

# YOUR VILLAGE VOICE

is produced monthly by the editorial board of the Violet Town Action Group.

**Coordinator: Terry Frewin ph. 5790 8635**

*Please Note that opinions expressed in articles & letters etc. in the Village Voice are not necessarily those of the editorial board & VTAG.*

Articles to be in the box at Delahey's Supermarket by the 20th of each month, or may be posted to R.M.B. 3061, Violet Town 3669, OR emailed to Terry at 2frews@mcmedia.com.au. If the 20th falls on a Sunday, then there will be a final pick up from the boxes on the following Monday.

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Violet Town Action Group,

C/- RMB 3061, Violet Town 3669.

## TIP OPENING HOURS

Saturday, Tuesday & Friday 8.30am to 12 noon

Wednesday & Thursday 1.00pm to 4.00pm

Sunday 10.00am to 3.00pm

MARKET COORDINATOR: Chris Coles 0416 233 584

CREDIT UNION OPENING HOURS: Phone 5798 1761

Tuesday 9.30am to 1.30pm

Friday 12.30pm to 5.00pm

HREP PROJECT WORKER: Robin Landvogt 57981 335

COMMUNITY HOUSE: 5798 1288 (other times leave message)

Monday 1-5; Tuesday 10-5; Wednesday 10-1 (emergency contact 0417 166 824)

# what's on in August

31 July Community Planting Day

1 Red Cross meets

1 Probus meets

3 VTAG meets

4 Diabetes Education course

4 Senior Citizens meet

5 'Cuppa for Kaye'

7 Seed Savers

12 RSL meets

13 Market Day

13 Fishladder Theatre

14 Babblor planting day at Errey's

14 Sculpture working bee

15 Garden Club meets

19 Euroa Garden Club seminar

21 Band Extravaganza

25 VTBNC Ladies Auxiliary meets

29 70's + luncheon

30 70's + luncheon

# date grabbers

October 8 Steam train market

8 day Rosen Intensive 19—26 Nov.

# Violet Town Village Voice

August 2005

Postage Paid

"Priceless"

No. 284

# "IT'S MY PARTY (and I'll die if I want to)"



BY: ELIZABETH COLEMAN

(author of "Secret Bridesmaids' Business")

PERFORMED BY: FISHLADDER THEATRE COMPANY

AT: THE PARISH PERFUMERY,

35 Primrose Street, Violet Town

ON: AUGUST 13<sup>th</sup>, 2005 at 8.00 pm

\$12 adult, \$10 concession, \$8 groups of 10 or more

For bookings, phone 5762 4672

Also 2 nights still to run at BPACC, Benalla

Fri 29 & Sat 30 July (bookings 5760 4529)

Also playing Cheshunt Friday 5 Aug. (5729 8265)

& Mansfield Friday 12 August



# A Band Extravaganza

will be held at the Community Complex Hall, Violet Town on Sunday the 21<sup>st</sup> of August commencing at 2.00 pm.

The entertainment will be provided by the Benalla Rose City Band, Mitchell Shire Concert Band and the Euroa Citizens Band

**LAST REMINDER OF SUBS DUE FOR V.V. POSTAGE**

The Village Voice is printed on 100% recycled paper and is collated and folded each month by the Violet Town Bush Nursing Centre Day Care clients.

VTAG meeting date Wednesday 3 August, all welcome, 7.30pm, Meeting Room.

## HREP Report

Another busy month for the HREP Committee! Some good news is that we have had an extension of the project from the Regional Partnerships Grant till the end of the year. This is great for us as we still have a lot of weed control, planting and mulching to do as we were unable to do any autumn planting because of the dry!!!!

Hopefully as you read this we will have had 2 planting days near the school and the skills shed registered with Planet Ark. The school children on Friday 29<sup>th</sup> July and a community Planting Day Sunday 31<sup>st</sup> July. An application for a grant for a bridge up near the railway line is almost ready and work on the signage is well under way.

The HREP committee is working with Daryl and Lyn Parker looking at the 10000 steps program (see article in this VV). We are looking at ways to link the walking track to the main street and possibly the Nursing Home. Thank you to the many people who continue to enjoy the track and give us positive feedback. The new tables and seats do look fantastic! And there are more coming. We have such talented people in this town. The insects on the stump near the bowling green are growing, if you get a chance go and have a look at the foyer at the school—insects everywhere.

The other sculptures are happening too thanks to Bloomin Arts, keep an eye out for them to appear in the park. The next 4 months will be very busy. There are going to be lots of working bees so be ready and keep your eye out for notices around town as they will happen sometimes at short notice.

