

# TUBBUT TATTLER

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2020

**Tubbut Neighbourhood House**

E-mail: [tubbutnh@inet.net.au](mailto:tubbutnh@inet.net.au)

Phone: 02 64580295

Open Wednesday, Thursday and Fridays

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

Next deadline: 24th August 2020



The Deddick River below Tubbut School (much more water than usual ) Not a bad view from the office.

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# 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](mailto: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**



# Tubbut Neighbourhood House

## What's On

**Thursday the 6th of August** we will be running the Neighbourhood House from the Bonang Hall Silk painting is on the agenda, byo lunch We will start at approx. 10 am.

**Thursday 27th of August** our monthly community lunch at the supper room at Tubbut, we will supply meat for a BBQ and if you like, bring a plate to share.

## A message from our Outreach Support Nurse –Birgit Schaedler

Dear Community Members

It's been wonderful getting the third day a week to service the Errinundra to Snowy communities' Just to clarify-

- My phone is switched on Tuesday, Wednesday and Thursday
- I'm often out of mobile range
- Due to distances I need to cover it's tricky to be on time
- I love working for community and enjoy my increasing work load

You can leave a message or send an email anytime and I will get back to you on my working days.

There are **ladies shoes** ( Naot Shoes) sent by Operation Angel at the Bonang Hall (they are size 38 to 40). Come along on any Thursday we are operating the Neighbourhood House from the hall and grab a pair or two.

If you need help or need to print out your **BORDER PERMITS** we are here to help Wednesday, Thursday and Friday. Contact us via facebook or email if you need help any other day and we will still be able to help you out from home.

## Mountain Pepper Berry for sale

Mountain Pepper Berry (*Tasmannia lanceolata*), 30 g,  
from Victorian High Country

This rare spice belongs to the Australian super foods with its unique taste, smell and offers plenty of health benefits. The berries have grown in the wild and have been handpicked in the Victorian Alps on private land. Dried full berries ready to be used in your grinder alone or mixed with other spices. Combine the berries with fish, meat, seafood, vegetables, cheese and even on top of your coffee or red wine. The berries will give you a unique taste, first sweet and fruity followed by spicy.

The Mountain Pepper Berry has superior antioxidant capacity compared to the so popular Blue Berries. What are Antioxidants?

Antioxidants are substances that can neutralise free radicals in your body. They can stop them damaging your health.

The best known ones are vitamins A, C and E, And minerals such as copper, zinc and selenium, Which can all act as antioxidants.

Antioxidants are believed to prevent and delay Alzheimer's disease, autoimmune and cardiovascular disease, cancer and diabetes.

### A quick overview:

The Mountain Pepper Berry has the following benefits:

- High in antioxidants as already mentioned above
- Anti-inflammatory
- Antimicrobial
- High in polygodial compounds
- Vitamin E, lutein, zinc, magnesium, calcium, iron
- Antifungal
- Antihyperalgesia, Antiseptic and Anti allergic action

And there are even more benefits to this Australian Bush tucker.

The mountain pepper berries also make a unique gift and are a great addition to any kitchen.

30g for \$10

Contact Barbara at  
249cottage@gmail.com



# The Local Rag

## HOW THEY CHOSE THE SWITCH-ON QUEEN

There was a meeting down at Bonang, for the folks there had to know  
Who <sup>was</sup> cut the ribbon, that would make the power to flow.  
So the locals all assembled, it was like a talent quest,  
"It must be done by locals - it had to be the best."

Old Ma from down at Tubbut, she drove up all the way,  
'Cause in these local matters, she has lots to say.  
And that little bloke who smokes a pipe and drives a great big car,  
Good old Charlie Truscott from down at Goongerah.  
Next there was Bart Ingram, he came to have his say,  
And if you can shut that beggar up, I'd like to know the way.  
Corker Minchin came along and said he'd show them how,  
To do the Old Time Lancers, so "form a circle now".  
Phil Prendergast he got there first to start that so-and-so  
Rotten, Ruddy motor, that gets the lights to go.  
Arthur Purnell he came and said he'd make that switch on Ball  
From down at Canb'ra Hospital, if he had to bloody crawl.  
Gus old boy ran a book of course and waved his big cigar  
Shouting "6 to 4 on Clarice and even money Ma".  
And that girl from Dellicknora, Sandy Cameron, she came too,  
'Cause she's the Secretary of this bloomin' switch on do.  
She's a smart one that, good lookin' too, as pretty as a gem,  
Of course she looks like Dulcie, she's not a bit like Clem.

There were Basses, Bryants and Costas, Clarkes and Camerons galore,  
Haleys, Hutchisons and Hyatts and young Drake from out the store.  
There were lots of Legges and Matthews and the Ingrams were laid on,  
Mannings, Marriotts and Murrays and Angus Morrison.  
Kirkbys, Collins, Simpson - Pearces, Nevens and Lemin,  
Ventries, Novells and Russells, they sure did pack 'em in.  
Jimmy Cullinan and Collings and all those loggin' blokes,  
And that wombat man from Deddick be the name of Bobby Stokes.  
Well they talked and argued all the night to work out who and how,  
Till Hobbs announced at half past five, "I've gotta milk me cow".  
Well someone moved a motion then and they voted to a man,  
That the one to cut the ribbon was Little Lotte Camm.  
To choose her Chief Assistant didn't take much time,  
It had to be Old Pardey, still young at 99.  
I thank you Ted and Lotte, you've made history this night,  
'Cause every little homestead now has electric light.  
And I know your childrens' children will talk about the hour,  
When you cut the silver ribbon, THAT BROUGHT THE PEOPLE POWER.

N.R. Shorrock  
26.5.72

Issue 11 1980



### MARKET REPORT

Delegate - Watson and Gardiner report  
that at their auction sale on Tuesday,  
88 head of mixed cattle were yarded.  
None were sold at auction, but privately  
24 yearling heifers brought 23/-, 17  
yearling steers 18/-, and a few Jersey  
springers £4.10.0.



The Local Rag  
July 1977  
shared these  
items that were  
in the  
The Delegate  
Argus  
November 26th  
1909

### PUBLIC NOTICE

Delegate Cottage Hospital (Private)  
is now open to receive patients  
Accouchements - £7.7.0  
Covering Medical Attendance,  
Nursing, etc.  
Medical, Surgical and Midwifery  
cases admitted.



# New from the Departments

## KEEPING LOCAL COMMUNITIES CONNECTED DURING CORONAVIRUS

Victorians experiencing loneliness or social disconnection due to coronavirus will receive support from the Australian Red Cross and local community organisations with one call to the coronavirus hotline, thanks to a new Victorian Government initiative.

Minister for Disability, Ageing and Carers Luke Donnellan has launched the Community Activation and Social Isolation initiative with more than \$6 million over six months to support people experiencing loneliness or social disconnection as a result of coronavirus (COVID-19).

