



PEOPLE AND PLACES

Christmas comes to Terip

Members of the Terip community came out in force to celebrate Christmas on Saturday July 26 and were treated to a delicious dinner with all the trimmings. The room was decorated in red, white and green, there were carols playing in the background, and nobody even thought of turning on the telly to check The Tour de France.

Amongst the guests were a Christmas present (winner of the fancy dress competition), Mrs Christmas (possibly mother of the present), a young Father Christmas and an older one who handed out lollies and plenty of good cheer. There were rumours too that we were expecting a young angel to appear, but perhaps the cold got the better of her.

While there's something cheerful about a room filled to overflowing with people, the cooks deserves special praise for coping with kitchen facilities that would challenge anybody catering for even a small family. Primarily the night was the annual community get together, but any proceeds will go to the planned upgrade of the building and facilities at the Rec Reserve. If reading this has made you think about how soon the other Christmas will arrive, I can recommend ordering one of Marge Leigh's free range turkeys. Boned and simply roasted, they were delicious. Thank to Lu Craven and her helpers who worked so hard. The night was a real treat, especially for those of us who usually host a big family do in December.

Isn't Christmas always like that for somebody? The night was so much fun however, that I'm sure there'll be pressure for a repeat performance next year.

We also said goodbye to Kay and John Ashton who are moving to Rosebud, and welcomed the incoming owners of Sweetlands, Brad Kellert and Kate Wright.

And here is the recipe for Shirley Norwood's prizewinning Christmas pudding. Shirley originally cut it out of the Women's Weekly and pasted it into an exercise book in which she keeps all of her tried and true dishes.

A special thank to the judges who took on the onerous business of making a decision, and I don't want to be sexist, but thank to the men who entered into the competition. By Sari

Shirley Norwood's Winning Christmas Pudding recipe

Ingredients
500gram sultanas
500gram sultanas
125gram sultanas
125gram mixed peel
125gram blanched almonds
125ml brandy (or enough to soak fruit and nuts in)
500gram butter
250gram white sugar
250gram brown sugar
8 eggs
500gram White Wings plain flour
250gram White Wings self-raising flour, pinch of salt
1 small teaspoon of bicarb soda
Method
Mix all fruit, chop peel and almonds and pour the brandy over them. Cover and leave to stand for 24 hours.
Cream butter and sugars gradually add beaten eggs then sifted flours, fruit mix and drying ingredients, mixing thoroughly. This can be steamed in a greased basin, securely covered with four well-greased thicknesses of paper or boiled in a cloth.
Both methods requires six hours of cooking and on the day of use a further two hours. Enjoy!



The Christmas pudding judges hard at work under instructions from Lu!

REBATE TO SWITCH TO SOLAR

REGIONAL Victorians are being urged to switch to solar hot water to save money and help the environment.

Victorians can claim up to \$2500 back on the purchase of their solar hot water system. Therebate effectively means that householders will pay around the same for a solar hot water system as they would pay for a traditional gas or electric system. Those taking up the rebate could expect to save about \$245 off their electricity bill each year.

www.resourcesmart.vic.gov.au/rebate or phone 1300363744.

Welcome to Issue 23

Achilly week. Major improvements are almost completed at the Bungle Boori picnic grounds and motorbikes are no longer allowed as the environmental damage was so severe. Revegetation planting will start next year. Congratulations to the determined team who have made this happen. Go Scotty....

NOTES FROM HIGHLANDS PRIMARY SCHOOL



Student of the Week

Laura Bennett for capitalising on her resources during a Maths competition. Congratulations Laura!
Wallabies: Thank to Peg Ladew who came to visit on Thursday afternoon and spoke to the whole school, staff and some parents about our wonderful wallabies. We are really fortunate to have students who are interested in their surrounds and what can be found when you look and drive carefully. We are equally lucky to have experts in our community that can be called upon to share some of their knowledge with us.

HAVE YOUR SAY ON BURNING OFF PLANS

The Brumby Government has encouraged Victorians to have their say on the fuel reduction and ecological burns planned for coming seasons across Victoria.

Environment and Climate Change Minister Gavin Jennings said public consultations for the local DSE Fire Operations Plans are an opportunity for people to add critical local knowledge to the burns that are proposed for the coming years. Plans can be viewed by visiting www.dse.vic.gov.au/fires and clicking on Fire Operations Plans. Community meetings will be held around the state during August. The meetings are open to all interested people and are a great opportunity to talk to local fire management staff.

