



## INTERVIEW WITH A LOCAL

LOCKIE and JUDY CAMERON bought a house at Highlands as a weekender in 1999, after a 2 weeks search. They were both working in the Eastern suburbs of Melbourne. They found that it took them 1 hour and 10 minutes to get to work, and they just loved the drive (except for winter mornings with fogs in Yea!) Within a couple of years, they were living at Highlands fulltime, and 5 years later, they decided to retire.

Lockie originally served an apprenticeship in Melbourne in the textile industry, and became involved in the conversion of adding machines and calculators from "pounds, shillings and pence" to decimal currency. Then he studied Industrial Electronics at RMIT for 3 years before working in the Packaging and Graphics industry for 35 years. He is a Licenced Radio Operator, which he says is a wonderful hobby for retirement, (Judy is a rare wife who agrees and is interested!) He also has a private weather station, which measures temperature, humidity, wind speed, barometric pressure and rainfall. This can be accessed on anyone's computer on [www.granitehillweather.id.au](http://www.granitehillweather.id.au)

Lockie is also a whiz on anything to do with computers, and has a very productive vegetable garden.

Judy is also a computer whiz, but after HSC, she trained as a teacher at Ballarat. A serious car accident put her out of this for a while, and then she decided maybe teaching was not her thing. She worked in Office Administration where she met Lockie. They married and worked closely together for 15 years. This included 2 trips to USA to set up the company there. Lockie moved on to be manager of a Sydney-based firm, and Judy left her excellent job at Décor, so they could work together. For their holidays, they have travelled extensively in Australia and overseas. They have 2 sons and 6 grandchildren, who all love visiting and playing with Mitzy, the dog. They built on to the house to accommodate these visits, as well as making space for the computers and radio equipment.

Judy is a valued volunteer at the Highlands School. She loves gardening and reading, and is completely happy in their secluded surroundings. Sounds like the perfect retirement!

## NOTES FROM HIGHLANDS PRIMARY SCHOOL

Kaylam is our Student of the Week this week because he has been working really hard to improve his reading and writing skills with lots of success.



### Wanted:

Containers with lids to mix up paint for the mural at the hall. Jars or plastic containers with lids would be perfect. Please send them into the school as soon as possible.

: Thank to Alistair Ladew who called into the school last Wednesday and replaced the leaking tap. Even though Alistair no longer has children at our school he is still on call for minor maintenance problems we might face! Thanks Alistair! Thanks also to Phillip Wischer who fixed the Brown Donkey Chair in the junior classroom. The students were very happy to have their comfy chair back in action!

### Student Awards:

50 Nights Reading Award - Rick

Reading: Lachie, Kendall

Counting: Rick

Collection of bulbs to the school ASAP, call Sharyn 0357904297.

### 'Drinks on the Deck'

Although there are still several jobs to be completed, sixteen adults, two children & one young puppy enjoyed getting together for 'Drinks on the Deck' last Friday evening to celebrate our progress at the Highlands Hall.

There have been suggestions that we meet at the hall regularly for a meal together now that the facilities at the hall are improved.

Let's try one meal to see what happens on Friday 9th May. Bring food & drinks to share. The evening will start at 6pm with 'Drinks on the Deck'. Come along & meet up with old & new friends.

## WELCOME TO ISSUE 10

Just a reminder that there is no cost for putting in advertisements in the body of the newsletters so just send them in to [miranda@activ8.net.au](mailto:miranda@activ8.net.au).

Thanks for this feedback from Carole J

Just to let you know a friend of mine was at the Hi Arts Festival and read a copy of The Granite News this year and commented:

What a professional and lovely community paper - I am very impressed with the Highlands and its folk.

### Letter to the Editor

I am concerned about the plan to eradicate blackberries, as though they are a pest plant, in too many places on our cleared landscape they are the only habitat remaining.

I wonder if the blackberry plan includes planting suitable habitat of comparable size to compensate for the loss of the refuge provided by the blackberries for birds, and even bandicoots. Perhaps you can tell me the answer to this.

What I would suggest is that any eradication program should be accompanied even preceded by a vigorous planting program of species that are prickly, compact and therefore offer refuge from predators.

An ongoing fox campaign would of course be a necessary adjunct as well. As our native species are in many cases on the verge of total collapse, we cannot afford to be less than vigilant in these matters. It is not a good idea to strip the landscape of its last habitat and then set about building corridors. Not that corridors aren't necessary and desperately needed, but if there are no animals left, what's the point? For the species we hope to assist, it will be too late.

I think most of us are coming to grips with the idea that climate change is real and accelerating. Therefore we have to be more radical and clever, to think laterally, if our wild life is to survive.

Lesley Dalziel

Thanks Leslie, Janet Hagen has asked for the right of reply next week.

What does everyone else think?

## Classifieds & Community Notices

### LOST:

One adult peahen from Caveat/  
Dropmore Road (next to Antcliffe  
Chase Vineyard). If anyone has seen  
her, please ring Isabel 57904247.

