



## PEOPLE AND PLACES

### *Rogaining in the Strathbogie Range*

The Victorian Rogaining Association is discussing the possibility of a 24-hour rogaine in the western Strathbogie Ranges later in 2012 and welcomes community comment and involvement. Rogaining has come a long way since the 24-hour walks in the Strathbogie Ranges in the 1970s. It is now a global team sport of cross-country navigation practised in 30 countries and with regular World Rogaining Championships. At the highest level are the champion teams who can cover 130 km in 24 hours in hilly country with challenging navigation. For most rogainers, however, aspiring to the World Championships takes second place to the team work, navigation, physical exercise and volunteerism that rogaining offers. In fact, the whole sport is volunteer-run and thousands give their time each year to set courses, provide food, provide administration and publicity, and guide and grow the whole sport internationally. Major rogaines take 1-2 years of planning that culminates in an event that runs continuously from noon Saturday to noon Sunday. First stage of planning is to select an area where land access permission can be gained, the terrain is enjoyable for walking and running yet challenging for navigation, and an area of ~200 sq km is available. Next stage is the construction of a rogaining map by using existing data along with extensive field checking and updating. At this time, the likely site of the 50 to 70 checkpoints is decided, and temporarily marked. Closer to the big day, these checkpoints are visited again by an independent vetter, and then again to place the electronic markers. A final visit to each checkpoint after the event is to retrieve the markers and clean up.

As the course is being finalised, the administration team is receiving and processing a few hundred entries, final instructions are disseminated to teams, food purchased, and the base camp area prepared for cooking, parking and camping.

Goodwill of landowners is paramount from the first course planning, to the event and the clean-up. The sport has a strong culture of respect for landowners and the environment and tries to instill this amongst all participants. Occasionally we don't get it right, but every effort is made to leave the base camp site clean as if it was never used, retrieve all markers from the course, and stay clear of stock and houses. Neil Phillips [neil.phillips@bigpond.com](mailto:neil.phillips@bigpond.com)

## NOTES FROM HIGHLANDS PRIMARY

### STUDENT OF THE WEEK



**Luke:** For staying on task during learning time. Well done!

#### Welcome:

A huge welcome to new student Declan Harrison in Grade 5. We are enjoying having Declan as part of the senior classroom and we hope he enjoys his time at HPS. Welcome also to Declan's family.

#### New Leader:

New grade 6 student Brooke has terrific information technology knowledge and will be HPS's new ICT leader. She will be an expert in this area, supporting students with the computers, IWB, Athletics and Ultranet. Congratulations Brooke!

#### Fire Safety:

Over the past year the Department has been working to ensure students and staff in Victorian schools are made as safe as possible for the coming and subsequent fire seasons. Our school has been visited several times and an audit carried out. Building and vegetation works have been identified and a report sent to the school. The Department supply contractors to complete all works and there is no cost to the school. We will receive a \$5000 landscaping grant to replant removed vegetation.



U3A visited HPS and talked to students about what it was like at school in their day. It was certainly a different era.

## WELCOME TO ISSUE 16

Please send articles to [mirandayorston@bigpond.com](mailto:mirandayorston@bigpond.com) or ring on 57969261

Apologies to people who have been sending emails to my omnipotent address as it has had a rather large crash and I haven't received emails for the past few days. I have moved to my big pond address to be safer.

## HIGHLANDS HALL BOOKINGS

Please note that anyone wanting to use the hall for any reason **MUST** check with Judy Cameron (5796 9247) prior to use to ensure availability.


## BEANIE EXHIBITION & TONY FLINT AT GALLERY34 UNTIL JUNE 30

It's Wintertime in Yea and the snow is falling at Buller.....Our new Beanie exhibition opened last weekend at 34 High Street.. We have received colourful and creative entries from near and far....Winner of Most Creative Beanie category was Elizabeth McQueen with her Tea Set. A special collection of landscape paintings by Tony Flint will be on show for the month of June.



Highlands Primary School students participated in the Jump Rope for Heart skipping day.

