

TUBBUT TATTLER

ISSN 2200 - 5245



Nov/Dec 2018

Tubbut Neighbourhood House

E-mail: tubbutnh@iinet.net.au

Phone: 02 64580295

Open Wednesday, Thursday and Friday

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

Next deadline: December 12th



Photo; Dooze - Courtesy of Sue Collins

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CLASSIFIEDS

Orbost Solar and Electrical
Happy to come to our area and comes highly
recommended by the Tubbut Neighbourhood
House
Call Ben on 0434038395



WANTED

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

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

Looking for people who would love to share
their skills with others in casual workshops.
You don't have to be an expert, we can learn
together. Funding available.
Contact the Tubbut Neighbourhood House

Septic getting full?

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

Bobcat contractor for hire

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

GOONGERAH COMMUNITY HUB OPEN TO THE PUBLIC EVERY FRIDAY, 10AM TO 3PM. goongerah@iinet.net.au

The Goongerah Hub is run by local volunteers
and financed by donations. This fantastic venue is
a great space for functions & workshops or just a
simple drop in. There are comfy couches or a
deck out the front to relax & have a cuppa & a
chat. Wi-Fi, a stylish Op Shop as well as the Goonge-
rah Good Foods,

**If time and resource permit there is often
something to eat!**

We welcome more volunteers

**If you see the sign out the front there will be a
happy local inside to greet you & help or maybe
an interesting work shop may be on.**

FOR HIRE

The Tubbut Neighbourhood House has the follow-
ing for Hire:

Trailer—\$5.00 per day

Wood Splitter—\$10.00 per day

*You can also borrow many of our books &
gadgets:*

Laminator, recording VHS to DVD player, Laptop,
tablet, digital photo scanner, convert photos, slides

Available for cleaning (only)

Contact Natasha 64588162 or 0408477774

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

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 re-
growth 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 & construc-
tion
Call Mark on 02 64580225



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

Tubbut Neighbourhood House

Bourbon Whiskey (aka Dooze) 1992– 2018

I think everyone in the area knew Dooze the “free range” horse from Bonang he sure was special.

For Kacey our daughter it was love at first sight. Dooze came to live with us in 1999 when he was 7 and Kacey was 14, we quickly realised that he was quite the Houdini so after several trips back up the Old Bendoc Road to retrieve him from Tracey and Ray Holden’s place we “Dooze proofed” his paddock, and so he settled into life in Bonang.

I remember Kacey coming home from a ride on several occasions saying “” Mum he is such a retard he shy’s at everything even his own shadow”! Eventually they worked it out and became the best of friends, Kacey worked tirelessly teaching him to jump and even tried barrel racing which was fun to watch!!

We soon discovered that we could let him out of his paddock and he would feed around the house not going past these invisible boundaries he had set up for himself it truly was amazing. He became the best lawn mower you could ever ask for never eating anything in my garden and being very careful where he trod.

When Kacey left home in 2004 Dooze became semi retired so he would spend his days happily wandering around grazing and hassling the chooks for their layer pellets which he loved.

The kids on my school bus run loved him and would save their apple cores for him which they fed him on their return trip in the afternoon, Scotty the Goongerah bus driver and Dooze became great mates as Scotty would bring an apple or a carrot for him each morning and Dooze would be waiting at the fence for him. In the afternoons when the kids would return from Goongerah he would come over to the bus to see if they had any treats for him, I swear he would of hopped on the bus if he could.

Our Grandkids loved him dearly too they would make him carrot and grass sandwiches which he loved.

Dooze passed away on the 31.10.2018 aged 26 years. Our hearts broke but we are thankful for the many years of joy he brought our family.

“RUN FREE OLD BOY”

By Sue Collins.

Come down to the Neighbourhood House on the **29th of November** for a **COMMUNITY PIZZA LUNCH**



—In the morning Nathan will be running a biscuit making session with Xmas in mind. Come along and make your own xmas decorated biscuits.

—The library bus will be here and Sharon will also be here with any computer help you may need.

What's On

Violence



Breaks Hearts

The 16 Days of Activism campaign commences on the International Day for the Elimination of Violence against Women 25th November 2018 and concludes on International Human Rights Day 10th December 2018.

The 16 day initiative seeks to turn our attention to the devastating impact that family violence has on the lives of so many.

It brings together families, businesses, students, community groups and organisations in communities across the world for one common purpose: to unite to end violence against women

and girls and to educate the community about the key role that gender inequality plays in causing family violence and all forms of violence against women.

In East Gippsland a group of local health and community services are organising the "Walk to Change the Story" to be held on Wednesday 28th November 2018. Our goal is to raise awareness about the violence that is experienced by women in our community, as well as raising awareness about the support services available to victim survivors and ways that our community can prevent violence against women and girls. We will place a focus on the link between gender equality and preventing violence against women. We also think it's very important to place a focus on giving children in our community a voice about how violence affects them.

The event will include:

- A community walk along Main St in Bairnsdale to the All Abilities Playground
- A BBQ and children's activities
- A smoking ceremony
- Presentation of music video by Toorloo Arm Primary School children
- Guest speakers
- A drum beat circle
- Information stalls by local organisations and emergency services
- Temporary Tattoo Competition

We hope to involve all educational institutions, community groups, organisations, businesses and members of the public in the walk and following activities on the day. We would also like to hear back about any initiatives or events that others have planned for the 16 Days of Activism, large or small, with the aim of creating a calendar of events and programs in East Gippsland for the community.

For more information please contact Brea Nichols or Nicole Lewis at GLCH on 5152 0052, or email breaan@glch.org.au and nicolel@glch.org.au



Call out to wood workers

Australian Wood Design Exhibition.

January 4th to January 25th 2019

Orbost Exhibition Centre, 8 Clarke st , Orbost

Entry forms can be downloaded from the _website

Prize categories are:

Furniture and Design; Reuse, Reduce, Recycle; Turning, Carving or Sculpture; Schools and Amateur; Acquisition; and People's Choice

TIMBER!

EAST GIPPSLAND

PRESENTED BY

HERITAGE NETWORK EAST GIPPSLAND

01 November - 01 December 2018

Opening event 5.30pm Friday 02 November

All welcome | FREE

East Gippsland Art Gallery

2 Nicholson Street Bairnsdale VIC 3875

03 5153 1988 | eastgippslandartgallery.org.au

Tue to Fri 10am-4pm Sat 10am-2pm Free entry

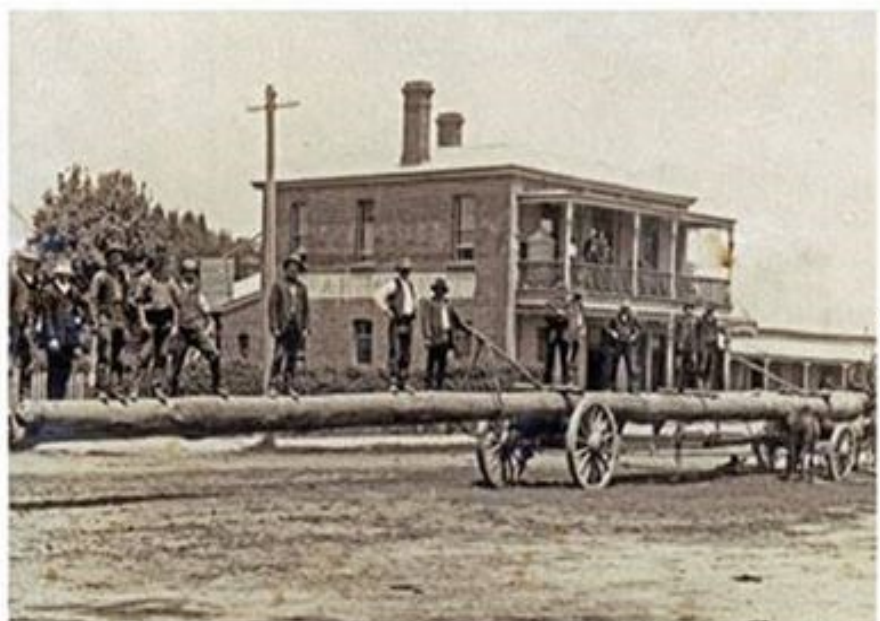


Photo: SS Terrill Bullock Team outside the Star Hotel Bruthen (detail) Circa 1915

