

TUBBUT TATTLER

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September 2017

**Next deadline: October 19th
Tubbut Neighbourhood House**

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Phone: 02 64580295

**Open Wednesday, Thursday and Friday in school terms
<http://www.tubbutnh.com> Like us on Facebook**



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*Photo of Bruce the kangaroo at Bendoc by Barbara Hansen
More snow pics p4 & 5*

CLASSIFIEDS

Goongerah Landcare AGM
Followed by Short Regular Meeting Followed by
Dinner and a Movie
Spring Seeds will also be available free to
members
AGM and Meeting- 6pm
Dinner and Movie- 7pm
16th September 2017 At the HALL
Cost – 1 plate of food to share
Gold Coin Donation for non members The movie
is; SEED: the untold story

FREE

Water Kefir Crystals for healthy gut flora.
 I have an abundance as my crystals keep
 multiplying.
 Call Jenny at Bonang 0466 005 734

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.

TNH Bazaar

The market/bazaar will be on Nov 18th this year, so
 please start putting things aside to sell. Secondhand
 clothes and household items, tools, arts and crafts,
 plants and seeds, jams and pickles, you name it.
 Due to lack of room we will ask you to store things
 at home until the day. **Deb & Lisa**

Goongerah Hall now has a certified kitchen
which is for hire at \$10 per day.

The hall also has portable speakers (USB etc
jacks) at \$40 a day.

Contact Amy 03 51540118

Please tell us whether we need to place
your ad again. If you sell your stuff or get
that job—we need to know

Available for cleaning (only)
Contact Natasha 64588162 or 0408477774

Advertising is free to local residents

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.

Bobcat contractor for hire

Slashing, clearing, small earthworks, levelling,
 preparation for sheds, carports, water tanks and
 paving and clean ups
 Ring Steve 02 6458 0303 or email
 stephenscroope@bigpond.com

WANTED

Jessica is looking for some
 golf balls to play with that
 you no longer use.

Please help Jessica by
 sending your old golf balls
 to TNH or contacting Peter
 on 64580346



Bates' Fencing & Machine Hire



- Large 90hp Compact Track Loader.
 - Tracks ensure minimal ground disturbance.
 - 900 mm Trencher ideal for pipe / cable laying
 - 6 ft slasher for paddock, scrub & advanced regrowth clearing with tree pusher, ideal for fence line maintenance
 - 1600mm Road Broom / sweeper
 - 300mm post hole auger
 - Bucket, dozer blade, pallet & hay forks
 - Fan assisted sprayer for difficult terrain
 - Experienced operator
 - Fully insured & GST registered
 - Experienced in Rural fence design & construction
- Call Mark on 02 64580225

Bus trip to Merimbula

Bendoc bus goes to Merimbula the second
 Friday of every month. Book at Bendoc
 Resource Centre

Toddler's cot needed
Portable/folding to buy
Otherwise will borrow any cot for
Friday September 22nd
Deb c/o TNH

News from Tubbut Neighbourhood House



WOMENS WELLNESS DAY

Tuesday September 19th at 10am
In the Bonang Hall

This is a day for all the women in our wider community to get together in a fun and enjoyable day.

Some of the things that will be on offer for the day:

Games
Taro readings
Cartoon taster workshop
Chakra Readings and talk
Laughter
Learn to give a Shoulder Massage
Products to purchase
Food
Yoga (bring your mat and a blanket)
Felting
Door Prizes

We will be firing up the new Pizza oven for the first time, so bring your favourite toppings if you like and a gold coin donation for the day.

Pic Below: Women's wellness day 2016



YOGA



Yoga is a great success with Su King & sometimes Deb Tresham.

All welcome on Tuesdays at the Bonang Hall at 1pm
@ \$7.00.

Just turn up with comfortable clothes, a mat to lie on and a blanket to cover you.

Cancellations, Date Changes and local news access

Sometimes our workshops or meetings may need to change or be cancelled due to certain circumstances. We try our best to let you know of any such changes but sometimes we cannot get that information to you quick enough. If you have Facebook, please like our page for quick access to information, or send us your email address if we don't already have it.

It was a busy day at the NH on Thursday the 24th. We had computers with Sharon, working with Clay, Library Bus and cheese tasting!

Thank you to Sharon and Laura for bringing in their baby Swiss from our cheese workshop. They were both beautiful & delicious yet completely different tasting cheeses.

The Printing on Clay tiles project is still a work in progress, but images are looking better all the time. Its been great to have community involvement from Laura Theuma who has been involved in the last 2 clay days with getting images onto clay. We have decided to wait until the weather is slightly warmer so the clay is not as wet. Please send us some history photos and join us at the next clay day—free if you are wanting to work on this project.



MASSAGES AT THE BONANG HALL

Kay Bristow is still coming up to the Bonang Hall for massages if there are enough people to fill a day. Please contact the wonderful Kay on 0403627907

WANTED

Looking for people with skills to run workshops. If you are a local or know of someone with a skill to teach who is willing to travel here, please let us know.
Get paid to share your skills.

Tubbut Neighbourhood House has lemons aplenty and we are also keen to sell some eggs. Lemons are free, eggs are \$5 a dozen of which \$1 goes into TNH piggy-bank. Please ring if you want eggs so we can make sure there are some there!

Available from TNH—copies of evaluation of the Recovery Project which employed Lorelee and the annual Senior's Week guide.

If you want to attend any of the workshops and events that TNH organises and have transport problems please contact us. We will do everything in our power to make sure you can get there.



Photographs taken at Roo Grass by Jenny Starkey—Wish we could print all the gorgeous pictures people took but we've had to select the most spectacular.



Top: Bonang from the top of the range by Jenny Starkey
Bottom: Hungry horses at Bonang by Esther Ingram

Photos 27-28 August

Out & about

A Mixed Bag

A collection of Oil Paintings by
Debra Shill

RED DOOR SPACE
735 O'Grady's Ridge Road
Fish Creek

Opening Sat 9th Sept.
2pm – 5 pm
Exhibition Dates
9th Sept – 9th Oct

Phone Annie 0410 040 051



Back in the 1980s, Deb Shill lived up Shills Road where she and husband Richard built a house with their son Jack. (Richard went to gaol for it—see Ferals and their Muddies)
The shed next to the Bonang Hall has a mural painted by Deb.
Fish Creek is a fair distance but if you are down that way, do drop in for the exhibition.

Bombala Rotary Market

SATURDAY, SEPTEMBER 23RD
8AM TILL 2PM

The South Coast Field Days

September 23- 23, Cobargo Showground

www.southcoastfielddays.com.au

The list of Displays and Demonstrations is growing!

Basket Making | Bush BBQ Making | Blacksmithing |
Bullocky Training | Candle Making | Cheesemaking | Cob
Oven Demos | Dancing | Food Fermentation | Guitar
Making | Hides Tanning | Knot Tying | Leatherwork |
Making your own Fertilisers | Market Gardening |
Mushroom Growing | Natural Beekeeping | Natural
Building | Natural Dyeing | Natural Land Healing | Natural
Skin Care | Plant Propagation | Pottery | Rug Making |
Scything | Sheep Milking | Spinning | Spoon Carving |
Story Telling | The Art of Composting Toilets | Traditional
Bush Foods | Traditional Foods and Ferments |
Traditional Japanese Crafts | Traditional Tools | Using
Chickens in your Permaculture System | Weaving

www.southcoastfielddays.com.au

Friends of the Errinundra Working Bee

Mt Morris Walking Track

Saturday September 23rd at 9.30, meet at beginning of
track on Errinundra Road

Can meet at Bendoc DELWP depot 9 am to car pool

For more info, ring Gary Bellesini on 64590500

Membership \$5 essential and available on the day



The view from Mt Morris—all the way to the sea

Card Night



Where: Delegate RSL Sub Branch

When: Saturday 16th Sep 2017

Time: 5pm onwards

Gold coin donation for electricity will be greatly
appreciated!

Hope to see you there !

Lost dogs

There have been a couple of them lately. My thanks to Tracey Reed who came across my red kelpie cross, Skeeta, at Taylor's Camp Creek on August 23rd, running full pelt towards Tubbut. He appreciated the lift in the back of Tracey's ute (he needed a hand up) but probably wasn't so pleased to be taken to Dellicknora where Alan and Sandy Cameron boarded him in excellent accommodation overnight. It was a bit uncomfortable, a bit cold and a little damp – exactly what a runaway dog needs.
Skeeta isn't normally a wanderer and was chasing Tim who had left my place after a day's work and didn't notice the dog on his trail. I was in Bairnsdale three hours away, unable to return until dark. Lisa who was on duty at TNH rang me on my mobile after Sandy alerted her but there is no shortening that journey.



Jean Preston's kelpie was also seen in the Tubbut-Dellicknora area over a few days. A shy dog, her capture was aided by David Ingram.

Don't forget to let TNH know if you've lost or found a dog – or any other critter if it comes to that. We can put it on Facebook and ring around. Or, as in this case, it may belong to one of the coordinators.

Deb

Out & about

A postie's run (of bad luck)

Bringing the post to the high country from Orbost has always been a challenge. In 1926 Tom Malinn was the first to deliver mail in a motor-drawn vehicle up the Bonang. Times have changed and now the mail comes three times a week in a van, most often driven by Mick. He's an obliging postie, friendly and cheerful. He knows us all now and is up for a quick chat but he's always glad to be on the home run. Early in August, Mick arrived at TNH, delivered by Peter Adams. The van had broken down on the Ambyne Road, fortunately near Peter's place so he was able to get a ride to the House, clutching the bag of remaining mail to be delivered. He rang the contractor, Jan, in Orbost and arranged to be collected. Fortunately he had a crossword and it was a rare winter's sunny day. The van and Mick were back next week. It was a fuel injection problem, easily fixed. Today I was intrigued to see Mick in a different vehicle again. Apparently the van had another surprise in store, stopping and refusing to go at the 24k point on the Bonang Road earlier this week. An obliging truck driver took the message to Jan and Alan came to collect him again. Mick managed to get the van going and it staggered along until it reached the 5 k point, making Alan's task a little easier than last time. It's a fuel pump problem this time, requiring more major work. Jan has secured the mail contract for a further five years and we will probably see a lot more of Mick. I hope so.

Telstra Tower

Planning approval was granted by Council at the beginning of August. Theoretically, the tower could be built tomorrow but in fact it is likely to be delayed by weather (difficulty in driving to the site) and the time availability of utilities such as the electricity providers. Butchers Ridge is now going through the approval process.

LAND ROVER 70TH CELEBRATIONS

Friday, 30 March 2018 at 8:00 am TO
Monday, 2 April 2018 at 11:00 am (AEDT)

Cooma NSW 2630 Australia

A celebration of 70 years of Land Rover Vehicles. Enthusiasts will flock to Cooma NSW to enjoy 4 full days of everything Land Rover whilst savouring the delights of the Snowy Mountains Region. Day trips through the beautiful region, camping, BBQ's and entertainment plus a formal Gala Dinner & Land Rover vehicle exhibitions and terrapod displays are just a few of the highlights on offer.

To attend any of the events in the Land Rover 70th program you must be registered - \$40 pp

Bookings for camping at the event site and for the official functions are limited and will book out quickly.

For all the information about the event go to www.landrover70thcooma.com

Borderliners plans for 2018

We braved the destructive winds and fallen trees to attend a Borderliners meeting at the cosy Delegate RSL hall on Sunday September 3.

We will meet there on the last Sunday of each month.

These are our pencilled plans.

A children's production in the first half of the year with help of children's theatre group, Monkey Baa. The residue of our CASP grant will be spent on this workshop preparing us to work in children's theatre.

