

TUBBUT TATTLER

ISSN 2200 - 5243



July 2020(because June got away on us)

Tubbut Neighbourhood House

E-mail: tubbutnh@inet.net.au

Phone: 02 64580295

Open Wednesday, Thursday and Fridays

<http://www.tubbutnh.com> Like us on Facebook

Next deadline: July 22nd 2020



Photo courtesy of Birgit

Classifieds	2
News from TNH	3
Outreach Nurse	4
Local News	5
The Local Rag	6
News from the Shire	7
News from the Department	8-12
Dung Beetles	13
Recipes	14
In the Garden	15
Calendar	16



Photo courtesy of Lisa I

CLASSIFIEDS

Available for parties and anything—Tubbut pizza oven (Bonang Hall also has one available for public hire



Septic getting full?

Robert Hampshire will pump out your loo. Septic tanks, porta-loos— no problems Truck has capacity to handle 2 tanks/trip Phone: 0417423983
Please keep your old glass bottles for Robert too as he is a passionate collector.

Bobcat contractor for hire

Slashing, clearing, small earthworks, levelling, preparation for sheds, carports, water tanks and paving and clean ups
Ring Steve 0407190258 or email stephenscroope@bigpond.com

Orbost Solar and Electrical

Happy to come to our area and comes highly recommended by the Tubbut Neighbourhood House

Call Ben on 0434038395



FOR HIRE

The Tubbut Neighbourhood House has the following for Hire:
Trailer—\$5.00 per day
Wood Splitter—\$10.00 per day
You can also borrow many of our gadgets:
Laminator, recording VHS to DVD player, Laptop, tablet, digital photo scanner, convert photos, slides or negatives to digital, record records to USB

Tattler Contributions: We welcome your articles, news, reports on local groups, photos from local events, milestones, interesting stories, poems, biographies, births, deaths, historical items, and more. *We also welcome any letters to the editors,*

The Tubbut Tattler is produced by the Coordinators of the Tubbut Neighbourhood House which is funded by the Victorian Government. Material herein is the responsibility of the authors and does not represent the views of the DVICG or Tubbut Neighbourhood House unless stated. We welcome material from, and of interest to, people in the border areas of East Gippsland and NSW.

WANTED

Old crockery of any colour except white, can have patterns, can be broken.

Please contact Sue Collins 64580287 or the NH, or leave at the Bonang Hall.

These will be used to Mosaic the Pizza Oven at Bonang.

Delegate Multi Purpose Service Craigie St, Delegate

Wellness Clinic

Monday 9am –10am

Every week except public holidays.

No appointment necessary.

A clinic where well people come for health monitoring and a variety of nursing procedures such as :

Wound care

Blood pressure readings

Blood sugar readings

Non-urgent and pre-operative Electrocardiograms

Health Assessments

Suture or clip removal

Injectons with Doctors written orders

Other procedures that do not require a Doctor

Pathology clinic (conducted by Pathology West)

Wednesday 9.30am—10.30am

No appointment necessary.

Every week except public holidays.

Women's Health Clinic

4th Thursday of the month at Delegate MPS

Phone 1800 999 880 for appointment

RedSpa Sanctuary

**Remedial Massage
Shiatsu
Bowen therapy**

Over 20 years Experience.
Home visits available
By Appointment

0422 130 569

**Available for cleaning (only)
Contact Natasha 64588162 or 0408477774**

Advertising is free to local residents

News From Tubbut Neighbourhood House

Neighbourhood House Bonang Days

The Neighbourhood House is planning on operating from Bonang once a fortnight from **9:00am – 3:00pm** starting on the **9th of July**. We will be coinciding with the Library Bus visits, when it is finally back on the road. We are looking at running some classes such as Glass Jewellery making in our new Microwave Kilns, Silk Painting, Card Making, Macramé, Scented Candle Making, or you can bring some wool and we can have a crotchet or knitting session. Please if you have any other ideas on things you would like us to do just give us a call at the Neighbourhood House on 0264580295 or flick us an email; tubbutnh@iinet.net.au we would love to hear from you.

Our next **Community lunch day** will be the **16th of July**
at the Tubbut Supper Room.

We will be having pizzas from our awesome pizza oven, please bring any of your favourite toppings we will provide bases and basic toppings.

Casual Light Yoga

We have a casual yoga session running most Saturdays at the Bonang Hall starting at 10am and running for an hour. BYO mat and blanket

The cost is \$10 which is kindly donated back to the community by our instructor. So far we have raised enough money to purchase a CD player for the Bonang Hall.