If you are on the net a Friends of the Honeysuckle group keeps up to date with the latest happenings on the Honeysuckle by the HREP Committee. Email Robin at

pcslandv@bigpond.com or phone 57981335 for more information. I do try to be in the office on Thursdays but as the weather improves and we do more plantings you will also find me in the park lots!!

Enjoy your walks and maybe a picnic in the park!

*Robin Landvogt, HREP Project Worker*

## VTAG Hall Committee

We have placed an order for a new table trolley and are looking at options to replace some of the chairs in the supper room with the rest of the volunteer Grant.

Over time our aim is to replace all the black chairs in the supper room as a priority.

As Spring approaches do remember the complex is available for your meetings and functions.

All enquires and bookings to Sheryl Taylor 57981485. We have made many improvements to the Complex and all hiring fees are used directly on the Community Complex for improvements.

**And some appreciative comments from our readers.....**

*The walking paths beside Honeysuckle Creek have been enhanced by tables & seats in redwood. The seats are so solid they'll withstand the heaviest weights. The great aspects of the paths, tables and shrubs is that they are so environmentally friendly. Take a bow VTAG.*

*"Thanks Village Voice crew, a gem is our V.V. Thumbs up to the Violet Town Village Voice. It just happens year after year. Well done!"*

*(Names supplied)*

## Invitation

*Friends of Phil Hodgetts are cordially invited to drop in to the VTBNC Day Care Centre on Tuesday 9 August at 2pm to share a cuppa & some afternoon tea with*

# Village Voice Trading Post

Use this page to post your FREE ad

### FOR SALE

Puppies, red heeler x dingo mother, bull Arab father. 5 white/ 1 black/ 1 brown, mix sexes, 6 weeks old. Phone Neil 0419 377 739.

Horse & sheep manure, \$2 a bag (grain bag) Phone James 5798 1837 or Scott 5798 1287 We will deliver.

### WANTED TO BUY

Sleepers for garden bed edging. Please phone 5798 1531.

### WANTED

Ice-cream containers with lids, will collect or drop to 7 Shiffner St. Phone 5798 1531.

Lawn clippings/leaves etc, for compost, will collect, phone 5790 8635.

### WANTED TO BORROW

Metal detector, for the VT Market. Has anybody got one?? It is needed to help find some of the site numbers around the vicinity of the BBQ area of the market. It would be gratefully appreciated if anybody could help. Please contact Kris Byrnes on 5798 1627.

### FOUND

Child's leather football at Railway Station, has name on it. Ring 5798 1338

## GARAGE SALE

57 Tulip Street, Violet Town  
Saturday 13 August, 9.00am start



## Roy's Violet Town Hobby Jewellers

Rings—pendants—handcasted  
Gold—silver—gem stones

Hi Tech Ionic Cleaning for  
sparkling diamonds & Australian  
precious metals—beginning at  
Violet Town market in April—  
done while you wait—  
less than 1 minute

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*Avoid the Mess - call Quik Skips*

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Ron  
0419 538 538  
Phone: 5762 8080  
email: quikskips@bigpond.com

# Violet Town Seed Savers and Permaculture Group

A good roll up for our propagation day last meeting and plenty of material to choose from - many thanks to everyone who brought along the great propagating material. Just a reminder to people who took cuttings home in pots that the mix used will dry quickly and to keep the water up, especially when the weather starts to warm in the spring. If you don't have a greenhouse or similar, one way to keep them would be to cover with a plastic bag and put in a sheltered spot out of direct sun.

We welcomed Wim & Shiki over from Swanpool, and David & Alan & Carol locally, great to meet you and hope you can come again. If you would like your name on the email list for Seed Savers please contact Terry at 2frews@mcmedia.com.au or phone 5790 8635.

Some members cleaned and packaged seed - a never ending job! A large bag of uncleaned Red Torpedo onion seed donated by a member of the public, prompted a bit of muttering from the cleaners! This onion comes highly recommended by the grower, and he says it can also be grown on into the warmer weather and used as a salad onion.

A note here that we do welcome seed donations from the public. We are gradually developing locally acclimatized strains from the seeds that we started with, a process that takes a few years, so it's always great to get donations of seeds that have been grown locally for some time eg. the Jade Bean which has been grown at V.T. by Dot for 20 odd years. Also any member of the wider public is welcome to curate (grow on) any of our seeds, please contact Terry for a current list.

Next meeting day on Sunday 7 August will be

held at Peter & Judith Durston's property 'Granite Bridge' in Tames Road, Strathbogie (5790 5216 for directions) where we will be doing some grafting of fruit trees. Some rootstocks will be available (cost price, only a few dollars), or we will show how you can graft onto existing trees in your garden.

