

TUBBUT TATTLER

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May 2020



Tubbut Neighbourhood House

E-mail: tubbutnh@inet.net.au

Phone: 02 64580295

Open Wednesday, Thursday and Fridays

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



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Vale Deb

We all were so very saddened to hear of the passing of our dear friend and fellow colleague Deb Foskey on the 1st of May 2020. Our hearts go out to Eleni, Sam and all of Debs family at this sad time. We the Committee and Coordinators at the Neighbourhood House have had the privilege of working with Deb for many years both in her role as coordinator and recently as president of the DVICG. Deb came to work at the Neighbourhood House in the coordinators role on the 15th of June 2010 and then retired on the 20th of December 2017. Deb then took on the role of president of the DVICG on the 18th of September 2019 and remained active in this role until her passing. She was the driving force behind the Taste Of Tubbut which was a real passion for her. She also was the instigator of the history pieces which appeared in the Tattler and were enjoyed by everyone. Over these years Deb had been instrumental in bringing so many opportunities to our remote area through her tireless work to enlighten so many to the challenges that remote rural living throws at us. Deb's passion for the environment in particular our beautiful Far East Forests goes without saying she felt so very strongly that things needed to change so in 2019 she took the opportunity to run as the Greens candidate for Gippsland to further her push for change. It was after this particular chapter in her life that she was diagnosed with stage 4 lung cancer, this news floored us all but in true Deb spirit she picked herself up and researched all her options and then met this challenge head on as she always did. On top of this Deb then lost her beloved home in Cabanandra this home had survived the 2014-2015 bushfires and also a fire in the Pine Plantation in September 2018 to then be tragically taken from her due to an electrical fault, We feel this loss was something Deb was never going to recover from as she had poured her heart and soul into this home and had lost everything and we mean everything, all her years of collecting this and that but especially all the really personal things that can never be replaced. It was at this time to that Deb had relocated to Orbost moving in with her daughter Eleni, this move enabled Deb to access the treatment she needed also in hindsight allowed her and Eleni to spend so much more precious time together. And so, our mountain home has lost an amazing, passionate and caring soul it will always keep a special place in its heart for you Deb and although you are no longer physically with us, we know that your spirit will remain up here with us all forever.

Until we meet again fly high and proud our dear friend.





CLASSIFIEDS

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



Septic getting full?

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

Bobcat contractor for hire

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

Orbost Solar and Electrical

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

Call Ben on 0434038395



FOR HIRE

The Tubbut Neighbourhood House has the following for Hire:

Trailer—\$5.00 per day

Wood Splitter—\$10.00 per day

You can also borrow many of our gadgets:

Laminator, recording VHS to DVD player, Laptop, tablet, digital photo scanner, convert photos, slides or negatives to digital, record records to USB

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

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

WANTED

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

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

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

Delegate Multi Purpose Service Craigie St, Delegate

Wellness Clinic

Monday 9am –10am

Every week except public holidays.

No appointment necessary.

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

Wound care

Blood pressure readings

Blood sugar readings

Non-urgent and pre-operative Electrocardiograms

Health Assessments

Suture or clip removal

Injections with Doctors written orders

Other procedures that do not require a Doctor

Pathology clinic (conducted by Pathology West)

Wednesday 9.30am—10.30am

No appointment necessary.

Every week except public holidays.

RedSpa Sanctuary

**Remedial Massage
Shiatsu
Bowen therapy**

Over 20 years Experience.
Home visits available
By Appointment

0422 130 569

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

Local News

Congratulations to Alan and Helen Neven of Tubbut who recently celebrated sixty



**Your local
community
recovery hub
in Orbost
is opening.**

You can contact us today at:

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

Your local Hub Coordinator
is Eleni McIlroy.



**DVICG meeting 10am
June 11th at Tubbut
followed by a
Community Lunch
All welcome.**

RSVP so we can cater or bring something to share.

Library Bus Update

Unfortunately the library bus will remain off the road for a while longer.

If you are visiting either Orbost, Lakes Entrance or Bairnsdale, you can arrange to 'click and collect'. You can either reserve books or DVDs themselves online or ring the library and staff will reserve or choose for them. You can then pick them up at an arranged time.

Alternatively, if you cannot make it to one of these libraries you can ring Bairnsdale library on 5152 4225 to discuss other options.

There are also e-books and audio books that can be borrowed online with Axis360 and Borrowbox apps.

If anyone does not know their pin/password, they can ring Bairnsdale Library for help with that.



Local History

This article has been re typed from a copy of a newspaper article given to us by Alan Neven (not sure which paper)

Rogue horse traps women

A rogue brumby stallion trapped two women in a rocky gorge near Tubbut in North East Victoria, for almost 12 hours last night. During the ordeal the stallion attacked the women's horses and repeatedly charged the two women. A third woman managed to get away and ride for help.

The black stallion left the two women and their horses both mares shortly before a rescue party reached them early this morning.

"The stallion went really wild, squealing and charging" one of the two women Mrs Robyn Fry, 34 said today.

Mrs Fry was bitten on the hips and the horse of the second woman Miss Suzanne Kammerer, 22 an American school teacher was severely bitten on the rump. Mrs Fry said the stallion charged them every time they moved. Mrs Fry said "It was terrifying, he was a really bad brute, I was lucky I had a jumper wrapped around my waist or the bite I got would have been really serious".

Mrs Fry, whose mare was in season, eventually hid behind a hastily-built brush barrier and Miss Kammerer sheltered behind a tree, while a third woman, Mrs Marlene Perkins, 27 rode for help.

The women had gone into the gorge on her farm to round up some cows and were on their way home when they saw the stallion. A district farmer, Mr Ernie Bass, 65 said today the black rogue was well known in the district. It had savaged a local man two years earlier, badly injuring his hand.

"Its an old battled-scarred veteran who has had his mares stolen off him by a younger stallion", he said.

"When they get to be 10 to 12 years old they get very savage and nasty.

If anyone has local history articles they would like to share please get in contact with us at the Neighbourhood House

(supplied by Alan Neven)

From The Snowy River Mail-April 24 2019

Snowy River mail revisited April 24, 1957

ALL WHITE FOR EASTER BRIDE

(From our Correspondent)

On Easter Saturday, with Rev. Saunders officiating, St. Phillips' Church of England, Delegate, was the setting for a pretty all white wedding for Leatrice Joy, only daughter of Mr and Mrs Roy Ingram (Sarsfield) to Keith, eldest son of Mr and Mrs Percy Reed of Goongerah

The groom was attended by Tom Ingram (brother of the bride) and Alan Neven.

The bride, who was given away by her father, wore a gown of nylon tulle over taffeta, made with a strapless top and full skirt, an overlay of lace forming a coated style with long pointed sleeves and small buttons to the waistline, the scalloped edges falling, to form a short train. A three-quarter length veil was held in place by a coronet of orange blossom and she carried a bouquet of mixed buds of foam plastic.

Attending as bridesmaids, Misses Meg Bryant and Shirley Jamieson wore white ballerina frocks of flock nylon. The frocks had three deep folds forming the best neckline and small cap sleeves, the Only touch of color added being the curvettes and shoes in Pastel blue and yellow. Their Bouquets were again delicately tinted posies of mixed buds of plastic foam.

Fulfilling the role of flower girl and page boy, were Penny Willis and Gary Ingram. Penny's frock was a replica as that of the bridesmaids. Her headdress was a circlet of tiny rosebuds and she carried a basket of mixed buds. Garry wore the appropriate white satin suit and black buttons. About two hundred guests attended the reception held at the Bonang Hall. Many beautiful and costly gifts were received together with cheques and telegrams.

The mother of the bride wore a teal blue woollen frock with matching hat and black accessories, whilst the mother of the bridegroom wore a smoke blue suit with lighter blue hat and black accessories.

For travelling the bride chose a suit of blue tweed, small pink hat and gloves, and black accessories.

Golden Wedding

The **Tubbut** Homestead proved much too small for the crowd that gathered there on Saturday, 5th November, but this had been anticipated and a suitable awning had been built and the luncheon table was set under it.

The occasion of the gathering was the Golden Wedding of Mr. and Mrs. J. H. Ingram who were married in St. Mary's Church, Bombala, on 5th November, 1888.

