



# THE GRANITE NEWS

23RD APRIL 2020

VOLUME 14

COVID-19 SPECIAL 8

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

## Welcome, Wumindjika and G'day

ANZAC Day is almost upon us, despite other aspects of life being turned topsy-turvy. This year with the exception of a small memorial service to be held at the Australian War Memorial no formal services will be held anywhere else in the country.

Instead, all Victorians are encouraged to either stand at the end of their driveways, or on their balconies, **just before 6am on Saturday April 25th** to observe a moment of silence.

Interestingly this is not the first time that services and commemoration parades have been unable to be held. There were plans for all those things in 1919 but they were cancelled due to the Spanish Flu pandemic!

Thus does history repeat itself.

Until next issue, **Pauline**

**And Kenny?** Was looking forward to Darren Gilbert's next open studio.



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Feedback? - [editor@tgn.org.au](mailto:editor@tgn.org.au)

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**"People do not decide to become extraordinary. They just decide to accomplish extraordinary things."**  
**Sir Edmund Hillary (1919-2008)**  
**Mountaineer & Philanthropist**

## Gingered up ANZAC biscuits

1 cup rolled oats

3/4 cup coconut

1 cup wholemeal plain flour

1 1/2 tspns bicarbonate of soda

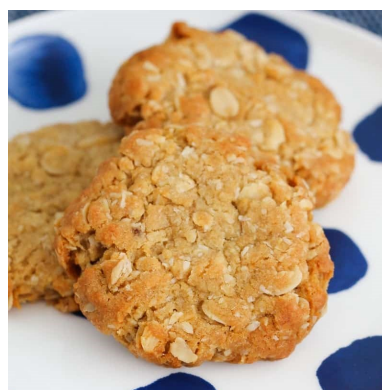
2 Tbspns of boiling water

1 cup raw sugar

4oz butter

1 Tbspn golden syrup

2-3oz (to taste) of chopped crystallised ginger (naked ginger is OK too)



Heat oven to 160 degrees.

Combine rolled oats, sifted flour, sugar, coconut and chopped ginger.

In a saucepan combine butter and golden syrup: stir over a gentle heat until melted.

Mix soda with boiling water, add to melted butter/syrup mixture.

Combine butter/soda/syrup mixture with dry ingredients until well combined.

Roll mixture into 'walnut sized' balls and place on a biscuit tray allowing room to spread.

Bake for 15-20 minutes until golden brown.

Remove from the oven to cool completely on trays.

When cool remove from tray with palette knife and store in an airtight container.

This recipe is an adaptation of Cereal Biscuits/Anzac Biscuits from Women's Weekly 100 Delicious Biscuits & Slices. If ginger doesn't appeal just leave it out  
Thanks to Alison for the adaptation.

**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!

Taking a dog named Shark to the beach is a bad idea .... apparently.



## Coronavirus 24hr Hotline






**1800 020 080**

## Website of the Week

For further information about ANZAC Day and anything else to do with Australian soldiers' participation in war go to the Australian War Memorial's website [www.awm.gov.au](http://www.awm.gov.au)