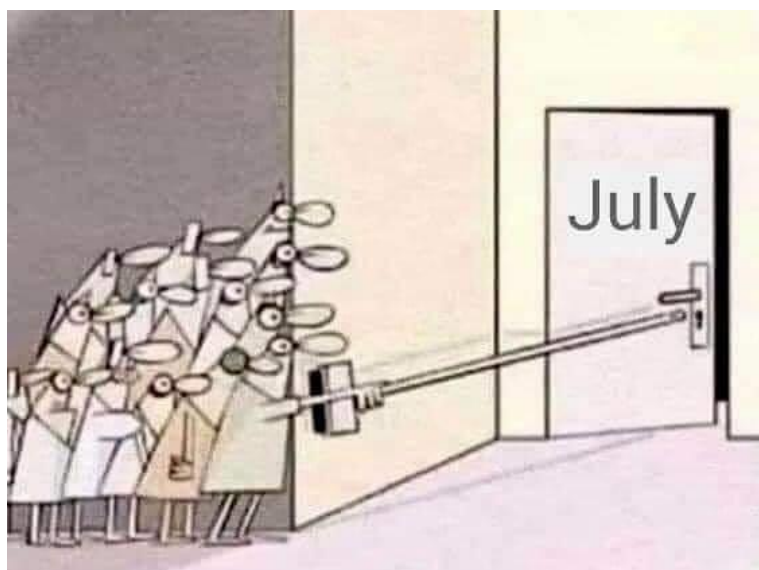
Check with the Neighbourhood house to see if a class is running, as it's a casual class it depends on people coming and the availability each week of our instructor.



Happy people with full bellies after our first community lunch for the year.

There are still bottles of drinking water in the shed beside the Bonang Hall if anyone is in need.

Something to tickle your funny bone !!



A reader kindly informed us that the article "**Rogue Horse Traps Women**" (in our last Tattler) came from the *Canberra Times* (ACT : 1926 - 1995), Wednesday 9 October 1974, page 3. Thank you Lois

Outreach Nurse



NURSE LED OUTREACH MENTAL HEALTH SUPPORT

Orbost Regional Health has two experienced mental health nurses as part of our Community Services program.

- Outreach counselling service, including to the Far East (~~Cann River~~, Goongerah, Bonang, Deddick Valley, ~~Buchan and Gelantipy~~) **Bendoc**
- Prevention, early detection and treatment for mental health complaints and emotional wellbeing
- An increased focus on decreasing chronic disease within isolated communities
- Improved coordination of care and liaison with GPs, advocacy for clients
- Referral support to other relevant services

Symptoms may include:

- Feeling sad or down.
- Confused thinking or reduced ability to concentrate.
- Excessive fears or worries, or extreme feelings of guilt.
- Extreme mood changes of highs and lows.
- Withdrawal from friends and activities.
- Significant tiredness, low energy or **problems** sleeping

Please note this is not an afterhours/crisis service and we will do our best to respond with an appointment time that suits you.

If contacting a mobile, please leave a message. We will get back to you as soon as possible.

We look forward to working with and supporting our local communities.

SERVICE FOR:

All Ages

Cost:

No cost

Where:

At home or at the Hall
Outreach appointment

Referral Needed?

Not Required. Referrals are accepted from all sources, GP, Bush Nurse, Allied Health and Self-Referral

Contact:

Birgit.Schaedler@orh.com.au
or sms or voicemail
on below mobile

Birgit:

0491 090 452

Tuesday, Thursday
Wednesday

GP Clinic Reception:

5154 6777

Hospital Reception:

5154 6666

Local News



BENDOC POLICE NEWS

Hi All,

Welcome to the first edition of Police News for Bendoc and surrounding areas.

Orbost Police are committed to providing a policing service within the Bendoc area at least twice a week, including the opening of the police station where community members can attend for document signing and other police related business.

Our intention is to keep the community informed on what is happening in their local area and to ensure you are aware of police attendance and patrols.

Recent Events:

On the 6th June 2020 Mallacoota Police attended the Errinundra Road, Errinundra. A NSW vehicle was intercepted with 4 males (all from Sydney) on board. Police located a spotlight and 2 firearms inside vehicle, one in front passenger seat and one in rear next to registered owners. Seized 2 x firearms and NSW licences from registered owners of firearms.

An agreement has been made with NSW police in relation to incidents requiring urgent police attendance in Bendoc and surrounds. All supervisors in the area will be made aware of the agreement and will contact NSW police if they are required to assist.

Police encourage community members to report incidents or contact police in the following ways.

- 000 for immediate police attendance or urgent matters
- Police Assistance Line on 131 444 for any non-urgent matters, to report a crime or leave a message for a police member to contact you
- Online Reporting www.onlinereporting.police.vic.gov.au

Police facts

Bendoc police station first opened its doors in 1869 and was the first town in the region to have a police station.

The Local Rag

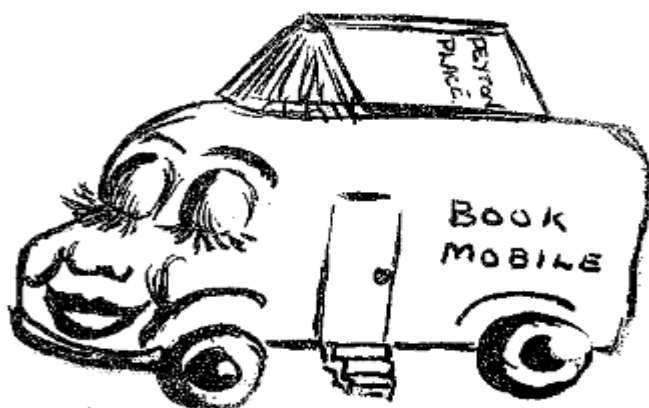
On 14th September, the East Gippsland Regional Library Bookmobile visited this area for the fourth time, and again its popularity was proven beyond reasonable doubt. This three-monthly service is fast becoming an institution for the residents of this area, as there is no practical alternative for the borrowing of reading matter. The Bookmobile carries a very wide range of books of both fiction and non-fiction, and the armfuls of books to be seen leaving the vehicle are testimony to the need of the locals for a service such as this.

