



THE GRANITE NEWS

13TH MARCH 2022

VOLUME 16

ISSUE 9

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

Welcome, Wumindjika and G'day

As the invasion of Ukraine rolls into its third week of attrition for the civilians living in the cities and areas targeted by Putin's orders, yet another massive exodus of refugees is being created as women, children and men over 60 flee their homeland in search of safety and sanctuary. At the moment Poland has taken in almost 2/3 of the 2 million refugees fleeing the bombardment of urban areas and uncertainty in the Ukraine.

It is therefore timely that on March 23rd the Shire of Murrindindi will be joining its neighbouring shires - Mitchell and Strathbogie - (all of which are represented in the HCCC area) by officially becoming a **Refugee Welcome Zone**. Currently 168 Australian Councils have become RWZs. The 'Refugee Welcome Zone' is an initiative sponsored by the Refugee Council of Australia and supported by Rural Australians for Refugees, an association of 90 local groups working to improve the situation of asylum seekers and refugees in Australia. It is also a way for Councils to show their support for the settlement of refugees in Australia and uphold their responsibilities as laid out in the Victorian **Charter of Human Rights and Responsibilities Act 2006**.

Until the next issue of TGN... **Pauline**
And Kenny Koala ... was sitting at Gary Male's beautiful table.

HCCC News

HCCC president, Jenny Webb spoke inspiringly on the focus of our Landcare activities and projects planned for the next two years at the recent 'Reconnecting Our Catchment' gathering in Euroa. This event was hosted by Goulburn Broken CMA and provided an opportunity of all regional environmental groups to meet in person for the first time since Covid restrictions were imposed.



Jenny is seen here sharing ideas with Ashley Rogers (Regional Catchment Strategy Implementation Officer) and Kerstie Lee (Regional Agriculture Landcare Facilitator)



Hughes Creek
Catchment
Collaborative
Landcare

Feedback? - editor@tgn.org.au

or to subscribe on-line go to

www.highlands.org.au

The Granite News is an open but moderated community forum.

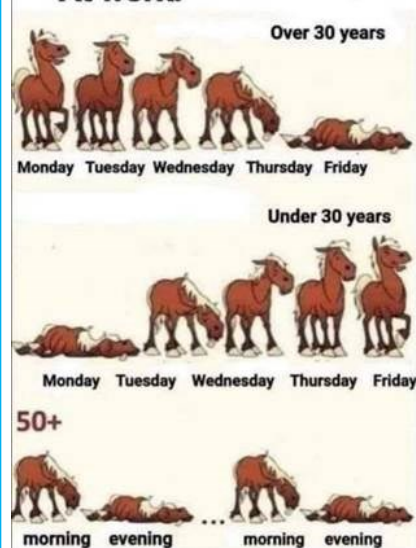
Readers are encouraged to contribute articles and we also encourage you to air your views on things that interest or concern you within our community. We certainly welcome feedback from you, positive or otherwise on anything that is published in **The Granite News**

"The correct analogy for the mind isn't a vessel that needs filling, but wood that needs igniting."

Plutarch (c.46-120 ce)
Greek writer & philosopher

Let's laugh

At work:









Did you know?

Fresh water is the most precious resource on Earth as all life depends on it. Although water covers 75% of the Earth's surface the freshwater we need is only 1% of all this water.

Community Notices

WHAT'S ON — March & April 2022 NB: COVID—double vaccinated will apply to all events