Glorious weather smiled forth on the occasion and added greatly to the success of the festivities.

At the luncheon the Reverend T. R. Fleming, who presided, in proposing the health of the happy couple said that the esteem and affectionate regard in which they were held by their family was clearly shewn in the work put in to make the party such a success, and the attendance of all except one member of a widely scattered family. The many friends possessed by Mr. and Mrs. Ingram was only a fitting return for their general helpfulness to anyone in trouble and the unfailing hospitality for which they were so well known. He spoke of the welcome given by them on his first visit to **Tubbut** and of his continued close contact with the family through the occasions of the weddings of their children and the baptism of their grandchildren. In conclusion he wished them many more happy years of married life.

The Toast was enthusiastically drunk by all present, who joined in singing "For they are jolly good fellows."

Mr Ingram in a few well-chosen words suitably responded and thanked all for their presence and gave them a typically warm welcome to enjoy the day with them. He thanked the chairman for his kind remarks and his presence with them.

During the evening the Rector baptized two of their grandchildren, the son and heir of Donald Ingram and the youngest daughter of Cecil Ingram.

Full justice was done to a wonderful meal prepared by Mrs. Gilchrist assisted by her sisters and sisters-in-law

Those present included the following members of the family:—William (Delegate), Harold (Cabanandra), Gladys (Mrs. Gilchrist, Kiama), Bert (Sydney), Statia (Mrs. W. Clarke, Sydney), Cecil (Cabanandra), Maude (Mrs. A. Clarke, Sydney), Reginald (Bonang), Eileen (Mrs. Taylor, Cabanandra), Leo (Bonang), Ida (Mrs. Burgess, Tumburumba), Don, Roy and Wallace (**Tubbut**), and Joyce (Mrs. J. Richardson, Mila). Arthur (Goulburn) was unable to obtain leave and an apology for him was presented.

Also noticed present were Mr. J. Ingram's cousin, Mr. H. Ingram, and family, brother, Mr. E. Ingram, and family, sister, Mrs. J. Eppelstun, Mr. W. Hobbs and most of the local inhabitants.

Delegate Argus Thursday 10 Nov.1938 - Trove

Rallying call to teacher graduates of the 30s

The Local Rag
March 1980

OLD TEACHERS never die, they simply fly away... But do they? Aub Richards doesn't think so and he reckons he'll be able to prove it later this year.

He has plans for a jubilee reunion of the friends — those still left — who graduated with him from the Melbourne Teachers' College half a century ago.

Fifty years on and the memories are still fresh and green... The young teachers who entered college in 1930 — doorway to the great Depression — were full of bright hope, undaunted by the lonely struggle many of them were to face.

Not that life was easy even during the training year.

"Those of us who lived at home got an allowance of £1 a week, and if you were in a college hostel you got five shillings because they took 15 shillings for board."

He remembers his friend Lou Garlick — later to represent Mildura in State Parliament and then become chairman of the Teachers' Tribunal — sold dairy produce from a stall in the Victoria Market so eke out his five bob.

We're not yet at this century's highwater mark, but from this vantage point 1930 meant cheap living.

A tie at Henry Buck's cost four and sixpence, Mr. Richards recalls; a suit cost about £5 and one place offered suits for £2 with extra trousers free.

If the prices seem old-fashioned so does some of the idealism portrayed in the college's handbook which Aub Richards still has.

"The young students into whose hands this little book will fall should feel they have become a part of one great glorious throng," the handbook proclaims.

"May the readers swear fealty to the college and to its spirit, may they become worthy members of it, and when they leave may they carry into their work the determination to enhance the fame of the college by their deeds."

Whether the earnest young souls swore fealty to the college or its spirit, many did become famous.

There's John Bechervaise, author, artist, teacher and explorer, now 69, who led three Antarctic research expeditions and is still going strong.

There's Doris Carter — she held the Australian women's high jump record and represented Australia at the Berlin Olympics in 1936, and was assistant general manager of the Olympic team in 1956 — who became director of the Women's Australian Auxiliary Air Force and got an OBE.

There's Ted Ryan, a former assistant director of primary education, and there's a string of inspectors, principals and plain old class teachers who married and produced children as their legacy: 80 of them still here to talk of old times, out of 123 who left the college at the end of 1930.

They were sent out clutching their diplomas and if they were 21 were paid the basic wage of £2 a week. Girls went to the bush schools along with the boys and quite a few boarded at farm houses where their room was an annex with hessian walls.

Aub Richards went to a brand new school at Bonang, nearly 100 kilometres from Orboast and so remote he had to catch a train to Goulburn in New South Wales,

TALKING SHOP

another train to Bombala and then a mail coach and car to Bonang. The school was also so brand new none of the 15 children had been to one before, although the oldest was 15.

The previous school was a slat hut, condemned years earlier.

He boarded in a farmhouse which he remembers was freshly painted with the "Weekly Times", every year just before Christmas. "The fireplace was about three metres wide and contained the cooking range. You could sit inside the fireplace—and needed to when there was 15 centimetres of snow on the ground outside."

And the children, he says, were wonderful. "They learned their three Rs at a rate of knots and they showed me where the lyre

birds nested in the heart of the bush and they taught me all I ever learned about nature study."

In return, Aub Richards introduced them to Banjo Patterson and Will Ogilvie for this was Snowy River country:

"And down by Kosciuszko, where the pine-clad ridges raise their torn and rugged battlements on high.

Where the air is clear as crystal, and the white stars fairly blaze At midnight in the cold and frosty sky..."

And, once a month, they held dances in the school to raise money for school funds.

The time of the month was important—full moon so people could find their way home in the early hours of the morning.

Mr. Richards hopes that such memories will be savored like fine old brandy when the class of 1930 get together after 50 years. He can be contacted on 288 5895.

G.M.

Thanks to
Geoff Maslen
for permis-
sion to reprint
this article
(The draw-
ing is ours!)

Edited by Geoff Maslen



The Local Rag

Continued from previous page

This article was taken from "The Age" - Monday, February 25th. The article was written by Geoff Maslen who interviewed Aub Richards and kindly gave permission for us to reprint it. The description of his first school - Bonang Public School 2808 - is very interesting to read.

The place where he boarded is where Phil Prendergast lives now - Mrs. Mitchell's - (not the same house as the house stood where Phil's garage is now).

I rang Mr. Richards and he remembers some of his pupils - Camms, Marriots, Ingram (Maree), Ruth and Jack Legge. I intend writing to him, so if you have some information or wish to find out further information please contact me at 88164.

It is interesting to note that Brian McQuillen made a similar comment about learning nature study from the children. I too, found in 1970 when I came to Bonang to teach, nearly 40 years after Aub Richards, the same welcome, the children's same ability to name birds and tickle trout, and their same eagerness to learn.

- SUE ALLEN



Story Time

OLGA MASTERS SHORT STORY AWARD

AUSTRALIAN RURAL FAMILY LIFE

www.olgamastersshortstoryaward.com

GUIDELINES

Who can enter?

We welcome entries from writers resident in Australia, of all ages.

What does it cost to enter a story?

Each entry must be accompanied by an entry fee of \$25 (includes GST). Members of the South Coast Writers Centre and youth (18 years and under) are eligible for a discounted entry fee.

How to enter

Register online through the [Olga Masters Short Story Award page](#) and pay the entry fee. Stories must be submitted online.

Entries should be text documents (MS Word, Open Office, TXT or RTF) or PDF. Format the text with 1.5 line spacing and in 12 pt Times Roman or similar. Include the story title in the file name. Please make sure that your file name does not contain any apostrophes or other symbols as your file will not upload (don't worry if your story title contains apostrophes – we will be able to match it with your details later).

The author's name must not appear in the document or in the name of the digital file.

Entrants will receive email confirmation of receipt.

We will be closing the online entry form at midnight on 10 July 2020.

We will not accept entries by email or post.

Terms and conditions

Entries must be a single story of 2000 to 4000 words, written in English, with the theme of life in rural Australia.

Multiple entries are permitted. Each entry must be accompanied by a \$25 (incl. GST) payment.

Entries must be original works written by an individual author.

Entries must not infringe upon anyone's copyright.