However, there is a possibility that this much needed service may, in the not too distant future, be denied this area unless the Regional Library is able to obtain a new vehicle to be outfitted as a Bookmobile. The present vehicle is nearing the end of its practical life, especially in regions such as this where a roadside breakdown would cause untold difficulties, not the least of which would be great disruption to a publicized schedule.

The funding of a new Bookmobile, worth approximately \$55,000 would be shared by the Bairnsdale Town Council (who incidentally, do not utilise the Bookmobile extension of the Regional Library) and the Shires of Bairnsdale, Tambo, Omeo and Orbost. At a coming meeting of Orbost Shire Council, possibly the next meeting, the matter of committing approximately \$11,000 towards the new Bookmobile will be considered.

If the Regional Library is forced, through lack of funds, to continue using an aged and unreliable vehicle, our route would be the first to be cancelled. Residents of this Riding of the Shire should remind their Councillors of the necessity for this service to be continued, and obtain an assurance that when the matter is put to the vote, they will vote for the money to be provided.

- Sue Allen



TO SWEEP CARPETS.

Damp newspapers torn into small pieces is much more effective for sweeping a carpet than tea-leaves

!?!

(no comment - Ed)

This has mystified Lisa and I can someone please explain ?

News from the Shire

Your local community recovery hub in Orbost is opening.

You can contact us today at:

orbosthub@brv.vic.gov.au
0409 041 947 (please phone ahead)

Your local Hub Coordinator is Eleni McIlroy.



Apply for a Red Cross grant

Australian Red Cross financial assistance is available in several categories for people impacted by the summer bushfires. Eligible people are encouraged to apply for:

- bereavement grants
- emergency grants
- primary residence repair grants
- injury grants
- re-establishment grants

Applications for the above grants will remain open until **31 August 2020**.

The Red Cross Disaster Relief and Recovery Fund has raised \$216 million since July 2019. Funds are allocated for on-the-ground disaster services, immediate assistance grants and mid- to long-term support including \$18 million to support community recovery for three years or more.

Grant applications: redcross.org.au/grants

Phone: 1800 RED CROSS (1800 733 276)

Number search Puzzle

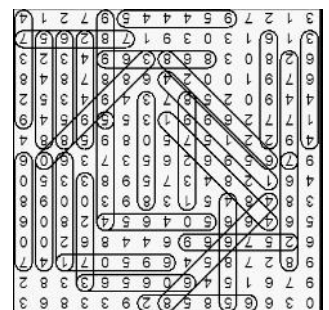
Find the numbers in the list on the left. The numbers can be in any direction: backwards, forwards, up, down or diagonally.

0	3	6	6	5	8	5	8	2	9	3	3	8	6	3
9	7	6	1	5	4	6	0	6	5	6	3	3	8	2
9	8	2	7	8	5	4	6	9	5	0	7	1	4	7
6	2	5	7	6	6	9	6	4	4	8	6	2	0	0
5	6	4	6	6	5	0	4	6	5	4	2	8	0	6
3	8	4	8	4	5	1	3	8	9	3	0	0	9	8
4	6	1	2	8	4	3	7	5	9	8	3	3	5	0
9	7	6	5	9	6	2	6	5	3	7	3	6	0	6
4	9	2	2	1	5	7	5	0	8	9	5	8	8	4
1	7	7	2	6	9	9	1	3	5	5	9	5	4	9
4	4	9	0	2	5	8	7	3	4	9	4	3	5	2
6	7	9	1	0	0	2	4	6	8	8	7	8	4	8
6	2	8	0	3	8	6	8	3	6	9	4	3	2	3
3	1	6	1	3	0	3	9	1	7	8	2	6	5	7
3	1	2	7	9	5	4	4	4	5	9	7	2	1	4

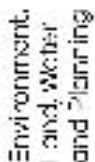
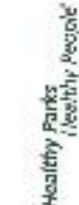
128036
132798
170596
247495
257669
274797
376203
389980
400950
414663
438795
456405
466855
473829
488671

489151
524548
606563
608607
626528
638358
658582
689972
782657
826867
855033
865664
868369
954445
989895

Number search answer



News from the Departments



Track closures to improve safety and reduce road damage

Selected tracks and roads in Gippsland's forests and parks are closed temporarily this winter and spring to limit the damage done to roads and tracks and to keep motorists safe.

