	PASTA
FAVOURITE AFL TEAM	COLLINGWOOD
FAVOURITE MUSIC	POP
INTERESTS	CARS
ONE THING I'M GOOD AT IS	RUNNING
ONE THING I WANT TO DO IN MY LIFETIME IS...	TRAVEL TO EUROPE TO SEE FAMILY



Nellie Hitchcock

MY POSITION AT EGHS	GARDEN VIEW COURT CATERING - SUPPER SHIFT
FAVOURITE FOOD	PASTA
FAVOURITE AFL TEAM	RICHMOND
FAVOURITE MUSIC	ACOUSTIC, POP
INTERESTS	NETBALL
ONE THING I'M GOOD AT IS	CARING FOR OTHERS
ONE THING I WANT TO DO IN MY LIFETIME IS...	BECOME A NEO-NATAL NURSE



Lynette Jeffery

MY POSITION AT EGHS	PERSONAL CARE ASSISTANT
FAVOURITE AFL TEAM	HAWTHORN
FAVOURITE FOOD	BAKED POTATO
FAVOURITE MUSIC	80s
INTERESTS	POETRY, AROMATHERAPY, MEDITATION
ONE THING I'M GOOD AT IS	COMMUNICATION
ONE THING I WANT TO DO IN THIS LIFETIME IS...	TRAVEL



Tarnya Mair

MY POSITION AT EGHS	HUMAN RESOURCES OFFICER
FAVOURITE FOOD	LAMB AND THAI
FAVOURITE MUSIC	R 'N' B, SOUL, A BIT OF ANYTHING
INTERESTS	GARDENING, CAMPING, ARCHERY, HORSE RIDING
ONE THING I'M GOOD AT IS	PATIENCE WITH PEOPLE
ONE THING I WANT TO DO IN THIS LIFETIME IS...	TRAVEL TO EGYPT



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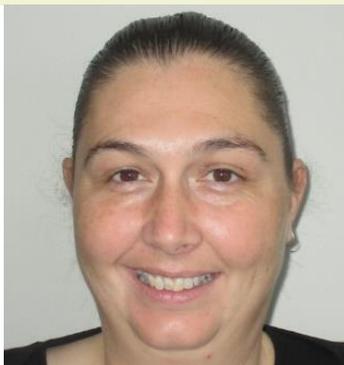
Annette Mikecz

MY POSITION AT EGHS	<i>SPEECH PATHOLOGIST</i>
FAVOURITE FOOD	<i>COFFEE</i>
FAVOURITE MUSIC	<i>OPERATIC, HEAVY METAL (SYMPHONIC METAL) AND ANY CLASSICAL</i>
INTERESTS	<i>TENNIS, WALKING, CHESS, ABORIGINAL SACRED SITES</i>
ONE THING I'M GOOD AT IS	<i>DRIVING</i>
ONE THING I WANT TO DO IN MY LIFETIME IS...	<i>GO ON A TREK LIKE NEPAL OR KOKODA</i>



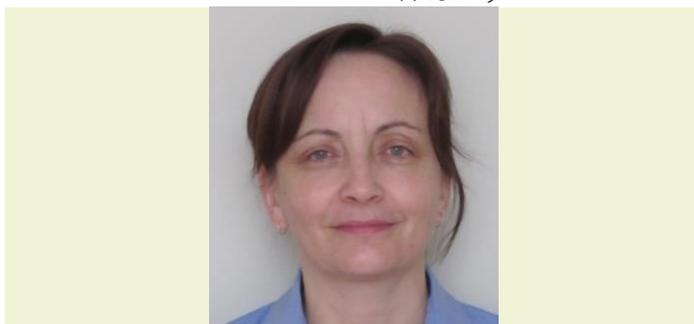
Jessica Stasse

MY POSITION AT EGHS	<i>WARD CLERK - WILLAURA</i>
FAVOURITE AFL TEAM	<i>WESTERN BULLDOGS</i>
FAVOURITE FOOD	<i>SPAGHETTI & ICE-CREAM</i>
FAVOURITE MUSIC	<i>ANY - MAINLY POP</i>
INTERESTS	<i>NETBALL, READING CRIME BOOKS, MEDICAL TV SHOWS</i>
ONE THING I'M GOOD AT IS	<i>BOSSING MY FAMILY AROUND</i>
ONE THING I WANT TO DO IN THIS LIFETIME IS...	<i>TRAVEL THE COUNTRY IN A CARAVAN</i>



