

TUBBUT TATTLE

ISSN 2200 - 5243



February-March 2017

Next deadline: March 15 2017

Tubbut Neighbourhood House

E-mail: tubbutnh@inet.net.au

Phone: 02 64580295

Open Wednesday, Thursday and Friday in school terms

<http://www.tubbutnh.com>

Like us on Facebook



- | | | | |
|----|--|----|---|
| 2 | Classifieds | 15 | McMillan out of favour; Roundtable ends |
| 3 | Neighbourhood House News | 16 | Climate Change update |
| 4 | Out & about, with Keith; Delegate Show | 17 | All talk, no action—Laurie Neven |
| 5 | Out & about—fire stories, Rotary Markets, International Women's Day... | 18 | Chook health |
| 6 | What's on; Men's Shed update | 19 | Loneliness makes us sick |
| 7 | CFA; picnic table stolen | 20 | Recipes |
| 8 | Soft plastics recycling; EGCMA news | 21 | Recipes |
| 9 | New loos for Goongerah; John Myles Poole | 22 | White gold |
| 10 | Comment: Native vegetation clearing; Biodiversity laws | 23 | Eye health—visits Tubbut/Bonang MPS services—or not |
| 11 | The skeleton of his horse | 24 | EG Shire news |
| 12 | Farmers & growers: beef and quad bikes | 25 | Gardening with Susan—water shortages |
| 11 | Women trappers; cb radios not illegal | 26 | Calendar |

Tis the season..... Lol's plum chutney

CLASSIFIEDS

FOR SALE

**Large extendable table – white
Comes with 4 chairs, can seat 8 people
when extended \$80.00**

**Mazda RX4 sedan 1975 currently being
rebuilt, comes with extras \$6,000**

Please contact Julie on 64588262

Computers with Sharon

23rd February 2017
10-2

Come for computers, come for lunch.

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

For Sale

**Post hole digger, suit Fordson or Ford 5000
\$300**

Ring Laurie Neven 64588021

Bobcat contractor for hire

Slashing, clearing, small earthworks, levelling,
preparation for sheds, carports, water tanks and
paving

And clean ups

Ring Steve 02 6458 0303 or email
stephenscroope@bigpond.com

**Sandy Ingram and Alan Cameron
tied the knot on January 5th in
1957
Congratulations for 60 years of
marriage!**

Buying meat at Delegate Store

Order meat before Saturday, receive Monday from
Bombala butcher

Order by Tuesday, receive Thursday, Pambula butcher.

Plumbers

**We often get inquiries about plumbers willing to
travel to our area. Grouping jobs saves on travel
so let us know at TNH**

- **if you know of friendly plumbers**
- **if you have work that needs a qualified plumber**

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.



Text or Phone:

0422230790

FaceBook/F&SWHITER

Fred & Sheena are happy to come to our area, I highly recommend them. (Lisa)

**For sale
2003 Mazda Astina sedan 323
Automatic, 1.6 litre engine
102000 ks**

**Air con, cruise control
Serviced every 5000 k \$5000 Ring
0427483929**

Advertising is free to local residents

To ensure you get your Tattler, ask to receive it by email and/or remove your No Junk Mail Sticker—or add to the sign that you want the Tattler—as the postie thinks the Tattler is junk! The Tattler is also available on our web site. If you receive your Tattler by mail, we appreciate a contribution to the stamps

Gippsland Community Legal Service—free to residents of Gippsland. Monthly visits to Orbost. Contact 0351359523—apologies—the 1800 number in previous Tattlers does not work in an 02 area.

**Need a cleaner?
Contact Natasha 64588162 or 0408477774**

Need an electrician?
Ben of Country Wide Electrical Services (based in Newmerella) comes to our area on a regular basis. He is the school's electrician so visits can be timed to coincide with his work there. Solar a specialty.
Please ring Ben on 0434 038 395

News from Tubbut Neighbourhood House



Community Planning Workshop

Our second community planning workshop is scheduled for Saturday 1st April next year. Because Dave and Liz's availability is limited we can only hope that as many people as possible can make it to Bonang on this day. The plan is only as good as the people involved in it. If you are not able to attend, please look at the draft from the last planning workshop and have your say to Deb and/or Lisa. We will provide you with another copy if you don't have one.

Neighbourhood House Renovating

The neighbourhood house is looking pretty snazzy now, work is still in progress and we haven't quite moved back in yet but it won't be far away.

We would like to thank volunteers Jenny Starkey, Graham Burrell, Andy Camp and Lorelee Cockerill for all their time to get the house to where it is. Thanks also go to Ian Ralph and Matt Pearce for all their great work.

DVICG meets on Monday February 20th at 10 am. We hope to draft our annual plan and would love your input. Some of the ideas we've had are below but if there is something you would like we will endeavour to find a tutor. All welcome.

WORKSHOPS WE WOULD LIKE TO RUN IN 2017

- Working with clay
- Rock wall workshop
- Pizza oven building with community at Bonang and Tubbut
- Wool workshop with Heather and Margie
- Sponge cake bake off
- Mosaics
- Cake decorating
- Glass slumping
- felting
- Grasses workshop
- Community lunches
- Days out

We would love some feedback or input on what workshops you would like us to run and where you would like them to be held.

We are also always looking for **community members to run workshops with their knowledge**, please contact us to discuss, either through our Facebook page, phone or email.

Streetscape—The Map & Bonang

There is still a copy of the draft map at TNH, Goongerah and Bonang Halls for people to add places of interest and make sure that information is right. Please take some time to add any information so the map can be as informative as possible.

CFA Summer Safe grant

Tubbut Neighbourhood house was the recipient of \$6000 from CFA's Summer Safe grants program.

People eligible for help to prepare their properties against fire were offered the services of a bobcat and slasher. Fortunately we have two in the area, Steve Scroope and Mark Bates who offered their services. Between them thirteen households were helped to feel felt safer this summer. Ofcourse, there was a proviso to the effect that this would not ensure their safety in the case of a bushfire. Fortunately we haven't had one of those this summer (yet).

The remaining \$1000 is to go towards a radio system that allows communication between West Bonang and Cabanandra and Bonang. We need help choosing the best equipment—all advice considered.

Deb & Lisa

Cancellations, Date Changes and local news access

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

Dog Yarns

No dog stories this month, still waiting for offers. One next month though—could it be yours?

WANTED

Front cover photographs for the Tattler. Historical. People. Natural scenes. Art works. With a local connection. Please contribute

The Tubbut Tattler is your newsletter—'the Community' - so please contribute in any way you can with your ads, stories, articles, cartoons, knowledge or anything of interest that others may benefit from.

Clay

Come and glaze your pots and make some more at TNH on Friday March 10th. It is essential that you book; no bookings, no clay day.

Come along any of Lisa's days (Wednesday, Thursday) to slump some glass. Felting coming up soon.

LOOKING FOR A GRANT?

THE FREE GOVERNMENT GRANT FINDER HELPS FIND GRANTS AND ASSISTANCE PROGRAMMES THAT ARE RELEVANT TO YOUR OWN BUSINESS.

[HTTP://WWW.BUSINESS.GOV.AU/GRANTS-AND-ASSISTANCE/GRANT-FINDER](http://www.business.gov.au/grants-and-assistance/grant-finder)

Out & about

CLEARING TRACKS

The tracks in our area are slowly disappearing back to nature; even horses cannot find a way through the Warm Corners track any more. That hasn't stopped our local horseman Keith Bradshaw though. Off into the hills he goes with his 2 horses and a whipper snipper to clear the track.



