



## PEOPLE AND PLACES

### **Some Thoughts on the Second Victorian Bushfire Anniversary**

Here are some thoughts from Rob Gordon PhD:

Anniversaries are painful and reassuring. They are reassuring in that they give the feeling of surviving, time passing and getting further away from the tragic events of February 2009. But they are painful because they represent another year of separation from those loved.

Each year following disaster has its own part to play in the process of recovery. The first year is occupied coming to terms with the reality of the loss and coping with the changes it causes; the second year is often when things begin to settle and the extent of the loss becomes clear. In the first year, there is often raw pain and distress and acute grief.

In the second year, there is more chance to feel deep sadness and the sense of life being less than it was before. It is often a time when memories and results of the loss come up to change the meaning of everything. It is a time of realising of the full extent of what the loss means.

The first anniversary can be a dramatic ritual with a lot of emotion, but the second anniversary completes another yearly round without those who are lost. There is less drama and many people involved in the first anniversary have resumed their lives. So the second anniversary may be a quieter, more reflective time and it may be a time of deeper, quieter, more complicated thoughts and feelings about the tragedy. It is a different layer to the first anniversary and touches questions like: "Who am I now that this has happened? How can I ever find a way back to a fulfilling life? How do I go on without losing them?" These questions are lost in the first year or so among the struggle to keep daily life going.

But these are the thoughts and feelings which eventually allow a new life to form out of the old one, and find a place for those who are lost in it. Most people eventually form a new life after loss, but only after they have been through the slow cycle that takes them to the pain of the loss and then on to rebuilding a life and then back to the pain again.

It is not something achieved quickly, because the love that links us to those who are part of us has its roots in the whole of our lives. But it is achieved if

*we allow ourselves to swing between the various aspects of the loss and gradually form a new shape for our love of them.*

*The second anniversary is as important as the first. It is a time to look back and see the rhythms of time continue to unfold when there is a wish for it to stop as our lives stopped with the tragedy. But it is also a time to understand what has changed since the first anniversary, and this will be complicated. In some ways we feel better and in others worse. This can be understood as having made progress on some of the tasks of grief which feel a bit easier and then moving on to tackle other aspects which are new, unexpected and painful in a different way.*

*What helps the work of coming to terms with loss of someone who is part of our life is to allow sadness and anger of the loss to be respected, but not to block the happy memories and good feeling of what the person gave to our lives.*

*While the sadness itself becomes more familiar in the second year, new aspects create new feelings of pain so that it can seem as though nothing changes. We have to look at what we are feeling instead of how we are feeling if we are to see that there is a gradual healing going on.*

*The second anniversary can be a time to find out how to express what is important at this time. Rituals, ceremonies and symbols touch a level of our being that is left out of ordinary activities and talk. Try to find a form for the day that expresses your own feeling and needs. Think about who you want to be with, what you want to do and where you want to be. Make demands on those who want to support you so that you can have this time the way you want it. Think about what will make it meaningful; balance time for deep feelings with time for support and if possible, some joy from those who are here to share it with you.*

*Remember to take care of yourself. Being able to do things that give you satisfaction and pleasure can help you to maintain a balance with the sadness and difficult, stressful emotions of the day.*

*Remember that sadness and happiness don't cancel each other out and can exist alongside each other.*

*Listen to your body. When you feel tired find a comfortable place to rest, this might be at home or in another restful place outdoors.*

## WELCOME TO ISSUE 3

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

There will be 15 copies of The Granite News left in the Highlands Primary School letterbox on Wednesday for anyone who isn't getting an email copy. Please spread the word and ask people to send me their email addresses. I am currently negotiating with the postie but don't yet know the result.

Thanks to Susy Barry for sending this:

"Don't go by gossip and rumour, nor by what's told you by others, nor by what you hear said, nor even by the authority of your traditional teachings. Don't go by reasoning, nor by inferring one thing from another, nor by argument about methods, nor from liking an opinion, nor from awe of the teacher and thinking he must be deferred to. Instead, when you know from within yourselves that certain teachings are not good, that when put into practice they lead to loss and suffering, you must then trust yourselves and reject them." Buddha

## NOTES FROM HIGHLANDS PRIMARY

### Student of the Week

Levi : For great manners, setting himself a challenge and always completing his best. Well done!