 Monday 14th March @ 11am	HIGHLANDS SPINNING CLUB The Highlands Spinning Club will get together in 2022 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. Enquiries? - contact Jan 5790 4361
 Friday 18th March @ 7.30pm	HUGHES CREEK CATCHMENT COLLABORATIVE MEETING at Whiteheads Creek Next meeting @ WhiteheadsCk will commence at 7.30pm. All welcome. Enquiries? - Justus 0427 524473
 Saturday 19th March from 10-noon	HIGHLANDS BLACK MARKET at 94 Old Highlands Rd Bring along your excess produce, buy local and learn from each other. Enquiries? - Clare 0428 969366
Saturday 20th March @10.30—12.30	ITALIAN COOKING CLASS at Highlands Hall Pina Mazzeo is the facilitator Max. 8 people \$20 per person. First in best dressed. Enq? - see last TGN
 Saturday 27th March 9-10am	YOUR SURYA YOGA CLASS - Special Guest Teacher at Highlands Community Hall Come along to this special Yoga Class. Bookings essential via website www.yoursurya.com
Thursday 31st March @ 5.30pm	SECRET MEN'S BUSINESS at Caveat Church All people in the district are welcome, pink note (\$5) donation towards a BBQ, BYO and chat
 Friday 1st April @ 6pm	FIRST FRIDAY of the MONTH BBQ at Tablelands Community Centre It's time to put the FUN back into Friday nights! Enquires: 0427 690970 or tccruffy@gmail.com
 Friday 1st April 6-8pm	CLIMATE CHANGE CHALLENGES & ADAPTATIONS at YWDC, 2 Hood St, Yea The first in a trilogy of public information sessions - more details on p.4.
Saturday 2nd April all day	CYCLE DINDI along the Great Victorian Rail Trail Cycle Dindi, a fully-supported, family-friendly bike ride is a great excuse to explore the GVRT. See p.5
 Sunday 3rd April @10am	HIGHLANDS RAMBLERS meeting at Highlands Hall Everyone is welcome to come rambling and discover our local district. Enquiries: Andrew Shaw 04372 49038 or Robyn Lingard 0409 528235
Friday 8th April @ 5.30pm	Murrindindi Library Service presents—ON THE ROAD at Highlands Community Hall Everyone is welcome to attend this annual feast of excellent books, DVDs, etc—more details to come
 Every Thursday 6—7.30pm	YOUR SURYA YOGA CLASSES in 2022 at Highlands Community Hall Come along to Sandra's yoga classes in Highlands. Bookings essential via website www.yoursurya.com
Every second Wednesday 10.30-12.30	MURRINDINDI MOBILE LIBRARY SERVICE at Highlands Community Hall The Mobile Library visits the TGN area, based at the Highlands Hall every fortnight. Why not pop in?? YAY! The Mobile Library will be back at Highlands in March 23rd and April 6th & 20th.
Every Monday @ 10 am	ONE TO ONE WELL-BEING CENTRE EUROA at Tablelands Community Centre Qigong classes, Shiatsu Massage, Counselling and Psychotherapy. For bookings or further info contact Vivien 5795 3349 or 0405 612400

FOR SALE Size - 90cm H, 230cm W with chaise 170cm L



Cream leather lounge with chaise in very good condition
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 collect Yea
 Ring Carol
0419 001564

Thank You

Thank you to all who contributed at Drinks on the Deck to a very decadent hamper of goodies that was delivered the day I got home from hospital. I am sure it has greatly assisted with my recovery and the happiness of our household. Much love to you all. We are truly blessed by our fabulous community.
Andrea Bauer



What happened in 1937....?

Well here's an impressive list of events -

- Safety glass in vehicle windscreens became mandatory in UK
- The defenceless town of Guernica is destroyed by the Luftwaffe in the Spanish Civil War
- The Hindenburg air disaster kills 36 people
- The Duke and Duchess of York become King George VI and Queen Elizabeth (the Queen mum)
- Volkswagen is founded
- The Duke of Windsor (aka Edward VIII) marries Wallis Simpson
- Amelia Earhart disappears while trying to fly across the Pacific Ocean
- Spam makes an appearance in grocery stores YUK
- The Balinese Tiger is declared extinct
- Irish Free State becomes the Republic of Ireland
- And... Marg Nagle was born!

Margaret Nagle celebrated her **85th birthday on Friday March 11th** with a fantastic cheesecake that she shared with us at Drinks on the Deck at the Highlands hall.



There was much frivolity and cheeky banter very well lead by Margaret. She was greatly tickled by her large candle in the old emergency enamel candle stick holder.



Wanted - Host property for Dog Tracking Trials


Tracking Club Victoria are seeking properties of 500+ acres to run tracking trials in the months of April-October each year. Tracking involves a 'lost person' (track layer) setting a course with flagpoles and scented articles for a scent trained dog to follow.

The dogs are on a 10 metre lead with their handlers and are judged as they work through 8 levels up to Championship Title. Tracking dogs are often called upon for Search and Rescues so these trials and training are not only a utility sport but an invaluable service to community when required for rescue work.



Basic requirements sought in a property are minimum 500 acres, availability for one or two weekends over the colder months for 1-3/4 days each weekend, area for parking (could be on the property or a safe roadside close by), possibly a shed/shearing shed with electricity for check ins and paperwork, and a place for stewards, judges and helpers to have lunch. Camping area for these support staff would be a bonus.

