



## PEOPLE AND PLACES

### National Young Leaders' Day talk by Jarrad

*Hi my name is Jarrad and I am here to talk about Young Leaders' Day. Young Leaders' Day is about making young leaders out of all us Year 3s, 4s, 5s, 6s and 7s and they sure did a good job at it. I learnt heaps especially about influence because influence is basically leadership. Influence is leadership because they need to think about what you are doing, what they need and what is right. In order to be a good leader you must encourage and not be mean.*

*The first speaker was Mike Martin and he mostly talked about influence. Then was Matt Preston who talked about encouraging and charisma, which is powerful charm that can inspire devotion in others.*

*Then there was Craig Lapsley who said that there are many leadership styles. Forth was Kate Leeming who wasn't very good at talking about leadership because she talked too much about her adventures. Kate Leeming's adventures were extraordinary though. She rode her bike across Africa, Europe and Russia.*

*Then last but not least was Stevie and Tim from Hi 5, who didn't do dancing (phew) but said you should never give up and be a role model to little kids but most importantly listen. So in conclusion it was a good day.*

### Extract from National Young Leaders' Day talk by Kendall

*Hi I'm here to talk to you about Young Leaders' Day.*

*The person who inspired me most was Matt Preston. He inspired me so much because he taught me about passion, charisma and caring about people. These are some of the things Matt Preston said- "What do we want our team to do?, remember manners, leaders bring a team together, honesty, leaders change things and care.*



## NOTES FROM

### HIGHLANDS PRIMARY SCHOOL

#### Student of the Week

Alex : For a terrific and thorough effort with his Happy Home Learning each week. Well done!



Pancake day was a great success.



Thanks Bridget, Cindy, Maree and Leone for making it work so smoothly.

### PEG AND DOUG LADE'S CONTRIBUTION TO LANDCARE RECOGNISED

At a Hughes Creek Catchment Collaborative meeting last Thursday, Janet Hagen presented Peg and Doug with a drawing of a leaping koala as a thank you for the enormous contribution they have both made to the Landcare groups in our catchment. While they have resigned from their formal positions, their interest in the local environment is just as strong. They both have a wealth of knowledge about our local area which they generously share with us.



## WELCOME TO ISSUE 7

Please send articles to  
[miranda@omnipotent.com.au](mailto:miranda@omnipotent.com.au)  
or ring on 57969261

If you have a tasty recipe for green tomatoes could you send it in as I think we are going to need them!

I seem to be printing on a Tuesday afternoon so I would really appreciate articles by Sunday where possible. At times an article you send may not fit the columns and in this case I will have to edit the article to fit the space.

I hope you all had a relaxing long weekend. We had a fabulous time at the Port Fairy Folk festival and managed to get home early enough to avoid the 20 km long traffic jam going into Geelong. It was great to hear Kasey Chambers, Mary Black, The Bushwackers, The Waifs and so many more fabulous artists. A new singer for us was Joe Pug, he sounds a bit like a young Bob Dylan to me, but more in tune! It was also fun to run into quite a few locals who had also gone down to hear an amazing array of talent.



### BITS OF BOTANY AND BIRDS

#### Indian Myna

This introduced bird will be familiar to anyone who has lived in Melbourne, but so far it's been slow to move into rural areas. Unfortunately, some may have been seen at Dropmore recently. My-nas are a serious threat to native birds and hollow-nesting mammals, aggressively taking over many more nest sites than they need themselves, killing young and destroying eggs. They are thrush-sized, chocolate body with black head and bright yellow beak and skin around the eye. When in flight a white wing patch is very noticeable.



