



## Welcome, Wumindjika and G'day

This issue of TGN is again winging its way to you from not so sunny Sydney, well actually the not so blue, Blue Mountains as bushfires and smoke continue to dominate the landscape. This photo of the famous 3 Sisters was taken yesterday and apparently the bushfires over the ridge were the result of a lightning strike a couple of days ago. With a very stiff wind behind them the water bomber helicopters looked as though they were having an uphill battle trying to contain the blaze. So please take care over summer as, despite bushfires from Qld to SA in the last few weeks, summer has only officially arrived today! Until next week, **Pauline And Kenny?** Was saying hello to the Eastern Water Dragon.



Feedback? - [editor@tgn.org.au](mailto:editor@tgn.org.au)  
or to subscribe on-line go to  
[www.highlands.org.au](http://www.highlands.org.au)

**"No matter how many mistakes you make or how slow your progress, you're still way ahead of someone who isn't trying."**

**Tony Robbins - US Author**

**The Granite News** is an open but moderated community forum. Readers are encouraged to contribute articles and we also encourage you to air your views on things that interest or concern you within our community. We certainly welcome feedback from you, positive or otherwise on anything that is published in **The Granite News**

## WARNING !! WARNING !! WARNING !!

There have been a few thefts within the Terip and Ruffy areas in the past couple of weeks with mainly small farm equipment and fuel being taken, although one house was broken into and ransacked.

It appears to be escalating as last Monday it was discovered that the perpetrators have broken into a locked container on a farm in Ruffy and taken equipment and a motorbike.

No matter where you live within the HCCC readership area keep an eye out for any suspicious activity and **ring 000** to report anything unusual, no matter how inconsequential. Such behaviour is totally unacceptable & must be stopped

## Tablelands Community Centre at Ruffy

### The Shelter Shed Shop

### Bric a Brac

**Summer Season is Now Open**  
**Weekends and Public Holidays**

Contact: Fiona 0427 690 970

Sellers and volunteers welcomed

Please note: Thursday evening is the deadline for inclusion in the following week's TGN although this will depend on space and time constraints—thanks

## FOR SALE Beautiful Plants





Assorted succulents & cactus for sale at **Terip Terip**. Most are in flower now, great everlasting Christmas present. **Open most weekends or by appointment call Kerri on 5790 4191.** Prices vary depending on item size.



Month	Highlands	Ruffy
November	38.7 mm	23.4 mm
2019 Total	517.1 mm	410.1 mm
November Rain Days	11 Days	7 Days

## Community Notices & Classifieds

### CALENDAR of EVENTS — December & January

<b>Tuesday 3rd December</b> <b>@ 7pm</b> <b>RuffArtZ</b>	<b>RUFFARTZ AGM</b> New members needed and visitors most welcome. <i>Enquiries, please contact the Secretary, Kym McWilliam on 0409 172595</i>	Ruffy Hall, 3 Nolans Road, Ruffy
<b>Saturday 7th &amp; Sunday 8th December</b> <b>10 - 4</b>	<b>DARREN GILBERT's OPEN STUDIO</b> Darren's studio, with his creative works is now open on first weekend each month. An inspirational environment where both art and sculpture come to life in a beautiful scenic countryside of Highlands.	2742 Highlands Rd, Highlands
<b>Saturday 7th December</b> <b>from 6.30pm</b>	<b>TABLELANDS COMMUNITY CHRISTMAS PARTY</b> at Tablelands Community Centre Ruffy See p. 4 for further details for this community event & SAVE the DATE! <i>Enquiries? Melissa 0404 833388</i>	
<b>Sunday 8th December</b> <b>10 - noon</b>	<b>RUFFY CFA OPEN DAY</b> An excellent opportunity to find out more about your local brigade and pre-season preparations. See p.4 for further details. <i>Enquiries? George 0432 928301 or Felicity 0413 483450</i>	at Ruffy Fire Shed
 <b>Monday 9th December</b> <b>@ 11am</b>	<b>The HIGHLANDS SPINNING CLUB</b> will celebrate the Christmas Season with a party. Same place – 450 Caveat-Dropmore Road. Please bring some yummy food to share. Tea and coffee provided. <i>Enquiries? Jan 5790 4361</i>	
 <b>Friday 13th December</b> <b>@ 6.30pm</b>	<b>HIGHLANDS/CAVEAT COMMUNITY End of Year BREAK-UP</b> All local community groups are invited to join in this evening's food, fun & friendship. For further details see this week's attachment.	at Highlands Hall
	<p style="text-align: center;"><b>** Best Wishes for a peaceful, happy &amp; relaxing Festive Season celebrating the joys &amp; milestones of 2019 with family &amp; friends. Peace on Earth &amp; goodwill to all in 2020**</b></p>	
<b>Saturday 28th December</b>	<b>HIGHLANDS BLACK MARKET</b> Please note there will be NO Black Market in December, it will return in February 2020, Stay tuned...	
<b>January 2020</b> 	<b>TERIP TERIP's TERRIFIC TENNIS TOURNAMENT</b> The annual tennis tournament will no doubt be happening again in 2020...stay tuned for details.	at Terip Tennis Courts
<b>Every second Wednesday 10.30-12.30</b>	<b>MURRINDINDI MOBILE LIBRARY SERVICE</b> The Mobile Library visits the TGN area, based at the Highlands Hall every fortnight. Why not pop in? <b>Term 4 dates for 2019 - December 4th &amp; 18th. The service will recommence in 2020 on January 8th!</b>	at Highlands Community Hall
<b>Every Monday</b> <b>@ 10 am</b>	<b>YOGA AT RUFFY</b> Yoga with Kylie Penny continues into spring. All welcome! Equipment provided, \$20 per class or \$153 per term paid upfront. (BYO water bottle) Any enquiries please call/SMS Kylie 0418 899966 or email <a href="mailto:kyliepenny@gmail.com">kyliepenny@gmail.com</a> Please note bookings are essential via SMS, phone or email.	at Tablelands Community Centre Ruffy
<b>Every Thursday</b> <b>@ 7.30 (sharp) - 9pm</b>	<b>SWING DANCE CLASSES - Free!</b> Swing dances feature the jazzy Big Band music of the 1930s and 40s, and they are definitely all about having fun!! <i>Enquiries? Ray 0467 951559</i>	at Euroa Uniting Church Hall

