



also on-line at www.strathbogie.org

November 2011

BUSHFIRE SAFETY SESSION



ARE YOU FIRE READY?

CFA invites you to attend a free information session to learn about:

- ⇒ the bushfire risk in your area
- ⇒ fire Danger Ratings & what they mean for you
 - ⇒ warnings and how to receive them quickly
- ⇒ personal safety & how you can survive a bushfire

If you live here you are at risk of bushfire or grass fire. Be prepared and know what to do. Planning ahead can save you and your family from being killed by fire.

Strathbogie Rural Fire Brigade Will Be Holding A Fire Ready Victoria Meeting On:-

Date : Saturday 26th November 2011

Time : 10.00am - 11.30am

Venue : Strathbogie Memorial Hall – Main Street

For further information please contact Strathbogie Brigade Captain Eric Tame on 0427 878 179

You will have an opportunity to ask questions about bushfire safety and to talk to your local CFA.

STRATHBOGIE CUP

Melbourne Cup Luncheon at Strathbogie Golf Club Community get together for Tuesday 1st November 11.30am
 Tickets available at the Strathbogie Store, Golf Club and Euroa Shoe Shop

The Strathbogie Cup Horse Races, Fashions on the Field, Sweeps, Competitions, Raffles and more.....

Other drinks at bar prices ph: 57905291

What's on

November 1st— Melbourne Cup Lunch, Strathbogie Golf Club.

November 26th—10-11am CFA Community Fire Ready Victoria Meeting, Strathbogie Hall.

December 11th—12-2.00pm Strathbogie Landcare Picnic, Smiths Bridge

December 16th—5.30—7.30 pm Wetland Wandering—McCombes Rd, Strathbogie, Strathbogie Landcare

December 17th—10—12 am, Spring Creek Rd, Strathbogie, Strathbogie Landcare.

December 17th—5.30pm— Christmas on the Tableland, Strathbogie Rec Ground.

Every Second and Forth Sunday - Church service at Strathbogie Church - 11.30am

Every Sunday at 4pm - family soccer - at the Rec Ground (weather permitting)

Fortnightly in Spring - Guided Meditation—2nd and 4th Tuesday of the month—ph Julie 57905356

Every Wednesday - Material Girls - 10am - Rec Ground - BYO lunch. Newcomers welcome - Ph Jenny Walker 57905111 or Jill Smith 57905159

Every Wednesday -7.30pm Strathbogie Singing Group - St Andrews Church - Strathbogie (except in the School Holidays)
 ph Di Mackrell 57905241

Every Tuesday 2.00pm - Rosen Movement Marraweeney 57908589

AUSTRALIA DAY NOMINATION FORMS ARE DUE 18 November (see inside)

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57905349
- Chris Thomson
'Aberdeen'
57905340
- Ross Walker
Brookleigh Rd
57905111

Euroa Cinema

October 28th—30th
"Kung Fun Panda" (G)
November 5th—6th
"Footloose" (PG)
November 12th—13th
"Crazy Stupid Love" (M)
November 19th—20th
"Real Steel" (M)
November 26th—27th
"The Smurfs" (G)
December 3rd—4th
"Eye of the Storm" (MA 15+)



*Session times
Saturdays
8 pm
Sunday's
4 pm*

Tickets: \$9, children under school age free.



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NEED A BULL?? -

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Mobile Library date for Strathbogie

(every second Saturday, 9.30 - 12 noon) 29th October, 12th & 26th November.

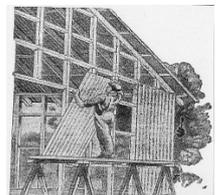
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Strathbogie Memorial Hall

Available for hire— \$70 with \$250 refundable deposit in case carpet cleaning is required. Bookings contact person is Kim Usher
Ph 5790 5345



Strathbogie Recreation Ground

All bookings are to be made with Kim Usher 57905345

Deadline - 22nd November. Email: tablelandtalk@gmail.com), ph 57905203, post PO Box 23 Strathbogie, or leave contributions at the store. The TT team.

Strathbogie Landcare Picnic

All Strathbogie Landcare members, family, friends and members of the community are warmly invited to a Landcare end-of-year Picnic at the Bridge to Bridge Reserve, Smith's Bridge.