Simultaneous submissions to other writing competitions are acceptable but please do us the courtesy of letting us know immediately if your work is accepted or wins a prize elsewhere.

We will not accept previously published, prize-winning or broadcast stories (previous online appearances constitute prior publication).

Entries will be deemed ineligible if they are under contract to a publisher or broadcaster.

You may re-enter stories previously entered in this competition, but not past winners.

Once you have submitted a story, please do not plead with the organisers to replace it with a new version, as refusal may offend. If you resubmit a story online (you will need to pay again), please give it the same file name; it will over-write your old version.

Entries close at midnight 10 July 2020.

If you subsequently withdraw your entry, we will not refund your entry fee.

Entrants retain copyright in their story/ies.

Prizes

Main Prize is \$1500 for first and \$500 for runner-up. In the Youth Prize there is a \$500 first prize and a \$250 prize for runner-up (13 to 18 years) and a creative writing tutorial with JD Shaw for 12 years and under. Supplementary prizes for all age groups may be offered at the discretion of the organisers.

Publication

The first-prize winning story will be published in Island magazine. All winning story/ies will be published on the OMSSA website.

The judging process

Judging is completely anonymous.

The entrant's name must not appear in the file name or in the file's title – only on the entry form.

The main prize judges are Julie Keys and Ben Walter, with the youth prizes judged by Helena Fox.

The judges' decision is final, and no correspondence will be entered into about the judgments or the judging process.

OMSSA reserves the right to not award a prize.

Short Story

Julie and I

When I met Julie she already had 3 boys. It was here in Delegate I met her and she was stopping with Mrs Emery at the time as she was up from Melbourne for a few days. I got to know her through the time she was here and I wrote to her a few times when she went home. As time went by I got to know her a little better. She came and went a few times back and forth from Melbourne to Delegate and one day I went back with her as I did not know much about Melbourne and didn't know how to enter the city to where she lived. 12 months went by and I was living with her together with her boys. We all sort of got along. Well you try moving in with someone else children but I know I'm not Robinson Crusoe. I bet lots of people have had similar things in life. So at the end of the 12 months I popped the question. "Will you marry me Julie?". She had been getting a little bit iffy about things and wanted life to be a little bit more stable. Oh and she did say yes. We made a date, we talked to the family, both hers and mine to make sure they could come to the wedding. Julie had made arrangements with her mum and dad to have the ceremony in there backyard. Well on the morning of the wedding it started to rain so Julie's dad got some tarps and put it over the clothes line for the wedding party to get under. Then it stopped raining and the sun come out. We got married by a celebrant. So everyone had a pretty good time. Julie and myself had made arrangements for our honeymoon over at Ballarat. The honeymoon went well and when it was over we started looking for work. She was a big part of my life. We were married for 16 years before things slowly broke apart.

L J Neven

Family Violence

Family violence inquiry leaves more questions than it answers — and an angry senator in its wake

By Insiders host [David Speers](#)

At the time of writing, 21 women have been killed by a violent act in the 21 weeks since the start of the year.

That's according to the bluntly-named research project Counting Dead Women, which recorded 19 deaths for the same period last year.

In February one brutal murder particularly shocked the nation; that of Brisbane woman Hannah Clarke and her three children by Clarke's estranged husband Rowan Baxter.

So far today police in Australia would have dealt with on average **286 domestic violence matters**

The deaths prompted an outpouring of grief and demands for more to be done about the scourge of family violence.

In Parliament the Prime Minister and Opposition Leader delivered heartfelt speeches.

"The act itself, and that someone could perpetrate that act, particularly as a father, is incomprehensible," Scott Morrison said.

"It's an act of such depravity that it only makes you ask: 'How does such evil happen on our land?'".

Anthony Albanese was also looking for answers. "A man who had a record of crime, because it is a crime against his own family, conducted the ultimate crime in a manner which, quite frankly, is just beyond comprehension. It's difficult to understand how that could possibly occur."

Presumably in search of answers, the Senate voted to establish a new inquiry into "domestic violence with particular regard to violence against women and their children".

The Legal and Constitutional Affairs References Committee was given six months to report back. The terms of reference clearly stated the committee was expected to "inquire into and report" by August 13, 2020.

No submissions, no public hearings

This week, as the Clarke family held a virtual memorial for Hannah and her children, the committee handed in its final report three months early.

Incredibly, the committee took no submissions and held no public hearings. Instead, the 44-page final report reviews four previous inquiries and poses a series of questions left unanswered.

The first and most fundamental question is whether the National Plan to Reduce Violence against Women and their Children, put in place a decade ago, has achieved what it set out to achieve.

None of the Liberal, Labor or Greens Senators on the committee attempted an answer, beyond describing the "mixed" results of the government's efforts in tackling family violence.

In a scathing dissenting report, Centre Alliance Senator Rex Patrick accuses the committee of a dereliction of duty and of failing "itself, the Australian public, Hannah Clarke and her three beautiful children".

Family violence support services:

[1800 Respect national helpline](#) 1800 737 732

[Women's Crisis Line](#) 1800 811 811

[Men's Referral Service](#) 1300 766 491

[Lifeline](#) (24 hour crisis line) 131 114

[Relationships Australia](#) 1300 364 277

He makes just one recommendation, that the committee "should take a long hard look at itself and then resolve to bring a motion to the Senate that would direct it to revisit the issue and do the job properly".

The committee chair, Labor's Kim Carr, bristled at the criticism.

He told the ABC his was always the wrong committee for this task and never should have been asked to conduct the inquiry.

However, he stopped short of suggesting another committee step up and do the work instead.

Calls for a fresh inquiry

In his final report, Senator Carr says the "committee does not believe another lengthy public inquiry into responses to domestic and family violence is required at this time. Such an inquiry would likely divert attention and resources that are currently focussed on front-line services and primary prevention, and may be of limited benefit".

Others, however, took a very different view after news broke of the results of the inquiry.

By the end of the week both the Social Services Minister Anne Ruston and Shadow Minister for Women Julie Collins agreed there were ample grounds for a fresh inquiry into family violence.

While there's no hard evidence yet, researchers fear a rise in unemployment, stress and alcohol consumption — influenced by the coronavirus lockdown — could lead to a spike in family violence.

It's for this reason the government pledged \$150 million to bolster support services as restrictions were imposed. How well this money is being spent and whether it's achieving an effective result are the sort of questions a Senate committee could explore.

As other committees have shown, senators don't have to travel to conduct hearings. Like the rest of us, they can work out how to telecommute. The Senate itself has sat only five days in the past two months, when surely most senators do not have a particularly heavy workload right now.

When the Senate resumes next month there will be a second attempt at a family violence inquiry.

Let's see if it manages to achieve more than a "review" of previous reports.

David Speers is the host of Insiders, which airs on ABC TV at 9am on Sunday or on iView.

Family Violence

Australian police deal with domestic violence every two minutes

By Clare Blumer

Australian police deal with 5,000 domestic violence matters on average every week. That's one every two minutes.

So far today police in Australia would have dealt with on average **291 domestic violence matters**. These figures are based on data provided by police services around the country about how often their officers respond to domestic violence cases.

Overall, the count is 264,028 per year around the country.

There is no standard definition of domestic and family violence across all jurisdictions in Australia and no standard way for counting the number of police call-outs to situations related to domestic violence.

The details of the data being captured varies across jurisdictions and can include:

- attendance at suspected domestic and family violence incidents;
- domestic and family violence court orders made by the police;
- domestic and family violence assaults (encompassing threats and physical violence); and associated agencies reporting domestic and family violence to the police.

Figures are for the most recent year available from each state and territory.

