



ROGAINING in the STRATHBOGIE RANGE

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 practiced 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 finalized, 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

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.

NOTES FROM HIGHLANDS PRIMARY

STUDENT OF THE WEEK

Emily : For a huge improvement with her writing. Well done!



School Captain: Congratulations to Brooke Martin who has joined Jarrad Gilbert as School Captain for HPS. Brooke demonstrates excellent leadership skills and is a role model for all.



McCain School Veggie Patch: We have registered for this program, which aims at teach students about planting, growing and eating vegetables. We ask families and the wider community to collect bar codes from all McCain 400g, 500g, 600g, 750g, 800g, 1kg, 1.5kg and 2kg frozen vegetable and Purely Potato packs. With each bar we collect points for gardening equipment such as seeds, tools, hoses, gloves and even raised garden beds. There is a collection box in the office for the bar codes.

Coles Sports Voucher: We have registered for this program again this year so if you shop at Coles we'd be grateful if you collected the vouchers for HPS. Last year students got some great sports equipment from this program.

HIGHLANDS PRIMARY SCHOOL MAJOR FUNDRAISER

BUSH DANCE

Saturday 13th August 6.30pm
Mafeking Scout Park \$20 per adult or \$40 per family Includes dinner and dancing, music provided by Jim Davidson. Mark this date on your calendar.

WELCOME TO ISSUE 21

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

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

I had a special request to repeat the rogaining article as I think I managed to send it out in the hard copy but not the email version, I'm not sure how I managed that, but just in case everyone didn't read it I have reprinted it this week's issue.

PATTO SPRAYING TIME

Hey Everyone,

This is really important for anyone who is interested in helicopter spraying for Paterson's Curse this year. This is a fantastic idea for those of you who need to control the reoccurring Paterson's Curse on your property.

Fortunately, the helicopter spraying will be subsidised. Each drum of agtryne is 20L and costs about \$375 but Landcare will pay for half of this. Landcare has also received a grant of \$3000 which will be divided between the number of helicopter loads needed. Those who are interested in helicopter spraying need to contact me (Edwina Mckay) at hughes.creek1@gmail.com before the deadline of the 5th of August. Look forward to hearing from you :)

STRESSED?

stressdownday2011.gofundraise.com.au/
There are some good indicators of stress and reminders of coping strategies on the above website and I have copied the below tips that we all know about, but sometimes we choose to ignore...Talk to someone you trust and share your feelings. Take time to look after yourself physically with exercise, a balanced diet and health checks. Allocate time for thing you enjoy and that make you happy Don't place unnecessary pressure or expectations on yourself. Make time for friends and family amid other priorities. Limit alcohol intake and use of other substances. If you feel your stress levels peaking take a few minutes of time out Practice relaxation techniques. Plan ahead to manage situations that you know are going to be stressful . "Opt in" to positive activities, rather than "opting out" or avoiding life's challenges. Bridget Clarke Community Health and Wellbeing Development Officer

