



APRIL 2008

FROM YOUR EDITOR

You may recall that I called a meeting on 17 March to discuss building a team to contribute to and put TT together each month. Eight people rang to apologise for being unable to attend, but offered to help at a later date – thanks. (In the event, no-one came to the meeting!).

There are a few people who have helped tirelessly with TT over the years. TT is totally voluntary. No one is paid to put it together or to print or deliver it. TT will be 9 years old at the end of this year (has it really been that long!?), and many of these helpers have been there from the outset. The Shire always photocopies TT every month at no cost, so thank you to the Shire and in particular to Debbie and Kiera at the front desk who manage this.

David Joyce always writes the stars column, and Sandy often helps with dropping off and picking up TT, and organizing the distribution when I am in a pickle or away. Donmil usually has a verse every month, and Helen Dunnachie often has a poem or story. The Garden Group and Seedsavers always put their bit in. Jon Frederick has written and contributed the Firewatch newsletter every season for the past three years. Ben and Olwyn Brook deliver TT to the Violet Town RMBs every month, and Rod the mailman does the Euroa and Strathbogies RMBs (remember if you have “No Junk Mail” on your letter box, TT can not be delivered by law, as it is not addressed). It can also be picked up in the Strathbogies Store.

The Strathbogies School provides a couple of pages every month about the goings on at the school. Helen Peters (STAG), Bill Wells (Landcare), and Jackie Laughlin (Council) provide relevant information. The Hume Corridor Community Health provides info about available services. And occasionally we have one-offs, like Matt Delahey’s wonderful story about his trip to Sweden, Angus Martin’s stories about echidnas and Kenya, Bert Lobert’s articles about trees and drought and bandicoots, and various stories about the lives of people who live or have lived up here.

Helena McLaughlin has helped me with TT together from time to time and her contribution was valuable – thanks, Helena.. She is now no longer available, which provides an occasion to review how we put TT together and to see who else is interested in contributing. For example, I would love to see more articles. Anyone can send in a story or something of interest. It does not have to be a monthly commitment, or long, but it would be great to have more variety. It would also be great to know of people who are willing to be approached to write something on a specific topic – a commissioned piece, if you like.

Some of my ideas are:

- short (200-400 words) articles about contemporary people in our community
- articles about people travels/pastimes/hobbies etc
- book reviews
- movie reviews
- more historical stories
- recipes
- natural history articles

a regular, anonymously written, sharp-of-tongue column about local goings on etc.



If you are willing to offer some help, please ring me. I would really welcome some fresh input!

Fiona 5790 5203
FROM YOUR EDITOR





OAK TREE RESTAURANT

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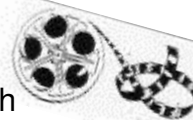


This publication is proudly supported by the Strathbogie Shire Council!

'Bogie BP's'
FREE blood pressure checks and Type 2 diabetes risk factor assessments.
At the Strathbogie Store
Thursday 24th April
2pm-4pm



Euroa Cinema



Friday 28th - Sunday 30th March

"Darjeeling Ltd"

Friday 4th - Sunday 6th April

"The Bucket List"

Friday 11th - Sunday 13th

"Dan in Real Life"

Friday 18th - Sunday 20th

"Sleuth"

Friday 25th - Sunday 27th

"The Black Balloon"

All session times 8 pm except Sunday's 4 pm



Strathbogie Store.

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For bookings call 5790 5381

Boho Valley Plants

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P: RMB 3061, Violet Town 3669

ph: 5790 8635

email: terryf@activ8.net.au

A catalogue of native plants is available and may be viewed on the Violet Town web site at

<http://www.violettown.org.au/index.htm>

Catalogues are updated monthly. Contact Terry if you would like to receive a monthly catalogue by mail or by email

Reasonable prices

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Nursery visits by prior arrangement

A Mental Health First Aid Course is now available - Mental Health First Aid is a 12-hour course, which teaches first aid and skills for mental health crisis situations and the early stages of mental health problems. The course is facilitated by Jennifer Craggs, Mental Health Nurse with Hume Corridor and Delatite Community Health Services. A scale of fees applies for waged workers, please call for details. Free to Primary Producers. **15th & 16th April 2008, 9.30am-4.30pm, Benalla. BOOKINGS ESSENTIAL.** Enquiries/Bookings: Contact us at Hume Corridor Community Outreach Health Service **Phone: 03 5736 6366**

Parkinson's Support Group Benalla and Parkinson's Victoria invite you to the next Parkinson's Support Group meeting with special guest Victor McConvey, Parkinson's Nurse Consultant. **WHEN:** Tuesday 22nd April 2008, 11.00am-1.00pm. **WHERE:** Activities Room 1, Benalla Community Care, 45 Coster St, Benalla. **COST** Gold coin donation. Bring a plate to share if you are able. **Ph 5761-2200.**