Wilderness First Aid

May 13, 14 & 15

Payment \$50 in advance to TNH

New participants welcome

Please note this course is made affordable by a Volunteers' Grant

that Tubbut Neighbourhood House obtained from DHS

Contact Lorelee for more info

0427 850457

109th Delegate Show

4th March 2017

Attractions

Most Successful Exhibitor over pavilion section's C - O \$100.00 Prize.

Guess The Weight of The Bull: \$50.00 Prize.

Basketball Shootout: Organiser: Mr Ian Sellers.

Burtyard Nurseries:

Sponsored by Snowy Monaro Regional Council

Sheep Colouring Competition:

Sheep Branding Spray supplied by Landmark Bombala/Delegate

Billy Boiling Competition: (This Competition will only be run if weather permits). High School aged & Primary School aged.
Organizer: Mr Bill Guthrie. Sponsored by Delegate General Store

Children's Novelty Events:

Best Decorated Push Bike Competition:

Preschool, Kinder & Grades 1&2. Primary Grades 3-6. High School.
Prizes 1st \$10.00, 2nd \$5.00 each section.

Delegate Progress Association

Short Film Competition: (no more than one and a half mins) -

Any Format Any Subject Sponsored by the Delegate Progress Association.

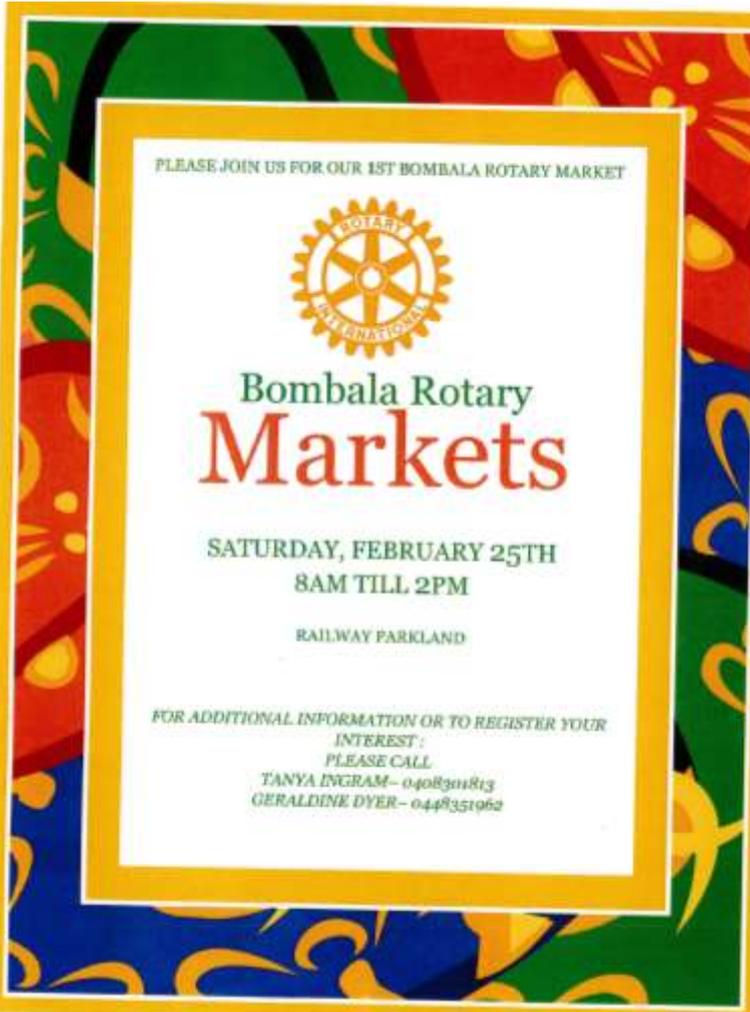
Primary School Section 12 years and under

1st Prize: \$35.00 2nd Prize: \$15.00 Encouragement Award: - \$10.00

Enquiries to Ian Sellers on 0428 984 485.

Entries close 17 Friday, February 2017 and must be forwarded to Delegate RT/CT Centre in a portable format.

Out & about



International Women's Day in Delegate Tuesday March 7th

10.30 for morning tea at School of Arts

Speakers: Angie Ingram & Chris Laird

Lunch at Delegate Country Club

Please book as soon as possible through Tubbut Neighbourhood House and we can car pool.

We told our tales

The Borderliners group which was funded last year for performances and workshops has decided to continue to meet and work towards performances this year.

We are going to produce a children's play to perform at local schools and follow up with workshops where we will help the children develop their own performances—if teachers like the idea.

We are also going to offer to assist in the celebration of the Settler Hut at Delegate with a performance/dinner next year at their 30 year mark.

We invite everyone interested to join us. Our major aim is to have fun and to enrich the social and cultural life of the border region.

To view our performances at The Delegate Country Club go to <https://youtu.be/UKBDVQO2W98>. The quality is only so-so due to the voices at the bar. But you will get the idea. These performances were created in one day under the directorship of Billy Connelly (the Australian one) from FAM. Deb



What's on

FUNDING GRANTS FOR WOMEN'S LEADERSHIP DEVELOPMENT

FUNDING GRANTS FOR WOMEN'S LEADERSHIP DEVELOPMENT

Women & Leadership Australia (WLA) is administering a national initiative to support the development of female leaders across Australia. The initiative is providing women with grants for leadership development.

Expressions of Interest

Register your interest by completing the Expression of Interest form here prior to March 9, 2017: <http://www.wla.edu.au/associations.html>
Courses are part-time and delivered nationally via WLA's blended learning model.

Available Scholarships:

1. Aspiring talent and emerging women managers can apply for \$3,000 part-scholarships to undertake the Accelerated Leadership Performance Program (18 week course)
2. Mid-level female managers and leaders can apply for \$4,000 part-scholarships to undertake the Executive Ready Program (7 month course)
3. Senior management and executive level women leaders can apply for \$8,000 part-scholarships to undertake the Advanced Leadership Program (12 month course). Scholarship funding is strictly limited and will be awarded based on a set of selection criteria being met.

More information: <http://www.wla.edu.au/associations.html>

Should you wish to discuss the initiative in more detail please contact Alistair Young at the office of the National Industry Scholarship Program, WLA on (03) 9270 9032 or via ayoung@wla.edu.au.

Sourdough Bread & Traditional Grain Preparation Workshop

9.30am-1.30pm Saturday 25 March, Candelo

Emily Stokes from FermacultureFarm, Candelo, is holding a series Traditional Food Workshops in 2017 and writes:

Baking delicious sourdough bread is one thing - having the skills to prepare all of your daily grains in a way that breaks down hard to digest components and gives you the most nutritional value is another. Join us for a workshop that covers both. Learn how to start a sourdough culture from scratch, how to soak your oats for optimum digestibility, and how to make a variety of sourdough loaves and fruit breads. Sourdough and traditionally prepared grains can improve your digestion, increase vitamin intake, and help avoid grain intolerances. Take your own loaf home to bake.

"I have a grandchild who is gluten intolerant, I can't wait for him to try proper sourdough - thanks for another excellent workshop" Glenda

Price: \$115/\$100 SCPA Member

Book online: www.trybooking.com/OSIZ

Contact Emily Stokes: emily@fermaculturefarm.com or 0407 192 899

[facebook.com/FermacultureFarm](https://www.facebook.com/FermacultureFarm)

IF YOU'RE A WOMAN WITH A PASSION FOR HORSES...

who is looking for adventure and would love to travel... then join Mirboo North's Jeanette White of [Wise Women Ride](http://www.wisewomenride.com/), for a horse-centred travel experience in Montana and Wyoming USA from June 15-July 2, 2017.