What's On

Bonang Christmas Party Saturday 15th December

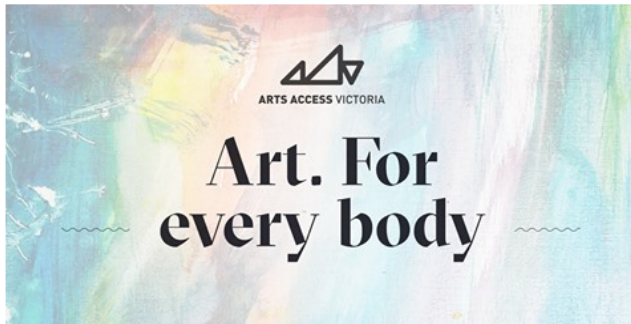
(The Bonang Christmas Tree is changing as there is no longer any students at the school.)

We are going to throw a Saturday night party where everyone can bring along their own talents to entertain us with or just come along for a fun night and share some Christmas spirit.

BYO drinks and a salad or sweets to share.



Let us know if kids are coming and we may still be able to get Santa to attend.



Connecting The Dots: Art & You across Victoria

East Gippsland Shire Council are supporting Arts Access Victoria to bring Art, NDIS and You Info sessions to the region.
Art & You aims to:

1. provide a solid understanding of the role of arts in an NDIS context to people with disability, including people with lived experience of mental illness, and arts sector organisations particularly in regional areas
2. provide information to individuals as well as their families and carers in regard to how art can be part of their NDIS plan
3. provide a powerful tool for self-advocacy for individuals regarding their artistic practice and aspirations

East Gippsland Information sessions are :-

- Option 1.** Wednesday November 28, 3-5pm, East Gippsland Shire Council office, 55 Palmer Road Lakes entrance.
Option 2. Thursday Nov 29, time: 11-1pm, Orbost Regional Health centre, 104 Boundary Rd, Orbost.
Option 3. Friday Nov 30 : two sessions 10- 12 and then an afternoon session
Option 4. Friday Nov 30, 3pm- 5pm . Bairnsdale Library room one, 32 Service street Bairnsdale.

Who should attend

- people with disability,
- people with lived experience of mental illness,
- Arts sector organisations

Bookings are essential
For more information ring Andrea Court 0408707543

Funded by Creative Victoria and the Department of Communication and the Arts , resourced by Regional Arts Victoria, East Gippsland Shire Council Arts Development and Rural Health Access.

December 13th
Christmas Card making at
Tubbut
(Bring your lunch)



Mountain Rivers (Errinundra to Snowy) District Community Plan

Workshop at Bonang Hall 12th
December 4.30pm

Fill out your surveys online at
<http://biy.ly/SurveyErinSnowy>

Or pick up a hard copy from
Tubbut Neighbour House

What's On

Australian Government Mobile Service Centre



centrelink

medicare

child support

Serving Regional Australia

Visit the Mobile Service Centre to find out about Australian Government payments and services for rural families, older Australians, students, job seekers, people with disability, carers, farmers and self-employed people.

Information about Department of Veterans' Affairs programs and support services for veterans and their families will also be available.

Staff can provide you with information and support. They can also help you create a myGov account. myGov is a simple and secure way to access government services online.

Friday, 7 December 2018

10:30 am to 2:30 pm

Near Bonang Hall, Bonang Highway

BONANG

A Farm Household Case Officer will be in attendance

For more information, go to humanservices.gov.au/mobileoffice or call **132 316**.

5-ET156-18-07



Australian Government
Department of Human Services

humanservices.gov.au

Out and About

Delegate Pony Club



Members have been busy the last couple of months in preparation of the clubs annual Training day and Gymkhana. Saturday 24th November, will see 4 high standard instructors coach local and adjoining district pony club riders through show jumping (Elizabeth Grenda Young) , Cross Country (Peter Gillis), Sporting (Neil Duncan) and Dressage (Belinda McIntosh) and wow will riders notice a difference from previous years!



The club was successful in a grant from Boco Rock Wind Farm Community Enhancement Fund which has seen the purchase of a full set of showjump wings (and trailer to cart them on) which along with the newly painted rails will look fantastic. Through our grant we were also able to purchase a portable dressage arena, which will be tested out too. Also the members have been building the highly anticipated cross country course, with each jump having 3 grades - E, D & C with mini E being catered for as well. Sunday 25th November is our annual Gymkhana. In preparation, at November's Rally on the 4th November saw 9 riders start the day with the sporting events that will be held at our Gymkhana. These events Running Tee, Three Mug Race, Scudahoe and Hurry Scurry being different from sporting events held at our previous gymkhana with all riders handling these well. After lunch was jumping, the riders were graded in preparation for competing in the gymkhana. An open invitation is extended to the public to pop up to Delegate 24-25th November to come, have a look and cheer on all our riders, There will be a BBQ & kiosk running. Boco rock are also the major sponsor for the training day so a big Thankyou from all our riders, committee members and families for such generosity.

For more information visit the Delegate Pony Club Community Group Facebook page or email delegateponyclub@hotmail.com

Out and About

Far East Gippsland Track Clearing with Parks Victoria Land Rover Owners Club of Victoria plus the Pajero 4WD Club of Victoria

By Ellen-Jane Browne

Friday October 19th was a glorious Gippsland day... sun was shining the breeze gentle and very few clouds in the sky. It was also a great day for Land Rover and Pajero owners as they headed to Far East Gippsland to assist Parks Victoria for the annual track clearing prior to many four wheel drive tracks opening after the winter closures.

It was planned for four groups to meet on the Saturday morning at Mackillop's Bridge and Goongerah camping grounds and so some members opted to camp overnight at McKillops Bridge, some in Orbost (with the luxury of real beds) and others to Goongerah. Being a first timer I had opted for one of the easier tracks and hence camped at Goongerah camping ground. What a surprise that was! Nestled on the banks of the Brodribb River was a delightful treed campground, with spots on the both sides of the river set up with clearly marked campsites, tables, fire pits for small and large groups. A short walk back towards the main road a relatively new pit toilet could be found, as well as a covered eating area should the weather turn inclement. My brother and I were the first to arrive and quickly set up camp – the roof top tent for me and the tent for him...we then enjoyed a quite evening watching the sun set, listening to the birds settle for the night and enjoying the beautiful trees that surrounded the camping ground. For a while it seemed that we would be the only people staying here for the night... but late evening saw two groups of people arrive.