Region	Date range	Description	by hour	by day	by week	by year
Victoria	2015	Family incidents	8	204	1,427	74,385
Queensland	2014-15	Domestic violence occurrences	8	197	1,377	71,777
NSW	2014-15	Domestic violence related incidents	7	178	1,249	65,120
Tasmania	2014-15	Family violence arguments and incidents	1	12	85	4,410
WA	2014-15	Domestic Assaults	2	45	316	16,461
ACT	2014-15	Family violence incidents reported	0	8	55	2,876
NT	2015	Domestic violence assaults	0	11	76	3,970
SA	2016	Domestic violence matters reported	3	69	480	25,029
Australia			30	723	5,064	264,028

CHANGE THE STORY

Violence against women is serious, prevalent and driven by GENDER INEQUALITY

GENDERED DRIVERS of violence against women:

- CONDONING of violence against women
- MEN'S CONTROL of decision-making and limits to women's independence
- STEREOTYPED constructions of masculinity and femininity
- DISRESPECT towards women and male peer relations that emphasise aggression

Gender inequality sets the NECESSARY SOCIAL CONTEXT

657 DOMESTIC VIOLENCE MATTERS ARE DEALT WITH EVERY DAY BY AUSTRALIAN POLICE

Every week one WOMAN IS MURDERED by her current or former partner

TEN ACTIONS TO PREVENT VIOLENCE AGAINST WOMEN

Violence against women IS PREVENTABLE if we all work together

ACTIONS that will prevent violence against women:

- CHALLENGE condoning of violence against women
- PROMOTE women's independence & decision-making
- CHALLENGE gender stereotypes and roles
- STRENGTHEN positive, equal and respectful relationships

Promote and normalise GENDER EQUALITY in public and private life

MUTUALLY REINFORCING ACTIONS ARE NEEDED THROUGH LEGISLATION, INSTITUTIONAL, POLICY AND PROGRAM RESPONSES:

- by governments, organisations and individuals
- in settings where people live, work, learn and socialise
- tailored to the context and needs of different groups.

Our WATCH

VicHealth ANROWS

FROM CHANGE THE STORY: A SHARED FRAMEWORK FOR THE PRIMARY PREVENTION OF VIOLENCE AGAINST WOMEN AND THEIR CHILDREN IN AUSTRALIA

www.ourwatch.org.au

Family Violence



4 May 2017

Stopping violence before it starts

Health promotion foundation VicHealth has welcomed the Victorian Government's new strategy to prevent violence before it starts.

The new Free from violence strategy, released yesterday, responds to the Royal Commission's recommendation for a state-wide Primary Prevention Strategy.

It will include new evidence-based research and programs as well as Victoria's first prevention agency.

"Violence against women is an issue that continues to plague our state and our nation – too many Victorian women and children are living with fear and living with violence," VicHealth CEO Jerril Rechter said.

"We can prevent family violence from occurring by changing the harmful attitudes and behaviours and that lead to it in the first place.

"There is a proven link between gender inequality, objectification and violence against women in all its forms. When women are viewed as unequal to men, this leads to underlying attitudes which can feed into violence against them.

"The Victorian Government's prevention strategy recognises that all Victorians have a role to play in challenging harmful social norms. That includes all sectors of our community including workplaces, schools, sports clubs and local governments.

"Importantly, the strategy builds on the evidence and concepts in Change the Story, Australia's national prevention framework, which we were proud to launch recently with ANROWS and Our Watch."

Ms Rechter said the new strategy's release has come at a moment of unprecedented support from the community for action on gender inequality and family violence.

"This is a watershed moment for gender equality – Victoria is truly leading the way," Ms Rechter said.

"VicHealth, alongside tireless family violence advocates and service providers, have been advocating for change in family violence for many years, and we owe a great deal to the women who have brought us to this important moment in Victoria.

"Ending violence and challenging gender inequality will not happen overnight. Critically, the Victorian Government will roll out this strategy over many years to deliver sustained change.

"We welcome the commitment to prevent all forms of family violence because all Victorians have a right to live free from fear and violence. While the strongest evidence base exists for preventing violence against women there is more work to be done in ensuring every Victorian understands what role they can play to achieve a safer Victoria.

"We applaud the Victorian Government's leadership and VicHealth looks forward to continuing playing our role in creating a future where Victorian women and girls are free from violence and discrimination and can reach their full potential."

Violence against women is now recognised to be a serious and widespread problem in Australia, with enormous individual and community impacts and social costs.

However this significant social problem is also ultimately *preventable*. But to prevent violence against women we first need to understand it. Get informed with these key statistics, facts and definitions.

The following basic statistics help demonstrate the prevalence and severity of violence against women.

- On average, one woman a week is murdered by her current or former partner.
- 1 in 3 Australian women have experienced physical violence since the age of 15.
- 1 in 5 Australian women has experienced sexual violence.
- 1 in 6 Australian women has experienced physical or sexual violence by current or former partner.
- 1 in 4 Australian women has experienced emotional abuse by a current or former partner.
- Australian women are nearly three times more likely than men to experience violence from an intimate partner.
- Australian women are almost four times more likely than men to be hospitalised after being assaulted by their spouse or partner.
- Women are more than twice as likely as men to have experienced fear or anxiety due to violence from a former partner.
- More than two-thirds (68%) of mothers who had children in their care when they experienced violence from their previous partner said their children had seen or heard the violence.
- Almost one in 10 women (9.4%) have experienced violence by a stranger since the age of 15.
- Young women (18 – 24 years) experience significantly higher rates of physical and sexual violence than women in older age groups.¹¹
- There is growing evidence that women with disabilities are more likely to experience violence.
- Aboriginal and Torres Strait Islander women report experiencing violence in the previous ¹² months at 3.1 times the rate of non-Indigenous women.
- In 2014–15, Indigenous women were 32 times as likely to be hospitalised due to family violence as non-Indigenous women.

Health

Vic Health

We aim to create a Victoria where everyone can enjoy better health and wellbeing.

www.vichealth.vic.gov.au

<http://www.vichealth.vic.gov.au/be-healthy/bringing-the-arts-to-you>

The Victorian Health Promotion Foundation (VicHealth) is a pioneer in health promotion – the process of enabling people to increase control over and improve their health. Our primary focus is promoting good health and preventing chronic disease. We create and fund world-class interventions. We conduct vital research to advance Victoria's population health. We produce and support public campaigns to promote a healthier Victoria. We provide transformational expertise and insights to government.

Of all the things we do, above all we seek to make health gains among Victorians by pre-empting and targeting improvements in health across our population, fostered within the day-to-day spaces where people spend their time, and with benefits to be enjoyed by all.

Our overarching priorities

Pinpointing and preventing the negative influences of ill health, and championing the positive influences on good health, is central and exclusive to our work. Our priorities support government objectives and relevant aspects of the Victorian Department of Health's Public Health and Wellbeing Plan.

Four unique approaches underpin our mandate to prevent chronic disease.

- **Our role as an independent statutory authority with multipartisan support** We advise governments and complement and contribute to the efforts of various government portfolios.
- **A comprehensive, inclusive approach to health** We focus on creating the conditions in which good health can flourish – from better public policy and healthy urban environments to more inclusive and respectful communities.
- **Our innovation** We are able to take and absorb risks in ways that governments cannot. Our work is underpinned by robust evidence, and is integrated with evaluation, practice and dissemination.

Our partnerships We work in partnership with governments, organisations, communities and individuals in a broad range of sectors, including sport, recreation, community, urban planning, research, transport, local government, education, arts and business. We have a legislative mandate to allocate at least 30% of our appropriation to sports organisations.

Another information portal filled with tips and links to **help older people to stay healthy, connected and active** is :

Global Centre for Modern Ageing - gcma.net.au/portal

Djirra for Aboriginal Women 1800 150 303 Stay Safe	Dardi Munwurro for Aboriginal Men Brother to Brother 1800 435 799	Yoowinna Wurnalung Healing Service 03 4110 2100.
GEGAC Family Violence 03 5152 0800	Emergencies 000	Gippsland CASA in Morwell - 5134 3922
Windermere Victims of Crime 1800 819 817	Wanjana Lidi Indigenous Service 5136 5128	Disability and Family Violence Crisis Initiative 9843 6304
Family Violence Police Investigation Unit 5150 2600	Orbost Regional Health 5154 6666	Gippsland Community Legal Service 1800 004 402
Kids Help Line 1800 55 1800	Safe Steps Family Violence Support 1800 015 188	1800 RESPECT Family Violence and Sexual Assault Support 1800 737 732
Elizabeth Morgan House Aboriginal Women's Service 9482 5744	Victorian Aboriginal Legal Service 1800 064 865	Victims Assistance Program 1300 362 739
Lifeline Crisis Support and Suicide Prevention 13 11 14	Victoria Legal Aid 1300 792 387	Beyond Blue 1300 22 4636
Men's Line 1300 78 99 78	Headspace 1800 650 893	Sexual Assault Crisis Line (Victoria) - 1800 806 292

Community Legal Service

Gippsland Community Legal Service (A service of Anglicare Victoria)

Gippsland Community Legal Service is a free legal service for people who live or work in the Gippsland Community. We are now focusing on connecting with remote communities in East Gippsland.