Community What's On Calendar—August/September/October

3-10th August	Whiteheads Creek/Tarcombe RFB Truck Roster Neville Ford Rob Wales Tim Hughes Mauro DeI Frate
7th August	The Annual General Meeting of Highlands Arts Experience will be held at 7.30pm in the Highlands Community Hall. All members are invited and visitors are most welcome. Come along and have your say on the work of Hi Arts
7th of August	What is Pasture Cropping? "Pasture Cropping is an intercropping technique of sowing crops into living perennial [usually native] pastures and having these crops grow symbiotically with the existing pastures and retaining perennial grasses for summer/autumn grazing" How to sow crops into perennial pasture, grazing management, drought management, strategic chemical and fertilizer use, soil health, weeds and rejuvenation of grasslands will be addressed. Come and let Colin Seis provide us with practical information on this topic followed by an informative session by Meredith Mitchell on the identification of native grasses which ties right in on this topic. Tea, Coffee and a light lunch will be provided between the two presentations 10:00 – 2.00pm. Where: In the Theatre, DSE building Foyer, 89 Sydney Road, Benalla. (Landcare signs will be out) Charlie Sexton Landcare Project Officer Ph: (03) 576 11560 Mob: 0439040955 landcare1@inet.net.au
Friday 8th August	'Drink on the Deck' at Highlands Community Hall at 6.30pm. Bring food to share for a meal together and catch up with friends old and new.
Saturday Aug 9th	KNITTING GRAFFITI WHAT IS IT? Well it is something you can get involved in for the Hi Arts. Have a look at www.knittingplease.com and then come and join Angela Wallis and her knitting crew. We want to 'DOUP' the Highlands for the Hi Arts weekend. Can't you just see those letter boxes now??? We will be having our first Knitting workshop for the Highland Taggers at the Hall at 1pm - 5pm. Come and be creative. Bring needles, any fibre to knit up, and afternoon tea. Enquiries to Angela 57969255 or 0438969250
Saturday 9th August.	Whiteheads Creek/Tarcombe RFB next Dinner! If you haven't already put your name down and want to attend, please contact Lorraine -57992432 or Neville -0413805847. The Dinner is being catered for so come and enjoy yourself. We have some great door prizes to give away. Adults \$25, Children \$10
Tuesday 12th August	Introduction to Volunteering Information session. 10 - 12 noon. Second Tuesday of every month. Mitchell Shire Council Chambers, 113 High Street, Broadford. Morning tea provided. For more information ring Candice 57346253 or email candiceg@mitchellshire.vic.gov.au Transport to sessions is available free within the Mitchell Shire
Sat 16th August	Grade 6 Students interested in applying for a place in the 2009 Enhanced Year 7 class need to return applications to S.T.H.S. no later than Thursday 14th August 2008. APPLICATION FORMS ARE AVAILABLE FROM YOUR PRIMARY SCHOOLORS.T.H.S. The testing day for this class will be Saturday 16th August
Sunday, August 17	The next Teri event of note will be a clearing sale at Sweetlands, starting at 9am. Contact Lu Craven on 57904011 for more information.
23rd August 2008	Highlands/Caveat Junior Fire Brigade The next training session will be held at 10am at the fire shed. If there is any young kids in the area wishing to join or are interested in joining the junior fire brigade please contact Sharyn, Peter or Allistar ASAP. All junior members we are ordering your Brigade uniform so please contact Sharyn Shaw 57904297 with your clothing sizes.
Sunday 24th	Highlands Ramblers will walk in the Caveat area, led by Andrew Shaw -Tel -57904297
Saturday 30th August	Ruff Art Z Season of Saturdays presents -General Store -jazz, blues swing & samba 8.00pm, Ruffy Hall. Contact Glenon 57904318 for tickets (\$26ea.) or information.
Saturday 23rd	The White Hart Hotel, Longwood. Live band, starting at 7.30pm.... -Paul Wookey with Damien O'Neil
Tuesday 26th August	Women's Farming discussion group. Euroa Community Education Centre, Binney Street 10am -2pm RSVP Cheryl Graham PH 57273931, 0408393105, cherylgraham@farminganswers.com
Friday 5th Sep	Highlands Primary School Talent Night Highlands Hall 7.30pm More information coming.
Saturday 6th September	Gliders on the Goulburn 7:00pm Location/Meeting point: Lions Park/New Crossing Place Park, Seymour - take the return at the Royal Hotel, Emily Street) Meet at the boat ramp. RSVP/Formore information, please contact: Peter Mitchell, DPI Broadford on 57840622 or 0409432498
13th September	Whiteheads Creek Landcare AGM. Guest speaker Steven Rawlins who has held very high positions in the Dept of Agriculture in the US. He will talk about the future of food production in a time of heightened carbon dioxide.. So please come along, hear a very interesting speaker, and catch up with your friends.

