



# THE GRANITE NEWS

17TH JAN. 2021

VOLUME 15

ISSUE 1

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

## Welcome, Wumindjika and G'day

### We made it!!

We have left 2020 behind and are now almost 3 weeks into 2021 with all our fingers and toes crossed for a better, less constrained and happier year ahead. Whilst there have been a few glitches, in the last week or two, that have seen interstate borders closed yet again, we are learning to live with these impositions and inconveniences as part of a safer community. The Kiwis have an onomatopoeia word for speed humps—judder bars, and that, for me, was 2020 one long juddering, jarring ride to the end. I am hopeful that this year might feature the odd bump or two, but not a conga line of them.

If nothing else, over the last 12 months, we have learned to appreciate what is important in our lives and having 4 nieces in the same house for Christmas was a bonus, as a lack of international travel meant that for the first time in 4 years they weren't scattered to the four winds working in Japan, Canada or Europe. The decibel level was through the roof, but it was just great to have them at home - safe, healthy and happy.

Whilst it seems that families have become more important in the last 12 months, it appears that city living has become less important to some and that real estate sales in country areas are booming. I know that up my end of the HCCC plateau four properties have recently changed hands with Melbourne weekenders now enjoying a tree change in our great little part of the world. And it's not just the lack of traffic and birdsong in the morning that they will appreciate, it's the friendliness of the locals that will impress them too.



As hoped for one of Santa's elves was hard at work again decorating that handy rock in the Ghin Ghin cutting, but I suspect that same elf may have also been responsible for attaching Christmas ornaments to every letterbox or gate along the Old Highlands Rd. That is over 20 happy little reminders that there are people in our communities who care and

want to share that love around. What a GREAT way to start a new year! Lucky us - rock on 2021.

Until the next issue of TGN stay safe, **Pauline**

And Kenny... in Issue #44 was at the bottom of the Kelvin View Xmas tree, but he ducked off early for the holidays and gave Issue #45 a miss!

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](mailto:editor@tgn.org.au)

or to subscribe on-line go to

[www.highlands.org.au](http://www.highlands.org.au)

**"To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear."**

**Buddha**

**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





## HCCC Membership so far 163 ... and counting

Month	Highlands	Ruffy
December	47.6 mm	47 mm
2020Total	948.1 mm	1,102 mm
December	4 Days	7 Days

## Community Notices & Classifieds

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

<b>Thursday 28th January</b> <b>@ 5.30pm</b>	<b>SECRET MEN'S BUSINESS</b> All people in the district are welcome, pink note (\$5) donation towards a BBQ, BYO and chat. <b>at Caveat Church</b>
<b>Sat 6th &amp; Sun 7th</b> <b>February from 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. <b>2742 Highlands Rd, Highlands</b>
<b>Monday 8th February @</b> <b>11am</b> 	<b>HIGHLANDS SPINNING CLUB</b> The Highlands Spinning Club will get together in 2021 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. <b>Enquiries? - contact Jan 5790 4361</b>
<b>Friday 12th February @</b> <b>6.30pm</b> 	<b>DRINKS ON THE DECK</b> Starts at 6.30pm bring food to share for a meal together and catch up with friends old and new. All welcome, especially new faces. Gold coin donation to cover power. <b>at Highlands Community Hall</b> <b>Contact Judy 5796 9247</b>
<b>Friday 12th February</b> <b>@7.30pm</b> 	<b>HUGHES CREEK CATCHMENT COLLABORATIVE MEETING</b> <b>at Whiteheads Creek Hall</b> Everyone is welcome to attend. <b>Enquiries? - contact Justus 5790 4268</b>
<b>2nd Wednesday each</b> <b>month @ 9.30am</b> 	<b>TERIP TERIP MORNING TEA</b> This enjoyable social event is open to all members of the community, come along, enjoy a cuppa, swap any books or home-grown produce and enjoy. <b>at Terip Community Centre</b> <b>Start dates - TBC</b>
<b>4th Saturday each</b> <b>month 10-12 or 12-2</b> 	<b>HIGHLANDS BLACK MARKET</b> Bring along your excess produce, buy local and learn from each other. <b>at 94 Old Highlands Rd</b> <b>Enquiries? - Clare 0428 969366</b>
<b>Saturday 27th February</b> <b>2 - 8pm</b>	<b>LONGWOOD BEER, WINE &amp; CIDER FESTIVAL</b> For the love of ale!! Tickets - Presale \$25, At the Gate \$30 (U18s=FREE) <a href="http://www.longwoodforthe love of ale.com.au">www.longwoodforthe love of ale.com.au</a> <b>at Longwood Recreation Reserve</b>
<b>Every second</b> <b>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>YAY! The Mobile Library will be back on the following dates— Jan. 27th &amp; Feb. 10th &amp; 24th</b> <b>at Highlands Community Hall</b>
<b>Every Monday</b> <b>@ 10 am</b>	<b>QIGONG AT RUFFY</b> Vivien Watmough looks forward to welcoming you to the benefits of this ancient well-being practice. For bookings and enquiries please call Vivien 5772 0333 or email: <a href="mailto:vivienwatmough@gmail.com">vivienwatmough@gmail.com</a> <b>at Tablelands Community Centre Ruffy</b> <b>Postponed until further notice</b>
<b>Every Thursday</b> <b>@ 7.30 (sharp) - 9pm</b>	<b>SWING DANCE CLASS</b> Swing dances feature the best Big Band music of the 1930s and 40s, and they are definitely all about having fun!! <b>at Euroa Uniting Church Hall</b> <b>Enquiries? Ray 0467 951559</b>