First weekend in October, we hope to contribute to the Settler's Hut/Coming home (from WW1) celebrations. We will develop theatre appropriate to the themes if the School of Arts /DPA likes the idea.

Bodelle La Ronde is coordinator for the children's production. Penny Judge is coordinator for historic event. These productions are an ideal opportunity for others to join us for the one-off event (and perhaps stay a while). Always we are interested in hearing peoples' stories, poetry and other writings. **Next get together October 29th at 2 at RSL.**

Conversation/story theme: Work Experience(s).

Footprint Theatre presents...

SPRING SHORTS: Six Short Plays

One Night Stan
by Adam Szudrich

Walking the Dog
by Penelope Hunt

Waiting for Go
by Elspeth Tilley

Security Blanket
by Anna Auer

Home Sweet Home
by Diana Harley

Slow Dating
by Adam Szudrich

Recommended for ages 15+

MERIMBULA Wharf Restaurant
Dinner Shows
6.30pm 15/16 September 2017

BEGA Funhouse Studio
7.30pm 22/23 September 2017
2.00pm Matinee 24 September



www.footprint.org.au
6495 7160



Working for the CRB by Laurie Neven

When I was a kid at school I used to stay at my uncle Jim Neven and his wife Kate's place. An engineer from Bairnsdale would stay the night at uncle Jim's. This fellow would talk about old times, often a yarn would come up about how many sticks of dynamite they would put in a drill hole to blow up the rocks and widen the road through Tubbut. I don't know whether they had a compressor in those days, I assume they would be able to drill through the rocks, but just imagine two fellows swinging a hammer and a 3rd fellow turning the drill in the hole. tap turn tap all day long. This would be hard going. I remember my step father Alan Bass. One of the chaps working on Tubbut road, he worked all fortnight and decided to go to Delegate but before he left he went to the river which was close to drink water. He bent over and lost all his money in the river. I don't think he went back there to work. That led me to want to work for the CRB as well so I applied.

My boss's name was C. White. A hard man to get along with. The first week I worked with him he said I could use the telephone anytime I wanted to. So we worked through the day pot holing and painting guard posts. We came back to his residence which then was the CRB's depot. He went up the backyard for something so I decided to give my mum a quick ring. In those days we had an exchange not like today's automatic phones. The lady and husband who ran the exchange answered and I asked if she could put me through to my mother. Just when she was about to connect me through to mum Mr. White come back in and yelled at me.

"What do you think you're doing ringing at this time of the day when we're supposed to still be working?"

I quickly thought and replied to the exchange lady, "Do not bother with the phone call" and hung up. Mr. White said we could get the sack if this was told to our bosses in Bairnsdale because we were still supposed to be working and it wasn't knock off time yet.

Some time after I joined the CRB C.White said he wanted to blow some rocks out of parts of the road, so he asked K.Mcleod who was our road master for ordering things from Bainsdale if he could get a motorized power rock drill. The next time K.Mcleod came around he had the drill we asked for. We drove to where the rock was and drilled some holes. It took a while because it was solid granite which was hard going. Later he got the gelignite, cut a length of fuse and put the cap on it. To put the cap on the fuse he had to be very careful and squash one half of an inch of the cap with the fuse inside it. He poked a hole in the jelly with a wooden rod. He stuck the gelignite down the drill hole very carefully. Before we detonated we put signs and warnings around each end of the area so people knew it was dangerous. Just to make it safer we put the ute across the road and the tractor and grader up the other end at a safe distance. I would have to wait with the tractor and C.White would yell out "fire, fire, fire". He lit the fuse and walked away from the blast area as if you run you may trip and fall and not be able to get out of the blast area in time. He would always say to me, "don't let anyone past" and not to come until he called me. We waited for the blast to go off. Once the blast had gone off and the debris had settled we would use the tractor and grader and grade off the rocks and debris from the surface.

The next day we'd cart some gravel back there to cover the damaged area and grade it up so it was a nice smooth road for all to use. We then would move on to the next area that needed drilling, blasting and grading. *(to be continued)*



L to R: Phillip Neven, Margie Stuart and Alan Stuart

Our sympathies to those who have lost a loved one in recent months. Thinking especially of the families of Willem Lankhorst, Alan Stuart and Paul Fry.

Remembering Alan Stuart



Some have a long association with Alan but others met him for the first time when he came up with a team of volunteers to assist people to replace fences after the February 2014 fires.

Alan died mid-August after illness and his funeral took place on August 28th.

Alan received an Order of Australia in 2015 for his work assisting people after fire. Here is the article written about that award.

"It's nice to be recognised and that someone thought enough of you to do you in."

That sums up how Alan Stuart, a member of Mount Taylor Fire Brigade for more than 59 years, feels about being recognised in today's Australia Day Honours awards.

Alan has been recognised with a prestigious Medal of the Order of Australia for his years of service to CFA and his community, including a 10-year stint as captain of Mount Taylor brigade and, most recently, heading a volunteer recovery committee that helps fire-affected landowners with the arduous task of getting back on their feet after a major fire.

"I was pretty involved with the clean-up process after the Mount Ray-Boundary track fires last year," Alan said.

Alan is the head of a recovery group and leads an army of 100-plus volunteers who donate their time working to repair or remove destroyed fencing on fire-affected properties in East Gippsland – a role he has carried out for many years.

Over the years, he has helped after many major fires including those in 2003.

The Mount Ray-Boundary fire burned for 67 days last summer, destroying 6,700 hectares of private and public land and causing thousands of stock losses.

"The fire broke out on 9 February (a flare up from the original 16 January fire) and by 20 April we had either replaced or removed 133km of fencing destroyed by the fire.

"People are under a lot of stress after a big fire has just gone through their properties and affected their livelihoods, so you can't just come in and say we're going to do this and that," Alan said.

"It's not as simple as going in with an axe and wire cutters. You've got to be diplomatic about it and remember you're dealing with traumatised people."

When asked how he manages to fit it all in along with managing his own property, Alan said: "if there's a need you generally fit it in."

"You've just got to be fair dinkum, roll your sleeves up and get on with it."

Our very best wishes to Heather and Margie, who ran a wool workshop for TNH in Bonang in 2015.

Local News

Happy birthday to Penny Neven who reached the mature age of 30 on September 7th. The weekend before, friends and family celebrated in grand style in the new machinery and storage shed that Philip and Patrizia have built (with the help of Penny) on their land at West Bonang. *Photographs by Patrizia*



Welcome to Elise and congratulations Grace and Tahlia and family - Teachers and children at Tubbut were very pleased to hear Elise arrived safely last week (of August) and is now home. We had an impromptu birthday party morning tea today with iced donuts and fruit scones in the staff room. Tahlia did very well telling everyone about her new sister - "She is very cute", "She has heaps of brown hair" and "I think she will be beautiful like mum when she grows up." *Peter Nicholson*

Did Scilla Woolley teach you?
Scilla was a dedicated English teacher at Bombala High School in the 1970s when she lived at Lower Bendoc with her partner Terry Gillmore and children Jacob and Emma, who died in a car accident at the age of 3. She also became my good friend.
Scilla moved down to Tanja where she lived happily for many years, bringing up daughter Jessica after she and Terry separated and Jacob had grown up and become a mathematics teacher. For several years, Scilla taught in Bali and Jakarta but moved back to Canberra three years or so again.
Daughter Jess and family moved back to Canberra from Jakarta late last year and Scilla has been living in their Granny Flat (well she is a granny).
This morning Jess told me that Scilla is very ill and the prognosis is not good.
Former students: do you remember Scilla?
Did she make a difference to your lives, for instance, when teaching you from the songs of Bob Dylan, recently awarded the Nobel Prize for Literature?
Please send any snapshots, thoughts or best wishes via Tubbut Neighbourhood House and I will pass them on. There is nothing a teacher likes to hear more than: "You made a difference to my life."
Deb

Snow at Goongerah is a rare event and it missed out again this year. However these snow-covered hills were seen from Rena and Joe's place on the morning of Aug 28th.



Remembering Paul Fry, thinking of his family



Tubbut School in 1976. Robyn Fry lent us this photograph to scan and I never thought I would be publishing it on such a sad occasion. But in the circumstances, I am glad to have it as it is the only photograph that TNH has of Paul Fry.

Paul died unexpectedly in his sleep on Thursday night August 31 and his family is trying to come to terms with the sudden loss.

Our deepest sympathy to Robyn and Natalie and Paul's wife Michelle and his children Nicole and Daniel. I don't know the names of everyone in this picture although I once did.

There are all the Neven children—Phillip, Brenda and John. Mark and Fiona Ingram. Tanya and Matthew Drake. Jodie Ingram. The Stokes children. Brandon McIlroy.

Paul is seated on the left in the patterned shirt with his arms crossed, one of the 'big' kids. Natalie is the blonde girl in the front row.

That's teacher Helen Browse seated in the middle.

Changing times by Carl Cotterill Part 3

Sandra had been on her way home one night, about three months after John and Karen's accident, as she was about to pass a dark lane, a voice called her name. She stopped, turned around but all she could see was a man's legs from the knees down, the rest of his body was covered by the shadows. The man told her to step into the shadows, then he started talking again. Sandra could hardly believe what he was saying. He said "I failed in my attempt to kill the Sanders when I fouled up their car, but I have a plan that I know will succeed and you are going to help me!" Sandra was shocked by this and bluntly refused, the man continued on "If you don't help me, your sister's husband and son will be killed!"

Sandra thought at first the man was bluffing but then she could tell this deep voiced man with a stocking over his face, meant everything he said and she became very frightened. He gripped her firmly by the arm and made her promise to help him, with the threat against her own family, she had no choice, although she loved the Sanders family. She also worried that he would kill her if she went to the Police. Sandra was horrified at the plan this man laid out to her. He was planning an evil murder, all the time this man was talking, Sandra felt she knew him, but in the gloom could only pick out the stocking covered face and it was impossible to identify him, when he had finished talking he ran off down the lane.

Sandra started for home very upset and confused, she was torn in two minds, should she go to the Police or tell the Sanders about the man, but the man's threat stayed in her mind. She knew she could not tell anyone and hoped the man would abandon his plan, although she felt there was little hope of that. She cried for some time after she got home, when she finally pulled herself together she looked at the time, realising Jim Hughes would be there shortly. She did not want Jim to see her upset, she wanted to look her best for him, although she did not feel it. Jim had asked her to marry him and she was going to give him his answer tonight.

She had given it a lot of thought, she knew Jim did not have a lot of money and did not seem to have a lot of go ahead drive in his blood. She also remembered what he had told her the night before that if she married him, he had an idea in mind that would make their future secure. Jim seemed so confident about this that Sandra had decided to marry him.

John Sanders seemed to have more than his share of worries with his wife crippled and because of this, his work had slipped a little, Allan Burton did not appear any friendlier and his brother, Paul was cool towards him which John could not understand. Also John could not bring himself to accept the story he had been told by Detective Rankin, that he was investigating the attempted murder of John and Karen. He had been called onto the case when the tow truck attendant had discovered that someone had tampered with the brake system.

Rankin carried on with the story, the police had questioned every one at the party and did not suspect any of them. They had checked on Burton, as he was not at the party but had established that he had gone to a bar and got drunk. Burton had not returned home that night but claimed he had been too drunk to drive and had slept in his car until morning. There was no proof of this but the police had been unable to prove otherwise, they had also interviewed Sandra, who had told them that Paul had been looking for John and had been drinking with Burton at the bar.