We have a current list of fruit tree varieties being grown locally, many of which are old heritage varieties, and growers' contact numbers. If you haven't a copy of this list please contact Terry. How it works is you contact the grower of any variety you would like, to organise some scion (cutting) for grafting to your own tree (or rootstock) & come along to learn how (or have it done if you don't feel competent!)

If you have any pruning questions this day is also a good opportunity to talk to others about their techniques. Also timely for looking through the seed collection for seeds for spring planting! See you there.

Terry 5790 8635

David 5798 1679

## Computer Operating Services

- ◆ General PC trouble shooting
- ◆ Data Recovery
- ◆ Training
- ◆ Software development
- ◆ Installation and Consultancy
- ◆ Hardware installation & upgrades

*Don't like paperwork?*

Let COS do your  
number crunching for you  
Excel, Lotus worksheets  
set up and maintained

Phone Warwick Paton 5798 1435

## Notes from your Mayor Robyn Machin

Relief from the dry at last and promise of an outstanding spring around the corner has communities busy. Many AGM's, service club changeovers and planning for spring events is underway. Council has completed the 2005/06 budget of just over \$15m of which \$7m are ratepayer contributions.

**Weed Information Day**-at Euroa on 31<sup>st</sup> July at 1.30pm Kerry Roberts from the old Keith Turnbull Institute explains biological control for Patersons Curse, Colin McGillvray from Cropcare and others will identify and help with your weed control questions. Book on 57952777 \$20pp.

**Planet Ark Planting Day** on 31<sup>st</sup> July on the Honeysuckle Creek - perfect planting weather to participate locally to help plant 1 million trees across the nation. The support of the VT community has made the project a great success.

**Stormwater and drainage plan** - funding has been allocated in this years budget to develop a masterplan for VT. Experience from other plans indicates that many millions will be required to replace the infrastructure in every township. The plans are proving to be of great value to new developments and funding will need to be obtained to upgrade existing old drainage over time.

**Road Management Plan** - has now been operating for almost a year and proving to work well in identifying work priorities and budget allocations. The RMP is required under the Local Government Act and required enormous resources to implement but is now proving its worth in obtaining additional government road grants. It also identifies the financial shortfall and capacity the council has in maintaining ageing infrastructure.

**Roads to Recovery** - your shire has re-



ceived a substantial increase in funding from Federal R2R2 following strong lobbying from Victoria's small shires. It has been recognized that the formula needed to be skewed in favour of small shires to assist with their large road and bridge networks.

**Tourism Lakes & Ranges** - council has approved the development of a new whole of shire 'bureau' to promote our regions tourist businesses and boost events participation. The formation of this body will enable council to leverage funding from state and federal governments to drive the industry. The report can be read on the shire website and has received unanimous support thus far from local operators.

**Jayco Herald Sun Tour**- this major event will come to our shire in October. Cycling interest has grown rapidly and the Tour de France has really lifted the profile of the sport. Wednesday 12 October at Mitchelton Winery will be the staged start for the leg to Marysville. There will be around 160 international competitors including Baden Cook and Brad McGee. Our district will receive great media coverage and promotion throughout the country.

**Commonwealth Games - Art Project**- Artists should go to the shire website to view the brief for the project located on the scoreboard at the recreation reserve. The work will be a lasting reminder of the local celebration for the Commonwealth Games in 2006. A panel of local artists, stakeholders and regional arts will select the work.

Planning for other events is progressing really well and the local *Getting Involved Team* welcomes anyone who wishes to join in. The next meeting will be on Monday 22<sup>nd</sup> August at the footy clubrooms at 7pm.

*Please keep in touch with me on any comments you have or issues for discussion. Ph 57981686 www.strathbogie.vic.gov.au*

## The Best Little Op Shop in the North East

Sorry for being absent over the past few months but with relocating to a new house etc, times like the 20th seem to creep up on me— must be old age!

Nice to see Julie back at the op shop after swanning around the U.K. for 6 weeks. Also Pam back after a foot operation, still limping around after a few weeks. So now I think we have a full staff on deck.

Thanks to that lovely lady Mrs Betty Dannock from Inverloch who kindly donated the hand made rug & Teddy Bear to be raffled & which was won by Bea Anderson. Proceeds to be donated to the VTBNC Ladies auxiliary.

Thanks Betty for your kind thought. Also thanks to Mary Burley who donated a beautiful silk flower arrangement which was also won by a local lady Sylvia Wellings. Proceeds from which will go to the Kids with Cancer fund, along with the collection box at the op shop.

We would also like to thank another lady, from Lane Cove Sydney, who wished to donate to a worthy cause, and via Ellie Crocker, sent us many beautiful clothes. Thanks Trash Scarfield for thinking of us, and to Ellie for bringing them down. We also thank other people outside Violet Town who donate us goods, plus of course our locals!