**Work Experience:** We welcome Yasmine Hodgetts to HPS each Wednesday for term 1. Yasmine is working mainly in the Junior room as part of the Work Experience Program at Yea High

### 1080 ENDORSEMENTS

Richard Lilley from GOTAFE (who is running the 1080 endorsement course on 19 February) tells me you only ever have to do the 1080 endorsement course ONCE. The expiry date on your ACUP card dictates that you only RE-NEW your card with the DPI in that year (for a fee - presently \$45.40), ie: no further courses required.

## COMMUNITY WHAT'S ON CALENDAR - FEBRUARY/MARCH 2011

Fortnight beg 21st Feb	<b>TERIP TERIP MOWING ROSTER</b> Ken & Robyn Richards The Listers Around clubhouse and all four courts
Week beg 20th Feb	<b>WHITEHEADS CREEK- TARCOMBE RFB TRUCK</b> Allan Coulson Paul Neibling
Week beg 20th Feb	<b>RUFFY RURAL FIRE BRIGADE ROSTER</b> Captain Travis Tilton (Ph) 57 904 335 (Mob) 0429886 380
Now until the 7th March	<b>LEONE GABRIELLE</b> painting and sculpture exhibition at the Ruffy Store, 26 Nolans Road, Ruffy. Open Fridays from 11.30am, weekends and public holidays from 8.30am to 6pm T (03) 57904387 <a href="http://www.ruffy.com.au">www.ruffy.com.au</a>
Thursday 17th February	<b>Ruffy Community Action Group</b> – Ruffy Hall, 8.00 pm. At our first meeting for this year we will give an update on progress with projects and start with planning our activities for the next financial year. Everybody interested in community planning for Ruffy is invited to the meeting!
Friday 18th February	<b>ALEXANDRA LIBRARY</b> an essential part of your community! 5772 0349 Storytime for 3 – 5's stories, fun, activities & songs 11 – 12 noon
Friday 18th February	<b>BOB VALENTINE &amp; LAUREN GILLARD</b> For those of you who don't know Bobby, his music is a mixture of blues, country and jazz and he loves to get everyone involved. WBGadd, 1 Queen st Avenel, 03-5796 2469 7:30 till 11:00 pm \$25 <a href="http://www.wbgadd.com">www.wbgadd.com</a>
Saturday 19th February— 20th March	<b>GALLERY 34</b> Invites you to a Charles Blackman Exhibition ALICE AND FRIENDS original paintings, drawings and limited editions 34 High Street Yea Thursday to Saturday 9-4 Sundays & Public Holidays 10-4 Olivia Lawson Ph 03 5797 3222 <a href="mailto:info@gallery34.com.au">info@gallery34.com.au</a> <a href="http://www.gallery34.com.au">www.gallery34.com.au</a>
Saturday 19th February	<b>ROCKY PASSES:</b> The Stiletto Sisters are a dynamic and vibrant trio featuring Hope Csutoros on violin, Judy Gunson on piano accordion, and double bassist Jo To. They play luscious, exciting, virtuosic gypsy melodies, seductive tango rhythms, popular, traditional, old continental favourites & love songs from Europe and Latin America ... music to swoon by! Learn more about them at <a href="http://www.stiletto sisters.com">www.stiletto sisters.com</a> Tickets \$40 ... includes Tapas plate served from 5:30 and performance from 6:30 - 8:30. Bookings 57969366 or contact@ <a href="http://www.rockypasses.com.au">www.rockypasses.com.au</a>
Tuesday 22nd February	<b>SOIL HEALTH AND INCREASING SOIL CARBON</b> First of two free seminars at the Seymour Show grounds, Ken Hall Pavillion, King's Park, Tallarook Street, Seymour. 9.45 am –3pm Light lunch provided. Register by 14th February. Ring 57611663 or <a href="mailto:Helenrepacholi@dpi.vic.gov.au">Helenrepacholi@dpi.vic.gov.au</a>
Tuesday 22nd February	<b>SOAPBOX Refugees – The Whole Picture</b> Alexandra Library is hosing a Soapbox forum exploring issues affecting refugees – their journey, the detention experience and what happens to those refused entry. The panel features author Najaf Mazari (Rugmaker of Kabul), international commentator Paul Burton and a representative from the Melbourne Asylum Seeker Resource Centre. 7pm
Wednesday 23rd February	<b>MURRINDINDI COUNCIL MEETING</b> Alexandra Council Chambers 11.00 am
Wednesday 23rd February	A presentation on the <b>EPBC Act</b> and what it means for protection of our nationally threatened species and communities. This will be held , 1.30 - 3.30 p.m. in the Theatre, DSE offices, 89 Sydney Road, Benalla. Officers from the federal Department of Sustainability, Environment, Water, Population & Communities will be here all the way from Canberra to talk to us about how the EPBC Act works, and how it involves you. This presentation is relevant to agency staff, local government, community conservation organisations, and private individuals.
Wednesday 23rd February	<b>Moving On.</b> (after the bushfires and drought) This is a community forum with well-renown clinical psychologist Rob Gordon. Many people missed out last time so make sure you catch this one. 7pm Yea Golf Club Cost: FREE
Thursday 24th February	<b>ALEXANDRA LIBRARY</b> an essential part of your community! 5772 0349 Murrindindi Writers – all aspiring writers welcome 10 am 4F Food, fiction and fun on Thursdays – Bushrangers 3.45 - 5pm
Thursday 24th February	The first of this year's SCP workshops kicks off with a <b>Green Cleaning</b> workshop on 9am – 11am at the Kilmore Family Centre, 7 Skehan Place (opposite Hudson Park) Kilmore. Join green clean expert Bridget Gardner and learn how to keep your home hygienically clean, without harmful chemicals, hard work or expensive products. Based on her experience as a professional cleaner and the Government funded 'Safe and Sustainable Cleaning in Childcare' project, Bridget will show you simple low-tox methods that really work. Make and take home your own simple cleaning agent! To register for workshops please contact me on 5734 6357 or <a href="mailto:cathyk@mitchellshire.vic.gov.au">cathyk@mitchellshire.vic.gov.au</a> Check out the calendar of workshops on the website <a href="http://www.sustainable-communities.com.au">www.sustainable-communities.com.au</a>
Thursday 24th February	<b>SECRET MEN'S BUSINESS</b> Caveat Church 5.30pm All welcome