The Department of Environment, Land, Water and Planning (DELWP) and Parks Victoria run the seasonal road closures operation during winter and spring each year, as part of an annual driver safety and road damage prevention program.

Forest Fire Management Victoria (FFMVic) Gippsland Deputy Chief Fire Officer, Beth Roberts said: "Main closures for the 2020 seasonal road closure period are now in force and the majority are in areas of the high country, which often receives winter snow and sometimes makes tracks impassable.

"Seasonal road closures help limit the damage done to forest roads and tracks during winter and spring and ensures dangerous and difficult sections of road are closed for driver safety," Dr Roberts said.

"These measures also help maintain water quality in rivers, creeks and reservoirs by reducing the amount of erosion and silt washed away from roads and tracks.

"Fire-affected areas in East Gippsland, including roads and tracks are particularly susceptible to damage and will remain closed until they are deemed safe for public use.

"We encourage the social and recreational use of Gippsland's beautiful natural resources, including four-wheel driving, but some sections of the forest road network would rapidly deteriorate if opened for the entire year.

FFMVic and Parks Victoria consult with a range of stakeholders, including Four Wheel Drive Victoria, to identify sections of the road network which require closures.

Most of the roads and tracks are re-opened in time for the Melbourne Cup Weekend, but the closure period can be extended if the conditions demand it.

To plan a trip and check road closures visit <https://www.ffm.vic.gov.au/visiting-state-forests/forest-and-road-closures>

For informational on seasonal closures in parks visit <http://parkweb.vic.gov.au/safety/closures/seasonal-road-closures2>

You can also contact your local DELWP office by calling 136 186.



News from the Departments

Long-footed Potoroos rising from the ashes

The readers of the Tubbut Tattler might be interested in the results of our latest monitoring work where we surveyed many sites that were burnt in December 2019 and January 2020, and the positive news about our Long-footed Potoroos and other wildlife!

For five weeks across April and May the Southern Ark team had cameras out in the bush at 82 sites that had detected Long-footed Potoroos just before the fires, in October-November 2019, with the aim being to see if any potoroos had survived the fires. There was a lot of discussion in the media about Long-footed Potoroos, and their ability to survive when the fires were so widespread and intense. We have to remember that Long-footed Potoroos are only found in Victoria, and are listed internationally as Endangered, so massive fires could potentially have resulted in their extinction.

The fantastic news was that the camera-trapping survey revealed that we still had Long-footed Potoroos at 47 of the 82 sites, or around 57% of the sites that they were detected at pre-fire. They were also detected right across their known distribution in Far East Gippsland, rather than in a little pocket, which makes it much more likely that they will be able to re-populate the forest as it starts to recover. Some cameras photographed multiple potoroos, and it was great to see that there was also evidence of on-going breeding, with images of female potoroos with large pouch young. Potoroos only eat the sporocarps (truffles) of native underground fungi, which being buried tend to survive fires well, so there was no shortage of food for potoroos immediately after the fire.

The cameras also recorded the presence of a range of other mammal and bird species. Mountain and Common Brushtail Possums were surprisingly detected at 82% of sites post-fire; Superb Lyrebirds were detected at 42% of the sites. Common Wombats and Swamp Wallabies were seen at around 47% of the cameras. Long-nosed Bandicoots, Bush Rats, Antechinus and Ringtail Possums also popped up from time to time.

Finding Long-footed Potoroos at well over half of the sites they were detected at pre-fire is both a relief and a reward for the consistent and extensive fox control program that preceded the fires. The Southern Ark fox baiting program has been significantly re-established, with around 70% of the network now being re-baited. Work continues to re-establish the rest of the network.

The cameras have been relocated to a second series of monitoring sites, where I hope they will continue to take more photos of Long-footed Potoroos at more sites.

Anyone who wants any further information can contact Andy Murray at andrew.murray@delwp.vic.gov.au



News from the Departments

Partners in Wellbeing

Support for your mental health and wellbeing during the Coronavirus pandemic and beyond

Work out what is wrong together

Working with a Wellbeing Coach, you explore what is causing your stress or anxiety and help you gain clarity on your thoughts, feelings and experiences. Conversations will be a safe place for you to talk privately about feeling overwhelmed, unsafe or anxious without judgement.

Get things under control

Through coaching and practical advice, your Wellbeing Coach will help you find strategies to manage stress, anxiety and improve your wellbeing and resilience.

Get on with life

We help you to identify people in your life, support services, and other resources to draw on during times of stress. If required, a Wellbeing Coach will assist you to link with other support services in your local community.

Keep Connected

We keep in regular contact with you to provide emotional support, practical assistance and help you use the strategies you have identified to manage your stress, anxiety and improve your wellbeing.

Learn more about COVID-19

As the restrictions and advice in response to COVID can change, your Wellbeing Coach can provide up-to-date and accurate information on COVID 19 and current restrictions within your community.

Additional support for people living with mental health concerns and carers

People living with mental health concerns and their carers may be particularly vulnerable during this time, with additional distress making it harder to cope, stay connected or manage wellbeing.