If you're interested in providing land for the Club, please contact **Maree in Benalla** on **0407 340 375** for further information.



Guest Speaker
JULIAN BURNSIDE AO QC
Australian barrister, human rights and refugee advocate
Myths about Refugees

Friday 25th March @ Alexandra Town Hall @ 7pm

Free Entry, Proof of Vacc. required, Bookings essential. 0467 413767 or Trybooking.com/BXHAB

LEADERSHIP LESSONS FROM PENGUINS



Friday 1 April, 6pm-8pm

*Presented by Fern Hames
Director, Arthur Rylah Institute for Environmental Research, DELWP*

In 2019 Fern Hames spent a month in Antarctica as part of the global women's leadership program 'Homeward Bound'. The program builds leadership skills in women scientists from around the globe, in a place where the impacts of climate change are most dramatic, in Antarctica. Along the way there were plenty of leadership lessons to be learnt from millions of penguins, wild seas, and melting glaciers.

Join us to learn about this extraordinary journey south, the valuable research at the Arthur Rylah Institute for Environmental Research, and actions we can all take.

THE BIG SWITCH WITH SAUL GRIFFITH



Friday 29 April, 6pm-8pm

Presented by Dr Saul Griffith, Author, Inventor and Engineer

Join Dr Saul Griffith, founder of Rewiring Australia, to talk about his new book The Big Switch, where he explains exactly what it would take to transform Australia's infrastructure, update our grid, and adapt our homes while saving households money.

Saul will present his session virtually via Zoom with the session screened live at the Yea Wetlands Discovery Centre.

RACV Solar will provide a demonstration Tesla vehicle for viewing before and after the session. If you're lucky you might get a test drive!

ENERGY EFFICIENT AND SUSTAINABLE COMMUNITIES



Friday 27 May, 6pm-8pm

Presented by Glen Morris, General Manager of Smart Energy Lab & Lucinda Flynn, Home Energy Efficiency Assessor

Glen Morris is the General Manager of Smart Energy Lab, Solarquip, and Solaris and road tests most of Australia's renewable hardware at the top of Mt Toolebewong in the Yarra Ranges. The Moora Moora community, where he lives and works, is powered by one big Microgrid, all stitched together by Glen. Lucinda Flynn runs Going Green Solutions and has worked in the sustainability and energy efficiency industry for more than 10 years. She will talk about the key aspects of home energy efficiency and suggest some practical and affordable solutions to making our homes more energy efficient and comfortable.

Join us to learn how, by reducing energy use in our homes, we can all make a difference and help mitigate our contribution to climate change.

Adapting to Climate Change Challenges

Dates April 1st; April 29th; May 27th

In 2022 the Yea Wetlands Discovery Centre and 2030Yea will present a series of three public information sessions promoting community awareness and adaptation to climate change challenges. To view details of the program visit www.yeawetlands.com.au Please book online soon as these sessions will be popular! Link to event: <https://www.trybooking.com/au/871747>

Reducing Fatigue - CFA observations over 25 years of data show...

Fatigue is a factor in 1:5 CFA injuries and that fatigue is a major factor in 50% of night-time injuries and that CFA members are 3 times more likely to be injured between 12am & 5am.



So what is fatigue & how can it be reduced, whether you are a CFA member or just a member of the public?

FATIGUE is tiredness that impacts your ability to function normally and safely. Some common causes are -

* Poor quality sleep * Sleep deprivation * Being awake during the night * Intense mental/physical activity
* Long work hours * Not enough rest between shifts * Stress * Long travel times

FATIGUE signs & symptoms include -

* Falling asleep accidentally * Difficulty focussing * Poor coordination * Unable to think clearly * Reacting slowly * Not aware of surroundings * Difficulty controlling emotions * Making lots of mistakes (Cont. p.5)

Thanks for Listening

In a previous life, I was often called on to counsel people in trouble or distress. Often the person would come with the legitimate hope that with my help they will be able to solve a difficult problem. Sometimes a problem did get solved, more often it was never so clear cut. There were times when I felt frustrated and helpless when nothing positive seemed to emerge from a conversation.

I remember a very early occasion, when at the end of an interview I felt very frustrated, sensing the person left with nothing to work on; no clues as to how to deal with their distress. I felt so bad that I decided to contact the person to see how she was going. Before I made my call, she rang me to say how much she had appreciated our conversation. She said she didn't have a solution to her relationship problem, but felt better because she felt I had listened to her.