## COMMUNITY WHAT'S ON CALENDAR - JUNE/JULY 2011

Week beg 20th June	<b>TERIP TERIP MOWING ROSTER</b> Neville and Sue Debney George & Trish Uden
Week beg 19th June	<b>WHITEHEADS CREEK- TARCOTBE RFB TRUCK</b> Glenn Watson James Matters
Friday 17th June	<b>Steep hill grazing systems day</b> , Boost soil health and management skills. Better pasture management not only improves production, but is a key way to improve soil health on steep hill country in the Upper Goulburn district. A key feature of the day is developing a checklist for soil health and the management of hill country reflecting your needs. Local grazing demonstration results for will also be discussed and simple cost effective techniques for management of pastures. Special presenters will cover a range of topics on such as: • Management to improve native pasture component on steep hill country • Understand land classing • Fertility and soil conservation management • Managing for cover on hills in a variable climate Time: 9.30am — 1.30PM including lunch Venue: The Three Sisters, 2724 Broadford—Flowerdale Road Flowerdale. RSVP: Wednesday June 15 , Brad Costin on, 57840609 or <a href="mailto:brad.costin@dpi.vic.gov.au">brad.costin@dpi.vic.gov.au</a> .
Saturday 18th June	 <p>Live at The White Hart "White Goat" Longwood Football Netball Club Charity fundraiser \$10 door donation 63 Hill Street, Longwood T 03-57985203 email <a href="mailto:white.hart@bigpond.com">white.hart@bigpond.com</a></p>
Saturday 18th June	<b>CHEMICAL USER COURSE UPDATE</b> at Highlands Hall 9.00am -3.00 pm 1080 accreditation may be available depending on interest. The HCCC is offering a 50% subsidy on the 1080 accreditation course Please contact Scott McKay 57969259 or <a href="mailto:scottmckay@activ8.net.au">scottmckay@activ8.net.au</a>
Wednesday 22nd June	<b>Understanding the Consequences of Long Term Stress</b> 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. 7:00pm – 10:00pm Strath Creek CFA Shed Bring Your Friends and Family Light refreshments will be provided Admission is free, but for catering purposes please RSVP to Bridget Clarke 5736 0479 <a href="mailto:clarkeb@humehealth.org.au">clarkeb@humehealth.org.au</a> .
Wednesday 29th June	<b>HIGHLANDS/CAVEAT CFA</b> Low Structure Course to be held at Alexandra CFA Shed on Weds June 29th, July 6th Weds or Thurs July 7th at Wangarratta Training Facility, open to all CFA members. If anyone is interested please contact either Sharyn 0357904297 or Peter 03 5796 9301 asap for numbers to run this course. NB: We must have numbers to run this course so please let us know asap. Thanks, Sharyn Shaw
Friday 1st July	Next Meeting of the <b>HCCC</b> will be at 7.00 pm Friday the first of July at Rocky Passes tapas provided. If you have tasted their tapas you'll know that this is too good to miss really.
Saturday 2nd July	Ruffy Store, at 3pm <b>HABBIES HOWE JACKAROO MEMOIR</b> Local author; local story. Taggerty resident Michael Thornton has written a memoir about his years as a jackaroo. A major part of the book is about his year at Habbies Howe. The book will be released by Penguin on 27 June. Michael will talk about the book and sign copies at the following events: Alexandra Library, Tue 5 July 6.30pm Gallery 34 Yea, Saturday 30 July, 3pm Visit <a href="http://www.michaelthorntonbooks.com.au">www.michaelthorntonbooks.com.au</a>
July to Decem- ber timetable for New baby and Preschool	<b>NEW Baby and Preschool Timetable</b> for July – December 2011! Come along to our new Rhyme and Story Time sessions starting in July. All infants from newborn to 6 years welcome. Join in rhymes, stories, and craft.. All sessions are FREE. Euroa Library, Second Friday of the month, 10.30am-11.30am, Aug 12, Sep 9, Oct 14, Nov 11, Dec 9 Nagambie Library, Fourth Tuesday of the month, 10.30am-11.30am, July 26, Aug 23, Oct 25, Nov 22, Dec 6 Violet Town Library, Fourth Thursday of the month, 10.30am-11.30am, July 28, Aug 25, Sep 22, Oct 27, Nov 24, Dec 1
Friday 8th July	<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.
Saturday 9th July	<b>Black Market</b> 10am-2pm Richard and Kunie's, at 'Abdalallah House', Seymour
Sunday 31 July	<b>National Tree Day</b> Planet Ark is calling on all Green Thumbs to register and run a National Tree Day Site in 2011. National Tree Day and Schools Tree Day combine to make Australia's biggest community tree-planting event. Co-ordinated by Planet Ark, these are special days for all Australians to help out by planting and caring for native trees and shrubs to improve the environment in which they live. Since 1996 more than 2 million volunteers have planted over 15 million native trees and shrubs! It's a day to get down and get your hands dirty to help the planet! Information and Registration: <a href="http://treeday.planetark.org/">http://treeday.planetark.org/</a>

# Classifieds & Community Notices

## COUNCIL SEEKS FEEDBACK ON WEBSITE IMPROVEMENTS

Users of Murrindindi Shire Council's website are being encouraged to take part in a survey to assist Council improve its functionality.

"Here is the community's chance to provide feedback on how the site is performing and what you would like to see improved.

"It is a short-survey and will only take a few minutes to complete, but the information will be valuable to assisting us in assisting our web users." The survey can be found on the homepage at [www.murrindindi.vic.gov.au](http://www.murrindindi.vic.gov.au) and can be accessed until the end of June.

## "SUSPENSE NIGHT" AT MURRINDINDI FILM SOCIETY

On Friday 17th June at the Yea Shire Chambers Murrindindi Film Society will screen in 16mm format two suspense classics from the 1940s. Doors open at 6.45 for drinks and nibbles and the first presentation at 7.00 p.m. will be the acclaimed 1945 British film noir "Dead of Night" in which members of a country house party entertain themselves with a series of ghostly tales. It stars Mervyn Johns and Googie Withers with Michael Redgrave featuring in a particularly sinister episode.