Our lawyers provide high quality legal services by delivering **free**:

- legal advice clinics
- casework
- advocacy for law reform
- duty lawyer representations services at Court for people impacted by family violence; and
- community legal education to individuals, community organisations and schools.

Contact Us

Main Office: 190 Commercial Road, Morwell Vic 3840

Sub-offices: Morwell, Wonthaggi, Leongatha and Bairnsdale

Freecall: 1800 004 402 or **Phone: (03) 5135 9550** Monday to Friday 9am to 5pm

Website: www.gcls.org.au

Email: gcls@anglicarevic.org.au

Twitter: @Gippscls

Legal Advice Clinics

Our lawyers provide both telephone advice and face to face appointments for Gippslanders. You can ring our office and be booked into a telephone appointment or come in and see one of the lawyers at our offices in Morwell, Bairnsdale, Korumburra, Leongatha or Wonthaggi. Interpreters are available to attend our advice clinics.

Court Services

Our lawyers regularly attend at Magistrates Courts in Sale, Bairnsdale, Latrobe Valley, Korumburra and Wonthaggi in the family violence list. Lawyers who attend at Court are called Duty Lawyers and this is a free service. You can ask to see the duty lawyer if you have to attend at Court and they can give you legal advice and speak for you at Court.

Special Programs

We participate in Disaster Legal Help Victoria and co-locate at a number of agencies including the Latrobe Regional Hospital Community Mental Health facility in Traralgon.

Community Legal Education

We provide legal education to various groups, schools and organisations including professionals who assist and support people who are engaged with the legal system. Please contact our Team Leader to see if we can provide legal education for your organisation.

How we can help

Free legal advice is available to most people, but ongoing assistance is subject to guidelines that prioritise clients experiencing disadvantage.

We provide legal advice and assistance for:

- Bushfire Recovery / Disaster Legal Help – you will initially be put in touch with our Bairnsdale lawyer, Simone Elias.

Plus a wide variety of legal matters including, but not limited to:

- Family Violence: Intervention orders including appearing as Duty Lawyers

- VOCAT

- Family law

- Divorce Applications

- Mortgage arrears (advice to people facing imminent homelessness)

- Fines and Infringements

- Change of name

- Coronial enquiries

- Debts (client owes money or is owed money)

- Employment law

- Mental Health Act advocacy and Advance Statements

- Guardianship and Administration

- Community Mental Health client legal assistance

- Consumer complaints and debts

- Insurance

- Motor Vehicle Property Damage

- Police Complaints

- Personal Safety Intervention Orders

- Tenancy – Tenants only (not landlords) including VCAT hearings

We may also be able to refer you to other services that can help you.

News from the Shire

WHAT CAN I PUT IN MY RECYCLING BIN, SKIP BIN OR TRAILER?

Paper and cardboard - Newspapers, envelopes, unsoiled pizza boxes, telephone books etc.

Hard plastics - Empty containers such as milk and juice cartons or empty cleaning products. Any container numbered 1 to 5

Glass - Empty bottles and jars

Steel cans - Empty food tins or pet food tins

Aluminium - Aluminium drink cans and clean foil (this can be lightly scrunched into a ball, larger than a tennis ball size)

RECYCLABLES MUST BE PLACED IN YOUR BIN LOOSE. Do not bag your recyclables or use a bin liner in your recycling bin.

WHAT CAN'T I PUT IN MY RECYCLING BIN, SKIP BIN OR TRAILER?

Plastic bags and soft plastics* - Items must be placed loosely in the bin

Clothing

Polystyrene** foam cups or meat trays is a number 6 plastic that we accept as recycling in its rigid form eg. yoghurt containers, but not as a foam

Food

Waxed cardboard

Broken glass/crockery/pyrex/mirrors

Motor oil or fuel

Hazardous waste, including paint tins

Household appliances eg toasters, DVD players

Scrap metal / steel

Furniture or mattresses

Home improvement items eg sinks, fittings, hot water systems

Carpet / linoleum

Fencing material

Medical waste / syringes

Garden hose

Plants / garden clippings

* You can recycle plastic bags and soft plastics through the REDcycle program if you drop them in at participating Coles and Woolworths supermarkets.

** *Clean* polystyrene packing material - commonly used in the packaging of white goods and furniture is now accepted at Bairnsdale Landfill in large quantities

Older Persons Support Hotline - 1800 171 866

Older people and carers are welcome to call the hotline to speak to friendly trained staff from a senior's advocacy organisation. The hotline can provide older people, their family and carers with personal support, answer questions and up to date information on the latest guidelines enacted by the Federal Government.

If you are feeling lonely, distressed or confused, you can call the COVID-19 support line on 1800 171 866 (free call). This is a dedicated service for older Australians. It provides a safe place to speak with an expert who can listen and offer practical help and advice. The support line is available Monday to Friday, except public holidays, from 8:30am to 6pm. For more information visit <https://www.myagedcare.gov.au/covid-19-information-support>

Red Cross Daily Telephone Call Service - 1300 885 698.

The Red Cross also offers a daily telephone call service to check in to make sure you are ok. You can find out more information at www.redcross.org.au or by calling.

Carers Victoria - 1800 514 845

Carers Victoria continues to provide services during COVID 19.

While our office is closed to visitors and face to face contact is temporarily suspended, we can still support carers with: emotional support and service advice, telephone or online counselling sessions, in-home respite and other staffed essential services to come to your home, delivered goods and equipment, equipment that may help you through the social isolation and online supports and education. Phone for assistance or visit <https://www.carersvictoria.org.au/>

National Dementia Helpline - 1800 100 500

News from the Shire

Council advocates on drought, bushfire, coronavirus

Actions relating to drought and the economic recovery of the region following this summer's bushfires were endorsed by East Gippsland Shire Council at its May meeting. Council endorsed a submission to the Parliamentary Inquiry into the Federal Government's Response to the Drought, and later in the meeting resolved to thank federal and state governments for their support post-bushfires. The parliamentary inquiry is looking at the federal government's drought response and the adequacy and appropriateness of policies and measures to support farmers, regional communities and the Australian economy. Council's submission provided an East Gippsland perspective and focused on the need for local government to be recognised for the role it plays in building a community's capacity and resilience to drought.

Mayor Cr John White said the drought submission drew on the practical experience of the organisation and the East Gippsland community. "Council has supported, and is working with, farmers tackling the immediate challenges of drought. Council and other levels of government also need to look to the future to enable a strategic approach to improve the management of the impact of droughts," Cr White said. "We believe local government, as the government closest to the community, needs to be empowered to have a more direct leadership role in responding to droughts."

Council's submission included nine recommendations that covered funding models, response programs and local government's role. The timing of the May council meeting coincided with the release of an SGS Economics and Planning report analysing the economic impact of the COVID-19 pandemic and Black Summer bushfires on 12 local government areas, including East Gippsland. This prompted Cr Joe Rettino to put forward a motion to write to a number of parliamentarians advocating for continued support for East Gippsland. Cr White said the SGS report garnered state-wide media attention. "This report put the economic challenges we face back into the media spotlight, so it is an opportune time to write to the Australian and Victorian governments."

"Council resolved to write to the Prime Minister, Victorian Premier, ministers and local politicians to thank them for their support so far and to reiterate the need for long-term support for East Gippsland to aid in our region's recovery," Cr White said.

Farmers get 10 seats at the table

Local farmers will have direct and ongoing input into shaping the programs and developing East Gippsland agriculture.

East Gippsland Shire Council endorsed establishing an East Gippsland Agriculture Advisory Committee at its meeting this week, a move Mayor Cr John White said is timely.

"Once established, the advisory committee will replace the current East Gippsland Drought Reference Group," Cr White said.

"The work of the drought reference group has been significant. The group has provided valuable advice and insights into how Council could most effectively support the community during and after the prolonged drought. It has also helped drive advocacy to the Victorian and Australian governments in respect of funding and longer-term actions to help ensure the sustainability of the agriculture sector."