Saturday morning we awoke to more birds singing, a delightful walk along the main road until some magpies decided I was stepping into their territory and some quite time beside the river. After a little while the lone Mercedes G Wagon camper awoke and introductions made and then the Pajero team awoke and more introductions made... this time a grandfather, his son and two grandsons from the Latrobe Valley.

As the rain clouds continued to gather we did wonder what the day would bring, but it was not long before some more Pajero club members arrived, along with Ian and Glynis and John and Prue from the LRCOV. We were also joined by a Park's Victoria ranger who explained what would happen, distributed hard hats, eye wear and gloves and led us of into the hills.

We were to split into two groups, but for the initial part of the journey we travelled up Mount Jersey Road through temperate rain forest, with John every now and then pointing out notable flora and forever in search of a waratah in flower. Towards the top one team verged to the left and we headed to the right before heading on to Monkey Top Track. Here we stopped while the Pajero's let down their taking John's advice, we watched. Work then started as we progressed up a relatively gentle track, albeit overgrown, and at times a tad slippery... but after intermediate training there was nothing to worry about.

We soon got into the rhythm of the front set of vehicles making some initial cuts, and our group of three coming along at the end and cutting up further and removing the trees and debris from the track. Thus worked well, and apart from some of the Pajero's having to have a few attempts at some of the more slippery bits (road tires probably did not help) all was going well... until!

About midday the rain could no longer hold off and it was not long before we become hidden amongst the clouds, the rain started pouring down and thunder and lightning greeted us at every turn. Chatter on the two-way radio suggested that for the other groups the going was much tougher and the thunder and lightning even closer. After much discussion it was decided that discretion was called for and hence we decided to turn around, head back down the track and after short stop for lunch decide whether to head to McKillops to set up camp or do some more track clearing



Out and About (cont)

As it transpired the weather was against us, and after listening to the trials and tribulations of the other team further up the mountain it was decided to head off to McKillops to set up camp... and thanks to Park's Victoria explore the possibility of staying in one of their houses at Deddick. Now I love my camping, but as the rain progressed this seemed a great offer and as luck would have it being one of the first to arrive meant we could choose a room. The only flaw in this plan being that I had left my bedding in the roof top tent... thus it still had to be unpacked in the rain to find my donna... but this was a small price to pay for a sound roof, good company and a wood fire!

Saturday afternoon therefore become quite restful, with a trip to McKillips for photos and a quite read by the fire.... a somewhat civilised and unexpected treat... courtesy of our Gippsland weather. It also meant a shorter drive back to Tubbut for one of the trips highlights... dinner with all those involved and put on by the Tubbut community

The Tubbut Hall was a sight for true Land Rover lovers with Defenders time's four and Perenties time two welcoming us as we drove up. Yes there was the odd Pajero and some of those other makes that we rarely mention...but the image of those Defenders made the heart beat a little faster. Inside there was much conversation, laughter, new friends to be made, old ones to be had and great food from the Ladies of Tubbut. John and Prue are to be commended for bringing this project together and for creating this lasting bond with the Tubbut community, the Pajero Club and Park's Victoria... I for one will be back next year.

After dinner every wandered back to their digs at McKillops, Deddick and, for John and Prue, a slow trip back to Orbost. Again much conversation ensued and a delightful evening was no doubt had by all. Sunday morning saw me walking along the banks of the Deddick as the sun rose. The weather was kind, but threatening, but again the beauty of the trees, the sounds of the birds and gorgeous rock faces that greet you along this stretch of road made for a great morning. Upon returning to the house the news was not good... it was still likely to wet to continue track clearing and hence people were free to head home and explore as they liked.

My initial intent had been to return via Delegate, as I had been down the west side of McKillops Road a few years before and whilst it is a two wheeled track, it is quite steep, narrow and at some points a bit scary for those of us without a love of heights. However invigorated by my walk I decided to give it a go! Stopping again at McKillops Bridge for photos, and to my surprise a bridge full of Defenders/Perenties, my brother and I headed up the hill to towards Gelantipy. The first six of seven kilometres were a breeze, but the higher we got, the steeper and narrower it seemed and the last few kilometres left little room for error... fortunately we did not meet any oncoming traffic and other than suggesting to my brother that silence would be good... a somewhat uneventful trip was had.

McKillops Road is a glorious road, and despite my fear of heights one I would do again. The views are incredible, the terrain just beautiful and the flora and fauna abundant (though I was forever grateful the kangaroos and wallabies stayed off the road!). And the delight of Victoria's deepest gorge, and the fantastic vista offered when one reached the top made it even more worthwhile.

In short... it may be a long way (even for a South Gippslander)...but the experience is unforgettable and one worthy of doing again and again.



Out and About

Land Rover Owners Club of Victoria plus Pajero 4WD Club of Victoria *By Andrew Mortlock (Pajero 4 WD Club of Victoria)*

Once again we descended on the Snowy River National Park and Alpine National Park for the annual track clearing expedition, an activity in its 13th year which has already become an institution.

The track clearing weekend has as its primary objective to clear trees from the 4-wheel drive tracks in the Snowy River National Park prior to the lifting of seasonal track closures. But it has also become a fantastic example of the collaboration between 4-wheel drive clubs and Parks Victoria to help maintain such a vast National Park.

With approximately 200km of tracks targeted for clearing we literally had our work cut out. But this year saw an unprecedented 34 volunteers in 25 vehicles from the Pajero Club and the Land Rover Owners Club, not to mention 2 Parks Victoria Rangers in their own vehicles, which was plenty of manpower to get the job done....weather permitting.

We were split into 4 groups, with each group assigned a set of tracks to clear. Two groups attacked from the northern end of the park while the other two groups worked from the south. Progress was good until a severe storm front moved across the park by late Saturday morning, bringing our work to a stand still.

My group (Group 3), which had been tasked with clearing the southern half of the Deddick Trail along with adjacent tracks such as Rich Knob and Waratah Flat, were only 6km in to the Deddick Trail when the storm hit us. We decided to wait out the storm in our cars, and it was quite eerie as day turned into night, and lightning and thunder clapped around us. Torrential rain and hail smashed down on our vehicles and torrents of water gushed down the track. Then we got the call from the Ranger that this was the leading edge of a very large weather system and we were strongly advised to vacate the park.

While we were glad to get safely back to Yalmy Road, we were also disappointed to leave the park without achieving our objective. In any case we made our way north to McKillops Bridge camping area and set up our tents for the night before driving back to the small country town of Tubbut where the local community put on an amazing dinner to feed such a large group of hungry 4-wheel drivers.

For a couple

of hours



On Sunday we woke up to a gorgeous sunny day. Some people packed up and headed off on the long drive home while some of us remained and accompanied the Parks Victoria Rangers to Armstrong Track to assess its condition.

