



THE GRANITE NEWS

2ND AUGUST 2020

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WHITEHEADS CREEK • TERIP TERIP • CAVEAT • RUFFY • HIGHLANDS • HUGHES CREEK

Welcome, Wumindjika and G'day

Is it just me or do other TGN readers suddenly have a feeling of déjà vu?

For those of you who have not caught up with the latest developments, as of midnight **Wednesday 5th August**, the HCCC area, along with the rest of country Victoria, will be back to **Stage 3 restrictions for the next 6 weeks**. A reminder to all what those Stage 3 restrictions will mean for everybody. **We must stay at home!** There are only 4 reasons that are exempt -

1. Shopping for essential items eg: food
2. For care-giving or receiving care
3. Exercise
4. Work, if you can't do it from home



Further information, re workplace restrictions/alterations is to come via the wider news options, but in the meantime we need to ensure that this insidious disease doesn't make any further inroads into the rural and regional areas of our great state. We've done it before, we can do it again and yes it may be inconvenient, frustrating, annoying and financially fraught **BUT** the alternative doesn't bear thinking about when we look at the devastation it is wreaking overseas and to a much lesser extent in Melbourne.

If this new round of lockdown raises health issues see p.4 for some ideas.

Many thanks again to those readers who have responded **YES** to the HCCC's Membership drive. We now have **112 members**, which is a rather impressive effort. Remember it's easy to do, does not involve any cost and all you need to do is send an email to editor@tgn.org.au, and type **YES**. The HCCC executive has decided to leave membership open-ended for any new applications, so why not sign up now?

Until next issue continue to stay warm and safe, **Pauline**

And Kenny? Was hoping to attend the Terip Tennis Club's AGM tomorrow.

2030 Yea Community Energy Competition

Spot the Yea solar panels!

Giveaway time! ? Let's play a game of spot the Yea solar panels, first person to guess the street location of these 10 solar PV photos wins a prize that will help your house energy efficiency, a valve cosy!



See more at <https://www.facebook.com/2030Yea/posts/129141152154320>

NB: This might not be possible given the restrictions coming in on 5/8/20 but maybe in the next day or two or after 13/9/20 might be options. **Ed.**

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



Hughes Creek
Catchment
Collaborative
Landcare

Feedback? - editor@tgn.org.au

or to subscribe on-line go to

www.highlands.org.au

"Common-sense is not so common"

Oscar Wilde (1854-1900)

Irish poet & playwright

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

Let's
laugh



Coronavirus 24hr Hotline

1800 020 080

Month	Highlands	Ruffy
July	52.8 mm	36 mm
2020 Total	625.4 mm	724 mm
July Rain Days	15 Days	7 Days

Community Notices & Classifieds

CALENDAR of EVENTS — or something to look forward to...

1st weekend of the month (not winter) 10-4	DARREN GILBERT's OPEN STUDIO 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
2nd Monday each month @ 11am 	HIGHLANDS SPINNING CLUB The Highlands Spinning Club will get together in 2019 at the same place Caveat-Dropmore Rd, the same time 11am and with the same good company! BYO lunch & coffee will be provided. contact Jan 5790 4361
2nd Wednesday each month @ 9.30am 	TERIP TERIP MORNING TEA This enjoyable social event is open to anyone who wants to enjoy a cuppa, swap any books or home-grown produce. Highlands Community Centre
2nd Friday each month @ 6.30pm 	DRINKS ON THE TABLE Starts at 6.30pm. A great way to meet up with friends old and new. All welcome, especially those who love a good drink. Highlands Community Hall
3rd Thursday or Friday each month	HUGHES CREATIVE COLLABORATIVE MEETING The next meeting will be in 2020 commencing at 7pm. All welcome. at ?????? Enquiries? - contact Justus 5790 4268
Last Thursday each month @ 5.30pm	SECRET MEN'S BUSINESS All people in the district are welcome, pink note (\$5) donation towards a BBQ, BYO and chat at Caveat Church
4th Saturday each month 10-12 or 12-2 	HIGHLANDS BLACK MARKET Bring along your excess produce, buy local and learn from each other. at 94 Old Highlands Rd Enquiries? - Clare 0428 969366
Every second Wednesday 10.30-12.30	MURRINDINDI MOBILE LIBRARY SERVICE The Mobile Library visits the TGN area, based at the Highlands Hall every fortnight. Why not pop in? Please note the Mobile Library Service is temporarily suspended until further notice!! at Highlands Community Hall
Every Monday @ 10 am	QIGONG AT RUFFY Vivien Watmough looks forward to welcoming you to the benefits of this ancient well-being practice. For bookings and enquiries please call Vivien on 0428 969366 or email: vivienwatmough@gmail.com at Tablelands Community Centre Ruffy
Every Thursday @ 7.30 (sharp) - 9pm	SWING DANCE CLASS Swing dances featuring Big Band music of the 1930s and 40s, and they are definitely all about having fun!! at Euroa Uniting Church Hall Enquiries? Ray 0467 951559

