Strathbogie Shire Response to COVID-19

I just want at this time to provide a brief update on Council's response to the coronavirus (COVID-19) pandemic.

I would point out that the only source of health information about the pandemic should be the Victorian Dept. of Health and Human Services at https://www.dhhs.vic.gov.au/coronavirus or telephone 1 300 650 172.

Over recent weeks Shire staff have implemented their contingency plan to maintain services during the pandemic. The focus is on core services (waste collection, maternal & child health, infrastructure maintenance, issuing of permits, public amenities) and organisation continuity/disaster recovery.

You will notice some changes in how the Shire operates as staff create more separation by working in distinct teams and through a reduction in face to face contact (for the safety of staff and residents). Wherever possible telephone and email should be the preferred method of communication.

All Shire advisory groups and community meetings have been suspended. Council will continue to meet but will use government guidelines for social distancing. Council meetings will be livestreamed.

Shire volunteers are often in the population group with highest risk in our community. Programs using volunteers have been suspended and this results in the closure of the Euroa Cinema and the Visitor Information Centres in Euroa and Nagambie. The libraries are also closed. The Shire's customer service is open but, as mentioned, face to face contact is discouraged.

Shire staff have checked that community members on the Shire's Vulnerable Person Register are being supported by home health service providers. It is my understanding that from 30 March the Department of Health & Human Services will be opening a COVID-19 hotline where people in self-isolation, and who cannot be helped by family or friends, can register for assistance with the delivery of supplies. Thanks also to community members who have volunteered to provide this type of service.

Major events across the Shire have been cancelled or postponed in line with government requirements.

It goes without saying that this pandemic is going to have very significant health, social and economic consequences for our area.

It's a constantly evolving situation and we'll all need resolve, compassion, kindness and cooperation to get through.

Please social distance, wash hands frequently and stay at home if you are unwell.

Best wishes,

If you have any questions or concerns regarding Council matters, please feel free to contact me at <u>Alistair.Thomson@strathbogie.vic.gov.au</u> or on 0427 335 766.

Please note that the comments in this article are my own as Ward Councillor and should not be taken as the official view of Strathbogie Shire Council.

See more on covid-19 from Steph Ryan MLA for Euroa page 3.

What's On

Mar 21 - April 17 - Honeysuckle Art Exhibition cancelled. See p11

Public Gatherings by Community Groups are Currently Prohibited.

Please contact each organiser to check for future arrangements.

Every Third Monday - 7.30pm STAG meet at Strathbogie Hall. Helen Peters, Secretary.

Every Second Tuesday of the month - Strathbogie Memorial Hall Committee meets 6pm in the Hall. Eng Mary Wynne 0448 220 014

Every Wednesday - Material Girls - usual times 10am - Rec Ground - BYO lunch. Newcomers welcome Ph: Jill Smith 5790 5159.

Every Wednesday - 7.30pm Strathbogie Singing Group -St Andrews Church - Strathbogie (except in School Holidays) Ph: Di Mackrell 5790 5241

Every Second Month - Strathbogie Landcare first Sunday 9-11am Contact Sean 0400 019 607

Every Second and Fourth Sunday
- Church service at St Andrews
Church - Strathbogie 11.00am

First Wednesday of the month - 1.30pm Strathbogie Garden Group. Contact Wendy 5790 8523

Every Fourth Saturday of the month - Australian Plants Society Group meeting Pete 0402 882 959

Every Third Sunday of the month - 4pm Strathbogie Community of Food Finders at the Recreation Ground

Every Thursday night - Strathbogie Recreation Ground. 6-8pm pizza & drinks

Swanpool CINEMA

Closed until further notice

Tickets \$13.50/\$11 www.swanpoolcinema.com.au

Euroa Cinema

Closed until further notice

To receive a weekly email update, send your details to: euroa.cinema@strathbogie.vic

Tickets \$10, pre-schoolers free.

For information regarding the Violet Town Village Voice or to get an emailed copy each month contact Abbey Ferguson at village.voice@yahoo.com Read it online at www.violettown.org.au

Support Strathbogie Landcare agricultural & conservation projects

Membership is \$10 per household. This gives you access to Landcare magazine, subsidised rabbit & blackberry control, seedling purchases & community projects. Simply deposit \$10 into the Strathbogie Tableland Landcare account: BSB 803 078 Acc 100081991 with your name as reference or contact Secretary Sean Mathews for a membership form snmthws@bigpond.com

Do you need a

Justice of the Peace?

