



## PEOPLE AND PLACES

### MAGIC MEMORIES OF MYANMAR

May 2nd marks the first anniversary of Cyclone Nargis in Myanmar. The overwhelming response to our own bush-fire disaster increases the empathy I feel for the Burmese people who are still struggling to recover from the cyclone.

Working with the orphaned children, and the extraordinary people who care for them, is a remarkable and life-changing experience. These people display resilience, determination and optimism which is inspiring.

Originally, I went to teach and to offer the skills I have to make their lives just a little richer but after every visit, I learn a little more about myself, about putting life's challenges into perspective and about the strength of the human spirit...and a few more words of Burmese!

As a board member of GraceWorks Myanmar, I am now able to offer this experience to others, whatever their skills or interests. It can be challenging and emotional but the rewards are immense. It will be possible to participate in any of the GraceWorks projects and visit some of the main tourist sites around Yangon.

I am organising a 13-day trip (max. 10 people) in the September school holidays. Flight availability for the holidays is very limited so bookings need to be made ASAP.

For more information and trip details, please contact Jenny Webb, ph.5796 9236 or jennylwebb@hotmail.com. Details of GW projects can be found on [www.graceworksmyanmar.org.au](http://www.graceworksmyanmar.org.au). Similar trips will be available in 2010. Dates TBA or on request (min. 6 people).

By Jenny Webb



## NOTES FROM HIGHLANDS PRIMARY SCHOOL



Student of the Week is James MacDonald :For terrific speaking & listening skills during Morning Talk. Well done!

Kendall Richards, Year 2, represented Highlands PS in the Equestrian Inter-school Challenge at Bendigo last weekend. Kendall did extremely well and achieved terrific results. Fantastic job Kendall!

Junior School Council: JSC have decided that they will donate \$50 of their fundraising money to Cambodia to provide food, water and clear land-mines for villagers.

### HIGHLANDS BLACKBERRY CONTROL PROGRAM

As you are aware, a Blackberry control program has been implemented in the Highlands area over recent months by the Department of Primary Industries in conjunction with the Highlands Landcare Group. As a result of this program and through your support, some terrific work has been carried out in an effort to control this weed. I would therefore like to take this opportunity to thank you for investing your time and effort during this phase of the program.

With everyone contributing to the control program, no matter how small their contribution, this combined effort has helped make an impact not only on your property, but throughout the Landcare area as a whole.

It is important to remain vigilant each year for signs of regrowth or emerging seedlings and to follow up your hard work to ensure that your time, effort and money are not wasted.

Regards,  
Mark Sellwood  
Pest Plant Rural Extension Officer  
DPI Benalla  
(03) 57611 571 0428 549 554  
[mark.sellwood@dpi.vic.gov.au](mailto:mark.sellwood@dpi.vic.gov.au)

## WELCOME TO ISSUE11

Please send all articles to [miranda@omnipotent.com.au](mailto:miranda@omnipotent.com.au)

Please note that log trucks will be entering from Spaniacks Road and travelling towards Seymour and Euroa for the next few weeks, please make sure you drive carefully around that area, particularly in the mornings.

### FIRST AID FOR MENTAL HEALTH

First Aid is the help given to an ill or injured person before medical treatment can be obtained. The aims of first aid are to preserve life, prevent deterioration of the condition, and provide comfort to the ill or injured person.

Mental Health First Aid is the help provided to a person developing a mental health problem or in a mental health crisis. Like regular first aid, the aims are to preserve life (where the person is a danger to themselves or others), to prevent the problem becoming more serious, and provide comfort. Mental Health First Aid teaches how to recognise the symptoms of mental health problems, how to provide initial help, and how to go about guiding a person to appropriate professional help.

There is a stigma associated with mental health problems, and many people are not well informed. This results in many people not getting the help they need. One in five adults will experience a mental health problem at some time in their life, so most of us will be touched by mental health issues either directly or indirectly.

Do you know what to do if someone is having a panic attack? Hearing voices? Suicidal? Irrational? Aggressive? Mental Health First Aid training could help you manage such situations.

The Mental Health First Aid course is available locally. A course is running in Yea in April. If you are interested in knowing more about mental health problems and being better equipped to manage mental health situations, contact the course instructor Margaret McLauchlan at Community Health (numbers below) or on mobile 0419 538 589.

Courses can be run anywhere in the Murrindindi Shire (or beyond) if there is enough interest.