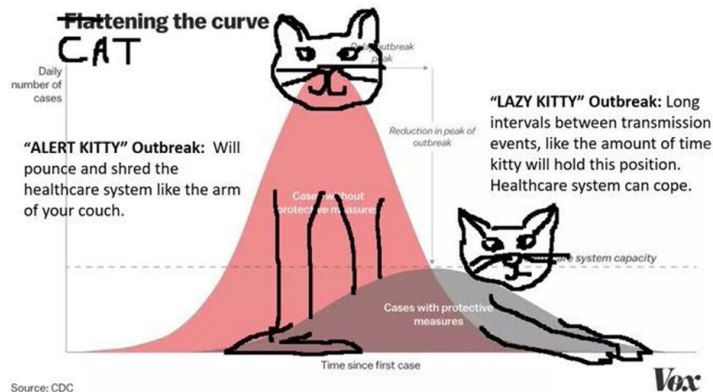
All these monthly events will be returning to a place near YOU, hopefully soon, but not until it is safe. Stay tuned



Postponed until further notice

Remember.....

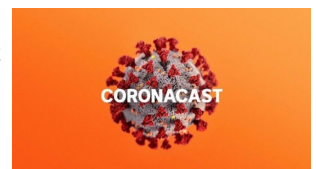
Although it seems like a lifetime ago, when restrictions first commenced, it's only four and a half months and this is what we are trying to achieve once more. We did it once, we can do it again!



Coronacast - all yours for free!

In these times of instant social media and 'fake news' Coronacast is an accurate podcast that helps to answer your questions about coronavirus or COVID19. The latest news and research is broken down to help you understand how the world is living through an epidemic.

Listen for free on [ABC listen app](#), [Apple Podcasts](#) or [Google Podcasts](#).



Pandemic Puppy

This is Tilly, Jack Russell Terrier.

We made a quick dash to collect 8-week old Tilly at the beginning of the first lockdown, in March. The tiny puppy arrived home to a toddler and new baby, who had also arrived to wait out the lockdown period. The puppy playpen proved to be a godsend for everyone in the household.



Tilly is now 6 months old and displaying typical 'teenage' behaviour! She is learning (reluctantly) not to chase poultry but she enjoys a challenge when it comes to livestock. Like all JRs, she loves to explore, but only under strict supervision!

Because of the Covid crisis, she was unable to attend 'puppy preschool', so her education and socialisation is ongoing. Despite that, she is a very well adjusted and sociable pup. In the evenings, she likes nothing better than curling up in front of the fire after a day full of activity. She is lucky, as we all are, to have the daily

stimulation and freedom of farm life.



It's easy to forget how much time you need to commit to a young pup! In a pandemic, with all the gyms closed, it's one way to keep fit ...and the reward of a devoted little pup is immeasurable. In such a short time she has become

part of the family, a constant companion and source of amusement, if at times, a little unruly. In every way she's a typical Jack Russell!

