

It's show time ... Kathryn Boyle from Nagambie (left) and Abby Pedretti from Tallygaroopna scooped up the ribbons won by *Froglands Jerseys* stud from Tallygaroopna and decorated Ben Pedretti's and Bruce Fuller's heifer. The girls were relaxing in the stalls at the Royal Melbourne Dairy Show last week.

For a story and more pictures from the show, see pages 10 and 11.

Run to promote farmers' health

By **Alexandra Bathman**

It might sound like folly, but Victorians of all fitness levels are running up to 42 km to raise awareness of farmers' health.

Farmers, rural community members and supporters including politicians are running in the 'Run 4 Farmer Health' team in the Melbourne Marathon next month.

Echuca's Jennifer MacLean, Wendy Nolan and Deb Whitten (who are all aged over 50) are ready and set to go in the 10 km race, while Nationals Senator Bridget McKenzie is training for the 21 km half-marathon event.

The Run 4 Farmer Health campaign aims to raise awareness and \$20 000 for the National Centre for Farmer Health based in Hamilton.

In July, the Federal and Victorian Government provided \$625 000 to go towards the centre's continued operations as the centre was told to look at the private sector for further funding.

"I've lived on dairy farm before and I know how hard it is," Ms Whitten said.

Mrs MacLean said it was something special to be running for the farmers in the community.

"I run about 12 fun runs a year — it just gets into your blood," Mrs MacLean said.

"This run is close to us because of the farmers and it's an honour to do this and raise awareness for the farmers."

Senator McKenzie said anyone could join the team and there was

still three weeks to train for the event on October 12.

"It doesn't matter if you live in town or on a farm, our regional communities benefit," Senator McKenzie said.

"So put your runners on and start training, and register for the run today as part of the Run 4 Farmer Health team.

"There's the 42 km marathon and 21 km half-marathon, then the smaller 10, five and three kilometre events, to suit all levels of fitness and ages.

"If you can't make it, please help us with our fundraising by making a donation."

More than 70 people have signed up to the team and Rochester's David Park is another enthusiastic runner in the region who is prepping for the half-marathon.

Mr Park said he was friends with National Centre for Farmer Health director Susan Brumby and he designed the team's logo.

"The centre deserved the recognition. It provides preventative health checks to farmers that farmers might not go and get themselves and it needs long-term funding," Mr Park said.

■ To register visit <https://event.desq.imgstg.com/index.cfm?fuseaction=main&EventDesqID=6798&OrgID=1142> and choose the Run 4 Farmer Health team in the registration form and enter password: womtit99



In training ... Echuca residents Deb Whitten and Jennifer MacLean are getting ready to run and raise awareness for the National Centre for Farmer Health.

Picture: Holly Curtis

tions to the national management of environmental water in the Murray-Darling Basin.

"Local information and experience is critical to being able to effectively manage and deliver Commonwealth environmental water," Senator Birmingham said.

"They will prove to be important conduits, working alongside other officers of local land and water management agencies and will work closely with all levels of government as well as local communities and businesses across a range of catchments for which they have responsibility."

The Deniliquin representative will be Linda Duffy, who recently managed sustainability programs for DEPI in Victoria.

She has been working with rural and regional communities from Macedon to Mildura on renewable energy, capacity building and agri-smart projects and finding ways to better manage resources including water, waste and energy and transport.

Ms Duffy also worked on the Strengthening Basin Communities water efficiency program in the Swan Hill and Campaspe shires of Victoria.

Federal Member for Murray Sharman Stone said the role of the new officers was not clear and more information was needed to understand how they would effectively cover the region.

Dr Stone has invited the Commonwealth Environmental Water Holder to the area to see the problems environmental flows could create.

Nathalia Agricultural Society
120th Annual Show
"Back to our Heritage"

Saturday October 4th 2014
 Nathalia Showgrounds

Family \$25, adults \$10, students \$5,
under 12 FREE.

Featuring:

<ul style="list-style-type: none"> • Roy Maloy Circus • Sheep dog trials • Bathub Races • Horse events 	<ul style="list-style-type: none"> • Rides & Show bags • Market • Heritage displays • Animal Nursery • Cattle, goats & poultry
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Events from 9am, Official Opening 1:30pm

For more information contact Suzanne on
 0428 252 292 or nathaliaagsociety@gmail.com