Healthy and Wise Seminars - This 8 week program is for people over 55 Topics include: dealing with change, managing stress, relaxation (learn some relaxation techniques), gentle exercise, depression (what it is and how to beat it), how to make the most of your memory, medical, financial and legal issues, coping with bereavement and loss, Enjoying the age you are! 4 way fitness – physical, mind, social, purpose fitness!
DATES: Thursdays: 10, 17, 24 April, 1, 8, 15, 22, 29 May, 2008. Time: 2.00 – 4.00 pm. **VENUE:** Drill Hall, Cnr. Bridge & Arundel St., Benalla. **RSVP 4th April, 2008.** Enquiries / Bookings: Ph.: 5722-1784 or 5761-2200

Strathbogie Tableland Landcare News - Info about Field Days

Strategies to build healthy productive soils. *Presented by The Balanced Productive Soils Project, supported by Landcare and the National Landcare Programme.*

Field Days:

Wed 2nd April, 10am-1pm. Avenel – follow the signs from Alexandersons Rd

Fri 4th April, 10am-1pm. Violet Town – 4km from Violet Town on the Violet Town–Murchison Rd.

Sun 6th April, 10am-1pm. Longwood – follow the signs off the Avenel-Longwood Rd, heading towards Euroa.

Guest Speakers: Soil Scientist Cath Botta - Soil Analysis results and Soil Biota results: what do they mean? Cathy will be updating and interpreting soil test results from each site.

Pasture agronomists Kate Sargeant and Garry McLarty (DPI) - Key Steps to pasture recovery and productive pastures; Kate and Garry will be discussing pasture recovery after drought.

Cathy and Kate will lead a paddock walk over the demonstration site with question and answer time.

They will lead discussions on the options for building balanced productive soils and what you are thinking of doing next on your property.

A BBQ lunch is provided free of charge, but please bring your own mug and chair.

For further information and/or to RSVP please contact Rhiannon Apted on 5735 4350.



SAVE YOUR CORKS PLEASE!!

A favour to ask of all readers of TT. If you normally throw your corks in the rubbish bin, please bundle them into a bag for me. Motor Neurone Disease (MND) Vic. has a fundraising program called "Equipment, It's a Corker" and all corks donated are used to buy equipment for people suffering from MND.

MND kills around 500 Australians each year and at this stage there is no cure. MND affects speech and mobility and causes muscles to gradually weaken, eventually causing death, usually between 1 and 3 years from diagnosis.

My mum died on 16th December last year from MND. She was diagnosed approx 14 months prior to her death. It is a cruel disease and it was heartbreaking for us all to watch her suffering. She was the fittest 75 year old & we all thought she would live to see her 100th birthday.

By collecting and recycling corks I can make a little bit of difference to other families going through the MND journey and help them provide much needed equipment .

The stats are:

Approx 234 corks = 1kg 666kg = \$1,000

\$1,000 = a manual wheelchair with accessories

You can either ring me on 5790 5227 & I will collect them from you, or drop them in my mailbox or at the school and I can pick them up from there.

Thankyou for your help,
Dayle Tame, 533 Tames Rd, Strathbogie



STRATHBOGIE GARDEN GROUP

What a Day!

We set off across country on Wed. 5th March to visit Lambley Nursery at Ascot, which is between Clunes and Ballarat. The Nursery is well known for its dry tolerant plants and artistically designed dry garden borders. It was featured in 'Your Garden' Autumn 2008 Magazine.

It was well worth the journey, the garden was in full glory and immaculately maintained. Lunch was shared at the nursery on cool grass, under shady Chinese Elms. Plants were purchased with great aspirations of creating a little bit of Lambley in our own dry gardens.

Our next get-together will be on Tuesday, 1st April at 2-00pm at Rosie Nichols and Jon Frederick's lovely Australian Native garden, RMB 5277 Tames Rd. Strathbogrie (Tel: 57 905390).

Our May get-together will be at Helen & Ken Dunnachie's garden.

Any queries, contact:-

Olwyn Brook 57 908636

Sandra Richardson 57 951109



For Sale For Sale For Sale

Hill's Swing Set, in good order with instruction book - \$50;
Wooden Swivel chair \$20; Child's play table \$5
Phone Ann 57905267 (**evenings**)

20 sheets old corrugated Iron, various lengths \$1 sheet; 20 lengths newer iron, \$1 metre
Phone Ron: 57908502

Club Lounge suite, 3 piece, 'Federation Furniture', and 'Diamond Creek Furniture' coffee table. Both VGC. \$350
ONO Phone: 57905203

2008 Mobile Library dates for Strathbogrie (every second Saturday from 9.30 - 12 noon) - 5th April, 19th April, 3rd May.



BO HO GIE music -
Last Friday of the month -
Boho Hall
Phone John - 57905271
Next one is 28th March,
and then the 25th April.