## Community Notices & Classifieds

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

|   |  |
|---|--|
| 1st weekend of the month (not winter) 10-4  | <b>DARREN GILBERT's OPEN STUDIO</b><br>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.<br>2742 Highlands Rd, Highlands                                  |
| 2nd Monday each month @ 11am<br>           | <b>HIGHLANDS SPINNING CLUB</b><br>The Highlands Spinning Club will get together in 2019 at the same place—450 Caveat-Dropmore Rd, the same time 11am and with the same good company! BYO lunch and great tea & coffee will be provided.<br>- contact Jan 5790 4361   |
| 2nd Wednesday each month @ 9.30am<br>       | <b>TERIP TERIP MORNING TEA</b><br>This enjoyable social event is open to all members. Enjoy a cuppa, swap any books or home-grown produce and enjoy the company.<br>Terip Community Centre   |
| 2nd Friday each month @ 6.30pm<br>          | <b>DRINKS ON THE DECK</b><br>Starts at 6.30pm bring your drinks and enjoy the view.<br>Community Hall  |
| 3rd Thursday or Friday each month   | <b>HUGHES CR</b><br>The next meeting is on Thursday 11th April commencing at 7pm. All welcome.<br>Enquiries? - contact Justus 5790 4268  |
| Last Thursday each month @ 5.30pm<br>      | <b>SECRET MEN'S CLUB</b><br>All people in the district are welcome, pink note (\$5) donation towards a BBQ, BYO and chat<br>at Caveat Church   |
| 4th Saturday each month 10-12 or 12-2<br> | <b>HIGHLANDS BLACK MARKET</b><br>Bring along your excess produce, buy local and learn from each other.<br>Enquiries? - Clare 0428 969366<br>at 94 Old Highlands Rd   |
| Every second Wednesday 10.30-12.30  | <b>MURRINDINDI MOBILE LIBRARY SERVICE</b><br>The Mobile Library visits the TGN area, based at the Highlands Hall every fortnight. Why not pop in??<br>Please note the Mobile Library Service is temporarily suspended until further notice!!<br>at Highlands Community Hall                                      |
| Every Monday @ 10 am  | <b>QIGONG AT RUFFY</b><br>Vivien Watmough looks forward to welcoming you to the benefits of this ancient well-being practice. For bookings and enquiries please call Vivien 0428 969366 or email: <a href="mailto:vivienwatmough@gmail.com">vivienwatmough@gmail.com</a><br>at Tablelands Community Centre Ruffy |
| Every Thursday @ 7.30 (sharp) - 9pm   | <b>SWING DANCE CLASS</b><br>Swing dances featuring Big Band music of the 1930s and 40s, and they are definitely all about having fun!!<br>Enquiries? Ray 0467 951559<br>at Euroa Uniting Church Hall   |

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

### Job Opportunities - Working for Victoria

Murrindindi Shire is encouraging any of its residents, whose employment is affected by the Coronavirus, to register their details on the 'Working for Victoria' website to access new work opportunities. Those eligible to apply can use their skills in new roles or take up training opportunities for specific roles instead. Go to [www.vic.gov.au/workingforvictoria](http://www.vic.gov.au/workingforvictoria) for details. Quite possibly Mitchell and Strathbogie Shires are offering something similar, why not give them a call to find out more?

### 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](#).



## Reflections on ANZAC Day

I am definitely NOT a morning person, although I have been to a couple of dawn services in recent times – the 90<sup>th</sup> commemoration of the Battle of Villers Bretonneux (2008) and the 2015 service at the Shrine. Whilst both were very poignant and memorable I'd like to share the following with you.

In 1984, a girlfriend and I hopped on board a double decker bus in Kathmandu confident it would land us in London 9 weeks later. Although Top Deck Tours were known for their parties and excessive alcohol consumption they were also a very cost effective way to get from A to B and see, do and experience amazing things and a variety of cultures. Those who came on board were known as “punters” – You paid your money and you took your chances!

About halfway through the trip we spent a few days in Istanbul, including an interesting evening at a Turkish cabaret – just think lime green, shiny tuxedos & Dean Martin c. 1950s and that was just the band!! At the end of the show we piled on board the bus and collapsed into our bunks whilst Whisper, our driver, pointed Hannibal, our bus, south. Five hours later, as we were all in the land of Nod, he parked our large mobile home and then headed for his own bed.

Imagine our surprise the next morning when we awoke to the most stunning scene. The bus was parked adjacent to a long sweep of white, curved beach. The sky was a cloudless blue and the sun shone brightly on steep, ochre sandstone cliffs that came all the way down to the shore. The sea was azure blue and even had a dinghy bobbing gently at anchor not too far offshore.

WOW! It's beautif... ..was the initial response of us all before we belatedly realised that that this picturesque coastline was Gallipoli (Gelibolu) and our world shifted slightly.

Of course, as the majority of punters on board the bus were Australian, Gallipoli had always been a part of our lives, as not only was ANZAC Day a public holiday but commemorating it had been a school event for many years of our lives - and suddenly we were actually there, seeing it for ourselves.

And the reality, despite it being the location for such a tragic, futile and unnecessary slaughter of thousands of men – no matter what their nationalities – was that it was a very beautiful and peaceful place. Even those punters with humungous hangovers sobered up in record time as we took in the surroundings.

Our bus was parked parallel to North Beach and the view behind it looked back towards Plugge's Plateau, the Sphinx and the tip of Ari Burnu (ANZAC Cove). We spent the day exploring places that up till then were either unheard of or only mentioned once a year.