At the time the phone call made my day; it also taught me a very important lesson. When someone comes to you for advice or to solve a problem, the primary thing is to listen to their story and respect their feelings. When people, including friends and acquaintances come to us in distress, we can easily fall into the trap of trying to solve their problem, when what they most want is to have someone hear and believe their story and empathise with their feelings. When we try to solve other people's problems we are often doing it to satisfy ourselves not the other person. People genuinely are not asking us to be a Solomon, they want us to simply listen and take them seriously. That does mean, *really listen*.

Stuart Reid - Highlands

Ruffy's TCC scores an energy audit!

Three community facilities will receive energy audits thanks to funding under Stream 1 of the Sustainability Victoria's Community Climate Change and Energy Action Program.

The Tablelands Community Centre in Ruffy, Strathbogie Memorial Hall and Euroa Historical and Genealogical Society Inc. will receive the audits with the aim to reduce energy bill cost, energy use and greenhouse gas emissions

This project is funded through the \$797 million 'Helping Victorians pay for their energy bill' package announced by the Minister for Energy, the Environment and Climate Change, Lily D'Ambrosio in 2020.

The Tablelands Community Centre will benefit from this audit by the installation of energy efficient measures and renewable energy upgrades. This in turn should deliver significant reductions in energy costs, lower greenhouse gas emissions and provide greater year-round comfort at the Centre.

Needless to say all the community groups welcomed the funding. TCC chairperson Fiona Steel said the Ruffy-based facility was much loved and well-used by the community. "Any energy savings that are identified will mean the cost to the community is reduced," she said. "As a small farming community there is a need for the committee of management to keep costs down to ensure that the facility remains a viable and vibrant location for private and community gatherings."

To find out more for your community or to register for an information session, go to

<https://www.sustainability.vic.gov.au/grants-funding-and-investment/grants-and-funding/community-climate-change-and-energy-action-program-round-2>

Cycle Dindi
over the hills and not so far away

**SATURDAY
2 APRIL 2022**

A charity bicycle event
along the Great
Victorian Rail Trail

Registrations open January 2022
E: cycledindi22@gmail.com

The event on the Great Victorian Rail Trail will be centred on the lovely townships of Yea and Alexandra. There will be a choice of 3 starting points, all converging on the banks of the Goulburn River at Cathkin for lunch.

This event is a fund raiser for Rotary Youth Projects.

Cycle Dindi 22 is a COVIDSafe event, conducted in accordance with applicable Covid regulations.

Rotary
Clubs of Alexandra and Yea
and the Friends of the GVRT

What do I get for my money?

- Billy tea, damper and BBQ lunch at Cathkin
- Free admission to Nutfield a working farm, with free Devonshire Tea in the shearing shed, sheep dog demonstration and trailer ride.

CHOOSE YOUR OWN ADVENTURE

DISTANCE	
Yea to Merton (return)	93 kms
Merton to Yea (return)	93 kms
Merton to Cathkin (return)	51 kms
Yea to Cathkin (return)	42 kms
Yea to Alexandra (return)	68 kms
Alexandra to Yea (return)	68 kms
Alexandra to Cathkin (return)	26 kms

How Much?

Adult	\$45
Senior	\$35
Concession	\$10

• Concession applies to school age children
• Under school age free
• \$80 - relevant Seniors' card must be held
• Group discount available on request

Interested?
contact Melinda (Alexandra) 0418 378 806
Julie (Yea) 0447 762 557
or Ross (Mansfield) 0439 046 199
www.rotaryalexandra.org.au
www.yearotary.org.au

Tips for Reducing Fatigue Cont. from p.4

Fatigue risks can't be eliminated but awareness and prevention can reduce the impacts.

- * Get between 7 and 9 hours sleep each night (only 1 person in 4 million is fully rested after 6 hours sleep!)
- * Keep a regular sleep schedule all week
- * Seek natural light - natural light adjusts our internal body clocks. Aim to get at least 20 minutes
- * Avoid caffeine after midday - Caffeine stays in our body for 2+ hours. Avoiding it after midday will help sleeping
- * Avoid artificial light before going to sleep - Artificial light (like our phones) signals to our body that it is time to be awake
- * Reduce alcohol before going to sleep - alcohol sedates our body and disrupts restorative phases of sleeping.

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