



CONGRATULATIONS TO LESLIE D'ALZIEL

Leslie was awarded an OAM- For service to conservation and the environment. Leslie's work for the Light Horse Park and for Whitehead's Creek Landcare is well known in our community and it is wonderful to see all her tireless hard work recognized, well done .

Here is some information for those of you who have not visited Light Horse Park.

The Australian Light Horse Memorial Park (ALHMP) is located on the Goulburn Valley Highway, Seymour.

The park is 141 ha of native bushland and is a significant reservoir of life for endangered flora and fauna, including the Speckled Warbler and Diamond Firetail. Kangaroos, wallabies, Echidnas, Koalas and other native animals call the park home. The park also attracts many visitors and regulars who walk, cycle and ride around the park. The site has cultural and historic significance as a major training ground for Australian Army units in both world wars.

Through the hard work and dedication of the ALHMP Committee of Management, of which Leslie is the secretary, grants and donations were established to install an interpretive display consisting of six panels.

In a time when interest in our history grows, but knowledge about it seems to decline, the Park committee was keen to provide information that will stir curiosity and make the viewer want to search out more.

Information covers: ' Bunjil, Beersheba and Beyond', 'Building a Legend – The Australian Light Horse', 'A Military Crossroads', 'Remarkable Lives', 'The Nurses' Story', and 'Reservoir of Life'.

The committee also felt that while the bulk of the content was of a military nature, it is the nature of the park that should figure strongly in the design of the display.

A photo of a Wedge-tailed Eagle features prominently as Bunjil, the aboriginal Kulin nation's creation spirit.

The Australian Light Horse Memorial Park now has an eye-catching and informative display as a gateway to encourage visitors to explore the Park.

NOTES FROM HIGHLANDS PRIMARY

STUDENT OF THE WEEK

Hayley : For getting along beautifully with everyone and trying really hard with her maths. Well done!



Boite Choir:

Congratulations to the Boite singers from HPS! Last Saturday we attended a 2 hour workshop in Yea with this year's songwriters Stella and Dani. Students were not only very well behaved and excellent representatives of our school, they were also great singers! The big performance is on Thursday 18th August at BMW Edge Theatre in Fed Square. Parents and community members are invited to join us for the 1-2pm performance and tickets can be booked by ringing The Boite on 94173550.

NEW HIGHLANDS WEBSITE

The Highlands website has been redesigned, thanks to Jono Rumbold. The new graphics look terrific and the site is easy to navigate around. You will find the old Granite News issues, although sadly we are missing some earlier editions.

As with the previous website, there is a section for each community group including the Highlands hall committee, HiArts, CFA, spinning club, Ramblers and others.

Jono would really appreciate it if the leaders of these groups could become regular contributors. For anyone who would like to contribute news items, etc please email Jono

jr@omnipotent.com.au.

Here is a link to the new site

<http://highlands.org.au>

Thank you to Highlands Landcare for paying for the hosting of this site.

WELCOME TO ISSUE 19

Please send articles to mirandayorston@bigpond.com or ring on 57969261

Just a reminder that you can receive The Granite News by email. Just send me your address, it's as easy as that and you receive it early, each week and in colour.

Remember that there is no charge for advertisements or articles in the body of the newsletter, again, just email them to me.

As Sari thinks about moving, she has shared these quotes with us. Thank you.

How hard it is to escape from places. However carefully one goes – they hold you – You just leave little bits of yourself fluttering on fences – like rags and shreds of your very life'

Katherine Mansfield

and

'Not only our memories, but the things we have forgotten are "housed". Our soul is an abode. And by remembering "houses" and "rooms" we learn to abide within ourselves.'

Cheers Sari

YEA IS VICTORIA'S FIRST CITTASLOW TOWN

You might be interested to learn that Yea became Victoria's first Cittaslow town on the weekend.

Cittaslow is an international accreditation / network of cities and towns that value community, celebrate their uniqueness, operate sustainably, have an infrastructure and framework that allows Slow Food to flourish (i.e. a strong sense of hospitality, conviviality, good local produce) and promote quality of life for its citizens.

More information will be available shortly from its new website <http://yea-cittaslow.org>.

