



FOOD FOR THOUGHT

Increase your motivation
by Andrew Fuller

(While these notes are aimed at students I think they could be relevant for lots of us as winter can be a low energy time.)

More students find it harder to remain motivated in third term than in any other. So this is the time to give yourself a mid-year tune up and rev up. The most important thing to know is that not feeling motivated hasn't really got much to do with motivation. It has more to do with feeling anxious and worried. In fact this is the formula:

Fear + Worry = Loss of Motivation

Motivation has more to do with overcoming your fears than anything else. It feels much easier to not put in than to risk failing at something. Fears loom larger if we try to avoid them. Let's discuss the most powerful self-motivation techniques.

Set small goals and one large one.

For each subject that you do at school set a small goal each week. For example a goal might read and understand chapter one. Write the goal down somewhere. When you have achieved that goal give it a tick. Decide to make your favourite subject at school the one that you will "go for broke in". In this subject your aim is to top the class. This is the subject that you will use to judge yourself by.

Get organized. Get yourself up to date. If you have fallen behind in any subject, have a working bee to catch up. Ask others to help you. Ask teachers to help you by saying something like I lost motivation for a while in this subject but now I'd really like to catch up. If you have not been in the practice of taking notes, start. If you have become embarrassed about asking questions in class, set a goal of asking one question per class. If that is too embarrassing, ask the teacher after class.

If you've missed notes, ask for copies of them. Write a revision summary for the subject to date topic by topic.

If your study area has become a mess, clean it up. Use post-it notes to organise the steps towards a successful outcome. On the first post-it note write the successful outcome you have in mind for that subject. Write the step before that and the step before that and the first step you could take. You wouldn't enter a marathon without doing a series of shorter training runs first and the same thing applies to doing well at school. **Regaining your motivation is a step by step process.**

NOTES FROM HIGHLANDS PRIMARY SCHOOL

STUDENT OF THE WEEK



Jarrad Gilbert: For working well and remaining focused during all sessions. Well done!

Building Works: Wow, it is all happening at HPS! We have had many efficient, helpful and friendly trades people completing jobs. The old building was taken away on Monday and the new one arrived like clockwork on Thursday.



Check it out at <http://www.highIndps.vic.edu.au/>

AUDIT ADVISORY COMMITTEE

Nominations Open

The Murrindindi Shire Council has established an Audit Advisory Committee to provide advice to Council on matters affecting financial reporting, management of risk, maintaining a reliable system of internal controls and facilitating the organisation's ethical development.

The Committee comprises three voting members – one councillor and two external independent persons. Membership of the Audit Advisory Committee is now sought from two (2) community representatives with suitable senior business or financial management/reporting knowledge and experience for a three (3) year term. Nomination forms and further details can be obtained by phoning (03) 5772 0347.

WELCOME TO ISSUE 22

Please send articles to
miranda@omnipotent.com.au

POWER SHIFT 2010

If you are a young person aged 16-25 and live, work or study within the Shire of Murrindindi and are interested in taking a lead role in Murrindindi Shire Council's Leadership Program, then Powers Shift 2010 will be the place to be.

Power Shift 2010 is a youth climate summit that will be held in Geelong on 14 -15 August that will inspire, educate, empower and mobilise young people to take action on climate change.

Council's Community and Customer Service spokesman Cr Cris Ruhr said the summit was expected to draw hundreds of young people to learn about climate science and solutions, and plan how to take action in their communities.

"Power Shift 2010 Geelong will be a part conference, part festival, part training and part celebration. Those attending will hear inspiring speakers, participate in interactive workshops, meet like-minded young people and plan how to create positive social change in communities around Victoria.

If you are interested in making a difference register your interest by Wednesday 28 July. Contact Rani on (03) 5772 0713. For further information visit the Murrindindi Shire Council youth website at www.youthmurrindindi.com. Free transport and accommodation will be provided depending on interest.

Dear Editor,
I just visited the design team at Telstra Mobiles (my office team before I retired).

They tell me that they have just completed the new base station at Mt Wombat several K's east of Strathbogie.

So looking at the Telstra website map for NextG coverage it shows some improvement around the school and some high spots in the surrounding area. Caveat has some coverage but holes between. Ruffy well covered but holes between too. Tarcombe and Dropmore not covered.

However Yarck, Terip Terip and Gobur are well covered. Hope this is useful.

