



THE GRANITE NEWS

26TH MARCH 2020

VOLUME 14

COVID-19 SPECIAL 2

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

Welcome, Wumindjika and G'day

Exceptional times continue to be part of our days and we have had a week of extraordinary restrictions announced, almost on a daily basis from both Federal & State leaders, that are starting to impact on our day-to-day lives.

Self-imposed isolation appears to be the suggestion that medical experts feel will flatten the curve of Coronavirus cases and, not only give our health system the chance to cope with the expected increase in patients, but also stop the virus infecting many more people and increasing the potential for avoidable and unnecessary deaths.

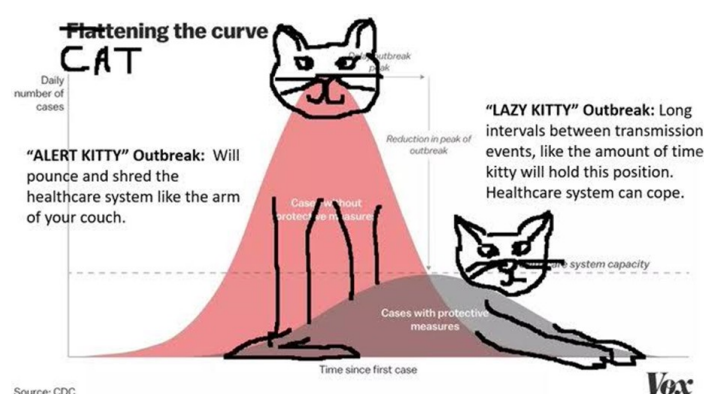
So if interruption to our normal lives and the expected inconvenience and annoyance is the most that any of us will experience, if we undertake self-isolation, then it seems a very small price to pay for us as individuals compared to the benefit for the wider community.

I realise Centrelink offices have queues stretching for great distances, in fact one of my nieces joined one last Thursday as all the work she had lined up for the next 6 months evaporated overnight, but the Federal Govt seems to have that financial side of things under control, so now it's up to us.

The problem with pandemics is that the infection rate is exponential if we don't take effective action to contain the spread. As Daniel Andrews put it so simply & succinctly a couple of days ago, "Take these measures seriously, if you don't people will die!"

We have been swamped by a plethora of information hitting news services and social media in recent weeks and sadly confusion and mixed messages have muddled the waters to the point where we are probably all over it. Please don't be, as this really is life and death, for some, that is at stake here as our hospital & medical systems will be overwhelmed.

Common sense, clarity, consistency and credibility should be the hallmark of any information we are relying upon and if you don't already have the ABC News app on your phone, then I heartily recommend it for its excellent summation of the issues and the prospects ahead of us. Speaking of prospects, colourful graphs have also featured prominently in any news stories in the last few days and working on the premise that people find graphs boring, but cats cute, I have included this little interpretation of the rationale behind flattening the Coronavirus curve.



We need to follow the lazy kitty's lead and stretch out at home. Until next issue, **Pauline And Kenny?** Was self-isolating, he'll be back again soon....



Feedback? - editor@tgn.org.au
or to subscribe on-line go to
www.highlands.org.au

"Life is a shipwreck, but we must not forget to sing in the lifeboats."

Voltaire (1694-1778)
French philosopher & writer

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!

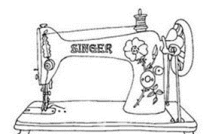
It was a quiet Monday morning in September 2053, when John awoke with a need to go to the loo. To John this wasn't just an ordinary day! This was the day he would open the last package of toilet paper his parents bought in the year 2020.

NB: Amidst all the seriousness of our current situation we need to find some balance in our lives.

For all your sewing needs


Mending, buttons, zips, hems. Soft furnishings (cushions) personalised painting smocks. Bags—library, shopping, craft.

Marj Leigh
57904298



Community Notices & Classifieds

CALENDAR of EVENTS — April

Friday 3rd April @ 7.30pm	WASPS of the Upper Goulburn Yea River Catchment Landcare Group presentation by Ron Litjens. See p.4 for more info. at Yea Butter Factory
Saturday 4th April @ 1.30pm	MEMORIAL GATHERING for ... Phone 03 57904205 for more details. at Ruffy
 Friday 10th April @ 6.30pm	DRINKS ON THE DECK Starts at 6.30pm bring food to share for ... and catch up with friends old and new. All welcome, especially new faces. Gold coin ... at Highlands Community Hall
Friday 17th April @ 6.30pm	HIGHLANDS HALL BLUES NIGHT Come along for an excellent evening of jazz ... support the hall. Enquiries? Judy 57969247 at Highlands Community Hall
 Monday 20th April @ 11am	HIGHLANDS SPINNING CLUB The Highlands Spinning Club will get together in 2020 at the same place—450 Caveat-Dropmore Rd, the same time 11am and ... great tea & coffee will be provided. Enquiries? - contact Jan 5790 4361
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 ... this ancient well-being practice. For bookings and enquiries please call Vivien on 57953349 or email: vivienwatmough@gmail.com
Every Thursday @ 7.30 (sharp) - 9pm	SWING DANCE CLASSES - Free! Swing dances feature the jazzy Big Band music of the 1930s and 40s, and they are definitely all about having fun!! Enquiries? Ray 0467 951559 at Euroa Uniting Church Hall

COVID-19 Highlands Community Connections

Hello. If you are self-isolating due to the COVID-19 virus, we can help with:

- Picking up shopping
- Posting mail
- Urgent supplies or medicines
- A friendly phone call.