## Community What's On Calendar—April/May/June 2009

Week beg 27th April	Terip Terip mowing roster Sue Martin Tim Andrews and Andrew Holloway Around Clubhouse and all 4 courts
19 th - 25 April	WHITEHEADS CREEK- TARCUMBE RURAL FIRE BRIGADE TRUCK ROSTER Geoff Halpin Mick Leatham Wes Jeffery Roger Broome
26 April - 25 May	... the JOURNEY is an exhibition of works on paper and canvas, textiles and sculptures from Susan Fell Mclean at the Mitchelton Winery, Mitchelstown Road, Nagambie (03) 5736 2222 . See more of Susan's work at: <a href="http://visibilityedge.blogspot.com/">http://visibilityedge.blogspot.com/</a>
2nd May	Ruffartz presents LAST DRINKS Show starts at 8.00 pm (doors open at 7.30 pm). Tickets are \$26 ea for each concert. Student concession tickets \$15 per show only apply for students 16 - 18 years of age. Children 15 and under free. Season tickets are on sale now \$78.00 each (or student concession tickets \$45). Tickets are on sale from Glen on 5790 4318 Another first is the inclusion of a one man comedy play to the series. "Last Drinks" is written and performed by Damian Callinan and directed by Matt Parkinson. The show debuted at last year's Melbourne International Comedy Festival
5th May	Highlands playgroup Come join us with your little ones for a cuppa and a play from 9.30am til 11.30am. Still desperately seeking more playmates. Ring Marisa on 5796 9360 for more details.
7th May	Hughes Creek Catchment Collaborative meeting will be at the Highlands Primary School commencing at 7 :30PM The meeting will start with a beautiful DVD about owls which everyone is welcome to come and watch. Feel free to stay for the meeting but don't feel that you have to!
8th May	'Drinks on the Deck' at Highlands Community Hall at 6.30pm. Bring food to share for a meal together and catch up with friends old and new. Gold coin donation to cover power.
10th May	The Avenel Market is held on the 2nd Sunday of the month, 10am - 2pm. Locally sourced hand-made, baked and grown goods and produce. New Location - Jubilee Park in the centre of town. Proceeds go to park upkeep. Stall inquiries to Anna tel 5796 2481 or email <a href="mailto:clabburn@optusnet.com.au">clabburn@optusnet.com.au</a> .
13th May	FTLA Governance Training Programme To be held in Euroa Venue: The Silver Spoon Restaurant 14 Clifton Street, Euroa Time: 10am to 3pm (Lunch and refreshments provided)  Sessions are designed for New, Experienced and Potential Office Bearers. Topics included for discussion and training on the day will include: - Basic Governance Issues - How to identify strengths and weaknesses of volunteer groups - How to attract and retain members - Committee succession issues This session is Free to Landcarers and VFF members Please RSVP by (one week prior to the date) to: VFF - Georgina Livery by Phone: 1300 882 833 or by Fax 03 9207 5500 or by Email <a href="mailto:glivery@vff.org.au">glivery@vff.org.au</a> Georgina Livery Administrative Officer Farrer House 24 Collins Street Melbourne 3000 Phone: 03 9207 5572 Fax: 03 92075576 Email: <a href="mailto:glivery@vff.org.au">glivery@vff.org.au</a>

### LOCAL CONSTRUCTORS OUR PRIORITY SAYS COUNCIL

As the cleanup continues throughout the fire affected areas of the Murrindindi Shire, local contractors are being used wherever possible says Mark Leitinger head of the Council's Murrindindi Construction team.

Since the emergency, council has engaged over 120 contract staff and their equipment to help in particular with roadside tree safety works.

Says Mark "The scale of the work required in tree safety alone is massive and has required resourcing at significantly greater than normal levels. I estimate that over \$5 million will be needed to satisfactorily complete the cleanup.

Roadside tree crews are assisted by highly qualified tree experts and the extra resources have come from local

contractors to support these crews. Eight firms located within the shire have been involved so far but many more are expected to be engaged to assist with such things as road works, drains and shoulder restoration.

"The types of equipment we'll be needing include excavators, trucks, graders, guidepost and sign installation as well as guardrail erection."

"The Murrindindi Shire Council is committed to supporting the local community and as a priority we will be looking to support local contractors wherever possible."

Expressions of interest from suitably qualified contractors can be made by registering with the Industry Capability Network via the website [www.regionalindustrylink.com.au](http://www.regionalindustrylink.com.au) or by contacting the Murrindindi Shire Council on 5772 0333.