### For Sale

Guinea Fowl \$15 @

Phone Rayon 57904382 after dark or  
57921417 and leave a message

### GRANT TO HELP STAGE GARDEN EXPO

The inaugural Alexandra Garden  
Expo will be launched with the help of  
a \$3,000 State Government grant.

The Member for Seymour, Ben  
Hardman, said the grant would be  
provided to Alexandra and District  
Open Gardens Inc through the  
Brumby Government's Provincial  
Victorian Local Events Program for the  
Alexandra Garden Expo to be held on  
the weekend of April 26 and 27, 2008.

"Gardening is one of the most popular  
leisure activities in Australia and gar-  
dens have been especially hard hit by  
the drier than normal conditions," Mr  
Hardman said.

"The Alexandra Garden Expo will  
have something to offer them any  
Victorians who enjoy their gardens,  
including advice on how to develop  
and maintain environmentally sustain-  
able gardens in the face of a climate  
with increasingly variable conditions.

"It will also show case the region and  
its local produce, giving visitors the  
opportunity to sample what the area  
has to offer."

### TOURISM AWARDS NOMI- NATIONS OPEN

Tourism operators are being urged to  
nominate for the Melbourne Airport  
2008 Victorian Tourism Awards.

Tourism and Major Events Minister  
Tim Holding said all tourism operators  
in Melbourne and regional Victoria  
should consider nominating for one of  
the 27 awards.

"The awards, with categories ranging  
from accommodation to tourism mar-  
keting, ecotourism and tourism train-  
ing, celebrate and reward innovation  
and excellence, and provide the win-  
ners with a valuable promotional tool.

For more information go to  
[www.victoriantourismawards.com.au](http://www.victoriantourismawards.com.au)

### Your Health and Well-Being

#### From Community Health

One in five Australians will experience  
a mental illness. Episodes of mental  
illness can come and go throughout a  
person's life. Some people experience  
their mental illness only once and then  
fully recover. Only about half of those  
affected by mental illness receive  
treatment.

"Mental illness" refers to a group of  
illnesses that affect the brain. Mental  
illnesses can be separated into two  
main categories:

Depression and anxiety disorders are  
the most common – for example, per-  
sistent feelings of depression, sad-  
ness, tension or fear that are so dis-  
turbing they affect the person's ability  
to cope with day-to-day activities. This  
category also includes phobias, ob-  
sessive compulsive disorder, and eat-  
ing disorders.

Psychotic illness – less common but  
more severe – includes schizophrenia  
and bipolar disorder (previously called  
manic depressive illness). Psychosis  
affects the brain and causes changes  
in a person's thinking, emotions and  
behaviour. People who experience an  
acute psychotic episode lose contact  
with reality and may develop delu-  
sions and/or hallucinations.

Some people are affected by more  
than one condition. The causes of  
mental illness are often unclear –  
there can be many different trigger  
factors, including stress, drug misuse,  
and hormone changes. Provided they  
receive appropriate ongoing support  
and treatment, most people with men-  
tal illness recover well and are able to  
lead fulfilling lives in the community.

Where to get help

SANE Helpline -1800187263

Mental Illness Fellowship -57992353

Your doctor for information and refer-  
ral.

Community Health at Yea Hospital –  
phone 57360400 and at Alexandra  
Hospital – phone 57720800

[www.humehealth.com.au/alexandra](http://www.humehealth.com.au/alexandra).

### For Sale

Honda XR200 trail bike 1997 model  
As new, hardly ridden \$3000 Gavin  
0419309431

### BITS OF BOTANY AND BIRDS

ELDERBERRY PANAX is a tall  
shrub, occasionally found in our  
shady bush gullies. Its unpronounce-  
able!) scientific name was Tieghemo-  
panax sambucifolius, now changed to  
Polyscias sambucifolia. It is fast grow-  
ing, and may form dense colonies  
from suckering roots. In Victoria,  
toothed leaflets occur only on imma-  
ture plants. It is an excellent plant for  
shady, moist gardens and responds  
to pruning.



### How to raise your parents

Don't be afraid to speak their  
language, try to use strange sounding  
phrases like  
'I'll... help with the dishes', ... 'clean  
my room', ... 'feed the dog' and 'yes!'

Try to understand their music. Play  
Queen, ABBA, CCR and Cold Chisel  
on your CD until you become accus-  
tomed to the sound.

Be patient with under achievers. When  
you catch your dieting mum eating  
chocolates don't show your disap-  
proval. Tell her you love chubby, cud-  
dly mothers.

Encourage your parents to talk about  
their problems. Try to keep in mind  
that other things like; earning a liv-  
ing, the price of petrol and paying off  
the mortgage/rent, seem important.

Be tolerant of their appearance. When  
your dad gets a haircut, don't feel  
personally humiliated. Remember, it's  
important for him to look like his  
peers.

Most of all: If they do something  
wrong, let them know it's their behav-  
iour you dislike, not themselves.

Remember parents need to feel that  
they are loved. Try some of these  
things, and you will be amazed by the  
improved behaviour of your parents.

