



## PEOPLE AND PLACES

Di Schrapel  
Business Manager,  
Highlands Primary School

I was born in Hamilton in the Western District a long time ago! My father grew super fine merino wool and they bought a farm between Hamilton and Dunkeld in 1929. His father had died when he was young so he was brought up by an uncle. I stayed on the farm until I went off to do teacher training in Geelong. I lived in a hostel in Packington Street. About 6 of us lived in a bungalow out the back of the main house so we could sneak out the back gate!

My first school was back in the Western District at Dunkeld Consolidated where I taught grade 1. I loved it except in my first week when we had free milk and a stinking hot classroom with wooden floors, one child vomited all over the floor, I'm still not very good with vomit! The buildings were so hot in summer and freezing in winter and we weren't allowed to wear trousers, only skirts but they were quite short.

I met Brian as he was taking out my younger sister, he tried her out first and then I stepped in and pinched him. It was through the horses that we connected. He was show jumping and we were showing hacks and ponies. We were married in 1970 and went to live in the south east of SA at a place called Willalooka on his family farm and I taught at Keith Area School for 2 years.

During 1971 Brian was selected to represent Australia in the 3 Day Event (Equestrian) at the Munich Olympic Games. We headed overseas and spent 6 months training in England prior to the Games. During that time we weren't allowed to live together, that was their policy, no wives. I worked for the Whitbread family looking after the children and also in a pub which meant I could see Brian every day. To get to Munich we went on the plane as grooms with 29 horses to England via Montreal.

We returned to Australia and moved to Victoria. We lived at Gisborne and then Oaklands Junction, then Mangalore West, Seymour and finally Trawool.

Brian's working with horses has taken us all over the world. He was competing but now he designs cross country courses and judges. He was the first Australian to judge at Olympic Games (Sydney 2000); he has designed cross country courses in Australia, South Korea, Thailand and Malaysia

. He is judging at the Asian games in China later this year.

I enjoy it too and at the Sydney Olympic Games I was involved in the scoring and I did a back up scoring in the Asian games in South Korea in 2002. I have stewarded at the World Equestrian Games in Rome in 1998 and a lot of equestrian administration running major events & Australian Championships.

Now I am at Highlands Primary School 3 days a week and we are racing thoroughbreds. A highlight was owning a racehorse called Delta Dane, Brian training it and our son Michael rode her for his first win as a picnic jockey.

I found a note book of my mother's that refers to coming to Highlands in the late 1950's or early 1960's; she described the 17 km drive from Yea as taking an hour with sheer drops off the side. Dad was judging fleeces at the Yea Show and I think mum may have been judging cookery. She made a note that children at HPS rode ponies to school. How amazing that I am here too out of all the places I could have gone.

By Miranda Yorston

## AUSTRALIAN RED CROSS VOLUNTEER OPPORTUNITY

Do you have great organisational skills?

Do you like to help people?

Red Cross requires a volunteer to coordinate the Murrindindi Patient Transport Service in the Yea and Alexandra areas. Duties include booking appointments and coordinating rosters and drivers.

Full training and support will be provided.

If you are interested and would like further information please call Robbie Leslie on 8327 7774 or email [rleslie@redcross.org.au](mailto:rleslie@redcross.org.au)

As part of the recruitment process, candidates will be screened and assessed for suitability to work with children, youth and vulnerable people. Red Cross is a child-safe organisation.

Volunteer Opportunity  
[www.redcross.org.au](http://www.redcross.org.au)  
CRISIS CARE COMMITMENT



## WELCOME TO ISSUE 25

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

## NOTES FROM HIGHLANDS PRIMARY SCHOOL

**Children As Authors:** Throughout second term, all students worked on writing and publishing their own book for the Children As Authors competition held by the MARC van. Students compete against all MARC schools in a variety of categories including best storyline, best illustrations. Again, this year Highlands students were successful in the competition. Congratulations to the following students-

Best Grade 1 Entry: Honour to Bonnie Neicho

Best Factual text (upper): Honour to Laura Bennett

Best Illustrations (upper): Equal winner to Laura Bennett

Best Storyline (upper): Equal winner to Imogen Geffert & Kassie Shaw

Best Storyline (middle): Honour to John Bennett

**Building Works:** We have moved in and are getting settled. I must say thank you to Brendan from BRB, all the contractors, staff, students and parents who have assisted along the way. Everyone's assistance has made it a relatively smooth process. The interactive whiteboards will be installed shortly and we are in the process of ordering new furniture for the senior room.

**Wanted for Science:** Peter is collecting the plastic square tags that come on bread bags. If you could collect at home and bring to school he'd be very grateful.