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Weeds a Problem? Call Dennis Taylor 57905144 or 0429190807. "Discounted rates for Strathbogrie Tableland Landcare Group members"



Deadline (as always) - 20th of the month. Email: f.a.townsend@activ8.net.au, ph 57905203, post PO Box 23 Strathbogrie. Note, if you want to send a fax, you will now need to ring me first so that I can plug the fax in! (Note the new email address). Fiona



MOTHERS DAY CELEBRATION

SUNDAY MAY 13TH

BLUE WREN LAVENDER FARM

1062 BONNIE DOON ROAD BOHO SOUTH

FASHION PARADE PRESENTED BY ROBYN

"SPRING CREEK FASHIONS"

DISPLAY OF EXOTIC CUSHIONS WALLHANGINGS AND

QUILTS BY LEAH FROM THE SPIRIT GALLERY

DEVONSHIRE TEA 1PM TO 4PM COME ALONG AND ENJOY

A RELAXING AFTERNOON ON THE BEAUTIFUL STRATH-

BOGIE TABLELAND. Ph 57908502

Councillor News: There has been the formation of two new groups in Euroa, which some may be interested in. They are Friends of the Library. The group has been established for some years, but has new members with great projects planned, so drop in to the Library if you are interested in being involved. The second is The Friends of the Pool. If you wish to be involved please contact Nola Caines in Euroa. I would imagine they will be organizing great things too.

At last, some rain, let's hope it keeps coming.

Cr. Jackie (Ph: 57905291)



Hume Corridor Community Outreach Health Service (located in the Violet Town Bush Nursing Centre)

Thank you to everyone who completed our recent survey and participated in the Focus Group discussions. We had 232 surveys completed which has provided us with valuable information to help us plan and deliver a service based on community needs.

The most important health issue identified by the community was depression followed by obesity, drought related issues, cardiovascular disease, alcohol consumption and diabetes.

The services the community thought were lacking within this area were GP services, physiotherapy, podiatry and Mental Health workers.

The most important issue impacting on community access to and use of local health services was lack of a General Practitioner followed by being unaware of the health services in the area, opening hours and distance to health services.

Please call **HCCOHS** on **5736 6366** for further information on the services we provide which includes physiotherapy, speech therapy, occupational therapy, community health nursing, counselling, social work, rural outreach service, financial counselling and diabetes education.

Don't forget our **Sun Spot Clinic** on **Tuesday 15th April, 10am – 11am**. Please call for an appointment. 57366366

Losing lambs to foxes?



Like to trial an alpaca guard for
FREE?

Baarrooka Alpaca Stud is offering a free trial of alpaca herd guards to any farmer on the tableland. Alpacas will guard lambs, goats, even chook! Delivery and pickup provided.

To participate, give Julie Wilkinson a call on 57905288 or email jwilkinson@baarrooka.com.au



Ooops - last month the following recipe was published in TT without the eggs - it has 4 eggs in it as well. It is reprinted below.

Zucchini Slice

- 1 onion, diced
- 2 medium zucchini's, grated
- 1 cup SR flour
- 4 eggs
- 1 cup grated cheese
- 2 tablespoons oil
- Salt and pepper

Combine all ingredients in an oven proof dish.

Cook at 180°C for about 40-50 minutes.

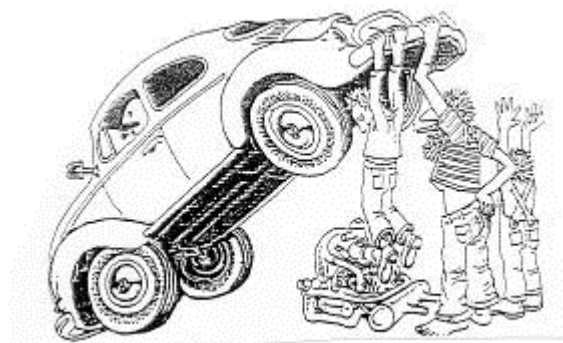
Cut into small piece and serve with a salad.



Basic Mechanical Repairs - all types of vehicles. Weekends only.

Ph Ted 57905364 (AH) or drop into the green shed in Main St Strathbogie.

Lawnmowers and ride-ons, Chainsaw sharpening etc.



STAG NEWS - The next meeting is Monday 14th April, 7.30pm. Strathbogie Hall. All are welcome to attend.

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