# Classifieds & Community Notices

## INTEGRATED FOX CONTROL

These notes are taken from landcare Notes produced by the Department of Primary Industries (LC0302 ISSN 1329-833X)

Often fox control work is undertaken as a reaction after fox damage has occurred. Carrying out preventative control work prior to predation especially lambing may be a more effective option. Preventative control should be viewed as an investment not an expense. Although studies indicate little evidence to support the view of the fox as an important predator of livestock, it cannot be denied that individual farmers or particular agricultural areas sometimes suffer heavy lamb losses because of the activity of a few "rogue" or "killer" foxes. In some situations it has been found that foxes will reduce lamb marking percentages by up to 25% to 30%. Factors determining preventative control

### Past history:

When assessing the need for preventative control, the past history of fox damage in the area and the amount of current fox activity must be taken into account. If foxes are active in an area where predation has previously been experienced, preventative control of foxes should be carried out approximately one month prior to lambing or kidding.

### Timing:

The timing of the lamb or kid drop in relation to neighbouring properties is important. Landholders, for example, who time their lambing later than their neighbours may suffer greater losses from foxes that have already learnt to seek lambs as prey. Food supply: Abundant food sources, like rabbits/carrion will act as attractants to foxes, bringing more foxes into an area, and posing an increasing risk to livestock. Assessing fox populations:

### Spotlighting:

Spotlighting in the early hours of the morning is probably one of the best guides to fox abundance. From the counts, it can be gauged if sufficient numbers are present to pose a threat to lambs or assess if fox numbers are changing. Five foxes seen in an hour (or one fox every two kilometres) would indicate their numbers are high enough to be affecting lamb marking percentages.