The initiative is part of the Victorian Government's \$59.4 million mental health and wellbeing package, helping Victorians with additional supports to deal with significant changes to our lives as a result of the pandemic.

For many Victorians, physical distancing and social or work-related restrictions have led to feelings of loneliness and disconnection. For those already lonely or isolated before the pandemic, it's been even harder to get help to feel happy and well.

The Community Activation and Social Isolation initiative will expand the Victorian coronavirus hotline (1800 675 398) by partnering with the Australian Red Cross whose volunteers have been trained in psychological first aid to provide emotional support and help to callers who may be distressed or anxious.

The hotline will also link people in need to community connectors for local practical supports and social activities, such as video chats, online book clubs or fitness groups.

To help older Victorians stay connected and participate in social activities during the pandemic, a Social Support Hub has also been set up at the Victorian Government's Seniors Online website at [seniorsonline.vic.gov.au/services-information/social-support-hub](http://seniorsonline.vic.gov.au/services-information/social-support-hub).

Seniors can find out what services and activities are available in their local area via the Hub. The Hub will be regularly updated with information and links to other community based organisations offering support and activities to older Victorians, including information about phone line support and local community connectors.

### Quotes attributable to Minister for Disability, Ageing and Carers Luke Donnellan

*"The coronavirus pandemic has brought into even sharper focus the importance of community and social connections to improve health and wellbeing. This initiative is about people getting the help they need safely and locally."*

*"If you're feeling lonely, give the coronavirus hotline a call on 1800 675 398 and press three to speak to an Australian Red Cross volunteer who will provide a friendly ear and can connect you to supports in your local community."*

### Quote attributable to Sue Cunningham, Red Cross Victorian Director

*"We are understandably hearing stories of people feeling isolated and lonely. Some have concerns about job loss and finances. Many people are distressed and are needing someone to turn to. We are helping by providing that friendly listening ear and caring voice, linking them into local supports, and giving vital information."*

## Mobile Phone Camera Trial To Make Victorian Roads Safer

26th Jul 2020

A three-month trial of state-of-the-art safety cameras that will capture distracted drivers on Victoria's roads will start next week throughout the state.

The technology is designed to detect mobile phone use behind the wheel and potentially other illegal driving activities, making our roads safer for the majority of road users who do the right thing.

The trial – which begins this Wednesday, 29 July – will ensure the technology operates accurately and is appropriate for use on Victorian roads before a potential rollout.

Research shows drivers who use a mobile phone while driving are four times more likely to cause a fatal road accident. Texting, browsing and emailing increase the crash risk even further – up to ten times.

In 2017-18, more than 30,000 motorists were issued with fines for using a mobile phone while driving in Victoria. Drivers and riders involved in distraction-related crashes may make up at least 11 per cent of road fatalities.

As well as capturing drivers illegally using their mobile phones while driving, the cameras will be tested for possible future use to crack down on other dangerous driver behaviour on Victorian roads, including not wearing a seatbelt.

No infringements will be issued during the pilot and number plate matching will not be undertaken. All photographs captured will be deleted, except for a limited number of de-identified images.

The trial will help understand how the technology can be integrated with the existing road safety camera systems and ensure the cameras operate effectively and accurately, so fines issued under a full rollout are appropriate.

If introduced to Victorian roads, the technology will be able to operate from any location, 24 hours a day, in all conditions, meaning drivers who choose to do the wrong thing will be caught out.

Research conducted by the Monash University Accident Research Centre estimated an automated mobile phone enforcement camera program could prevent 95 casualty crashes per year and save taxpayers \$21 million annually.

The cameras allow high-resolution images to be captured in all conditions, regardless of weather and light levels, and for those images to be reviewed in real time to detect potential offences.

Testing will focus on a relocatable version of the technology across several metropolitan and regional locations and will be conducted by the technology provider, Acusensus, and the current traffic camera services contractor.

The government provided more than \$120 million dollars in the *Victorian Budget 2019/20* to increase mobile camera enforcement by 75 per cent over the coming years and investigate new road safety camera capabilities.

### Quotes attributable to Minister for Police and Emergency Services Lisa Neville

*"We know distracted drivers can have devastating outcomes on our roads – this technology is another step towards targeting this kind of unacceptable behaviour and keeping all road users safe."*

*"We all have a role to play in reducing our road toll – every time someone picks up their phone behind the wheel they are putting lives in danger. This technology will detect those who choose to put lives at risk on our roads."*

### Quote attributable to Minister for Roads and Road Safety Ben Carroll

*"We know how dangerous it is to use your phone while driving – that's why we're trialing this new technology to help stamp out this irresponsible behaviour."*

# News from the Departments



## ABOUT US

Dardi Munwurro (Strong Spirit) is a specialist Aboriginal family violence service. Our vision is to build stronger families and safer communities. We do this by delivering a range of family violence programs, to break the cycle of inter-generational trauma in Aboriginal families and communities, by empowering and inspiring individuals to heal the past, acknowledge the present and create a positive vision for the future.



## OFFICE LOCATIONS

Central (Preston)  
558 High Street, Preston  
(03) 8456 3044

Bairnsdale  
214 Main Street, Bairnsdale  
Contact: Albert Baxter  
0474 450 753

Shepparton  
336 Wyndham Street, Shepparton  
Contact: Josh Simm  
0438 525 552

Warrnambool  
81 Liebig Street, Warrnambool  
Contact: Adam Ormiston  
0439 899 352

Morwell  
185 Commercial Rd, Morwell  
Contact: Cliff Wandin  
0419 359 384

Wodonga  
Contact: Darren Harris  
0427 334 243

Dandenong  
44 McCree St, Dandenong  
(03) 8456 3044



**CALL NOW**  
**1800 435 799**

## PROGRAMS & SERVICES

DARDI MUNWURRO IS A  
CHILD SAFE ORGANISATION



## ABORIGINAL MEN'S REFERRAL CRISIS LINE TALK TO US



COMMUNICATION

CONNECTION

SUPPORT



**24 HOUR SERVICE**



**ABORIGINAL MEN'S HEALING AND BEHAVIOUR CHANGE PROGRAM**  
Our Healing and Behaviour Change Programs encourage and respectfully challenge men to take responsibility and be accountable for their actions. Men who participate in Dardi Munwurro's Healing and Behaviour Change groups work towards: Strong Spirit and Strong Culture; taking responsibility and being accountable; and healthy relationships.

### VICTORIAN ABORIGINAL MEN'S GATHERING

Dardi Munwurro delivers the annual Victorian Aboriginal Men's Gathering in Melbourne. Aboriginal men from across Victoria and interstate come together at the Gathering to engage in conversations and problem solving around key issues that are impacting on the Aboriginal community, including family violence.