Just call (insert name here) on ***** or text ***** , and someone from our small group will do their best to help you (for free).

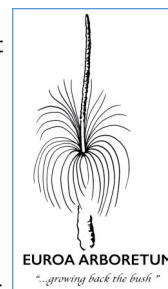
Even if you are just feeling anxious about the virus and what you need to do, please give us a call or text.

Please take every precaution and spread only kindness.

Avoid physical contact (1.5m distance) and wash your hands regularly for 20 seconds (sing Happy Birthday twice).

This has been sent out to residents on social media & fire trees

Although the **Retail Shop at the Euroa Arboretum** has been closed it still is a popular public recreation space. We want it to remain a place of calm and welcome. While we have closed the retail nursery to the public until further notice - we imagine some of you will want to continue to walk, fish and wander the Arboretum site - and unless self-isolation is required - we encourage you to do so. We ask you to adhere to physical distancing as stated by all health experts. So please visit this sanctuary, respect others' space and needs, and exercise common sense at all times. We will get through this together.



We are still open for nursery order pick ups. Please call **0429 127 399** in advance so we can have your order ready and waiting for you. If you would like advice, please email info@euroaarboretum.com.au with details of your location and your return phone number. We will endeavour to help with advice.

Thank you for your patience - **Cathy & Shirley.**

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

Keeping Separated, Sanitised and Sane!

As we head into the COVID19 containment “lockdown” here’s a idea to keep us sane and the kids occupied outside, in the sun and fresh air, away from TV and phone screens and growing good tucker for ourselves and others. We are so well off being in the country compared to those in high rise apartments in cities.

Most of us have access to soil, our own or from friendstwo 30cm (12”) pots raise the seedlings to provide some protection from pets, snails (if in a tray of water) and sprained backs from bending over! Some mulch or clippings keep the weeds at bay and conserve moistureSeasol is a wonderful fertilizer.

The lower pot can contain bricks or better still, more soil, so that the top one drains more slowly. Placed against a wall or fence provides some shelter from wind and careering children. Drippers are readily installed and checked.

An astonishing amount of good greenery can be grown in pots and, when serially planted, can keep providing for months. Winter growers like spinach can be picked in 6-8 weeks.

We must all face the reality that this epidemic will not be contained for months or eradicated until a tested vaccine is universally available. Anyhow we should be growing our own, if we can, irrespective of pandemics.

The best outcome however is be able to share some veggies and herbs around to those of us who are vulnerable to COVID19 who are not able to readily head to the supermarkets where such greenery will be costly and maybe not available anyhow.

The challenge however is that seedlings and seeds are already nearly sold out. So keep a watch out for new supplies. Share with neighbours and friends. A small packet of spinach has 500 seeds: cos lettuce 1250 seedsnot a bad investment for \$2-\$3.50. Spread small seeds in a row on the kitchen bench and use 3M Transpore medical tape which, being porous, assists in germination and root development (available from Pharmacies).

Later on in spring one can plant the summer growers ... I recall a huge rockmelon plant producing dozens of melons of about a kilo each growing from one of these double pots (the base of the top being partly removed and the bottom one on gravel or slats to allow drainage).

So if you have some ideas and experiences to offer please let me know by email and we can keep passing them around by The Granite News.



Sandy MacKenzie - Burnt Creek Landcare

We're all in this together...

Information on Emergency Relief Packages for Victorians

Emergency relief packages are available to support people who:

Are in mandatory self-isolation (because they have COVID-19, are suspected of having COVID-19 or have come into close contact with people who have COVID-19 or have recently travelled overseas) AND

Who have little or no food, AND

Have no network of family and friends to support them.

Each eligible household will receive a two-week supply of essential goods.

Food packages will include items such as long-life milk, pasta, cereal, canned vegetables and sugar. Personal care packages will also be distributed to eligible households and include soap, toothpaste and deodorant. Additional items may also be provided depending on the needs of the household, such as nappies or baby formula.

For more information about the support services people can call the coronavirus hotline on 1800 675 398 or visit the website: dhhs.vic.gov.au/coronavirus.

Remember when, or is it how to?