The Police had not been able to break down Paul's alibi, that he had gone straight home from the bar and had gone to John's place only when John had phoned and asked him. Paul's name had not been discarded however because Sandra had told them that when Paul had arrived, he was looking a little worse for wear and had been sleeping in his clothes. The only other person at the house that night had been Jim Hughes, but Sandra had said that he did not know where the Sanders had gone, the police questioned him and found this to be true.

Detective Rankin was a good policeman, who did not like unsolved cases, he also had a hunch that Sandra Campbell was not telling all she knew. The detective was quite right about this, for Sandra was nearly ready to tell him of the will they had read. After telling the police she had not told Jim where the family were, she suddenly remembered, she had told him where they were, later on in the night, so she kept quiet and did not give the police any more information.

The police had not had much to go on over the last few months and Sandra had not given it any more thought until that man had stopped her in the lane. She had promised to marry Jim, but she was thinking about him reading the will and a sudden thought of horror crossed her mind, she did not know Jim's plan for security for them but thought of how well the plan the man in the lane had laid out to her, could fit into her and Jim's future.

Karen had returned home from hospital, three months after the accident, at first, coming home had cheered her up, Sandra was good and kind to her, the children were going out of their way to be kind and helpful and John was wonderful, not showing any signs of worry. The chair, John had bought her was good, she could drive it anywhere around the house, she had now developed the habit of going up the hill near their home and looking out over the sea every morning. Sometimes she felt the sea suited her moods, sometimes cold and grey like the sea is on a cool day. She tried to be happy but felt she could not help much around the house.

The children had been good for her, they had even stopped playing in the old shed next door, now she wished they would pull that shed down, she did not like it at all. John had looked inside the shed and had said it was a good place for them to play. So finally after she had been home for about three months she had allowed the children to play in the shed again. They did enjoy themselves, but Karen did not take any interest in what games they were playing and on several occasions had to check Mark for spilling bucketfuls of dirt out onto the path. Each time she had called out to him, one of the other children would call out to him and tell him to fall back into line and carry on with his work!

Karen had of late noticed that Sandra was under some sort of strain or pressure, she had almost talked to Karen at one stage, but seemed to change her mind at the last minute. John also had a lot of worry on his mind and did not talk to her as often as he would have before. Karen felt it was her fault that they were worried and couldn't help worrying about the fact she could not be a real mother to the children or a good wife to John, she felt she would be a troublesome burden to them all her life.

She had tried to walk, but felt in her heart it was a waste of time, she would never walk again, her nerves were getting worse. The children seemed to make too much noise, she became cranky with Sandra and John, and she had lost all interest in living, becoming obsessed with the idea that nobody loved her anymore. Everything she tried to do, seemed doomed to failure. The obsession grew stronger, then Karen started to think of only one solution, suicide, with her days full of these thoughts she soon had a plan worked out.

The weeks were passing slowly for John and as he came to work this Friday morning he had a uneasy feeling inside him. He knew things were not right in his own household. John was very worried, Karen's nerves were bad but he had arranged to take her to a Doctor on Monday morning. The children were home on school holidays at present and that seemed to worry her more. John, himself was still very uneasy because the Police hadn't yet solved the attempted murder of Karen and himself. Detective Rankin had warned him to watch out for his family. There was more work than he could handle today and making things worse, Allan Burton had failed to turn up for work today.

This wasn't a happy day in the Sanders' home, Karen had decided at last to finish it all today, she was going to take her chair up the hill past where she usually stopped to look out over the sea to enjoy the view, then she planned she would release the brake, letting the chair plunge over the cliff smashing her against the rocks at the bottom. She called for Sandra to bring the chair for her, Karen noticed that Sandra seemed nervous when she brought the chair in but Karen wasn't in the mood for talking and said nothing. She only had one thing on her mind. She was going to have one last drive around the outside their house and then go for her final wheelchair ride.

Sandra was very nervous, she had good reason to be as she had been stopped again by the man in the lane and today she had to help this evil man with his plans. Sandra had already carried out part of the plan, she had cried bitterly as she did what she had been told. She had taken a long time to bring herself around to doing this terrible deed, she had removed the pin from the brake on the wheelchair to make sure Karen would die today, even if she changed her mind at the last moment.

Sandra had now to carry out the second part of the plan, it was to keep Mark inside the house with her and signal the killer when the other two children were playing in the shed. But Sandra was having second thoughts, if she rang the police now, they may catch the killer, but if they didn't, he would surely kill her sister, her husband and their child. While she was thinking about this and watching Karen ride around the house, she didn't notice that Mark had slipped outside, she turned to see him about to enter the shed. She raced to the front door and opened it but Mark had already gone inside, then she saw the shadow of a man lurking in the bushes, she turned and ran inside, she picked up the phone ringing John, she said to him to come home quickly, then she rang the Police, to tell them to come at once that the killer was at the Sanders' home.

The Police informed her that they were already on their way, she couldn't understand this, she was not game enough to go outside but after a few minutes she thought of the pin she had removed from the wheelchair. She started for the door, as she did so, she could see through the window a man running around the shed with what looked like a tin. Next thing she saw flames engulf the shed, she raced out the door screaming "all the children are in there", she could hear John's car racing towards the house, then she let out a scream of horror, as loud as any woman has ever screamed, she could see it would be impossible for any of the children to escape the inferno.

Karen, meanwhile, had reached the top of the hill and looked out over the sea, she thought the sea looked in the right frame of mind to accept her body today. She sat there for a couple of minutes, then released her hands from the wheels to let the chair quietly run over the cliff, the chair started to move slowly forward but then Karen heard a loud scream, her hands clamped down hard on the wheels, she spun the chair around and headed for the house, when she topped the crest of the hill, she could see at a glance, Sandra was

Landcare News

The Team at Holmes Sackett has responded to interest from farmers and other stakeholders in relation to farm expansion opportunities.

If you are considering farm expansion, now is the time review your situation. Holmes Sackett are hosting a **'Buying More Farm Land' workshop** which will cover:

- How much bigger should I go?
- Why buy more farm land?
- Can I afford to expand?
- What is leverage and how does it work?
- Procedures for due diligence.

The in-depth workshop is on **Thursday 5th October at the Cooma Hotel, 9am to 4pm**. Registration details and content are included in the attached documents. Note that fees may be subsidised depending on your eligibility – please refer to details.

Register [here](#) or contact Prue on 0435 052 255 for more information.

Regards,
Mark Chaplin
Snowy River Interstate Landcare Committee

PO Box 121 | BOMBALA NSW 2632
ph 02 64584003 | fax 02 64584004 | email: srilc@bigpond.com
web: www.snowyriverinterstatelandcare.net



Hello All

What a success the Chuffed fund raising campaign for Wallabia wildlife Shelter ended up raising over \$11 500 from 113 donations and was shared with over 1000 people directly from the site. We wish to thank you all for contributing to Wallabia Wildlife Shelter we feel honoured to receive such overwhelming support. Your kind donations will assist a large number of sick and orphaned wildlife for the next couple of years. We would like to give a special thanks to Sarah Day who motivated and organised this crowd funding event. While this campaign has been going on we have released 2 orphans, a swamp wallaby and a brushtail possum and a kookaburra back into the wild. The photo below is picture of the next orphan due for release within the month, a mountain brushtail possum (pictured below, taken last night). It is compassionate folk like you who allow this work to continue to happen. Thank you for being you

Rena and Joe

Right: the possum enclosure at Rena and Joe's place

Hello everyone,
We need your help on Sunday 22nd October 2017 at the Bruthen rec reserve 10-3. I am seeking volunteers who might be interested in helping us out for an hour or 2 either on the gate, helping with the children's activity, handing out calendars, selling raffles tickets, packing up or anything else you might be interested in.

Far East Victoria Landcare is managing a project called Plants for Pollen. In partnership with the East Gippsland Bee Care Group and the Gippsland Apiarist Association we will be running a Healthy Bees, Healthy People field day. There will be great presentations on native bees, Manuka research and honey...is it the answer to the superbug. There will be a live hive and much practical advice.

Landcare is also developing a calendar of the flowering times of plants in East Gippsland that are known to attract pollinators. This will be launched at the event and 1000 trees will be given away. As part of the day's activities Landcare will run the children's activity which involves making a bee hotel to take home with them. These hotels provide homes for all sorts of wonderful pollinators, great for any home garden.

We are collecting 500ml and 1l plastic bottles. Please collect and bring clean empty bottles to our office.

Many thanks

Don't forget the soft plastics bin at the Orbost Landcare Office while you're there.

Penny Gray
Far East Victoria Landcare Coordinator
Ph: 5154 2843
Mob 0429 142 225
penny.gray@fevl.org.au
Available Monday -Thursday.



Photos of pollinators

I am seeking photographs of bees and bugs on native flowers for the production of a calendar about the flowering times of native plant species. Can you help me out? Penny Gray



Farmers & Growers

Raptors are the solution

Do you use rat and mouse poison? You'll likely be also killing your natural rat and mouse catchers, the local owls. A dying rodent is slow and easy to catch by owls. The poison kills them.

With rat bait readily available at shopping centres, Bunnings, and various other hardware places, please take the time to consider birds of prey who will also be affected.

Humane traps such as electronic Rat Zappers are not only a far better option than poison, it's also more humane. But as we have many native 'mice' like the antechinus (related to quolls) an even better solution would be a live cage trap (available in the \$2 shops).

If poison is to be used, one brand which does not cause secondary poisoning is Raccumin.



Contributed by Jill

BOM: Australia's hottest winter on record, maximum temperatures up nearly 2C on the long-term average

By Ben Deacon and Kate Doyle

The 2017 winter was the hottest since 1910 when national records began, according to [Bureau of Meteorology figures released today](#).

The average maximum daily temperature recorded across all Australian recording locations for June, July and August 2017 was 23.7C.

That is a whopping 1.9C degrees above the baseline 1961 to 1990 average of 21.8C and smashes the previous record of 23.4C set in 2009.

NIGHTS WERE STILL COLD

The warm weather was most pronounced in the north of Australia. It was the hottest winter on record for Western Australia, [Queensland](#) and the Northern Territory, while New South Wales and South Australia made the top three.

Daily minimums were also warmer than average in most of northern Australia but not as far above average as the maximums.

In contrast, inland NSW and northern Victoria had notably cold nights with many areas 1C to 2C below average.

NSW had its coldest average winter nights since 1997.

Meanwhile nationally it was the ninth driest winter on record. The only large area to record rainfalls significantly above average was a pocket of central NT as a result of one rain event in mid-July.

SKIES STAY CLEAR

Andrew Watkins, manager of extended and long-range forecasts at the Bureau of Meteorology, said the real reason for the warmth was the persistent high pressure seen particularly during early winter. "But you also have to add to that the long-term warming trend," he said.

"The higher than average pressure has kept the skies clear and rain away — meaning more heating of the inland from the sun and less evaporative cooling from ample water on the ground."

Evaporative cooling is the same process that cools you down when you sweat, taking energy from the surrounding air to convert liquid water into gaseous water vapour, leaving the surroundings cooler. Without a lot of water on the ground this year, large scale evaporative cooling could not happen.

The clear skies also explain the low minimum or overnight temperatures in the southern states. Without a blanket of clouds, the heat from the day is lost to space, and temperatures drop overnight.

WHAT ABOUT THE LONG-TERM WARMING TREND?

Nineteen of the last 20 winters have now had average maximum daily temperatures above the 1961 to 1990 average.

Andrew King, climate extremes research fellow from the University of Melbourne, uses a range of computer climate models created all over the world to tease out the different factors causing extreme weather events.

His analysis of the factors behind this winter's record heat showed that the influence of climate change increased the likelihood of this winter's record warmth by at least sixty-fold.

