



## PEOPLE AND PLACES

### THOUGHTS ON WRITING POETRY PART ONE

'Writing is an act of survival'  
wrote American poet Adrienne Rich

When I was asked to talk to Euroa Rotary Club about The Healing Power of Poetry, I was, I'll admit, challenged. As I often do, I went looking for quotes as starting points.

'Telling our stories transforms our lives' writes Louise De Salvo's in Journal Writing as a Way of Healing. de Salvo sets out some very specific guidelines about how to use writing as a way of healing, or re-ordering one's life.

"Give sorrow words" –wrote Shakespeare, but writing is not a magic cure.

'What is healing but a shift in perspective?' wrote Mark Doty.

But then, when we sit down, full of good intentions, to write, or to read, we can't always find the right words.

My faith in the power of writing, and reading does not rely on quotes but rather on real life examples:

First– The farmer who joined a writing class to learn some writing skills so she could contribute to her church magazine. She found her way through a dry February, discovering Shakespeare's Sonnets. 'they rhyme' she said 'and they follow a pattern.'

They successfully distracted her from her daily worries and inspired her to write her own thoughts, in her own way.

Secondly, I will never forget my neighbour in the Wimmera, who spent his last years looking out on the red gums that surrounded his house of many years, reading from a pile of poetry books on the table beside his chair. I'm sure we have some quiet writers and readers tucked away in our hills.

"Two or three things I know, two or three things I know for sure, and one of them is that to go on living I have to tell stories, that stories are one sure way I know how to touch the heart and change the world." Dorothy Allison

By Sari Wawn



### SEYMOUR BUSHLAND PARK

The Seymour Bushland Park Committee of Management is in its 30th year and is looking for enthusiastic members with a desire to protect this valuable habitat, and to make it accessible to the community. The Annual General Meeting offers a chance to become involved.

The park is an ever changing kaleidoscope of birds, with Yellow Robins, Flame Robins and Scarlet Robins, Brown Tree Creepers, and of course Eastern and Crimson Rosellas. In addition, endangered and rare species such as the beautiful Red Capped Robin, Speckled Warbler and Diamond Firetailed Finches can be seen there. Animals such as Sugar Gliders, Brush tailed Phascogales and tiny Antechinus, as well as Wombats, Koalas and Echidnas call the park home. In Spring a gorgeous display of wildflowers emerges from the dry surrounds. The Committee conducts a Spring Wildflower walk each year.

The Park has many important values and is a dynamic example of natural regeneration from a bare paddock, and a useful educational tool to Landcarers. It forms a significant block of Box-Ironbark Vegetation, all the more valuable because of its links to the North-South corridor that is Telegraph-Lambing Gully Road.

Because of its significant environmental values, Mitchell Shire has covenanted the Park in conjunction with Trust for Nature, to be preserved for all time.

The Seymour Bushland Park will be holding its Annual General Meeting on the 3rd of September at the Shire Offices 28 High Street Seymour and the Committee welcomes all interested persons to attend from 7.30pm. Email [seymourbushlandpark@gmail.com](mailto:seymourbushlandpark@gmail.com)

### WELCOME TO ISSUE 27

Please send articles to  
[miranda@omnipotent.com.au](mailto:miranda@omnipotent.com.au)  
or ring on 57969261

### ENTRIES INVITED FOR THE 2010 RUFFY ART SHOW

Marian Rennie, the well-known and internationally acclaimed artist (photo below) whose wonderful collection of work resides in her gallery in Acheron, has again this year kindly allowed the Ruffy Art Show Committee to use one of her paintings as the image for promotion of the 2010 Ruffy Art Show & Sale.

Marian has had a varied and interesting career in the creative world, from opening her own gallery in the Melbourne suburb of Williamstown, to advising on big ticket event themes and costume and theatre set design, and even a stint on a prawn trawler. Marian is a great example of a very successful, self-taught artist, and would encourage anyone to pursue their creative dreams. So pick up your paint brushes, and get busy with your entries.


The Ruffy Art Show & Sale will commence with a 'Meet the Artists' Preview on Friday night 5 November and will open from 10am – 5pm on Saturday 6th & Sunday 7th November.

The previous Show was an outstanding success with over 140 entries, and almost one third of the works entered being sold. Proceeds from this year's Show will go towards the Ruffy Community Hall Project.

Artists are invited to enter paintings in any medium for the show. Please note that all work entered should be for sale. Closing date for entries is 22 October and entry forms are obtainable from Glen Ph: 5790 4318 or Sharron Ph: 5790 4329. Forms can also be obtained on the website – [www.ruffycommunity.com.au](http://www.ruffycommunity.com.au) or by e-mail on [ruffycomm@bigpond.com.au](mailto:ruffycomm@bigpond.com.au).



