



PEOPLE AND PLACES

FOOD FOR THOUGHT, DREAMING WITHOUT FOSSIL FUEL BASED INPUTS

A recent scientific study has analysed temperature information for the past 250 years. "Our results show that the average temperature of the earth's land has risen by 2½ degrees Fahrenheit over the past 250 years, including an increase of 1½ degrees over the most recent 50 years. Moreover, it appears likely that essentially all of this increase results from the human emission of greenhouse gases," - Professor Richard Muller a climate skeptic physicist.

Our Food System is now very dependent on Fossil Fuel. Fossil fuels are a very dense and cheap form of energy. Research shows the amount of fossil fuel energy that we individually use, each day is the energy equivalent of 8,000 people working for us. We basically take between 10 and 1000 calories of fossil fuel energy and turn it into one calorie of food. This simply may not be sustainable in an era of rising energy prices.

Oil and other fossil fuels are finite resources and we are nearing the peak of production and demand is not slowing. There is going to be a disconnect between the available supply and the demand – the price will increase and then everything that is dependent on oil and fossil fuels will increase in price also. Food is no exception, due to the tyranny of distance of how far food has to travel to come to our shops.

We need to think about how we are producing food and where it is coming from – if you want to buy Australian a barcode number starting with 93 indicates Australian made.

Is it time we started planning for re-localised food production with our towns surrounded by fields and farming. Do we want to be part of a community that is healthier and more empowered? Do we like friendly neighborhoods, vibrant streetscapes which encourage walking to the shops and services; where uses are beside each other so we don't travel so far and have open spaces close to where we live, where we can grow herbs and food and have Community growers/swap markets?

The average age of farmers in Australia is over 60 so is it time for everyone to

hone in on their gardening, fruit and vegetable growing skills. Could everyone separate food waste from the rest and have it composted for local gardens? We need a food system that is less based on fossil fuel inputs and is a more sustainable system of agriculture. This will come at a higher price but there are also many benefits.

Did you know that the average household spends more on alcohol than on fruit and vegetables; more every week on take away than on fruit and vegetables; more every week on junk food than on fruit and vegetables (Shane Heaton – spokesperson Biological Farmers Australia)? So is it really the case that people can't afford better quality fruit and vegetables?

Our food system is determined/ designed by us, by the choices we make every day. Every dollar we spend is a vote for the kind of food system we want. The benefits we could get are:- fewer pesticide residues; more nutrients; fewer food additives; better for our farmers/ growers of food and the Murrumbidgee shire community; better animal welfare standards; better carbon sequestration in the soil and better food security.

There is plenty of food for thought.

Cr Sally Abbott Smith

Cheviot Ward

OVER NIGHT AT RUFFY

"Heading up to Ruffy for an overnight stay at the Williams' farm, we called in and had a yarn with Merv Shaw at Cobar. When I was driving interstate we always ate at the Yark store and can remember his mum doing the mail run and cooking us good tucker.

Waking up after a good night sleep to minus 4 and everything white, the day turned out to be sunny and we drove out to have a look at the monument of the Rosehill early settlers. It was great to see the old steam engine boiler and stone work, in memory of the early settlers from the good old days, had a lovely lunch at the Ruffy Produce Store, which was very enjoyable, bought some Dobson Kipfler spuds, jam, and kiwi fruit to take home.

Next visit we will call into the Rosehill homestead to have a bite to eat and look at the farm and tool collection, a lovely part of the country."

From Ann & Alan Bailey,
Ferntree Gully

WELCOME TO ISSUE 22

Please send any news to me at mirandayorston@bigpond.com or ring 57969261.

If you would like to receive The Granite News by email www.highlands.org.au and just **subscribe, it is as easy as that!**

NOTES FROM HIGHLANDS PRIMARY

STUDENT OF THE WEEK



Gabby: For using terrific finger pointing strategies when reading. Well done!

Wanted for PE next Thursday:

Sets of 2kg or 3kg dumbbells. If you have a set we could borrow we'd love to hear from you.

Tennis:

Yea Tennis Club's coach Rachel has offered to come to Highlands PS and run the School Hot Shot's program. All students will participate in the program over 4 Fridays- 17th, 24th August and 7th, 14th September.

Chaplaincy Program:

Graham Veal will work at HPS as our new chaplain, made possible through the funding gained from DEEWR. Graham will work on Wednesdays and Fridays, working in the classroom supporting educational programs and also with small groups on music and gardening projects. Once the money from DEEWR has been deposited into the school account we are ready to go!

VORRA:

HPS has been offered this terrific fundraising opportunity again this year. The commitment is rather large but if every family chips in and donates some time it makes it less work and more fun for everyone. The date for the weekend is Friday 14th, Saturday 15th and Sunday 16th September.

If anyone in the community would like to help in some way please contact Meagan on 57969208.

