



PEOPLE AND PLACES

“Girls Night In” Highlands

The 1st Highlands ‘Girls Night In’ fundraiser for the Cancer Council was held last Saturday in the Highlands Hall

After months of planning the night came around very quickly and the night of nights was kicked off at 6pm. Within minutes we had 20 people browsing the many stalls and enjoying the food and wine. Marisa and I buzzed around getting food, wine and stalls organized, while Amber & Kassie sat patiently at the front doors greeting the women and selling raffle tickets. The girls did a fantastic job, they donated their time to help us run this event and we would have been lost without them. We had a total of 65 women & 9 stalls.

Candi Westney (Rocky Passes Winery) was to attend but ended up laid up with a broken ankle (we wish her a speedy recovery), so we were lucky enough to have Leonie Gabrielle replace Candi. Thanks Leonie for sharing your amazing talent of harmonic singing and for leading us all in a small singing activity.

After an hour or so the Highlands Hall was filled with laughter and talking. With all the women enjoying their wine, food and shopping, we listened quietly to Susan Hill from Seymour who spoke about Breast care nurses, scans and other agencies that are available around our area. Susan has spent her whole life working in this field as a breast care nurse and is now in palliative care. We appreciate the knowledge she enlightened us with.

We then had a laugh with Andrea Whittaker as she spoke about her work (Sound Imaging) and what she can offer her clients from the Yea & Alexandra Hospitals. She also lightened the night by showing us a probe that she scans with and brought some well timed humour to the more serious side of the night.

The meeting room of the Hall was magically transformed into our pamper room, with Karli Chase (Reiki) and Carolyn Warren (Abundance Yea) weaving their magic.

Thanks to everyone, we raised \$2,400. You can make a donation anytime at www.cancercouncil.com.au

Thanks, Sharyn Shaw.

NOTES FROM HIGHLANDS PRIMARY SCHOOL

Prep Transition: It was lovely to welcome Emily, Angus, Oliver, William, Lucia and Gabby back to Highlands Primary School for another Transition Morning. Students worked in groups, with Kassie, Imogen and Laura acting as very capable leaders. The next visit is on Monday 16th November and students will visit from 9-1pm.

Dance Performance and Workshop: The Robinvale Secondary College are to be congratulated on the brilliant show they put on for us on Wednesday. The theme was Celebrating Cultural Diversity and students thoroughly enjoyed the show and participating in the workshops afterwards.

INTRODUCTION OF VICTORIAN STUDENT NUMBER

All students in our school will be allocated a VSN. It is a student identification number that is being assigned to all students in government and non government schools and students in Vocational Education & Training Institutions. The number, which is unique to each student, will be used as a key identifier on a student’s school records, and will remain with the student throughout their education, until reaching the age of 25. You will see the VSN on student reports, enrolment confirmations & exit confirmations. If you want to know more about the VSN please see <http://www.education.vic.gov.au/management/governance/vsn/overview.htm>

Photo below A successful evening for the “Girls Night In” last Saturday night.



WELCOME TO ISSUE 34

Please send all articles etc to Miranda@omnipotent.com.au

WOULD YOU LIKE TO RECEIVE THE GRANITE NEWS BY EMAIL TOO?

The advantages are:

It arrives earlier, on a Friday AND it is in colour AND It is easy to keep as a record. Just email me your address and I’ll add you to the address book which is already well over 300.

ADVERTISING ON THE BACK OF THE GRANITE NEWS IN 2010

Due to increased demand for advertising space on the back of The Granite News, the Hughes Creek Catchment Collaborative, which funds this newsletter, has decided to increase the number of spots from 15 to 24. This means the ads will be smaller and therefore the cost has been reduced from \$250 a spot to \$200 (includes GST).

If you would like a spot you first need to contact Miranda by email or phone 57969261 and the spaces will be allocated on a first in, best dressed basis. Cheques need to be made out to the HCCC and posted to Neville Ford 29/100 Commercial Road South Yarra 3141. The advertisements will be 4.75cm W X 4.75cmD in size and need to be sent in that size to ensure that the ad looks exactly how you want it to be. Sounds like a square to me. From experience they are clearer and easier to read with less detail and simple graphics.



Zac being creative at Bendigo Pottery.