Chris Thomson 'Aberdeen' 5790 5340

Boho South Hall Available for hire. Bookings contact: Margaret Mactier Ph 5790 8544

Got something to sav? Send us a

Letter to the Editor

Tableland Talk advertising rates to decrease.

In light of the current impact on businesses of the COVID-19 pandemic, the Tableland Talk Communications sub Committee has decided to return advertising prices to previous rates.

Free community event advertising is at no cost. Business advertisements are charged at \$7 per issue for our usual size, or \$12 per issue for a third to half page. Exact size and placement are at the Editor's discretion.

We hope this gesture will be of some assistance to local businesses for continuing to promote their services to our community.

The TT Team.

Check YOUR Local Event Doesn't Clash With ANOTHER Local Event.

Do you want to get the most people to your planned local event? Is your local event going to clash with another local event? Ask Tableland Talk. Many local events are promoted through our local Newsletter.

If you want to find out if another event is being promoted on a date you are planning for, get in touch.

We will tell you if another local event has already been promoted on the same day /time: tablelandtalk@gmail.com m: 0400 019 607

GoFish Cancelled

"It turns out that even GoFish Nagambie is not immune to the Coronavirus. With deepest regret we are forced to announce the postponement of the April 2020 Competition and Festival," Rod Lockwood, CEO GoFish Nagambie, said in a statement. "Everyone in our GoFish team is heartbroken by this turn of events."

Tableland Talk is a community newsletter run by a volunteer group.

This newsletter is entirely made up of contributions. Contributions to this newsletter are published as a forum for public discussion.

The opinions expressed are the opinions of the contributors and not necessarily the opinions of the TT Team. By publishing contributions this newsletter does not give its authority to the truth or validity of the material contained in contributions.

Readers are reminded that all contributions MUST be submitted with the name and address of the writer.

We would appreciate it if all invoices for advertising are paid in full, and promptly - we have to pay for the photocopying.

The TT Team

Mobile Library

Dates for Strathbogie:

(every 2nd Saturday) 9.30 - 12 noon

> Closed until further notice



Strathbogie Memorial Hall

Available for hire— \$150 with \$250 refundable deposit in case carpet cleaning is required. Bookings contact person is Mary Wynne Ph 0448 220 014

Strathbogie Recreation Ground

All bookings are to be made with Kim Usher 5790 5345

The Deadline for the May edition of Tableland Talk is Monday April 27, 2020. e: tablelandtalk@gmail.com, m: 0400 019 607, or via Strathbogie PO / Store. Preferred formats: Word or Publisher Files, Arial font 11, convert pdf to jpeg, images <250k. The TT team.

Covid-19 Information from Steph Ryan MLA

Screening and assessment clinics have been established at Goulburn Valley Health, Bendigo Health and the Northern Hospital, Epping. Benalla Health has also established a clinic out the front of the hospital which is operating between 1.30pm and 3.30pm each day. If you think you have COVID-19, the hotline is still the first port of call: 1800 675 398

PLEASE SHOP LOCAL!

The economic challenge caused by coronavirus is enormous. It is vital that we shop locally wherever possible. Small businesses create local jobs, and will be called on to sponsor local sports clubs and community groups. Support them any way you can.

I am aware that some of our supermarkets have been swamped in recent days by people coming from outside our region. I have asked the Victorian Government to look at measures to stop this from happening but in the meantime I want to stress that there is no need to panic buy. The vast majority of the food we consume is grown and produced in Australia (and we have 3 toilet paper manufacturers!). Our supermarkets are working hard to keep up with demand.