<http://www.wisewomenride.com/>

Men's Shed Update

Last year Tubbut Neighbourhood House was successful in obtaining a \$60000 grant for a Men's Shed for our area. Since receiving the grant, the question has been, How can the shed serve the men who need it most?

Tubbut Neighbourhood House serves the entire area from the border to Goongerah (and even further, as there are isolated households at Sardine Creek and Martins Creek as well). To truly serve all those communities there would need to be a shed at each location which is, of course, not possible. First thoughts were to build a big shed at Tubbut, but there hasn't been interest from a lot of men here. While Bonang is more central, there hasn't been a lot of interest expressed there either. The people involved in the original grant proposal are now being asked by Goongerah people if the shed can go there. So far as Lisa and I and Tubbut Neighbourhood House are concerned, we are happy to assist but the Men's Shed needs to be driven by.... Men in the area. So if the energy is in Goongerah, that's where it should be located. We believe that the shed can be made to serve the whole area with the ability to be mobile—a fitted out trailer and a vehicle to drive it could be part of the proposal.

Now we have the funding, we can add to the shed as and when the need arises—why not outposts at Tubbut and Bonang and even Delegate River—if the men there are prepared to get together and do the work required to make it happen, as Greg did in the first place. Tubbut Neighbourhood House is here to help—but its not our project, its yours.

To discuss this please come to a meeting on Saturday February 25th, 12 for a barbecue lunch at Bonang Hall. A working bee at the old Bonang school house will follow.

CFA and BADEG News

3 courses scheduled at Goongerah Fire Station:

MINIMUM SKILLS accreditation

- recap of stuff you should know then testing and accreditation.

- Assessor/facilitator: Andy Bennett

- Friday February 17th

CLASS A FOAM

- covers class A foam properties, application, health, safety & enviro impact of use & equip maintenance. pre-requisite: min skills

- Saturday 18th March (nominations close 20th Feb)

LOW STRUCTURE

- ie isolated structure fire like houses, farm building etc.

- pre-requisite: min skills

- 2 weekends; 29-30 April & 6-7 May (nominations close 3 April)

Campfires left burning

It is very disturbing that over the long weekend of Australia Day, our rangers had to extinguish 3 fires in the McKillops Bridge camping ground after the people who lit them had packed up and gone home. Thanks Gary and David.

Neglect of campfires has been a concern in other parts of Gippsland this year too. *If you see something, say something and report irresponsible or illegal behaviour at our campsites to DELWP on 136 186 or to Crime Stoppers on 1800 333 000.*

Not happy: theft of table from popular picnic spot angers residents

Local residents were disgusted to find that a picnic table and benches recently erected by the Shire of East Gippsland were stolen over the Australia Day long weekend.

We have been asking for better facilities at this popular site on the Jingallala River for years. Discussions with a shire officer who has developed good relationships with local people led to the installation of the table last year.

The shire maintains the Dellicknora Road and thus has an interest in the site. The Dellicknora Road itself exists only because an active group of local people lobbied the Orbost Shire Council to turn the local track into a two-wheel drive road in the 1950s, cutting off more than 10k from Tubbut peoples' trip to town (Delegate).

Locals are hopeful the table will be returned.

"You don't get away with much around here, there's always someone looking," Deb Foskey said.

Sandy Cameron, who worked hard to secure the table, was devastated by the theft.

"Don't they know that we have to work for everything we've got around here?" she asked.

"Workers stop there for their lunch and tourists like the spot with its table and nearby stream. Now they can't even boil the billy because someone stole the barbecue before Christmas."

Someone liked the spot so much that his family have placed his ashes there. No-one knows the story, but the plaque shows this has long been a favourite spot for visitors.

It deserves a table and residents appeal to the thief to bring it back.

Update: 2 weeks later and we are told that the police are waiting on a report of the theft from East Gippsland Shire Council before acting to track down our table.



This table at Wattle Camp is similar to the stolen one—it is securely bolted down, thanks to NPVic. Not much left at the Cabanandra site—perhaps the rubbish bin or the sign will be next.



Good news from Far East Victoria Landcare

SOFT PLASTIC RECYCLING

From 1st February FEVL will have a bin outside the office during office hours to accept soft plastics for recycling. So start putting aside your bread bags, bubble wrap and biscuit wrappers. Collect them in a plastic bag and place in the bin. We will do the rest for you.

YES PLEASE!

- o Bread, pasta & rice bags
- o Cereal box liners
- o Biscuit packets (wrapper only)
- o Frozen food bags
- o Ice cream wrappers
- o Squeeze pouches
- o Plastic sachets
- o Chocolate & snack bar wrappers
- o Silver-lined chip & cracker packets
- o Confectionery bags
- o Fresh produce bags
- o Netting citrus bags
- o Polypropylene shopping bags
- o Plastic film from grocery items such as nappies and toilet paper
- o Australia Post satchels
- o Newspaper wrap
- o Sturdy pet food bags
- o Bubble wrap and large sheets of plastic that furniture comes wrapped in (cut into pieces the size of an A3 sheet of paper first)

NO THANKS!

- Plastic bottles
- Plastic containers
- Glass
- Paper and cardboard
- Tin cans All the above are recycled at Bonang tip
- Food waste—start a compost heap and improve your garden

FOR MORE INFORMATION GO TO
[HTTP://REDCYCLE.NET.AU/REDCYCLE/FAQS](http://REDCYCLE.NET.AU/REDCYCLE/FAQS) BECAUSE WE ARE COMMITTED TO
WASTE REDUCTION, TNH WILL
COLLECT YOUR SOFT PLASTICS AND
DELIVER THEM TO FEVL'S BIN.

HELP SAVE THE BEES

Landcare has launched a donation campaign to establish specially equipped tracker hives. Visit <http://landcareaustralia.gofundraise.com.au/> And if you're an apiarist seeking new bushland for your bees, or you're a landholder will to host hives, visit our hugely popular Wannabee Facebook page <https://www.facebook.com/pages/Wannabee-Linking-Gippsland-farmers-and-beekeepers/679159508860803>

EGCMA WORKS UPDATE

Far East Catchment

A landholder agreement has been completed on **The Cann River**. This agreement secures the protection of 4.67ha of riparian zone. As part of this agreement 1368m of new and upgraded stock exclusion fencing was completed and the installation of one off stream watering system.

A landholder agreement has been finalised on the **Bemm River**. This agreement secures the protection of 3.81 ha of riparian zone. As part of this agreement 1998m of new sock exclusion fencing was installed. 3.81ha of weed control was also undertaken.

Willow control was completed on the upper **Combiobar River** and the lower **Erinundra River**. This project completed 18.6ha of Willow control on these rivers. This work supported previous investment in these catchments.

Snowy Catchment

5.7ha of English Broom control has been completed via the **Delegate River** English Broom project. This project focused on the area upstream of the NSW/Victoria border and built upon previous year's investment in this area.



Buchan River Willow and Exotic Maintenance Pass is planned for late January/early February. This project will undertake approximately 16ha of willow and exotic weed control along the floodplain reach of the Buchan River. This project will support the ongoing Buchan rehabilitation project 27ha of willow control will be undertaken as part of the **Snowy River** Willow project. This project is part of the overall Snowy River Rehabilitation program and will target willows from Jarrahmond downstream to the confluence with the Brodribb River.

Lower **Snowy River** Rehabilitation project is underway. This project will be delivered by Moogji Aboriginal Council's Works Crew. The focus area for this project is the riparian zone from Jarrahmond to the Brodribb River confluence. This project will include weed control and revegetation, which supports previous year's investment in this section of river.