We discovered that ANZAC Cove was an incredibly narrow strip of beach, only about 250m long, and unlike North Beach where the cliffs commenced a little further inland, the rocky slopes rose steeply from the beach itself. It was a sobering thought that this was the topography that our ANZACs were expected to climb, before pushing onto Istanbul (or Constantinople as it was in 1915).

The overwhelming impression of the cliffs was that they would be great for abseiling, but definitely not for climbing, with a full pack, and with Turkish soldiers on the ridgelines above shooting at anything that moved – as, to be fair, our soldiers were invading their homeland!

I won't go into the political machinations and military stuff ups that occurred but suffice to say that us “colonials” were pretty much expendable in the eyes of the British commanders because they were in charge of these expeditionary forces. Unfortunately, it wasn't until 1918 at the Battle of Hamel that Australians actually fought under an Australian for the first time – General Sir John Monash – who was a little more concerned about the attrition of his fellow countrymen and planned accordingly.

It is indicative of the contemptuousness of the British High Command that they didn't even bother to inform the Australian PM, Andrew Fisher, where his Australian soldiers had been deployed until a week after they had actually landed at Gelibolu on April 25<sup>th</sup>!





Trusty Hannibal took us up from the beaches and onto the ridge lines that overlooked this incredibly tranquil place. We had the day & the place to ourselves and our thoughts.

The Kiwis advanced the furthest inland on that fateful day, albeit only a few kilometres, and managed to get within a couple of hundred metres of the Turks' commanding officer's trench and dugout at Chunuk Bair. The Officer-in-Charge was Mustafa Kamal, who eventually became the Turkish President and was responsible for bringing Turkey out of the Ottoman dark ages and into the 20thC. He was subsequently accorded the name Ataturk – Father of the Turks, for all his efforts and leadership.

But all that was to come. On 25/4/1915 what he had was a commanding and outstanding view from Suvla Bay, to Ari Burnu with all the landing beaches between those two points laid out like a clearly drawn map before him. Strategically the ANZACs didn't stand a chance!

Chunuk Bair in 1984, and even today, still has this magnificent view, but it now has several large sandstone memorials commemorating those who, not only died trying to take this incredibly important ridge, but also those who either lie in one of the beautifully tended cemeteries or whose names are inscribed on the Lone Pine memorial and have no known grave.

The text inscribed on these imposing stones, in both Turkish and English, makes one pause and think or as one writer has put it "... these words (will) resonate in their hearts and minds for the rest of their lives."

Because even though the ANZACs were bent on invading their country the Turkish soldiers had the utmost admiration for the skill, tenacity and integrity of the ANZACs and the feeling was mutual. This "mateship" is reflected in Ataturk's carefully chosen words, first spoken in 1934, but now engraved for posterity.

**"Those heroes who shed their blood and lost their lives.... you are now lying in the soil of a friendly country. Therefore rest in peace.**

**There is no difference between the Johnnies and the Mehmets to us where they lie side by side in this country of ours...**

**You, the mothers who sent their sons from far away countries, wipe away your tears.**

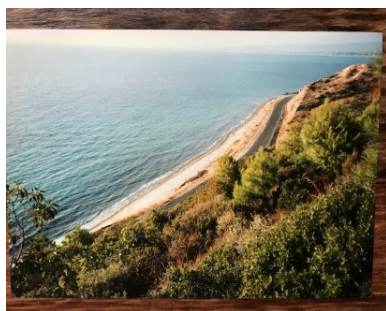
**Your sons are now lying in our bosoms and are at peace.**

**After having lost their lives on this land they have become our sons as well."**

**Lest we forget.**



North Beach looking back towards the Sphinx, Plugge's Plateau and the tip of ANZAC Cove at far right



ANZAC Cove a couple of hundred metres of hell. NB for perspective see tiny bit of bus at top of road



Suvla Bay from Chunuk Bair - great view!

NB: these photos were taken 12 years after the description above, late in the afternoon on a cloudy autumn day. Sadly the road that runs parallel to ANZAC Cove has now been widened, to cater for the massive increase in visitors each year and at the annual service on April 25<sup>th</sup>.

**Editor - TGN**

## COVID-19 - how the virus works

The virus normally invades the throat via the nose and for younger people with a good immune response the body's immune system can contain the infection.