BUSINESS & HOUSEHOLD SUPPORT

The Federal Government has announced a stimulus packages. Search these titles:

Cashflow Assistance for Business

Support for Business Investment

Stimulus Payments to Households to Support Growth

COVID-19: IDENTIFYING THE SYMPTOMS



SYMPTOMS	i	COVID-19 Symptoms range from mild	Gradual onset of symptoms	FLU Abrupt onset of symptoms	
Fever	()	Common	Rare	Common	
Cough		Common	Common	Common	
Sore Throat		Sometimes	Common	Common	
Shortness of Breath		Sometimes	No	No	
Fatigue		Sometimes	Sometimes	Common	
Aches & Pains		Sometimes	No	Common	
Headaches	(*)	Sometimes	Common	Common	
Runny or Stuffy Nose		Sometimes	Common	Sometimes	
Diarrhea		Rare	No	Sometimes, especially for children	
Sneezing		No	Common	No	

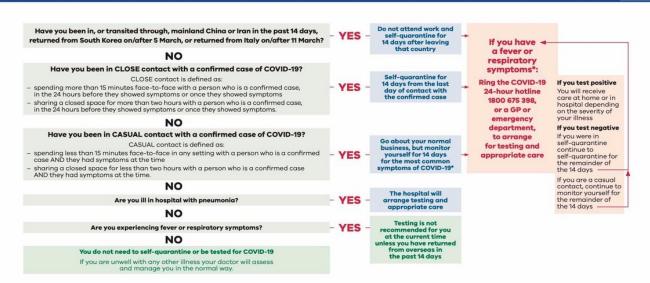
TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.







Self-assessment for risk of coronavirus (COVID-19)



Additional information for healthcare workers and residential care workers

In addition to the above steps, the following information applies to healthcare workers and residential care workers who have direct contact with patients or residents.

If you have an influenza-like illness, which is a fever above 37.5 and symptoms of an acute respiratory infection (shortness of breath, cough, coryza and/or sore throat):

do not go to work

- ring the COVID-19, 24-hour hotline 1800 675 398, or a GP or emergency department, to arrange for testing and appropriate care

If you test negative you can return to work when well, at the direction of your treating doctor.

A healthcare worker who has worn appropriate personal protective equipment while treating a patient does not become a close contact as a result of that care They may be a casual contact as a result of that care so should monitor themself for 14 days.



^{*}The most common symptoms of COVID-19 are fever, cough, shortness of breath, muscle pain and fatigue



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The Bogie Tree

The Bogie Tree is our unofficial Strathbogie Tableland bush telegraph. It is an email list based on Google Groups and covers a fair percentage of the Tableland population and friends (both transient and permanent). Through this, we practice civil sharing of the following types of information:

- · Lifts / rides / car shares
- Requests for assistance
- · Offers of assistance
- Local job advertisements
- Lost / missing animals or people!
- Announcements of social activities / get-togethers
- Fire sightings / road washouts
- Any other thing you might want to contact other Tablelanders about
- Information on your local business or service

To learn more or join the Bogie Tree, please send an email to Johnno on strathbogan@bigpond.com or call on 0439 818 366

Advertising Rates - Advertisements for revenue raising or businesses are charged at a rate of up to \$7 per issue for our usual size, or \$12 per issue for a third to half page. Exact size and placement is at the discretion of the Editor. Rates are very reasonable. Free community event advertising is at no cost. Advertising solely funds this newsletter. For more information, email: tablelandtalk@gmail.com or phone 0400 019 607. Please support our advertisers.

The Name Game: EBB

Kangaroo, Koala, Pademelon, Quokka, Bandicoot ... all indigenous names for indigenous Australian animals? Not quite. The odd one out is <u>Bandicoot</u>, which is a corruption of Pandikokku, the Telugu (Indian) name for a large species of rat. Early settlers apparently found some of the bandicoots (of which three species survive in Victoria) rat-like. The generic name of the EBB (Eastern Barred Bandicoot) is however *Perameles*, from Latin *pera*, pouch, and Latin *meles*, badger. More like a small badger than a large rat, then? Perhaps, but the connection may be that bandicoots, like badgers, are diggers and burrowers. They feed largely on worms, grubs and other insects: they dig for their dinner.



It hardly needs saying, of course, that bandicoots (marsupials) are not closely related to either rats or badgers (placental mammals).