### Exciting news! - The Mobile Library is BACK @ Highlands!

We are pleased to announce that Council's Mobile Library and Customer Service has resumed operations with revised hours and a full COVID-safe plan in place. There are strict limits on the number of customers allowed inside the van at any one time, given space limitations. A maximum of one customer or up to three customers from the same household are allowed inside the van at any one time.



The revised schedule is available on Murrindindi Shire's website and is displayed at each Mobile stop location.

For more information, please call 5772 0333 or check out our [website](http://www.murrindindi.vic.gov.au). We are really looking forward to seeing you.

### Terip Tennis Club

Our courts are available for social use (following Covid rules). Social memberships are now available.

Please contact Cindy Hayes for details  
0429 772 011





HCCC Next meeting date:

February 12th Friday 7.30 pm at Whiteheads Creek

HCCC News

A definite date for diaries because it's time to ...



**Rekindle  
Reunite  
Reconnect  
Our Community**



**February 20th 2021 - 12 noon onwards**

**\*\*Free Lunch\*\* ( Everything supplied!)**

**Meet your neighbours & Landcare Members all family members are welcome!**

**Venue - Ruffy Hall**

Some readers may have been lucky enough to receive the odd email from Colin in 2020 who, due to age and health concerns has been in isolation since last March at Brigadoon. Here's the latest one reflecting upon the last year...

## **BRIGADOON UPDATE**

The coronavirus has had a very positive on most of the Dowzer family and me in particular.

It has given us space to think and to contemplate what is interesting, enjoyable and important to us as a family and as individuals.

Good fresh tasty food has blossomed, with most of the family being good cooks, showing their skills in bread making (sourdough) , vegan dishes, curries and pasta dishes.

Gardening has been boosted with the growth of fresh vegetables and the family have encouraged me to grow tomatoes, sweet basil and salads. In addition I received a number of fruit trees for planting in the orchard here at Brigadoon - an orange, a grape, an apple tree, a nectarine and peach tree.

**Boxing Day** - For the last 35 years we have celebrated the festive season with cuisine from another country cooked by members of the family. This year saw a change where the theme was garden fresh or food produced by the family and prepared by the family.

We gathered at BRIGADOON and in total we were 16 with all my children and grandchildren (except one) and their partners. Most brought their tents and sleeping bag.

The day was superb, the champagne excellent and the food divine and a very positive finish to 2020

**HIGHLANDS PHILOSOPHY** - "Children are like dogs, you have to spend time with them!" - George Bernard Shaw.

**HAPPY NEW YEAR 2021** We are very positive about 2021 and we hope you feel the same. All the very best for a bumper year!!! Keep well, keep fit and keep well!!

**Colin Dowzer**



## Are you still working from home?

These ideas may assist with a better work-life balance...

"Human beings are social creatures and some have missed their 'work spouses' terribly. We can underestimate how much conversation can ignite energy, problem solving strategies and, ultimately, great innovation. We can also miss that immediate feedback on work or a different perspective on a situation." **Dr Natalie Flatt**

Eight steps for a more motivated and productive return to work.

### 1. Mindset

Research supports the notion that positive self-talk leads to success and productivity, reduction in stress, higher confidence and a happier life. If you constantly say 'I cannot' you easily convince yourself this is true. Replace with a positive statement.

### 2. Reflect

What do you need to change that will make a big difference? Where have your energies been wasted in 2020? How can you alter some behaviours?

### 3. Starting

Could you start the day with a walk, swim, yoga or stretch? Doing this one activity can make you feel like you've already accomplished a task and will place you in a solid mindset for the day.

### 4. Boundaries

A 'start-finish' approach – where you stick to strict working hours, rather than working longer than is necessary – can not only help ease the transition but also set up more sustainable work behaviour and resist the urge to fall back into your old work routine.