Eligibility

To be eligible for this service, you need to be 16 or over and:

- experiencing increased life stressors and your usual coping strategies are not working
- noticing signs of anxiety and/or depression that have lasted more than a few weeks, such as:
 - low mood i.e. feeling down
 - feeling overwhelmed and unsafe
 - low energy
 - feelings of hopelessness
 - fear, nervousness or worrying
 - avoidance of social situations
 - thoughts of self-harm or harm to others.
- are not currently using a community mental health psychosocial support service.

Carers may experience these challenges in their own right in addition to providing care to a loved one.

Get started or refer someone you know

Contact the *Partners in Wellbeing* team in your area by calling **1300 375 330** to begin making changes to improve your wellbeing.

If you would like to refer someone you know, you must first discuss this with them and have their consent to make the referral on their behalf.

We encourage referrals from people who identify as LGBTIQ, culturally diverse, Aboriginal or Torres Strait Islander people, veterans and people experiencing homelessness.

About Partners in Wellbeing

Partners in Wellbeing is funded by the Victorian Government and is being delivered by EACH, Neami National and the Australian Community Services Organisation (ACSO) across Victoria.



We acknowledge the Traditional Custodians of the land we work on and pay our respects to Elders past, present and emerging.



We celebrate, value and include people of all backgrounds, genders, sexualities, cultures, bodies and abilities.

Contact Partners in Wellbeing

Partners in Wellbeing is delivered by EACH, Neami National and the ACSO across Victoria. For more information or to make a referral, contact the service in your region.

Phone:
1300 375 330

North, West, Inner, South
Neami National

Email:
partnersinwellbeing@neaminational.org.au
www.neaminational.org.au/piw

South-Eastern, East
EACH

Email:
partnersinwellbeing@each.com.au
www.each.com.au/piw

Regional
ACSO

Email:
partnersinwellbeing@acso.org.au
www.acso.org.au/aod-mh-support

Biodiversity recovery grants

The Victorian Government Biodiversity Bushfire Recovery Grants will support the recovery of the state's devastated bushland and biodiversity.

The grants provide \$900,000 for on-ground works, community education and capacity-building projects. The program provides funding for the rehabilitation of public land and for fire-affected private landowners focusing on environmental conservation.

Successful applicants can access grants of up to:

- \$10,000 for eligible individuals
- \$30,000 for environmental volunteer groups
- \$50,000 for volunteer-based environmental networks.

Grant applications close on 20 July 2020.
environment.vic.gov.au/grants

News from the Departments

1080 Pest Animal Bait

Notification to Neighbours of Vertebrate Pest Control Using 1080

To: THE LANDHOLDER / OCCUPIER

The Department of Environment, Land, Water and Planning (DELWP), will be undertaking a 1080 pest animal poisoning program using buried baits and Canid Pest Ejectors on public land at:

See Attached Tables and Maps – to control *Wild Dogs*.

Awareness of 1080 bait use on Public Land by DELWP is vital for the safe management of domestic animals. If a property is occupied or used by persons other than yourself, the provision of this information, by you to them may reduce the potentially negative impacts of 1080 on domestic animals such as pets and working dogs.

The poison to be used is **compound 1080 (sodium fluoroacetate)** which is contained within an approved bait type for the pest species.

Poisoning will occur from **1/07/2020 to 01/11/2020** after which time DELWP will collect and dispose of untaken and unused baits in accordance with the Directions for the Use of 1080 and PAPP Pest Animal Bait Products in Victoria.

The use of the 1080 pest animal bait product will comply with the product label and the Directions for the Use of 1080 and PAPP Pest Animal Bait Products in Victoria. When used in accordance with the product label and the Directions for the Use of 1080 and PAPP Pest Animal Bait Products in Victoria the chances of non-target animal impacts are reduced but there is still some associated risk. By being aware of the dangers you are able to help manage the risk.

To minimise the risk of poisoning to your animals you are advised:

1. Confine, muzzle and/or restrain your domestic animals, particularly dogs and cats, to prevent them from accessing 1080 pest animal poison baits or carcasses.
2. Domestic animals, particularly dogs and cats, are susceptible to primary poisoning from ingesting 1080 pest animal bait products and secondary poisoning from ingesting contaminated carcasses. It is unusual for domestic animals to scavenge on dog/fox carcasses.
3. Closely monitor the health and behaviour of your companion animals or livestock. If you notice any unusual or uncharacteristic behaviour contact your local veterinarian immediately.
4. There is a delay in the poison action of 1080 and animals that have ingested 1080 pest animal bait products may die on your property.
5. Collect and destroy any poisoned carcasses you find by burning (in accordance with local regulations) or burying to a depth of at least 50 cm for rabbits and at least 1 metre for foxes, wild dogs and feral pigs.
6. Always dispose of carcasses away from natural features such as waterways.

Dangers to Humans:

Compound 1080 (sodium fluoroacetate) is a restricted schedule 7 poison and there is no known antidote. If you are handling poison bait and/or carcasses always use protective rubber gloves and wash hands and gloves thoroughly after contact. When used in accordance with the product label and Directions for the Use of 1080 Pest Animal Bait Products in Victoria, there is little risk of humans being poisoned by 1080 pest animal bait products.