EBB might be seen as a curiously apt acronym for a declining (or ebbing) species, but a very large amount of effort has been invested in trying to drag it back from the brink of extinction by captive breeding and establishment of new populations in suitable habitats. One such site is Churchill Island in Western Port, on which 20 captive-bred EBBs were released in 2015. With foxes having been eradicated from the island, by 2017 the number of bandicoots had grown to 130 – they're fast breeders with a very short gestation period. This happy circumstance gave the opportunity for a team of inquiring zoo and university biologists to explore a question which might also have occurred to you by now. It's obvious what the outcome of digging is for the EBB – food! – but what effects might it be having on the environment in general? Careful quantitative study produced the startling result that each bandicoot on the island made about 500 digs every night, turning over some 13 kg of soil per night, or about 4.8 tonnes per year. That's not a bad achievement for an animal weighing less than 1 kg!

Why is this significant? Simply because some of the incidental consequences of such burrowing activities are reduced soil compaction, incorporation of organic matter, improved soil condition and water penetration, and even reduction of fire risk through burial of plant material. If you remind yourself that the EBB used to be widespread and common right across the western Victorian grasslands, you get some sense of the degradation of habitat quality brought about by its near-demise.

If you'd like to read a fuller account of this revealing study, go to:

https://theconversation.com/one-little-bandicoot-can-dig-up-an-elephants-worth-of-soil-a-year-and-our-ecosystem-loves-it-132266 Angus Martin

DIRECTIONS FOR USE OF STRATHBOGIE DIESEL FUEL SUPPLY

If Using a Debit or Credit Card - Always follow the Prompts on Large Screen

Step 1	Make sure emergency stop button has		
•	NOT been activated.		
	(If in doubt, turn red button anti-		
	clockwise and press "Reset" button)		

Step 2 Tap or insert card

Step 3 On large key pad enter dollar value of purchase and press enter – if you enter an amount in excess of what your vehicle will take, the outstanding balance will automatically be credited back to your account

Step 4 On small key pad

a) select account to be debited
b) insert pin number

c) press enter

Step 5 Remove card

Step 6 Pick up nozzle and put fuel in vehicle
Step 7 When finished fueling your vehicle.

return nozzle

Step 8 Tap or insert card again and press "Print" to produce a receipt

If an Account Holder

Step 1	Check emergency "stop" button
Step 2	Tap your account token
Step 3	Put pin number into top key pad and press enter
Step 4	Fill vehicle and return nozzle to holder
Step 5	Tap token and press "Print" for a





receipt.





Fourteen years on ...

By Donmil

Confession: this is a repeat. It first appeared in June 2006, at the height of the Millennium Drought, when Donmil was speculating that some young children might never previously have heard the sound of rain on the roof. In Donmil's opinion the 5th-6th March 2020 downpour warrants the re-run.

Mummy! What's that awful sound? – Pounding through my brain! Hush hush, my child, just welcome it:

It's something we call "rain".

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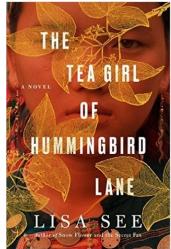
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New Councillor Elected for Strathbogie Shire

Chris Raeburn is Honeysuckle Creek Ward's new representative on Strathbogie Shire Council, after a by-election was held to fill an extraordinary vacancy. Chris Raeburn was among five candidates standing for the by-election, and he will represent Honeysuckle Creek Ward on Strathbogie Shire Council until the next general council election in October 2020.

The Returning Officer, Christine Chadwick, declared the result at 5.30 pm on Friday 27 March at the Old Emergency Control Centre, 1A Bury Street, Euroa. The extraordinary vacancy arose due to the resignation of Kate Stothers. For a full listing of results, please visit <u>vec.vic.gov.au</u>

The Bookshelf – notes from the Bohomians Bookclub



The Tea Girl of Hummingbird Lane by Lisa See, Scribner, 2017

This is a big, ambitious novel. Locating itself primarily in the mountainous Nannuo region of Yunnan province in southwest China, it relates the journey of a young woman from the ethnic hill tribe – the Akha, whose livelihood is derived from the harvesting and production of tea. Li-Yan is clearly a feisty girl, who finds the strictures of her tribe difficult to follow to the letter. She is forced to flee when she becomes pregnant out of wedlock and the adoption of her baby girl, Yan-Yeh, by an American couple sets up the structure for the novel to explore many weighty issues: identity; loss of culture; the impact of Western 'progress' on remote hill tribes; the vagaries of inter-country adoption; the fall-out from Mao's Cultural Revolution; the incredibly lucrative Pu'er tea industry in both China and the US – an ambitious project indeed, and one I personally feel stretches the novel to its credible limits. As a result, the weaving of all these strands cannot help but seem contrived at times but, for all that, the author has clearly done her homework; the historical and cultural detail of the novel is drawn from ethnographic and anthropologic sources, and

interviews with adoptive parents and adoptees. The reader comes away a little dazed by the miles travelled, but much more informed about the arcane world of tea, its specialties and its devotees, as well as the fascinating culture of the Akha hill tribes.