Community What's On Calendar—November/December 2009

Week beg 9th November	Terip Terip mowing roster Both sides of Springs Road and all 4 courts	Tim and Frances Lawrence	Bruce and Denise McLennan
8th- 14th Nov	WHITEHEADS CREEK- TARCOMBE RURAL FIRE BRIGADE TRUCK ROSTER Rod Chisholm Roger Broome Tim Hayes Paul Neibling		
11th November	The last Ruffy Bookclub meeting for the year. We are discussing 'Mao's Last Dancer' at Lu Craven's place at 8pm. Ring Lu if you need directions on how to get there PH 57904011. Email Jackie if you would like a list of questions to stimulate your brain while you are reading the novel :baroa@bigpond.com.au Another book we are planning to read next February (so organised!) is 'The Diamond Anchor' by Jennifer Mills, one of the books Sari Wawn has recommended.		
11th November	CFA FIRE READY VICTORIA NAGAMBIE Community Meeting (public) 5.00PM-6.30PM Mitchelton Winery - Mitchellstown Rd, NAGAMBIE		
13th November	'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. Gold coin donation to cover power.		
November 13th	Strathbogie Shire Council, Hughes Creek Ward, Councillor Malcolm Little will be at the Ruffy Hall Friday 3.00 -5.00 pm to discuss any council issues concerning the Ward.		
14th November	10am -12noon Black Market - a low kilometre food exchange. All welcome. This month it will be at the home of Beatrice Neilsen and Michael Greer. 215 Ghin Ghin Road, Whiteheads Creek. 0409 413 768		
14th November	White Hart Hotel Longwood T: 03-5798-5203 E: white.hart@bigpond.com - 7.45pm - Ruckus - back for some more 'foot stompin' country rock - listen at www.ruckus.net.au Don't forget, the taxi service to-from Longwood / Euroa / Nagambie / Avenel / Seymour / Violet Town, offering return journeys from just \$10.00 per person. Taxis will operate for all music events. Bookings via the White Hart are essential.		
15th November	Roadside Vegetation Field Day at the Euroa Arboretum 10.30-3pm. Lunch and refreshments included Bookings a must to allow us to organise lunch and the bus trip. Tel: 04289 127 399		
15th November	Working Bee at Fire Shed surrounds and then across to the Primary School surrounds, starting from 9.30am, please bring brushcutters and any other tools that we might require. Contact Andrew 03 57904297		
15th - 21st Nov	WHITEHEADS CREEK- TARCOMBE RURAL FIRE BRIGADE TRUCK ROSTER Wes Jeffery Richard Robinson Brian Tolley Mick Leatham		
17th November	STRATHBOGIE SHIRE COUNCIL MEETING IN RUFFY HALL! The Council will meet with the Ruffy Community Action Group at 5.00 pm, followed by the Council Meeting at 6.00. The meeting is open to the whole community. PLEASE NOTE CHANGE OF STARTING TIME TO 5.00 pm!		
20th November	CFA FIRE READY VICTORIA LONGWOOD Community Meeting (public) 7.30PM-9.00PM Longwood Community Centre - Down Street, LONGWOOD		
21st November	Hughes Creek Catchment Collaborative AGM and a farewell to Marj and Brian Tolley. It will be held somewhere in Ruffy More information coming but mark it in your diaries.		
22nd November	CFA FIRE READY VICTORIA YARCK Community Meeting (public) 9.30AM-11.00AM Yarck Hall - Maroondah Hwy, YARCK		
22nd November	CFA FIRE READY VICTORIA TARCOMBE Community Meeting (public) 10.30AM-12.00PM Nazek Crt off Telegraph Rd, TARCOMBE		
22nd- 28th Nov	WHITEHEADS CREEK- TARCOMBE RURAL FIRE BRIGADE TRUCK ROSTER Allan Coulson Ned Jeffery Michael Laker Lindsay Heffer		
29th November	CFA FIRE READY VICTORIA TRAWOOL Community Meeting (public) 10.00AM-11.30AM Trawool Fire Station - Goulburn Valley Hwy, TRAWOOL		
29th November	Highlands Recon starting 10am from Fire Shed, more details next week		
6th December	Highlands ramblers last walk for the year. 10am highlands hall. Afternoon tea at Peg Lade's place		
12th December	White Hart Hotel Longwood T: 03-5798-5203 E: white.hart@bigpond.com 7.45pm - Potty's Disco - spinning us some great tunes, old and new		
20th December	White Hart Hotel Longwood T: 03-5798-5203 E: white.hart@bigpond.com 4.30pm - The Hairy Lasso's - the dirty old towners are here to have some fun		

Classifieds & Community Notices

TENDER FOR MOWING SCHOOL GROUNDS

Expressions of interest are being called for the mowing of Highlands Primary School grounds, including the oval for 2010. It is anticipated that mowing will be required on approximately 8 separate occasions (depending on seasonal conditions) as directed by Meagan. All equipment to be supplied by the successful tendered. Expressions should be in writing to Meagan by Friday 27th November 2009. Any questions, please contact Meagan Tel: 5796 9208

FOR SALE

Thoroughbred/stockhorse 16.2 bay gelding. 3yrs. Perfect gentleman with wonderful temperament. Broken in by Tom Herring in Euroa now ready to go on. Will make great eventer. \$2,000 tel 0419441993 Wendy Wright

ROADSIDE SPRAYING AND SIGNIFICANT VEGETATION

The Murrindindi Shire has been spraying the roadsides which is part of their legal responsibilities. However, they are aware that some roadsides have significant plants that need to be preserved.