Dr King said a very clear human influence could be seen in Australia's winter.

SPRING OUTLOOK

According to BoM's new spring outlook released yesterday, it looks like spring is going to continue to be warmer than average for the north and southeast of the country.

While rainfall will be below average for south-west WA, it will be above average for south-east Queensland and far-east Gippsland.

See <http://www.abc.net.au/news/2017-09-01/australia-winter-2017-was-hot-dry-and-a-record/for-the-full-article-and-accompanying-maps>.

Spring firewood collection in Gippsland's Snowy District

The 2017 Spring Firewood Collection Season opens on Friday 1 September and firewood can be collected from designated firewood collection areas on public land across Gippsland until 30 November.

Gippsland's Assistant Chief Fire Officer, Chris Stephenson said:

"Designated firewood collection area maps, rules and other information can be found at your local DELWP office or online at www.ffm.vic.gov.au/firewood from September 1st."

"We're reminding collectors that all firewood must be picked up off the ground - it is illegal to fell trees for firewood. Vehicles cannot be driven off formed roads and tracks, but wheel barrows can be used to access wood beyond the immediate vicinity of those roads and tracks," Mr Stephenson said.

"You may collect up to two cubic metres of firewood per person per day, and up to 16 cubic metres per household per year."

"Some additional areas will be opened up for firewood collection during the spring collection period. This could be where substantial amounts of firewood have been incidentally produced from another operation such as hazardous tree removal or the preparation of fuel reduction burn boundaries."

In Errinundra to the Snowy:

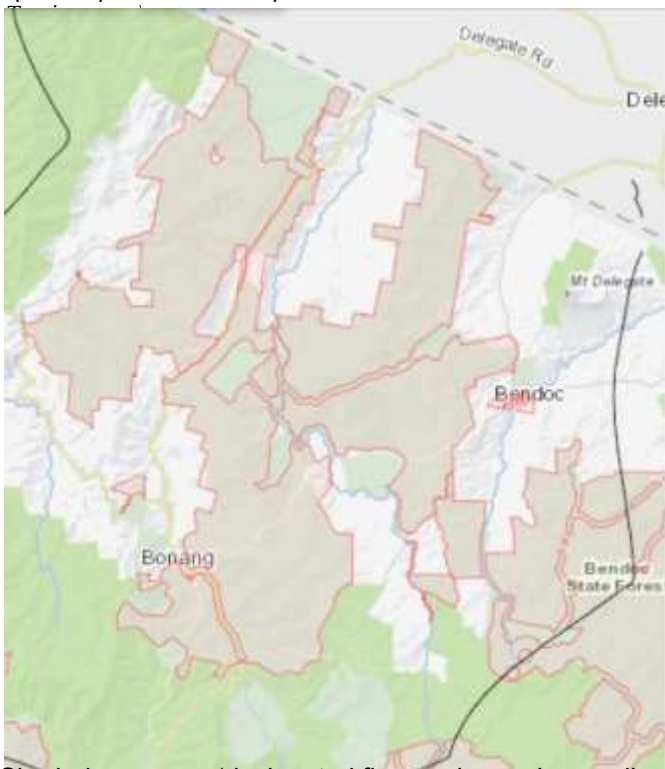
Goongerah Fenceline – Ellery State Forest, east of Goongerah

"Some designated firewood collection areas may be opened and closed at differing times during the spring firewood season for various reasons, including safety, supply or on ground conditions, such as the planned burning program."

"Firewood collection areas that have proposed burns within them may be closed early and at short notice to allow burning operations to be undertaken safely. Closures of firewood collection areas due to burning operations will be notified on site, at local DELWP offices and on the website and DELWP Gippsland Facebook page if time allows."

"Please remember that our State Forests are used for a range of activities including four-wheel driving, horse riding, trail bike riding, bush walking, commercial timber harvesting and deer hunting. Consider wearing highly visible clothing when collecting firewood so that other forest users can see you."

Under the Forest Act 1958, people who collect firewood outside designated firewood collection areas or a firewood collection season or take more than the maximum allowable amounts can face fines of \$634, or a maximum penalty of one year imprisonment or a fine of up to \$7,928 or both, if the matter proceeded to Court. Any information the community may have about the illegal removal of firewood for sale can be reported to DELWP on 136 186 and quote 'Operation Block Splitter'.



Shaded areas are 'designated firewood areas' according to map on Delwp's web site.

Friday, 25 August 2017 |

Talking about burning

Forest Fire Management Victoria is finalising the current Fire Operations Plans for Gippsland after consulting with local community members and stakeholders about where to plan burns in the region over the next three years.

Assistant Chief Fire Officer, Chris Stephenson said: "You can make suggestions at any time of year about where burns could be planned in your area and we welcome discussions with local community members and stakeholders all year round."

"It's an important opportunity for people to talk with staff about local fire planning issues, individual planned burns near their home, or about where they would like to see future burns," Mr Stephenson said.

"These suggestions are a valuable contribution to our plans, as local knowledge and community input is at the heart of delivering this important work."

"Your local Forest Fire Management Victoria staff can talk with you about any local fire planning issues or planned burns in your area at the following locations:

Bendoc – (02) 6459 0500 Cann River – 51 58 2100 Orbost – 5161 1222

"As we move into spring, Forest Fire Management Victoria and CFA will begin monitoring conditions to identify opportunities for planned burning," Mr Stephenson said.

"We do planned burns to reduce bushfire risk, especially around communities, and to maintain the health of ecosystems."

"In the weeks and months before we start burning, we carry out a range of planning and preparation works to make sure the planned areas are ready to be ignited. Planned burn preparation is essential for the safety of fire crews and the community."

"Some of the works people might see as we prepare for the spring planned burning program include dozers clearing vegetation on road-sides for boundary preparation, and dangerous tree removal." *For the latest information about when planned burns are happening near you visit www.ffm.vic.gov.au/plannedburn, download the VicEmergency app or call the VicEmergency hotline on 1800 226 226. The Planned Burning Notification System (PBNS) is an opt-in system and can send an SMS or email message prior to a burn being carried out and when it is in progress in an area you are interested in. You can register at the above website and there is no charge to receive messages.*

Don't forget fire prevention in winter

East Gippsland Shire Council is encouraging residents to use the winter months to prepare their property for the coming fire season.

Some useful activities you may do to prepare include clearing out your gutters and trying to remove any fuel that can dry out in summer.

You can also look around your garden and property, removing any dead vegetation, plants, and bracken from around your home. Pruning the lower limbs of trees will reduce the 'fuel ladder' – helping prevent fires on the ground climbing into tree canopies.

Director Community and Strategic Development Kate Nelson said residents should try to ember-proof their homes.

"Seal up gaps and areas under your home, verandahs, decks, or balconies. Any loose tiles or gaps in the roof should be repaired, and use fire-proof mesh or fly wire to cover windows, crevices and vents," Ms Nelson said.

"We also encourage residents to think about their neighbours. Check in with them to see if they may need a hand preparing for fire season."

People who are not confident using a ladder or working on their roof should organise a contractor to undertake these tasks.

"Keeping fire preparation in mind all year round will make the task much more manageable leading up to fire season. The more you prepare your property, the better the chance it will survive a bushfire," Ms Nelson said.

Farmers & Growers

Dairy farmers keeping close eye on virtual fencing research project



Researchers are investigating how dairy cows respond to GPS collars as virtual fencing moves closer to fruition.

Virtual fencing is a technology that could be a [game changer for the livestock industry](#), using GPS collars to control sheep and cattle. It has the potential to save producers thousands of dollars in fencing and labour costs.

The Virtual Herding Project is a collaboration between the CSIRO, the University of Sydney, University of New England, University of Melbourne, the Tasmanian Institute of Agriculture, and Melbourne agri-tech start up company Agersens, which is commercialising the prototype. Sabrina Lomax, from the University of Sydney's Dairy Science Group at Camden, is one of several researchers involved in the Commonwealth Government-funded project.

The dairy research component of the project is focusing on how dairy cows respond to the technology, and how it can be incorporated into conventional and automated milking systems.

"I've finished up a couple of trials using dry cows and looking at how much variation there is in individual responses," Dr Lomax said.

"The answer is that there is pretty distinct variation dependent a lot on what I believe is cow personality interactions.

"So it's complex but it means that we've got a lot of challenges ahead in how we can train animals to respond appropriately to the cues so it can be implemented on-farm.

"Milking cows will be a bit further down the track when we start working with the prototypes."

Dairy farmers keen for technology

Dr Lomax said researchers were trying to classify animal behaviour.

"Then, I'd say in about a year's time, we'll start working with our milking herd to help control traffic into our dairy robot, and then we'd also like to compare its application in conventional milking systems," she said.

The researcher said dairy farmers had expressed a dire need for the technology to be implemented.

"They're engaging well with the research and they're really excited about the commercialisation of these devices," she said.

"I think it'll have a huge impact on dairy farming in the future in terms of strip grazing, but not only grazing and pasture management, but also being able to virtually herd animals back to the dairy, which will reduce labour hours out in the field." Dr Lomax said the project was expected to take about four-and-a-half years, and they were about six months in.

"The program as a whole is making good progress. The CSIRO is working in beef and sheep, we're looking at individual responses," she said.

The technology researchers are using is based on dog-training collars.

"They're collar-mounted devices that as an animal approaches a virtual boundary, or an exclusion zone, it receives an audio cue, but if it keeps proceeding forward it gets a mild electrical stimulus, kind of like a muscle stimulus," Dr Lomax said.

"Eventually the idea is that the animal learns to associate the audio cue with the electrical stimulus and will start responding just to the audio cue alone, which over time will reduce the number of electrical stimuli the animal receives, so it has added animal welfare benefits."

The ABC Radio App

Radio reception is a tricky thing in the Errinundra-Snowy District. Some people can only get Bega ABC; others can only listen to Gippsland ABC, coming out of Sale. Some can get neither and many get fuzz and static and stations needing constant adjustment on the dial.

Some radio stations can be listened to through the VAST satellite TV dish—not our local stations though. But there is a better way that guarantees good reception. However, you have to be able to connect to the internet. And you need a wireless router, a tablet or a smart phone.

The iPhone (iPad) version of the ABC Radio App can be downloaded from the [Apple iTunes store](#)

The Android version of the ABC Radio App can be downloaded from [Google Play](#)

More than 40 stations can be heard live on the app, including RN, Classic FM, triple j, Double J, Grandstand, ABC NEWS, ABC Country, ABC Jazz, ABC Classic 2 and Radio Australia. In addition, all eight metro ABC Radio stations can be heard and 23 local ABC Radio stations around the country.

ABC Gippsland is streamed on the app; Bega is currently not. (Gippsland is streamed in response to our area's need for communication during emergencies).

You can listen later to programs you missed by going to the Explore screen and choosing from the alphabetical list of programs and find some excellent podcasts there too.

If you need help downloading the app, bring your tablet or phone to TNH and we will help.

Farmers & Growers

Dairy farmers seek public support over push to stop plant-based alternatives being called 'milk'

By national rural reporter [Clint Jasper](#)

What is milk? Is it soy, almond or rice — or does it only come from cows?

"When you think of milk you think of a white liquid that's come from an animal," Victorian dairy farmer Raelene Hanratty said.

KEY POINTS:

- Dairy farmers want to reclaim the use of the word 'milk'
- They will need to prove consumers are confused about the term
- Other countries have tightened food labelling around the use of 'milk'

She is one of many dairy farmers around the country who want to reclaim the word 'milk'.