However as the third town to become Cittaslow in Australia (first for Victoria, third nationally) Australia is now entitled to form its own Cittaslow accreditation body. The founding meeting of Cittaslow Australasia was held in Yea recently and this organisation will now help mentor other towns that wish to pursue accreditation.

COMMUNITY WHAT'S ON CALENDAR - JULY/AUGUST 2011

Week beg 4 th July	TERIP TERIP MOWING ROSTER Sue Martin Andrew Holloway & Tim Andrews
Week beg 3rd July	WHITEHEADS CREEK- TARCOTBE RFB TRUCK Russell Chapman Roger Broome
Thursday 30th June.	A welcome is extended to everyone to attend Secret Men's Business at The Caveat Church on the last Thursday of the month. Come and enjoy a BBQ and chat, BYO drinks.
Friday 1st July	Next Meeting of the HCCC 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 HABBIES HOWE JACKAROO MEMOIR 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 www.michaelthorntonbooks.com.au
Saturday 2nd July,	Yea Country Market , 9am to 2pm (1st Saturday of each month) Yea Railway Park, Station Street, Yea. Contact: 0409 130 587 or yeamarket@gmail.com Whatever you're looking for, you'll find it at the Yea Country Market. Fresh local produce - cheeses, wines, fruit & vegetables, olives, oils, bread, beef, organic honey, jams and preserves, Creative arts and crafts, Beautiful clothing and accessories, Children's activities, Delightful soaps, candles, jewellery and crystals, Plants, Trash and treasure of all description, Entertainment, Scrumptious food, cakes and treats, Great coffee, Fabulous community spirit, Support local organisations/charities with gold coin entry donation
July 2 and 3	Euroa Community Cinema -Water for Elephants" – This is a movie which has received critical acclaim and should prove to be an enjoyable experience. Starring Robert Pattinson, it is based on the very popular book by the same name. A young man is about to sit his vet science exams when his parents are killed in a road accident. To support himself he joins the circus where he meets Marlena, her unstable husband - and Rosie the elephant. Reese Witherspoon shines in her role as Marlena. "Supported by Geoffrey Rush and Penelope Cruz.
July holidays	FREE events at our libraries during the July school holidays. EGYPTOLOGY EXTRAVAGANZA! Come along and listen to an Egyptian tale and make your own pyramid and Tutankhamen mask! Enter our Tutankhamen colouring competition sponsored by Book City Shepparton. Prizes, gift certificates and ribbons will be awarded. All activities are FREE! For more information contact 1300374765 Violet Town Library Friday 8 July 3.30pm-4.30pm Euroa Library Wednesday 6 July 10.30am-11.30am Nagambie Library Tuesday 12th July 1.30pm-2.30pm
Friday 8th July	'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.
Saturday 9th July	Black Market 10am-2pm Richard and Kunie's, at 'Abdalallah House', Seymour
July 9 and 10	Euroa Community Cinema -"The Hangover Part 11" — This is another fun movie from the boys who gave us the "night before the wedding disaster" some time ago! This time they are in Thailand at a luxury beach resort. Determined the same thing won't happen again—they go for a quiet beer around a fire on the beach and the next thing you know they are in Bangkok much the worse for wear. This is not serious cinema—but we all enjoy a laugh at some else's expense.
Saturday 16th July	MASQUERADE DINNER AT THE TERIP TERIP REC RESERVE 6.00pm for sherries followed by a Spit Roast. This year's theme is Masquerade, and there will be prizes for the best masks. Tickets are \$20 per adult, or \$50 for a family. Tables can be booked for the dinner. RSVP, to Kate Wright (5790 4148), by 1st July is essential. We look forward to seeing you there!
16 and 17 July	Euroa Community Cinema - Pirates of the Caribbean 4 : On Stranger Tides" (3 stars) Johnny Depp is back as Jack Sparrow! He is off to find the fountain of youth which of course takes him and his crew on a major journey with lots of amazing adventures when they go head to head with Blackbeard and his daughter who are also seeking the same thing. How can this movie fail to entertain? It may not challenge the intellect but then not every movie has to really.
Sunday 31 July	National Tree Day 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: http://treeday.planetark.org/

Classifieds & Community Notices

Information Night - The Effects of Food Additives on Children

St. Mary's School, Alexandra Wed. 7th September, 6.30pm. Come along and find out how food can affect behaviour, health, sleep and learning. Learn how food additives are identified on product labels and which safe commercial foods are available.

