



### Morwell Sunday Market:

Sunday 8am - 1.30pm  
**Closed Sunday 27 December and Sunday 3 January**  
 Fresh produce, trash and treasure, lolly shop, hairdresser, gift ware. Pony rides and petting zoo (weather permitting) Free jumping castle and face painting. Entertainment, great food and coffee. Kids under 12 free  
 Phone 0413 916 424 or 0401 817 865

### Traralgon Farmers Market:

**Twilight Market Wednesday 23 December. Santa to visit 3-8pm**  
 Kay Street Gardens. Contact the market manager on 0409 232 715. info@traralgonfarmersmarket.org.au We grow it, we make it, we bake it, we catch it and then we sell it.

### Yarragon Craft & Produce Market:

**Christmas Market Saturday 19 December. 9am - 1pm.**  
 Yarragon Public Hall. Fresh produce, plants, handmade craft, jewellery, jams and much more.  
 Phone: Gaye 0427 342 430.

### Mirboo North Country Market:

**Christmas Market Saturday 12 December**  
 Baromi Park, Mirboo North. Produce, plants, bric-a-brac, crafts, BBQ, collectables.  
 Contact Bev Cook 5668 1688 Email: mcdi@mirboonorth.vic.au

### Jindivick Country Market:

**1st Saturday of Month. Next market 2 January**  
 Jacksons Track, Jindivick.  
 Picturesque, unique, special  
 enq. countrymarket@jindivick.org.au or Lesley on 5628 1751

### Churchill Community Market

**Every 3rd Saturday of the Month. Next market 19 December**  
**Special Christmas Market with Santa** Churchill Hotel Car park.  
 Something for everyone, local produce preservatives, local Arts and Crafts, plenty of delicious hot foods and live music. Stalls are \$10  
 Contact Rob on 0418 377 781 or email churchilllions@gmail.com

### Longwarry Fire Brigade Market:

**First Sunday of the month. Next Market 6 December**  
 Something for everyone. Hot and cold food and drinks. All proceeds go to the local CFA.  
 Booking essential. Phone Janine 0419 158 946

### REH Cork Club Craft Market:

**Held on the 2nd Saturday of the month. Next Market 12 December**  
 Kay Street Gardens, Traralgon. Market Open till 1pm.  
 Proceeds to GFA for the RCH Appeal. Phone 0487 342 675

### 50 Mile Farmers Market:

**2nd Saturday of the month, 8am - 1pm. Next market 12 December.**  
 Tarwin Street Morwell.  
 Fresh produce sourced from within a 50 mile radius of Morwell. Morwell CBD shops open during market.  
 For bookings email: morwellonthemove@gmail.com

### Warragul Farmer's Market:

**Every third Saturday of the month. Next market 19 December**  
 Fresh produce, baked goods, lots of organic produce and meats, fish and speciality goods. Over 50 stalls.  
 More info at facebook.com/warragulfarmersmarket

### Port Albert make it, bake it, grow it and collectables market:

**Christmas Market 13 December**  
 Indoor and outdoor stalls \$10 each. Refreshments available.  
 Held at the Port Albert Hall, 20 Victoria Street, Port Albert  
 Contact Gayle on 0437 247 242 for more information.

To include your market listing in this column please call Paula on **5135 4437**

**VALLEY SPORT LIFTOUT**  
 INSIDE TODAY

**What made headlines**  
 QUESTIONS arise over the use of a \$125,000 State Government grant to the Gippsland Ethnic Communities Council after claims the organisation failed to deliver its...  
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# United against family violence

By EMMA WATSON

THRE E hundred police referrals a month.

That is the number Quantum Support Services in Gippsland has received for family violence incidents so far this financial year.

If the trend continues, it will be a 25 per cent increase from the last financial year.

"We've got an issue," Quantum coordinator of housing, homelessness and community support Adrian Terranova said.

"And we've got to address that and it's everyone's issue to address."

Today marks the end of the global campaign, 16 Ways in 16 Days of Activism, to stop violence against women.

But White Ribbon ambassadors, family violence workers and frontline emergency services are calling on the community to continue the conversation.

"It's a hidden problem within the community that's never been spoken about previously," White Ribbon ambassador Grant Coulthard said.