Ms Hanratty is supporting a new online petition being run by farmer lobby group Dairy Connect, to tighten the definition and use of the word milk in labelling in Australia.

"Anything that's a plant-derived juice, I believe, is a substandard product that doesn't have the qualities milk has," she said.

The Dairy Connect effort has been encouraged by a recent European Court of Justice ruling stating "purely plant-based products cannot, in principle, be marketed with designations such as milk, cream, butter, cheese or yoghurt".

In the USA there is bipartisan support for the [DAIRY PRIDE Act](#) (Defending Against Imitations and Replacements of Yogurt, Milk, and Cheese To Promote Regular Intake of Dairy Everyday), which would direct the Food and Drug Administration to clear up the definition of milk.

In Canada, laws already exist that prohibit dairy alternatives being labelled as milk, protecting the word as meaning "the lacteal secretion obtained from the mammary gland of a cow".

After [one of the toughest years on record](#) for the dairy industry, farmers feel like their product has been devalued. "Our milk products have not received the recognition from consumers that we deserve as farmers, for the time and effort that goes into producing them," Ms Hanratty said.

"Consumers seem willing to pay \$2.50 or \$5 a litre for tetra pack crushed nut juice, but they [are still only prepared to pay \\$1 a litre](#) for good dairy milk."



WHO IS CONFUSED ABOUT WHAT IS MILK?

While there is little Australian-based evidence that consumers struggle to tell the difference between real milk and plant-based alternatives, they are confused about the nutrition benefits.

Even nutritionists are not united on a hierarchy of nutritional goodness, with some saying milk is unequivocally the most nutritious, while others say the alternatives measure up pretty well.

Tim McMaster, a dietitian with the Dietitians' Association of Australia, [told Landline last year](#) consumers needed to be wary of plant-based milks being promoted as healthier.

"It's not a straight answer," he said.

"Cow's milk probably comes out on top for nutrient quality. It has 10 essential nutrients that are fantastic for our health and

our body."

But nutritionist [Tracie Connor said](#) many plant-based milks were matching or exceeding the protein and calcium levels of dairy milk, posing a threat to an already fragile dairy industry.

"What I believe people are most confused about is what drink is best suited to achieve optimal health," she said.

Dairy Connect chief executive Shaughn Morgan wants all of these matters cleared up on the labelling.

"It will hopefully add a little bit more value to continuing to educate and have continued discussion regarding what is the most appropriate term for what are dairy imitation products," he said.

TOUGH CHALLENGE AHEAD FOR FARMERS

Dairy Connect's position is at odds with national dairy lobby Australian Dairy Farmers (ADF) and Victorian farmer group United Dairy Farmers.

Forcing plant-based alternatives to stop using words such as milk on their packaging would mean they would have to prove consumers are already confused about what is and is not a true dairy product.

Under existing rules, when the term milk is used on its own, it is inferred to mean cow's milk, and if the milk is from other species or another source, it should be described as such (for example, sheep milk, goat milk or almond milk).

"The difficulty will be showing consumer confusion about this, and at this stage ADF does not have any evidence to show that consumers are confused as to the difference between cow's milk and cereal and legume beverages," an ADF spokeswoman said.

"Therefore at a national level, it would not be in our favour to pursue."

In February, Victorian farmers voted for the dairy industry to "embark on an educational campaign to inform the general public that plant-based beverages [such as] soy and almond drinks, are in fact juices, not milk".

Win this Gordon Bain Artwork!



One of the Great Alpine Gallery's valued artists, Gordon Bain, has generously offered to raffle one of his large paintings. "Landscape with Waterhole and Clouds" is acrylic on board, framed, and the selling price is \$480, but it could be yours for \$2 (or 3 tickets for \$5!)

Tickets are available at the Great Alpine Gallery, drop in to have a look at this gorgeous work on display there. You can pay by direct deposit if you wish, to Great Alpine Gallery Inc, BSB: 083 888, Account No: 79 462 1465 with your name and 'raffle' in the details.

The raffle will be drawn at the opening of the Christmas exhibition in December.



Farmers & Growers

Drinking water repeatedly contaminated with pathogens in rural NSW towns

By [Greg Miskelly](#) Sept 6 2017

NSW Health documents obtained by the ABC reveal areas where deadly pathogens are regularly detected at dangerous levels in unfiltered drinking water pumped from rivers, lakes and dams.

The water safety reports, obtained after a lengthy freedom-of-information battle, also show more than 100,000 NSW residents were issued protective boil-water alerts in the last five years.

[Grafton](#), [Kempsey](#), [Scone](#), [Jindabyne](#) and [Merimbula](#) are cited as the five worst-performing areas, with repeated "contamination incidents" triggering "potential health risks".

Around **Grafton**, a population of 40,000 are at risk from cryptosporidium, a parasite that causes gastrointestinal illness. The documents say faecal contamination from cattle, and even swimmers along the lower Clarence River catchment, is the parasite's source.

Similar problems plague the Bemboka River catchment, near **Merimbula**, with four boil-water alerts issued by Bega Valley Council in 10 years.

Deadly bugs originate in "onsite sewerage system discharges", "failures and presence of septic systems" and from dairy farms upstream.

The documents say "chlorine-resistant pathogens" — not killed by chemical treatments — are a threat to more than 40,000 people.

Around **Kempsey**, the risk identified is cyanobacteria — a toxic blue-green algae that can shut supply for 15,000 residents.

The alpine towns of **Jindabyne** and **Barry Way** also face a "moderate risk from the presence of cryptosporidium" as well as toxic "blue-green algae" in their catchment.

Livestock faeces, and sewage, including from the Perisher ski resort are blamed.

The documents also identify other communities with one-off water concerns.

Last year boil-water alerts were issued in **Dubbo**, as well as villages including **Toomelah**, **Gravesend**, and **Jubullum**.

BILLION-DOLLAR FILTRATION WOULD IMPROVE RURAL WATER

The documents say the use of filtration systems would lift rural water supplies up to a standard enjoyed by large cities.

Many country councils supply unfiltered surface water, taken from watercourses, lakes or dams and treated with chlorine or UV disinfection.

But the documents reveal this simple approach is increasingly ineffective against resistant parasites, such as cryptosporidium. The cost of introducing filtration across rural NSW is estimated to be in the order of \$1.5 billion to \$2 billion.

The documents also reveal a letter from Kerry Chant, the state's chief health officer, to Gavin Hanlon, an executive in the Department of Primary Industries, warning that many unfiltered supplies would not meet Australian drinking water guidelines.

Dr Chant warned that in overseas incidents major waterborne outbreaks of cryptosporidiosis showed "the majority of consumers in a supply system became ill", and urged a whole-of-government approach to devising and funding local solutions. The spokesperson says that since 2012, \$7.3 million dollars has been invested in programs to improve drinking water quality.

Bird deaths linked to common insecticide that is banned in Europe

ABC Rural Aug 9

A commonly used chemical is being blamed for the deaths of native birds in Victoria.

Lab results obtained by the ABC confirm that the chemical, which is used as an insecticide, killed at least 12 birds near Horsham last month.

The same chemical has been banned in Europe because of concerns it is behind a dramatic decline in bee

populations.

Cath De Vaus, from Natimuk a small town western Victoria's cropping region, started making the grisly discoveries, finding dead birds around her house last month.

"I found a corella just dead at the bottom of its tree with no obvious injuries."

She said the deaths had not stopped and the numbers were adding up.

Ms De Vaus, along with other residents, reported the deaths and Agriculture Victoria has been investigating.

Lab results obtained by the ABC confirm traces of imidacloprid, a chemical commonly used in insecticides. Imidacloprid is used to kill insects and termites, and can often be found in flea control for pets.

Farmers also use it to treat barley and wheat seeds.



In a statement, Agriculture Victoria has acknowledged that while the initial lab results show traces of chemicals used in crop management, there was not clear evidence that this was the single cause of death of the birds.

Associate Professor Vincent Pettigrove, a chemicals expert from the University of Melbourne said imidacloprid affected the nervous system.

"It actually mimics nicotine and it's really quite toxic to insects and it shouldn't be toxic to mammals and birds, but in certain circumstances we've found many reports of bird deaths associated with the use of this insecticide," he said.

European ban in place

In 2013 the European Union put a ban on these kinds of insecticides because of concerns they were behind a dramatic decline in bee populations.

Associate Professor Pettigrove said research published this year backed up the EU's concerns.

"There was a study in France where they looked at 103 wildlife mortality incidents and they found in 101 cases the birds had some concentrations of imidacloprid in them," he said.

"It seems to be a widespread issue and we need to look at ways of reducing the risk of exposing this chemicals to birds."

The Australian Pesticides and Veterinary Medicines Authority refused to comment on the use of imidacloprid in this country.

People urged to report incidents

Associate Professor Pettigrove believes it was time to change that.

"Once the APVMA get a good body of information they'll have to consider reviewing how this chemical is used."

Associate Professor Pettigrove said the way to do that was for more people to report incidents to the authorities.

"That will help us develop a better strategy for trying to use this chemical in a more environmentally safe way."

Our neighbours in Combienbar

Combienbar isn't that far from the Bendoc Bonang area, as the crow flies. In fact, many early Combienbar and Club Terrace farmers began their lives or careers in Bendoc. Bob Jamieson was the eldest son of Mr and Mrs Bill Jamieson of Bendoc. He spent his school days at Hayden's Bog then, with 'Sas' Beasley, obtained a grazing lease west of Bendoc where he built up a cattle herd. As one of the area's best musicians, he was frequently invited to play at events in Combienbar. At one of these dances he met Mary Farmer who became his wife. They took up residence at Combienbar but made most of their living from the Bendoc property. By 1925, Mary and Bob had two children. One morning when Mary was taking her daughter Vera to school in the jinker, Vera was confronted by a snarling dog-like animal when she jumped out to open the gate. With bared teeth it lunged at her; bloodshed was avoided by the family dog, a blue merlin, grabbing the animal's back leg. Jack and Sam Clay, half a mile away, heard the commotion and ran to help. The animal disappeared into the bush but later Bob went looking for it with a shotgun. Finding a fresh calf carcass he thought that would be a good place to keep his eye on. When he returned next morning the animal was feasting on the calf. He wounded the animal which was then attacked by the family's four dogs which killed it after a violent struggle. The animal's skin was sent to Orbost Shire for identification. It was a hyena, not often seen in these parts. Turns out that a circus truck had overturned on the Bonang Highway and some animals had escaped.

From Combienbar, the valley of contentment by G.R. Dyce. 1982 (Copy at TNH)

The Golden Gully Battery and Water Wheel

Another connection between our areas was when Bob McIlroy of Cabanandra secured the job of rebuilding the gold ore battery north of Combienbar in the early 1980s. This was one of those interesting employment schemes that used to be offered to rural areas to ease unemployed people back into work. Bob believed the project to be a worthwhile government initiative although it was bound to be challenging.

And so it was.

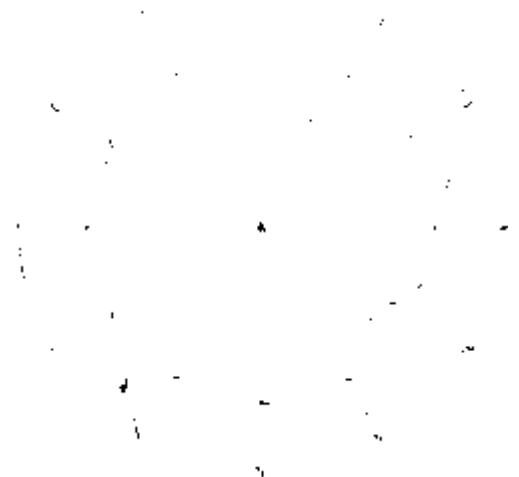
It was one of those wet winters and access to the site by 2 wheel drive soon became extremely difficult. There were no Shire vehicles provided to this work crew, although one was promised. Bob and his offsiders had to use their own vehicles and these were in the condition one would expect of people on low incomes. Several trees had to be cleared from the Forests Commission track so they could get to the walk-in point. Cooperation between the Shire and the Commission would have ensured the track was more drivable.