## Community What's On Calendar - September 2010

Fortnight beg 30th August	Terip Terip mowing roster    Tim and Frances Lawrence    Bruce and Denise McLennan
Week beg 5th-11th Sept	<b>WHITEHEADS CREEK- TARCOMBE RFB TRUCK ROSTER</b> Kate Coulson    John D'Alziel
Thursday 2nd September	<b>HiArts Annual General Meeting</b> The AGM of HiArts will be held at 7.30 in the Highlands Hall. It will be followed by a general meeting looking at plans for the Film Festival in March 2011. All are welcome.
Friday 3rd September	 <p style="text-align: center;"><b>Gallery 34</b>, 34 High Street Yea invites you to the opening of the Solo Exhibition by Tony Flint from 6pm to 8pm. Current until 3 October 2010 Olivia Lawson Ph 03 5797 3222 info@gallery34.com.au www.gallery34.com.au</p>
Saturday 4th September	<b>YEA COUNTRY MARKET</b> 9am—2pm.Yea Railway Park Gourmet sausages sizzle, sushi, good old fashioned egg and bacon rolls, sweet tempting treats, freshly brewed coffee and Saturday's paper to peruse. Stalls from the Ruffy Store, Mandy's puddings and cakes, Yarck tea Rooms freshly baked bread, locally grown Angus beef olive oils, preserves, wines, craft, honey, live music, fun castle, face painting and cute farm animals. Come and join in the fun.
Tuesday 7th September	<b>Gaining greater skills and they're free.</b> Volunteer groups and organisations have welcomed the opportunity to take part in a range of free Skills Development Workshops being organised by Murrindindi Shire Council. Following an open survey, the Council is preparing a number of workshops that will be held across the shire on a range of topics. The top six that were identified through the surveys will be conducted early in September through to mid December. The first session has been based on community feedback and will act as a pilot to ensure that future programs are adapted to community needs. Titled "How to win more grants" the sessions will be held at: <b>YEA: , 7:30-9:30pm Yea Golf Club, Clubrooms, Racecourse Road</b>
Friday 10th September	<b>'Drinks on the Deck'</b> 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 11th September	<b>The BLUES BROS BALL returns to the Ruffy Hall!</b> Check out the Op Shops, come dressed up (or dressed down) and dance the night away with Salty Dog – winner of the Australian Blues Band of the Year 2002. Prizes for the 'coolest' couple, the most glamorous gal and the most look-a-like Blues Bros. fella. BYO drinks and nibbles - Magnificent Ruffy supper provided. Tickets \$20.00 each – Make up a table of 8 or just bring a friend. Bookings essential – phone Glen 5790 4318 or Verena 5790 4309.
Saturday 11th September	Black Market 10am - 12pm: Swap & sell your home produce at this local food exchange and "open garden". This month it's being hosted by Paul Macgregor and Jocelyn Bennett, at Clearview Retreat, 404 Fairview Rd, Kerrisdale. Paul will give a demonstration of how to make spanakopita (feta cheese and silverbeet pie with filo pastry). Turn off the Goulburn Valley Hwy onto the King Parrot Creek Rd in the direction of Strath Creek. Fairview Rd is the first road on your right after you leave the Goulburn Valley Hwy. Contact 5797 0229, diversity@diversity.org.au, for more information. Download map from www.clearviewretreat.org.au
Sunday 12th	<b>Terip/Ruffy Uniting Church</b> meets in Holy Communion.
Sunday 12th September	<b>Sustainable Water Day:</b> Getting to know your local creeks Guest Speaker Ian Rutherford, Office of Water DSE on River Health. We will be visiting a number of sites to look at works that have been completed along local Merton creeks. Bring sturdy footwear. Time: 10:30 Place: Merton Memorial Hall Lunch provided at 12:30 RSVP to assist with catering by 6th Sept Robyn Rattray-Wood 57789540 Lynda Heard 57789583
Monday 13th Sept	<b>TERIP TERIP RECREATION RESERVE NOTICE OF ANNUAL GENERAL MEETING</b> at 8pm at the Terip Terip Recreation Hall :
Monday 13th September	Gecko CLaN invites Land Managers to A Climate for Opportunity SESSION 4 <b>ALTERNATIVE FARMING PRACTICES</b> 9.30am — 2.30pm Benalla Government Offices, Theatre 89 Sydney Rd, Benalla A series of FREE climate change information sessions. Charlie Sexton Landcare Project Officer Ph: (03) 5761 1560 Email: landcare1@inet.net.au
Wednesday 15th Septem- ber,	<b>FREE SOIL SEMINAR</b> Hear up to date information on the latest techniques for soil health improvements from leading experts in the industry . Meet with Western Composting Technology representatives to learn more about their processing technology and range of composted products. View demonstrations from the region's new compost spreader which will be in action on the day. This seminar will demonstrate the needs and opportunities for recycled organic usage in the broad acre and intensive agriculture sectors 9.50am-2.45pm Kyabram Fauna Park Lake Road Kyabram Lunch Provided For further information on the day contact Andrea Montgomery on 0447 321 140 or Rhonda Day on 0429 968 917
Thursday 23rd Sept	<b>HCCC meeting</b> Highlands Primary School 7.30pm. All welcome. Come and hear what's happening to Landcare.
Sunday 26th	<b>Terip/Ruffy Uniting Church</b> meets in Holy Communion
Sunday 26th September	Highlands Ramblers walk, details to follow.

