



Welcome, Wumindjika and G'day

As Lao Tzu once said, **“The journey of a thousand miles begins with one step.”** And this week we saw the first of those tentative steps, taken across the country, on a journey back to “normal” and whatever that may be into the future. Of course each state and territory is interpreting this first step differently and it can all be a little confusing as a result.

In Victoria, by comparison to other states, we are taking things a little more slowly and erring on the side of caution. As Meagan Callander (past principal of Highlands PS and now principal at Middle Kinglake PS) so succinctly put it... “the health of students and staff is the priority...I don’t want to hear someone got Covid-19 from school, I am very conscious of the health of my students and staff.”



Whilst it’s great to be looking ahead I’ve also taken some time to reflect upon some of the things I have learnt over the last 8 or so weeks. Maybe you can relate to some of them too.

1. “Leisure wear” is just a non-Bogan term for tracky daks & ugg boots.
2. The dishwasher runs more often. Funny that.
3. The dogs are enjoying more walks and loving the exercise.
4. There’s no such thing as writer’s block.
5. We don’t need to use as much toilet paper as we thought.
6. The bathroom scales lie to me each morning when I hop on them.

Until next issue, take care and stay safe, **Pauline**

And Kenny was keeping the DKO Constructions’ ad company.



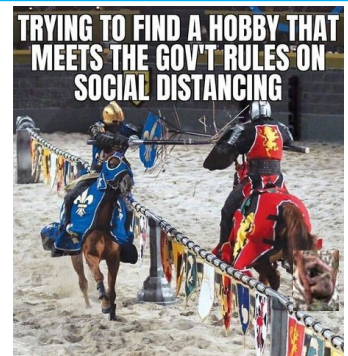
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‘In the rush to return to normal, use this time to consider which parts are worth rushing back to.’

Dave Hollis (1975.....)

American author

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**



Coronavirus 24hr Hotline

1800 020 080

Website of the Week

This week’s Website of the Week is just pure fun and something we could maybe all look forward to when we can fly again, a high maintenance flight attendant...

https://www.youtube.com/watch?v=1AE_hjOLDtU

Roadmap to Recovery - Alexandra District Health

TGN received this Counselling Service update from Alexandra District Health & whilst not in the immediate TGN area it might be useful.


We all know the benefits of a healthy, active body, however our mental health needs just the same level of attention and support. This is particularly relevant in current times as we continue to practice physical and social distancing.

To support the mental health of our local community, Alexandra District Health now have two experienced counsellors available to work with community members. The Alexandra District Health counselling team can provide supportive counselling, short term targeted psychological strategies and referral for people of all ages.

Appointments are currently available, with people living with chronic illness, children under 12, disadvantaged individuals and families given priority. Self-referrals are accepted, so if you would like more information on the services available or to make an appointment, please **contact Alexandra District Health on 5772 0908, or discuss arranging a referral with your doctor.**

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. Bring along any books or home-grown produce.	Highlands Community Centre enjoy a cuppa, swap
2nd Friday each month @ 6.30pm 	DRINKS ON THE TABLE Starts at 6.30pm. A great way to catch up with friends old and new. All welcome, especially those who don't have a car.	Highlands Community Hall power.
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

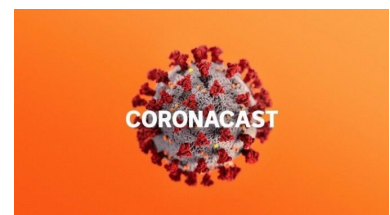
Job Opportunities - Working for Victoria

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 for details. Quite possibly Mitchell and Strathbogie Shires are offering something similar, why not give them a call to find out more?

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How we are rubbishing our recycling.

Recycling can be a little confusing with all the different types of materials that can now be recycled. The following is a summary of an article by Age reporter Robyn Grace that may assist with any confusion.

What is **'wish cycling'**? Cross your fingers and toss everything that "could possibly, maybe, sort of" belong in the recycling bin, which usually means that the whole lot goes to landfill. **If in doubt about anything leave it out!**

The main problem is that there is no standard approach to recycling. Each of Victoria's 79 councils organises their own collection and there are many variations eg:

* the colours of the lids and the number of bins varies

* some accept lids on, others lids off and some only want rinsed containers, others not

The recycling bin, which allows for different materials in the same bin, has unintentionally caused great confusion as has the range of packaging, which has increased dramatically in recent years.

Contamination is another issue - incorrect material in the bin - averages about 10.4%. **The worst contaminants are soft plastics eg: shopping bags and disposable nappies!** Others are broken crockery, medical waste, batteries, clothing, shoes and polystyrene. Food is also a major contaminant accounting for 35% or, \$4 billion, worth of waste going to landfill. Only 26/79 Councils offer organic waste collection. Plastic bags and clothing get caught in the sorting machines and broken glass is a challenge too.

Did you know that garbage trucks have inbuilt cameras which allow operators to identify and reject contaminated bins?

However there are some common rules across Councils, all Councils allow the following -



- Paper, cardboard, 'hard' plastic, aluminium and steel cans and trays and empty aerosols.
- Everything should be LOOSE, not in plastic bags
- All items should be empty
- Plastic lids can stay on plastic bottles, remove lids from glass bottles.
- **Disposable nappies are NOT recyclable under any circumstances!**

'Soft plastic' is recycled under the REDcycle service with drop-off points at Coles and Woolworths.

And the difference between hard and soft plastic? See the box to the right >>>

Funny Farms

Farming is rarely thought of as fun by full time farmers at the coalface. However sometimes farming brings a smile to your face. Here are some examples:

Dad was motoring along in the mighty Fendt (the little tractor that could). His safety advise was to always "go low and go slow", meaning have the bucket low and drive slowly. On this day he had the forks on, concentrating on his destination. He must have been going faster than the average kookaburra because out of the blue one sat on the end of the forks for a few minutes; joyriding with dad.

The goal of a lamb for every ewe on the Dawnstan Park means that any ewe that loses a lamb to cold or frost or for no good reason gets a second chance. Sometimes that lucky second chance is one lamb quickly snatched from new twins.

Sometimes it's a rejected lamb (bottle fed for a few days) getting a surrogate jacket and isolation with the new mother.



We thought we had explained this to our visitor from the 'burbs who was interested to see our set up. In each of the catching pens of the shearing shed we had three ewes, all with surrogate lambs in various stages of mothering up. A few hours later, the visitor and I returned to the shed to check all was well there. To my surprise the one that did have a jacket was now bare backed. Two doors down the previously unclothed lamb was miraculously wearing a jacket.

I was silent with surprise, when my visitor said, "I thought that lamb was cold so I put that skin from the first lamb on it."



Judith Artridge

Is it hard or soft?

How can you tell the difference between hard and soft plastics?

Well, if you can squash the plastic in your hand and it bounces back into shape then it is 'hard' and recyclable eg: plastic shampoo and make-up containers are hard plastic. If it stays soft, it's soft plastic. Foil-like chip packets and chocolate wrappers are soft. Yoghurt pouches are soft but need to be recycled, with lids on, to prevent any leftovers squirting out.

Small paper labels on soft plastic packaging are fine, but cut them off if they are bigger than A5 size (half an A4 sheet of paper.)

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