## Community What's On Calendar—April/May/June

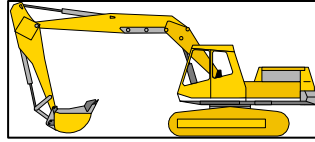
Weekbeg 21stApril	TeripTeripmowingroster TimandFrancesLawrenceJohnandLuCraven Carparkandall4courts  Highlands-CaveatCFARosterCrewC
Thursday24th April	LastThursdayofthemothBBQatCaveatchurch.BYOdrinksandenjoyasausagefor\$2andacatchup withfriendsandneighbours.
FRIDAY25TH APRIL2008	TERIPTERIPANZACDAYMEMORIALSERVICEATHERECRESERVEAT9.00amTOBEFOLLOWED BYMORNINGTEAALLWELCOMEENQUIRIESTODARYLCOXPhone57904345
SATURDAY 26THAPRIL	CARBOOTSALeATTERIPRECREATIONRESERVEFROM10AMREFRESHMENTSANDLIGHT LUNCHAVAILABLE\$15CARBOOTORSMAALLTRAILER\$20UTILITY\$25LARGE(TANDEM)TRAILER \$3TRESTLETABLEHIREComealongtoselloffyourunwantedtreasures,orbuysomeoneelse'streasure!! FORINFORMATIONandBOOKINGSCONTACTTRISHUDEN -57904377LUCRAVEN -57904011
Saturday26th April	Don'tforgetthenextBlackMarket(10am -12:00pm)andIntheKitchen(11am)withVictorcookinghismum's bolonaisesauce. atRockyPasses,1590HighlandsRd. CallCandion57969366orLeoneon57969290if you'dliketoknowmore.
Sunday27th April,	HighlandsRamblers -ThenextwalkwillbeonmeetingatHighlandsHallat10.30am.Wewillwalkinthearea ofthebigCaveatpineplantation,withfabulousviewstoMtConcordandbeyond.
Tuesday29th April	HighlandsPlaygroupmeeting10am -11.30am 233Fassiferroad.Highlands.Wewillbediscussingatime, dayandpermanentvenueforourlittlegroup.PleaseringMarisaon57969360withanyquestionsorcom- ments.Newfamilies -Wewouldlovetomakeourlittlegroupmuchbigger!Pleasecomealongtomeetusall.
Friday2ndMay	HighlandsLandcaregeneralmeeting.Comeandenjoyaglassofwineandfindoutwhat'sshappeninginLand- careinourarea.TherewillbeaspeakerfromDPItotalkabouttheblackberryREPprogrammestartingsoon inHighlands,aspeakerfromHealesvillesanctuarytotalkaboutourwonderfulWedgeTailedEagles,Sammy StrongtalkingaboutourprotectingScatteredtreesprogramme,JennyWebbtotalkabouttherbandicoots-re- searchandMirandaYorstonofillyouinonthenewarboretum.Therewillbetimedfordiscussionandanop- portunitytosaywhereyouwouldliketoseeHighlandsLandcareheading.7.30pmHighlandsHall
SundayMay4th	Whitehead'sCreekLandcareGroupKulabaRiparianWalk/Picnic10:30a.m.  MeetatKulabaWestWoolshed935HighlandsRd,Whitehead'sCreek Comewalkthenowstabilizedgullyandseetheresultsofseveralyearsofunderstoryplanting.Revelinthe birddiversityexplosion.Shareyourstories,catch -upwitholdfriends,makesomenewones.Enjoyaconvivial lunchinarevitalizedbushlandsetting.  R.S.V.P.Carolyn57924212orDavid57923693by2ndMay
Sunday4thMay	MaygarsHillWinery"OpenDay"11amtillduskMusicwithPaulWookeyandIanTritt LunchselectionfromtheSilverSpoonWineavailablebybottleorglassArtExhibitionbyMegHeres AfternoonteaFeaturinganaerialdisplaybyPIPBORRMANTheCastrolAviator INFOANDLUNCHBOOKINGSE -mail -vineyard@strathbogieboutiquewines.comorJenny -0402136448 Mapatwww.strathbogieboutiquewines.comGateEntry -\$15.00percar/aircraft <b>SupportingtheEuroaVolunteerCancerUnit</b>
Friday9thMay	'DrinksontheDeck'. HighlandsHall Bringfood&drinkstoshare. Theeveningwillstartat6pm. Comealong&meetupwithold&newfriends. Youdon'thavetoliveinHighlands,comeonWhiteheadsCreekandTeripTerip.
Saturday10th May	RuffArtZSeasonofSaturdayspresents -Dev'lishMary - oldtimey&westernswing 8.00pm,RuffyHall. ContactGlenon57904318fortickets(\$26ea.)orinformation.
Thursday22nd May	HCRFBGeneralmeeting7.30pmatthehallprecededbytheAGMand biennialelectionofofficebearers,allwelcome.
Thursday29th May	LastThursdayofthemothBBQatCaveatchurch.BYOdrinksandenjoyasausagefor\$2andacatchup withfriendsandneighbours.

Rocky  
Passes



CellardooropenSundays11am -4pm  
orbyappointment -57969366  
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EXCAVATIONS



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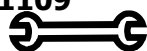
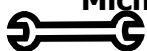


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