The next day, Monday, the weather was even better and a contingent of us also assisted with an additional trip to the Deddick Trail to assess the condition of The Mt Joan Staircase with Parks Victoria personnel and the CEO of Four Wheel Drive Victoria, a 2km section of very steep track which had become very rutted in recent years and was bordering on dangerous. I led an advance party to finish clearing the track up to The Staircase to open it up for the assessment. It was very satisfying to finish what we had started on Saturday prior to the weather stopping us. In fact my log had us clearing some 8 trees in the 15km of track, some of them up to half a metre in diameter. So ends another track clearing weekend. I hope everyone enjoyed themselves as much as I did, it was yet another amazing experience. Mother Nature at her best and worst. And like minded people coming together as a team to perform such an important task while enjoying such a beautiful part of the world.

Having a Go

Local resident and former coordinator Deb Foskey is standing for the Greens for the state seat of Gippsland East. While it would be great to get a local in to make the Greens more rurally-focused, we can at least aim to make the seat more marginal. A safe seat, no matter who holds it, does not attract the state funding that a marginal one receives. Here are a couple of Deb's media releases.

Greens policies will create jobs

East Gippsland is not the only region experiencing the impact of global and national trends on agriculture and forestry but it is well placed to do something about it, according to Greens candidate for Gippsland East, Deb Foskey.

“The ‘free’ market economy, increasing mechanisation and unsustainable extraction of timber and other resources have all played a role,” said Dr Foskey.

“We can’t rely on companies from elsewhere to fix our economy. Their focus is to make profits with as little expenditure as possible, sometimes leaving damaged landscapes for taxpayers to fix, as with Stockman’s Dam at Benambra.

“The Kalbar proposal to mine mineral sands at Glenaladale talks about jobs to compensate for impacts on agriculture and the loss of landscape, water quality and amenity. Recent experience suggests that locals may not benefit.

“We saw it with the project to connect central Orbost to piped gas; the work force is mostly short-term contracted teams who drive in for the working week, take up rental accommodation, sleep when they aren’t working and add little to the town’s economy.

“And, despite policies to the contrary, local government frequently contracts companies and consultants from outside the area to deliver projects.

“The Greens’ policies 8sustainable jobs in rural areas.

“I have heard many great ideas for employment in East Gippsland that I will follow up if I’m elected.

“We have a good start. East Gippsland has environments found nowhere else, already bringing tourists, but offers little to help visitors to learn about and enjoy them. While self-guided maps and web sites are a good start, we need safe roads with clear signage.

“There are lots of jobs in restoration and maintenance of our natural environments so as to provide improved eco tourist experiences and protection for our waterways.

“We need travellers’ accommodation along routes like the Emerald Link and Rail Trail bike path.

“East Gippsland’s farm products are already well-known. People will travel a long way for a good meal, and local food in local restaurants is attracting many diners.

“Hemp, once grown by the rich river flats of the Snowy, can provide work in the growth, processing and manufacture of building materials, paper and other products.

“We already benefit from East Gippsland’s vibrant arts community and its enterprises and there is untapped potential for experiencing and gaining knowledge about Aboriginal culture.

“Energy efficiency and renewable energy systems are a growing employment area

“Our ageing population will need expanded health and caring professionals and innovative residential and home-based options for their last decades.

“Young and old need access to lifelong education and training, meaning a well-resourced TAFE and other services flexible enough to answer specific needs.

“These are just some of the ideas from people excited about East Gippsland’s possibilities. I look forward to hearing more ideas at community markets over the next few weeks,” said Deb Foskey.

Having a Go (cont)

Rethinking remote health delivery

While East Gippslanders score better than city people on life satisfaction and feelings of wellbeing, East Gippsland comes out on the bottom of most measures used to determine health in Victoria according to Greens candidate for Gippsland East, Deb Foskey.

“From high blood pressure to anti-depressant and anti-psychotic medications, there is higher usage in East Gippsland than any other part of Victoria,” said Deb Foskey.

“However, need is not matched by services, although community health and bush nursing centres are doing their best to service their communities.

“We know that prevention is better than cure so allied health services like physiotherapy, nutritional advice and counselling are as important as medical services in ensuring a healthy community.

“Too often, when we think of health, we think hospitals and doctors. While it is vitally important that everyone has access to medical services, it is important that there is a range of other health services to reduce pressure on the often over-worked hospital system to make it a last, not a first, resort.

“Not only that, we need measures to ensure that the medical system is working closely with community health centres to ensure people are receiving the right kind of care in the right place.

“While East Gippsland is itself remote and many communities within it are far from hospitals with facilities to handle more serious conditions, there are many communities within our region that have to drive for several hours just to visit a doctor or a counsellor. Not everyone can drive or has access to a car and public transport is confined to major routes.

“I understand that every locality comes under the umbrella of a community health service, but often the funds to cover travel to remote communities are lacking and rely on the good will of practitioners.

“None of East Gippsland is classified as ‘remote’ for health service delivery purposes and this needs to be looked at as a way of making it more cost-effective to deliver services in isolated communities.

“While mental illness is at least as widespread in rural and remote Australia as major cities, access to mental health services is much less available. Tragically, rates of self-harm and suicide increase with remoteness.

“I recently heard at a Youth Forum in Sale that mental health issues and concern about suicide is a number one concern for our young people.

“Due to distance, we need flexible delivery of mental health services. While medication may assist, it must be accompanied by psychological support to help people in their struggle for wellbeing.

“There is a shortage of properly trained counsellors, psychiatrists and psychologists in regional centres and remote communities have even less access to these services unless community health centres are funded to deliver them as outreach services.

“After an emergency like fire and flood, there is a spurt of funding to deliver services and the current drought has elicited more government money to support farmers.

“When the emergency is deemed to be over, the funds and the services disappear but mental health issues remain. Health is a big state budget item and the Greens want to ensure that rural areas get their fair share,” said Dr Foskey.

Contact: Deb 0499824862 Deb.Foskey@vic.greens.org.au

News from the Shire

East Gippsland Shire Council's Annual Report 2017-18 is now available from council's website.

For people who prefer a more energetic medium, council has also produced a video snapshot outlining some of the work the shire completed during the year.

Chief Executive Officer Gary Gaffney said the video was a great way for people to get a better understanding of council's role in the community without reading a dense document.

"We try to make the Annual Report easy to understand, but there is no getting around some of the statutory wording we need to use. So, the video lets our community see what we've done over the past year in an interesting and informative way," Mr Gaffney said.

The video includes statistics from the Local Government Performance Reporting Framework, a mandatory system of reporting set by the Victorian Government.

Some of council's highlights in 2017-18 financial year were: • General Local Law 2017 adopted • Lindenow-Glenalade Bridge replaced • Bemm River and Brodribb River boat ramps upgraded • Smart Takeaway Coffee Cup Project rolled out • Age Friendly Strategy adopted

The Annual Report details the shire's activities, achievements, challenges and financial performance over the 2017-18 year and informs the community on how the commitments in the Council Plan 2017-2021 and annual budget were delivered.

"Although it is a legislative requirement to compile an Annual Report, we regard this document as much more. It's a snapshot in time of the life of this organisation and proof that there's so much more to local government than roads, rates and rubbish.

"It also includes detailed financial statements that have been independently audited by the Victorian Auditor General's Office," Mr Gaffney said.

To view the video or download the Annual Report 2017-18, visit the council's website, www.eastgippsland.vic.gov.au/annuareport.