"Outcomes include funding support direct to Council, passed on in full to farming enterprises, support for the Gippsland Agriculture Group trail site and Bengworden, a drought workforce program, and supporting local groups and organisations to deliver financial and personal assistance to drought-affected people."

"Cr White said the time was right to build on the work of the drought reference group by transitioning the role of that group into a new advisory committee."

"The new committee will have a broad focus on matters of significance to the agriculture sector," he said.

"East Gippsland has some well-established industry events, and significant knowledge across various agriculture and horticulture sectors. There is a willingness to ensure the prosperity and sustainability of agriculture in our region," Cr White said.

It is proposed the committee will comprise a maximum of 15 members, of which 10 will be representatives of families, businesses, companies, and single practitioners actively engaged in agriculture.

"The involvement of these industry representatives will drive the success of this committee and in turn a strong and resilient agriculture sector now and into the future," Cr White said.

A representative from each of Agriculture Victoria, East Gippsland Catchment Management Authority and Food & Fibre Gippsland will be invited to join the committee. East Gippsland Shire Council will be represented by two councillors (one being the Mayor). Cr White said the creation of the new advisory committee is consistent with Council's practice of having range of advisory and consultative bodies in place to successfully support Council's efforts in other areas of its operations.

The agriculture sector is responsible for 9.7 per cent of the region's jobs. Total annual economic output is estimated at \$4.686 billion, with agriculture, forestry and fishing contributing \$572.994 million (12.2 per cent). A further \$740.997 million (15.8 per cent) is contributed by manufacturing.

News From the Departments

Palliative Care & End of Life Care Advice Service

What is the advice service?

The advice service is where you can speak with a palliative care nurse or doctor about any aspect of a life-limiting illness.

How do I contact the advice service?

Call 1800 360 000

Who is the advice service for?

The service is for all Victorians.

It is for people living with life-limiting illness and the people who support them. It's for family, friends or neighbours. It's also for doctors, nurses and other healthcare workers and providers.

Who will run the advice service?

The Royal Melbourne Hospital will establish and operate the advice service through the Parkville Integrated Palliative Care Service.

Staged implementation of the advice service

The Advice Service will begin in the Gippsland and North West regions on 11 May 2020 and extend to the rest of the state later in the year.

We will, though, accept calls from anywhere in the state from that date.

Initially we will operate 7am-10pm, seven days a week.

What is the goal of the advice service?

The goal of the advice service is to enhance palliative and end of life care for all Victorians, especially in regional and rural areas. We will do this by:

- providing the general public and clinicians with access, when they need it, to specialist information, guidance and support
- reducing avoidable presentations to emergency departments
- supporting people to be cared for and to die in their place of choice.

What are some examples of how the advice service will help people?

The advice service will help and support callers with:

- navigating the palliative care service system
- finding information about caring for those with a life-limiting illness, and
- a listening ear.

The advice service will guide clinicians with:

- prescribing and symptom management
- continuous subcutaneous infusions (syringe drivers), and
- decision-making.

What will the advice service not do?

The advice service won't:

- replace the after-hours care of designated community palliative care services
- replace the care of other health care providers
- provide case management such as referrals, direct advocacy, intervention or prescriptions
- counselling services, or
- emergency management (i.e. 000 matters).

How is the advice service different from other advice services?

The advice service will offer information, guidance and support about palliative and end of life care that is:

- specialist (nursing, medical)
- related to all life-limiting conditions
- based in Victoria.



COVID-19 EMERGENCY RELIEF INFORMATION FOR SECTOR PARTNERS

The Australian Government has provided Red Cross with funding to support people who are highly vulnerable to destitution as a result of the COVID-19 pandemic. These funds are for people who are not Australian citizens or permanent residents, have no way to support themselves, and have urgent needs.

The Red Cross has recently engaged a vendor to develop an online portal that enables us to send information securely online. We have established a portal at <https://www.redcross.org.au/covidrelief> for applicants to submit their applications and securely upload their data and documentation.

The majority of people submitting an application who are found to be eligible for assistance will be provided with a small one-off payment. We do, however, have a small amount of financial assistance available to provide short-term support to a very small group of extremely vulnerable people who have no other means of support.

We know that there will be a large number of applications submitted on the portal. To ensure we can urgently assess the need for support of those who referring agencies have already assessed as being most in need, we are providing an expedited referral pathway. Information about how to refer is provided later in the document.

We will continue to keep our sector partners updated about our services throughout the project so you are aware of how we can work together to support people on temporary visas vulnerable to destitution over the next few months.

ELIGIBILITY FOR FINANCIAL ASSISTANCE

To be eligible for financial assistance an applicant must meet the following:

- Hold a temporary visa (includes those who are undocumented)
- Not be in receipt of any income
- Not have savings in their bank account over \$200 for single adults, \$300 for couples, or \$400 for families with children
- Not be eligible for mainstream support eg. Centrelink
- Not be eligible for other supports on offer eg. International students are eligible for financial support through Study Adelaide

Time to check into Women's Health Week

Jean Hailes for Women's Health is pleased to announce the launch of its 2020 Women's Health Week campaign, at a time when health has never been so important.

Women's Health Week is the biggest week in Australia focusing on good health and wellbeing for women and girls. Held in September (7-11 September), the health awareness campaign is a timely reminder for women to take positive and proactive steps to being healthy in mind and body.

With issues such as COVID-19 placing stress on our lives, it's important that we don't overlook our overall health and wellbeing, says Federal Health Minister, Greg Hunt.

"Women's Health Week provides Australian women with the opportunity to reflect on their physical and mental health. This year, more than ever, I would encourage women not to ignore their own health and utilise the resources, activities and support services available during Women's Health Week. Even in the midst of the COVID-19 pandemic, I would urge all women to continue to see their doctor and seek health advice when required," says Mr Hunt.

"Women's Health Week will be a great reminder that we need to try to take time out to check in on our health," says Brenda Jones, Women's Health Week campaign manager.

"Whether it's scheduling a health check, setting aside time to check in on your mental wellbeing, or even arranging virtual walking sessions with friends via video. And, of course, signing up to [womenshealthweek.com.au](https://www.womenshealthweek.com.au) to learn more about looking after your health and wellbeing."

"This year there will be extra online sessions and events to ensure everyone can take part in the week's activities."

Jean Hailes also encourages workplaces and communities to get involved in the week by sharing health messages and/or fundraising for Jean Hailes to help more women and girls get the health information that they deserve.

Sign up now to receive campaign updates. During the week, subscribers will be given access to free podcasts, quizzes, videos, recipes and practical health articles. Check in on your health and wellbeing this Women's Health Week 7-11 September 2020. Visit [womenshealthweek.com.au](https://www.womenshealthweek.com.au) for further information.

About Jean Hailes

Jean Hailes for Women's Health is a national not-for-profit organisation. We have a unique model, built on four pillars: education and knowledge exchange; clinical care; research; and policy. We aim to translate the latest scientific and medical evidence to help inspire positive change in women and girls by improving their physical health and wellbeing. Jean Hailes produces evidence-based information reviewed by clinicians. In 2016, Jean Hailes was officially recognised as the Federal Government's national digital gateway for women's health.

News from the Departments

Victorians to enjoy camping once again

27 May 2020: From 1 June 2020, Parks Victoria will welcome visitors back to stay at all 1,348 camping and accommodation sites in Victoria's parks, in line with the latest requirements to help slow the spread of coronavirus (COVID-19).

Communal toilets will be open, but no other communal facilities such as showers, kitchens, barbecues and water fountains will be available. Accommodation with no shared facilities such as remote camping will be allowed.

Visitors will need to adhere to physical distancing measures and supply all items needed for personal hygiene.

All parks and assets will be open to visitors from 1 June 2020, with the following exemptions to meet physical distancing standards:

- Buchan Caves Reserve – cave tours closed
- Lower Glenelg National Park - Princess Margaret Rose Cave closed
- State Coal Mine - underground tours closed
- Point Nepean National Park - Fort Nepean, including underground tunnels closed (no access beyond Fort Pearce)
- St Kilda Pier - penguin viewing platform is closed
- Twelve Apostles Visitor Centre and lookouts are closed
- Wilsons Promontory light station is closed

These sites within parks will remain closed until further notice as they contain viewing experiences which encourage congregation, congestion and the gathering of visitors at focal points, which don't comply with physical distancing measures.