## COMMUNITY WHAT'S ON CALENDAR - MARCH/APRIL 2011

Week beg 21st March	<b>TERIP TERIP MOWING ROSTER</b> Tim & Frances Lawrence Merv Penny Both sides of Springs Rd and all four courts
Week beg 20th March	<b>WHITEHEADS CREEK- TARCOTBE RFB TRUCK</b> Geoff Halpin Doug McLarty
Week beg 20th March	<b>RUFFY RURAL FIRE BRIGADE ROSTER</b> Captain Travis Tilton (Ph) 57 904 335 (Mob) 0429886 380
Continues to 27th March	<b>WildArt @ Old Post Office Seymour</b> 30 painters and sculptors creations on exhibition. Wed to Sun 11am to 4pm & Wed to Sat 6pm – 9.30pm. Browsing welcome. Free entry. 50 Emily St (Old Hume Hwy) Seymour 5792-3170 <a href="http://www.artseymour.com.au">www.artseymour.com.au</a>
Wednesday 23rd March	<b>Murrindindi Shire Council Meeting</b> Yea Chambers
Sunday 24th March 4.30pm  White Hart Hotel 63 Hill St Longwood	<div style="display: flex; justify-content: space-between;"> <div style="width: 30%;">  <p style="text-align: center;"><b>Rick Steward</b></p> <p style="text-align: center;">Roots, rock &amp; acoustic style music from this multi-instrumental one man band genius.</p> </div> <div style="width: 30%; text-align: center;"> <p>Sunday 3rd April 4.30pm 57985203</p> </div> <div style="width: 30%;"> <p style="text-align: center;"><b>The Bona Fide Travellers</b></p> <p style="text-align: center;">An eclectic mix of country, hillbilly, Cajun, Tex-Mex, cowboy and acoustic blues.</p>  </div> </div>
Monday 25th March	<b>Alexandra library</b> an essential part of your community! 5772 0349  Acoustica – lunchtime library music concert with Adam Denis 12.30 – 1.30 NEW- Ukulele Heaven BYO ukulele everyone welcome - FUN, FUN, FUN 6 - 8
Monday 25th March	It is with great pleasure we soon launch our next solo artist, <b>Louise Foletta</b> .Louise is a committed arts practitioner with a continuous history of painting and exhibiting her work over four decades. This will be her eleventh solo exhibition in just 12 years. She has participated in over 20 group shows, and been awarded numerous art prizes Foletta is well known in the art community, and we are fortunate to call her a local artist. Her paintings reflect our beautiful local landscape, and have recorded the changes through drought, fire and recovery. I hope to see you in the Gallery during the show, Best Wishes Olivia Lawson <a href="http://www.gallery34.com.au">www.gallery34.com.au</a>
Saturday 26th March & Sat 2nd April	<b>Environmental Farm Planning</b> Two day workshop 10am – 4pm Broadford Council Chambers 113 High St Broadford To register for workshops and for more information contact Cathy Koning, Sustainable Communities Coordinator on (03) 5734 6357, via email <a href="mailto:cathyk@mitchellshire.vic.gov.au">cathyk@mitchellshire.vic.gov.au</a> or visit <a href="http://www.sustainable-communities.com.au">www.sustainable-communities.com.au</a> RSVP is required for catering purposes. Come along and be inspired.
Saturday 26th March	We have a <b>community appeal</b> to enable the small community of Seymour help the small community of Charlton in northern Victoria who have been flooded out twice already. The appeal is being organised jointly by about a dozen community groups, service clubs, etc. and is really bringing Seymour together in a spirit of goodwill to others. Our final event is a family show at the Tallarook Hall on Saturday March 26 at 2.00pm. Ralph Baker is a consummate performer. He was "Deadly Earnest" on TV introducing vampire type films. We're encouraging children and those young in heart to bring along their favourite soft toy and "Bill Bunyip" will be talking to them! Small prizes for all. To date we've raised about \$6,500 through a series of small fund raising events and hope to top \$10,000. We look forward to seeing you there. Kind regards, Anne Thompson Flood Appeal Convener PS It will help if people know the Big Bad Wolf's lines as I'm told this Wolf has a bad memory! Anne Thompson 0403 103 795
Sunday 27th	<b>Highlands Ramblers</b> starts again. Ring Andrew for more details 57904297 0427969297
Tuesday 29th March, 2011	<b>MENTAL HEALTH ISSUES &amp; FINANCIAL CONSTRAINTS</b> as an effect of Climate Change and Uncertain Weather Patterns 10:00am — 2.30pm Benalla Government Offices, Theatre 89 Sydney Rd, Benalla Guest Speakers: Carl Fraser – Rural Financial Counsellor, GMH Agcare. & Ivan Lister – Delatite Health, Rural Outreach Worker. Morning tea and Lunch will be provided. RSVP by Wednesday 23rd March (for catering purposes) David Cleeland Landcare Project Officer Ph: (03) 5761 1560 Email: <a href="mailto:landcare1@iinet.net.au">landcare1@iinet.net.au</a>
Friday 8th April	<b>'Drinks on the Deck'</b> 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. "Don't forget the Aerogard!!!".
Saturday 9th April	<b>Vasili</b> at the Violet Town Market 9am – 3pm Violet Town Market Tulip St Violet Town
Saturday 16th April	<b>Sustainable House Tour</b> Presented by BEAM Mitchell Environment Group 10am – 3pm Various locations
3rd & 4th May	There is a <b>Cattle Pregnancy Testing Course</b> being offered @ 141 Monkey Creek Road, Limestone 3717. Contact person is Judy Brookes <a href="mailto:juncball@pigpond.com">juncball@pigpond.com</a> or phone 5795 2563.