### 5. Declutter

Create a folder for 2020 emails. Get rid of old phone apps, change the background picture, delete old caches. Decluttering the computer helps declutter the psyche.

### 6. Connection

Schedule face-to-face time with colleagues when you first get back. If you're a manager, acknowledge all the hard work and accomplishments of last year.

### 7. Self-care

Book your next holiday to maintain your holiday self. We often get post holiday blues because we feel we have to leave the person we are on holiday. Book a break soon, maybe the end of February?

### 8. Completion bias

Create a checklist, even for the small tasks. It gives our brains a good dose of dopamine whenever we cross off items.

Article is an extract from 'The Age' 14/1/21

## Yea Men's Shed

Is anyone interested in looking for an outlet in restoration or in woodwork and general projects?

You may have a secret talent. Why not come along and find out?

**Tuesdays and Thursdays**

**Restarting in January 2021**

New members are welcome

**Contact Alan Cole 0427 755580**



## Bottle Tops for prostheses



Has anyone been collecting bottle tops for conversion to prostheses? If so where can one drop them off? Previous locations seem to have disappeared. Any ideas? Send to [editor@tgn.org.au](mailto:editor@tgn.org.au) for sharing.

## CFA Reminder - Disinfect ALL High touch items

\* Truck interior touch points like steering wheel, dashboards, switches, buckles, levers, door handles, seats and back rests

\* Radio/portable radios

\* Mobile phones

\* Remote speaker microphone

\* Torches

\* Laminated maps and document folders

\* Any operational equipment that has been used



\* Any touch points on the external part of the appliance including pump panels and locker handles

\* Station equipment and tools

\* Station surfaces and touch points such as door handles, light switches and handrails.





## Greater Glider

Each year one of the ads on the back page is sponsored by some generous TGN readers. As we move on from 2020 and say goodbye to the Rakali, this year's featured creature is the Greater Glider. Read on to find out more about this big, beautiful animal that lives in our local area.

The Greater Glider is Australia's largest gliding mammal. Greater Gliders have thick, dark grey-brown fur on their back and creamy white fur on their under-side, and can be found in different dark and light-coloured morphs. They have a long, furry prehensile tail and large furry ears.



Greater Gliders are found along the east coast of mainland Australia, from central Queensland to central Victoria. Within Victoria, Greater Gliders are distributed throughout forested parts of eastern Victoria, including inland and southern falls of the Great Dividing Range, as well as the Strzelecki and Strathbogrie Ranges. In eastern Victoria, Greater Gliders are absent from high altitude alpine and sub-alpine habitats, Wilson's Promontory and cleared areas. They can be found as far west as Daylesford and the surrounding forested areas but do not occur in the Otway Ranges.

Greater Gliders are forest dependent and prefer older tree age classes in moist forest types. They use hollow-bearing trees for shelter and nesting, with each family group using multiple den trees within its home range. They eat mainly young eucalypt leaves, with a preference for certain species.

### Threats

Given their high dependence on forest and large hollow-bearing trees, habitat loss and fragmentation through clearing and bushfires pose a threat to Greater Gliders. Climate change may also contribute to the contraction of suitable habitat. Fragmented populations have a reduced ability to recolonise suitable habitat and are at risk of genetic decline. Some populations have been found to have an increased risk of predation from Powerful Owls.

### What's being done

There has been an array of recent surveys conducted for the Greater Glider, including:

- surveys of the Strathbogrie Ranges in 2017 to determine distribution and abundance;
- pre-harvest surveys of proposed timber coupes as part of the Forest Protection Survey Program; and
- landscape scale surveys as part of the modernisation of Victoria's Regional Forest Agreements.

Parks Victoria manages large areas of suitable habitat for the Greater Glider in the parks and reserves system.

Greater Gliders are among the species being monitored as part of the long-term monitoring of montane ash forests in the Central Highlands conducted by the Australian National University.

The Arthur Rylah Institute (part of DELWP) has developed habitat distribution models to assist in predicting where suitable habitat might occur. The University of Melbourne is undertaking spatial analyses to identify the best areas for long-term protection. Greening Australia is leading revegetation work across private land to expand and link habitat in the Strzelecki Ranges as part of the National Landcare Program.

### Who's helping

Conserving Victoria's threatened species requires a collaborative approach. There are a number of organisations and groups working to protect Greater Gliders, these include:



[Arthur Rylah Institute, Department of Environment, Land, Water and Planning](#)  
[Australian National University](#)

[Greening Australia](#)

[Parks Victoria](#)

[University of Melbourne](#)

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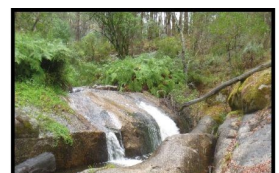


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