Below is a list of all institutes which we have supported during the past 12 months.

VT Kindergarten	\$1000.00
VT Fire Brigade	\$3500.00
VT Little Aths	\$ 500.00
VT Football/Netball	\$1700.00
VT Bowling Club	\$ 500.00
VT Catholic Church	\$1000.00
VT Bush Nursing Centre	\$2000.00
VTBNC Ladies auxiliary	\$1000.00
(this includes Aust Largest Morning Tea Cancer Appeal)	
St Dunstan Anglican Church	\$1000.00
VT Stationeers	\$ 300.00
Royal Children Hosp.Appeal	\$ 850.00

Peter Mac.	\$ 200.00
Tsunami Appeal	\$4109.70
Balloons for street decoration	\$ 230.30
Honeysuckle Trust Fund	\$ 500.00
Benalla Memorial Hospital	\$1000.00
TOTAL	\$19890.00

We urgently need unwanted bric-a-brac items, the op shop would appreciate your donation.

*The Op Shop Crew*

## Tidy Towns

Violet Town has again been entered in the Keep Australia Beautiful Tidy Towns Competition for 2005. We have entered the following categories:

The Spirit of Australia : The Violet Town Bush Nursing Centre and Community Health  
Protection of the Environment: HREP Project  
Litter and Waste Management:  
Violet Town Plastic Bag Free?  
Media : Village Voice , and Landcare newsletters

Proud school: Violet Town Campus Peranbin Primary College.

A judge from KABV will be visiting Violet Town in early August to look at these projects. You may see them in town. Thanks to Robbie Rae and co for once again organizing the Violet Town entry.

### The Hume Corridor Community Outreach Health Service

is offering a comprehensive

### Diabetes Education Course

in Violet Town

for people with Diabetes,  
their families and friends

**Dates:** 4.08.05 10.00 – 12. Noon 11.08.05  
10.00 – 12. Noon 18.08.05 10.00 – 12. noon

For further Information and to book please ring Diana Chomley on 57366366



**Discount fuel vouchers with \$30 cash purchases.**

## AUGUST 2005

### GARDEN.

Gardens around town are looking great!! The rain has done wonders for the plants. Now with the sunny days the grass is on the move again. We have blades and cords for your mowers and trimmers. Whipper snippers and hedge trimmers are in stock.

### WARM HOME?

We stock SUNBRIX (20kg) and BRIQUETTES (20kg) to keep your home toasty through this cold winter.

### **NEW!!**

**WHITEGOODS!!! WHITEGOODS!!! WHITEGOODS!!!**

Do you need a new Cook Top, Dishwasher, Fridge/Freezer????

**We can now supply a range of Whitegoods**

Come in and ask us today.

### **ONE ONLY!!!!**

3300 Gallon Beige Bushman Tank

**\$1560.00 SAVE \$280.00**

### SALE.

The Fathers Day sale starts on the 17<sup>th</sup> of this month (August). Look out for the catalogue in your letter box around that time.

### Building Materials.

Cement,	Pine MGP10,	Dressed Pine,	Treated Pine,	KD Mouldings,
Quick Set Concrete,	70x35,	42x19,	70x35,	Dowel ,
Mortar,	70x45,	70x19,	90x45,	Quad,
Lime,	90x35,	90x19,	150x25,	Coverstrap,
Pre Mix,	90x45,	140x19,	200x50x2.4	Scotia,

Insulation..... R1.5, R2.5, R3.5, Cement Sheeting.....2400x1200 @ 1800x900,

**Val or Kathleen 57 981411**

**AH: 0408 330 668**

## Market News

Our most recent July market featured some new stallholders with interesting products. John and Fifi set up their stall in the pool garden and offered us a huge range of their home made marinated products. John assures me that they will be back in the months to come as our market has come highly recommended to him. Also new to the pool garden is Sue with her home made farmhouse cheese and making music was David with his repertoire featuring violin, didgeridoo and native American flute. Also making music at the footy end of the market was our regular attraction Christian entertaining us with his South American flavoured music.

In winter we often have stallholders who come just a few times a year with their hand knitted warm winter woollies, Terry from Seymour is one such stallholder with a range of brightly coloured scarves and hats. Shirley and Carol also have stalls selling beautiful hand knits. We also have some regulars who sell knitted items, Pauline who has her regular site under the Lions BBQ shelter and the folks from the Black and Coloured Sheep Association on site 112 selling hand knits which they have created themselves all the way from the sheep's back to the finished garment.