Hardcopies of the report can also be viewed at council's Customer Service Centres

Display shows story of Antarctic explorer

For immediate release — Monday, November 12, 2018

Visitors to the Bairnsdale Library can learn about a 100-year-old survival story through a travelling display on loan from the Australian National Maritime Museum.

Shackleton: Escape from Antarctica, brings together first-hand accounts and dramatic images by official expedition photographer, Australian Frank Hurley, to tell the compelling story of Shackleton's Imperial Trans-Antarctic Expedition of 1914-17 and his bid to stay alive.

Shackleton hoped to be the first person to travel across Antarctica. His strategy was to have two parties working from opposite sides of the continent. He would lead the crossing party, while the other team would lay rations ahead of him.

Both ships were ultimately lost to their crews and Shackleton's party would never even touch the continent they hoped to cross, while the ration party were stuck on Antarctica.

East Gippsland Shire Council Mayor Cr Natalie O'Connell said the exhibition follows the harrowing experiences of both parties and asks visitors to think about their reaction and decisions.

"The story of Shackleton's expedition is an interesting one. I am sure library visitors will find the display informative and thought-provoking. We are very pleased East Gippsland is one of only 80 locations nationally to be selected to host this panel display," Cr O'Connell said.

Shackleton: Escape from Antarctica is on display at Bairnsdale Library, 22 Service Street, until Saturday, December 1.

News from the Departments

To: THELANDHOLDER / OCCUPIER

The Department of Environment, Land, Water and Planning (DELWP), will be undertaking a 1080 pest animal poisoning program using buried baits and Canid Pest Ejectors on public land at: See Attached Tables –to control Wild Dogs. Awareness of 1080 bait use on Public Land by DELWP is vital for the safe management of domestic animals. If a property is occupied or used by persons other than yourself, the provision of this information, by you to them may reduce the potentially negative impacts of 1080 on domestic animals such as pets and working dogs. The poison to be used is compound 1080 (sodium fluoroacetate) which is contained within an approved bait type for the pest species.

Poisoning will occur from 1/11/2018 to 1/03/2019 after which time DELWP will collect and dispose of untaken and unused baits in accordance with the Directions for the Use of 1080 Pest Animal Bait Products in Victoria. The use of the 1080 pest animal bait product will comply with the product label and the Directions for the Use of 1080 Pest Animal Bait Products in Victoria. When used in accordance with the product label and the Directions for the Use of 1080 Pest Animal Bait Products in Victoria the chances of non-target animal impacts are reduced but there is still some associated risk. By being aware of the dangers you are able to help manage the risk.

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

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

Dangers to Humans: Compound 1080 (sodium fluoroacetate) is a restricted schedule 7 poison and there is no known antidote. If you are handling poison bait and/or carcasses always use protective rubber gloves and wash hands and gloves thoroughly after contact. When used in accordance with the product label and Directions for the Use of 1080 Pest Animal Bait Products in Victoria, there is little risk of humans being poisoned by 1080 pest animal bait products. Although the 1080 used in 1080 pest animal bait products is substantially diluted, 1080 pest animal baits and poisoned carcasses must be treated with care. If poisoning occurs immediately contact a doctor or the Poisons Information Centre on 13 11 26 Further information on the use and handling of 1080 is available from 1080 pest animal bait manufacturers.

For further information please contact:

Gippsland Region Vaughn Kingston Gippsland Operations Manager – Wild Dog Program
Telephone: (03) 5155 8121 or 0427554 219

Hume/North East Region David Klippel A/c Hume Operations Manager – Wild Dog Program
Telephone: (03) 57331243 or 0428503169

Bonang, Bendoc, Tubbut & Deddick WDMZ			
Amboyne Boundary Tk	Deddick Valley/Tubbut	Jake Break Rd	Bendoc
Amboyne Tk	Deddick Valley	Kangaroo Fire Trail	Bonang
Armstrong Tk	Deddick Valley	Koola Link Tk	Bendoc
Beasleys Rd	Bendoc	Koola Link West Tk	Bendoc
Blackfellows Gully Tk	Bendoc	Minchins Tk	Bonang
Boundary Tk	Bonang/Tubbut	Snowy Tk	Deddick Valley
Crawfords Rd/Tk	Bendoc	The Fives Rd	Bendoc/Delegate River
Deep Creek Tk	Bendoc/Bonang	Unnamed Tks	Bendoc/Bonang
Helens Tk	Bendoc	Waterhole Gully Rd	Bonang

New from the Departments

Aircraft and crews ready to protect

Victoria's firefighting aircraft for the 2018/19 bushfire season are being rolled out and Forest Fire Management Victoria's specialist aircraft management staff are updating their skills to work with this critical part of our firefighting capability.

There are 49 aircraft in the state's base fleet, consisting of fixed wing planes, helicopters, air tankers and large air cranes that will be available at various times and locations throughout the season. There are also over 100 aircraft available on a call when needed basis.

Gippsland's Acting Assistant Chief Fire Officer, Kelly Rash said: "These aircraft are a mix of firebombers and others that provide air supervision and intelligence-gathering roles.

We already have nine aircraft in Gippsland for the fire season and last week we were training staff from Forest Fire Management Victoria and CFA in various aircraft roles at the Latrobe Valley airbase.

Airbase Managers, Aircraft Officers, Air Attack Supervisors (AAS) and mixing crews were put through their paces, either for the first time, or re-accrediting for their roles ahead of this year's bushfire season.

Firebird 300, one of our light helicopters was on hand to transport staff for AAS training, along with a light fixed-wing reconnaissance plane and three bombers giving mixing crews training and experience in refuelling the aircraft.

We're getting ready for another busy bushfire season in Gippsland and aircraft are an essential tool in supporting ground crews to put fires out, or doing reconnaissance work to find out where fires are, their size and their spread.

We have two fixed-wing bombers at Benambra, two at Bairnsdale, along with a firebombing helicopter, a helicopter at Heyfield for transporting the rappellers, and two fixed-wing bombers plus two more helicopters at the Latrobe Valley airbase.

This fleet can be increased if needed, depending on the requirements, conditions and incidents.

We operate firefighting aircraft as immediate response or pre-determined dispatch in locations across the state. Immediate response using aircraft in early stages of a fire is one of the most effective ways to help stop the spread of fire and help to keep communities safe."



FARMERS FRIEND

**Farmers have given so much to the Gippsland community.
Please let us give a little something back.**

Are you a farmer living in Wellington or East Gippsland who is doing it tough?

Would you like to chat with someone who understands what it's like to face the challenges that come with farming? Our Farmer Mentors can visit you on-farm at a time that suits you or make regular contact via phone to help to support your emotional health and wellbeing. They are not counsellors, but they are great listeners who understand the pressures that come with running a business in the often stressful world of agriculture.

You can call us on **03 51363 500** or visit **www.llg.org.au** for a confidential call back to talk about how we can help.



Local History

Neven's Honey History (continued from last months Tattler)

When Helen met the bees (and Alan)

Helen was getting a lift back to school in Orbost in the Neven's truck (which she did quite often as Helen didn't like school). Helen's uncle used to drive a cartage truck from Orbost and back, so Helen used to escape from school and get a lift up the hill in her Uncles truck. Helen's Mum would ring the Nevens and ask when they were heading back down and if they could take Helen back to school. One day in the truck there was a fly that got in the cabin (Helen was 13) and she thought 'I'll kill that thing', I killed the fly, but it stung me (laughs) I never told a soul. I had no interest in Alan at that point, it was just a lift. Life was too busy. Had a fair few lifts with the Nevens back to school (laugh) I hated school.