# Classifieds & Community Notices

## BLACK PEPPER

Black pepper is a perennial vine climbing to about 5m, the inflorescence is a spike of about 20 to 30 sessile flowers which develop into the fruits. The fruits on a spike do not mature at the same time so harvest time is when only a few fruits are ripe. These ripe fruits are fermented, soaked in running water, dried then powdered to give us white pepper. The unripe fruit is what we get black pepper from after they have been soaked in hot water then sun dried. The black pepper is more pungent due to the presence of resins and a crystalline alkaloid called piperine. It is native to southern India and Indonesia. It is one of the oldest known spices and gets its name from the Latin 'piper'. In the middle ages pepper was very expensive and accepted as currency.

The oil of black pepper is obtained by steam distillation of the dried and crushed, not quite ripe fruits of the pepper vine. It is clear to pale greenish in colour and has a dry woody, warm spicy odour. Its main chemical compositions are a-pinene, camphene, limonene and terpinene.

Black Pepper works well on the circulatory system and is recommended in the treatment of anemia due to its stimulating effect on the spleen which takes part in the development of red blood cells. Good for treating chilblains. With properties such as stomachic, antispasmodic and carminative it makes an excellent oil for disorders of the digestive system like dyspepsia, constipation and flatulence. It is also valuable in a blend for the relief of rheumatism and arthritis, muscular aches and pains, tired and aching limbs and muscle stiffness. Caution is needed when dealing with essential oils so for more information on the use of Black Pepper or any other essential oil please contact Megan at , [info@metier-a.com.au](mailto:info@metier-a.com.au) or call on 0417 314 559.

## YEA CHILDCARE ISSUE

This is to inform you that a briefing paper has been tabled at Council around the Yea childcare issue and the under-utilization of the children's service room currently used for Take-a-Break. If you are interested in letting Council understand your thoughts/needs re. reliable child care for Yea, then you will want to get along to the next council meeting. 11.00am Wednesday the 23rd March at the YEA Council Chambers - kids are welcome. If you want to get up and talk then request forms are available at the Yea Library desk - If you are too shy to talk then come along and support and hear other people's experiences. Bridget Clarke

## BACK BY POPULAR DEMAND

An evening with Dr Rob Gordon

Clinical psychologist Rob Gordon is a sensitive and motivating speaker, whose insights will help explain our responses to some of the challenges we have experienced in the past decade.