<u>About the author</u>: In her bestselling novel, *On Gold Mountain* (1995), Lisa See chronicles the settlement of her Chinese American family in Los Angeles. She is the author of many bestselling novels – romance, mystery and literary and historical fiction, most of which explore themes from her Chinese ancestry. Lisa See has also received awards from a number of organisations in the US – the Organization of Chinese American Women and the Chinese American Museum Historymakers.

April's book: The Erratics by Vicki Laveau-Harvie, Finch Publishing, 2018

Winner of the 2019 Stella Prize

Old tyres – a fire hazard you can remove without burning

Ruth Fluhr

EPA VICTORIA

Environment Protection Authority Victoria (EPA) says with weather easing and fire restrictions lifted in some areas, farmers conducting hazard reduction burns should also consider removing any stacks of old tyres on their land.

EPA North East Region Manager Renee Palmer says a pile of waste tyres is a fire hazard and a threat to the environment. "A stack of waste tyres is a pile of chemicals waiting to burn; it doesn't catch fire easily but if it is overrun by fire it will generate toxic smoke, and burning tyres can be very difficult to extinguish."

Any abandoned stockpile of waste tyres is also an environmental hazard; providing a breeding ground for vermin while the tyres begin to decay and contaminate the soil and groundwater. "Past practices of using old tyres to contain soil erosion or around newly planted trees are no longer accepted, and it's illegal to burn or just dump them," Ms Palmer said.

EPA's website has good advice on how tyres can be used on farm land or other private property, at: www.epa.vic.gov.au/-/media/epa/files/publications/1652.pdf . The tyre stockpile regulations are also available online, at: ref.epa.vic.gov.au/business-and-industry/guidelines/waste-guidance/storage-of-waste-tyres-in-victoria . If you suspect someone is illegally stockpiling or dumping waste tyres, contact EPA's 24-hour pollution hotline on 1300 EPA VIC (1300 372 842) – the offenders can face a fine of more than \$8,000, or hundreds of thousands if the case goes to court.



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https://www.ada.org.au/Find-a-Dentist to search for clinics that remain open. Please stay safe.

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- ✓ Can also use your implements with our tractor Cat 2 3PL or Euro FEL

Flat rate of \$38.50 incl GST per hour (\$35 + GST), including all fuel and tractor transit time to/from Tames Road (southeast end) @ 40km/h max travel speed.

✓ Other rural services also available (chainsawing, fencing, etc.)...same hourly rate but without transit costs – if we do it on our farm we can do it on yours!

Call Big Clarkey on 0406 074 019 or Julie/Clark on 5790 5226 to discuss!

STRATHBOGIE TABLELAND ACTION GROUP INC.

Committee Changes

Daryl Wynne has resigned from the committee for health reasons. His contribution, particularly in relation to organisation of First Aid, has been greatly appreciated and the committee wishes him well.

Following discussion at the Community Engagement Day, we are delighted to welcome Stuart Bridgman and Kathi Handasyde to the committee.

It is anticipated that STAG issues will need to be discussed by email in the foreseeable future. Input from the community is welcome.

Sub-Committee Reports

STAG has three sub-committees, all of which have been busy.

- a) Communications (which manages Tableland Talk, community website and bogie-tree)
- to cover increased printing costs, it was decided to increase the fee for advertising in Tableland Talk. However, given the current situation and the effect this would have on small businesses which are already suffering, fees will remain unchanged;
- John Hooper has returned to assist with the significant updates required on the website;
- John O'Brien is seeking assistance for both administration and moderator roles for bogie-tree.
- b) Roads there is still considerable concern re the timing of spraying roadside shoulders for summer annual weeds and discussion with Council is ongoing.
- c) Emergency (established after Black Saturday, this sub-committee has previously focused on bushfires). The sub-committee is providing full support to Sim Ayres initiative to establish a group of residents to provide assistance to members of the community during the current pandemic.