We got to know each other with all the truck runs and dances that used to happen up here, tennis, lots of get togethers and the pictures in Delegate.

Helen and Alan started going out in 1960. We married in 1961 and in the same year we bought our house down from the Snowy Scheme which we pulled to pieces and put back up the same year we were married.

I never had much to do with the bees, I used to go over and help label the jars, sometimes I used to run the honey, and run it over (make a mess).

Jimmy Mitchell worked for the Neven's and he always said that Tubbut was the land of Cream and Honey.

Alan took ill after we had a party down here for him at the age of 60. Philip was going to crutch sheep and Alan came home and said he couldn't go, he had to go to bed, 3 days later I had to take him to the doctors who sent him to Bega hospital and then to Canberra and he had stafacoclyitis. He had a valve that only had 2 flaps instead of 3 that was letting fluid going through his heart, he was sent to Sydney to kill the infection and have a valve replacement. He was away for 9 weeks. It was winter then so the bees weren't doing much but when he got back, Alan wasn't allowed to do heavy lifting so that's when Helen started helping Alan with the bees.

After taking honey to Orbost we would then go onto Bairnsdale and get 44 gallon drums of fuel to bring home to keep us going and the agent down there asked us if we wanted to take on an agency up here as we had the 3 tonne Bedford truck to cart it, so that's when we started selling fuel which was 1959.

Will Tubbut Honey continue?

Philip and John like helping with the bees, so far they both say they'd like to take them over but they're both that busy, don't know where they'll have time.

The bees haven't been good for a few years, we have to feed them all year to keep them alive, all the seasons have bugged up; they're not the way they used to be.

Local History (continued)

We went and visited Uncle Tom a few ago and Helen said to him 'there are ants in the honey outside', he said 'yeah, it keeps them out of the house'.

Helen says: we had one fella up here one night and he said "I'll buy all the honey you got" we had about 3 tonnes of honey at that stage (he didn't have a clue) he wasn't so keen then.

Bees live for 6-8 weeks if they're working hard, if not hard working, 2-3 months. We buy 20 queens every year, so they don't get interbred. They cost a bit over \$20-\$30 each.

It's been a handy side line, it keeps us plodding along. It's not enough to live on but we get a good holiday out of it if you don't want to go overseas.

When we started, we had a hand extractor which took 4 frames, and then the next was an 8 frame extractor we bought when we were in the west in around 1948. Now we have an extractor that takes 16 frames.

Asking Alan what we can do to help the bees, he suggests stopping using pesticides and planting some flowering bushes or trees, they love Grevillea's & Lavender.

What does work the bees mean: it's like milking the cows or shearing the sheep. You need to check the frames and milk the honey if there's any there and to make sure they are well and not diseased.

I've probably been stung 1000's of times.

Funniest bee story:

One day (I think it was in Bealiba) we worked all night and the next day and went to bed just on dark in our tents. Anyway, mum woke up and said it's about time to get up, 4 or 5 o'clock, she laid there a bit longer and realised it was getting dark..... We'd slept all day (laughs)

One day we were showing the school how to put a swarm in a hive. 2 Stokes boys went home and found a swarm and tried putting them in a tin, they didn't attend school for a few days afterwards. Note: don't put bees in a tin, only in a box or a bag with leaves.

Story by Lisa Camp



Alan at Bealiba

Technology

Long-range WiFi invention to help solve connectivity issues in remote Australia

Making a mobile phone call in the middle of a paddock on a remote cattle station is now a possibility, with new technology developed by the Northern Territory Department of Primary Industry.

In what is essentially a form of long-range WiFi, the technology allows users to make WiFi phone calls, browse the internet and access data for a range of other functions.

The NT DPI developed the technology alongside a small start-up in Wagga Wagga, in response to connectivity issues raised by the NT Cattleman's Association.

Rowan Dollar, chief information officer with the DPI, said users can access the internet within a 1.5 kilometre radius of a simple tower.

"We can then daisy-chain a repeater any distance out to a remote bush camp, bore or campsite on a station," Mr Dollar said.

"As long as you have a satellite connection and you have this gateway you can make a phone call as if you were standing in the middle of a city.

"The prerequisites are that you have a satellite link, probably a NBN SkyMuster service, and a late-model phone that has WiFi calling enabled."

Mr Dollar said the long-range WiFi created a whole range of possibilities for people in remote Australia.

"It opens up the ability to communicate from the paddock back to the homestead, so it covers safety issues - being able to ring home and say I'm going to be late - stuff that in the city we just do, but out in the country that's not always done," he said.

"While most, if not all stations will have UHF radio, radio is only good if there is a person at either end, whereas if a phone is ringing you can grab it."

The system also has the ability to act like CCTV and relay data from any WiFi connected device.

"The other network technologies around at the moment don't enable that because they are not broadband, they are narrowband," Mr Dollar said.

"That's where WiFi comes into its own; you can start doing all sorts of things, not just voice, you can even be out in the paddock and jump onto Google, update your books while you're out on the tractor."

Kids Capers



Helen and Alan Neven visited the school on the last day with students at Tubbut. The Neven's have seen many children go through the doors at Tubbut over the years and no doubt the sounds of children in the playground will be missed.



Health -Snake bite

3000 bites are reported annually.
300-500 hospitalisations
2-3 deaths annually.

Average time to death is 12 hours. The urban myth that you are in the yard and die before you can walk from your chook pen back house is a load of rubbish.



bitten
to the

While not new, the management of snake bite (like a flood/fire evacuation plan or CPR) should be refreshed each season.

Let's start with a
Basic overview.

There are five genus of snakes that will harm us (seriously)
Browns, Blacks, Adders, Tigers and Taipans.

All snake venom is made up of huge proteins (like egg white). When bitten, a snake injects some venom into the meat of your limb (NOT into your blood).

This venom can not be absorbed into the blood stream from the bite site.

It travels in a fluid transport system in your body called the lymphatic system (not the blood stream).

Now this fluid (lymph) is moved differently to blood.

Your heart pumps blood around, so even when you are lying dead still, your blood still circulates around the body. Lymph fluid is different. It moves around with physical muscle movement like bending your arm, bending knees, wriggling fingers and toes, walking/exercise etc.

Now here is the thing. Lymph fluid becomes blood after these lymph vessels converge to form one of two large vessels (lymphatic trunks) which are connected to veins at the base of the neck.

Back to the snake bite site.

When bitten, the venom has been injected into this lymph fluid (which makes up the bulk of the water in your tissues).

The only way that the venom can get into your blood stream is to be moved from the bite site in the lymphatic vessels. The only way to do this is to physically move the limbs that were bitten.

Stay still!!! Venom can't move if the victim doesn't move.
Stay still!!

Remember people are not bitten into their blood stream.

In the 1980s a technique called Pressure immobilisation bandaging was developed to further retard venom movement. It completely stops venom /lymph transport toward the blood stream.

A firm roll bandage is applied directly over the bite site (don't wash the area).