Although the 1080 used in 1080 pest animal bait products is substantially diluted, 1080 pest animal baits and poisoned carcasses must be treated with care.

If poisoning occurs immediately contact a doctor or the Poisons Information Centre on 13 11 26

Further information on the use and handling of 1080 is available from 1080 pest animal bait manufacturers.

For further information please contact:

Gippsland Region

Wayne Peters

A/c Gippsland Operations Manager – Wild Dog Program

Telephone: 0429 401 217

Hume/North East Region

John Turnbull

Hume Operations Manager - Wild Dog Program

Telephone: 0438 345 326

Date: 22 June 2020

All tracks to be baited including named and unnamed tracks will have 1080 Poison signs erected

Disclaimer: This publication may be of assistance to you but the State of Victoria and its employees do not guarantee that the publication is without flaw of any kind or is wholly appropriate for your particular purposes and therefore disclaims all liability for any error, loss or other consequence which may arise from you relying on any information in this publication.



Environment,
Land, Water
and Planning

News from the Departments

Farmers focus on soil for East Gippsland recovery

A group of Landholders in the Bendoc, Bonang and Tubbut district have engaged in the *TopSoils* program delivered by Snowy River Interstate Landcare Committee.

Landholders in the Snowy River catchment of East Gippsland manage competing demands in order to produce high quality livestock. Not only has the 2017-2020 drought been a taxing period in East Gippsland, there is also a large variation between seasonal conditions.

Overlay the vagaries of bushfire, wild dog predation, and changing market conditions particularly for wool, and it is clear that our high country farmers need to manage high-impact risks. Careful use of resources through soil and pasture management can even out some of these risks.

Chair of the Snowy River Interstate Landcare Committee, Mr Robert Belcher, confirmed that local support for farmers is essential for better regional economies and natural resources.

"Our farmers look for accurate and independent support when it comes to pasture, soil and stock improvements. We have embraced the *TopSoils* project because it allows people to develop skills and knowledge of soil function, and this helps to reduce the financial risks of farm investments. Participants are receiving information to target the use of limited resources. We also recognise that profitable farming supports our rural communities, and this is now a critical issue." Mr Belcher said.

Mr Belcher stated that the *TopSoils* program has allowed landholders to participate in workshops and gain support from some of Australia's leading agricultural Coaches. Training has been delivered by Declan McDonald of SESL Australia, Graeme Hand of STIPA Native Grasses Association, and Colin Seis who is known for his international training in pasture cropping and building soil organic matter.

Declan McDonald of SESL delivered a workshop in November at Delegate River, demonstrating plant tissue sampling as a tool for managing soil condition, pasture productivity, and livestock health. This workshop focussed on the link between soil nutrients, soil microbial activity, and plant function.

"Since the Victorian bushfires from November 2019 have eased, we have re-engaged Declan McDonald of SESL to help participants with their soil sampling program. This includes guidance on soil test results, and discussion about pasture options that improve soil quality" Mr Belcher said.

Through the *TopSoils* project, Snowy River Interstate Landcare Committee is working with a range of partners to help improve farm profitability and soil quality across East Gippsland. This project is funded through the Commonwealth Government's National Landcare Program, and through the support of the East Gippsland Catchment Management Authority.

Snowy River Interstate Landcare Committee is a community-based organisation that delivers natural resource and agricultural projects in the eastern NSW/Victorian border region. Formed in the early 1990's, it is one of the oldest Landcare organisations dedicated to rural projects and communities.

Media enquiries: Robert Belcher, Chair of Snowy River Interstate Landcare ph 02 64580244



This project is supported by East Gippsland CMA, through funding from the Australian Government's National Landcare Program.

Lifeline Phone 13 11 14, 24 hours
Lifeline provides 24-hour crisis support and suicide prevention services.

Older Australian's COVID-19 Support Line

Phone **1800 171 866**, Monday – Friday
8.30 am – 6 pm

Offers support to older people who are feeling lonely or distressed, troubled, or confused, or need to talk to someone about their concerns caring for an older person during COVID-19.

Coronavirus Mental Wellbeing Support Service

Phone **1800 512 348**, 24 hours

Supporting A Decade Of Preventing Family Violence

23rd Jun 2020

The Victorian Government will keep working towards a Victoria free from family violence with a further three years of support for Our Watch, the national foundation for the prevention of violence against women and their children.

Minister for the Prevention of Family Violence Gabrielle Williams today announced an extra \$3 million over three years to extend the Government's existing seven-year partnership with Our Watch to a decade.

The renewed partnership and support is particularly important as the coronavirus pandemic continues to disproportionately impact women's work and care responsibilities alongside other known gendered drivers of violence against women.

Over the past seven years, the government has worked with Our Watch to implement the world-leading *Free from Violence Strategy to Prevent Family Violence and All Forms of Violence Against Women*, and the action plans to make sure the strategy is delivered.