### LEARN TO DANCE

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## Classifieds & Community Notices

### GRASSLAND SOCIETY OF SOUTHERN AUSTRALIA

#### Young People Program

Here is a chance to gain some useful life skills, meet new people and develop networks in the grazing industries. Grasslands is running a young people development program for members.

Date: June 2009

Location: Geelong, Victoria

Outcome - To provide an opportunity for young people involved in the grazing industry to gain some skills in working with groups and develop solid networks.

Numbers: 20 participants

What does it involve?

A two day course for young people with the aim of providing some skills in communication, group dynamics, motivating groups, working with people and networking.

The Program

The MLA Working in Groups program will form the basis of the program. It is a fun and engaging program covering the following topics;

- Communication and Listening
- Assertive Communication
- Difficult behaviours
- Managing Conflict
- Building Better Teams
- Problem Solving
- Goal Setting and Planning
- Leadership and Change

The networking component in the communication section will be expanded, with an industry dinner.

Cost

The program is free to young people involved in the grazing industries. Participants must be current financial members of the Grassland Society of Southern Australia.

Included is the development program and comprehensive manual, food, accommodation and travel

Your Commitment

To participate in the two day program in Geelong in June, to attend a one day follow up in December and to be involved in your local Grasslands branch to build on the skills gained during the program.

**Enquiries can be made to  
David Freeman 57923693  
0438852928  
kulaba@bordnet.com.au**

### YOGA CLASSES

Classes will start this week starting 28th April. Please pass on this information to people who maybe interested.

Intro to Yoga on Tuesdays 6 to 7.30pm at Abundance Wellness and Beauty, 7 The Crescent, Yea. Gentle postures for loosening joints, stretching muscles and releasing tension; breathing techniques for vitality and balance; and deep relaxation for healing.

Yoga and Meditation on Wednesdays 6 to 7.30pm at the Highlands Hall. Graded levels of practices will be given for those with different levels of flexibility and experience.

Satyananda Yoga is a gentle, systematic, and integral style of yoga and is suitable for all levels of fitness and experience. The emphasis is on relaxation, working with your own body, developing self awareness, and there is no force.

Sally Lade also known as Shakti Mudra, has been studying, practicing and teaching yoga for 26 years. She recently returned from 31/2months in India. This is a great opportunity to take advantage of having local Yoga classes whilst she is in the district. Shakti will conduct 1/2 day seminars on Saturday 9th June. 9.30-12.30 Yoga and Relaxation in Yea, and 2-5pm Yoga and Meditation at Highlands Hall. Booking essential. The cost is \$60 for 4 weeks or \$20 for casual class.

Please bring a mat, rug and cushion, and arrive 5 to 10 minutes early.

Space is limited in Yea, please book with Carolyn 5797 3377 or 0437 033262

For more information or to book for Highlands Yoga contact Sally (Shakti) 5796 9222

### WHC BUSHFIRE WORKING BEE

Members of the Whiteheads Creek Landcare Group plus extra workers from Ruffy and Highlands spent last Saturday helping members of the Strath Creek Landcare Group recover from the bushfires. At John and Jeanette Tilley's place they dismantled burnt fence lines. Pulling out the star pickets gave us a good work out. Carolyn and Janet actually bent the post lifter. Rolling up the barb and plain wires and loading them on a trailer for the recycling dump was another task that was completed quickly and efficiently. John Dalzeil had fun pulling out burnt wooden posts with his truck. We all enjoyed a lovely picnic lunch then set off to a windy hill side on Terry and Janet Hubbard's 'Three Sisters' Property. One team put up a section of new front fence, which Terry will now call the Whiteheads Creek Section. The second group removed more burnt fence lines.

The landholders were very grateful for our help, the moral support as well as the physical efforts was much appreciated. The workers returned home feeling they had done a worthwhile day's work and had gained an increased understanding of the problems confronting bushfire affected families.

Thanks to Workers: Gerhart & Carolyn, John, David & Eileen, Rob & Joy, Lorraine, Ralph & Lois, Ian, Richard, Lockie, Jenny, Seb and Jack, Coordinators Janet & Bridget. To be a part of the next Fencers without Boundaries working bee contact Janet 57 9094268



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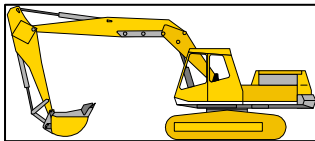
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