Winter also features our apple only or apples/oranges/pears stalls straight from the growers. We also have a potatoes and frozen blueberries stall straight from the grower.

Another new and probably regular stall is Libby with her Emu Oil products. Libby is very friendly and up for a chat and is a wealth of knowledge of the good things you can do with Emu Oil products. Finally on the new stalls list is a dedicated egg seller Geoff. He owns and looks after the chickens that lay his eggs AND they are free-range hens too so no birds in tiny cages just relaxed and happy birds laid these eggs.

Looking to the future it seems amazing that we have yet another steam train market coming

up in only two months time, if there are early fire bans in place the train that the Seymour train group will run will be electric so the journey will go ahead in any case, the same market arrangements will apply the finish time for the market being extended by one hour to 2pm.

Well that's it for this month and I do hope that you can make it to our coming market on the 13<sup>th</sup> of August  
Chris (Market Co-ordinator) 0416233584

## Planting for babblers

Planting days to help save the endangered Grey-crowned Babbler are happening in August near Violet Town. This year, we will be planting on the properties of Ian and Mavis Errey and Nick and Lou Palmer, all highly regarded members of the local community, so if you can come and help us on the planting day and help protect our special bird, that would be great.

The exciting news is that more than ten years after planting projects began to help save the Grey-crowned Babbler, it is possible to see some rewards for these efforts. Babblers are now regularly nesting in some of our older plantings and regeneration areas. What is also exciting is that families of babblers are beginning to establish territories at sites where we have created new habitat in partnership with the many landholders involved in the project, such that we know that their numbers have locally increased.

To help us continue to improve habitat for the endangered babbler and other native wildlife, please join us at this year's planting day. Lunch will be provided but please bring your own digging gear.

The community planting day is on Sunday, August 14<sup>th</sup>, starting at Ian and Mavis Errey's property, Walls Road, Earlston, near Violet Town, at 9.30 a.m.

For more information, please contact Doug Robinson, Friends of the Grey-crowned Babbler, 57 611 558 (w) or dougr@tfn.org.au

## Violet Town Red Cross Unit

The 45th Annual Meeting was held in the Community Centre on Monday 4 July. Mayor Robyn Machin opened the meeting & spoke of the work Red Cross has done.

The past office bearers were elected again for another year. Dot Rae, Chairperson, Heather Sands, Secretary, Ann Sloan, Treasurer. The Regional Chairperson & Secretary were welcomed—Mrs Gwen Malone & Beth Miller respectively.

The unit had a good year & main fundraising was for the Tsunami Appeal \$2602.04 and Red Cross Calling \$2230.00. We took part in the concert for funds for the hall, delivered Meals on Wheels, plus many other activities we are called on to help with.

Margaret Block was our guest speaker & not only told of her craft hobby, but had some beautiful wall hangings she had completed to show—they are a work of art. We thanked both Margaret & Robyn for their time & they were presented with a small gift to show our appreciation.

Our next meeting will be on Monday 1 August in the meeting room of the Community Centre at 2pm. All welcome.

## Violet Town Walking Group

A very nice day was held on our walking day last month. We were invited to Fred & Rosie Long's home for a walk before a BBQ lunch. There were a good group present & we walked the bounds of the property before lunch and then after, a long walk along the road. After the lovely rain it was a pleasure to be out in the sun.

Next walk is to Rod & Dawn's at Dorset Hill & we expect a good roll up for that. Ring 5798 1338 for enquiries about our walks.

Dot Rae

## Letter to the Editors.....

*In the last VV there was concern about dogs in the park. I have been walking dogs unrestrained along the creek nearly every day for ten years and I would be lucky to meet 10 people in any one year. I've used my common sense to leash them on the rare occasions that warranted it, thought the only one that comes to mind is when my Jack Russell wanted to chase an elephant.*

*The dog droppings have been so few and far between that I've not registered them. Lets get a bit of perspective here. What I have had to do is weave my way through the plentiful droppings from koalas, possums, kangaroos, rabbits, once a wombat, ducks and ibis. Are Australian fauna droppings more acceptable because they are indigenous?*

*If we are going to get vigilant about enforcing by-laws, how about fining the people who litter the park on match days and other occasions. This must be a bigger problem because we have a "Clean up Australia Day" but I've never heard of a "Clean up a doggie-doo Day". Does a By-laws officer attend and issue fines to littering offenders? This could be quite confronting. Much easier to go after soft targets like this pensioner and her poochie.*

*So now we have been advised how to clean up after our dogs but alas no advise on what to do if you unfortunately "tread in it". Far be it for me to advice rural folks how to clean their footwear, but if you are perplexed by the problem, send me a stamped self addresses envelope and I will give you a few clues based on experience.*

*If the population density gets critical we could designate times when and/or a place where you could run your dogs freely, like some city councils do.*

*(name supplied)*

## V.T. Garden Club

The Iris & Flower Show, together with the Home Garden Competition is on again this year. The schedules are printed, so remember the date—Sunday 30 October, 2005. We hope you can rustle up a rose, fix up a fern, stitch up a soft toy or even bake a cake to make a show with bright colours & heavenly perfume.