Helen Peters, Secretary

Joke of the Month



Two Psychiatrists pass in a corridor.

"Good morning," says the first.

The second walked on asking himself.

"I wonder what he meant by that?"

Adams & Newell, The Penguin Book of Australian Jokes

Violet Town RSL Sub - Branch

Another month gone and what a change! From bush fires to COVID-19.



We were so excited, looking forward to Easter, ANZAC DAY, the football, etc.

Still some things don't change. Our number one priority is still providing support to veterans and their families. Selling ANZAC BADGES helps us do just that.

Our sincere thanks must go to PAM at the Strathbogie Store. She has taken on a box of ANZAC BADGES, PENS, ETC. to help us achieve our number one priority.

ANZAC DAY has not been cancelled, it has just changed. We will be able to participate via TV or radio. The Dawn Service and the laying of wreaths will go ahead and the Last Post will be played. However, Service people and the Public will NOT be allowed to attend.

There will be NO Services at local RSL Sub-Branches. Let's walk outside turn up the radio or TV, STAND TO and observe a minute of silence in respect for our Veterans.

If your able to snap a picture and share it on social media.

If you know of any veterans that may need support please don't hesitate to contact me on 57908501 or via email dualbrook@hotmail.com

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John Ryan

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Probus and St Attracta's, Violet Town

Violet Town Probus and St Attracta's have closed their doors till the current situation with COVID-19 changes. You will be advised when the doors will reopen.

Both groups wish you and yours a safe and happy Easter.

John Ryan

Strathbogie Shire Community Grants Program 2020-2021 Now Open

We are excited to announce the opening of the 2020-2021 Community Grants Program.

Grants will open Monday 16th March at 9.00am and will close at 5pm April 24th 2020.

It is strongly recommended that if you are applying for a Community Grant, that at least two representatives from your group attend one of the scheduled Information sessions to support the application process. Particularly if you have never applied for a Community Grant before.

Additionally, individual appointments will be available between Monday 6th April and Thursday 9th April. To arrange an appointment please call Melanie Likos or Deb Ellis on 5795 0000 or 1800 065 993. Alternatively, you can email info@strathbogie.vic.gov.au

For more information regarding the Community Grants program please visit our website at the following link:

https://www.strathbogie.vic.gov.au/community/community-funding/community-grants-program

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NEW VEHICLE SERVICING









As schools are closed indefinitely and children and parents are advised to stay at home, all the usual activities to keep an active child occupied have become severely limited.

With this in mind, Polly has come up with some helpful hints to help parents and grandparents keep children entertained whilst they are at home. None of these activities involves any screen time.



Sock puppets can be easily made with 3 buttons sewn on for eyes and mouth.

Learning to sew on a button can also be a very useful thing to know for the rest of a child's life. Several sock puppets can

lead to many fun times involving the whole family as favourite stories or new ones created are acted out.

Charades is an old game but also can be lots of fun as one person at a time acts out a word, sentence, song title or whatever comes to the imagination. The audience then tries to guess what the word or sentence is. The person who guesses correctly gets the next turn.

Another good game which helps to improve the memory is Kim's game where a number of different articles are placed on a tray and shown to the audience for a brief time. The number of articles and the length of time depends on the age of the child. The audience then try to remember as many articles as possible and these can be written down or remembered if the child is young. The tray is then revealed to see who has remembered the most articles. This can be played several times with the objects being changed or added to each time.

Cardboard boxes make wonderful houses and can assist a child's creativity. Then an indoor picnic

can be enjoyed in the "new house".



Card games like Snap, Fish and Old Maid where one card is selected as the one that no one wants. Maybe a new name for this game is needed too as this one would no longer be

PC. (Ask your Grandma if you don't know how to play these games.)

Continued next column ...

Playdough can be easily made with flour, water and oil provided there is some back on the shelves again! All you need is 2 cups plain flour, 2 teaspoons of cooking oil, 2 teaspoons cream of tartar, 1 cup salt, 2 cups water, food colour. Mix all together and stir over heat for 3-5 mins. This keeps quite well in an airtight container for a few weeks.

Finally cooking some yummy treats can be enjoyed with an adult like honey joys and cup cakes, and of course for the adults, a very well-earned cup of tea.