Tuesday 5 April 2011  
7:00pm – 10:00pm

Yea Golf Club

Bring Your Friends and Family  
Light refreshments will be provided  
Admission is free, but for catering purposes please RSVP to Erin Hoiles or Sue Bass on 5772 0365 or [ehoiles@murrindindi.vic.gov.au](mailto:ehoiles@murrindindi.vic.gov.au)

This event is proudly supported by:  
The Kinglake Ranges Community Recovery Committee and Understanding the Consequences of Long Term Stress

## Councillor Comment Cr Sally Abbott Smith, Cheviot Ward

Cats are highly valued pets in Murrindindi Shire households – nearly 30 per cent of homes have one. Cats are highly adaptable and flexible and fit into domestic life and routines easily and comfortably.

Cats are however, predators by nature and will go looking for mates, defend territory and hunt wildlife, particularly during the dusk to dawn period. When a cat is allowed to roam outdoors at night, serious consequences can result.

Of growing concern, is the increasing loss of our native biodiversity (small mammals, birds, lizards and frogs). Some of this loss is due to habitat destruction (such as removal of old hollow trees, understorey and groundcover disturbance). However, many of our smaller native animals are being significantly predated by our own pet cats and dogs and in some cases foxes.

You can protect your cat, preserve our native animals and minimise disruption to the community by ensuring that your cat is confined to your property and indoors between dawn and dusk.

Failing to register animals can result in costly penalties exceeding \$500.

Discount rates apply for pets that are desexed, micro chipped, registered with an approved association (the VCA or equivalent) or are over 10 years of age. The discount registration fee for a cat is \$30. Pensioners can receive a further 50 per cent concession on animal registration fees.

## SUSTAINABLE FARM AND LAND MANAGEMENT PRACTICES

Are you interested in reducing greenhouse gas emissions through modified farm management practices?

Mitchell Shire Council with sponsorship from DPI Farm Services Victoria – Climate Change Initiative, invites your participation in the Environmental Farm Planning Project using the Environmental Best Management Practices (EBMP) Program. The program is free to participants, and includes a copy of the EBMP workbook and computer software. Tuesday 29th March, 2011

Cathy Koning Ph: (03) 5734 6357  
[Cathyk@mitCHELLSHIRE.vic.gov.au](mailto:Cathyk@mitCHELLSHIRE.vic.gov.au)

## MAIL DELIVERY PROBLEMS?

After 3 months of, at times, a less than satisfactory mail delivery it is probably time for a review of this service, by its customers, to see if measures can be taken to improve it.

So...if anyone has a record of dates/days when mistakes were made eg: you received someone else's mail or it was obvious that the mail wasn't delivered eg: you received 2 bundles of mail on the following day .

Please contact Alistair Lade to let him know ( [al\\_lade@bigpond.com](mailto:al_lade@bigpond.com) or 57969276).

Or, alternatively from now until the end of March keep a list of such occurrences and we will have a community meeting in April to find some solutions.

## ANOTHER MEMORABLE EVENING AT ROCKY PASSES

On the 12th February, guests at Rocky Passes were entertained by The Stiletto Sisters a dynamic trio featuring Hope Cсутoros on violin, Judy Gunson on piano accordion, and Jo To on double bass. The air resounded with exciting gypsy melodies, seductive tangos and popular continental favourites & love songs from Europe and Latin America. The music, hospitality, good food and drink kept on coming. The music was so infectious that most people got up and danced! Even the inclement weather, which made its presence felt earlier in the day, decided to clear and give us yet another of those clear star-lit evenings that go so well with the wonderful surroundings. You can enjoy other Tapas evenings at Rocky Passes on the last Friday of the month – book now! Highly recommended.

By Dennis Spiteri

Rocky Passes



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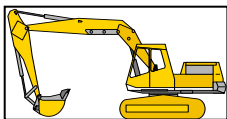
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