"It needs to be made aware to the general public... to bring the issue to a point where it can be discussed and hopefully, ultimately, be prevented completely."

About one in three women across the world experience some form of violence by their partner, according to the World Health Organisation.

Research from the Australian Bureau of Statistics shows since the age of 15, one in six women



**Stamp it out:** Latrobe Valley's support networks and emergency services are asking the community to stamp out family violence.

photograph tom morrison

have experienced physical or sexual violence at the hands of a former or current partner.

A further one in four have experienced emotional abuse by a former or current partner.

Australia's National Research Organisation for Women's Safety says domestic and sexual violence is overwhelmingly committed by men against women.

"Family violence is just home front terrorism - it is just hijacking their (victim's) own personal lives," Quantum senior family violence worker Nesli Cassar said.

Ms Cassar has been working in the sector since 1989, supporting women experiencing or escaping

family violence.

Her team provides crisis support to victims of family violence, identifying their needs, assessing their risks and planning safely for their next steps.

This could involve moving women and children into alternate accommodation or a refuge centre.

Alternatively, it could involve changing locks, providing security cameras or funding counselling services so they can remain at home.

"We will give her the information, we will provide everything in our power to show her what is available to her," Ms Cassar said. "It will be her choice. It will

be her decision, but the idea is making sure her and her children are safe."

Quantum provides up to 30 different programs - including homelessness and support - to Gippsland's most vulnerable people.

But Mr Terranova said stamping out violence against women was not up to one single agency.

"We've got issues and we've got to all work together to resolve this," he said.

Latrobe Valley topped a state list of family violence incidents between June 2014 and June 2015, with a rate of 3099.8 per 100,000 population.

With a busy period looming over Christmas and the new year, Ms Cassar and Mr Terranova have one message.

"Is it too simplistic to say, be kind to each other?" Mr Terranova said.

"Is it too simplistic to say, 'we all need values that are driven that uphold people's human rights'?"

"Family violence, homelessness, it breaches people's very human rights."

"Be mindful, have those conversations. Be alert, be aware."

**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.**

## Community works together to help people in need

GIPPSLANDERS want to support those in need.

That is the message Gippsland Period Project organisers have taken from the initiative where more than 10,500 sanitary products will be distributed to the region's homeless community.

It will also give dignity, opportunity and choice to individuals who have experienced some kind of trauma in their lives, according to Gippsland Homelessness Network coordinator Lisa Morgan. She said the

project highlighted how Gippslanders know "people deserve more than what they get" and hoped a conversation around family violence would trigger cultural change.

"For us, we want people to grow up understanding that they shouldn't expect that in their intimate relationships," Ms Morgan said.

"They shouldn't expect that in their family environment and it's okay to challenge it when it does happen to them.

"Because there will be people to support them... there to assist whilst they go through that change and are brave enough to look at an alternative."

Gippsland Period Project instigator and coordinator of Morwell Neighbourhood House, Tracie Lund, brought together residents and emergency and support services to highlight the magnitude of family violence.

She said through her work with the Period Project and networking

with other agencies, it was evident family violence caused many women to become homeless.

"For us it was about having the networks and connections to bring people together... one, to make a statement and two, to start a community conversation," Ms Lund said.

Ms Morgan said while Gippsland experienced some of the highest rates of family violence, there was a multiple-agency effort to encourage the community to feel safe

in reporting incidents.

"We don't want their children and themselves (those who have experienced or witnessed family violence) to grow up thinking that this is all they can expect in their life," she said.

• **The Express also spoke with police about their involvement in breaking the family violence cycle. Read their story in Monday's edition.**

**Deanne and Sam Bertram**  
**Fundraiser Event**  
**Thursday 17 December**  
 Traralgon Tennis Association  
 Doors open at 6.30pm  
 Trivia starts at 7pm  
 Tickets only \$25  
 Raffles, Prizes and Auction  
 Finger food provided / Drinks at bar prices  
 LIVE PERFORMANCE BY **DJ Robbie G & More**  
 For tickets contact Lisa Barnes 0402 334 447  
 Kelly Macri 0416 115 795  
 samberttramfundraising@hotmail.com

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