If you know of an area that should not be sprayed please contact Sue McNair at the Shire and let her know where the sensitive areas are located. Please make the effort to contact Sue so that the best results are achieved for our area.
suemc@murrindindi.vic.gov.au

NOTE CHANGE OF DATE FOR THE HIGHLANDS RAMBLERS WALK

Celebrating Children's Week

'Fortunately the sun shone on both the Yea and Eildon Pram Strolls this year, said Janet Aldous from council's Maternal & Child Health Service.

'Both strolls were well attended and everyone enjoyed the walk, the wonderful fruit and veggie platters and the great giveaways.

'We hope that people continue to enjoy the lovely spring weather by getting together with friends on a regular basis for some good food, fun and exercise.

PLANTS FOR DRY GARDENS

Indigofera australis Austral Indigo

A member of the Fabaceae family, Austral Indigo is a lovely droopy shrub that grows well in shade- partial sun (protect from strong western summer sun). It has racemes of mauve flowers in spring that contrast beautifully with the grey-blue bipinnate foliage. Tip pruning helps produce more branches., and to train it when young. Looks great in drifts under established trees. Grows along some of our roadsides and woodlands.



HAY FOR SALE

Ring Shorty at Terip Terip 57904001

SPRAY UNITS FOR LOAN AT MURRINDINDI SHIRE

Two spray units are for loan to Landcare groups (because they have insurance). It could be borrowed by an individual who is a member of a Landcare group as insurance will cover them however lender would need to sign a contract which says they will clean equipment after use, look after equipment and replace/repair damaged components etc. They are AUSSIE BILBY 235L SPRAYERS and go on the back of a ute. They have a 235 litre UV stabilised tank, positive locking lid with breather

Aussie Spray-It 25 bar, Honda 4 stroke engine (360psi) and 8L/min flow

Contact Miranda Yorston if you would like to borrow one of these units as she has the relevant contract and contact etc PH 57969261

WORLD DIABETES DAY NOVEMBER 14TH

On 20 December 2006, the United Nations (UN) passed an historical Resolution recognising diabetes as a serious global health threat. It is the first time a non-infectious disease has been thus acknowledged. The Resolution designates 14 November each year as the United Nations World Diabetes Day and calls on all nations to develop national policies for the prevention, treatment and care of people living with diabetes and those at risk of developing diabetes.

At present, type 1 diabetes cannot be prevented. Type 2 diabetes, however, can be prevented in many cases by maintaining a healthy weight and being physically active.

The warning signs of diabetes include:
Frequent urination
Excessive thirst
Increased hunger
Weight loss
Tiredness
Lack of interest and concentration
Vomiting and stomach pain (often mistaken as the flu)
A tingling sensation or numbness in the hands or feet
Blurred vision
Frequent infections
Slow-healing wounds
However, these symptoms can be mild or absent in people with type 2 diabetes. If you show these signs, seek medical attention!

Diabetes imposes life-long demands on people with diabetes and their families, who have to make a multitude of decisions related to managing the disease.

People with diabetes need to monitor their blood glucose, take medication, exercise regularly and adjust their eating habits.

Furthermore, they may have to face issues related to living with the complications of diabetes and may be required to make considerable psychological adjustments.

As outcomes are largely based on the decisions they take, it is of paramount importance that people with diabetes receive ongoing, high-quality diabetes education that is tailored to their needs and delivered by skilled health professionals.

Diabetes Educators can be contacted at either of the numbers below.

(Information from
www.worlddiabetesday.org)

Rocky
Passes



Tastings &
"blackboard
menu" lunch
Sundays
11am - 5pm

Tapas bar
last Friday of the
month from 6pm

Bookings 57969366

1590 Highlands Rd, Whiteheads Creek

Ruffy Produce Store

Breakfast & Lunch
Saturdays, Sundays & Public Holidays from
8am

Lunch Fridays from 11.30am

Need to book, call Helen or Doug

T: 5790 4387

E: info@ruffystore.com

F: 5790 4209

BUILDING
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57 969280 0428417242
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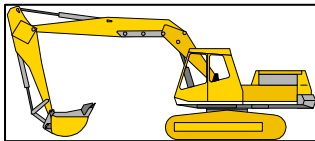
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57969269

0427834546

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- WINE SALES
 - 10am - 5pm Weekends
 - Weekdays by Appointment
- Ph: 57 904 333