Caution must be used when estimating fox numbers. The number of visible foxes often does not reflect the true number of foxes present in the landscape. Research suggests that for every fox seen there will be another four undetected. The ratio of foxes seen to those undetected will vary according to topography, hunting pressure, and terrain.

## ORCHIDS NIGHT

The Australian Plants Society Echuca/Moama Groups first meeting for 2011 will be held on Friday February 25th in the CWA hall High street Echuca starting at 7.30pm. Our topic is on terrestrial orchids of Australia. Our guest speaker is Cathy Powers, Cathy is currently the President of the Australian Plants Society Victoria.

Orchids comprise the largest assemblage of flowering plants and make up approximately ten percent of the world's flora. Terrestrial orchids are found in a wide range of habitats except for our arid areas. Cathy's presentation will delight our audience and they will be left with a healthy respect what nature has given us with this wonderful group of plants.



## Family Film Festival

People wanting to attend the Gala opening on Friday 4th March need to register by Monday 28th. \$15 per person (includes a weekend pass). 7.30pm finger food and drinks, followed by Don Mc Queen Bush Poet of the Year 2008-10 and the screening of 'Duck Soup' a vintage Marx Brothers film. Dress 'Outrageously!' Contact Stuart 5796 9358 [kadumbbla@mac.com](mailto:kadumbbla@mac.com)

## 1080 ENDORSEMENT

This is the FINAL REMINDER for the 1080 endorsement course to be held at the Council Offices (next to the Yea Library) on Saturday, 19 February (1.00 - 4.30 pm), afternoon tea provided.

This course usually costs \$135, but is being kindly funded by UGLN Fire Recovery. So if you still have a couple of years on your card, it may pay to do the course now - it is FREE This will also mean you are registered for the March fox-baiting. Please pass this message around to anyone you think may be interested. Please register with Judy Brookes (Yea River Catchment Landcare group) 57 972 53.



## FOR SALE

82 ISUZU 9 ton Tipper  
REG till OCT  
RW Condition \$15000 ono  
Bobcat Trenching attachment \$3500

Call Greg 57969360

## UNDERSTANDING THE CONSEQUENCES OF LONG TERM STRESS

Clinical psychologist Rob Gordon is a sensitive and motivating speaker, whose insights will help explain our responses to some of the challenges we have experienced in the past decade. Tuesday 1 March 2011 7:00pm – 10:00pm Yea Golf Club. Bring Your Friends and Family Light refreshments will be provided To book your place at this enlightening free event contact Erin Hoiles or Sue Bass on 5772 0365 or [ehoiles@murrindindi.vic.gov.au](mailto:ehoiles@murrindindi.vic.gov.au)

## JOBS IN FAMILY DAY CARE

If you would like to run a home based business which is fun, interesting, challenging and financially rewarding please contact Murrindindi Home Based Child Care to find out what's involved.

Candidates will need to pass a Police check and Working With Children check as part of the selection criteria but Murrindindi Shire Council will provide the training, support and resources to help establish people as home based educators.

"As a bonus - if you are registered as an educator before June 2011, FDC will pay for you to complete level 1 first aid or CPR," Cr Ruhr said. If you would like some information about the great business opportunity provided by caring for children in your own home please contact Heather on 5772 0362.

## WANTED

Chainsaw chains to sharpen free during Seymour Expo. Can be left in school mail box in shopping bag addressed "Steve to pick up" This week only Wed, Thurs or Fri, 16th, 17th, 18th. Feb. Please include name and phone no, or call. Steve McAlpin 57969252

## WORKING BEE AT HIGHLANDS COMMUNITY HALL

Come along on Saturday 26th February between 9am & 12 noon & help us to clean up the garden before the HiArts Family Film Festival the following weekend. The more people who come along to help, the easier the jobs become. A BBQ lunch will be provided.