Please note that across all Parks Victoria managed parks and assets, barbecues, drinking fountains, showers and communal kitchens are not available for public use.

Some parks remain closed due to seasonal closures and for bushfire recovery. For a full list of park closures, visit: <https://www.parks.vic.gov.au/get-into-nature/safety-in-nature/changed-conditions-and-closures>

Bookings for camping and roofed accommodation can be made from midday Thursday 28 May 2020 by visiting www.parks.vic.gov.au or calling 13 1963.

The summer ballot for camping at Tidal River in Wilsons Prom will open 1 July 2020.

All eased restrictions and the proposed dates are subject to the advice of Victoria's Chief Health Officer and the continued and effective management of the spread of COVID-19.

Community Builders webinar series

Rural Aid, which works to support farmers and rural towns, is offering a webinar series called The Community Builders.

The Community Builders Series will be held at 10am every Tuesday until 7th July. The series will focus on community rebuilding and resilience and will cover a range of topics designed to inspire towns and prepare them for post COVID-19

Ideas will be shared, and discussions around tourism initiatives, long-term viability, what grants are available and how to access them, and more.

These webinars are free, and you will have the opportunity to put forward questions or topics and ideas on how we can help rural towns.

Please visit www.ruralaid.org.au/towns/ webinars to register, ask a question, make a suggestion or just read about the webinar series.

Elder abuse support available

Seniors Rights Victoria provides information, support, advice and education to help prevent elder abuse and safeguard the rights, dignity and independence of older people.

If you, your client or someone you know is experiencing elder abuse, please contact their free confidential Helpline : 1300 368 821
<https://seniorsrights.org.au>

NSW livestock producers 'disgusted' by exclusion from \$140 million bushfire recovery funding

NSW Country Hour By Michael Condon and Josh Becker

The New South Wales Farmers Association has issued a "please explain" notice to the State Government over a decision to leave livestock producers out of a \$140 million bushfire-aid program.

President James Jackson said the group was perplexed by the announcement on top-up funding, and was not aware of the reasons why the decision had been made.

Mr Jackson said they "do not understand the decision, as many sheep and cattle farmers were devastated by the fires".

"It does seem curious for these farmers to be excluded," he said.

"The program has some merit, but to scope it off for beef and sheep farmers doesn't make sense.

"I would be interested to hear what the rationale is on this decision myself".

Farmers fuming over decision

One beef and sheep producer in Cobargo in the south east of New South Wales, Warren Salway, said he was "disgusted" by the decision. He lost three sets of stock yards and five sheds in the bushfires, and has estimated his damage bill at \$1.3-million.

"We lost 150 head of cattle, 80 sheep, and about 25 kilometres of fencing," Mr Salway said.

Dairy farmers can access up to \$200,000 and there are grants for horticulture, viticulture and aquaculture.

Mr Salway said livestock producers felt like they had been forgotten.

"It makes you feel like a third class citizen," he said.

"Some people have lost their entire herd, and there is no income for them whatsoever...and at today's prices you can't afford to buy them back."

"These sheep and cattle farmers were fighting on the front lines of the fires.

Nationals Leader defends funding

Deputy Premier John Barilaro said the Government would look at providing more help to those farmers in the future, but the latest round of help was going to many farmers really suffering.

"Cattle and sheep farmers can access money for repairing fences, and we will look at providing more money if they need it and maybe the Federal Government will kick in more funds," he said.

The Opposition's spokeswoman for Primary Industries, Jenny Aitchison described it as a perplexing decision.

"These sheep and cattle farmers were fighting on the front lines of the fires, side by side with the dairy farmers," she said.

"The minister needs to explain this decision ... especially when the New South Wales Farmers Association hasn't been consulted on the reasons for excluding one group and including another."

News from the Departments

AGRICULTURE VICTORIA

Services for farmers during the coronavirus (COVID-19) pandemic

Agriculture Victoria remains available to assist Victorian farmers. We want to reassure farmers, particularly those impacted by bushfires and drought, that we will continue to provide support services to you and your farming business. However, the way we are doing this during the coronavirus (COVID-19) pandemic has changed.

WHAT ARE WE DOING DIFFERENTLY?

We are moving from our usual face-to-face client contact to other alternatives. This means we might call you on the phone, send you information via post or email, invite you to a video or teleconference, or even a webinar.

Our technical support remains available to help landholders affected by fires and drought in East and Central Gippsland, North East, Millewa and the Goulburn Murray Irrigation District.

Farmers can call us to access information tailored specifically to their needs on a range of topics including:

- feed planning and pasture recovery
- supplying feed and water to livestock
- land and farm water management
- general technical information
- other assistance available and grants programs.

Farmers affected by drought and bushfire

For support in bushfire affected areas contact our Agriculture Recovery Managers:

- Gippsland – Keren Walker on (03) 5159 5118
- North East – Kylie Macreadie on 0428 975 728.

For support in drought affected areas contact our Dry Seasonal Conditions Coordinators:

- Millewa – Sue McConnell on 0418 572 087
- Northern – Mick Brotherton on 0428 346 209
- East and Central Gippsland – Nick Dudley on 0428 562 139.

Or email us at Drought.Support@agriculture.vic.gov.au

Farmers can also continue to call our Customer Service Centre on 136 186 and access the website anytime at agriculture.vic.gov.au

There are many other agencies providing assistance too – this includes the Rural Financial Counselling Service:

- In Gippsland call 1300 834 775
- In the North East call 1300 834 775.

Rural Finance is administering many grants programs for drought and bushfire impacted farmers. Give them a call on 1800 260 425 or access online anytime at ruralfinance.com.au

Dairy support

The Dedicated Dairy Support Program is available to dairy farmers in the Goulburn Murray Irrigation District who are considering structural or significant changes to their business. Decisions could include leaving the industry, scaling back (or up), family succession or transitions to other enterprises.

For more information go to agbizassist.org.au, call 1300 834 775 or dairysupport@agbizassist.org.au.

Bushfire Recovery Victoria is also a great service to connect you with recovery services and information from the whole of the Victorian Government. Call them on 1800 560 760 or visit at vic.gov.au/bushfire-recovery-victoria

Accessibility

If you would like to receive this publication in an accessible format, please call Agriculture Victoria on 136 186.

This document is also available in (PDF and Word) format at agriculture.vic.gov.au

Grass seed Assistance

Blazeaid will provide eligible farmers in East Gippsland with perennial grass seed to re-establish pastures in burnt paddocks.

The seed is offered to regenerate areas where the groundcover remains poor, eroded or weed infested and is unable to become highly productive without pasture re-establishment.

To apply please contact Kevin Butler at Blazeaid on 0418 530 471.

Farmers will have 12 months to sow the seed supplied, with preference to sow as soon as possible.

- The assistance will be provided to eligible farmers until the funding run out (or by the 30th June 2020)
- Preferences for farmers who are seeding now, and who have a paddock rotation/feed wedge/holistic farming culture set up to allow the perennial pasture to thrive.
- Farmer pays for fertiliser and the balance of their seed needs that Blazeaid does not fund.
- Preference for phalaris, cocksfoot, clovers and perennial rye grass (Shogun), not fodder crops.
- Applicants must agree that a Blazeaid representative may call or visit to see the pasture in the next 12 months

Anglicare Victoria

FINANCIAL COUNSELLING

Have you been affected by the bushfires?

FREE confidential help is available

Financial counsellors can:

- Assist with insurance matters
- Assist with access to government assistance programs
- Renegotiate loans, payments and access banking assistance
- Help you sort out how to pay debts, bills, and avoid scams
- Provide advice on options due to loss of income
- Refer you to other services as required

BETTER TOMORROWS

Can I have an interpreter?

Yes. Ask if you need an interpreter. Interpreters are free.

How do I get an appointment?