Pollv

In these hard times, please think about this.



Some people use humour to cope, others are offended by it.

Some people can remote work, others cannot.

People are panic buying in supermarkets and panic selling on stock markets.

Some people are losing their jobs, some their companies, some their super and some their minds as they grapple with full time parenting.

Everybody is responding to this in different ways, and we have to show tolerance to how they cope.

The world doesn't just need strong leadership, it needs strong networks.

Social Distancing, the most important term we've never heard before, is for the body, not the brain and not the heart.

Pick up the phone twice as much as you used to – call your friends, your family, your colleagues and your clients.

Stay connected – they need you, and whether you know it or not, you need them.

Attributable to Cameron Douglas via Johnno

Quiz Question of the Month

What were Ned Kelly's last words reported to have been?





Expressions of Interest - Tracks & Trails Upgrades

Strathbogie Shire Council is seeking Expressions of Interest from suitably experienced contractors to assist with upgrading works on various multi-use tracks and trails throughout the municipality.

These works relate to Council's drought recovery initiatives funded through the Australian Government's Drought Communities Programme.

The funding is targeted to stimulate local community spending, use local resources, businesses and suppliers and provide long-lasting benefit to communities.

The works generally involve the upgrading of tracks and trails surfaces, clearing, minor works to improve accessibility and the installation of supplied interpretive and directional signage.

It is important to note that this work involves the supply and use of hand tools, power tools, manual and mechanical materials placement capacity (such as gravel, stone rock, timber) and specialised machinery able to access and work on narrow and remote tracks and trails with minimal track and vegetation impact.

Demonstrated knowledge and experience of previous works on tracks and trails would be highly advantageous.

Responses to Expressions of Interest must include, at minimum:

- A detailed list of relevant tools and machinery with hour and day rates where applicable
- Hour and day labour rates
- Responses could also include:
- Demonstrated experience and knowledge of previous works on tracks and trails
- Any training/certificates undertaken relevant to tracks and trails type works
- Any partnering propositions with other contractors to deliver works

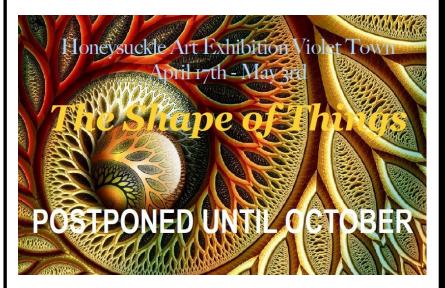
Council may engage one or more contractors to work on various sites. The lowest or any Expression of Interest may not necessarily be accepted.

Expressions of Interest will be received until 4.00pm on Thursday 16 April 2020 endorsed with Contract No. 19/20-41 Water Infrastructure Project - Tracks & Trails Upgrades.

<u>Submissions must be made via TenderSearch www.tendersearch.com.au/</u> strathbogie.

Julie Salomon
Chief Executive Officer





The HAC 2020 Honeysuckle Art Exhibition "The Shape of Things", has had to be **postponed** along with so many other great community activities. The HAC team thanks those artists who have submitted their entry forms already and would like to assure them that we will hold the Art Exhibition as soon as is possible when public gatherings are again safe. At present we hope that this might be in early October. We will keep the theme "The Shape of Things" so that any work already underway will still be able to be entered. Thanks to everyone who has supported us so far.

The Honeysuckle Arts Collective (HAC) team

Letter to the Editor

This message comes with permission from the author, New Zealand Dressage Trainer Nicola Smith, via Strathbogie's Alice Wells. Alice hopes it might be helpful to some people out there who are struggling in the challenging times we are experiencing at the moment.

I'd like to paint a picture for you. Bear with me as I do as I hope it will help give you a better understanding of how you can achieve your goals.

Imagine two rooms. The first room is full of sick people, everyone has the cold and flu, coughing and sneezing away. When you are taking care of your wellness, through good sleep, quality food, movement and have a strong immune system you seem to be able to bounce those colds and flu's away from you and walk out of that room not being affected. However, when you are tired, run down, not eating correctly and overstressed you walk into that room and catch the first virus or flu that hits you.