We also run regional gatherings throughout the year.

### PRISONS PROGRAM

Dardi Munwurro runs group based Healing and Behaviour Change Programs for Aboriginal Men in Victorian prisons, including: Ravenhall, Barwon Prison, Fulham Prison, Hopkins Correction Centre, Melbourne Assessment Prison and Dhurringile Prison.

We also run 3-day workshops on family violence and healing, with the participation of Elders. The workshops are serviced with follow up group work sessions.

### BRAMUNG JAARN

Dardi Munwurro currently delivers the Journeys Program for Aboriginal young men aged 10 - 25 years living in the northern suburbs of Melbourne, including young people who are at risk of, or involved in the justice system. Young people participate in group activities delivered by Dardi Munwurro Facilitators and Mentors, and participants can also access case management and mentoring support, if required.



### FAMILY ENGAGEMENT SERVICE

Family Engagement and Safety Workers are responsible for providing support to women and children affected by family violence perpetrated by men in our programs. This includes risk management and safety planning, maintaining regular contact with women at locations where they feel comfortable and safe, connecting women with access to services they require, keeping women informed about the men's involvement in the program and transition planning for men exiting the Program.

The Family and Engagement Safety Workers also provide support to families of the young men in our Bramung Jaarn Program.

### NGARRA JARRANOUNITH PLACE

Ngarra Jarranounith Place is a residential healing and behaviour change program designed to support men who use or are at risk of using family violence, to make positive changes in their lives. Men in the program live independently in one of the Program's residential properties located in the northern suburbs of Melbourne, for up to 16 weeks. While in the program men work with a case manager to address their physical and mental health, social and emotional wellbeing, and legal and financial needs, to make positive changes in their life, create a positive vision for their future and a safer community. They also participate in the Program's structured healing and behaviour change activities, including intensive group work (Monday - Friday 9am - 5pm), a healing camp and the after-hours men's groups.

### TRAINING AND PROFESSIONAL DEVELOPMENT

Dardi Munwurro offers a range of Aboriginal family violence training and professional development programs. Dardi Munwurro in partnership with RMIT and the Healing Foundation delivers the Diploma of Community Services, Aboriginal Healing and Family Violence. We also provide specialist training including Working with Aboriginal Men and Family Violence and other related practice areas.



# News from the Departments

## MENTAL HEALTH SUPPORT FOR YOUTH AFFECTED BY COVID-19

### FREE THERAPY\*

#### Parents or guardians:

Is your child experiencing symptoms of anxiety or depression during the COVID-19 crisis?

Researchers at Swinburne University of Technology have developed a mental health program to help youth aged 13–18 years experiencing pandemic-related anxiety and depression.

#### This support involves:

- Six sessions of online counselling through video conferencing.
- Cognitive behavioural therapy (CBT) skills to manage anxiety and depression.
- Access to a website that contains self-help materials which supplements therapy.
- Optional parental involvement and feedback with the youth's permission.

The therapy is delivered by intern psychologists at the Swinburne Psychology Clinic.

To be eligible to participate, young people need to be:

- Experiencing mental health symptoms related to the pandemic (e.g., fear of illness, worries about family getting sick, avoidance of COVID-19 reminders).
- Experiencing mental health symptoms that started during the pandemic (e.g., general worries, hopelessness about the future, sadness, withdrawal, social anxiety, difficulties sleeping at night).
- Residing and living in Victoria.

#### Contact us

Referrals and enquires can be made by contacting the Swinburne Psychology Clinic on the details listed below.

Telephone: 03 9214 5528

Email: [psychprojects@swin.edu.au](mailto:psychprojects@swin.edu.au)

\*There will be no fees for this program if you are referred during the months of July and August 2020



Aboriginal Men's Healing & Behaviour Change  
**ONLINE**

### JOIN OUR ZOOM MEETINGS



Providing a safe place where healing and behaviour change can take place in a non-shaming environment.

Join our groups on your phone or computer  
All you need is an email address

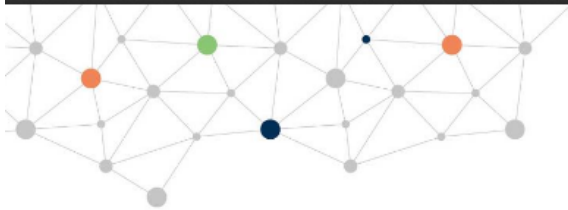
DOWNLOAD THE ZOOM APP ON YOUR PHONE:

- » iPhone - download from the App Store
- » Android - download from Google Play

#### JOIN US - CONTACT OUR TEAM:

[menswork@dardimunwurro.com.au](mailto:menswork@dardimunwurro.com.au)

**1800 435 799**



**phn**  
GIPPSLAND

An Australian Government Initiative

### Free: QPR online training for suicide prevention

Do you want to make a positive difference in the life of someone you know?

Gippsland PHN, in partnership with the Black Dog Institute and the Department of Health and Human Services, is offering free online training in suicide prevention to help you identify the warning signs of someone at risk, give you the confidence to speak to them about their thoughts and provide you with the tools to connect them with professional care.

The training is offered by QPR (Question, Persuade and Refer) and is a short, self-paced course you can do from home.

All people living, working or studying in Gippsland are eligible for the free registration. This course is suitable for people that have not completed any prior training in suicide prevention or Mental Health First Aid.

To access the course, simply follow the steps below:

1. Navigate to: [lifespan.qprtraining.com/setup](https://lifespan.qprtraining.com/setup)
2. Enter the organisation code GIPPS
3. Select **Create Account**
4. Complete and submit the student registration form using your usual email address
5. QPR will display and email your newly created Username and Password
6. Participants can log in to begin training at [lifespan.qprtraining.com](https://lifespan.qprtraining.com)

If you or someone you know needs help contact:

- Lifeline - 13 11 14
- beyondblue Support Service - 1300 224 365
- Suicide Call Back Service - 1300 659 467
- MensLine - 1300 789 987
- Kids Helpline - 1800 551 800
- Qlife - 1800 184 527

To access professional mental health support in Gippsland, please encourage people to speak to their local doctor.

I welcome  
change as  
long as  
nothing is  
altered or  
different  
than  
before

# News from the Shire

**Peter Balmer**

**Place Manager for East Gippsland Shire**

I have been working in the 'community' sector as a Social Planner/ Place Maker for 25 years in a range of locations across south east Queensland, the ACT and Victoria - from highly disadvantaged locations such as the Logan and Ipswich shires outside Brisbane, to the 'salad bowl' farming communities of the Lockyer Valley west of Brisbane to the relative affluence of the Sunshine Coast. More recently I have been working in Victoria's Latrobe Valley.

For these roles I have worked across aged care, migrant settlement, mental health and disability support for local government, federal government, not-for-profits and peak bodies.