New loos for Goongerah

The camping ground at Goongerah is a popular spot for campers. The site is co-managed by the Goongerah community and DELWP and visited by many tourists. A number of community events also occur there, such as Citizen Science camps and Forests Forever. The toilets are the only public facilities between Bonang and Orbost so when DELWP hung up its shovel and announced that it wouldn't be maintaining the composting loo any more there was general dismay.

Fortunately the value of the facility was well-recognised so solutions were sought and found. A meeting of local people and DELWP officers in January decided on a location for the new toilet which will be built as soon as possible. Meanwhile, temporary facilities have been installed to fill the gap. Unfortunately, the evidence on the ground was that some people hadn't brought a spade for such emergencies.

The consultation was much appreciated and certainly those DELWP officers who regularly visited the old loo and removed its contents deserve our deepest thanks. The new toilet will be emptied regularly by a contractor from Orbost.



L to R: Flynny, Ross Cutlack, Lorelee, Chris Anderson, Deb.

Telling our tales

Sandy Cameron has alerted us to one of our pioneers who lived at Dellicknora.

John Myles Poole, formerly a builder, selected land at Dellicknora after coming to the colony in 1844 from New Jersey in the USA. It is known that he spent at least 25 years in NSW before coming to Victoria. He never married. He died in 1900 and was buried by John Cotterill on his selection at Dellicknora—Black Flat —under pine trees on Alan and Sandy Cameron's property.

He was not only the local builder but also the undertaker in the district.

Thanks to Alma Hutchinson who provided Sandy with the photograph.



Nature & Wildlife

Native Vegetation Clearing Regulations - Extension of Comment Period

Due to a high level of stakeholder interest, the period that the proposed changes to the native vegetation clearing regulations are available for comment has been extended.

Comments and submissions will now close on **8 March 2017**.

We welcome comment about any potential implementation issues before the changes to the relevant clauses of the Victoria Planning Provisions (VPP) and all Victorian planning schemes are adopted. We are especially seeking comment from people who may be affected by, or who are responsible for, implementing the proposed system changes. We encourage you to visit the website <https://engage.vic.gov.au/native-vegetation-review> to comment on the proposed changes.

For further information, please contact the review team by email: nativevegetation.review@delwp.vic.gov.au.

Protecting Victoria's Environment - Biodiversity 2036

DELWP is continuing to work with stakeholders, key portfolio and government agencies to finalise the Biodiversity Plan, "Protecting Victoria's Environment - Biodiversity 2036", for government consideration. The Plan is being developed to be ready for release in 2017.

Our nature protection laws need fundamental reform



The Growling Grass Frog is listed as endangered in Victoria.

Victoria's most threatened and vulnerable native species are being let down by poor laws that need fundamental reform.

Along with Environmental Justice Australia and Environment Victoria we have welcomed the Victorian Government's public consultation report on the reform of our state's key nature protection law, the Flora and Fauna Guarantee Act (FFG Act).

The discussion paper released by the Andrews Government on 30 January 2017 opens the door to a long overdue upgrade.

There have been calls for some years for an overhaul of Victoria's key nature protection laws, which have been woefully ineffective at protecting our threatened species and natural landscapes.

Desperate need for reform

Victoria is the most cleared state in Australia. Since European settlement 18 species of mammal, two birds, one snake, three types of fish and 51 plants have become extinct in Victoria. The laws that are supposed to protect nature are clearly not doing their job.

Between a quarter and one third of all Victorian land-based plants, birds, reptiles, amphibians and mammals are considered threatened with extinction. We need to do more to reverse these trends and good nature protection laws are a critical part.

The review is a once-in-a-generation opportunity for Victoria to make much needed improvements to its main nature protection law.

Conservation groups are calling for five key elements to be in new legislation:

A fair go for threatened species by removing exemptions and special treatments for government departments and some industries.

Stronger stop and protect powers with clear requirements for the minister to intervene when important species or habitats are under threat.

A nature cop on the beat with stronger enforcement, real penalties and better monitoring.

Clear targets and timelines to direct investment and programs for threatened species. protection and recovery, across the whole state.

Giving community power to act, including capacity to determine regional plans and ability to initiate legal action to protect threatened species.

Have your say

The consultation paper and information on making a submission is available at www.engage.vic.gov.au/review-flora-and-fauna-guarantee-act-1988. Submissions close 13 March 2017.

From the VNPA newsletter

The Skeleton of His Horse



A Hollow Log Similar to one that John Sackfield Lived In. Photo Courtesy of The State Library of Victoria

It is terrible to think of a human dying from exposure and starvation but it is almost more distressing when human misadventure causes the death of an innocent animal. This terrible scenario and subsequent death and mystery occurred in 1892 when John Sackfield disappeared in the Victorian High Country.

The name John Sackfield is very uncommon yet I have had some difficulty tracking his movements prior to arriving in Gippsland. The only probable lead I have found lists a Reverend Sackfield on a ship's manifest as travelling from Melbourne to Sydney in 1861. For some odd reason, when our John Sackfield arrived in Gippsland he was not using the title of Reverend and was referred to simply as Mr.

In 1887 the Anglican Bishop of Melbourne appointed John Sackfield as the lay reader for the Callignee and Tragalgon South district. It was his responsibility to provide religious services in the area and although he was given greater powers than the usual lay reader he was still unable to perform certain ceremonies such as the Eucharist. John was not a young man, yet during this time he was also trying to select land but was constantly unsuccessful. Keeping in mind that most land applications were granted it seems that poor old John might have missed out or been punished for some unknown reason.

Despite being well read and educated Mr. Sackfield found the going tough. In the winter of 1887 he became disorientated and was lost for several hours in the area south of Callignee. Obviously the position of lay reader was either voluntary or provided him with a very small income and John's life was not an easy one. There was no manse or parsonage for Mr. Sackfield. Instead he found alternative accommodation in the form of a large hollow log about halfway along the track

veen Callignee and Traralgon South. He lived this for 3 years until 1890 when he was red the position of lay reader in the Geelong a under the leadership of Cannon Goodman. in months this position terminated and Mr. kfield was on the road again, this time as the der in the remote Bendoc area.



The Snow Covered Bendoc Pub circa 2014. Photo courtesy of Margaret Weir and Graham Beever

Bendoc is a small settlement high in the Snowy Mountains 110 klms north of Orbost. From 1855 to 1879 the area was a bustling gold mining district but when the gold ran out the miners moved on. By 1891 there were only a handful of diehard locals searching for gold or farming cattle and John Sackfield joined their midst. But John was determined to select land and become a station owner. For some foolish reason, during the winter of 1892 he resigned his position and took off on horseback on a quest to find suitable land. Two weeks later it was realised that he was missing and a search party set out. The freezing temperatures, the snowfall and impenetrable bush made the search party give up after only a few days. As the months wore on it became evident that he had perished somewhere in the high country between Bendoc and the small settlement of Combienbar.

In October of 1893, a local farmer and J.P. by the name of Hensleigh found the skeletal remains of John Sackfield's horse still tied to a tree in an area known as Cobyngbah. The skeleton was wearing the bridle, saddle, breastplate and saddlebags. Another search was carried out but no sign of John Sackfield was found. About a year later a local farmer became lost in the same area. Exhausted and delirious he claimed to have stumbled upon a skeleton which he believed to be our Mr. Sackfield. After his rescue he led another search party into the area but he was unable to retrace his steps. As far as I know, John Sackfield's bleached bones are still lying deep in the bush somewhere in the Victorian high country.

Farmers & Growers

Donald Trump and China: The key uncertainties for Australia's beef industry in 2017

ABC Rural By [Sarina Locke](#) 7 Feb 2017

As a live cattle shipment sails to China, Australia is navigating global uncertainties with issues such as Brexit, President Trump threatening partner Mexico with tariffs, and bigger US beef production.