It was crazy to carry out work like this in winter but that was the requirement. After three weeks only 20 hours of actual project work, constructing the walking

track, had been completed and there were concerns the money would run out before the job was finished. Furthermore, the budget for the job did not cover key features such as building a dam wall across the Combienbar River above the battery. Although it took longer than any other aspect of the job, it had not been considered in the estimate.

Designing a waterwheel that would work was the key triumph of the project. Bob came up with the design which you can see at the Orbost Visitor's centre. Once constructed, the waterwheel and battery became Combienbar's major tourist attraction. It is described by one visitor: 'The wheel is located at the end of a one kilometre walk, through a lush, green gully. Surrounding the waterwheel is a picturesque stream, beautiful ferns and other flora of interest. The track is very pleasant and very peaceful. The track has been improved and the wheel has become operational in the last month.' (*Stephanie Griffiths in Snowy River Mail July 1 1987*).

After the battery was rebuilt, excessive rain in the upper Combienbar River broke the dam Bob and colleagues had constructed. The Shire stated that there was no money to rebuild the dam so the water wheel would be moved to Orbost and placed beside the Slab Hut.



Combienbar people were incensed. 'It makes us feel that we are not part of the shire, that our attraction would look better in the main street where many tourists would ask, 'What is it?'. Tourist development in the Shire should take place "out the back door as well as the front".'

The community offered to maintain the battery but with a population of 13 didn't feel up to fixing the dam. The Shire wouldn't fix the dam. Adding insult to injury, the Combienbar residents found out about the Shire's plans in the Snowy River Mail.

Like all the goldfields in the Errinundra-Bonang area, there is now just a piece of the battery to mark Golden Gully. The miners came down the Bendoc Track between 1873 and 1898. Although a distance of 22 miles it was very steep (the Errinundra escarpment) and wagons and carts needed a log attached as a brake. In Dyce's book about the history of Combienbar, the battery and water wheel were not mentioned. He was the manager of the Golden Gully Battery Project, but also instrumental in the wheel's move to Orbost. I wonder how many people gazing at this local ornament can guess at its history, three times built.

EARLY HISTORY OF GOONGERAH

(Source: *Unknown but taken from* ORBOST HISTORICAL SOCIETY Inc NEWSLETTER SEPTEMBER, 2004)

In 1868 Hamilton Reed and John Locke both of Bendoc secured a grazing area of 60,000 acres at Goongerah. A suitable track had to be forced to take cattle in. There were a lot of Aborigines about in those days who were acquainted with the country. They arranged with one named Little Billy to show them the best way in, he took them over the spur which was named after him "Little Bill". They decided on that route the jungle was very dense from the Bonang Mt. along the top of Little Bill. The Bonang River was crossed two miles up stream from where Mr Russell's dairy farm is now. It took four men six weeks to cut a track in, so that the cattle could be driven to Goongerah. Young cattle were bought in Bega district and taken to the Run where they done wonderfully well, at that time the hill country about Goongerah was fairly open forest with a good cover of grass. Bracken fern and scrub were dense along the river flats.

Native bears, opossum and wallabies were numerous, kangaroos were not so plentiful. Probably the dingoes, which were in droves, no doubt kept the kangaroos down. They also killed the calves. On one occasion John Locke came upon eight dogs attacking a calf, the mother trying to fight them off. Locke beat them off with the stockwhip, the calf was so badly injured it was unable to get up, so was killed and poisoned. Next day there were eight dead dogs. About the year 1872 horses were being impounded at Bombala in big numbers. Reed and Locke bought good brood mares for 1/- and 2/6 per head and took them to Goongerah for breeding purposes. Later yards were built in several places on the Run to yard them for branding. There became a demand for Indian remounts, the horses were mustered and those suitable were taken to Bendoc and sold to a Victorian buyer. They were taken over the Snowy River via Black Mountain to Stratford.

In the same year gold was discovered at B.A. Creek, six miles from Goongerah there were a lot of men including Chinese. The creek had been worked for about 4 miles.

In 1876 John Locke went to Goongerah to muster cattle single handed, a bull charged and forced his horse against a tree and Locke's leg was broken just about 300 yards north from where W. H. Reed's residence is now. About the year 1878 Hamilton Reed and C. W. Nicholson decided to, if possible, to go from Bendoc to Orbost via Goongerah, they accomplished the task in 4 days from Goongerah. Scrub was very dense in places, making it difficult for pack horses to get through. Selection of land had commenced at Orbost, Hamilton Reed selected land with the intention of settling there, later he went to build a residence on the selection at the highest position he had previously chosen, and found flood waters had been seven feet deep at that particular spot, so decided to abandon the selection and selected at Goongerah. Much pioneering work had to be done, fencing, clearing land for cultivation, buildings, etc., farm implements had to be brought in on pack horses, hay was grown for working horses, also maize for fattening pigs, which were killed and cured on the property and taken to Delegate by pack horse and sold. Flour and sugar being brought back on the return journey.

Mrs. Reed and family moved from Bendoc to Goongerah. It was camp life for a few months until a residence of five rooms was built. It was hard work getting suitable timber from the forest but Mr. Reed Senior was equal to any task he undertook. Hay barns and stables had to be built, all from round timber with stringy bark sides and roof. John Locke's interest terminated in the grazing area.

There was no mail service, had to go to Bonang once a week for mail.

Wheat was grown and thrashed with a flail and crushed with a steel mill by hand, a water race and wheel was established, two steel mills were put into service which was a success, only

attention required was to fill the hoppers, with a fine sieve a good quality flour was obtained.

In 1887 Reed and Sons and W. Clancy Senior took the first mob of cattle from Goongerah to Orbost on the blazed trails which Reed and Nicholson put in. Cattle were sold in the Station yards and owners had to guarantee to cross them over the Snowy River before they were sold. The late James Cowell, head stockman at Orbost Station and his men came to the rescue and willingly gave assistance. They were crossed just opposite where the G. & N. yards are now. There was only a punt on the river at that time to convey vehicles etc. across. There were a number of gold mines being opened up in the Bonang and Bendoc districts.

Goongerah being the only settlement between Bonang and Orbost, everyone made their stay, was obliged to build more accommodation for travellers.

Traffic by horsemen began to increase between Orbost and the above districts. With Government cuttings put in and rough culverts across creeks.

Coote and Herbert of Orbost had a string of pack horses to carry goods to Bonang and Bendoc districts. In 1889 J. J. Pleydell took the first bullock dray through to Orbost. Twice a week mail service by pack horse between Orbost and Delegate was established. The late E. Foley of Swan Reach being the contractor. Gradually the road improved and horse drawn vehicles began to travel through flat land, along the Brodribb was heavily timbered with huge gum trees up to six feet in diameter at the butt.

Huge logs were buried in trenches, deep enough for the plough to pass over. The timber in a half green state made it hard to grub and burn.

Clearing was expensive £15 per acre. The procedure was to clear and crop a few acres each year, the ploughs in those days were not suitable for breaking up new ground. In 1919 Hamilton Reed passed away at Goongerah and was buried by his wish under a large tree where he first camped on coming to Goongerah on the allotment where he resided and later his wife was buried there also.



Hamilton Reed's descendents have asked whether the grave can be fenced from stock. It once had a wrought iron fence. TNH is working with the Goongerah community to erect this, once the owners have approved. The Reeds were pioneers of Goongerah and Bendoc

Grace Eppulston—A Reed descendent



[Reed, Grace Elizabeth](#) 🗿 was born 11 Dec 1908, Bendoc, Victoria; died 26 May 2014, Currawarna near Bombala, New South Wales;

GRACE Eppelstun was born into a pioneering family - the Reeds of Goongerah. Her grandfather was a successful prospector, then businessman, in the Bendoc area before he moved to Goongerah with his family in the early 1880s. Eventually his two sons William (Willie) and Hamilton (Hammy) married, built houses and started their own families at Goongerah. Grace was the eldest daughter and second child of William and Amy (nee Roberts) Reed.

She spent her early childhood at Goongerah with her siblings, Bill, Bertha, Stan and Frank. They ran cattle in the bush on a grazing lease of 60,000 acres, kept fowls, milked cows for household use, raised pigs and ran a boarding house for travellers. Schooling was a problem. At one time a cousin came to teach them, then a governess funded by both families. When Grace was 14 the Hammy and Willie Reeds moved to Delegate River for schooling.

She also helped her family with housework and work on the farm. In 1933 Grace married Herbert (Herb) Henry Eppelstun and moved to Browns Camp. Before long they built a new house and raised their family - Val, Jean, John and Henry. There were some lean years after the Great Depression and during World War 11 but with their vegetable garden, milking cows, poultry and a ready source of meat they managed reasonably well. Like most country women, Grace had some well honed skills. She was a good country cook and a good manager. She could milk a cow, make butter, bake bread, preserve fruit, make jam, knit and sew, and she could ride a horse. She also had some well instilled rules of life - among them 'Waste not, want not' and 'The devil makes work for idle hands'.

The wool boom after the war brought prosperity which in turn brought new opportunities. Herb and Grace sent their children away to high school. Roads improved and petrol became available. They travelled around parts of Victoria and NSW sightseeing and visiting friends and family and took a trip to Perth on the Indian Pacific. In 1980 they sold up and moved to Bombala.

There was a greater opportunity for Grace to involve herself in the community. She was an active member of the CWA, golf and tennis clubs, Delegate Show Committee, Bombala hospital and ambulance auxiliaries, and she was also a supporter of men's and women's bowls throughout the district. Shortly after her 90th birthday Grace had the honour of being awarded joint citizen of the year with Maureen Paisley. In making the presentation speech, the Mayor, Cr Fay Campbell, said: "(Mrs Eppelstun) is untiring in her efforts to bring some cheer and practical help to others by way of her regular visits to the residents of Currawarna Hostel and the hospital and also by her active participation in Meals on Wheels. Never one to approach life in a half-hearted manner, Grace adopts a universal approach to the churches in town and ensures that they all benefit from

her support by way of cooking and produce for their stalls and functions."

In 2008, Grace's 100th birthday was celebrated at St Mathias Church, Bombala, where the Reverend Ken Foster offered thanksgiving for a life lived for so long and so fully within God's family. He spoke of the challenges and trials which must have tried her faith but she remained steadfast and became an example to all; so much so that she was lovingly known as 'Amazing Grace'. Grace loved people - her family, her relatives, her friends. She took a keen interest in what was happening in their lives and was genuine in her pleasure at their achievements and in her concern for their problems. She visited, telephoned, wrote letters and remembered birthdays. She really kept in touch. Grace had four children, eight grandchildren, 23 great grandchildren and one great great grandchild.

She was much loved by all and will be sadly missed.

Source of article and photograph of Grace's mother Amy is Monaro pioneers



Cliff Reed

In the last Tattler we published Cliff Reed's account of Delegate River. In those days, people didn't have to go far to find their lifelong partner and so it was with Cliff and his wife Jean.