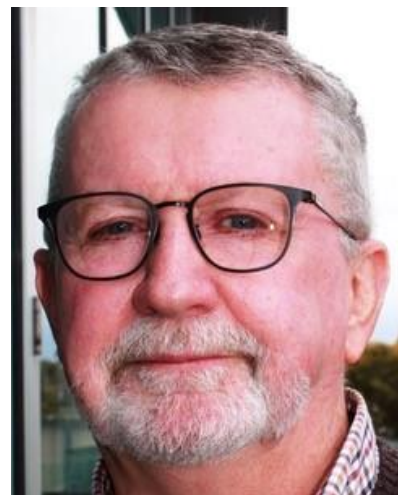
I did the sea-change/ tree-change from Melbourne to the Gippsland Lakes four years ago which was like 'coming home' after spending many happy holidays here as a kid and visiting family and friends in between.

I will be working in the Errinundra to Snowy (E2S) localities of Tubbut, Bendoc, Bonang, Goongerah, Dellicknora, Deddick Valley up to the NSW border, and in other districts as required.

My mobile number is 0409 701 309 and my work email is

[peterb@egipps.vic.gov.au](mailto:peterb@egipps.vic.gov.au).

The Place Manager role with EGSC is a new function within council with seven Place Managers now appointed to provide community support in all districts across the shire. The role sits within the Bushfire Recovery Directorate with the immediate focus on Recovery however this task cannot be done in isolation of all the other social, community, environmental and economic impacts on local communities. My role is to work with communities, to listen - and hear what you know to be best for your community, and to ensure that message gets heard.



The Library Bus is still not coming to our area at the moment but here are some great options provided by the library.

<https://www.eastgippsland.vic.gov.au/Libraries/eLibrary>

## Axis 360

Search and borrow eBooks and eAudiobooks. Tablet and smartphone users can download the free Axis 360 app from the Apple or Google Play stores. Axis 360 allows library members up to eight titles on loan which can be returned before their due date.



## Bolinda Digital - Borrow Box

Search and borrow eBooks and eAudiobooks. Tablet and smartphone users can download the free BorrowBox app from the Apple or Google Play stores. Borrowbox allows library members up to eight titles on loan which can be returned before their due date.

## RB Digital (previously known as Zinio)

Borrow the latest issue from our selection of eMagazines and keep it as long as you need. By downloading the RB Digital app from the Apple or Google Play stores you can read it offline.





## Amid global chaos, what is the future for prevention?

Editor: [Melissa Sweet](#) Author: Marie McInerneyon: July 14, 2020In: [#HealthReImagined](#), [2019-20 climate bushfire emergency](#), [chronic diseases](#), [climate change](#), [Coronavirus outbreak 2019-2020](#), [evidence-based issues](#), [global health](#), [health inequalities](#), [health workforce](#), [prevention](#), [public health](#), [WHO](#)

### Marie McInerney writes:

Health experts are warning that we cannot expect or imagine a “post-COVID19 world” as the pandemic continues to threaten a “global regression in human health”.

“This pandemic is dismantling the foundations for protecting and advancing health,” says the Editor-in-Chief of *The Lancet*, Dr Richard Horton.

In an [editorial](#) castigating global leaders for a “lamentable response”, he said the pandemic was threatening the “trinity of [global health] values”: the right to health, health equity and social justice.

It’s a fear shared by many in Australia, watching as the pandemic delivers a disproportionate blow across poorer nations and groups already suffering social, economic and racial injustice, and as leaders like US President Donald Trump subvert health evidence, prioritise economies over health, and [threaten the work](#) of the World Health Organization (WHO).

But while the novel coronavirus and associated economic shocks are devastating lives and livelihoods across the globe, many also hope that the effective responses of some governments, including Australia’s, may lead to real action on climate change and chronic disease and be transformational for public health.

“This is a prime example of where prevention is better than cure,” said Rob Moodie, Professor of Public Health at the University of Melbourne and the University of Malawi.

Moodie, who helped spearhead tobacco control in Australia for decades and is a former CEO of VicHealth, said he has never before seen “closer dialogue” between public health officials and decision-makers, and with the public.

“We’ve never had celebrity epidemiologists before,” he told Croakey.

Similar observations were made by former Prime Minister Julia Gillard on [ABC TV’s Q&A](#) last night, when she said the pandemic was generating a renewed appreciation for the importance of government and of evidence.

Moodie said the challenge and opportunity now for public health professionals is to “use the benefits” of those new relationships and understandings.

That was important not only for relationships with politicians and bureaucrats, but also with clinicians, some of whom have in the past seen prevention as in competition with treatment instead of “mutually reinforcing and complementary”.

That’s manifested in some clinicians seeing patients in hospital as “proof that prevention doesn’t work”, says Moodie.

“Obviously it does, but it’s not cost free. It costs money and it costs political capital too,” he said of efforts to address major public health initiatives like junk food advertising to children, effective food and alcohol labelling, and taxation reform.

To that end, the Public Health Association of Australia is [calling](#) for Australia to set up a central national public health and disease control agency, a “[CDC-like agency](#)”, to boost public health spending from the current two percent to five percent of national health spending, and to invest heavily in the public health workforce.

### Transformation hopes

Moodie’s hopes for a major shift towards prevention are echoed in a [paper](#) written for a VicHealth webinar this week by Melbourne academics Professors Anna Peeters and Lisa Gibbs.

They argue that transformation might come from the unprecedented responses of governments, workplaces and communities to the pandemic – particularly in their recognition of the “inter-connectedness of social, financial, political, build, natural, human and cultural influences on health and wellbeing”.

Like many others, they have almost marvelled at the way the Australian Government responded in the early days to the threat of the pandemic: “rapidly responsive, cohesive in purpose, collaborative, evidence-based, and representing an understanding of the functional levers and multi-level complex systems of influence and impact”.

“That’s what we’ve been really wanting for obesity prevention for over a decade,” says Peeters, Director of the Institute for Health Transformation at Deakin University.

The challenge is to convince governments and other stakeholders to apply the same focus to other complex health challenges, like climate health, health equity, mental health, chronic disease prevention, family violence and population nutrition, their paper says.

“Building a transilient prevention system will mean taking the learnings from our experiences in 2020, along with the broader learnings from disaster research, and responding to volatility, uncertainty, complexity and ambiguity,” they write.

Former Labor Health Minister Nicola Roxon will join the [VicHealth webinar](#) this Thursday which is asking, ‘Where do we go next with prevention?’.

It’s the final in a series of expert panel discussions that have explored the lessons of the pandemic, for [work](#), [food security](#), [urban design](#) and [health equity](#).

In its early days of planning the final topic, VicHealth intended to pose a more optimistic question: *What does the future of prevention look like, in a post-coronavirus world?*

Now the webinar will take place with Melbourne [locked back down](#) under Stage 3 restrictions amid a dangerous, escalating outbreak, and concerns at new community transmission [cases](#) in New South Wales.