The new Kidman cattle station co-owners Shanghai CRED have exported 1,200 angus cattle from the Victorian port of Portland, to go to slaughter in eastern China.

Despite expectations the price of cattle is too high to make a profit, it is an indication of China's interest in live cattle.

It is the first ship load of cattle, organised by Elders North Australian Cattle Company (NACC) which trialled two air shipments of slaughter cattle in 2015 and 2016.

"Considering the record highs that exists in our current domestic cattle market, this shipment really signifies the demand that exists in China for high quality Australian beef," said Mark Allison, chief executive of Elders.

"Sourced entirely through Elders' networks in Victoria and South Australia, the shipment consists of mainly Black Angus cattle, aged between 18 and 24 months, weighing an average of 500kg."



Photo: Angus cattle from Victoria and South Australia weighing 500kg bound for slaughter in China. (Supplied: Elders)

The shipment was imported by Baozhu Food Company, part of the Tai Xiang Group, for end-use customer, Shanghai CRED.

Meanwhile beef sales are falling due to the tight supply and strong competition from competitors.

It is also an unprecedented era of uncertainty with the arrival of Donald Trump in the White House and with Britain exiting Europe. Mr Trump's tough talk with China coincides with negotiations to reopen US beef to China, after the ban over mad cow disease was lifted. The US beef production has recovered after the drought, and has more to export.

"It is quite a long time to get access to China, how the other global factors and Trump plays into that, is for US and China to work out," said Meat and Livestock Australia's general manager of International Marketing, Michael Finucan.

"But the time line is quite long to get access to China."

TPP 12 MINUS 1

One of the first acts by Donald Trump as President was to [withdraw from the Trans-Pacific Partnership](#) (TPP).

Now Japan's Prime Minister Shinzo Abe is reportedly urging the remaining 11 nations to continue without the United States.

Meat and Livestock Australia's Michael Finucan is upbeat and said Australia would also pursue alternatives.

"The Australian Government has indicated it will progress TPP with other partners," Mr Finucan said.

"There are other trade negotiations, there's the regional economic partnerships; ASEAN, plus China, India, Japan, Korea.

"Indonesian Trade negotiations are underway, there's the Gulf States, India, a whole plethora of trade negotiations for the red meat sector." Australia's largest beef market by volume is the US, despite a 42 per cent drop in 2016 over the previous year.

Already the US is talking about a new tariffs on Mexican goods to pay for the Great Big Wall, despite their North American Free Trade Agreement.

But MLA said the agreement was safe for beef.

"Under our FTA we have zero tariffs on imports, so we already have a strong bilateral free trade agreement."

BREXIT BRING OPPORTUNITIES

Trade restrictions to Europe mean it is only 9th in our beef export rankings. Meat and Livestock Australia said it saw big opportunities in Britain, as it began a long exit from the European Union.

"We're hoping that with Brexit we're able to get better access conditions from higher quotas and bigger numbers. It's one of the best opportunities going forward," Mr Finucan said.

Australian beef exports to Korea grew 8 per cent in 2016, but were edged out by a strongly marketed US product.

Australia's market share in Korea fell from 57 per cent to 49 per cent in the year, but Michael Finucan is unperturbed.

"The US has certainly come back on strong now they have more production in the system. But we're at record volumes into Korea.

"We're strongly recognised by the Korean housewife, for clean and green."

He said 2017 was going to be a good year of returns for Australian beef producers.

"But it's going to be tough in global markets, with Brazil's higher exports, Indian buffalo meat entering some of our key markets, and US supplies coming online.

"It will be a tough year for us, but in Korea and Japan and South-East Asia there is overall continued growth in beef consumption around Asia."

Meat and Livestock Australia regional managers will meet in Melbourne for sheep and lamb markets on March 9, 2017, and Brisbane on March 14, 2017, for beef.

REBATE AIMS TO REDUCE QUAD BIKE DEATHS

The Victorian Government, through WorkSafe Victoria, is encouraging farmers to take part in a \$6 million rebate scheme for approved safety solutions to help reduce quad bike deaths. Farmers can claim either:

- Up to \$1200 for the purchase of an alternate vehicle such as a side-by-side vehicle (SSV) or a small utility vehicle (SUV)
- Up to \$600 for the purchase of up to two operator protection devices (OPDs) or up to \$1200 for two devices.

The scheme is available for purchases made from September 1. www.bequadsafe.com.au

WHAT IS YOUR ATTITUDE TO FOOTROT?

Nickala Best, PhD candidate at La Trobe University, is seeking farmer input to help with work on a new tool for diagnosing sheep footrot. Sheep producers are asked to respond to a short online survey at: <https://goo.gl/forms/o1dXvSR1Fe201CWy2>

NEW VICTORIAN HUNTING MANUAL TO REPLACE GUIDE

Victorian hunters will receive a copy of the most comprehensive game hunting manual ever produced in Victoria. The manual 'Game Hunting in Victoria - a manual for responsible and sustainable hunting' will be sent to all Victorian Game Licence holders and replace the annual Victorian Hunting Guide. **GMA** www.gma.vic.gov.au

Farmers & Growers

Women have 'better eye' says trainer taking dog trapping course

[NSW Country Hour](#) By [Sally Bryant](#) 19 Dec 2016

A previously untapped workforce is being drafted as trappers to fight the growing problem of wild dog predation on Australian livestock. A recent two-day dog trapping training course at Gumbooka Station near Bourke, in far western NSW, was targeted specifically at women to give them the skills and confidence to trap wild dogs. Rangelands graziers, like many, are operating with far fewer full-time staff than in previous years, with many run by married couples with no permanent additional help. As the problem of dog predation has grown in recent years, dog control has become just one more job that needs to be done and now more women are keen to take on that work.

USING MULTIPLE TOOLS TO STAY ON TOP OF PREDATION

The course was organised and hosted by grazier Liarne Mannix who said she and her husband Ben had been very proactive in addressing the problem they had with wild dogs.

"The situation here at Gumbooka is better than it was — touch wood," she said.

"We are suspicious there is something going on at the moment in one area, and we are working on that with multiple tools to get on top of it. Ben caught a big dog here in May, [which] had caused a lot of damage before we trapped him."

Ms Mannix said she and her husband did not rely on just one method to fight back against wild dog predation.

"We use a variety of tools; we trap and we have cameras to keep an eye on what is going on," she said.

"And now we have three wild donkeys on the place as well, as companion animals against the wild dogs.

"I think I laughed when I first heard of people using donkeys, but now I'm happy to eat my words.

"It's all about building a suite of tools that help you beat the dogs."

COURSE ORGANISED TO ENCOURAGE WOMEN

She said the impetus for an all-female training course arose from a conversation she had with trapper and trainer Paul Billsborough.

"We just looked at it and thought, 'the need is there', let's just do this," she said.

"So we have gone ahead and done it off our own bat, and Paul is doing it out of goodwill."

Trainer Mr Billsborough said he believed the women of western New South Wales were an untapped resource that could tip the balance in a battle that is causing hardship and grief to landowners.

"The aim of this training is to actually give them a base knowledge," he said.

"A lot of the women see the men suffering and the men are so busy doing lots and lots of other stuff that they don't do this well.

"I believe that a lot of women would make good trappers because they have a better eye.

"You need to be neat, you need to be tidy, you need to be clean — a lot of guys just aren't like that."

KEEN TO LEARN TRAPPING

The women who have gathered at this workshop were keen to learn.

Clare Robson said she had no previous experience in trapping, but was confident the two-day course would give her a solid foundation.

"I'm glad it was a women's only course; that way I could say to my husband 'I'm going to do this'," Ms Robson said.