Regards, Bruce Heath

Community What's On Calendar—July/August 2010

Fortnight beg 19th July	Terip Terip mowing roster Tim and Cindy Hayes Ian and Cynthia Crawford Around Clubhouse and all 4 courts
Week beg 1st –7th August	WHITEHEADS CREEK- TARCOMBE RFB TRUCK ROSTER Wes Jeffrey Lindsay Heffer
Thursday 29th July	Secret Men's Business from 5.30pm. Local get-together at Caveat Church on the last Thursday of each month. Bread and sausage provided, BYO drinks. All welcome.
Thursday 29th July	A Nights Conversation of Art Come and listen to local artists talk about their creative journeys and their chosen medium. Our respected panel members are: • Susan Pickworth • Marian Rennie • Darren Gilbert 7:30pm Rennie's at Acheron 132 Breakaway Road Acheron Light refreshments provided This free event will fill fast, so book now to avoid disappointment Erin Hoiles or Sue Bass on Phone: 5772 0365
Friday 30th July	Acoustica – lunchtime library music concert 12.30 – 1.30 Alexandra library an essential part of your community! PH 5772 0349 Bridge Every Monday 2 – 4 New players welcome Scrabble Every Friday 2 – 4 Warm and Cosy Everyone welcome LIBRARY PIANO—Accomplished players invited to come and tickle the ivories DON'T FORGET * Wireless Internet is available BYO laptop
Saturday 31st July	Tallarook Mechanics Institute presents 'The Soiree Season of Theatre in 2010' Dinner 6.30pm Show 8pm "Catalpa– All heroes are not created Equal" Details at www.tallarook.info or call Louise 0413050761
1st-29th Aug	Leone Gabrielle solo exhibition Gallery 34, 34 High Street, Yea PH 0407978317 info@gallery34.com.au
Sunday 1st August,	We have our second themed lunch for 2010, Beer, Beef, Burgundy & Blues, a three course meal featuring prime rib-eye steak and includes matching drinks. Local blues duo Real Gone Blues will play through the meal and there will also be beer tastings before the meal is served. Price is \$65 per person and tickets do sell out quickly so call now to reserve your seat. White Hart Hotel, Longwood T: 03-5798-5203 E: white.hart@bigpond.com
Sunday 8th	Communion Service Terip Terip—Ruffy Uniting Church service , starting at 11.15am
Friday 13th August	'Drinks on the Deck' at Highlands Community Hall from 6.30pm. Bring food to share for a meal together and catch up with friends old and new. All welcome - especially new faces. Gold coin donation to cover power.
Friday 13th August	HIGHLANDS AND STRATHBOGIE WETLANDS FIELD DAY The Goulburn Broken Catchment Management Authority invites you to come along for a few fascinating hours to hear about recent investigations into the vegetation, management, hydrology and history of the unique spring soak and peatland wetlands in the Highlands and Strathbogie ranges. Meet at Ruffy Hall 1 Nolans Road, Ruffy at 10am, then travel to Janet and Justus Hagen's property, 214 Weibye Track, Ruffy. Lunch, tea and coffee provided BYO gumboots and umbrella RSVP 9th August to GBCMA PH 03 58201100 Further information contact Simon Casanelia on (03) 5820 1126, email simonc@gbcma.vic.gov.au
Saturday 14th August	7.45pm - Ruckus - They've caused one or two in their time - get ready for another great night with Mick, Marcie & the guys White Hart Hotel, Longwood T: 03-5798-5203 E: white.hart@bigpond.com
Saturday 14th August	TERIP TERIP COMMUNITY DINNER at The Rec Reserve 6 pm for sherries and nibbles 7pm dinner MEAT SUPPLIED BYO drinks & glass and a dessert to share \$20 per person - \$6 for school children DRESS THEME – "RED" Prizes for best and most outrageous outfits RSVP please, by 10th August Frances Lawrence – 0427 904 262
Saturday 14th August	Black Market 10am - 12pm: Swap & sell your home produce at this local food exchange and "open garden". This month it's being hosted by Candi Westney & Vitto Oles, at Rocky Passes Estate, 1590 Highlands Rd, Whiteheads Creek. Brian Bowring will give a demonstration of fruit tree grafting. Contact Paul Macgregor on 5797 0229, diversity@diversity.org.au, or Candi on 5796 9366 for more information
Monday 16th August	TERIP TERIP TENNIS CLUB ANNUAL MEETING @ 7.30 - at the Terip Terip Rec Hall. All old, present and new members welcome.
Saturday 21st August	Are you considering pasture renovation or does the paddock only needs an oversow? If you renovate, what are the best species to match your enterprise and what sort of fertiliser is good practice? Are you au fait with your soil's nutrition and the needs of your pasture for ongoing maintenance? Matt Helder, an agronomist from Murrindindi Fertilisers, will be speaking knowledgeably about all the above. Come and see ongoing projects at Judi and Ian Marshman's, who have kindly agreed to host the morning on their property to share their experiences and show the results in the paddocks. Morning tea will be provided. 9.30 - 11.30 am, WHERE: 279 Langs Rd, LIMESTONE COST: none RSVP: Judy Brookes, 57 972 563 or juncball@bigpond.com
Sunday 22nd August	Terip Terip—Ruffy Uniting Church service , starting at 11.15am
Sunday 29th August	Casual Church in the Hall Terip Terip—Ruffy Uniting Church service , starting at 11.15am
Sunday 29th August	4.30pm - David Delle-Vergin - Rescheduled date with Tamworth Songwriters Association, 2009 Country Song of the Year winner White Hart Hotel, Longwood T: 03-5798-5203 E: white.hart@bigpond.com

Classifieds & Community Notices

WATER WRITING COMPETITION

Water has inspired writers since the beginning of time. From the writers of the Bible and Koran to Greek poets and beyond, the great writers of history have described water as the source of life: responsible for growth, livelihoods, transporting heroes, hosting battles and changing destinies.