Any help (manpower) to set up the Exhibition stands on the day before (Saturday) would be really appreciated.

The July meeting was the AGM, held in the Community Centre. This year's main office bearers are President Lorraine Ralston; Secretary Audrey McIntosh; Treasurer Jen Currie. Special thanks to Bob Sinclair the outgoing President for his generosity & support over the last 2 years.

Also thanks to Gwenda Stephens who has run the monthly flower Competition—Ann Russell has agreed to take her place.

Competition aggregate points 2004/5 were:-  
1st Lorna Buckley; 2nd Ann Russell; 3rd Gwenda Stephens AND Ann Slaon won the monthly lucky prize! Congrats to all.

The special morning tea was indeed special. What a choice! Where to start!

Thanks to all members who opened their gardens during the year & the committee for doing the chores. We have had a happy year.

Next meeting will be in the Community Centre at 9.30am on Monday 15 August, with a guest speaker.

*Kath Utber*

## Senior Cits News

The July meeting was not well supported. Annette had a selection of movies for us, so few to view. No confidence in members to support the club—unless it's free!!

The August 4 meeting will deal with the annual financial report. A trip on the 4th week is to be arranged by Annette.

Thoughts are with unwell members.

*Laurie Connors, Facilitator*

# 79 Hurt Street

for your

## Garden Ornaments

Fountains  
Bird baths  
Urns and pots



### Some plants

(succulents and shrubs)

+

### variety of birds

Call in or phone  
Sheryl & Ivan  
**5798 1485**



## Violet Town Hairdresser Jo Beavis

Shop hours in Cowslip Street, Violet Town are:  
Wednesdays 9 am – 5.30 pm  
Thursdays 1 pm – late  
Fridays 9 am – 5.30 pm

I am mobile on Mondays for clients who are unable to come to the shop.

Arrangements can be made for weddings or special occasions on Saturdays.

You can contact Jo on 5798 1712 (AH)  
& 5798 1427 (BH)

## Physical Activity – Benefits

To achieve health benefits, physical activity does not have to be undertaken at a single session. It is possible to accumulate smaller 'doses' of physical activity throughout the day (eg, 10 minutes at a time) to improve health. The 10,000 Steps project aims to increase the day-to-day activity of Violet Town residents by encouraging the accumulation of "incidental" physical activity as part of everyday living.

Significant health and well-being benefits can be made simply by physically moving as part of your normal daily activities. For this reason we are recommending the use of the pedometer to count your daily activity. The project is aptly named "10,000 Steps" as we are encouraging citizens to take the challenge and achieve 10,000 steps as a part of everyday life.

There is clear evidence that undertaking just 30 minutes of physical activity of moderate intensity on most, if not all, days of the week as part of your 10,000 steps will benefit your health. Take the challenge - register with the program and count your way to better health - physical activity....*Every Step Counts!*



## 10,000 Challenge for Workplaces Working For Your Health

Have you ever noticed how refreshed you feel after a good workout? That's because activity/exercise goes beyond improving your physical health. Regular activity/exercise enhances mood, performance and improves concentration. It's clear: a healthy body leads to a healthy mind.

Because most adults spend half their waking hours at work, finding ways to include physi-

cal activity during the workday is the most practical way for many adults to become more active.

Workplaces can do a variety of things to foster a working environment that incorporates regular physical activity throughout the year. Promoting physical activity doesn't have to be complicated, expensive or time consuming. A little creativity can go a long way!

## Overview

The 10,000 Steps Challenge aims to provide an opportunity for businesses to participate in a work-specific physical activity program (challenge). The primary goal of the challenge is to:

- Increase individual's physical activity awareness, and
- Increase the overall physical activity levels among the workplace.

The 10,000 Steps Challenge provides an opportunity and a platform for employees and employers to take positive steps towards better health.

## So, who is proposing this program?

Having recently moved to Violet Town from Rockhampton and been involved in the 10,000 Steps program from its inception a couple of years ago we, Darryl and Lynne Parker of 'The Poplars' in Urmston Street, with the full support of the VTAG committee are keen to share the benefits. You may already have seen us striding out along the streets and roads of Violet Town.