"Before this course, I had never touched a trap, I had never set a trap, but I reckon I'll be fine with it.

"I'm definitely going to set myself up, get myself a trap bag and see how I go."

Mel Mills travelled from Cobar to join the course; she used to go rabbit trapping with her father, but has not trapped dogs before.

"I'm definitely going to do this. What is failure? If I catch a cat, or a fox then that is a bonus," she said.

Traps are coated in wax to guard against rust and have their metallic odour masked by the scent of native scrub. (ABC Rural: Sally Bryant)



Peak communications body ACMA reverses decision ruling thousands of CB radio sets illegal

[ABC Rural](#) By [David Cloughton](#) 3 Feb 2017



The Australian Communications and Media Authority (ACMA) has reversed its decision to make 40 channel UHF radios illegal from June 2017.

It is estimated there are thousands of UHF, or citizens band (CB) radios on farms and in trucks, caravans and businesses throughout Australia.

Upgrading to 80 channel radios was going to cost some businesses tens of thousands of dollars.

The manager of spectrum licencing policy at ACMA, Dominic Byrne, said the two systems are working well alongside each other so the authority had decided to remove the requirement to upgrade to 80 channel UHF sets.

"These changes were introduced to manage congestion and interference in the CB radio channels," he said.

"Based on both some dialogue we've had with CB users and some monitoring of the CB channels we've been doing ... we don't think that there's any harm from the continued operation of the 40 channel units."

Truck drivers around the country were taken by surprise by the original decision to make the 40 channel radios illegal, according to Rod Hannifey from Dubbo in NSW.

He said neither truckies nor farmers were aware of the need for the change, and the decision would have affected many who use UHF to keep in touch on the road and around their properties, often using multiple radios.

"There is one in the house, one in the farm shed, there's one on each tractor so they can talk to those people. There's one in each of the utes that operate on the property, there is one in each of the trucks," Mr Hannifey said.

TRUCKING INDUSTRY CONCERNED ABOUT NOTIFICATION

A key trucking industry association was concerned about a lack of communication from the authority.

The president of the National Road Freighters Association, Tony Hopkins, runs a large firm in Queensland involving 50 trucks.

He said he only became aware of the issue a couple of weeks ago and he advised his members then.

"We got a response from a lot of the [trucking] community," he said.

"They were outraged and couldn't believe something like this was happening."

It would have cost Mr Hopkins' company \$40,000 to buy new communications equipment and he said he could not substantiate the need.

"The bottom 40 of an 80 channel radio is exactly the same," he said.

Mr Hopkins said making 40 channel UHF radios illegal was done without consultation with his industry, but Mr Byrne from ACMA said there had been consultation over a long period.

"This is the product of a review we conducted some years ago and there was an extensive consultation process leading up to these changes in 2011," he said.

"We've also made a statement on our website." While the freight association said it was not happy with the process, it said it was pleased that 40 channel UHF radios will continue to be legal past June 30.

This is how people can truly take back control: from the bottom up

George Monbiot is a social commentator whose opinions are printed in The Guardian. I thought this article was one for us to ponder as we approach our community planning workshop
Deb

[@GeorgeMonbiot](#)

Wednesday 8 February 2017 17.00

Without community, politics is dead. But communities have been scattered like dust in the wind. At work, at home, both practically and imaginatively, we are atomised.

As a result, politics is experienced by many people as an external force: dull and irrelevant at best, oppressive and frightening at worst. It is handed down from above rather than developed from below. There are exceptions – the Sanders and Corbyn campaigns, for instance – but even they seemed shallowly rooted in comparison with the deep foundations of solidarity movements grew from in the past, and may disperse as quickly as they gather.

It is in the powder of shattered communities that anti-politics swirls, raising towering dust-devils of demagoguery and extremism. These tornadoes threaten to tear down whatever social structures still stand.

When people are atomised and afraid, they feel driven to defend their own interests against other people's. In other words, they are pushed away from intrinsic values such as empathy, connectedness and kindness, and towards extrinsic values such as power, fame and status. The problem created by the politics of extreme individualism is self-perpetuating. Conversely, a political model based only on state provision can leave people dependent, isolated and highly vulnerable to cuts. The welfare state remains essential: it has relieved levels of want and squalor that many people now find hard to imagine. But it can also, inadvertently, erode community, sorting people into silos to deliver isolated services, weakening their ties to society.

This is the third in my [occasional series](#) on possible solutions to the many crises we face. It explores the ways in which we could restore political life by restoring community life. This means complementing state provision with something that belongs neither to government nor to the market but exists in a different sphere, a sphere we have neglected.

There are hundreds of examples of how this might begin, such as community shops, development trusts, food assemblies (communities buying fresh food directly from local producers), community choirs and [free universities](#) (in which people exchange knowledge and skills in social spaces). Also [time banking](#) (where neighbours give their time to give practical help and support to others), [transition towns](#) (where residents try to create more sustainable economies), potluck lunch clubs (in which everyone brings a homemade dish to share), local currencies, [Men's Sheds](#) (in which older men swap skills and escape from loneliness), turning streets into temporary playgrounds (like the [Playing Out project](#)), secular services (such as [Sunday Assembly](#)), lantern festivals, [fun palaces](#) and [technology hubs](#).

Turning such initiatives into a wider social revival means creating what practitioners call "thick networks": projects that proliferate, spawning further ventures and ideas that weren't envisaged when they started. They then begin to develop a dense, participatory culture that becomes attractive and relevant to everyone rather than mostly to socially active people with time on their hands. A study commissioned by the London borough of Lambeth sought to identify how these thick networks are most likely to develop. The process typically begins with projects that are "lean and live": they start with very little money and evolve rapidly through trial and error. They are developed not by community heroes working alone, but by collaborations between local people. These projects create opportunities for "micro-participation": people can dip in and out of them without much commitment.

When enough of such projects have been launched, they

catalyse a deeper involvement, generating community businesses, co-operatives and hybrid ventures, which start employing people and generating income. A tipping point is reached when between 10% and 15% of local residents are engaging regularly. Community then begins to gel, triggering an explosion of social enterprise and new activities, that starts to draw in the rest of the population. The mutual aid these communities develop functions as a second social safety net. The process, the study reckons, takes about three years. The result is communities that are vibrant and attractive to live in, which generate employment, are environmentally sustainable and socially cohesive, and in which large numbers of people are involved in decision-making. Which sounds to me like where we need to be. The exemplary case is [Rotterdam](#), where in response to the closure of local libraries in 2011 a group of residents created a reading room from an old Turkish bathhouse. The project began with a festival of plays, films and discussions, then became permanently embedded. It became a meeting place where people could talk, read and learn new skills – and soon began, with some help from the council, to spawn restaurants, workshops, care cooperatives, green projects, cultural hubs and craft collectives.

These projects inspired other people to start their own. One estimate suggests that there are now 1,300 civic projects in the city. Deep cooperation and community-building now feels entirely normal there. Both citizens and local government appear to have been transformed.

There are plenty of other schemes with this potential. Walthamstow, in east London, could be on the cusp of a similar transformation as community cafes, cooking projects, workshops and traffic-calming schemes begin to proliferate into a new civic commons. [Incredible Edible](#), which began as a guerrilla planting scheme in Todmorden West Yorkshire, growing fruit and vegetables in public spaces and unused corners, has branched into so many projects that it is credited with turning the fortunes of the town around, generating startups, jobs and training programmes. A scheme to clean up vacant lots in the Spanish city of Zaragoza soon began creating parks, playgrounds, bowling greens, basketball courts and allotments, generating 110 jobs in 13 months.