COMMUNITY WHAT'S ON CALENDAR - AUGUST 2012

Week beg 12th August	Terip Terip Recreation Reserve Mowing Roster Ken & Robyn Richards Helen Mckenzie
5th August- 16th Septem- ber	OLD POST OFFICE SEYMOUR – Agnes Szetey Exhibition Opening on Sunday 5th August 11am to 4pm The exhibition features oil paintings of Australia's history and heritage by this acclaimed Australian artist. On opening day the Gallery extends an invitation to enjoy refreshments and browse the work created by Agnes and other noted artists. Exhibition continues Wed to Sun 11am to 4pm & Wed to Sat evenings from 6pm to 9pm. Entry to the C1872 multi-roomed Fine Art Gallery is free at all times and browsing is welcome.
6th and 7th August	FIRST AID LEVEL 1 AND 2 With Leigh Munro. For Level 1 attend Day 1, for Level 2 attend both days. Re-quires a minimum of 4 participants to run. Book now! Time: 9am—4.30pm Cost: \$110 level 1, \$190 level 2 Venue: Yea Community House
Tuesday 7th & Wednesday 8th August	NORTH EAST BEEF SCHOOL The pathway to an efficient & profitable beef enterprise, features interactive presentations using live animals and concurrent sessions allowing participants to choose the topics most relevant to their business. The Beef School dinner will be held on the Tuesday evening with an Australian Year of the Farmer director after dinner speaker. Accommodation is available at Dookie Campus for participants seeking to stay on campus prior to participating in Wednesday's conference. For more information contact Julie de Hennin - GOTAFE Tel: 0412 433 499 Fax: 02 6020 1186 jdehennin@gotafe.vic.edu.au
7th, 14th, 21st and 28th August	POINT AND SHOOT PHOTOGRAPHY with the Yea Camera Club Join members of the Yea Camera Club to learn the art of photography over a 4 week course. A small manual will be supplied. Requires a minimum of 6 participants to run. Book now! Time: 7-9pm Cost: \$50 pp Venue: Yea Community House
Tuesday 7th August	HIGHLANDS COMMUNITY HALL Notice is given of a PUBLIC MEETING to be held at the Highlands Hall commencing at 7.30pm to nominate persons as the Committee of Management for the Highlands Community Hall for a term of three years. The current committee's term will expire on 23rd August 2012. All positions will be declared open and nominations will be accepted prior to or on the night. Further information may be obtained by contacting the Secretary, Judy Cameron on 5796 9247.
Thursday 9th August	ALEXANDRA LIBRARY an essential part of your community! Murrindindi Writers – all aspiring writers welcome 10am
Thursday 9th August	RUFFY COMMUNITY ACTION GROUP ANNUAL GENERAL MEETING 7.30 pm, Ruffy Hall Talk by Geoff Starkey, Euroa Historical & Genealogical Society Light Supper All community members welcome!
Friday 10th 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
11th & 12th August	EUROA COMMUNITY CIMEMA "The Hunger Games" 140 mins (PG Drama/Mystery/ Science Fiction It is difficult to describe this movie in just a few sentences. The evil Capitol of the nation of Panem forces each of its 12 districts to send a teenage boy and girl to compete in the Hunger Games, a nationally telecast event. Pitted against each other until one survivor remains, these young people are highly trained and prepared for this all their lives. An action packed futuristic movie which will no doubt thrill...
Sunday 12th August	COMMUNITY MUSIC VICTORIA We can all make music...The Yea Singing Leaders Gathering is to be held at the Yea Community House from 10am to 4pm. Cost for the day is \$20 with a morning tea and simple hearty lunch provided. Facilitated by Barb McFarlane with support from Bev Dick. All welcome! Come to nest in this nurturing day of sharing leadership skills, discovering ways to liven up your group, gaining confidence in your community Music making activities and more. Take home your fill of wonderful new songs and warm-ups. (Bring
Monday 13th August	TABLELANDS COMMUNITY CENTRE MEETINGS are held on the 2nd Monday of each Month, 7:30pm at the centre (formerly the Ruffy School) The next meeting will also be the AGM. All interested people are welcome to attend and contribute. For more information contact President John Furlanetto 0427 344 956
Monday 20th August	ALEXANDRA LIBRARY an essential part of your community! Vintage Readers - grey power book discussion group 2 - 4pm
Tuesday 21st August	'SHARING HERITAGE IN KULIN COUNTRY' 1-2pm Alexandra Library Jim Poulter, is the author of several books on Aboriginal culture and heritage that are strongly endorsed by Aboriginal Elders. Jim's forebears settled in the Yarra Valley in 1840 and established close relationships with the Kulin people. Jim's grandfather and great uncle grew up immersed in aboriginal culture and in 1851 both boys were taken on walkabout to Hanging Rock, where they participated in the last ever male initiation ceremony at the Rock. In 'Sharing Heritage in Kulin Country' Jim explains totemic rules, the key Aboriginal concepts of Spirit, Flesh, and Skin and the sophisticated thought systems that govern Aboriginal religion and society. Join us for a stimulating talk and a chat with Jim afterwards.
Friday 31st August	ALEXANDRA LIBRARY an essential part of your community! Ukulele Heaven BYO ukulele everyone welcome 6 – 8pm

Classifieds & Community Notices

FIVE WAYS TO REDUCE YOUR IMPACT

1. Avoid plastic bags: we dump 7,150 recyclable plastic bags into landfill every minute - that's 3.93 billion bags per year.
2. Don't use bottled water: it takes three litres of fresh water to make one litre of bottled water
3. Avoid products that are over packaged
4. Don't bin used alkaline batteries; store them in the fridge to stop them corroding and take for recycling on local government e-waste days .
5. Invest in LED light globes, they use less energy, last longer and are recyclable through e-waste collections.