Jean and Cliff were married at "Fernlea" Sardine Creek by John Graeme Buchnell, Presbyterian Minister of Orbost. Cliff was a Grazier aged 25 who resided at "Maxfield" Upper Delegate River. He was the son of Hamilton Rutherford Reed and Hilda May Reed. Jean was 26 years of age and she resided at Sardine Creek. Witnesses to their marriage were D.R. Donchi and Percy H. Reed. Source: Marriage Certificate

This information has been supplied by Beverley Moore [bevmoore-at-melbpc.org.au]

Chook News by Cheryl Nelson

You've heard of Probiotics, right?

You find them in fermented foods and cultures such as yoghurt, milk kefir, sauerkraut, miso, pickles, and tempeh. Probiotics work basically the same way for chickens as they do for humans

WHAT ARE PROBIOTICS?

Probiotics are live bacteria and yeasts that are good for your health, especially your digestive system.

They are given to animals (and us) to add to, replace or boost the 'good' bacteria that exists in the gastrointestinal tract.

The WHO and FAO (2002) define probiotics as "live microorganisms which when administered in adequate amounts confer a health benefit on the host". This definition explicitly recognises the positive effect of probiotics on the health of animals to which they are administered.

Probiotics in our Chooks' diet

Probiotics in poultry diets to promote bird health is currently of particular relevance with increasing awareness of the need for alternatives to the use of antibiotics in poultry farming.

For any chooks have been treated with antibiotics feeding them probiotics will replace the good bacteria that antibiotics have killed off. Same with us.

THE DUCKS GUTS...OR IN THIS CASE CHOOKS!

Animal gastrointestinal tracts are populated by hundreds of different species of bacteria. There are literally billions and billions of bacteria in any animal's gut.

Most of the bacteria in an animal's gut are not harmful. However, even seemingly healthy animals will have some harmful bacteria such as e-coli, or salmonella in their guts. However, the bad bacteria are in such small quantities that they can't do any harm.

The population of these bad bacteria are held in check by the good bacteria that out-compete them for resources and keep their numbers so low they can't make the animal sick.

YOUNG CHICKS

Young chicks haven't had time to build up strong populations of good bacteria in their gut. They are therefore more susceptible to having bad bacteria out-compete good bacteria if they are exposed to a potent source of bad bacteria. Contaminated food or water dishes are one possible source of bad bacteria. Chick feed may also harbor bad bacteria if it has been contaminated by rodent droppings.

Coccidiosis

That single word strikes fear in every chicken keepers heart - as well it should since coccidiosis is the number 1 killer of baby chicks.

Coccidiosis is a disease of the intestinal tract caused by the microscopic parasites called coccidia. Most often spread by bringing infected hens into your flock, or by wild birds, it is picked up by your chicks through contact with the infected feces or through drinking water with droppings in it. It normally manifests itself as diarrhea, bloody droppings, ruffled feathers, poor appetite and lethargy and results in an inability to absorb nutrients in food.

Feeding your chickens probiotics is a recommended strategy to prevent and treat coccidiosis naturally without using medicated chick feed or vaccinations.

So get some probiotics into your young chicks!

INTESTINAL HEALTH

The use of probiotics is particularly relevant given the growing trend towards restricting antibiotic use in poultry production and now sees and emerging movement toward probiotics for good intestinal health.

But what do we mean by "intestinal health", and how is this linked to the health status and general welfare of birds?

Over 2000 years ago Hippocrates stated that "all diseases begin in the gut".

In poultry production, good intestinal health is the foundation

upon which the general health and welfare of the bird is based. Intestinal health encompasses various elements or components of gastrointestinal function, including optimal digestion and absorption of nutrients, a diverse and stable microbiota, an effective intestinal immune system, a solid intestinal barrier against pathogens and toxins, and a competent neuroendocrine system.

What you might not realise is, that in order to work correctly, probiotics need prebiotics.

Prebiotics

Prebiotics basically set the stage for probiotics to work.

They go hand in hand with probiotics by nourishing the probiotics and providing 'food' for them. Prebiotics trigger the growth of healthy bacteria and increase a body's resistance to pathogens.

Some common sources of prebiotics that chickens love to eat include: Yams, Wheat bran, Berries, Dandelion greens, Flax seeds, Garlic, Honey, Lentils, Sea kelp. A lack of probiotics can lead to runny poop, dirty vents and matted feathers, as well as other intestinal issues. So for better chicken health, consider adding both probiotics and prebiotics to your chickens' diet.

After all, a clean, fluffy butt is the sign of a happy, healthy chicken!

Nick's 'Chicken Panacea'

Everywhere you look there are curved mesh dormitories for chooks. They're **chook tractors**, 2m long x 1m wide with white canvas-plastic stretched over one end, like so many bonnets in the garden. It's the **scratching and eating, Nick's 'Chicken Panacea'** that's the key to this idea. Every day he spends a minute or two tossing in a few grains on a new patch, lightly forking it, then **moving the hutch to a new position.**

The constant activity of scratching, making manure, eating weeds and pests is bringing the soil alive. Nick has learned that if you give the soil a little movement with a fork, add some grains, the chickens do the rest and will spend hours scratching looking for more grains. The chook tractors are made from steel mesh with an open bottom, a space for a roost and an exit hatch.

Each tractor is self contained, with it's own water, nesting box, shell grit container, perch and shelter from sun and rain. He uses tractors butted up to one another in a **chook train** in veggie gardens, or places one tractor, housing **three to five chickens**, with access to a contained netted area that surrounds a fruit tree. The chickens barely look up when you walk past, too busy with their projects, talking, jumping, having a dust bath and, of course, scratching and eating.

The soil you end up with is fluffy, rich and deep.

I wouldn't have believed the transformation Nick has achieved with his soil if I hadn't seen it. Scooping a few handfuls up of this fluffy soil makes you feel like bathing in it!

Nick uses chook tractors in four ways

1. **Intensive ploughing in the veggie garden followed by mulching and planting seedlings.**
2. **Intensive ploughing followed by broadcasting of seeds and a light protective 'feather' mulch.**
3. **Chicken mowing a lawn or pastured area.**
4. **Plugging the chickens into tree cells or other food production cells.**

All four methods work best when the tractors are placed over plants that have been allowed to go to seed so the hens get the most nutrition and the carbon they release as manure is at it's best and our feed costs are lowest.

For more info go to [Chicken Panacea Facebook](#) page.

Nick will be speaking on Sunday 24th September at the South Coast Field Days in Cobargo and his workshops are regularly advertised in SCPA News at www.scpa.org.au



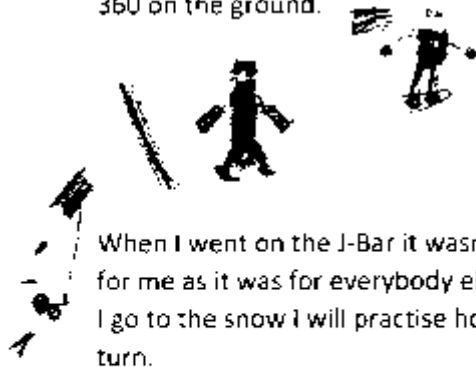
Goongerah Tubbut School News

Samuel 12

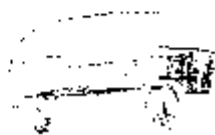
Samuel 12

Snow Camp

Our school went to the snow on Friday. We went there to learn how to ski. I learnt how to turn properly by doing the screw. You use your outside foot when doing a screw turn. The ski teacher, called Rob, told us you screw your foot into the mountain. "Dig it in!" He said as well. I felt so good that I had to do a 360 on the ground.



When I went on the J-Bar it wasn't as scary for me as it was for everybody else. Next time I go to the snow I will practise how to parallel turn.



SNOW CAMP

Tahlia Peine-Malone

Last week we went skiing at Smiggins. I went to ski school to learn how to go down a steep hill. I learnt to do a pizza and it makes you go slower down a steep hill. First I was very scared but when I did it I was very happy.



Snow Camp

Last Friday we went to the snow. At the start of the day we practised skiing down a little hill with Tony. We then went to a skiing lesson. In our lesson I learnt how to do better turns. My instructor told me to nail one foot to the ground and turn the other one. I am proud that I went down the big hill with no one helping me. I am looking forward to going up the lift next time we go to the snow.



Delegate Primary School

Toy Story

The Biennial Delegate School
production for 2017

Two performances only at Delegate
School of Arts

- *Wednesday September 13 at 12 pm*
- *Thursday September 14 at 6.45 pm*

Entry by gold coin donation

Health Matters

Dear Community members, you might see the Royal Flying Doctor Service car in our area over the next months. Stop and say hello for a chat and to find out about the new RFDS project in your community. You can also check in with your Bush Nurse or Neighbourhood House and keep an eye open for flyers and posters, announcing events near you.



And wave to Birgit as she goes past!

Health Information on the web

As promised here is a list of trusted websites for health information. These are only Australian sites. There are certainly more overseas. The Consumer's Health Forum used to have a pamphlet that explained how to assess the reliability of a site. I am encouraging them to redo this pamphlet.

Trusted websites:

HealthDirect - <https://www.healthdirect.gov.au/>

Healthand - <https://healthand.com.au/>

MyDr - <http://www.mydr.com.au/>

Government department health sites

Better Health Channel - <https://www.betterhealth.vic.gov.au/>

Choosing Wisely - <http://www.choosingwisely.org.au/home>

This list is not exhaustive but is a good start. I hope it's useful.

Kind regards,
Claudia

Claudia Cresswell

Project Officer | Health Literacy Program | Health Care Consumers' Association Inc

Office Hours: Monday – Friday 9am – 4pm (not Wednesdays)

P 02 6230 7800

100 Maitland Street, Hackett ACT 2602

hcca.org.au | hcca-act.blogspot.com | [facebook.com](https://www.facebook.com/hcca)

Flying doctor optometrist service

Mon 13—Thurs 15 November

Goongerah Hall

Half hour appointments from 9-5 Monday & Tuesday, 9-12 on Wednesday

Please ring TNH 02 64580295

A bus from Tubbut-Bonang may be arranged, please mention when making appointment at TNH 02 64580295

Let's talk about Advanced Care Planning

Do you have questions about how Advanced Care Planning works?

Bombala Community Consultation Committee in conjunction with Southern NSW Local Health District and Snowy Monaro Shire Council are hosting an information session with Guest Speaker Palliative Care Clinical Nurse Specialist, Jill Murdoch
Wednesday 20 September, 10:30am—11:30am
Bombala Community Centre 163 Maybe Street, Bombala

Morning tea will be available from 10:00am

Please RSVP to Renata Sheehan Ph: 0477 322 107 or email: renata.sheehan@health.nsw.gov.au

Advanced Care Planning is for everyone

Delegate Multi Purpose Service

Wellness Clinic is held at the MPS, in Craigie Street Delegate. People come to the clinic for procedures and assessment by nursing staff.

The clinic is open

Mon, Tue, Thur, Fri 1pm to 2pm

Every week except public holidays.

No Appointments necessary.

A variety of procedures are available.

- Wound care
- Blood pressure readings
- Blood sugar readings
- Non-urgent ECG's
- Suture or clip removal
- Injections – with Dr's written order
- Other procedures that do not require a Dr.

Pathology clinic

Wednesday 9.30am – 10.30 am. No appointment necessary. Closed public holidays.

Other Services

Women's Health Nurse

3rd Wed of the month

Dietician and Diabetes Educator

2nd Thur of the month

Immunisations – 4th Fri of the month

Podiatry – for HACC clients – monthly

Ring the MPS for appointments for the dietician, diabetes, immunisation, podiatry and women's health 6459 8000

Child and Family Health – visits Delegate MPS on a regular basis ring Kirsty on 6458 5777 for an appointment.