**Bounce Back:** We welcome Brooke Nester to school each Friday. Brooke is working with all grades on the Bounce Back Resilience Program. We look forward to sharing some of the ideas and common language with everyone at home as we progress through the program.

**Exercise Jacka:** The Australia Army have asked Highlands PS to participate in Exercise Jacka during October. Over a ten day period we would have members of the army working in and around our school. Lieutenant Craig Madden is coming to school on Monday 13th September to discuss the exercise and the benefits for us. Everyone is welcome to come along to this information session to learn more.

## Community What's On Calendar—August/September 2010

Fortnight beg 16th August	Terip Terip mowing roster Alan and Betty Renfree Brian and Gail Van Rooyen
Week beg 22nd-28th Aug	WHITEHEADS CREEK- TARCOMBE RFB TRUCK ROSTER Russell Chapman Paul Neibling
1st-29th Aug	Leone Gabrielle solo exhibition Gallery 34, 34 High Street, Yea PH 0407978317 info@gallery34.com.au
Thursday 19th August	Storytime for under 3's, rhymes, stories, activities & songs 11 – 12 noon Alexandra library an essential part of your community! PH: 5772 0349
Friday 20th August	OUTLAWS AND ZOMBIES AT FILM SOCIETY Murrindindi Film Society's next meeting will be on at Yea Shire Chambers, doors open 6.45 p.m. for drinks and nibbles. The programme is perfect escapist entertainment for a cold winter's night. At 7.00 p.m. the 1943 horror film I Walked With a Zombie will take views to the Caribbean, home of voodoo and black magic. More subtle than most films of its genre, it creates a brooding atmosphere while telling an intriguing story. After supper it will be time to ride the outlaw trail with Butch Cassidy and the Sundance Kid. Made in 1969, this western adventure based on the real life exploits of a notorious gang of desperados was a huge popular and critical success in its day and remains a lively, action-filled experience. With stars as attractive as Paul Newman and Robert Redford, it is a western with something to offer for everyone. It is hoped as many members as possible will catch up with these now rarely screened classics. As usual, first time guests will be welcomed free of charge. All enquiries to Jill Dwyer, 5797 2480 or jilldwyer@dodo.com.au.
Saturday 21st August	Are you considering pasture renovation or does the paddock only need 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
Tuesday 24th August	Ruffy Community Action Group – Ruffy Hall, 7.30 pm. ANNUAL GENERAL MEETING, followed by presentation: "The many faces of Ruffy" and light supper. All community members are invited to attend this meeting!
Tuesday 24th August	Blokes Night – laid back drinks and a yarn with mates 6.30 – 8pm Alexandra library an essential part of your community! PH: 5772 0349
Thursday 26th August	Secret Men's Business from 5.30pm Local get-together at the Caveat Church on the last Thursday of each month. Bread & Sausages provided BYO drinks. All welcome
Thursday 26th August	Murrindindi Writers – all aspiring writers welcome 10 am Alexandra library an essential part of your community! PH: 5772 0349
Friday 27th August	Acoustica – lunchtime library music concert 12.30 – 1.30 pm Alexandra library an essential part of your community! PH: 5772 0349
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
Sunday 29th August	<b>Terip Terip Back To Committee invites you to a celebration afternoon tea 2pm @ Terip Recreation Reserve</b>  This afternoon tea is to say "Thanks" to the many people who supported the celebrations and made it such a success. The committee was overwhelmed with the assistance they received during the planning, operational and post phases. We are still collecting stories, photos, or information that can contribute to our publication on the history of the Terip School and the community. A plate of afternoon tea to share would be appreciated RSVP - Sue Martin 0357904277 19th August 2010
Sunday 29th August	Highland Ramblers, meet 10.30 am Highlands hall, return by 3pm. For more information contact Andrew Shaw 5790 4297
Saturday 11th Sept	<b>The BLUES BROS BALL returns to the Ruffy Hall!</b> Check out the Op Shops, come dressed up (or dressed down) and dance the night away with Salty Dog – winner of the Australian Blues Band of the Year 2002. Prizes for the 'coolest' couple, the most glamorous gal and the most look-a-like Blues Bros. fella. BYO drinks and nibbles - Magnificent Ruffy supper provided. Tickets \$20.00 each – Make up a table of 8 or just bring a friend. Bookings essential – phone Glen 5790 4318 or Verena 5790 4309.

# Classifieds & Community Notices

## TIME TO CLEAN OUT CHEMICALS

ChemClear and Murrindindi Shire Council have joined forces in providing scheduled collection points for people to dispose of any surplus, unwanted, unlabelled, mixed or out of date agricultural and vet chemicals.

"From the hobby farmer through to major landholders, this service supports best practice principles in making smart disposal choices for agricultural and vet chemicals. It is about reducing and managing risks on farms and in business," Cr Flowers said.