For most of TGN's readers it's probably hard to remember a life without screens, be they TV, computer, i-Pad or phone. If we are to take self-isolating seriously then we might well find ourselves binging on anything with a flat screen and this is not necessarily beneficial to our health, both physical and mental, so why not try these ideas—

- * Sandy's suggestion of food gardening in pots is ideal
- * Cleaning out... whatever it is you've been putting off
- * Start that project you've been meaning to do for ages
- * Dig out some old board games & play with the kids
- * Read or re-read those books gathering dust on the shelf
- * Make some yummy food with the kids cooking = science
- * Decide amongst a group of like-minded friends a project that will keep you occupied and then shared at a more appropriate time. I know of a group that have decided to each create a textile item with a 'Recovery' theme
- * If your land size permits it, go for a walk and enjoy, if not
- * Put on some old disco music and jive!
- * Dig out the DVDs of those Australian classic movies of the 1970s & 80s and remember when you first saw them

Needless to say this list could go on, and if anyone has any suggestions to continue this offering of “sanity savers” in the next issue of TGN please email them to the Editor. The feedback in response to the first Covid-19 issue has been appreciated & indicates that the HCCC was far-sighted continuing with TGN during this time.



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](#).



Learning for future farms in a time of upheaval

As our daily life spirals into uncertain times, the start of the Holistic Management course in Yarck provided a grounding framework for the participants to focus on over the coming months. Seventeen land owners and managers from across the Goulburn Broken region attended the 2-day session at the Yarck Hall, run by Brian Wehlburg from Inside Outside Management. Holistic Farming is essentially about working with our land – supporting and nurturing our soils, protecting our water and vegetation, and enabling participants to make economically, socially and environmentally sound decisions from this basis.

"There are some interesting and very challenging 'beliefs' that he is dispelling, but Brian is very fair and considered," commented Rhiannon Sandford, a property owner.

The content was delivered in the classroom as well as site visit to a local Molesworth farming property and with six more days of learning to come, the group is feeling enthused for more.

Running this course locally made it accessible to the property owners and managers in the region, and this will enable them to form support networks to help each other out through the highs and lows of farming. They are now in touch with someone who believes in the same methods and wants to follow a path less travelled in agriculture.

The Upper Goulburn Landcare Network project is supported by Goulburn Broken Catchment Management Authority through funding from the Australian Government's National Landcare Program.

Cat Thomas—UGLN Facilitator



It is with regret that the Ruffy Artfest 2020 committee has reluctantly decided to cancel the art show and artisan stalls weekend which was scheduled to be held the last week of May this year.

We appreciate that this decision will frustrate those of you who are already preparing for our weekend - we sincerely apologise to you and to all who will be adversely affected by this decision.

As you will know this cancellation is as a result of the growing Coronavirus crisis which is now being forecast to last around the world for at least another six months. The Artfest committee wants to err on the side of caution. Thank you to those of you who have already paid to enter the art show or hold a stall, you will be sent a refund shortly. If anyone has any questions, please don't hesitate to ring or email me.

Kind regards

Robyn Sheehan

President - Ruffy Artfest 2020

Victorian Department of Health & Human Services

If you have been asked to self-isolate, it means staying at home with **adequate** supplies, not hoarding. Practice good hygiene and keep your home clean. When in isolation, monitor yourself for symptoms including fever, cough, sore throat, tiredness or shortness of breath.

If symptoms develop, call the hotline on 1800 675 398.

For more download the [Australian Government Department of Health's](#) self-isolation guide from our website:

<http://www.dhhs.vic.gov.au/coronavirus>

#Coronavirus #COVID_19 #COVID19au



Some of the happy participants in the UGLN's Holistic Management course.

NB: this course was conducted prior to social distancing being declared.



RUFFY RURAL FIRE BRIGADE

Royal Children's Hospital FUNDRAISING AUCTIONS

The 2020 Good Friday Ruffy CFA Seafood Lunch is cancelled !

**We are not even permitted to 'door-knock' or 'tin rattle'
to raise funds for the Royal Children's Hospital.**

BUT, we have a target to beat !

**So, we are auctioning a tandem-trailer load of split firewood
each month for April, May, June & July.**

Bidding opens 1st day of each month & closes midnight last day of month

You can place your bids by phone, SMS message, email or in person to

Ruffy Rural Fire Brigade Treasurer—Don Cook

Mobile: 0408 929 818—Email: mavdon50@gmail.com

**Progressive Auction totals will be notified to current bidders,
posted on the Ruffy Facebook page and at the Ruffy fire-shed
Or just call Cookie for a bidding update!**

**ALL funds raised from these Auctions will go to the
Royal Children's Hospital
Good Friday Appeal**



*Delivery is included to the
Ruffy /Highlands/Tablelands*

A message from the **RuffArtz Committee:**

RuffArtZ

We regret to inform you that the upcoming RuffArt presentation of 'Canyon Callers' has been cancelled. The **RuffArtz Committee** advises that in response to the COVID-19 (coronavirus) pandemic & new Government regulation, **we have regretfully cancelled the 'Canyon Callers' show, originally scheduled for 23 May at the Ruffy Hall.** Season pass holders will be advised by email over the coming weeks about possible rescheduling. Meanwhile, the **Ruzzartz Committee** encourage you to support electronic formats of the Arts & we hope that live entertainment will return soon.

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