Rocky Passes



Tastings & "blackboard menu" lunch  
Sundays 11am - 5pm  
Tapas bar last Friday of the month from 6pm

Bookings 57969366  
1590 Highlands Rd  
[www.rockypasses.com.au](http://www.rockypasses.com.au)

metier aromatherapy

therapeutic massage  
relaxation massage  
french clay facials  
hand & foot massage  
gift vouchers available

phone me gan 5799 0284  
[www.metier-a.com.au](http://www.metier-a.com.au)

Habbies Howe Beef

mature, well hung and now available at  
Yarck, Ruffy or Habbies  
57969260

[www.habbieshowe.com.au](http://www.habbieshowe.com.au)



Proudly serving the Hills/Ranges Community  
Join us for a meal or look out for our events inside Granite News

63 Hill Street, Longwood  
Tel. 03-5798-5203  
[white.hart@bigpond.com](mailto:white.hart@bigpond.com)

KOPANICA PASTORAL EXCAVATIONS



PH. 0357 904 235  
MOB. 0429 804 235

RABBIT RIPPING, DAMS & GENERAL EARTHWORKS. MACHINERY HIRE:

TRUCK	LOW-LOADER	HEADER
TRACTOR	FRONT END LOADER	BALER
MOWER	CULTIVATION EQUIPMENT	SLASHER
POST RAMMER	SPRAYING EQUIPMENT	AUGER



TRADESMEN

Specialising in  
renovations, alterations, and repairs. Shed erections, concrete floors, paths, paving etc.  
Contact Ken on 5797 6255 or Michael on 5795 1109



FRANZ KLOFT  
MECHANICAL REPAIRS  
Repairs & service of vehicles

Tyres, Windscreens, Batteries, Brakes, Exhausts, Wheel alignment, Automatic transmission  
Phone 57952910  
38 Railway Street, Euroa  
FREE QUOTES

yeswebsites

Simply Great Websites

For a free quote, email [jr@yeswebsites.com.au](mailto:jr@yeswebsites.com.au) or call Jono: 5796 9399

[yeswebsites.com.au](http://yeswebsites.com.au)

Shopping Carts a speciality

EZY ELECTRICAL SERVICES

Phone Ian on  
: 0408990487  
: 57904328

Registered Electrical Contractor:  
License No. 16959

Trawool Shed and Cafe

WALES RURAL

Let the land produce

38 Emily Street Seymour  
Ph. 5792 1088

ALTSON MORRIS  
LIFESTYLE GARDENS

Garden Designs for City and Country Spaces

- \* Water-wise
- \* Low maintenance
- \* Attractive all year around

Contact Miranda  
0408 969 261  
[miranda@omnipotent.com.au](mailto:miranda@omnipotent.com.au)  
[altsonmorris.com.au](http://altsonmorris.com.au)

SAS  
STRATHGOLIE ANTENNA SERVICES

HOWS YOUR TV RECEPTION?  
ARE YOU FREEVIEW READY?

Matt Ulstrup 0427 330 344

- Antenna installation and tuning
- Home theatre set-up
- Written instructions
- Free quotes and on-time service

AG Fencing & Contracting Services

All fence constructions, Equipment maintenance & Pump repairs, Blasting Service,  
"Not sure if we do it?"  
Give us a call 0407 028 122

Ruffy Produce Store

Breakfast & Lunch  
Saturdays, Sundays & Public Holidays from 8am

Lunch Fridays from 11.30am

Bookings: call Helen or Doug  
T: 5790 4387  
<http://www.ruffy.com.au/>  
F: 5790 4209

Vicmills natural fertilizer

A.J. & S.L. SHAW  
EXCAVATIONS

GENERAL EARTHWORKS  
0427969297

Christine Richards

Ausure Insurance

MOBILE BUTCHERING

RUSSELL BARNES  
0407523420

On Farm Slaughtering & Butchering  
Beef, Lamb, Pork,  
Slaughterer, Butcher  
Coolroom supplied  
Cut to order  
Sausage, corned beef, mince

Robyn Richards