"People need to follow a few easy steps which are provided on a toll free number or the collection website to register their unwanted chemicals for retrieval. They are given an appointment time and location to meet the retrieval team to drop off their registered chemicals for disposal," Cr Flowers said.

ChemClear collects registered chemicals produced by manufacturers supporting the Industry Waste Reduction Scheme. These chemicals are classified as Group 1 and are collected free of charge.

As an additional service, ChemClear collects what are classified as Group 2 chemicals. These agricultural chemicals are de-registered, product out of date by a period of two years, mixed, unlabelled, unknown, or, produced by a manufacturer not contributing to the stewardship program.

There is a cost for disposal of Group 2 products which is quoted to the waste holder once their registration has been processed.

Registration for this year's October collection closes on 3 September. People can register at 1800 008 182 or visit [www.chemclear.com.au](http://www.chemclear.com.au)

## AMATEUR PHOTOGRAPHIC COMPETITION

"Water in the Goulburn Broken Catchment"

Entries will be judged in the following categories

- Recreation / People
- Before and After / Historic
- Nature

ENTRY IS FREE!

Open to residents of the Goulburn Broken Catchment only. Photographs of waterways must be local to the Goulburn Broken Catchment region

Submit your entry along with a completed entry form to: Water Week Photography Competition c/O Goulburn Valley Water 104-110 Fryers St Shepparton 3632 or email [waterweek@gvwater.vic.gov.au](mailto:waterweek@gvwater.vic.gov.au)

## SLEEP OUR BODY'S RECHARGE CYCLE

Early to bed and early to rise keeps a man healthy, wealthy and wise. Late to bed and early to rise gives a man bags under his eyes! Sleep is the body's way of recharging and repairing itself but modern sleep habits are sabotaging this lifesaving process.

Sleep is as important for the human body as food and oxygen. Deprive yourself of a full nights sleep for long enough and you will soon see the effects.

Busy social lives, late night computer use and TV watching are just some of the ways we fritter away important sleep time. Many people find these activities very relaxing after a long day – especially in the quiet times after the kids have gone to bed!

However studies have shown that full relaxation and repair of the body can only be achieved by the deep sleep cycles that happen when we get the right amount of sleep for our stage of life.

Being grumpy and irritable, yawning and having trouble concentrating, slow reaction times and reduced decision-making skills are only a few of the next day effects of sleep deprivation.

For children it can also cause hyperactivity, poor concentration and learning at school, temper tantrums and a reluctance to get out of bed in the morning.

The total amount of sleep each person needs can differ but a good guide is:

Primary school children – need about nine to 10 hours.

Teenagers – need about nine to 10 hours too.

Adults – need about eight hours, depending on individual factors.

We tend to need less sleep as we age, but be guided by your own state of alertness – if you feel tired during the day, aim to get more sleep.

A good sleeping environment will also help you get the best sleep when you do make it into bed. Keep the room at a temperature between 16 – 20°C. Try to avoid mentally stimulating activities before bedtime, including TV watching and internet use. Try and keep to a regular bedtime - routine can help prepare the body for sleep.

Source: Better Health Channel [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

Yea Community Health - Yea & District Memorial Hospital – phone 5736 0410

## BITS OF BOTANY AND BIRDS

Drooping cassinia (*Cassinia arcuata*)

Also called Chinese scrub, this close relative of Dogwood is the shrub with the long brown droopy flowerheads growing in the Ghin Ghin cutting, particularly at Devil's elbow. The leaves are tiny and so are the individual flowers, which look dead even when they're not. It grows readily on disturbed ground. The leaves give off a spicy smell when crushed.



## YOUNG PEOPLE TO GUIDE GRANTS ALLOCATION

Murrindindi Shire Council is seeking interested young people aged 12-25 years who live, work or study within the shire to participate in the 'Shape Your Future Youth Grants' assessment panel.

Training will be provided and no experience is necessary. Just a passion for seeing young people achieve their dreams.

"The Shape Your Future Youth Grants provide the opportunity for young people to develop projects that support youth interaction through the arts, sport or events.

The program has also encouraged promotion of young people's needs and aspirations through projects such as book writing and music.

Interested young people wanting to be part of the assessment panel are required to attend an information and training session on 13 October 2010 at 5.30pm at the Yea Shire Hall.

For more information and to register your interest please contact Murrindindi Shire Council's Youth Participation Officer, Rani on (03) 5772 0713 or email [youth@murrindindi.vic.gov.au](mailto:youth@murrindindi.vic.gov.au)

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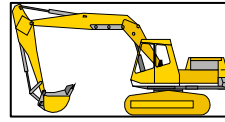
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