e.clarke@humehealth.org.au

COMMUNITY WHAT'S ON CALENDAR - JULY/AUGUST 2011

Week beg 25th July	TERIP TERIP MOWING ROSTER Ken & Robyn Richards The Listers
Week beg 31st July	WHITEHEADS CREEK- TARCOT RFB TRUCK Mark Stokes Rob Wales
Thursday 28th July	MENTAL ILLNESS IN THE FAMILY 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
Thursday 28th July	There will be no Secret Men's Business at the Caveat church this month, due to inclement weather.
Saturday 30th July	Euroa Arboretum and the Strathbogie Ranges Conservation Management Network presents: The 'Dig Day Out' Celebrate National Tree Day this year at Euroa Arboretum and learn about frogs, building your own backyard 'frog bog' and improving the habitat for birds and other critters around your farm dam. Bring the family – there will be children's activities to involve the kids. Bring your gumboots and join us in planting around the Arboretum Dam after lunch. Meet: At the picnic shelter at the Euroa Arboretum, Old Hume Hwy, Euroa – near the southern entrance to the Hume Hwy. Join us for a cuppa at 9.45am. Children's activities and topics will start at 10am. If you join us for planting after lunch, bring your family, gumboots and shovel. Lunch will be provided at no cost – just don't forget to RSVP. Cathy Olive on 0429 127 399 or email on cathy_steve4@bigpond.com asap
Sunday 31st July	Christmas in July lunch. This is our first event for Winter . We're pulling out all the trimmings for a fun filled afternoon. The three course menu will feature Avenel smoked ham, roast turkey, local cheeses, Euroa Christmas puddings, mulled wine and all the trimmings. Priced at \$36 per person this event will book out quick. White Hart Hotel A: 63 Hill St, Longwood, VIC 3665 T: 03-5798-5203 E: white.hart@bigpond.com
Tuesday 2nd August	BUILDING HUMAN RIGHTS - RESPECTING COMMUNITIES - WHERE DO WE STAND? - U3A Melting Pot Salvation Army Hall, Victoria St., Seymour Everyone is welcome to attend at 2.00pm. Afternoon tea concludes the session. Gold coin donation welcome. Dr Diane Sisely is the inaugural Director of the Australian Centre for Human Rights Education (ACHRE) and will be speaking to us at our August Melting Pot Meeting. Launched in December 2007, the vision of ACHRE is for Australia to be a society in which everyone's human rights are respected. Its purpose is to assist in creating sustainable, long-term cultural change so that our society is one which openly favours the values and practices that define a culture that respects human rights. Its emphasis is on empowerment through learning. Dr Sisely lead the Victorian Equal Opportunity Commission from 1994 – 2004. During this time she worked to raise awareness of the need to better protect human rights, to address systemic discrimination and to overcome the limitations of the then equal opportunity system.
Friday 5th August	Frogs of the Flowerdale/Strath Creek Area , a presentation by Mark Cairns 7.30pm at Flowerdale Hall Light refreshments will be served. Places are limited, so if you plan to come please contact David Wakefield on 5780 1225 or email: focusonfauna@gmail.com Come along and learn about our fascinating local frogs including their lifecycle, calls, conservation status and habitat requirements. Mark Cairns is a zoologist with wide experience in fauna survey techniques. He is currently Coranderrk Bushland Program Manager at Healesville Sanctuary. Mark will also talk generally about his wildlife survey and educational work related to endangered species recovery.
Saturday 6th August	White Hart Hotel 7.45pm - Blue x Blue - Don't be fooled, this Melbourne trio know how to turn up the electro rock & blues. 63 Hill St, Longwood, VIC 3665 T: 03-5798-5203 E: white.hart@bigpond.com
Saturday 6th August	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, boutique beer, fruit & vegetables, olives, oils, bread, beef, organic honey, jams and preserves, Creative arts and crafts, Interesting clothing and accessories, Children's toys and activities, Delightful soaps, candles, jewellery, stationery and gemstones, Plants, Trash and treasure of all descriptions, Entertainment, Scrumptious food, cakes and treats, Great coffee, Fabulous community spirit, Support local organisations/charities with gold coin entry donation
Sunday 7th August	Yea River Catchment Landcare group - BILLABONG WALK WHERE: Kate Heston's and Greg Chiver's Ghin Ghin property. Meet at the Ghin Ghin Reserve, Ghin Ghin Rd (turn right immediately after Goulburn River bridge). TIME: 10.00 - 11.30 am WHAT TO BRING: Water-proof footwear; a small plate of 'morning tea' Kate and Greg are lucky enough to farm country along the Goulburn River. For the first time in their ownership of this property, their string of billabongs are full. And with the water has come a profusion of aquatic flora, birdlife and (if you are very quiet) the resident turtles. Morning tea will follow the walk plus a video taken by Kate of the Goulburn, when it broke its banks in August 2010. Everyone welcome! RSVP: Judy Brookes juncball@bigpond.com
Saturday 13th August	Black Market 10am - 12pm: Swap & sell your home produce at this local food exchange and "open garden". This month it's being hosted by Janet and Carlo De Martinis, just to the east of Broadford. Contact Paul Macgregor on 5797 0229, diversity@diversity.org.au

Classifieds & Community Notices

HANDMADE HAS OPENED

Now open at Mudpuddle
92 High St Yea
(next to Soletrain shoes)

It all started due to my stash of fabric, maybe I could rent some space for a weekend and have a crazy sale, well it has blossomed and I am so excited, as each local craft worker has expressed an interest it has grown, we have a great range of goods amongst us.

Gorgeous hand spun yarns by Christine (Yea), Jacqui's from the Highlands with her beautiful natural soaps made using olive oil & goats milk, bead work by Dee, machine knitting by Kuni, creams and lotions from Megan of Seymour, also Michelle Forbes of Nagambie with her silk textiles, Anna Claburn from Avenel with her felted wraps. Beautiful jewellery made from recycled antique silver, Carmel's fabulous hand dyed/ knitted socks & fabulous yarns, Jeni's woodwook and more, so drop in and see us!

Open Thursday to Sunday 10am ~4pm
All through the ski season until Sunday
28th August 2011 Any queries

FOR SALE

We are wanting to sell two goats, mother and son. Mother cross toggenburg/ Boer, both goats very small and quite. Ideal lawnmowers or pets. \$50 for the pair. Phone number 57922567 or creativelyfly@spin.net.au
Thanks Freya

DO YOU WANT TO JOIN A WALKING GROUP IN YEA?