Bring polenta into your diet

Many of us shy away from this cornmeal favorite because of its reputation for overcooking. Why so scared? In reality, it is actually hard to overcook polenta as long as you follow the key cooking basics. These main factors for making polenta include the liquid ratio, cooking method, and cooking time.

Polenta is finely crushed corn; gluten-free.

Ratios for Polenta

First, make sure you have the right dry polenta to liquid ratio depending on the desired texture:

- For a firm texture combine 1 part dry polenta to 3-4 parts liquid.
- For a softer polenta mix 1 part dry polenta to 6-8 parts liquid.
- The most common liquids used in polenta cooking are milk, broth or stock, and water.

Basic Cooking Method

Second, to prevent lumping, follow one of these two methods

1. In a medium pot, whisk cold water and polenta then turn on medium-high heat to bring to boil. Once the polenta is evenly combined, bring the heat down to simmer.
2. Bring liquid to boil first, then whisk in polenta meal slow and steady and turn heat down to simmer. For both methods, whisk together polenta and liquid for the first 10 minutes, then simmer partially covered (to avoid splattering) for up to an hour.

Savoury Cheesy Breakfast Polenta with Tomatoes and Spinach



Ingredients

- 3 cups cooked polenta*
- 1 tablespoon extra virgin olive oil or butter
- 1/2 cup sundried tomatoes, sliced
- 4 cups raw spinach leaves, chopped
- 1 teaspoon crushed garlic
- 1 teaspoon Italian seasoning (ingreds below)
 - 2 tablespoons dried basil
 - 2 tablespoons dried oregano
 - 2 tablespoons dried rosemary
 - 2 tablespoons dried marjoram
 - 2 tablespoons dried coriander
 - 2 tablespoons dried thyme
 - 2 tablespoons chilli flakes
- 1/4 cup grated parmesan (additional for topping optional)
- Cooked eggs for topping, optional (poached, scrambled, fried, etc)

- Salt and Pepper to taste

Instructions

1. Set aside the cooked polenta). If you prefer the polenta topped with eggs, cook the eggs to your liking while the vegetables cook. Prior to serving polenta, divide into 1/2 cup servings.
2. In a large pan, heat olive oil on medium high heat, saute the tomatoes and spinach until the spinach leaves start to wilt, about 3-5 minutes.
3. Add the garlic and seasoning, continue sauteeing for an additional 1-2 minutes. Turn off the heat and remove from heat.
4. Stir in the parmesan cheese.
5. Top the vegetable mixture over polenta (1/2 cup servings).
6. Salt and pepper to taste.

Optional: Top with cooked eggs and/or additional grated parmesan

Maple-sweetened Breakfast Polenta with Apples and Dates



Ingredients

- 3 cups cooked polenta*
- 1 tablespoon extra virgin olive oil or butter
- 1 medium apple, chopped
- 6-8 dates, pitted and chopped
- 1 teaspoon ground cinnamon
- 2 tablespoons pure maple syrup
- 1/4 cup unsalted walnuts, chopped

Instructions

1. Set aside the cooked polenta. Distribute into 1/2 cup servings prior to serving.
2. In a large pan, heat olive oil or butter on medium heat. Saute the apples and dates until slightly softened, about 3-5 minutes. Turn off heat.
3. Stir in the cinnamon, walnuts, and drizzle of maple syrup; toss to combine.
4. Pour the apple mixture evenly over cooked polenta servings.
5. Drizzle additional maple syrup, optional.

Local Government Matters

Municipal Public Health and Wellbeing Plan for East Gippsland

Under Victorian Government legislation, within twelve months of the election of a new council, East Gippsland Shire Council needs to develop a four year Municipal Public Health and Wellbeing Plan.

[Well Placed for Wellbeing, the draft Municipal Public Health and Wellbeing Plan for East Gippsland 2017-2021, gives us the opportunity to drive whole of community change needed for us to have a strong, connected and healthy community.](#)

The plan has been developed collaboratively by an Advisory Partnership of over nineteen separate agencies and bodies across East Gippsland with an interest in health and wellbeing.

Council and its partners have engaged in conversations with community members, examined local evidence and advice sought from community organisations in developing the draft plan. This consultation resulted in the identification of five key areas to ensure that we are all working towards making East Gippsland the most liveable, connected and healthy region it can be.

The key areas are:

- Safe families and communities;
- Being active and eating well;
- Protecting our health;
- Resilient and connected communities; and
- Supporting healthy communities.

Well Placed for Wellbeing is in the final stages of development. Now is the chance to have your say on the draft plan.

Please visit [Your Say East Gippsland](#) to read the plan, frequently asked questions or answer a short survey. There are downloadable versions of the survey and fact sheet in the document library on this web page.

A wintry end for once loved puppies

August 7, 2017

The winter weather has arrived and with it young dogs and cats are being dumped by people ill-prepared to care properly for pets.

East Gippsland Shire Council's Community Laws Coordinator Bill Petersen this week called on residents to think carefully before buying a pet, as he reported an increase in dumped animals this month.

"It's the same story every year at this time," he said, "puppies turn into dogs, kids lose interest, and Community Laws Officers are left picking up unwanted pets from the streets," Mr Petersen said.

"Every week we pick up stray dogs that end up in council's pound. In May and June, the pound saw 75 cats and 86 dogs pass through its doors.

"We hold on to stray animals for eight days waiting for their owners to claim them. Fifty per cent of dogs are reclaimed by their owners during this period. Animals that are not reclaimed are either adopted to new homes (following a favourable behaviour assessment) or put to sleep.

Council's pound operator, Animal Aid, offers an adoption service. To see the pets available, visit animalaid.org.au.

Snowy Monaro Shire

About 21 people are standing for 11 positions on the new Council to be elected on Saturday September 16th.

It is hoped that the far south of the Shire ends up with a voice—and I don't just mean Delegate; even Bombala is a small minority in this vast sprawling shire.

Meanwhile plans to secure the old Bombala Primary School/TAFE Centre are going forward.

Can you think of a use for the building? Every bit helps.

Good afternoon everyone,

Just to let you know that the committee has been working hard with Karen Cash on formatting Council's required Business Plan to finance & manage the repurposing of the old Bombala Primary School as a multi-purpose Arts, Educational, Cultural & Heritage Community Centre.

At this stage TAFE has still not yet agreed to the transfer until the business plan is accepted. I don't think it will be a quick process but we are progressing.

We would love your input on uses, activities, events & functions etc. to make the building viable. So far we have identified - classes, w/shops, seminars, forums, gallery, hire of venue, technology suite, exhibitions, community development events, gift shop, film shows, "Sip & Paint or ?" sessions. Please give us your wonderful ideas! – it has to be viable.

Will keep you posted

Cheers,

Jan Illingworth

East Gippsland Shire Council consults on renewable energy

Friday, September 8, 2017

Residents and businesses are being asked to register their interest in renewable energy as part of an East Gippsland Shire Council project to look into options for smarter, cheaper and more sustainable energy systems.

This project, funded by a \$180,000 Victorian Government grant, will assess the local energy network and grid to understand the opportunities and constraints across the region for distributed renewable energy. These opportunities will then be tested to develop a range of feasible options and business cases which will help advance the high priority and viable options.

Community energy refers to projects where a community group develops, operates and benefits from a renewable energy resource or energy efficiency initiative.

Meetings with local businesses and institutions have also discussed possible projects involving the installation of solar panels for local energy generation and other renewable energy options. Many local businesses have expressed interest in these cost-saving opportunities and are pursuing renewable energy investments.

Council has produced a simple, anonymous survey to help it understand what changes consumers would support. It is available on the Your Say East Gippsland website, yoursay.eastgippsland.vic.gov.au, or at council's Customer Service Centres. Feedback closes Monday, September 18.

Non-toxic tips to keep animals from eating your garden

ABC Radio Hobart By Carol Rääbus Aug 2017

As winter slowly comes to a close and your garden comes back to life, the battle between green thumbs and hungry animals begins anew.

"They're a massive problem," Greg Kerin, owner of a plant nursery, told Nick Bosly-Pask on ABC Radio Hobart.



Photo: The best way to keep birds and animals out of the garden is with physical barriers. (Flickr: Doug Beckers)

"We start seeing these sorts of problems at this time of year, particularly with birds and mice, because it's early spring and they start shredding vegetables, kale, herbs, that sort of thing." Mr Kerin said not a day goes by without someone coming to his nursery, complaining of animals eating their plants and looking for ways to stop them.

Over the years he has heard and tried a number of deterrents. And while you may never stop them all, these are some tried and true things you can do to stem the tide of ravenous critters in your garden.

STINK IT UP

If you and your neighbours can handle it, making the area smell really bad keeps nibblers away.



Photo: Rotting blood and bone will keep native wildlife away — and maybe everyone else too. (ABC Radio Hobart: Carol Rääbus)

"The best thing to use is blood and bone," Mr Kerin said. "If you get a stocking and fill the bottom of the stocking with blood and bone and hang it in a tree ... it will go a bit rank — but it will deter some of the native wildlife."

Liquid seaweed fertilisers also produce a smell herbivores do not like, but liquids will need to be repeatedly added as they wash off in the rain.

FENCE IT OFF

Physically preventing the animals from getting to the plants can be more nose-friendly.

"A lot of people build cages for their fruit and vegetables," Mr Kerin said.

To stop possums, a loose, wobbly fence is a good idea. "They like climbing on quite rigid structures, so if it does wobble they'll fall off," he said.



Wire cages over your plants will keep big nibblers away, but not the tiny ones.

Bird netting can deter possums too as they cannot climb it, but be aware netting is easy for them to break through. To stop digging animals, wire should be planted about 30 centimetres into the ground.

And special small mesh wire can be bought that will stop mice getting through.

GROW A BARRIER OF PLANTS



Photo: Growing plants animals don't like to eat near the ones they do will deter them somewhat. (666 ABC Canberra: Louise Maher)

There are some plants the native wildlife, in particular, do not like to eat and these can be used as a natural deterrent.

NATURAL POSSUM DETERRENTS



Keep possums out of your garden environmentally.

Planting agapanthus, citronella varieties, lavender and rosemary bushes around your veggie patch may help keep the wallabies away.

"Does it deter them? Yes, it will to a certain extent, but not completely," Mr Kerin said.

And while it can be heartbreaking to see the local possum has feasted on your hard labours before you got a look in, dealing with wildlife is just a part of gardening.

"You've really got to live with them," Mr Kerin said.

"Plan around them and just deal with it."

We are trawling the web to find replacements for Susan's articles and look forward to the day when she has time to write for us again. Meanwhile, you can read her articles in Delegate Doings.

September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
October 1st	Oct 2	Oct 3	Oct 4	Oct 5 Buying more farmland, Cooma	1	2
3	4	5	6	7 Felting workshop Tubbut	8	9
10	11	12	13	14	15	16 Card night Delegate RSL 5pm Goongerah Landcare AGM & dinner & film 6 pm
17	18	19 Women's Wellness Day at Bonang Bendoc bus to Floriade	20 Advanced Care Planning—Bombala Community Centre 10.30-11.30	21 Computers with Sharon Library visit (Delegate River & Bendoc only in school hols) Bring lunch and chat	22 Last day term 3	23 Mt Morris Walking Track Wkg Bee Rotary Fair—B'ala Cobargo Field Days Last day Term 3
24	25	26	27 TNH closed till Wed Oct 11	28	29	30

Things can always change, so if you are interested in anything, please ring and make sure it is still on.

November 18 - Bazaar, mosaics, dinner with Victorian Bushwalkers, music at Bonang
November 28—Bonang Big Arvo