### No going back

Overnight, WHO Director-General Dr Tedros Adhanom Ghebreyesus [warned that](#) “there will be no return to the “old normal” for the foreseeable future”, acknowledging the terrible pain involved, including that an additional 130 million people may face chronic hunger by the end of this year.

The lesson to be learnt is that “there is no post-COVID-19 world”, says Professor Andrew Wilson, Co-Director of the Menzies Centre for Health Policy at the School of Public Health at Sydney University.

Wilson says that, regardless of when or if we manage to control and contain the novel coronavirus, “new viruses or variations on old, and other communicable agents will continue to emerge”, exacerbated by climate change and population growth encroaching into nature.

He says National Cabinet has recognised this with new planning for [Australia’s Public Health Capacity and COVID-19](#), to improve long-term sustainability of the public health workforce.

But he would like the new plan to recognise that, while Australia needs surge capacity to meet threats like the coronavirus, “prevention of non-communicable disease, addressing issues of climate change and sustainability will be the day-to-day prevention work” needed.

“The impact of COVID-19 is substantially higher in communities with high rates of chronic disease and we can make our communities more resilient to such threats by making them healthier,” he says.

Wilson too has been heartened through the pandemic by recognition of “the critical inter-dependency” of public health and clinical care, as well as its lessons that “much of prevention” depends on working with agencies who have responsibilities outside of health.

# Health

*Continued from previous page*

But he says Victoria's worrying new outbreaks, which have been concentrated in lower socio-economic areas of Melbourne, and particularly in nine public housing towers which were locked down under police guard, show the big gaps still to be addressed.

The best designed public health systems combine centralised and local capacity, he said.

"You can know about low socio-economic, Indigenous, CALD [culturally and linguistically diverse] and geographic difference but you are a lot more sensitive to it if you are embedded in it," he said.

Wilson said he couldn't believe it when he heard one of the Mayors of a Melbourne "hot spot" say she had learnt her area was being locked down from the news.

"This would not happen if you were invested in the community," he said.

## **First Nations**

Australia has also much to learn, when it comes to disasters and the pandemic, about the experiences, strengths and resilience of Aboriginal and Torres Strait Islander communities, says Australian National University researcher, PhD candidate and Euahlayi man Bhiemie Williamson.

Williamson says there is still a great deal of anxiety in Aboriginal communities about the coronavirus pandemic, but their knowledge and resilience have shown the way in its early stages, "because we know what introduced diseases can do to our people".

"Aboriginal health leadership knew early that prevention was the only strategy and they went hard," he said of the quick and resolute response from Aboriginal community controlled organisations, Land Councils, and local communities that got many Indigenous people back on Country and locked down remote communities.

"They have done an extraordinary job in protecting and safeguarding our communities from COVID-19 so far, and there is a great deal of trust and confidence that they will continue to manage and to go hard at prevention," he said.

But there is more to learn, he said. Williamson has been researching the impact of the 2019-20 bushfires on Aboriginal people and communities, and reporting how little they are heard across the bushfire planning, preparation, recovery, and response spectrum.

With an estimated one-quarter of the Aboriginal and Torres Strait Islander population of NSW and Victoria living in the bushfire-affected areas, he and fellow researchers wrote in January, as the fires still devastated parts the states:

"How do you support people forever attached to a landscape after an inferno tears through their homelands: decimating native food sources, burning through ancient scarred trees and destroying ancestral and totemic plants and animals?"

Yet, as Williamson recently told the Bushfires Royal Commission, Aboriginal people have been "relegated to an historical footnote" in such investigations in the past, referred to as 'pre-colonial land managers', or people who 'used to have these knowledges', even as recently as the 2009 Black Saturday bushfires in Victoria.

"It was an extraordinary oversight," he told Croakey.

"What was missing was engaging with them as contemporary residents, as First Nations people with distinct rights and interests and attachments to the land".

Williamson has welcomed more interest this year but remains worried the focus might still be too narrow, focused only on Aboriginal fire management or cultural burning.

What inquiries into both bushfires or the pandemic need to recognise and would benefit from, he says, is "the experience of First Nations peoples, their knowledge of the land, how it's changed over time, and what's required to live in a world that's been impacted by disasters and (to which) societies have to change and adapt".

Professor Lisa Gibbs, who is Director of the Child and Community Wellbeing Program in the Centre for Health Equity at Melbourne University, has also been looking at the pandemic through a bushfire lens, from her long-term work on the Beyond Bushfires program.

Preparing the webinar paper with Peeters, she was not surprised to learn from a yet unpublished VicHealth survey that participants who were still dealing with the impacts of the 2019-20 bushfires were "showing significantly lower levels of wellbeing" during the pandemic than those who had not.

While they represented only eight percent of those in the study, 42 percent of those affected by bushfires reported symptoms indicating psychological distress compared to 20 percent of those not affected by bushfires, she said.

It's an important reminder that we need to be particularly mindful of the needs for support of those who have experienced multiple disasters this year.

And while this year's disasters have been "biblical" in scope, they're likely to happen again, Gibbs said, amid warnings for years from climate change specialists that we will not only see more frequent and more severe disaster events, but "cascading hazard events in rapid succession".

Research from Black Saturday showed that while the initial mass emergency event is dangerous and often frightening, it's the ongoing disruptions to come, to income, accommodation, and relationships, for example, that really undermine people's wellbeing.

"What we know is that, for many people, it's life changing and there is no going back to what was before, but [the need] to look to where we're going next," she said.

Gibbs and Peeters say disaster research shows that many things that make a difference. For example, belonging to a community group contributes to better post-disaster mental health and wellbeing for years, and the benefits extend beyond the group to others in the community.

However, they say, that while there is much people can do as individuals and collectively, systemic changes are also needed for health-promoting changes to succeed.

Peeters shares broad concerns that the pandemic has stopped many people from keeping up with routine prevention practices.

Fewer people are attending cancer screening, as well as primary care, emergency departments and mental health clinics, risking "a spike in chronic disease problems in the years to come", she says.

She urges services to innovate to address these concerns and also to deliver long-awaited better access for large groups of people already "disenfranchised from these services", whether because of language, distance, disability, mental health issues or other reasons.

With the pandemic now only really reaching "full speed" in Africa, Rob Moodie has no expectation of returning to his work in Malawi for a couple of years, where he teaches public health leadership skills and health promotion.

He is deeply concerned about the disruption of public health initiatives in developing nations, and that this will be exacerbated by countries like Australia pulling back further on foreign aid.

Now in lockdown in Melbourne, he says we are in this for the long haul with the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2).

The notion of 'let's get to the other side on this' is "diminishing pretty rapidly", he says.

"It's such a disruptive virus. It's almost like the planet is fighting back."