Yea & District Community  
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& Alexandra agency



66 High Street, Yea VIC 3717 | 5797 2188 | Find us on Facebook | Ask us about Community Gold #buylocal

*Season's Greetings  
to readers of the Granite News!*



**WOW!! What a feast of culture, sport & entertainment ~ why would we want to live anywhere else??**

## Why National Parks are important for our health... by Tanya Smith (Parks Victoria)

Did you know? Traditional Owners have recognised the critical connection between Country and health for thousands of years. Scientific research in Australia and internationally is now also revealing that nature-based solutions can help us address many of the health challenges we are facing.

In 2015, a Deakin University review of international research found more than two hundred studies (mostly undertaken between 2008–2015) showed contact with nature makes people physically & mentally healthier.

The findings revealed that access to safe, high-quality green space benefits people across every stage of life, enhancing their physical, mental, social and spiritual health and wellbeing. Accessing parks and green spaces may be particularly beneficial for specific community groups, including Aboriginal and Torres Strait Island people, those from culturally and linguistically diverse communities and people with disabilities.

The evidence connecting parks and health is substantial and provides a strong justification for promoting and investing in parks as settings that enhance the health and wellbeing of community members at all ages.

According to Shauna Jones, Manager Health and Community Activation at Parks Victoria, the vision of Healthy Parks Healthy People is the foundation of how Victoria's parks are managed and planned.

"Simply spending time in safe, thriving parks can help us become more active, reduce our stress levels, recover faster from illness or injury, boost our immune system, & foster social connections that contribute to our wellbeing,"

### Health challenges on the rise

Unprecedented social, demographic and environmental changes pose a number of risks to our health and wellbeing, creating an increasing economic burden to governments and communities.

Non-communicable diseases such as diabetes, cardio-vascular disease, depression and anxiety are among the fastest growing health & cost burdens. Increasing urbanisation and changing lifestyles have resulted in people spending less time in nature, doing less physical activity, and becoming more stressed and socially isolated. As a result:

- More than half of the Australian population is either sedentary or has a low level of exercise, leading to an increased rate of obesity and overweight;
- Children are exercising less, with just one-third meeting the benchmark for good health of 60 minutes of physical activity per day;
- Around 1.7 million Australians have diabetes. It is the fastest growing chronic condition in Australia. More than 100,000 Australians have developed diabetes in the past year and the majority of these are preventable through improved lifestyle;
- An estimated 45 per cent of Australians will experience a mental health condition in their lifetime. In any one year, around one million Australian adults have depression, and more than two million have anxiety;
- Social disengagement and isolation is an increasing concern for youth, new migrants and rural and remote populations.

We know that parks are important for the conservation of native plants and wildlife. Less understood are the numerous economic, social and environmental benefits that people and communities receive.

**Healthy parks mean healthy people**



## Fire awareness for all ....



At 1100 degrees Celsius radiant heat from bushfires can kill from up to 300 metres away and cause trees to combust without touching them.





## **Ruffy CFA OPEN DAY**

### **Community service announcement**

**When: 10am – 12noon on Sunday 8 December 2019**

CFA Open Day is a great opportunity for members of the Ruffy Community to find out more about pre-season property preparation & how to stay safe from fire this summer.

Many CFA brigades across the state will be participating in CFA Open Day.

Ruffy Fire Brigade will be welcoming all members of the Ruffy community from:

**Free Breakfast of Egg and Bacon Rolls**

**Fire Ready Victoria presentation 10.30am (sharp)**

**Farm Fire Equipment and Pump servicing will commence immediately following the presentation.**

*Brigade will supply engine oil and owners to supply, spark plugs, air cleaner, pull cord if required.*

**& JUMPING CASTLE for the kids!!**

**Enquiries:** George Noye 0432 928 301 Felicity Sloman 0413 483 450



## **Ruffy Tablelands Community Family Christmas Party**

**Saturday 7<sup>th</sup> December from 6:30 PM**

**At Tablelands Community Centre - Ruffy**

**Giant Christmas Tree & Kids' Jumping Castle**

**Santa will arrive at 7:30 PM**

**Complimentary Spit Roast & BBQ Dinner**

**Everybody Welcome - NO Entry Fee**

**BYO Drinks & Salad or Sweet to Share**

**Hey, Mums & Dads - Please bring a wrapped gift for your kids for Santa's sack!  
Kids' gifts to Melissa before 7pm please.**

**Further Details: Melissa 0404 833388**

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