After supper the 1946 American Gothic thriller "The Spiral Staircase" will continue the suspenseful mood of the evening as Dorothy McGuire brilliantly portrays a young mute servant stalked by a serial killer in an old house full of dark corners, unexplained shadows and flickering candles. Ethel Barrymore, Rhonda Fleming and George Brent also feature in an outstanding cast. This film is still acclaimed as one of the greatest ever "nail biters". We hope to see as many members as possible attending this nostalgic evening. First time guests and prospective members will be made welcome free of charge.

## LANDCARE OFFICE

The Landcare Office at the Tablelands Community Centre ( Old Ruffy School) is open Friday afternoons from 1pm to 6 pm Rabbit numbers are increasing and now is the time to fumigate warrens with phostoxin tablets. For a 50% subsidy on this product please order supplies through Janet at the Landcare office on 57 904281 ( phone will be connected soon ) or email [jhagen@harboursat.com.au](mailto:jhagen@harboursat.com.au)

## RESPONSIBLE PET OWNERSHIP

Responsible Pet Ownership is everyone's responsibility and one of the best ways owners can be responsible is by making sure that their cats and dogs are secured from dusk till dawn. I encourage all pet owners to lock both dogs and cats up at dusk, so they do not roam about at their own will and cause a nuisance, or even worse, attack native fauna.

With the rapid recovery of vegetation across the shire following the fires, the abundance of insects and fungus and plentiful rainfalls, I have noted an abundance of native birds.

Regrettably, I have also noticed many cats roaming about townships and nearby bushland. Whilst some of these animals are obviously domesticated pets, with collars and bells and well cared for, we also have a number of feral cats.

Feral or wild cats – some of which may be dumped animals – can pose a threat to our domestic pets and native fauna, by their very presence and by polluting the environment with an increased parasitic load.

### How You Can Help:

Care for your cat and feed it indoors  
Do not let your cat roam at night  
Vaccinate and worm your cat  
Understand that all cats (and dogs) are natural hunters  
Have your pets desexed  
Do not feed stray cats  
Cr Sally Abbott-smith, Cheviot Ward

## BOOK REVIEW

### D.E.D. – Dead & Sensitive new age spy – Geoff McGeachin

I was delighted to discover these two books with photographer and spy Alby Murdoch as the main character of both. An entertaining romp awaits the reader with more understated observations of Australian culture and laconic humour. If the following opening par from 'Sensitive new age spy' appeals rip in and read the whole book.

"One sunny Sunday morning a few years back, I popped out early to get the papers and tumbled a-over-t over my neighbour's ugly mutt Dougal, who was snoozing happily on my doorstep. While there was minimal damage to all concerned it was a bit of a shock, so I knew exactly how the live-in caretaker on Fort Denison must have felt when he ambled outside to check the tide gauge early one holiday Monday in October and almost tripped over the 80,000 tonne ocean going bulk transport tanker that someone had left tied up to his Hills Hoist during the night."

By Pauline Roberts

## ATTENTION ALL ARTISTS

HiArts Art Exhibition and Family Festival 2012

HiArts are planning the next Art exhibition on the Weekend 2nd to 4th March 2012.

This is an advanced notice for artists. We are particularly interested in adding more sculptures to our Exhibition including outdoor items. More details about entry procedures later in the year. For further information contact Stuart Reid 5796 9358 or email [kadumbla@mac.com](mailto:kadumbla@mac.com)

## CHAMOMILE, Roman (Anthemis nobilis)

Roman chamomile is a pleasant smelling perennial with feathery fern like leaves and branched stems with daisy like flowers. It is a native of Western Europe and is now cultivated in England, Belgium, France and Hungary. Its name is derived from the Greek word chamaimelon, chamai meaning on the ground and melon an apple, referring to its distinct fresh smell. Its botanical name, Anthemis, from the Greek word anthos meaning flower. Nobilis means noble or noted which refers to its healing virtues. Its method of extraction is steam distilled from the flowering tops. Roman chamomile has little of none of the main constituents found in German chamomile but is made up mainly of esters giving it more sedative and anti-inflammatory properties.

It is considered one of the gentlest oils and is beneficial when treating colic, diarrhoea and indigestion. This oil has a soothing, calming and antidepressant effect on the nervous system making it good when treating anxiety and stress. It can be used to treat headaches and migraines. It is an excellent oil to use during an asthma attack as it may help aid the respiratory system. It is also used in skincare for skin that is dry, red and/or sensitive.

Caution is needed when dealing with essential oils so for more information on the use of Roman chamomile or any other essential oil please contact Megan at 'metier aromatherapy', [info@metier-a.com.au](mailto:info@metier-a.com.au) or call on 0417 314 559. Megan is an enrolled nurse and aromatherapist and works from her home in Seymour as a therapeutic and relaxation massage therapist. She makes her own skin care range and stocks Ere Perez, a 100% natural range of cosmetics.





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