Classifieds & Community Notices

BITS OF BOTANY AND BIRDS

The AUSTRALIAN SHELDUCK or Mountain Duck, is a large, mostly black duck with a rich buff breast and a white neckring. The female is slightly smaller with a white eyering. They live in pairs and up to large flocks, and are very common on other parts of the State. Here, we seem to have occasional pairs which return every year to the same area. Like many ducks, they often nest in tree hollows, and sometimes under vegetation.



Junior Fire Brigade

The next training session will be held on 23rd August 2008 at 10am at the fire shed. We will be drawing the raffle at this session so please get selling your tickets, if you don't have any ticket then contact Sharyn. If there is any young kids in the area wishing to join please contact Sharyn, Peter or Alistair ASAP. All junior members we are ordering your Brigade uniform so please contact Sharyn Shaw 57904297 with your clothing sizes.

CRANBOURNE ROYAL BOTANIC GARDENS BUS TRIP

SUNDAY 12 TH OCTOBER 2008 20 PLACES AVAILABLE, DON'T MISS OUT. The new date is to avoid clashing with the Seymour Show.

Ring Miranda PH 57969261 or email miranda@activ8.net.au to secure your place. There will be a guided tour, starting at 11am at the garden so we'll be leaving from the Highlands Hall at 9am.

This is the best time of the year to visit these fabulous gardens.

RAINFALL

Highlandshad 129.6mms for July and Teriphad 114mms. Fairly average rainfall so far for the year, but not a lot of run-off in many places, and I haven't heard of anyone getting bogged yet!

YOUR HEALTH AND WELL BEING

Relationships - When the Going Gets Tough

Relationships are an important part of our lives. Whether you are in a new relationship or you've been together for many years, it can be fulfilling and exciting.

Being in a relationship is all about change, flexibility and understanding. Relationships are about facing the world together, through the good and the bad times we all face in life.

Most relationships experience difficult times - it's a normal part of life. Hitting a rough patch doesn't necessarily mean your relationship is in trouble. Understanding how you deal with tough situations is important in helping you work through your issues. It is important for you to feel valued - it is important that you value your partner and listen to each other's beliefs and opinion even if at times you don't understand them. Relationships are a partnership in which both people need to feel valued, accepted, safe and loved.

Helpful hints on how to face differences:

Realise that sometimes we need to agree to disagree in a relationship

Being in a committed relationship is about giving and taking - just make sure it's not the same one that gives and the same one that takes

Listening to each other's points of view is essential - listen and be listened to and then learn from each other - life is not about always getting our own way

There is never only one way to resolve an issue. There are always other options to a situation. Be prepared to look for middle ground if you and your partner don't agree

Sometimes when disagreements go on and on you need to look under what the fight is really about - has the giving and taking become one-sided?

Your friends and family provide a great support network when you're going through difficult times. You don't need to go through it on your own. And if you're not able to work through things as a couple, there is help available. Source: Relationships Australia

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

COMMUNITY AWARDS NOMINATIONS SOUGHT

The Upper Goulburn Implementation Committee (UGIC) is seeking nominations from Community Groups for three award this year.

The Upper Goulburn Landcare Award for Excellence, now in its 8th year, is open for Landcare Group to nominate a long standing committee person who has shown exceptional commitment to the Group and its ongoing sustainability.

The Hubert Miller Perpetual Trophy and certificate is awarded to a community member who has shown long standing commitment to community engagement in the natural resources sector.

Nominations can come from all community sectors including schools, councils, Landcare, individuals and community groups.

A Group Award is also being offered to Landcare Groups who can demonstrate excellence in a major Landcare project.

Nomination and application forms are available electronically and in hard copy from the Goulburn Goulburn Catchment Management Authority office in Yea. Deadline for all nominations is August 22. For further information call Poppe Davison 57360100 or 0427866328.

GETTING CHILD CARE TO SUIT YOUR NEEDS

'Why not talk to us about In Home Child Care?', said Heather Rennie from Murrindindi Council. 'A registered carer coming to your own home will come when you need her and you will get the government assistance that helps make child care affordable.

'All of our carers are carefully selected, trained and supported by us so you will have peace of mind that your child is safe and happy,' she said.

'We could probably register someone already looking after your children - you could then claim some of the costs and your carer will join our happy and well supported team.

'In Home Child Care saved my life', said Jude from Eildon, 'With four children and a business with extended hours I was paying a fortune for care until In Home Child Care registered my carer. In now get fee relief and a tax rebate, and my children benefit from the support and training that my carer gets from council'. Please give Heather a call on 57720362 and she'll fill you in on the details.

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Passes



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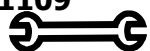
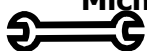


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