When: Sunday 11th December

12.00 pm to 2.00 pm

BYO: picnic hamper and hot drinks, dessert plate to share (fruit, biscuits, cake etc), camp chair/rug to sit on. Our Landcare Group will supply refreshments, a lucky door prize!!, a ceremonial tree planting and group photo opportunity!

Please come along for a relaxing get-together, catch-up and chat. For more information, see the Landcare Notice Board, Main St, Strathbogie.



Wetland Wanderings

Strathbogie wetlands have been the focus of much attention in recent years, as healthy examples of this threatened habitat are now rare. These wetlands are home to bandicoots, sphagnum moss, migratory wading birds and some exquisite wildflowers.

Friday, Dec 16, 5.30 – 7.30 pm. Come for a late afternoon walk through a superb example of a several different wetland vegetation types, including fabulous sphagnum moss beds. Meet at the property of Chris & Tony Brell, 198 McCombs Rd, Strathbogie.

Dec 17, 10 am -12 pm. Not all our wetlands are dense and boggy. Join us on a wander through Robyn Betts' open marshland and tea-tree scrub.

Meet at Jaegar Alpacas, Spring Creek Rd, Strathbogie. See Landcare Noticeboard for more information. *This project is supported by the Strathbogie Ranges Conservation Management Network, through funding from the Australian Government's Caring for our Country Initiative.*



CARING
FOR
OUR
COUNTRY



Guided Meditation – what is it?

I had my first experience with Guided Meditation in High School, over 20 years ago now, I was amazed at how it made me feel, the freedom and joy it brought to me. I reflect on this experience now when someone asks me about meditation, and I realise that because I've been meditating for so long it has become second nature, so to put it into a few simple words seems to diminish how incredibly powerful and transformative I find it to be. So here is a "brief" description and some of the benefits that can come with a regular meditation practice. Guided Meditation is generally non-denominational and usually takes place in a group situation or an individual listening to a cd. A Guided Meditation Teacher takes the participant through a process of relaxation using guided imagery as a focus. As the teacher speaks, the participant's mind is given something to follow, allowing them to let go of the unwanted thoughts and stresses.

Any form of meditation has the benefit of stilling the mind, allowing the individual to come back to that quiet awareness, the stillness and peace that resides within all of us. This is the place where healing, creativity, manifestation and new journeys all begin. This is the place of nothingness and the place of infinite possibilities.

Scientific studies have shown that experienced meditators display changes in brainwave patterns and can move out of the stressed "Fight or flight mode" and into a more calm and peaceful mode, and maintain this mode more readily. The benefits of this of course are that our physical body has all the resources to do what it is built to do, to digest food, repair on a cellular level and maintain a homeostasis. If we operate mostly in the "fight or flight mode" then our physical body suffers and has limited time to digest food and repair.

Research has also shown that a regular meditation practice can benefit chronic pain sufferers, lower blood pressure, and support the meditator in maintaining a healthy mental state. Again, all of these results can be attributed to the fact that you are taking a moment out for you, a moment to sit quietly, a moment to let your body and mind relax and just let go.

My fortnightly Meditation Group is a wonderful way to introduce your mind to the Art of Meditation and experience at the very least a moment of peace. Come along and join us.

Dates 8th & 22nd Nov, and 6th Dec at 7pm.

Julie Bond-Rowe

Guided Meditation

with

Julie Bond-Rowe

NOW Fortnightly

2nd & 4th Tuesday of the month

25th Oct,

8th & 22nd Nov 2011

7pm, \$8 per 1 hour session

2122 Euroa-Strathbogie Road, Strathbogie.

For bookings please call Julie on 57905356

Silverbeet and Mushroom Pie

Ingredients (serves 6)

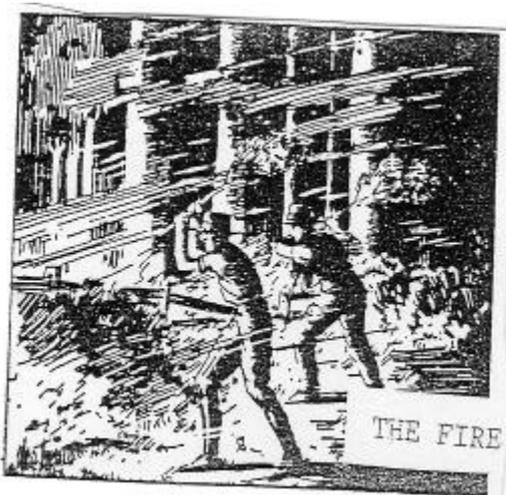
- 2 tbs olive oil
- 2 onions, finely sliced
- 3 cloves garlic, chopped
- 500g mushroom caps, thickly sliced
- 1 bunch silverbeet, roughly chopped
- Pinch nutmeg
- Salt & freshly ground black pepper
- 4 eggs
- 300ml lite thickened cream
- 1/2 cup grated reduced fat Swiss cheese