To make an appointment to see a Financial Counsellor call 1800 286 260

CONTACT US:

1800 286 260

bushfirefcpgipps@anglicarevic.org.au

Anglicare Victoria

BETTER TOMORROWS

OUR FOCUS IS ON TRANSFORMING THE FUTURES OF CHILDREN AND YOUNG PEOPLE, FAMILIES AND ADULTS. OUR WORK IS BASED ON THREE GUIDING PILLARS: PREVENT, PROTECT, EMPOWER.

anglicarevic.org.au
info@anglicarevic.org.au
1800 286 260 or
5150 3700
347 Main Street,
Bairnsdale 3875

Domestic Firewood Collection Rules

Firewood collection seasons: 1 March to 30 June (inclusive)
1 September to 30 November (inclusive)

- Only collect firewood from within a designated domestic firewood collection area and during a domestic firewood season.
- Only collect fallen or felled trees.
- Do not collect more than 2m³ per person per day.
Note: 1m³ is approximately a 1.8m (6') x 1.2m (4') trailer of split firewood neatly stacked to a height of 0.5m (20").
- Do not collect more than 16m³ per household per financial year.
- It is illegal to sell firewood collected from domestic collection areas or to use the wood in a commercial enterprise.
- Heavy vehicles (> 4.5 tonne GVM) (including any trailer) must not be brought into or used in a domestic firewood collection area.
- Heavy machinery (e.g. a bulldozer, crane, excavator, forwarder, hydraulic log splitter, saw bench, skidder, skid steer loader and tractor) must not be brought into or used in a firewood collection area.
- Do not tow or winch fallen or felled trees along the ground.
- Do not collect firewood within 20m of a watercourse.
- Do not drive your vehicle off formed roads or tracks.
- Do not cut, break off or damage standing trees or shrubs (living or dead).
- Do not take away fallen or felled trees that are visibly hollow or growing moss or fungi with a coverage of >50%.
- Do not damage, disturb or destroy native flora and fauna.
- Do not injure, damage, deface, desecrate, destroy or remove cultural heritage sites and artefacts.
- Take all litter with you when you leave.
- Do not enter the forest on days of Code Red Fire Danger rating.
- Do not use chainsaws on days of Total Fire Ban.
- Use only chainsaws fitted with a proper exhaust and spark arrester.
- Only refill chainsaw oil and fuel on an impermeable surface.

Video surveillance cameras may be installed in this firewood collection area.

Authorised Officers conduct regular patrols of the forest.

Please ensure you abide by collection rules, as significant penalties apply.

- If you suspect illegal activity contact DELWP Customer Service Centre on 136 186

Safety

Please take care of yourself and others at all times when collecting firewood. In particular:

- avoid collecting firewood when conditions are wet, windy or hot
- assess your work area for hazards before you start work
- avoid working near hazards
- avoid working alone or with children
- be trained and competent in the use of firewood collection equipment (including chainsaws) and use well maintained equipment
- wear appropriate safety clothing and equipment

Hazards

Hazards found in designated firewood collection areas may include but are not limited to:

- broken overhead branches, dead standing trees
- uneven or slippery ground conditions
- vehicles
- mine shafts
- snakes and stinging insects.

Please refer to www.worksafe.vic.gov.au for more information on safety in forest operations.

Further information

For further information please visit www.delwp.vic.gov.au/firewood or call the Customer Service Centre ☎ 136 186.

Recipe

CARROT CAKE MUFFINS WITH CHEESECAKE FILLING

Prep Time: 30 minutes Cook Time: 20 minutes Yield: 18 muffins |

Category: Dessert Method: Oven Cuisine: American

Ingredients

FOR CARROT CAKE MUFFINS:

- 2 1/4 cups all-purpose flour
 - 1/2 cup granulated sugar
 - 1/4 cup light brown sugar (firmly packed)
 - 1 1/2 teaspoons baking powder
 - 1/4 teaspoon baking soda
 - 1 1/2 teaspoons ground cinnamon
 - 3/4 teaspoon ground ginger
 - 3/4 teaspoon salt
 - 2 large eggs
 - 3/4 cup water
 - 1/3 cup vegetable oil
- 1 CUP GRATED CARROTS (ABOUT 2-3 MEDIUM CARROTS)**

FOR CREAM CHEESE FILLING:

- 10 ounce cream cheese-softened
 - 1/4 cup+1 Tablespoon sugar
- 1/2 TEASPOON VANILLA**

FOR STREUSEL TOPPING:

- 1 cup all-purpose flour
 - 2/3 cup granulated sugar
 - 1/2 cup unsalted butter-melted
 - 1 teaspoon cinnamon
- 1/4 TEASPOON SALT**

FOR THE GLAZE:

- 1 Teaspoon milk
- 1/4 cup powdered sugar

Instructions

1. Preheat the oven to 400°F, line standard cupcake pan with paper liners and set aside.
2. To make streusel topping in a medium bowl stir together 1 cup all-purpose flour, 2/3 cup granulated sugar, 1 teaspoon cinnamon and 1/4 teaspoon salt, add 1/2 cup melted unsalted butter melted and stir it with a fork until crumbly, set aside.
3. To make the filling beat the cream cheese, vanilla and sugar until smooth, set aside.
4. To make the muffins, in a large bowl, whisk together dry ingredients listed for the muffins.
5. In a small bowl, whisk together the eggs, water and oil.
6. Stir the egg mixture into dry ingredients, then fold in grated carrots and stir well to combine..
7. Drop about 1 1/2-2 Tablespoons of the batter into each cup and spread to cover the bottom, then place 1 heaping tablespoon of filling, cover with carrot batter to fill the cups 3/4 full, then top with streusel topping and bake about 20 minutes, until the toothpick inserted in the cake (not cream cheese filling) comes out clean.
8. Remove the muffins from the oven, let them cool for 10 minutes in the pan then transfer to a rack to cool completely.
9. To make the glaze, stir well 1 tablespoon milk with 1/4 cup powdered sugar and drizzle over the muffins before serving.



The Neighbourhood house has some large Moccona coffee jars if anyone would like them, they make great storage containers as they are air tight. Call in and pick some up or we can drop them in your mailbox if you are on our route home.

Recipe

IMMUNE BOOSTING CAULIFLOWER + TURMERIC SOUP

By Teresa Cutter

Cauliflower and turmeric are rich in antioxidants, restorative minerals and anti-inflammatory compounds to support digestion and boost the immune system. A purely nourishing soup that's perfect on its own or served with steamed Jasmine or basmati rice.

Antioxidants, Detox, High Protein, Immune Boosting

Ingredients

2 cloves garlic, smashed
1 onion, finely chopped
10cm knob fresh grated turmeric or 1 teaspoon powdered turmeric
2 tablespoons extra virgin olive oil or ghee
750 ml (3 cups/24 fl oz) hot water or vegetable stock (see notes)
1 small cauliflower, finely chopped
1 x 400 g (14 oz) tin chickpeas, washed and drained
sea salt and white pepper to taste
125 ml (1/2 cup/4 fl oz) coconut milk or oat milk

Method

COOK garlic, onion and turmeric with the olive oil on a low heat for 5 minutes.
ADD the cauliflower and water then partially cover the pot and simmer for 10 minutes until cauliflower is tender.
SMASH the soup using a potato masher until they are broken up.
ADD the chickpeas and coconut milk then season to taste. Add extra water if required.

SERVE and enjoy.

Notes and Inspiration

Add 2 tablespoons nutritional yeast to boost flavour.
Serve alone or with a side of steamed Jasmine or Basmati rice.

Contributed by Deb Tresham



Word search

T E A C O F F E E U E T S N E R
F I R E P L A C E S T A A O K N
M N S C A T C U C M A O M I I N
A A F C S Y V A R G L C A T N Q
P U R A M I R P E U O B J A D C
U T O S B F V P E O C L Y L L A
O R S U H D O O N A O A P U I M
S I T L R M H D C Y H N S S N P
E I N A E B A I T M C K Y N G F
W C U Y A H J L N O A E S I I I
A O O F F I F R L W A T O D D R
R C O U H K H J A O U S C M D E
M I E P T O F N R M W U T N A E

Chocolate
Insulation
Marshmallow
Campfire
Doona
Toast
Soup
Coffee
Warm
Roast
Gravy
Blanket
Fireplace
Pyjamas
Beanie
Kindling
Coat
Scarf
Cosy
Tea
Frost