Through respect and equality programs at workplaces, sporting clubs and schools, the Government and Our Watch have connected with communities where they live, work and play to better understand the cause of family violence and stop it before it starts.

Our Watch will also continue to work with the Government on the Men in Focus program, which engages men in the prevention of violence against women – focusing on how to apply an understanding of the links between dominant forms of masculinity and violence against women to the real world.

Quotes attributable to Minister for Prevention of Family Violence Gabrielle Williams

"We're continuing our work with Our Watch to build a society where Victorians can live free from violence – because there is never an excuse for family violence."

"All violence against women starts with disrespectful behaviour. By recognising, calling out and preventing these attitudes, we can all play a role in stopping family violence before it starts."

Quotes attributable to CEO of Our Watch Patty Kinnersly

"The Victorian Government's continued funding shows strong leadership and commitment to preventing violence against women and their children."

"The Government's commitment is timely given the pandemic is exacerbating existing socioeconomic inequalities – including gender inequality – that create and reinforce the gendered drivers of violence against women."

Dung Beetles hit by bushfires

Dung beetle expert predicts severe bush fly problem across NSW and Victoria this summer

ABC Goulburn Murray/ By Allison Jess

A scientist is predicting widespread areas of Australia could have a severe fly problem this summer. Insect expert and former CSIRO scientist Dr Bernard Doube said country and urban parts of Australia were likely to see more bush flies than usual in the warmer months because populations of a dung beetle that helps control the pest had been hit badly in bushfire-affected areas.

The South Australian-based entomologist from Dung Beetle Solutions, an independent research organisation, expects a much-reduced summer dung beetle population this year because those not killed by last summer's fires probably starved.

"Vast areas were largely destocked (of cattle and sheep) in mid-summer and it is most likely that the lack of food (dung) for the beetles caused massive mortality amongst the summer beetles," he said.

"Normally, the summer beetles breed in autumn, are underground over winter and then come out in spring but since there was little food for them in autumn, there will, I expect, be very few emerging this coming spring."

Dr Doube said bush flies bred primarily in cattle dung, but also horse and sheep dung.

Conditions 'great for flies'

"In spring, the bush fly breeds rapidly in the high-quality spring dung in southern Australia, but (usually) gets clobbered by the summer-active beetles in December, January, in the warm regions and later in the cooler more southerly regions," he said.

"Some places have a spring bush fly problem, others do not.

"The absence of large numbers of summer beetles means that there will be heaps of good quality dung this spring and summer but few dung beetles to bury it — great for bush flies.

"I predict that there will be a big bush fly problem in NSW and Victoria, including the major town centres.

"The bush fly can travel hundreds of kilometres in a day if the weather is right.

"Both city and country areas will, I expect, be badly troubled by bush flies."

Dr Doube said he was part of the Federal Government's Dung Beetles Ecosystem Engineers project (DBEE) surveying beetle populations and he would know by November how severe the bush flies would be.

'They'll be back'

Kergunyah beef farmer Belinda Pearce is confident the summer dung beetle will return — eventually — to bushfire-hit areas of north-east Victoria.

Ms Pearce, a member of Kiewa Catchment Landcare groups, has managed various dung beetle projects and said local farmers had regularly set traps and monitored populations.

"We know they (the summer species) are in extremely good numbers in the areas that surround the bushfire affected areas," she said.

"It may take a year or two, but I am very confident that the summer beetles will re-establish in the Upper Murray.

Ms Pearce said if landowners needed help re-establishing beetle populations, citizen science was a great way for local community groups to work together.

"In north-east Victoria there are up to 50 Landcare groups, so it's an opportunity for us to work together and catch some beetles and send people a care package," she said.



Dung beetles not killed by the summer bushfires have probably starved due to a lack of livestock, a scientist says. (ABC Rural: Hugh Hogan)



A tray full of active summer dung beetles in north east Victoria (Supplied: Belinda Pearce)

Recipes

Ingredients

2 lbs green cabbage
1 yellow onion
2 garlic cloves
4 oz. butter
1½ cups heavy whipping cream
6 tbsp sour cream or crème fraîche
6 oz. cream cheese
1 tbsp ranch seasoning
½ tsp ground black pepper
1 tsp salt
6 oz. shredded cheese

Low-carb cabbage casserole

★★★★★

11g



The not so humble cabbage!

Instructions

- 1 Preheat the oven to 400°F (200°C). Shred onion, garlic and green cabbage using a sharp knife or a mandolin slicer. The quickest way is to use a food processor.
- 2 Heat a large frying pan and add the butter. Sauté the vegetables until softened, about 8-10 minutes. Add cream, sour cream, cream cheese and spices. Stir thoroughly and let simmer for another 5-10 minutes.
- 3 Add to a greased baking dish. Sprinkle cheese on top and bake for 20 minutes or until the cheese is melted and has turned a golden color.

Tip!

These rich flavours pair beautifully with grilled or fried meat and fish. Whip up a double batch and freeze the extra in small containers for a quick side dish any night of the week. Save even more time by using pre shredded coleslaw— just avoid mixes with carrots if you can.

Thai Curry Cabbage.

