

LATROBE VALLEY

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SUMMER NIGHTS IN TRARALGON

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LATROBE VALLEY WEATHER

TUESDAY **38**
HOT AND MOSTLY SUNNY

WEDNESDAY **31**
POSSIBLE SHOWER

THURSDAY **29**
SHOWER OR TWO

FRIDAY **27**
SHOWER OR TWO

photograph bryan petts-jones

Eyes on the prize

THE grade one ITF Junior International tennis tournament is in full swing at the Traralgon Tennis Association. Today's schedule includes the round of 16 matches in both main draw singles and doubles. Traralgon's Josh Charlton is still alive in the boy's doubles with Chase Ferguson. For more turn to sport, pages 27-31.

Australia's Jessica Brzozowska

End violence against all

By EMMA WATSON

THE global effort to stop all forms of violence has to start somewhere. It involves a conversation in schools, homes and workplaces to change attitudes. It leads to instilling a better community understanding of what violence, and family violence, entails. Just ask Carol Barraclough, the team leader of Gippsland's Victims Assistance Program provided through Windermere. She leads a team of nine outreach



workers who offer support, advocacy and practical assistance for victims of serious and violent crime across the region.

"We want violence in itself to stop. It is a stop for violence," Ms Barraclough said. "But we must be aware that when you have statistics showing women and children are the major victims, this is a place to start. "As I say, we have a place to start, but I think we have to be aware that it is violence against all people that must stop." An estimated 40 per cent of the 1100 new VAP cases Windermere's Gippsland team takes on each year will be victims of violence within a family context.

Working in Gippsland since 2012, Ms Barraclough says those numbers are increasing, although she hopes greater recognition of the issue will eventually stamp it out. Between October 2014 and September 2015, Latrobe Valley topped the state list of family violence incidents per population of 100,000 people. While Ms Barraclough attributes this to a collaborative effort between police and support services constantly communicating with one another, she says it is still difficult for victims to speak

out in small towns. "Family violence creates a sense of isolation for a person. There is that, 'who do I speak to? Is this what I'm going through? Do they name this?'," she said. "There are many reasons why people don't speak out, but the important (thing) is to keep talking about it. "To raise awareness, to have services available and services willing to work collaboratively together so that a person or a family that are victims of violence are well supported within the

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5K GIVEAWAY

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At-home bowel test saved Donna's life

By BONNY BURROWS

TRARALGON business-woman Donna Faulkner is urging recipients of an at-home bowel cancer screening kit to not throw it out.

After all, she owes her life to the free test.

Now cancer-free, Ms Faulkner took the screening kit that came in the mail.

It identified an abnormality in her bowel and she was later diagnosed with a tumour.

Eight months of treatment followed and Ms Faulkner said she was grateful of the early diagnosis.

"It saved my life," she said.

The free bowel cancer screening kits are distributed across the country each year to those in the age bracket most at risk, yet only 41 per cent of Latrobe Valley recipients take the test.

While this is four per cent higher than the state average, Cancer Council Victoria screening manager Kate Broun encouraged all recipients to take charge of their health.

"We know with bowel cancer

that it's our second biggest cancer killer," Ms Broun said.

"It's a very common cancer but it is easily preventable - about 90 per cent can be cured if found early."

As part of the National Bowel Cancer Screening Program, Australian residents aged 50, 55, 60, 64, 65, 70, 72 and 74 will receive the test in the mail.

The program hopes to expand to all residents aged from 50 and 74 by 2020.

Ms Broun said while about three in four people who had previously taken advantage of the free kit repeated the test when re-invited, the biggest challenge was to get Victorians to use the kit for the first time.

"The screening kits are looking not just for early cancer but pre-cancers as well," she said.

"It's not just about early detection but prevention too."

Participants are required to take small samples from two separate bowel movements which are then sent off for testing.

Pathology results are then returned within two weeks.

However, Ms Broun said a positive result did not necessarily mean a cancer diagnosis.

"It means they had a positive test which detected blood in the stool which could mean a lot of things," she said.

"If the test does come back positive we encourage people to make an appointment with their GP who will usually order a colonoscopy to diagnose the cause of the positive reading."

Ms Faulkner urged everyone to take advantage of the free offer.

"From my experience, the test highlighted there could have been an issue (with my bowel) and a week later the issue was diagnosed to be potentially and significantly life-threatening," Ms Faulkner said.

"It's simple, non-intrusive and can be done in the privacy of your bathroom."

"It's a simple test that can highlight an issue and save a life."

ADVERTORIAL



Yes Buffet? Yes Please!

Yes Buffet is the culmination of two great cooks coming together with one great idea.

With years of experience in the food industry running take away venues, the owners of Yes Buffet decided it was time for something that

could offer diners the opportunity to sit down and enjoy a relaxing, tasty, value for money dining experience.

The venue can seat up to one hundred and twenty diners at a time and offers a constantly refreshed buffet for lunch and dinner seven days a week.

"With the buffet constantly rotated, diners can be sure that what they are eating is fresh. We want diners to know that this is a new restaurant, with new food and new standards," said one of the new owners.



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Violence against all 'must stop'



Hard work ahead: Windermere's Gippsland Victim Assistance Program team leader Carol Barraclough wants to continue the conversation preventing all violence.

Continued from page 1

community." Referrals to Windermere's VAP come from police, other service agencies such as Quantum, or even lawyers, psychologists, doctors and the victims themselves.

Windermere is involved in the campaign to prevent violence against women and participates in Gippsland's family violence steering committee.

So far, Ms Barraclough believes Gippsland is on the right track. "Because of our raised awareness, because of our constant dialogue and because of our collaborative practice, I think we are raising awareness and knowledge and naming the violence," she said.

"When you do that it is much easier for someone to ask for help.

"They are able to recognise with that knowledge, that is exactly what they're going through and they're able then



to know what the services are and ask for assistance."

She called on those experiencing family violence to speak with someone they trust and "to get assistance, to get out of that situation".

"For the community, I think it's terribly important to understand what violence within a family setting is, what it means, what it involves," she said.

"It's not necessarily violence, it is also the emotional, it's the psychological, it's the financial control.

"Family violence isn't just about that physical hit.

"It's a whole range of other things that marginalise and isolate a person.

"So it is important to seek help; it is important for the community to understand what it is and recognise where help is needed."

To get in touch with the Victims Assistance Program, call the Victims of Crime helpline on 1800 819 817.

You can also phone Windermere's Morwell office on 5135 1500, email victims.assist@windermere.org.au or visit 246 Commercial Road to speak with someone.

▶ If you are experiencing family violence, phone 000 for immediate assistance. For counselling and support, phone 1800 737 732.

▶ If you feel your behaviour may be violent towards your partner and would like to talk to someone, phone 1300 766 491.



Applications for EnergyAustralia Community Grants are now open

As operator of the Yallourn Power Station and Mine, EnergyAustralia is proud to be part of the Latrobe Valley and is committed to supporting the local community.

In 2016, EnergyAustralia will provide funding for local projects in grant rounds throughout the year. We want to support initiatives which provide benefit to this community.

The first round is now open. Please submit applications for projects which focus on one or more of our priority areas:

- Community development: Youth support, health, education and social cohesion.
- Benefiting the environment: conservation and rehabilitation.
- Supporting the local economy: Training, employment and local economic growth.

How to apply for funding

Visit the EnergyAustralia website for more information and to download an application form.

www.energyaustralia.com.au/yallourn

Contact Us
meredith.bowden@energyaustralia.com.au
Phone: 5128 2960

Applications close
5pm Friday 26 February 2016