We will need to organize a 'Registered Provider' that will represent the 10,000 Steps project, to commence some or all of the programs available such as a library pedometer loan scheme, and to place 10,000 Steps signage around town.

We look forward to meeting you as you walk your way to improved health.

*Darryl J. Parker*

# GEOFF HOLFORD BUILDER - CARPENTER

Builder's registration No. dB-U5552

Member H.I.A. 511496

Phone 5790 8602 or 0408 597 166



- ◆ New Homes
- ◆ Extensions
- ◆ Renovations
- ◆ Garden Features
- ◆ Walkways, Gateway Arches
- ◆ Pergolas & Rotundas

## At last, a physical activity program for the whole community!

Initiated by Central Queensland University in response to a request from Queensland Health, the program which aims to increase the physical activity among older people, men, women and children will soon be available here in regional Victoria.

Called 10,000 Steps, the program is one of moderate physical activity that does not have to be undertaken at a single session but can be accumulated in smaller 'doses'.

10,000 Steps is available right now for those individuals who want to make the most of the new Honeysuckle Creek pathways, however it is proposed that a community-wide approach be made and that teams will compete in 'challenges'.

### Program objectives:

Create Sustainable Strategies at local Level by:

- Raising community awareness of the health

benefits of moderate physical activity

- Strengthening the capacity of GPs and other health professionals to promote physical activity
- Strengthening the capacity of the community to provide improved opportunities, social support, policies and environments for physical activity
- Strengthening the capacity of individuals to be more active, by addressing modifiable individual, social and environmental determinants of (in)activity.

### Physical In-activity – Costs

Physical inactivity is second to smoking as a modifiable risk factor for poor health. Mainly as a result of massive social, environmental and lifestyle changes over the last 200 years, human beings no longer 'have' to be as physically active as they used to be, to the extent that it is damaging our health.

*Continued next page.....*



## Strathgogie Shire Community Services Violet Town 70's +

Lunch at the supper room on Monday 29 & Tuesday 30 August. 11am for a cuppa or 11.30 for a 3 course meal. Cost \$5.50  
Get well wishes to volunteers & participants who are not well.

Thank you to all volunteers & VT school students for their help at the lunch days. Open for aged 70 & over, any age volunteer, disability or carer are welcome to join us.

For catering please RSVP to 'purple book' at Delaheys or phone Pam Ellis 5798 1368 by Tues 23 August.

## VTBNC LADIES AUXILIARY

Annual General Meeting to be held on  
Thursday 25 August at 1.30pm at the  
Bush Nursing Centre.

## Lochgardie Glass Art



We take commissions for:

- \* Leadlight Panels
- \* Etched Glass Panels
- \* Restorations
- \* Glass Mosaics

Phone 5798 1464

## Rosen Method Bodywork

with Vicki Jones

(Practitioner and Teacher in training)

Information Evening &  
Day Workshop early October  
venue, dates and times  
to be confirmed next month.

8 Day Intensive with Gloria Hesselund  
(Senior Teacher) U.S.A.

and Vicki Jones

19th - 26th November, 2005  
Parish Perfumery, Violet Town

For more information, contact Penny  
Long pmlong@algonet.se  
or Elizabeth Long 0357 908 622

*"This work is about transformation -  
from the person we think we are to the  
person we really are" - Marion Rosen,  
founder of Rosen Method Bodywork.*

## VIOLET TOWN HOTEL

Ph: 5798 1344

### AUGUST EVENTS!

Friday 5th August—Blues in the bar with  
Blues Legend "Neale Williams"

Saturday 6th—our 2nd Birthday! \$2  
pots—heavy & light—ALL DAY!!

Come & join in our birthday celebrations

Every Sunday at 2pm

### POOL COMP!!

Winner takes \$50 voucher, only \$2 in!  
Register by 2.30pm to be in it to win it!

Every Friday night from 9pm

"The Ministry of VTH"

Rob supplying excellent music from the  
60's thru' to today's hits  
Plus COWBOY SHOTS only \$3 each!

# Son of Epicurious

This month's recipe focuses on two ingredients, which may be used either separately or together. The first ingredient is Haloumi, a delicious cheese from Greece and surrounding countries. It can be cut into 2x3 cm. (or thereabouts). blocks and fried, and in this form it is an inducement to become an instant supporter of Mediterranean cuisine.

Our second ingredient is similarly straightforward but some cooks may be confused because it has several names. If you are looking for it in a supermarket, start by asking for cracked wheat. Other names are burgul/ bursal/burghul/ and bourghul. It is made by parboiling wheat, parching it to dry it then coarsely grinding it.