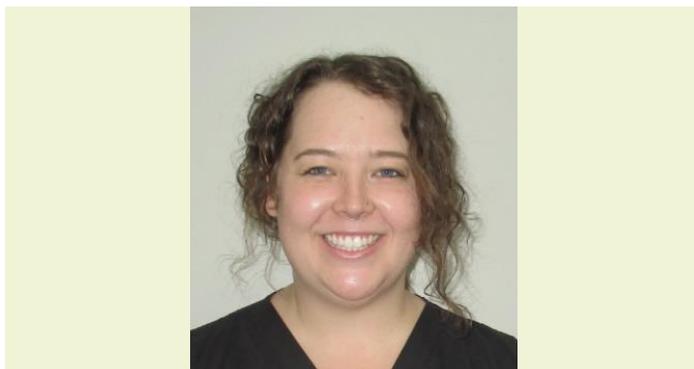
Jane Smith

MY POSITION AT EGHS	<i>CLINICAL GOVERNANCE COORDINATOR</i>
FAVOURITE AFL TEAM	<i>COLLINGWOOD</i>
FAVOURITE MUSIC	<i>ROCK, BLUES, JAZZ, FOLK</i>
INTERESTS	<i>TRAVELLING (WHEN WE CAN), FOOD & WINE</i>
ONE THING I'M GOOD AT IS	<i>REMEMBERING USELESS INFORMATION</i>
ONE THING I WANT TO DO IN MY LIFETIME IS...	<i>GO TO ST PETERSBURG RUSSIA (NOT LOOKING GOOD AT PRESENT)</i>



Amy Thompson

MY POSITION AT EGHS	<i>LOCUM DENTIST</i>
FAVOURITE AFL TEAM	<i>GEE LONG</i>
FAVOURITE FOOD	<i>INDIAN FOOD</i>
FAVOURITE MUSIC	<i>ACOUSTIC AND FOLK</i>
INTERESTS	<i>CERAMICS AND POTTERY</i>
ONE THING I WANT TO DO IN THIS LIFETIME IS...	<i>WALK THE CAMINO DE SANTIAGO</i>



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LOWE STREET SNIPPETS

BY WENDY DUMESNY - RESIDENTIAL SUPPORT COORDINATOR

Thanks to Jan & Dr Derek Pope Lowe St enjoyed a Country and Western afternoon. The residents added to the atmosphere by making wanted posters and donning cowboy hats.



BEWARE THE SHARKS!

BY JODIE HOLWELL
COMMUNITY LIAISON

Winter didn't deter 70 Lowe street from holding their own swimming carnival ... cue the 'Jaws' theme music!

The competition was hot as swimmers raced to get to safety before being caught by the sharks. A great afternoon of fun and laughter was enjoyed by both residents and staff!



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PATRICIA HINCHEY CENTRE TRAVELS TO DENMARK

By COURTNEY WADE
CATERING ASSISTANT

During June the consumers from PHC have enjoyed a variety of fun activities. One of the favourite activities for the month took place on Friday 24th June, Our consumers participated in an armchair travel to Demark. We discussed Princess Mary who (originated from Tasmania) and her family.

Before travelling everyone was issued a passport and boarding pass. On arrival the consumers were met by immigration to stamp their passports. During the travel we stopped to enjoy a delicious Danish pastry.

Due to the many questions asked by our travellers, information was sourced by our wonderful travel guides. The consumers enjoyed the activity so much, that we now have a list of countries to visit in the future.



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GLITTERBUG TEACHING HAND HYGIENE AT WILLAURA

BY JODIE HOLWELL
COMMUNITY LIAISON

Residents at Willaura Health Care are learning the correct techniques for hand hygiene thanks to a 'GlitterBug'.

GlitterBug is a range of training products that are invisible to normal light (just like germs) but glow under UV light.

It helps teach people about germs and the importance of hand hygiene.



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FEED THE BIRDS!

BY JODIE HOLWELL
COMMUNITY LIAISON

Between the showers and despite the icy blast of winter, residents at Garden View Court are enjoying the garden, including Ian and Roni who make sure the visiting birds are well fed during the chilly weather!

Well done to our second year apprentice Jarod Hurkens for making this fantastic bird feeder, it is great to see it being enjoyed.



STAFF FITNESS AND MODIFIED SPORT

BY SAMUEL PADARCIC
ALLIED HEALTH ASSISTANT

Staff fitness runs every week on Wednesday at 5:15pm – 6:00pm. Gabby (health promotion) and I have organised once monthly modified sport during staff fitness time. These sports may include but are not limited to walking basketball, touch footy, soccer and softball.

Some of our favourite reasons to move include:

- More energy
- Strong muscles and bones
- Better mental health and cognitive function
- Lower risk of chronic conditions
- Improved heart health and fitness
- Less chance of falls

Staff fitness welcomes all staff of any fitness level to join us in a warm and inviting atmosphere. Normally held in the gym

located at the Community Health Centre however, I will inform you of the location and type of exercises to be planned via the EGHS staff fitness Facebook group.

Please click the link to join:

<https://www.facebook.com/groups/272393883425954>
I look forward to seeing some new faces!



