



Casterton artist - farmer Breda Cash

New artist joins HIRL

BY CHRIS COLE

ONE of the new artists to exhibit at HIRL is Casterton farmer - artist Breda Cash, who specialises in "On Glaze Porcelain Painting" and produces spectacular scenes on all types of porcelain.

She is currently vice president of the Victorian Guild of China Painters and has exhibited and conducted classes in Melbourne, Sydney and Brisbane.

Breda will be conducting a weekend workshop at HIRL on May 30 and 31.

Information about all our courses can be found by going to www.facebook.com/hirlgallery or visit the Gallery at 101 Gray St for more information.

This week sees the opening of our first exhibition for 2015 "INSPIRATION" and displays new works in all artistic media from over 40 of our local talented artists.

Drop in to the Gallery from Thursday to Sunday, have a look at the art, talk to the artist behind the desk and soak up the vibes the Gallery engenders.



HAMILTON'S Stephanie Lamont and Di Dixon along with Nhill's Trish Heinrich are undertaking the Agricultural Health and Medicine course through the National Centre for Farmer Health and Deakin University. Photo: BILLY EASSON.

150223bj001

Unique course widely praised

TESSA HAYWARD

DEAKIN University students from across the country are in Hamilton for five days as part of an Agricultural Health and Medicine course through the National Centre for Farmer Health (NCFH).

The unit is unique, crosses boundaries and has been designed with improving the health of farming families and their communities at its core.

It attracts professionals who work closely with those working in agriculture, not just people from health professions.

Diverse students

The Spectator spoke to several students participating in the Agricultural Health and Medicine course.

Sallyann Nevill travelled from Pingelly, Western Australia to attend the course as she is living rurally and remotely in the West Australian wheatbelt.

"The area I live in has sadly been impacted by cluster suicides and there is a dearth of good quality mental health provision, it is really important to develop sensitivity and understanding," Ms Nevill said.

"I want to offer a quality service for local GPs," Ms Nevill said this course was "absolutely worthwhile" and unique across Australia.

"Whether you are an occupational therapist, a doctor, nurse, social worker like myself, the insight in farming conditions of the higher risks and higher mortality ... there are so many things farmers have to deal with and it is sort of taken for granted," she said.

"I asked specifically to do this unit when I enrolled at Deakin because of the relevance to me.

"I really think it will be helpful, it will give me some local credibility and I'm already having my mind expanded in terms of the occupational health and safety issues of farmers."

Having just completed the Rural and Isolated Practice Endorsed Registered Nurse (RIPERN) course, fellow student Trish Heinrich from Nhill, decided to study this course as it would be a good thing to have as well.

"I'm the nurse unit manager of the acute ward in Nhill, they have a lot of international doctors and it will be good to take back this stuff and integrate it into their care stuff as well," Ms Heinrich said.

"The first day has gone great and I am learning lots already."

A lot of students are travelling from different regions of Victoria as well as interstate; however Hamilton's Di Dixon did not have to travel far as she already works at the NCFH.

"I want to get more into the research side so I can work on research projects with the rest of the team and move away from my administration role," Ms Dixon said.

"Today has been really good and informative and every time we picked up another subject I could relate it back to what we do at the centre, it is really beneficial."

Ms Dixon said NCFH director, Sue Brumby had been very supportive in her undertaking the course.

"Sue is amazing, she is quite inspirational," she said.

Unique course

Ms Brumby spoke at a civic reception for the students on Monday night at the Hamilton Art Gallery and said it was a really full and action packed week.

"I would like to recognise the effort students have gone to get here to attend, it is a long distance for some of them," she said.

"The ongoing support of the presenters is great as well; they continue to provide specialist knowledge to support our course."

The unit aims to improve the understanding of the common causes of disease, mental illness

and work related injury in agricultural industries.

Increasing knowledge of these factors will improve the effectiveness of current strategies aimed at improving the health outcomes of farming communities and the agricultural workforce.

Deakin University associate head of medical school teaching and learning, Alex Gentle said he was glad to see so many students from a diverse background completing the course.

"We greatly value the diversity this course contributes to our school," Mr Gentle said.

Western District Health Service chief executive, Rohan Fitzgerald said there had to be a passion around rural health.

"You don't do it for the money, the overburden of work you undertake, or the challenge of diseases, you do it because you are passionate about it," Mr Fitzgerald said.

"You are passionate about the environment you are going into and have a deep sense of community with the individuals you will be

working with."

Mr Fitzgerald said it was wonderful a town like Hamilton had the intellectual capacity and the knowledge to be able to support the community in these types of services.

"We should all take on a role and responsibility as people working in rural communities to try and make a difference to farmers' lives," he said.

Southern Grampians Shire Council Mayor Peter Dark said the shire was a great advocate of the centre.

"It is so good to be standing here knowing that the future of the centre is secure for at least four years," Cr Dark said.

"As a farmer I can proudly say I have been through the program and it is a wonderful program and it has relevance not just to Victoria but farmers across Australia."

Cr Dark said students would not only go back with great knowledge but with a passion to impart their knowledge in their home states.

"We know the NCFH will prosper in the future," he said.



NATIONAL Centre for Farmer Health director, Sue Brumby speaks at a civic reception for students completing the Agricultural Health and Medicine Course at the Hamilton Art Gallery on Monday. Photo: BILLY EASSON.

150223bj005

DR STEPHEN HEHIR DC, QME IIE, USA.

CHIROPRACTIC HEALTH CLINIC

Specialising in Disc Decompression with Flexion Distraction Technique:

WE TREAT SUCCESSFULLY

Neck Pain, Headaches,
Leg, Arm & Hip Pain, Sciatica, Stenosis,
Disc Bulge, Sports Injuries.

5572 5466

55 Brown Street, Hamilton
Check out our website
drsteve@chiropractichealthclinic.net.au

Stephen Hehir D.C. (USA)
Palmer Graduate

Get Serious about Sheds
with your local registered building practitioners

Rural Industrial Domestic

Serious Strength & Innovation - Locally Built for any Application

SHEDS GALORE

REGISTERED DOMESTIC/COMMERCIAL BUILDERS www.shedshamilton.com
Cnr Young St & Coleraine Rd, Hamilton - Phone 5571 9333

HAMILTON FUEL WATCH

Price on February 25	ULP	DIESEL	GAS
HAMILTON	123.7	128.9	85.3
ARARAT	113.7	122.9	67.1
WARRNAMBOOL	115.0	118.9	69.5
PORTLAND	116.0	115.7	81.5

Spectator

Times COACHES