Method

Preheat oven to 180°C. Heat the olive oil in a large saucepan over a moderate heat. Saute the onion and garlic for 5 mins or until soft. Add the mushrooms and saute for another 2 mins. Add the silverbeet, nutmeg and season. Cover the saucepan and cook until the silverbeet wilts. Remove from the heat, stir the silverbeet through the mushrooms and drain any excess moisture.

Transfer the silverbeet mixture into a large 6 cup capacity baking dish. Whisk the eggs and cream together, season and stir through the grated cheese. Pour the egg mixture over the silverbeet mixture, swirl the egg mixture through the silverbeet using a fork. Bake the pie for 40 mins or until golden and set. Allow to cool slightly before slicing.



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BOOBS, BUSES AND BREAST SCREEN

In Violet Town, BreastScreen supports our local Community Health Service to run a Boob Bus to BreastScreen in Shepparton. Priority is given to women aged 50-69 years old.

The next 'Boob Bus' will be
Friday 18th November 2011

We only have limited seats on our bus, so you will need to be quick!

If you would like to book a seat please phone
Julie on 5736 6366

Hume Corridor Community Outreach Health Service

(a service of the
Violet Town Bush Nursing Centre)

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*"Discounted rates for Strathbogie Tableland
Landcare Group members!"*



STAG NEWS - On Monday 17th October, around 15 people attended the election of a new STAG committee. The STAG annual general meeting had been held 3 months previous, when most committee members resigned and not enough new people put their hands up to form a new committee. Thus a special general meeting was held with the sole purpose of electing the new committee. Outgoing members are Toni and Hugh Campbell, Helen Peters, David Jamieson and Kim Usher. Councillors Neil Murray and Malcolm Little were both in attendance and Cr Little chaired the election. Liz Scarfe, community development officer, took the minutes and assisted with facilitation of the new committee.

While we held our breath, and with a little juggling, a new committee took shape and is as follows:

Chairperson	Neil Barter
Secretary	Robyn Betts
Treasurer	Heather Cousland
General members	Ellen Conroy, Bertram Lobert and David Hamilton



You can see this is a fairly small committee (the minimum required is 5) so if you would like to participate in this committee please come along to the first meeting of the new committee to be held on Monday 7th November, 7.30PM at the hall.

Thanks to all who attended and special thanks to Liz for her help in facilitating new members. Thanks must also go to the outgoing committee members for their years of work for STAG - some having been involved since STAG's inception.

There was some discussion after the election (requested while we had 2 councillors present) about the current state of the rec ground committee and the hall committee.

H Cousland



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AUSTRALIA DAY NOMINATIONS - each year on January 26th, Strathbogie celebrates Australia Day.

Australia Day, 26 January, is the biggest day of celebration in the country and is observed as a public holiday in all states and territories.

On Australia Day we celebrate what's great about Australia and being Australian. It's a day to reflect on what we have achieved and what we can be proud of in our great nation.

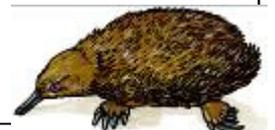
NOMINATIONS FOR AUSTRALIA DAY AWARDS 2012 ARE OPEN. It is with great excitement that we announce that the nominations for these prestigious awards are open!

The Strathbogie tableland community has the opportunity to nominate community members and organisations that deserve recognition for their efforts during the year. They can be nominated for either the Shire-wide awards or for your town or both.