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Highway 1 Theatre Company presents

THE LADY IN THE VAN

BY ALAN BENNETT

SATURDAY 23RD JULY, @ 7:30PM
WILLAURA MEMORIAL HALL

Tickets \$35 conc. \$39 full

Bookings:

www.highway1theatre.org

or from Dove Café 24th June & 8th July
from 10 - 11.30am or Jo Byron M 0427 50 3247

By Arrangement with ORIGiN™ Theatrical On Behalf of
Samuel French: A Concord Theatricals Company.

THE LADY IN THE VAN

BY ALAN BENNETT

Directed by Tracey Shields

The Lady in the Van tells the true story of Alan Bennett's somewhat strained friendship with Miss Mary Shepherd, a crabby, smelly, eccentric homeless woman whom Bennett befriended in the 1970's. He allowed her to park her Bedford van in the driveway of his Camden home "for three months" - she ended up residing there for 15 years.

As the story develops, Bennett learns Miss Shepherd's true identity: Margaret Fairchild, and about her unfortunate past.

This much-loved Alan Bennett text was first published as an essay, before becoming a book, a stage play, a radio play, and most recently an award winning film. Highway 1 Theatre Company is excited to present this humorous and touching story to regional Victorian audiences.

Saturday 23rd July 7:30pm (doors 7pm)
Willaura Memorial Hall, Main Street, Willaura

Tickets \$35 conc. \$39 full

Bookings: www.highway1theatre.org or from
Dove Café 24th June & 8th July from 10am - 11.30am
or Jo Byron M 0427 50 3247

Optional Light Supper provided by Willaura & District
Community Development Group \$5.00



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ARARAT
TOWN HALL

PRESENTS



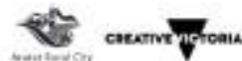
The Beggars Sing The Seekers

FREE CONCERT

Info & Bookings
www.araratownhall.com.au
Phone: 0355 0900

3-8-22

Wednesday 11am



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NEW ARRIVALS AT EGHS

BY JODIE HOLWELL – COMMUNITY LIAISON

Catherine Clark and Wayne Denham have welcomed the arrival of their son Nicholas Victor Clark Denham.

Baby Nicholas was born at East Grampians Health Service on June 20, weighing 3288 grams.

“Excellent care and extremely helpful and caring midwives. Couldn’t have been more helpful,” Catherine Clark and Wayne Denham.

Rahni Bell and Jacob Fratin have welcomed the arrival of their daughter, Opal Louise Fratin.

Baby Opal was born at East Grampians Health Service on June 14 2022, weighing 3401 grams.

“Thank you to our incredible midwives and doctors, we couldn’t have been better looked after,” Rahni Bell and Jacob Fratin.



2022 EGHS FOOTY TIPPING LEADERBOARD

SEE BELOW THE STANDINGS OF THE EGHS FOOTY TIPPING COMPETITION FOLLOWING ROUND 18.

#	TIPPER	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	ROUND 18	TOTAL SCORE
1	Army_	6	7	8	6	6	8	5	6	7	7	6	4	4	3	7	7	7	6 (38)	110 (391)
2	JaneM31	5	5	7	6	5	8	5	5	7	7	8	4	3	7	7	7	6 (50)	109 (461)	
3	Ashley Leggett	6	6	6	6	6	8	5	7	6	7	6	5	5	3	7	7	6 (19)	108 (427)	
4	kim_70	5	5	7	5	7	8	5	7	8	7	6	5	4	3	7	7	5 (31)	108 (453)	
5	Ian Grierson	6	5	7	5	5	8	5	6	7	7	6	4	2	8	7	7	6 (11)	108 (458)	
6	JakeRomein	7	6	7	5	7	8	5	6	7	6	7	4	5	3	6	7	6 (13)	108 (486)	



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SCOTTISH SHORTBREAD

INGREDIENTS

- 250g butter, cubed and softened slightly
- 110 g (½ cup) sugar, plus 1 tbsp extra to sprinkle
- 300 g (2 cups) plain flour
- 55 g (⅓ cup) rice flour

METHOD

1. Preheat oven to 160°C (140°C fan-forced). Use a 20 cm cake tin to draw a circle on two separate pieces of non-stick baking paper, turn over and set aside.
2. Use an electric mixer to beat the butter and sugar until starting to become pale and creamy, but not too aerated (do not over mix).
3. Sift together the plain flour and rice flour, add to the butter mixture and use a wooden spoon and then your hands to mix until evenly combined and a soft dough forms. Divide the dough in half and shape both portions into discs.

4. Place each disc in the centre of the marked circles on the baking paper and use a lightly floured rolling pin to roll each out to fill the circles. Use your fingertips to neaten the edges and then pinch the edges to create a decorative edge. Use the baking paper to lift the shortbread rounds onto two oven trays. Sprinkle with the extra sugar, dividing evenly between the rounds. Use a large sharp knife to mark each round into 8 wedges and then use a fork to pick each wedge three times.
5. Bake in preheated oven for 40-45 minutes, swapping the trays around half way through baking, or until pale golden and cooked through. Cool on the trays. Cut into wedges to serve.



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