The Goulburn Broken National Water Week Committee invites you to write a short story or poem with a water theme.

Entry is free and only open to residents of the Goulburn Broken Catchment. Entries close Friday 17 September 2010. Winners will be announced at the Water Week awards night in October.

Email your entry to water-week@gwater.vic.gov.au or post to Writing Water Competition, C/o Goulburn Valley Water, PO Box 185, Shepparton 3632.

Include the entry title, word count, author name, address or school, telephone, email, genre (poem or short story) and category.

The following prizes are offered for each category:

Primary: Short story 500 word limit, poems 100 word limit First prize \$100, second prize \$50

Secondary: Short story 1 000 word limit, poems 100 word limit First prize \$100, second prize \$50

Open: Short story 2 500 word limit, poems 200 word limit First prize \$250, second prize \$100

Entries are submitted with the understanding that they may be copied and reproduced by the National Water Week Committee in newspaper articles and other publications during National Water Week

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BITS OF BOTANY AND BIRDS

Burgan (*Kunzea ericoides*)

This is the common tea-tree around Highlands and is an attractive plant in small doses. Unfortunately it readily colonises burnt or disturbed ground, forming dense thickets which can become impenetrable. Locally it grows to about 3 or 4 metres, but is also found in New Zealand where it can grow several times that height. It has white flowers in summer.



PAULINE ROBERT'S DELICIOUS MUD CAKE RECIPE

INGREDIENTS

250g butter
250g dark or semi sweet chocolate, chopped
100g caster sugar
80g brown sugar
20ml brandy
1 1/2 cups hot water
185g self raising flour
3 tablespoons Dutch cocoa
2 eggs
1 teaspoon vanilla essence
icing sugar, for dusting
cream or ice cream for serving

METHOD

Preheat the oven to 150 degrees and butter a 24 cm non-stick, springform cake tin or small moulds.
In a saucepan, melt butter, then add chopped chocolate, caster and brown sugars, brandy and hot water. Mix well with a whisk until the mixture is smooth. Mix the flour and cocoa and add to the chocolate mixture with the eggs and vanilla. Beat just until combined (Don't worry if the mixture is lumpy) Pour into the prepared cake tin and bake in a preheated oven for 50 minutes or the moulds 30 minutes. Allow to cool in the tin for 15 minutes, then turn out. To serve dust with icing sugar and serve warm with cream or ice cream.

FOR SALE

Large round bales of stubble mulch.
\$30/bale, Terip Terip
Ring Bruce on 57 904 251

URGENT PATO PLEA

It is important that anyone whom is interested in taking part in the helicopter spraying get in contact with me before this Friday (30/07/10). Fortunately there is funding of \$3000 this year, this will be divided by the number of loads that are requested, thus the subsidy will vary depending on the amount of interest from the community. As of yet there has been very little interest, so the subsidy should be high. It is important that the community works together to keep Paterson's curse under control, so anyone whom has a bad case of Paterson's curse really should consider using the helicopter. Please get in contact with me ASAP if you are interested.

Edwina McKay email:
hughes.creek1@gmail.com
mobile: 0422547918

PUTTING THE BITE ON HEARTACHE

Watch out for those furry fangs because they could end up giving you more heartache than cupid's arrows ever could. A growing number of scientific research studies are demonstrating the link between exposure to the bacteria that cause periodontal (gum) disease and an increased risk of heart disease.

It is estimated that one in five Australians have gingivitis, or inflammation of the gums, and a further 20 per cent suffer from the more severe gum disease, periodontitis.

Having a good set of pearly whites can also reduce your risk of dying from cardiovascular disease (heart disease). A study released in April this year, found that a person with fewer than 10 of their own teeth is seven times more likely to die of coronary disease than someone with more than 25 of their own teeth.

It is a known fact that people who have fewer or poor quality teeth have trouble eating the healthy foods that help protect against gum disease and heart attacks, such as fresh fruit and vegetables and wholegrain breads and foods. Eat well

Enjoy a wide variety of nutritious foods and healthy snacks.

Limit your intake of sweet foods, especially between meals.

Drink plenty of tap water.

Avoid sweet or fizzy drinks. If consumed, have them with meals rather than between meals.

Clean well

Clean your teeth at least twice a day. Brush your teeth gently and thoroughly with fluoride toothpaste and a soft toothbrush.

Source: Dental Health Services Victoria

Rocky Passes



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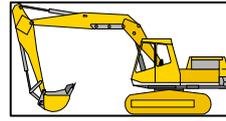
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