Health - Snake bite (cont)

Technique:

Three steps: keep them still

Step 1

Apply a bandage over the bite site, to an area about 10cm above and below the bite.

Step 2:

Then using another elastic roller bandage, apply a firm wrap from Fingers/toes all the way to the armpit/groin. The bandage needs to be firm, but not so tight that it causes fingers or toes to turn purple or white. About the tension of a sprain bandage.

Step 3:

Splint the limb so the patient can't walk or bend the limb.

Do nots:

Do not cut, incise or suck the venom.

Do not EVER use a tourniquet

Don't remove the shirt or pants - just bandage over the top of clothing.

Remember movement (like wriggling out of a shirt or pants) causes venom movement.

DO NOT try to catch, kill or identify the snake!!! This is important.

In hospital we NO LONGER NEED to know the type of snake; it doesn't change treatment. 5 years ago we would do a test on the bite, blood or urine to identify the snake so the correct anti venom can be used.

BUT NOW...

we don't do this. Our new Antivenom neutralises the venoms of all the 5 listed snake genus, so it doesn't matter what snake bit the patient.

Read that again- one injection for all snakes!

Polyvalent is our one shot wonder, stocked in all hospitals, so most hospitals no longer stock specific Antivenins.

Australian snakes tend to have 3 main effects in differing degrees.

Bleeding - internally and bruising.

Muscles paralysed causing difficulty talking, moving & breathing.

Pain

In some snakes severe muscle pain in the limb, and days later the bite site can break down forming a nasty wound.

Allergy to snakes is rarer than winning lotto twice.

Final tips: not all bitten people are envenomated and only those starting to show symptoms above are given antivenom.

Did I mention to stay still.

Rob Timmings (Amos) - Rob runs a medical/nursing education business Teaching nurses, doctors and paramedics

Health

Your poo is (mostly) alive.

If you've ever thought your poo is just a bunch of dead cells, think again. Most of it is alive, teeming with billions of microbes.

Here's what studies in healthy adults reveal makes up our poo.



Water

Our faeces is largely (75 per cent) made up of water, although this differs from person to person. Vegetarians have a higher water content in their stools. Those who consume less fibre and more protein have a lower water content. Fibre has a high water-carrying ability and makes our stools more bulky, increases the frequency of bowel movements and makes the process of passing bowel motions easier. The other 25 per cent of faeces is made up of **solids**, which are mainly organic (relating to living matter) materials. A small proportion of solids is made up of inorganic material such as calcium and iron phosphate as well as dried constituents of digestive juices. Around 25-54 per cent of the organic material is made up of microbes (dead and living), such as bacteria and viruses. Our poo is teeming with microbes, most of them alive.

Microbes

Bacteria in faeces have been extensively studied. It's estimated there are nearly 100 billion bacteria per gram of wet stool. One study that looked at a collection of fresh stools in oxygen-free conditions (as oxygen can damage certain types of bacteria) found almost 50 per cent of the bacteria were alive. The different types of bacteria present in faeces can influence how hard or loose stool samples can be. For example, Prevotella bacteria, which can be found in the mouth, vagina and gut, are more commonly seen in those with soft stools. In fact, a high-fibre diet is strongly associated with these bacteria. Ruminococcaceae bacteria, which are common gut microbes that break down complex carbohydrates, favour harder stools. Viruses have been less studied than bacteria as components of the gut microbiota — the population of bacteria and viruses that live in our gut. It is estimated there are 100 million to 1 billion viruses per gram of wet faeces in most of us. This number can change considerably when people become sick with viral gastroenteritis, such as in norovirus infections, where levels of more than a trillion viruses per gram of stool can be found.

Certain types of viruses that infect bacteria, called bacteriophages, have been linked to diseases of the gut like Crohn's disease and ulcerative colitis. Archaea are bacteria-like microbes that can inhabit some of the most extreme environments on Earth such as hot springs, deep sea vents or extremely acidic waters. Archaea that produce methane are known to live in the human gut and account for about 10 per cent of non-oxygen-dependent microbes. Such methane-producing archaea like *Methanobrevibacter* are associated with harder stools and constipation as methane can slow down intestinal movement. It is believed there are about 100 million archaea per gram of wet faeces. Single-celled fungi (yeasts) are present in the gut of about 70 per cent of healthy adults. They occur in estimated concentrations of up to a million microorganisms per gram of wet faeces but comprise only a small proportion (0.03 per cent) of all microbes. (*continued next page*)

Health (cont)

Some of the organic material includes carbohydrates or any other undigested plant matter, protein and undigested fats. Faeces does not contain large quantities of carbohydrates as the majority of what we eat is absorbed. However, undigested amounts remain as dietary fibre. Our faeces don't contain a large proportion of carbohydrates as most are absorbed in the body.

Some 2-25 per cent of organic matter in faeces is due to nitrogen-containing substances such as undigested dietary protein, and protein from bacteria and cells lining the colon that have been shed. Fats contribute 2-15 per cent of the organic material in our faeces. The amount of fat excreted into our stools is highly dependent on dietary intake. Even with no fat intake, though, we do get some excretion of fat into our faeces. Fat in faeces can come from bacteria in the form of short-chain fatty acids when they ferment foods, in addition to undigested dietary fat.

Plastic particles

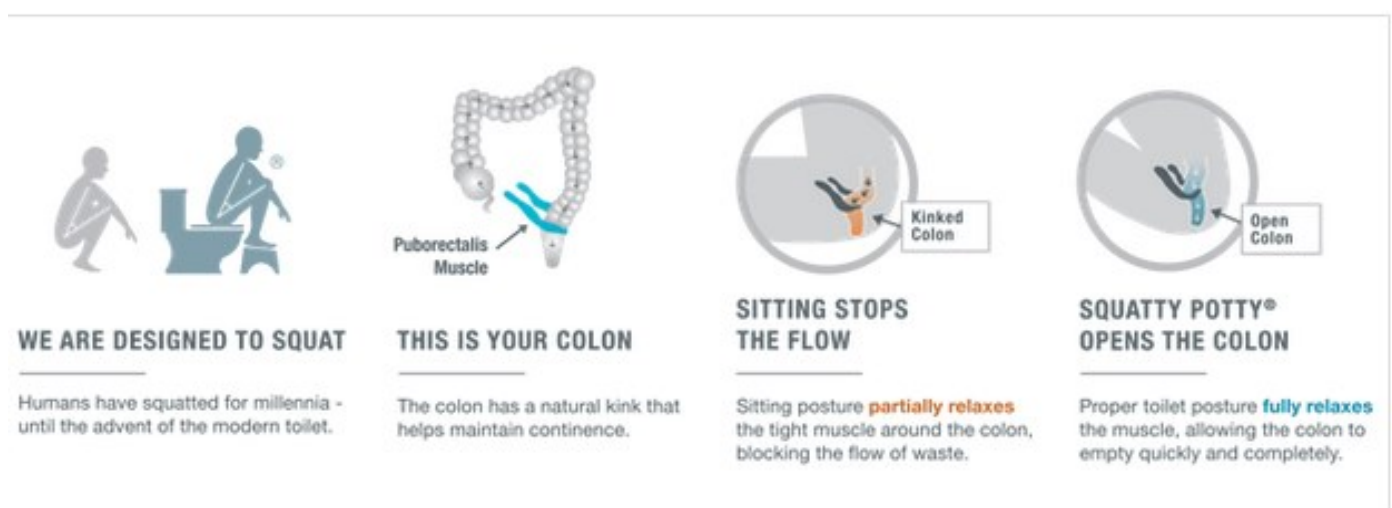
A recent study has found that microscopic plastic particles can appear in our faeces when we drink from plastic bottles or eat foods that have been wrapped in plastic. This small study of eight participants who were exposed to plastics in their food and drink identified up to nine different types of plastics in their stools. But we need larger studies and additional analytical research to understand the clinical significance of this.