Now let's walk into our second room, this room is full of negative people. There's a negative vibe, negative ideas, discussions, and thoughts all bouncing around from one person to the next. When you walk into that room feeling deflated, exhausted, overwhelmed, stressed and generally lost about what you a doing, you let those thoughts and ideas in that room catch onto you. You settle into that room and you get involved and you hang out there for a long time feeling comfortably distracted from your reality. However, if you have a strong sense of purpose, know what your goals are, where your heading and you work consistently on your mindset, you walk into that room and that negativity can bounce away from you, like those cold and flu in a body that's well.

Negativity and thoughts are often external. We can catch them from environments in which we place ourselves. We will always come across those environments as it's difficult to avoid them completely. However, if you build your physical wellness so it has a strong and resilient immune system, as well as your mental wellness and avoid being drawn into negativity and walking through those sorts of doors as minimally as possible you are setting yourself up for success. Both mental and physical wellness are a daily practice, consistency and creating environments every day and nurture these things. When we don't and we dig ourselves into deep holes of unwellness, whether it's physical or mental, it's so much harder to climb yourself out when that hole keeps getting bigger.

So how do we build more mindset wellness?

I define happiness as "being content with who you are, what you have and where you are heading". It's about being grateful for how far you have come, what you have done and knowing the path you are heading on. Without this clarity, we drift, we wonder, we get frustrated and annoyed with life in general. A clear roadmap, allows us to drive distraction-free and get to our destination and enjoy the journey. Being positive and grateful isn't something you do on occasion. If you want to foster that mindset wellness, it's consistency, working at it like any other muscle and having that on repeat. Creating lifestyle and habits that make that simpler and being really careful about the environments and the people in which you choose to place yourself around consistency. Having strategies in place that can pull you out of trouble quickly and get you back on your path to success. Here are some steps to help you bring more focus to your wellness.

- •Show gratitude for where you are at right now.
- •Set goals about what you are wanting to achieve and put actionable steps in place to help you achieve those goals.
- •Understand you are in control of what you want to achieve, no one else.
- •Surround yourself with people who support your vision.
- •Remind yourself daily of what your goals are and the path you are on.
- •Get advice from people who can help you reach your goals.
- Continue to learn and grow.
- •Become ridiculously passionate about something you love, immerse yourself into that.
- •Let go of the past, focus on the future and present.
- •Stay positive and be the positive influence for others around you.
- Back yourself 100%!
- Repeat daily

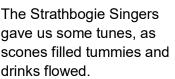
via Alice Wells

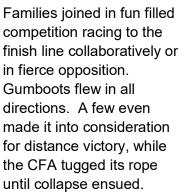
And a Great Day was had by All: Strathbogie Community Engagement Day

Well, we sure did gather to share our community spirit and expand our knowledge of community groups on the Tableland. In fact, around 200 of us walked and talked amongst 19 well presented gazebos,



displaying the outputs of community groups and providing the opportunity to learn more directly from group representatives.





Sean Mathews





Quiz Answer: "Ah well, I suppose it has come to this." His last words are often written as being the much more romantic "Such is life." Ned Kelly was convicted of murder and hanged on November 11, 1880 in the Old Melbourne Gaol.

Recipe of the Month

For ANZAC Day, you must have ANZAC biscuits

Ingredients:

- 125g butter
- 2 tbs golden syrup
- 1 tsp baking soda
- 1 tbs hot water
- 1/2 cup coconut
- 1/2 cup sugar
- 1 cup rolled oats
- 2/4 and flam
- 3/4 cup flour

Method:

Melt butter and golden syrup in a saucepan large enough to hold all ingredients. Cool slightly. Dissolve the baking soda in the hot water and add to the saucepan with the coconut, sugar, oats and flour. Mix well. Place rounded tablespoons of mixture on a lined over tray, allowing room for spreading. Bake for 15 minutes or until golden.

Peranbin Primary College, Delish: Our Family Favourites 2012



SPINNER

¹ D	Е	С	А	N	Т	S
² C	0	N	1	С	Α	L
3	Ν	N	1	N	G	S
⁴ S	Е	С	U	R	Е	D
⁵ B	R	А	1	L	L	Е
61	N	Т	R	U	D	Е
⁷ C	L	1	Е	N	Т	S

Use the same letters, but give them a spin and try to make seven new seven-letter words that read across the grid so that the centre column reading down also spells out a word.