Cost \$15pp includes an additive-free supper. Presented by St. Mary's Parents' Auxilliary.

About the presenters: Food additives and natural chemicals in foods are a major cause of irritability, restlessness, inattention and sleep disturbance in children according to food intolerance educators, Jenny Ravlic and Kathleen Daalmeyer.

As authorised representatives of the Food Intolerance Network, Ravlic and Daalmeyer will be speaking at St. Mary's on Wednesday 7th September. The Network was founded by Sue Dengate, who has conducted research and written several best-selling books on food additives and children's behaviour.

In 2003, ITV in the UK provided additive-free food for just two weeks to an entire class of 6-year-olds, with 60% improving in behaviour.

In Australia, additive free school trials have shown students to be quieter, calmer, more cooperative, able to concentrate longer, have improved coordination, are more focused, happier, with children being nicer to each other, with no headaches, stomach aches, asthma or skin rashes.

"It is not just a few who are affected – anybody, adults included, can be affected without realising it," Ms Ravlic said. Research shows that effects are dose-related and that almost everyone will react if the quantities ingested are high enough.

"As the total load of additives in our everyday food increases, so does the number of people who are being affected by food additives. Due to their smaller body weight, children are particularly vulnerable."

"If your child is easily annoyed, demanding, argumentative, can't concentrate on reading or homework, is easily distracted, restless, fidgety and can't sit still, or has difficulty settling down to sleep, think food chemicals," said Ravlic.

"This is an important public health issue. Effects of food colours on children's behaviour and learning are well documented but other additives are often in healthy staple foods, such as yoghurt with colour 160b added."

BITS OF BOTANY AND

Brown and Striated thornbills

If you get a good look at these little birds they're quite easy to identify, but unfortunately you seldom do get a good look because they are small, never still and generally obscured by foliage. Some birdwatchers just dismiss them as unimportant "little brown birds" and leave it at that. They are insect eaters and are often in small groups. The brown thornbill prefers undergrowth and the lower branches of trees, while the striated thornbill, which more olive in colour and has a streaky head and chest, prefers the higher branches.

The slightly larger yellow-rumped thornbill is more commonly seen because it feeds out in the open and has a distinctive flash of yellow on its back as it flies away. Below is a photo of a striated thornbill. By Louise Currie



ST LUKE'S OP SHOP IN YEA

This initiative has developed and grown in response to community need and will provide an ongoing service to the community as well as an important revenue source for funding parish ministries and activities. We are now able to accept donations of clothing, bric-a-brac and furniture for re-sale.

OFFICIAL OPENING 1st July 2011

5pm, 76 High Street, Yea
Special Guest Speaker
The Right Rev'd John Parkes AM,
Bishop of Wangaratta

The Four Fathers will entertain us with their tuneful melodies & we will also enjoy a unique look at some of the recycled Garments available at the shop as they are paraded throughout the evening. Nibbles and Light Refreshments will be served. We would love to have you join us so please RSVP by 29th June 2011 Reply to:
St Luke's Anglican Church, PO Box 60,
Yea. 3717 (03) 5797 2281 (Rectory)
stlukes.yea@virtual.net.au

MENTAL ILLNESS IN THE FAMILY

Thursday 28th July 9.30am–1.00pm followed by lunch Seymour Racing Club 55 Kobyboyn Road, Seymour

Join us for a forum to discuss how we can provide support to families where there is a family member who has a mental illness and work together to promote good mental health. Our speakers include:

There is no cost to attend this forum. Morning tea & lunch will be provided. RSVP by: Monday 25th July For any questions or to RSVP contact Naomi Zandt-Mazzone

nmazzone@familycare.net.au

Mobile: 0458 837 267 Ph: 57341000

BOOK REVIEW

Loop – Brian Caswell

Short stories are not to everyone's taste but this great little book for teens is definitely worth a read. The title is indicative of the common theme that runs through all the very different stories. They all have a feeling of déjà vu, cyclical and looped! Slip outside your comfort zone and try something short before bedtime. By Pauline Roberts

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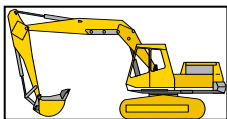
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