# Food Shortages in Remote Areas

## **The remote NT community of Milingimbi faced a shortage of fresh food. Now, it has found a solution**

Three years ago, in the remote community of Milingimbi in the Northern Territory residents struggled to find fresh fruit and vegetables.

But now the community has come up with a way to supplement the supply, while also passing on traditional practices.

The Milingimbi community has detailed its initiative in a submission to a parliamentary inquiry into the challenges faced in remote communities in accessing affordable and fresh food.

The inquiry has so far been told of problems including rotten meat being sold in one remote NT store.

Milingimbi, an island off the coast of Arnhem Land, gets most food and goods delivered by barge, which picks up food from Darwin on a Friday and delivers it on the following Wednesday.

"The delay means having fresh fruit is a big challenge for us," said Ruth Nalmarkarra, the chair of the board of the Milingimbi Art and Culture Centre.

Several years ago, organisers at the centre came up with the idea to develop a community garden.

"We ordered a few seeds for online. And then what started as a few pawpaw trees has gone a little bananas," Ms Nalmarkarra said.

"Last year we got 100 pawpaws from our garden. This year we are expecting more than 200," she said.

The garden has spread from growing pawpaws to sweet potato and cassava.

"Our people are eating too much from the shop. We need fresh food from the saltwater and bush. Food that is harvested fresh and has taste. We Yolngu people grew up with that food when there was no shop. I grew up and learnt from my grandparents, mother and father to gather food. I still go out and gather wild food with my sisters," Ms Nalmarkarra said.

For local elder David Roy, the move has been one as much about learning as getting extra food.

"We need to go back to eating wild food and growing our own food and just having a bit from the shop," he said.

"We need to pass on to the young people our knowledge on the different types of native food too, the berries, the yam, bush honey and food in the sea. And how they can get these," Mr Roy said.

### **Inquiry hears of food shortages in remote areas**

The parliamentary inquiry has sparked submissions from across the country, and comes after a number of remote communities also expressed concerns over food security amid the coronavirus lockdown as stores in major urban centres grappled with panic buying.

Milingimbi community members say they provided their submission to the inquiry because they have been so pleased with the success of their program.

"We feel this is something many fellow Indigenous people can connect to. Instead of a store selling canned foods, wouldn't it be also good if they all could also sell gardening equipment, seeds," Ms Nalmarkarra said.

"Imagine if communities were empowered to grow their own fresh food. Wouldn't that be great? With support, we can get there," she said.

There are signs that the project is also taking on new life amid the private gardens across the small community of 1,200 people.

The lure of fresh fruit has prompted Zelda Wurigir to start her own private garden project too, and she is not alone with other families also planting seeds this year.

"I work here on the community garden and they let me take some seeds back so I could also grow pawpaws for my family. It is so good," Mrs Wurigir said.

She is part of a group of elders who are teaching the community's younger generations about hunting and gathering for native bush food, but the option of more fruit is welcome.

*Delegate River bridge under construction*

*Looking off the low Jingalala bridge*



# Seaweed for Cows

## Dairy cows in Tasmania fed seaweed to fight climate change

[ABC Rural](#) By Hugh Hogan and Laurissa Smith

Edible seaweed has long been a staple in Asian cuisines, but now its target market is shifting to the four-legged consumer. The CSIRO has previously shown that a small amount of *Asparagopsis* seaweed added to a cow's diet can reduce methane emissions by more than 80 per cent.

Livestock account for 10 per cent of Australia's total greenhouse gas emissions.

A Tasmanian start-up is hoping to fix this problem by farming the waterborne plant and supplying it to farmers.

Former fashion designer Sam Elsom is the founder of Sea Forest, which is growing the plant at Triabunna on Tasmania's east coast.

"In our hatchery, we get the seaweed to attach to ropes and we're deploying that out in the ocean in a marine lease," he said.

### Growing seaweed on land

The farm grows the seaweed in land-based tanks and in the nearby bay depending on the lifecycle stage of the plant.

"In the ponds, we're growing tetrasporophyte, which looks like a pompom," Mr Elsom said.

"They are growing in these land-based raceways, utilising that filtered seawater."

Once harvested, the moisture is removed from the seaweed and chilled before it is freeze-dried offsite.

The business had so far harvested 100 kilograms and had plans to ramp up to more than 300 tonnes of the dried

*Asparagopsis* annually.

"What we have here with farming seaweed is a significant drawdown of CO<sub>2</sub> through photosynthesis and also methane abatement, through the feeding of *Asparagopsis* to livestock," Mr Elsom said.

"We have the potential to create a really significant emissions reduction, which is really exciting."

### Dairy partnership hopes to prove the product at scale

Tasmania's largest milk processor Fonterra is partnering with Sea Forest to run commercial trials using the *Asparagopsis* seaweed as a feed supplement on dairy farms.

"The first stage of the trial here is to really just test some of the barriers around commercial viability, operational common sense for farmers, and food safety tests," Fonterra's sustainability manager, Jack Holden, said.

"The end point here is that this is adopted by every farmer."

The trial would also monitor milk production and quality for other benefits, as research out of the United States had suggested the seaweed could boost production.

"If this doesn't make farmers more profitable than we don't think it will become widely adopted, so it's really got to work for farmers," Mr Holden said.

"We're looking at ways to make this a profit bonus rather than a cost to farmers."

Mr Holden said Fonterra was exploring different ways to reduce its carbon footprint as consumers started to care more about sustainability.

"The customer appetite for sustainability is real and we've got to look at ways of converting that value ... back to returns for farmers," he said.

"The dairy industry and the livestock industry has really got some challenges to address in terms of climate change and we want to make sure we're doing our bit."

Fonterra did not think paying a premium to farmers who used the seaweed was a good idea.

"If they get a milk production bonus, then that's the payment," Mr Holden said.

# BELL FALLS

From the  
Bombala  
Times  
July 29  
2020



BY ALBERT MCKNIGHT

A GIANT, 1.8 tonne brass bell, known as the 'Nimnity Bell', fell and trapped the coordinator of the project beneath it in Nimmitabel on Thursday.

A NSW Police spokesperson said emergency services were called to the location about 2.30pm on July 23 after reports the bell had fallen, trapping a 77-year-old man.

Nimmitabel Lions Club president John Harrington said the man injured was the bell committee coordinator Howard Charles.

"I got there about 10 minutes after it happened," Mr Harrington said. "I thought God, how is he still alive. I think most of the people there were in shock."

"But at least he's still with us. He'll probably keep terrorising me for years to

come!"

Mr Harrington said all he knew was that work was being conducted on the coupling where the bell would swing, if needed, when the incident occurred.

A NSW Ambulance spokesperson said the bell had not landed on Mr Charles, but he had been trapped inside it when it fell.