The revitalisation of community is not a substitute for the state, but it can reduce its costs. The [study commissioned by the London borough of Lambeth](#) estimates that supporting a thick participatory culture costs about £400,000 for 50,000 residents: roughly 0.1% of local public spending. It is likely to pay for itself many times over, by reducing the need for mental health provision and social care and suppressing crime rates, recidivism and alcohol and drug dependency.

Participatory culture stimulates participatory politics. In fact, it is participatory politics. It creates social solidarity while proposing and implementing a vision of a better world. It generates hope where hope seemed absent. It allows people to take back control. Most importantly, it can appeal to anyone, whatever their prior affiliations might be. It begins to generate a kinder public life, built on intrinsic values. By rebuilding society from the bottom up, it will eventually force parties and governments to fall into line with what people want. We can do this. And we don't need anyone's permission to begin.

A fully linked version of this column is published at [monbiot.com](#)

Community "Planning Workshop for our district—April 1—more info next Tattler

Australia to remove tributes to Scot who massacred Aboriginals

Sourced by Madeleine of the Zucchini Clan

A SCOTS explorer credited as one of the founding fathers of Australia is set to have his name wiped from the map after his bloody past came to light.

Angus McMillan - born on Skye in 1810 - has been celebrated with plaques, cairns and even comic strips after founding the harbour that went on to be Port Albert in south Australia. Picture: Deadline As a tribute to his pioneering spirit the country's most southerly electoral district - McMillan - was named after him. But now it has come to light that he massacred Aboriginal communities to the brink of extinction in a bid to seize more land for his fellow Scottish sheep farmers. His most notorious massacre occurred in 1843, when he led the slaughter of between 80 and 200 aboriginal men, women and children as revenge for the death of a single white settler.

Australian electoral authorities are now reviewing the ward's name after activists have expressed outrage that it is named after a man known as the "Butcher of Gippsland". Changing a name cannot change the past, but it is a symbol perhaps that the wilful blindness shown towards the darker seams of colonial history is coming to an end. Cal Flynn Evan Ekin-Smith of the Australian Electoral Commission (AEC) has said a name change will be considered at the earliest opportunity. He also said that AEC guidelines clearly indicate that naming a district after a man known for mass murder is not appropriate. In fact, they state the complete opposite: "Divisions should be named after deceased Australians who have rendered outstanding service to their country."

Russell Broadbent - the Liberal MP who represents McMillan - has been at the front of the drive to rename the district. He expressed hope that constituents would come forward to make their opinions known on the renaming. He said: "The renaming of an electorate resides with the AEC, which welcomes submissions from the general public on the matter." Pauline Durnin - a community campaigner - said: "I think we need to recall that when this constituency was named in 1940, Aboriginals were not included as citizens of Australia, nor had the right to vote. "I would like to see the McMillan electorate renamed in favour of the Gunaikurnai people. "The Gunaikurnai are the indigenous people who have lived in the district for some 20,000 years.

Edinburgh-based writer Cal Flynn - who discovered that McMillan was her great-great-great uncle in 2011 - also welcomed the move. Ms Flynn - who has written a book about her ancestor and his legacy - said: "It seems the wheels of progress turn slowly, but I'm glad to hear that the concern of Gippsland's Aboriginal community are finally being heard. "Changing a name cannot change the past, but it is a symbol perhaps that the wilful blindness shown towards the darker seams of colonial history is coming to an end."

Ms Flynn - who travelled to Australia to research her book *Thicker than Water* - discovered that on McMillan's arrival in 1840 there were 2,000 Aboriginals in the area. By 1857 only 96 remained. Professor Ted Cowan - a historian at the University of Glasgow - described McMillan's actions as a "scar" on the reputation of Scots in Australia. In spite of his diminishing reputation, McMillan is still celebrated in some areas.

A community centre in Sale, Victoria, honours him with a sculpture featuring a thistle - representing his Scottish roots - and a saddlebag containing human skulls, which he kept as grim trophies of his exploits. A campaign among students of Oxford University is currently attempting to have a statue of Cecil Rhodes removed, claiming he was a racist who paved the way for apartheid.

From *The Scotsman*, 16.9.2016

<http://www.scotsman.com/news/australia-to-remove-tributes-to-scot-who-massacred-aboriginals-1-4232527>

Snowy River District Roundtable is no more

In 2013 I was invited to join the Snowy River Forest District Roundtable to give small rural communities a voice. I felt unable to represent all the peoples' views in the Tubbut area as their views are diverse and I cannot know them all. Over time, I became the representative for the East Gippsland Network of Neighbourhood Houses (EGNNH) with a specific aim to focus on the **social** impacts of land management practices, especially in relation to fire prevention and its after-effects. The 2014 fires gave my voice the authenticity of lived experience—no longer were the issues just theoretical..

In the early days, there were representatives from the Trust for Nature, Landcare, Bairnsdale Naturalists, Indigenous people of the region, EEG, Vic Farmers, Chamber of Commerce and so on. Over time some of these dropped off but others joined—Lorelee for Orbost Regional Health, Orbost Neighbourhood House. Some days we outnumbered the DELWP staff!

The facilitator changed halfway through, apparently due to some complaints from members. This could not solve the problem of fundamental disagreement however.

Over the period we learned a lot, or at least I did. We had some excellent presenters, and recordings of some of those presenters were made last year and are available from TNH. We had some great small group discussions but the intractable differences between participants remained, sometimes blowing up into angry outbursts. This is a vexed topic—there will always be different views. Getting facts and evidence is one way to overcome this but for some people, opinion is more convincing. In the end, DELWP felt the Roundtable was not its preferred way of consultation. What is next? I wrote this letter seeking answers.

To participants of the Roundtable:

I received my laminated Certificate of Appreciation for my participation in the Roundtable last week as did, I am sure, the other recipients. Over the holidays I received a phone call from Julianne telling me that there were to be no more meetings of the roundtable, a decision I had been expecting for several reasons. There has seemed little commitment from DELWP officers to the process for some time and many participants had either left or fallen into their ideological niches, meaning that little meaningful consensus was possible.

I was hoping, nonetheless, that the end of the Roundtable would be announced at a meeting of the Roundtable and that we could discuss honestly its strengths and weaknesses and if there was a better way that DELWP, Parks Victoria and all the others who gave of their time to contribute could share their information and assist with the wicked problems faced by land managers in Far East Gippsland.

The way the Roundtable ended – with a phone call and a certificate – were I thought, despite the expressed appreciation, an indication that DELWP and, through it, the government, considered that the Roundtable had failed.

I don't believe we were told all the reasons for the end of the Roundtable. I would have appreciated an honest discussion. This would be of interest to DELWP too as their Charter commits the Department to community engagement.

I would appreciate an outline of the way that DELWP/ParksVic plans to put its Charter in practice. As participants of the Roundtable, who gave freely of our time and travel (in my case at least) we deserve an assurance that consultation will deepen and widen and evidence to reassure us, as we have demonstrated, as you acknowledge, our commitment.

This, then, is a plea for DELWP to outline its community engagement strategy in the absence of the Roundtable.

Deb

Climate change and the Victorian bushfire threat: update 2017

Lesley Hughes, David Alexander 18 January 2017 Source: [Climate Council](#)



KEY FINDINGS

1. Climate change is increasing the risk of bushfires in Victoria and lengthening fire seasons.

- Extreme fire weather has increased since the 1970s in the east and south of Australia, including Victoria, with the fire season length extending from October to March.
- Climate change is now making hot days hotter, and heatwaves longer and more frequent. Drought conditions have been increasing in Australia's southeast.
- Climate change is driving an increase in dangerous fire weather, which in turn is increasing the frequency and severity of bushfires.

2. Victoria is the state in Australia that is most affected by bushfires and is on the frontline of increasing bushfire risk.