Poo is different in disease

Not everyone's poo is going to be the same. Diseases such as inflammatory bowel disease can lead to changes in the type of bacteria in our gut and result in raised inflammatory proteins that can be detected in our stool.

The presence of blood in the stool could signal bowel cancer, though this isn't always the case. Fortunately there is a good screening test that can pick up the presence of trace blood in the stools and lead to further investigations such as a colonoscopy.

Article by Vincent Ho who is a senior lecturer and clinical academic gastroenterologist, Western Sydney University. This article originally appeared on The Conversation



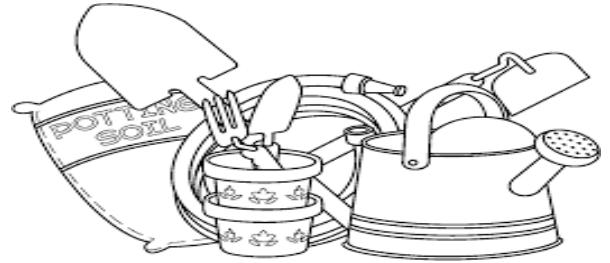
Gardening

Five ways you can help your garden survive dry weather

Tips and planting advice. - by [Laura Barry](#)

Check if your soil is absorbing

water Sometimes a waxy layer that repels water can develop on top of soil and potting mix. Other times, soil becomes hydrophobic when it's dry for extended periods of time, resulting in a water-repellant soil. Test your soil by putting a handful of dry soil and in a dish. Make a well in the top and then pour on some water. If the soil is hydrophobic, the water will pool on top. If it absorbs quickly then you're good to go. Use a wetting agent for soil that's dry, as a wetting agent will make the most of any rain or watering by allowing water to penetrate the soil effectively.



Use mulch Mulch will reduce the amount of moisture that is lost from soil or potting mix by evaporation on hot or windy days, so throw down a generous layer over your garden beds, pots and vegie patches.

Water in the morning The best time of the day to water your garden when temperatures are high and the weather is dry is in the morning. It helps hydrate and prepare plants for the weather, and is the time of the day when the least evaporation will occur.

Stop fertilising your garden If you apply fertilizers (organic or synthetic), it's helpful to stop at the onset of a drought. Fertilizers encourage plant growth; the more a plant grows, the more moisture it needs. If fertiliser salts build up in your soil because they're not naturally leaching out with rain or irrigation, they can build up and burn plant roots, causing further damage.

Thoroughly weed your garden If your garden is experiencing especially dry conditions the very first thing you should do is remove every single weed growing in your garden, as they sap valuable moisture from the soil.

If you live in a part of Australia that frequently experiences dry conditions, try planting varieties that will thrive in those conditions, rather than babysitting less robust plants throughout the dry spell.

Drought-tolerant plants

- Herbs like rosemary, sage, thyme and oregano.
 - Natives like banksias, tea tree, kangaroo paw, westringia and bottlebrush.
 - Succulents like mother-in-law's tongue, yucca, aloes, sedum and agave.
 - Flowering plants like lavender, many salvias, raphiolepis, proteas and bougainvillea.
- Grey foliage plants like lamb's ear, santolina and Senecio 'Silver Dust'.

Have you got dry hair?

Try Chamomile flowers brewed into a tea and massaged into your hair a couple of times a week.

Gardening

Companion Planting

Companion planting can help you increase yields by growing complementary crops together. Not only does this provide more variety of produce from the same space, it can boost the productivity of individual plants.

The 'three sisters' method involves growing corn, squash, and climbing beans together. The corn provides a handy support for the climbing beans, while the beans fix nitrogen into the soil. The squash's large, tough leaves provide weed-smothering cover and also give shade from hot sun.

- Sowing carrots together with alliums such as chives or garlic provides protection against carrot fly, as well as squeezing an extra crop into your patch.
- Tomatoes and basil make a classic pairing in the kitchen, but they're also great neighbours in the veggie patch. The strongly aromatic basil repels aphids and other pests to increase your tomato yield.

Plant a few nasturtiums around your kale or cabbage patch, and they'll lure the cabbage white butterflies away from your main crop. And as a bonus, all parts of the nasturtium are edible with a delicious peppery flavour.

Sowing in warm weather

When sowing seeds in warm weather it can be difficult to keep soil moist. A good trick is to cover the soil with cling wrap (or similar) until germination occurs; this keeps moisture from evaporating. As soon as seeds germinate remove cover.

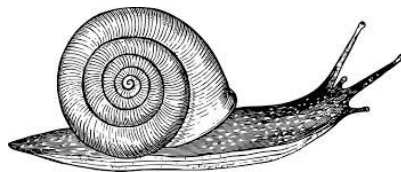
Protect seedlings from excessive sunlight on warmer days. Use shade cloth or move seedlings to a more protected area when necessary.

Remember to vent greenhouses on warmer sunnier days. Otherwise they can quickly turn into ovens.

Transplant on cooler days

Transplanting seedlings can be very stressful for a plant, so give your seedlings the best chance by avoiding transplanting on hot days. Additionally, transplanting is always best done late in the day so the seedlings have some time to recover overnight before receiving full sunlight.

Water seedlings in immediately after planting. This settles the soil and removes air pockets that will dry the tiny roots.



Pests

Snails and slugs can be a problem at this time of year. Try keeping them under control by collecting by hand at night or trap them in homemade beer traps.

Carefully monitor your plants and try to remove pests as they occur. Small infestations can normally be removed by hand but larger infestations may need controlling with a dust or spray. There is a good range of safer sprays and dusts that can be made at home or purchased from your local nursery.

Plant some daisy flowers around your veggie patch such as Calendulas, Marigolds or Zinnias. These will add colour but more importantly provide a food supply for beneficial insects. It is mostly the larva of beneficial insects that feed on other pests like aphids or caterpillars.

December 2018

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<u>Nov</u> 26	27	28	29 Community Lunch Library Bus	30	<u>Dec</u> 1	2	
3	4	5	6	7	8	9	
10	11	12Mountain Rivers Community Plan -Bonang 4.30	13 Library Bus Xmas Card Making	14	15 Xmas Party Bonang	16	
17	18	19	20	21 TNH closes for xmas	22	23	
24	25 Xmas Day	26	27	28	29	30	
31 New Years Eve	<u>Jan</u> 1	2 TNH resumes for the year	3	4	5	6	

- Community Lunch, Biscuit making and Computers with Sharon - 29th November
- Card Making 13th December
- Library bus - 29th November and 13th December (returns February)
- Mountain Rivers District Community Plan workshop 12th December Bonang Hall 4.30 pm
- Xmas Party at Bonang - 15th December
- Last day for the year at TNH —21st December