The Yea and District Memorial Hospital and Yea Community House are looking to start a walking group in and around Yea. If you are interested, please click on the blue link below (or copy it onto your browser) and complete the little survey - 3 minutes max. - around what times etc would best suit you. There will be hard copies of the survey in the Community Health corridor near the doctors in the Grace Bennetts Centre and at Community House as well. Survey closes 25th July and further information will be posted in the next community house newsletter.

<http://www.surveymonkey.com/s/FW7K7JD>

HiArts Annual General Meeting

Will be held on Thursday 11th August in the Highlands Hall at 7.30pm. This meeting is open to Life members and members of the community interested in the future plans for HiArts.

BEEF PRODUCERS' CONFIDENT MARKETING

Two-day Workshop

Goulburn Ovens Institute of TAFE, Meat and Livestock Australia (MLA), Ag Concepts (ACU) and Yea River Catchment Landcare group invite you to register for this two-day workshop which will help beef producers make informed, enterprise-specific livestock trading decisions by recognising trading opportunities and associated risks through the use of reliable, relevant and timely market information.

Venue: Yea Council Chambers, The Semi-circle, Yea 11-12 October,
Time: 9.30 am – 3.30 pm
We do need certain numbers to run this course, so please register your interest ASAP, with Judy Brookes: 57 972 563 or juncball@bigpond.com

HOUSE COW FOR SALE

"Paris" Ayrshire cow - about to have her 3rd calf. (now dehorned)
Has supplied many litres of milk for two house holds and reared two super vealers in the past two years. In calf to a Limousin bull - has had no calving difficulties to date. Leads and ties up.
Should calf in the next three weeks
\$1,320 inc Gst (03) 57904303
0407 358191

5 MINUTE CHOCOLATE MUG CAKE

4 tablespoons flour
4 tablespoons sugar
2 tablespoons cocoa
1 egg beaten
3 tablespoons milk
3 tablespoons oil
3 tablespoons chocolate chips (optional)
A small splash of vanilla extract
1 large coffee mug (MicroSafe)
Add dry ingredients to mug, and mix well. Add the egg and mix thoroughly. Pour in the milk and oil and mix well.. Add the chocolate chips (if using) and vanilla extract, and mix again.

Put your mug in the microwave and cook for 3 minutes at 1000 watts. The cake will rise over the top of the mug, but don't be alarmed!
Allow to cool a little, and tip out onto a plate if desired.

EAT ! (this can serve 2 if you want to feel slightly more virtuous)..
And why is this the most dangerous cake recipe in the world?
Because now we are all only 5 minutes away from chocolate cake at any time of the day or night!
Thanks Meagan for sending it in.

CLARY SAGE (Salvia sclarea)

Clary Sage is a biennial/perennial herb growing 30 to 120cm high with greyish, velvety heart-shaped leaves and pale blue, violet-pink or white flowers. It is cultivated in central Europe, Russia, England, Morocco and the USA. It is steam distilled from the flowering tops and foliage. The oil is a pale yellow to olive colour with a sweet, fruity herbaceous odour. The name Clary is derived from the Latin word sclarea which is derived from clarus meaning 'clear'. The oil is rich in esters which are known for their anti-spasmodic and sedative properties. It is beneficial in treating anxiety, stress, nervous tension and depression. It is renowned for the relief of menstrual cramps and also as an emmenagogue (promoting menstruation when delayed). During childbirth it may help relieve tension/anxiety sometimes experienced during labour. It is also recommended during menopause. Clary sage aides in the prevention of excessive sweating and is beneficial to asthma sufferers as it relaxes spasms of the bronchial tubes. It assists in regulating sebum production so can be beneficial for oily skin, greasy hair and dandruff.

Caution is needed when dealing with essential oils so for more information on the use of Clary Sage or any other essential oil please contact Megan at 'metier aromatherapy', 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.

BOOK REVIEW

The Whole Business with Kiffo & the Pitbull – Barry Jonsberg

A fantastic debut novel from an author with a great sense of humour and a riveting style of prose. Kiffo and Calma have been friends ever since primary school, even though she is talented, sarcastic and quick witted and he is as thick as two short planks. As part of a class that has disposed of two English teachers in quick succession the story revolves around their relationship with the new teacher, Miss Payne, aka the Pitbull and past happenings in Kiffo's life that impact on the present. The pace is fast and the 'fridge notes' most entertaining. Kiffo's obsession and Calma's deductions make for an unexpected and powerful ending.

Rocky Passes



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Tapas bar last Friday of the month from 6pm

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