For more ideas: <http://www.cleanup.org.au/au/LiveGreener/>

From Goulburn Murray Landcare Network

WANTED - FERAL PHOTOS!

This photo competition is looking for the best original photographs of pest animals, pest animal damage, and pest animal control or monitoring activities in Australia.

Colour, black and white, sepia-tone, remote camera and panoramic photos will all be accepted. There will be some great prizes and the winning entries will be featured in our next Feral Photos calendar!

Competition closes on 30th September.

More information is available at: www.invasiveanimals.com/feral-photos

BOOK REVIEW

Young Digger – Anthony Hill

Another excellent book from Anthony Hill of fiction based on fact. Honore "Hemene" Tovell was a French war orphan during the Great War and the 'mascot' of the No4 Squadron of the Australian Flying Corps. This book tells the remarkable story of how young Henri was actually smuggled back to Australia after the war and subsequently adopted by air mechanic Tim Tovell and his family. The camaraderie of the airmen along with the typical Australian larrikin attitude of some of them shines through the story. Henri is a real little boy who, having lost his family, has developed an instinct for survival and knows a good thing when he is onto it. An entertaining read about a little known episode in Australia's fascinating history.

By Pauline Roberts

LE LAPIN SAUTE A L'ESTRAGON

Cut a rabbit into pieces. Sauté the rabbit pieces in a casserole with 2 tablespoons of olive oil to brown them well. Keep warm. Brown a finely sliced onion in the same casserole together with 200g of finely sliced mushrooms. Return the rabbit pieces to the casserole with the leaves from 3 sprigs of tarragon, 1 bay leaf, salt and pepper and one glass of chicken stock. Leave to simmer for 45 mins, checking occasionally. Then bind the sauce with the yolk of an egg beaten with two tablespoons of fresh cream. Let the sauce thicken slightly and pour over the rabbit pieces arranged in a warm serving dish. Serve with steamed potatoes or fresh pasta.

Le Lapin Sauté A L'estragon, in other words Rabbit with Tarragon sauce. It is delicious. This is a French recipe that I use frequently. I purchase rabbits from the Preston Market but would love to have some Highlands free range. If anyone sells rabbits I would appreciate it if they could contact me megheres@bigpond.com

Regards Meg

EUROA'S FARMERS' MARKET

There are many reasons to attend the Euroa Farmers Market each month but Saturday 18th August is particularly special as we have a celebrity chef not only coming to town but to demonstrate some great recipes with local seasonal organic vegetables and produce.

Celebrity Chef Matthew Wilkinson will be cooking up a feast with ingredients sourced at the market. Matt produced his first book titled 'Mr Wilkinson's Favourite Vegetables' in March and is the owner/operator of the acclaimed Pope Joan Cafe, Nicholson Street, Brunswick East which just won Best Food Cafe for the Age Good Food Guide. Matt is the Patron of Victorian Farmers Markets and thoroughly supports the concept of sustainable, organic, seasonal availability and simple, local, and healthy eating.

Matthew will cook recipes from his gorgeous book. Signed copies of the book will be available. So support your community by attending Euroa's Farmers' market this August 18th .

Matthew Wilkinson is Leah's son in law and she currently carries signed copies of 'Mr Wilkinson's Favourite Vegetables' in the Naturally Made Store. From Mandy Edwards

FOX ON THE RUN PRESENTATION NIGHT

On Friday the 20th of July around 25 people gathered in the Ruffy Hall to congratulate the winners of the "fox on the run" competition which was held in the Hughes Creek Catchment over the month of June. The winner Ian "speedy" Williams of Seymour, was presented with \$500 in prize money and a beautiful trophy which was hand made by a local blacksmith/ woodworker. Stan Artridge, a well respected and long term resident of Ruffy, was a guest speaker who presented the first and second prizes.

Ian had done a terrific job handing in 49 tails and all were impressed with his dedication and motivation over the chilly month of June. Ian gave thanks to David Freeman, Alan Colson, Laurie Bullen and other landholders/managers who had given permission to hunt on their properties, and to Peter Wales and the Landcare team for their support and help.

A second prize was also presented to George Noye of Ruffy, who, with the aid of his brother Mark, handed in 48 tails. Both George and Mark are both well known in the Ruffy area for being keen fox hunters, so perhaps next year the competition will be fierce!!

A BBQ meal was provided to all attendees and some lovely salads and cakes were baked by Jan Hayes and Janet Hagen, many thanks ladies!!.

Overall the competition was a great success with over 100 tails handed in, and it was fantastic to see the motivation of participants to bring in the big numbers. A great deal of interest has been generated and the competition will hopefully become a fixed calendar event within the catchment.

If you would like to be contacted with details of any upcoming competitions email Simone on 57904146 or email hughes.creek1@gmail.com



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