They said ambulance officers on the scene found he

had suffered a head injury, bleeding from the hand and possibly had a sore ankle or leg and was airlifted to Canberra Hospital. However, it's understood his injuries were not life threatening.

"Knowing Howie, he'll be okay. He's a pretty tough bugger," Mr Harrington said.

The 1.8tonne bell was made in New York in 1920 and was only installed about four weeks ago, after a long

campaign by the community to obtain and get it erected, which was led by the Nimmitabel Lions Club.

Mr Harrington said the bell was not damaged in the fall and would be reinstalled once he received a report from SafeWork NSW, as the matter was now being investigated. Council said it could not provide any direction on the bell's future until this investigation is complete.



# In the Garden

## 8 NATURAL and HOMEMADE INSECTICIDES by Derek Markham

### 1 Oil spray insecticide

A homemade insecticide made from vegetable oil mixed with a mild soap can have a devastating effect on certain troublesome insects, such as aphids, mites, thrips, etc. To make a basic oil spray insecticide, mix 1 cup of vegetable oil with 1 tablespoon of soap (cover and shake thoroughly), and then when ready to apply, add 2 teaspoons of the oil spray mix with 1 quart of water, shake thoroughly, and spray directly on the surfaces of the plants which are being affected by the little pests. The oil coats the bodies of the insects, effectively suffocating them, as it blocks the pores through which they breathe.

### 2. Soap spray insecticide

A very similar homemade pesticide to the oil spray is a soap spray, which is also effective for controlling mites, aphids, whiteflies, beetles, and other hungry little insects. To make a basic soap spray insecticide, mix 1 1/2 teaspoons of a mild liquid soap (such as castile soap) with 1 quart of water, and spray the mixture directly on the infected surfaces of the plants. A soap spray insecticide works in a similar fashion as an oil spray pesticide, and can be applied as necessary (though it is always recommended to NOT apply it during the hot sunny part of the day, but rather in the evenings or early mornings).

### 3. Neem oil insecticide

An oil extracted from the seeds of the neem tree is a powerful natural insecticide, capable of disrupting the life cycle of insects at all stages (adult, larvae, and egg), making it a great resource for the organic gardener. Neem oil acts as a hormone disruptor and as an "antifeedant" for insects that feed on leaves and other plant parts. Neem oil is biodegradable and is nontoxic to pets, birds, fish, and other wildlife, and is effective against a variety of common garden insect pests, as well as being a natural fungicide that can combat powder mildew and other fungal infections on plants. It can be found at many garden stores or natural foods markets. To use neem oil as an insecticide, either follow the instructions on the bottle, or start out with a basic mixture of 2 teaspoons neem oil and 1 teaspoon of mild liquid soap shaken thoroughly with 1 quart of water, and then sprayed on the affected plant foliage. Neem oil can also be used preventatively by spraying the leaves of plants that are often ravaged by pests, before they're actually infested.

### 4. Diatomaceous earth as a natural pesticide

This natural substance with a somewhat unwieldy name is made from a sedimentary rock created by fossilized algae (diatoms), and which is a rather abundant resource (diatomaceous earth is said to make up 26% of the earth's crust by weight). Diatomaceous earth has a number of uses in and around the home, and acting as a natural insecticide is just one of them. This material works not by poisoning or smothering the insects, but instead by virtue of its abrasive qualities and its affinity for absorbing the lipids (a waxy substance) from insects' exoskeleton, which then dehydrates them to death. Diatomaceous earth is often available at garden stores, although many times only in large bags, so if you've got a small yard, consider splitting it with a neighbor. To apply, simply dust the ground around your plants, or even sprinkle it on the foliage, where it will help control snails and slugs as well as other crawling insects. Due to its dried nature, in order to be an effective natural pesticide, diatomaceous earth needs to be reapplied after every rain.

### 5. Garlic insecticide spray

Garlic is well-known for its pungent aroma, which is delectable to some and yet repellent to others, and it is this strong scent that comes into play when used as a natural insecticide. Actually, it's not really clear if garlic spray and chile spray (below) are actually insecticides or are more likely insect repellents, but either way, these common kitchen ingredients can be used to knock down, or even knock out, insect infestations in the garden. To make a basic garlic spray, take 2 whole bulbs (not just 2 cloves) and puree them in a blender or food processor with a small amount of water. Let the mixture sit overnight, then strain it into a quart jar, adding 1/2 cup of vegetable oil (optional), 1 teaspoon of mild liquid soap, and enough water to fill the jar. To use this homemade insecticide, use 1 cup of mixture with 1 quart of water and spray liberally on infested plants.

### 6. Chile pepper insecticide spray

Similar to garlic spray, chile pepper spray is a great homemade natural insect repellent that can be used for a variety of different pests. Chile spray can be made from either fresh hot peppers or chile pepper powder. To make a basic chile spray from pepper powder, mix 1 tablespoon of chile powder with 1 quart of water and several drops of mild liquid soap. This mixture can be used full-strength on the leaves of affected plants. To make chile spray from fresh chile peppers, blend or puree 1/2 cup of peppers with 1 cup of water, then add 1 quart of water and bring to a boil. Let sit until cooled, then strain out the chile material, add several drops of liquid soap to it and spray as desired. [Caution: Hot chile peppers can be very potent on humans as well, so be sure to wear gloves when handling them, and keep any sprays made from them away from eyes, nose, and mouth.]

### 7. All-in-one homemade insecticide spray

From the folks at Rodale's Organic Life comes this all-in-one DIY natural insecticide, which is said to be a combination of many different recipes submitted by readers. To make it, puree 1 bulb of garlic and 1 small onion, add 1 teaspoon of cayenne pepper powder and let steep for an hour. Strain the mixture and add 1 tablespoon of liquid soap and mix well. To apply this homemade insecticide, spray it full-strength onto both the upper surface of the leaves, as well as the undersides, and store the remainder in the refrigerator for up to a week if desired.

### 8. Tomato leaf as a natural insecticide

I have to admit that this one is new to me, but I've seen enough mentions of it now to warrant its inclusion here as a natural pesticide. Tomato plants are part of the nightshade family, and as such, contain alkaloids such as the aptly named "tomatine," which can effectively control aphids and other insects. To make tomato leaf spray for a natural insecticide, chop 2 cups of fresh tomato leaves (which can be taken from the bottom part of the plant) into 1 quart of water, and let steep overnight. Strain out the plant material and spray onto plant foliage.

Make, use, and observe, then modify

Although there are many more natural pesticides available, such as Bt (a soil microbe toxic to certain insects), milky spore (also a microbe), nicotine (extracted as a tea from bulk tobacco), pyrethrum (derived from a variety of daisy), and iron phosphate (a natural mineral toxic to slugs and snails), the above natural and homemade insecticide recipes should give you a good starting point for creating your own version. Every organic gardener seems to have their own particular blend and ratio of ingredients, so by paying close attention to the effects of a specific recipe, it's possible to modify it to best suit your own insect battles.