For older patients 65+, or people with reduced immune systems, asthmatics, diabetics etc the virus will invade the patient's cells using them to multiply the virus and proceed to the lungs via the respiratory tree.

Here it causes inflammation of the lower respiratory area and at this stage attacks the alveoli which are the cells in the lungs which dissipate the bodies build up of carbon dioxide and take up fresh oxygen for the use of most body processes.

As the infection continues, spent cellular material and gunk (technical term) builds up in the lungs, after which the immune system goes crazy throwing out all sorts of immune compounds which only complicates the situation.

As the damage to the lungs continue Acute Respiratory Distress Syndrome (ARDS) develops and a ventilator is needed to stay alive. If no ventilator is available then death will ensue. In America there is an acute shortage of ventilators which is one of the reasons why the death rate is so high.

**What to watch out for and the action to take:-**

**1 Check your temperature daily. Normal range 35.0C to 37.0C. Seek medical advice if 37.5C +**

**2 If ill with symptoms call an ambulance or seek medical advice immediately.**

**3 If it gets to the lungs seek oxygen and a hospital with a ventilator**  
Stay Safe, keep motivated and stay well.

## Coping with Covid-19

My brother is on fire with at least 4 projects on the go -

>> New Bee Hives

>> Growing Bananas

>> Growing Potatoes using old truck tyres and

>> Lopping trees using an ancient Brick-Workers Lift

My granddaughter is planting vegetables and is on a strong learning curve. From memory it is quite complicated with soil types, soil conditions, moisture and seasonal plantings so a lot to learn.

My grandson and his partner have purchased a 1000 piece puzzle and during the application spilled some beer on it which has warped quite a few pieces so this has increased the difficulty to finish by a large factor. Good luck!!

I am enrolling again for the Blogging Course at CAE and will of course have to do it remotely. Regrettably I was under the impression it started today so I have missed the first session. It is held every Wednesday and not Thursdays. It is useful for not only learning the rather extensive and broad subject of Blogs but improving and keeping up with computer skills which keep advancing at a rapid rate and show no sign of letting up!!

**Both these articles about Covid-19, the biology and the boredom beater ideas and activities are part of a diary/blog being kept by a TGN reader, an octogenarian, Colin, from Highlands who, because of a pre-existing condition is in strict isolation himself.**

**His blogs arrive in the Editor's email every couple of days and are most informative.**

**I suspect by the time the new normal arrives Colin will know more about blogging than the average millennial! Ed.**

## Fruit Flies head south for the Winter

**Cat Thomas of UGLN** wishes to verify there has been a confirmed case of Queensland Fruit Fly in Yea late last week.

The key to containing the impacts of Queensland Fruit Fly in our region is good garden hygiene:

Make sure you pick or clean up all fallen or unwanted fruit from your trees. At this time of year, fruit flies will be headed for the deliciously aromatic quinces or any pears and apples still fruiting. Please hang your active traps close to these trees to increase the chance of finding any further specimens.

Look for damage in your fruit, fruit flies often leave pin prick markings on the skin of the fruit when they lay their eggs. The maggots that hatch out then make their way to the centre of the fruit. Infested fruit will fall to the ground prematurely. If you suspect your fruit may have been infested, strip the tree and please double bag all the fruit, leave in the sun for at least 7 days then place the bag into the rubbish. Please DO NOT compost suspected infected fruit.

**PRUNING!** If you can't reach the fruit to pick it, then it is a place for fruit fly to hide and thrive. Keep trees to a manageable size and net trees if possible.

Net trees with insect netting after flowering to allow pollination.

Remove any unwanted fruit trees.

Check your traps, replace your bait as per label instructions (commonly every 3 months), talk to your neighbours and fellow gardeners about Queensland Fruit Fly

Agriculture Victoria has a website with information for gardeners and a brochure you can download.

<http://agriculture.vic.gov.au/agriculture/pests-diseases-and-weeds/pest-insects-and-mites/queensland-fruit-fly>



**Please contact Cat 5797 4408 / 0418 655474 if you have any questions or if you have a suspected fruit fly in your trap. We still have traps and baits available and a reminder will be sent out in Spring for you to come in a pick up a fresh bait (restrictions willing!).**



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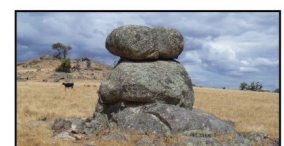
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