Jenny & Rick Webb

A note from Paul Verbeek (CFA)

Afternoon all, for those wondering what has happened to all the black woollen jackets at your local CFA station, here is the answer. I have been grabbing them on my way around at various stations, but still have some to go.

I think it's important we remember that Cold Climate Jackets were something volunteers agreed to, to replace these older style jackets as they were no longer relevant for structure fires.

We have delivered the new Cold Climate Jackets over the last couple of years to all brigades with some more recently AND the old jackets are actually going somewhere worthwhile, we are not throwing them out. All names, CFA logos, etc are all removed before they are sent for cleaning and then they are being repurposed for those who need them most in winter!

Some of these black jackets have made their way to Azim for the soup kitchen he runs for the homeless and he has handed them out to some of the homeless around Shepparton. However the majority have gone to Melbourne for distribution by the following groups - Heat the Homeless Campaign and the Avalon Centre who aim to meet the unmet needs in society and help people who have slipped through the cracks.

Paul Verbeek
CFA -Strathbogrie
Catchment



NB:

These jackets were always so toasty when worn for Mudbash tin-rattling, so it's good to know they are now keeping others warm on winter nights. **Ed.**



Book Butler at your Service

As these unprecedented times continue Murrindindi Library Service is still offering its **Book Butler Service** to patrons. A **FREE** non-contact delivery of items personally selected to your taste/loan history can be delivered to your door. If you haven't yet made use of this excellent service ring **57720349** to enquire now.



NB: the Mobile Library Service remains suspended until further notice.

SAVE the DATE - it's a goer!

Terip Tennis Club AGM
Monday August 3, 2020
@ 7.30pm
@the Terip Rec Reserve



FOR SALE

10 stand calf bail feeder.
0428 137361
\$100
Ring Ray.



With thanks to St John Ambulance for the following... The outbreak of Novel Coronavirus (COVID-19) has profoundly disrupted society worldwide in the way in which we live and work. The pure enormity of the virus' spread has left people feeling a mix of emotions, including, anxiety, distress and concern.

How COVID-19 Fuels Anxiety

There are many contributing factors to spiked anxiety levels throughout these unprecedented times. Some of these include widespread media reporting of the coronavirus pandemic, changing daily circumstances and uncertainty about the future, all of which can give rise to heightened individual and community anxiety.

As social restrictions become tighter across Australia to help reduce the spread of COVID-19, this can have severe impacts on our mental health. A lack of social connectedness –caused by isolation – can leave people feeling lonely and in turn create a persistent state of panic, resulting in being unable to perform normal tasks such as working, taking care of themselves or others.

Feelings of worry and unease can be expected during such a stressful event, but it's important to manage our stress before it turns into more severe anxiety or panic.

Social Distancing – How Can we Still Stay Connected?

It's important to note that although we're practicing social distancing, there are still ways we can stay connected through technology.



Video calling – there's an app that has emerged called [Houseparty](#). It's a face to face social network that allows you to spend time with people you care about and have a virtual 'House Party'

1. Online group chat – Starting an online group where people can chat or leave messages can help you stay connected at any time of day, whether others are online or not
2. Digital Games – While sitting around a table with friends to play board games is a no-no right now, you can have a similar experience playing games through apps, consoles or streaming services
3. Online classes – While they are closed, lots of organisations that offer exercise and creative classes are operating online. You could take an exercise class, stretch out with some yoga, feel the beat in a dance class or learn how to paint through an online art studio

Social media – Whilst too much social media can have a negative impact on your mental wellbeing – a little bit can go a long way. Checking in with others, sharing an uplifting photo or finding a funny video are all made easier through social media platforms

Top Tips to Maintain Positive Mental Health During COVID-19

Taking steps to maintain good mental health during these uncertain times is imperative to our overall wellbeing and will help us get back on track faster once restrictions ease. There are several ways to support your mental health during periods of self-isolation or quarantine.