Just remember, killing off all of the insects in your garden is not the desired result here, as any healthy ecosystem requires an abundance of beneficial insects, microbes, and fungi, both in the soil and on the plants themselves, so introducing other predatory insects (ladybugs, praying mantis, etc.) or creating good habitat for them, as well as building soil fertility, can also be an effective pest management approach. See more at <https://www.treehugger.com/.../8-natural-homemade-insecticide...>

# Recipes

## Crumble cake with berries

### INGREDIENTS

- 170g plain flour
- 85g caster sugar
- 85g unsalted butter
- 1 egg yolk
- 900g [apples](#), peeled, cored, roughly chopped
- 110g light brown sugar
- 1/2 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 250g mixed berries, fresh or frozen

### TOPPING

- 1 1/2 cups (225g) plain flour
- 150g unsalted butter
- 110g demerara sugar
- 2 teaspoons poppy seeds
- 1/2 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon ground coriander

### BERRY SAUCE

- 1/2 cup (110g) caster sugar
- 250g mixed berries



### METHOD

Preheat the oven to 200°C. Butter and line the base of a 24cm springform cake pan.

To make the base, place flour, caster sugar and butter in a food processor and whiz until you have fine crumbs. Add the egg yolk and continue processing until the mixture comes together in a smooth ball (you may need to add a little chilled water). Wrap in plastic wrap and place in fridge for 30 minutes.

When ready, press the mixture into the base of the prepared cake pan, refrigerate for a further 15 minutes, then bake in the oven for 15 minutes.

Remove from oven and reduce oven temperature to 180°C.

Place the apples, light brown sugar, cinnamon and ginger in a saucepan with 2 tablespoons cold water and cover. Cook over low heat until soft.

Cool, then spread over the pastry base. Sprinkle with the mixed berries.

For the topping, process the flour, butter, demerara sugar, poppy seeds, ground cinnamon, ginger and coriander with 1 tablespoon cold water, until you have a rough crumb mixture.

Spoon over the top of the berries, patting down well. Bake for 25-30 minutes, then cool in the pan.

For the berry sauce, place the caster sugar in a saucepan with 1/4 cup (60ml) of water over medium heat. Stir until the sugar dissolves. Add the mixed berries and cook for 2 minutes, breaking the berries up with a spoon.

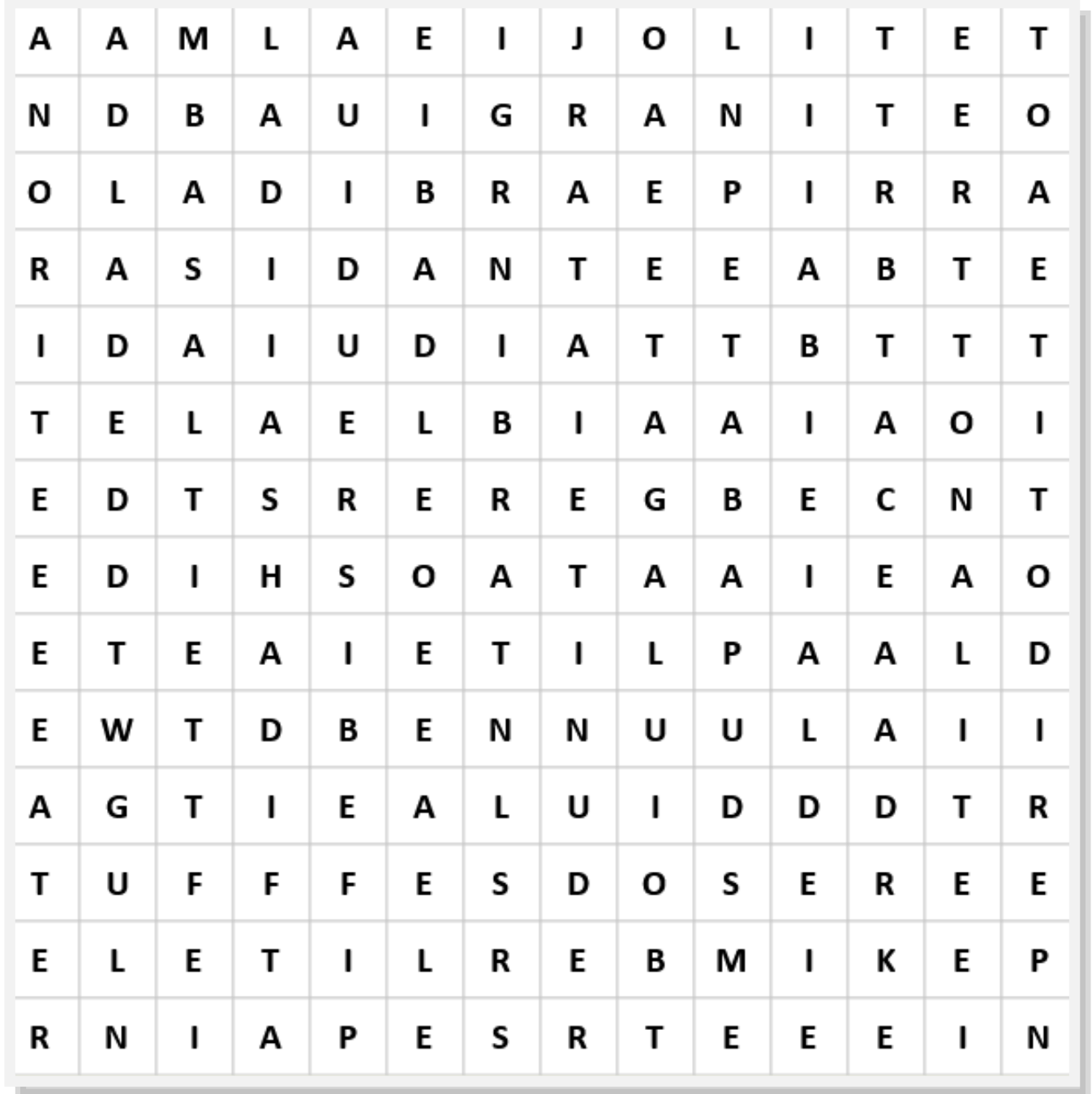
Allow to cool, then puree in a blender.

If you prefer a smooth sauce, pass it through a sieve.

To serve, cut the crumble cake into slices and drizzle with berry sauce and cinnamon custard



# Wordsearch



ANDESITE

APLITE

DIABASE

BASALT

DACITE

DUNITE

DIORITE

GABBRO

GRANITE

IJOLITE

NORITE

KIMBERLITE

PERIDOTITE

TONALITE

TUFF

WEHRLITE



## Calendar

# August 2020

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Silk  
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