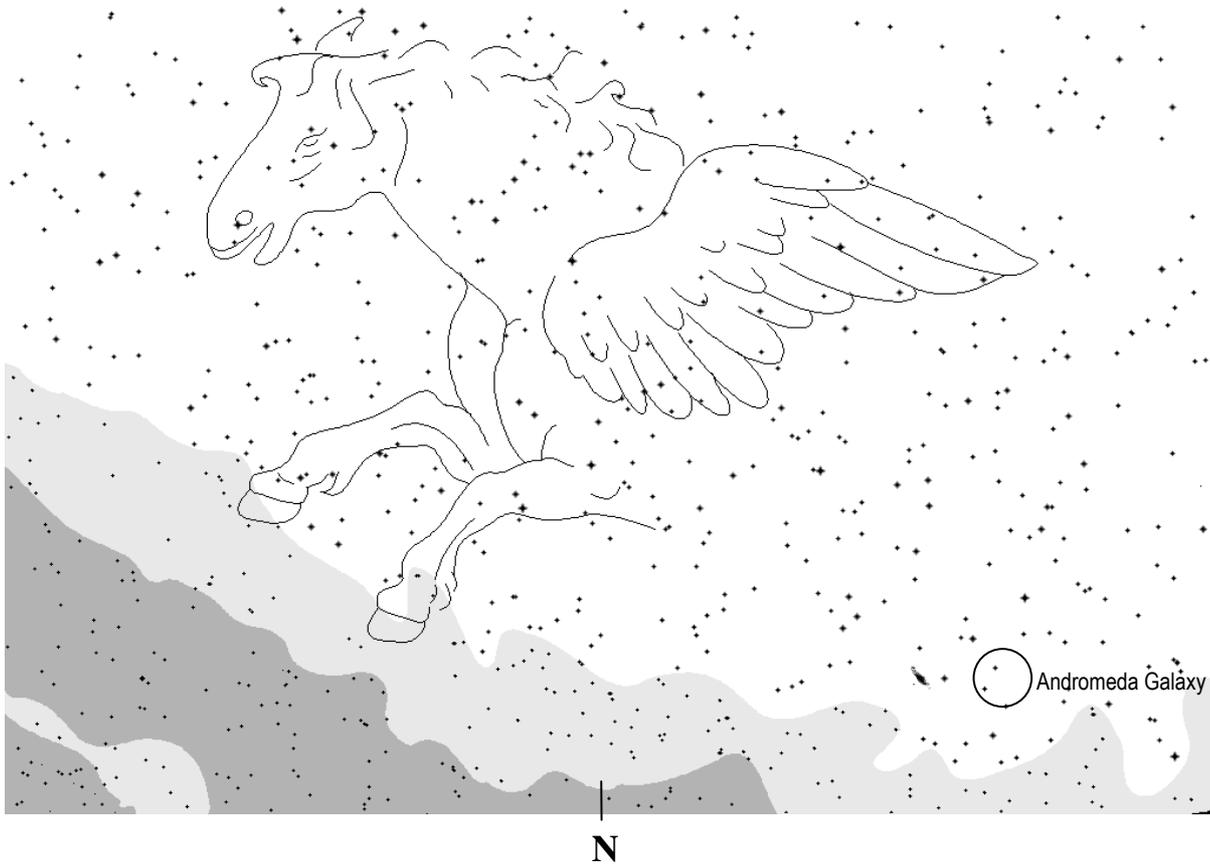
The awards include:- Citizen of the Year, Community Event of the Year, Community Organisation of the Year, Young Citizen of the Year (under 25), Junior Citizen of the Year (under 15 - This is a *New award in 2012*).

You can fill out the forms online at the Strathbogie Shire website - or pick up a form from the Strathbogie Store, the Shire Offices or contact Libby Webster on libby.webster@strathbogie.vic.gov.au or 5795 0000.

Nomination forms can be lodged at the Strathbogie Store, or at the Shire. Toni Down 57908543



Stargazing in Strathbogie



Pegasus, the Winged Horse, can be seen low in our northern sky after sunset. The main body comprises the distinctive Great Square, including the alpha star of Andromeda. In Greek mythology, Pegasus sprang from the blood of the Gorgon Medusa as she was be-headed by the hero Perseus

The Andromeda galaxy is a spiral galaxy similar in construction to our own. This time of year is the only chance we get to see it in Strathbogie, it appears as a fuzzy elliptical patch just above the horizon, and at a distance of 2.4 million light years it is the farthest object visible to the naked eye.

Information from Starlore handbook, Redshift (David Joyce)



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