1. Try maintaining a schedule or routine – get up at a reasonable time, make your bed and get changed (as if you were going to go to work)
2. Exercise and maintain physical activity, daily if possible – try going for a walk or complete a home workout in your living room;
3. Learning and intellectual engagement – this can be books, reading or puzzles
4. Practice meditation and relaxation;
5. Use technology to connect with loved ones – have a virtual cuppa
6. Bathe daily, if possible, to reinforce the feeling of cleanliness



When working from home, establish a healthy balance between work life and home life by dedicating set work hours, and taking regular breaks as you would if you were physically at work

While stress and sadness are normal and natural responses to COVID-19, we must remind ourselves that this situation is temporary. In times of distress, we must be kind to others, but most importantly to ourselves. If you're feeling a decline in your mental health or feeling overwhelmed it's extremely important that you seek help.

Visit Beyond Blue's dedicated information page about mental health and the Coronavirus at <https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak>

For immediate support call Lifeline on 13 11 14 and in an emergency, always call triple zero (000).

STRATHBOGIE SHIRE COUNCIL

PROPOSED LOCAL LAW NO 1 – USE OF THE COMMON SEAL 2020



Notice is given that, pursuant to section 119 of the *Local Government Act 1989* (the 1989 Act), at a meeting held of the Strathbogrie Shire Council on 21 July 2020, the **Council resolved to give notice of its intention to make a new Local Law No 1 – Use of the Common Seal 2020 (the proposed Local Law).**

The following information about the draft Local Law is provided in accordance with section 119(2) of the 1989 Act:

Purpose of the draft Local Law:

The purpose of the proposed Local Law is to:

- provide for continuity in regulation around the use of Council's Common Seal and to prohibit its unauthorised use; and
- repeal the existing Strathbogrie Shire Council Meetings Procedures Local Law No 1 of 2014, is are being replaced by Governance Rules required under the *Local Government Act 2020* (the 2020 Act).

General purport of the proposed Local Law:

The proposed Local Law provides for the administration, storage and use of Council's Common Seal and repeals an existing local law that is required to be replaced by Governance Rules under the new 2020 Act. The proposed Local Law creates an offence for the misuse of the Common Seal.

How can I get a copy of the proposed Local Law?

Copies of the proposed Local Law and an accompanying Community Impact Statement will be available in hard copy from Council's Customer Service Centres at Euroa (109a Binney Street, Euroa) and Nagambie (293 High Street, Nagambie) during office hours.

An electronic copy can be found on Council's website www.strathbogrie.vic.gov.au under the Have Your Say button. Further information on the proposed Local Law can be provided by calling Council on 1800 065 993.

Making a written submission

Any person affected by the proposed Local Law is welcome to make a written submission to the Council in accordance with section 223 of the 1989 Act. **Written submissions must be received by 5pm on Wednesday 19 August 2020 and addressed to Ms Julie Salomon, Chief Executive Officer, PO Box 177 Euroa Vic 3666 or for Ms Salomon's attention via email to info@strathbogrie.vic.gov.au.**

Anyone who makes a written submission may also request an opportunity to make a verbal presentation, or nominate someone to make the presentation on their behalf, to Council in support of their comments at a **Council meeting to be held at 4pm on Friday 21 August 2020 at Council's Conference Centre, Bury Street Euroa (the meeting will not be held if no submissions are received). Adoption of the proposed Local Law will be considered at a Council meeting to be held at 5pm Tuesday 25 August 2020 at the same location.**

Any written submissions received are not confidential and may be incorporated into the Agenda for this Council meeting, including the name of the submitter and may be made available on the Shire's website as part of Council minutes and agendas.

JULIE SALOMON

CHIEF EXECUTIVE OFFICER

Virtual Screening of 2040

Don't forget if you want to participate in the **virtual screening of 2040 that is being held between Friday 14th and Sunday 16th August.**

To register go to <https://events.humanitix.com/2040-movie-murrindindi-shire> Please note that bookings close at 5pm on Monday 10th August and participants will be given access to a link to watch the screening on the designated days.



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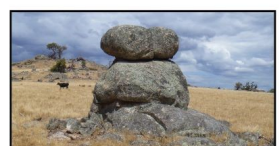
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