Perhaps the best known way of using burgul is in Tabbouleh (Parsley and mint salad with burgul) Burgul can be used in almost any of the places where rice is used, and like rice it can be the basis of tasty and economical dishes such as the pilaf described below

## Burgul pilaf with savoury cauliflower

=====  
2/3 cup (100 gm) Burgul  
1 cup chicken stock  
butter  
40 gm haloumi cut into 1 cm. cubes (optional)  
1/2 a small hot chilli, seeded and chopped very fine (optional)  
1/2 a small cauliflower separated into florets, stalk peeled and sliced  
2 rashers of bacon cut crossways into strips  
1/2 a small red capsicum finely diced  
a medium sized onion, finely sliced  
cooking oil  
salt and pepper to taste

Rinse the burgul in a sieve and put in a pan with the stock. Cook on a low heat until tender (10 - 15 minutes) Add more liquid if necessary Put the butter into the burgul and add the ha-

loumi cubes if using, rest in a warm place for 15 minutes. [Note it is important that when the haloumi is added to the contents of the pan, the mixture is hot enough to melt the cheese]

Blanch the cauliflower in boiling water for 2 - 3 minutes

Fry the bacon with a little of the oil

When the fat starts to run add the onion and the capsicum

Continue cooking on a low heat, adding more oil if necessary

When the onion and the capsicum are cooked, add the blanched cauliflower, and the chilli if using. Season to taste and serve with the pilaf.

Barrie Mather

## PROBUS NOTES

Our July meeting was once again well attended. In the absence of president Jevan, vice president Lorraine chaired the meeting. Our guest speaker was Ruth Brooks, Education Officer from the CFA gave us a timely reminder of the need to be aware of the fire risks around the home as winter is a peak period for house fires. Her talk included possible sources for fire in the home, such as kitchen stoves, electrical appliances or electric blankets & open fires. She then went on to discuss how to deal with each type of fire & the type of fire fighting equipment most suitable for fighting a particular fire. A most useful and thought provoking presentation.

We are planning a 'Christmas in July' progressive luncheon for the 21st of July & the enthusiasm for this outing has to be seen to be believed. We'll let you know how it went next V.V.

Our next meeting will be held on August 1 in the supper room of the Community Complex at 10am. As usual visitors and/or prospective new members will be most welcome.

Bob Sinclair



## VIOLET TOWN COMMUNITY HOUSE

- The youth music jam will be held on the last Sunday of the month at 3pm. Everybody welcome. Followed by Music Club at 5pm in the Supper Room.
- On Sunday 14 August at 2pm there will be a sculpture working bee at the Skills Shed. A bonfire will follow at 6pm. All welcome.
- The next program for the Community House will be out soon.

## V.T. Phone Book

The Violet Town Community House will be updating the Violet Town Phone Book over the next few months. As the existing telephone book (published by the Tennis Club) will be our guide could you please contact the community house on 5798 1288 or email [annette@handpickedplants.com](mailto:annette@handpickedplants.com) OR [vtcommunityhouse@netc.net.au](mailto:vtcommunityhouse@netc.net.au) with any changes or updates. We thank you for your assistance in this matter.

## VIOLET TOWN WINE EXCHANGE

30 COWSLIP ST. VIOLET TOWN

Quality imported gifts in store now  
Beautiful leather wallets  
Stunning jewellery collection  
Silk scarves  
Ladies quality handbags  
Cushion covers  
Table runners

And much more, new stock arriving all the time

Lay-by welcome

Open Wed - Sun 10.00am—5.00pm

Other times by appointment

Phone 5798 1805

WINE TASTING EVERY WEEKEND

## Thanks

The family of George Bray earnestly wish to thank friends & everyone for their kindness & expressions of sympathy following George's illness & death. We were overwhelmed by your visits, best wishes, gifts of flowers, cards, food & physical help & support.

Special thanks to staff at Cabrini Hospital, Goulburn Valley Health, Euroa Medical Centre & Hume Region Palliative Care. A special appreciation to Dr Alston who has provided enormous emotional & professional care throughout a long journey of illness. Thanks to Helen Roscoe, Marg Madden, Win Piper, Trish Delahey, Line Dancing friends, St Dunstan's, including Isabelle Matthews, Helen Rankin & Father Rodgers. Thanks to staff of Euroa Shire & Amaroo who helped Heather get through a tough time. We deeply appreciate Helen & Howard's support & for allowing us to celebrate George's death at Parish Perfumery.

The wonderful community spirit of Violet Town will always be remembered,

Sincerely,  
Heather Bray Bryant

## Cuppa for Kaye

In the beautiful memory  
of Kaye Spelling

Place: Community Centre

Time: 11am

Date: Friday 5th August

Bring a plate and enjoy some fantastic memories of a very special lady