# Classifieds & Community Notices

## BITS OF BOTANY AND BIRDS

### Mistletoe bird

(Dicaeum hirundinaceum)

In spite of its bright colouring this bird is seldom noticed, because it is so tiny and is normally deep in foliage. The male has a bright red chest, white belly with a black strip down the middle and a shiny blue-black back. As is often the case with colourful birds, the female is dull brown! Their main food is mistletoe berries and they are the chief spreader of that plant. They have an unusually short and simple digestive tract, so the seeds pass through them and are deposited on a new plant in between 10 to 30 minutes. They also eat other berries and insects.



## ANZAC CENTENARY: HAVE YOUR SAY

Murrindindi Shire Council Mayor Peter Beales is encouraging people across the shire to put forward their ideas on how the Australian community should mark the Anzac Centenary.

"Council has a brochure at its reception offices in Alexandra, Yea and Kinglake that explain the submission process or people can go to [www.anzaccentenary.gov.au](http://www.anzaccentenary.gov.au) for more information."

Submissions are sought on the following six themes:

- Century of service
- Community engagement
- Infrastructure and capital works
- Education, public awareness and community access
- Commemorative services
- International relations and cooperation.

The public submission

process will remain open until 17 September 2010.

## THE RABBIT- A SUPERB BREEDING MACHINE

With the bumper spring season looming, the decline in the myxo and calicivirus impacts and the cost of 1080 baits, rabbit numbers are on the rise.

In the early 1980's when "...the hills were alive with signs of rabbits..." (apologies to the Sound of Music). Not that many landholders nowadays can recall the devastation that rabbits caused then - bare paddocks, invasive weeds like Patto, soil loss and erosion, young trees ringbarked, damaged horses and vehicles (and twisted ankles). Some landholders in the Strathbogies resorted to carting cement and water by hand in order to concrete holes in the granite rocks. In the late 1800's South Australian farmers walked off their land because of rabbits accentuating the impact of dry years. In 1952, just two years after the introduction of myxo, the value of the increased wool and meat production was estimated at \$70m (or \$500m in today's dollars). The cost of rabbits just to the Victorian economy in 1998 was estimated to be \$360m (or over \$500m in today's dollars).

Eight rabbits eat the feed of one sheep. That could mean a loss of \$10-\$12 per rabbit at today's lamb prices. The all-up cost of 1080 baiting, even at today's substantially increased bait costs, is 5-10 cents per rabbit depending on rabbit numbers and the effectiveness of the baiting program.

The rabbit's breeding capacity is quite formidable. Under good conditions, such as we have now, a doe can become pregnant at 12-16 weeks and give birth in another 4 weeks. An average litter is 5-6 kittens and a doe will mate again within hours of giving birth. She can have 5-7 litters per season. A doe and her female offspring can produce over 100 rabbits in a single season. Thanks to the Burnt Creek Landcare Group for this article.

## Highlands Caveat RFB News

There will be a training morning on the 26th of September at the Highlands fire Shed on how to most effective use foam to fight fires without harming sensitive environments or waste water. It will start at 9am. and finish about midday. If you are available please contact Peter Roberts ASAP for a Nomination Form. There will also be a working bee on Saturday the 9th of October to finish installing the water tanks before the start of the fire season. This will be followed by a BBQ and a training session for owners of private slip-ons (the Mosquito Fleet). Further details will follow. Peter Roberts

## TERIP TERIP TENNIS CLUB

The new summer season is fast approaching and we would love to see some new (and old) faces playing for Terip Terip!

If you are interested in playing, either permanently or as a fill in, please call Cindy Hayes for more details 57904226.

## SEASONAL REMINDERS: LAST CHANCE ON PATTO

A bumper year for Patto is upon us and spraying must be done before the stems elongate, flower and run to seed (presuming it stops raining long enough to get on the paddocks).

Even so much more spray will be needed than if it were done in autumn when the plants were at the small rosette stage. The drought years have meant that a lot of seed was spread by wind blown soil and now its spread by water runoff.

Patto, like rabbits, is a sleeper issue as far as funding incentives are concerned - we used to have 50% of herbicide costs and up to \$60/ha for pasture establishment as incentives. Funds are now directed to "new and emerging weeds" and Patto is obviously not in this category. |

Thanks to the Burnt Creek Landcare Group for this article.

Contact Edwina McKay  
[hughes.creek1@gmail.com](mailto:hughes.creek1@gmail.com)

## HIGHLANDS RAMBLERS

On a perfect day for walking, the Ramblers travelled to Sprunts Road and then enjoyed an easy downhill walk to Woolshed Creek. From here we followed the creek downstream and lunched in the sun in a lovely clearing. After lunch we climbed steeply to visit some rock formation overhangs and caves.

Then overland to Strathaven at Gum Road where Andrew had left his car.

Checked out some old machinery in a shed. Great day and thanks to Andrew for the organisation yet again!

By Geoff Lade



Rocky  
Passes



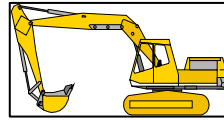
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