US Metric

4 servings

Ingredients

3 tbsp coconut oil
1 tbsp red curry paste preferably Thai
2 lbs shredded green cabbage
1 tsp salt
1 tbsp sesame oil



Instructions

- 1 Heat up coconut oil in a frying pan or a wok over high heat. Add curry paste and stir for a minute. Add cabbage.
- 2 Sauté until the cabbage begins to turn golden brown, but still is a little chewy. Stir thoroughly and lower the heat towards the end.
- 3 Salt to taste. Add sesame oil and sauté for another 1-2 minutes and serve!

Nutrition

Liberal low carb

Per serving

● **Net carbs:** 19 % (8 g)
Fiber: 6 g
● **Fat:** 73 % (14 g)
● **Protein:** 8 % (3 g)
kcal: 181



Tip!

When selecting a green cabbage, go for the ones with tight, compact heads. And for a firm stem, rather than limp for the freshest taste.

Nature's bee all and end all: Why 'Winged wonders' must be protected from threats

researchforagriculture.com.au



Dr Paul Weston, a Senior Research Fellow in Charles Sturt University's Graham Centre for Agricultural Innovation based in Wagga Wagga, explores the vital role played by the flying insects.

Life without honey bees would be much less interesting and quite different to what we have come to expect.

Without bees, we would be unable to grow many of the crops that form an important part of our diets because many crop plants are dependent on insects for pollination. Almonds, for example, are totally reliant on honey bees for pollination. Many other fruit and vegetable crops depend, to a large extent, on honey bees for pollination, including apples, blueberries, avocados, melons, pumpkins, squashes, macadamia nuts and others.

Some of our broadacre crops benefit from the pollination activity of insects as well, including canola, lucerne and cotton. The economic value of services provided by insect pollinators has been estimated at \$18 billion per annum in Australia, and several hundred billion dollars globally.

But the benefits to society from bees goes beyond pollination. The nectar gathered by honey bees as they pollinate crops is converted to honey in the beehive, and pollen stored by bees is also sold as a dietary supplement. Honey production is valued at close to \$100 million per annum in Australia. Other products harvested from honey bees include royal jelly (a special food fed by worker bees to the queen) and beeswax (used for candles, cosmetics and furniture polish, among other things).

Aside from direct human benefits, the pollination activities of bees play a crucial role in maintaining natural ecosystems. A wide range of native flowering plants and trees rely on pollination for their reproduction and very survival, so the presence of bees is vital to maintaining ecosystem health.

Concerns about the health of bees have been raised in recent years as bee colonies have declined across large portions of the planet. The number of honey bee colonies declined by roughly 50 per cent in North America and Europe between 1980 and 2010 (although the number of colonies has rebounded slightly in the US since then).

WHAT ARE THE MAIN THREATS TO BEES?

The decline in honey bee numbers has been attributed to a number of factors, but the precise reason for the decline is unknown. Among the more likely culprits are pesticides, pathogens, changes in beekeeping practices, habitat loss and climate change.

Pesticides used on broadacre crops have been suggested as a causal factor in the decline. Europe has temporarily banned the use of neonicotinoid insecticides because they are widely used in broadacre cropping and can be detected in nectar of crop plants visited by honey bees. Further, testing the laboratory has shown that sub-lethal doses of neonicotinoid insecticides can disrupt the orientation ability of honey bees. However, the association between these insecticides and bee decline is rather weak, especially considering that neonicotinoid insecticides are widely used in Australia without the dramatic declines in bee colonies seen overseas.

A far more likely cause of bee decline is varroa mite, a tiny pest that feeds on bees and their larvae. Locations that have been infested with varroa mite have seen substantial declines in honey bee populations. Interestingly, the mite is not established in Australia. It has been intercepted in Australian ports on several occasions, but these incursions have been rapidly detected and eliminated.

The correlation between varroa mite and honey bee decline is not absolute, however, so it is clear that other factors are at play. The consensus among entomologists and beekeepers is that a combination of factors are likely contributing to honey bee decline.

Another threat to honey bees in Australia is bushfire. The recent bushfires in south-eastern Australia took a heavy toll on commercially-managed honey bees. It is estimated that 9,000 hives were destroyed by the fires in NSW alone, and the bee population of an additional 80,000 hives was reduced by two-thirds.

Beyond these immediate losses is the long-term impact of fire damage to the flowering trees that are typically visited by honey bees. Fires charred more than 60 per cent of the forest land that served as a source of nectar for honey bees in the fire-stricken areas in NSW, which will likely result in a 30-50 per cent reduction in honey production for the next 10 years.

In light of the many benefits that honey bees bring to our lives, it is clear that these winged wonders need to be celebrated and protected. Judicious use of insecticides, vigilance to prevent introduction of varroa mite to Australia, and limiting fire damage to bushland are some of the more obvious and impactful steps we can take.

Homeowners can help by avoiding the application of insecticides to flowering plants when they are blooming. Finally, we can all help by purchasing honey from local producers, even if it may cost a bit more than cheaper imported honey.

Calendar

July 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	