- The 2016–17 bushfire season in Victoria is expected to be 'above normal' for the majority of the state including the Melbourne hinterland.
- Severe long term rainfall deficits remain across much of western Victoria and West and South Gippsland, which may increase fire risk. Very wet winter and spring conditions has led to high levels of grass growth and above average fuel loads, particularly in the north of the state.

3. The economic cost of bushfires in Victoria is projected to more than double by 2050.

- Victoria has sustained around half of the Australian economic losses from bushfires despite comprising only 3% of the continent.
- The annual economic cost of bushfires in Victoria is approximately \$180 million.
- By around the middle of the century these costs could more than double to \$378 million. These projections do not incorporate increased bushfire incident rates and severity due to climate change, so the total cost is likely to be much higher.

4. Bushfires will continue to adversely affect human and environmental health.

- More than two thirds of known civilian bushfire fatalities in Australia have occurred in Victoria (more than 450 fatalities since the start of the 20th century).
- Bushfire smoke can seriously affect human health because it contains respiratory irritants, as well as inflammatory and cancercausing chemicals. Elderly, infants and those with chronic heart or lung diseases are at higher risk.
- After the 2009 Black Saturday bushfires, some members of the community developed Post Traumatic Stress Disorder, major depressive episodes and increased alcohol use.
- Fires can affect water infrastructure. The Black Saturday fires affected about 30% of catchments supplying Melbourne's drinking water, with estimated recovery costs totalling more than \$2 billion.
- Increasing fire frequency can cause rapid ecosystem change. After successive fires in 2003 and 2006–07, acacia shrublands replaced some mountain and alpine forests, putting at risk vertebrate species including the endangered Leadbeater's possum.

5. In the future, Victoria is very likely to experience an increased number of days with extreme fire danger. Communities, emergency services and health services across Victoria must keep preparing.

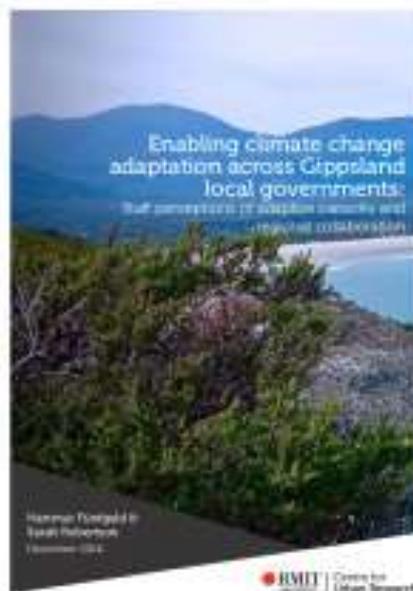
- Fire severity and intensity is expected to increase substantially in coming decades in Victoria. The fire season will continue to lengthen, further reducing the opportunities for safe hazard reduction burning.
- Melbourne's rural-urban fringe is among the most vulnerable in the world to bushfires. The population of Melbourne is continuing to spread, encroaching into surrounding bushland, increasing risk to life and property from bushfires.
- An increased likelihood of dangerous fire weather and a lengthening fire season will strain Victoria's existing resources for fighting and managing fires.

6. Reducing emissions is critical to protecting Australians.

- Australia must cut its emissions rapidly and deeply to join global efforts to stabilise the world's climate and to reduce the risk of even more extreme events, including bushfires. Australia's very weak target of a 26-28% reduction in emissions by 2030 compared to 2005 levels – and we are on track to miss even this target – leaves Australia lagging well behind other OECD countries.

Enabling climate change adaptation across Gippsland local governments: staff perceptions of adaptive capacity and regional collaboration

Hartmut Funfgeld, Sarah Robertson 21 December 2016 Source: Centre for Urban Research (RMIT)



This report presents the findings of all project evaluation activities carried out as part of the project 'Enabling Gippsland Councils to integrate climate risk and adaptation into local and regional strategies', which concluded in August 2016. The Centre for Urban Research at RMIT University was asked to develop and implement a project evaluation framework to measure the effectiveness of project actions and uncover changes and trends with regard to staff perceptions on, and organisational capacity for, climate change adaptation. The overarching aim of the project evaluation was to ascertain the effectiveness of project actions in supporting six local governments (East Gippsland Shire, Bass Coast Shire, Baw Baw Shire, South Gippsland Shire, Wellington Shire, and Latrobe City) with embedding climate considerations into their organisation, as stated in the Project Delivery and Engagement Plan.

All talk, no action—by Laurie Neven

“Gee,” said the old shearer, “They’d better calm down or I won’t be back.”
We all looked over at the rams. They had put up a sign saying ‘This was a bad fight, we’ll be back’.
The rams wandered off. One said, “See those ewes in the next paddock? That’s our job, Mrs Dry said so.”
“Gee,” said the other one. “Lot of dates this year and in the spring, lots of darling little ones. Oh my head’s aching all ready.”
“Yeah, so’s mine.”
“Belt up, you started it.”
“I want to have another go. Oh my aching head.”
“Look at the mob over there.”
“That’s next door you bloody idiot, nice try.”
“Might be a hole in the fence. Kangaroos do a good job on fence holes.”
“Yeah, did you see that bloody great wombat?”
“Well I do and I didn’t know you spoke Kangaroo.”
“Well if you think that’s bad, try Cockatoo.”
“Yeah, what about Japanese.”
“What’s that?”
“Well they tell me they buy our bloody wool.”
“Mate are you kidding? Try talking Chinese!”
“Do they buy our bloody wool too?”
“Bloody oath mate.”
“Oh come on. Well now we’ve got to speak Korean Have they got some bloody idiots who’ve taken the wool out of us.”
“Oh come on, you’re making this up.”
“Yeah, well my mother said to me if they take the wool off me one more time I will not grow any more.”
“Oh come on, how’s she going to do that?”
“I don’t know but they tell me that there are some sheep who never get shorn.”
“Aw, now you’re talking rubbish.”
“No, true, my granny told me, stop wearing high heels or stop making this up.”
“No its true, Gandpa said so.”
“Well I will ask my sister.”
“Where is she?”
“Somewhere in bloody Dubbo.”
“Oh of all the ... just when things were getting interesting. I might look her up.”
“Well if you start walking now, you might get there next month.”
“Oh Crikey, do you think so?”
“Bloody fact.”
“What about all those ewes? Bloody lot of them.”
“Bloody piece of cake.”
“Mate you start on the left and I will go to the right.”
“What will that do – get them all confused.”
“Them confused? What about me?”
“Oh you do it your way.”
“Maybe I will or we could start in the middle.”
“Start some. All this talk has made me thirsty. Any pubs around here?”
“Don’t know, someone said there’s a pub 30 odd miles away.
“Long way for a drink.”
“Well now, how about that big cool dam over there?”
“Yeah, that’s for me.” Off they went.
“Aw that’s better. Had quite a thirst looking at all those ewes.”
“What about when we’re finished? We’ll be out of a job.”
“We haven’t started yet. One of these days you’ll wake up.”
“Aw, come on. You’re always in a hurry. Get to it.”
“Then why don’t we?”
“Belt up. Why am I not in a four wheel drive?”
“Have you ever been in one?”
“Yeah. Boss took me over the back paddock last year.”
“Is he going to do that again?”
“Yeah, probably.”
“Gee, what’s it like riding in a four wheel drive?”
“Rough mate. Try doing it to yourself. Great bloody potholes

and rocky patches.”
“Yeah I s’pose I might be taken over the back paddock.”
“What, are there more ewes?”
“Yeah like bloody nothin’.”
“What, nothin’?”
“Yeah, small paddock, one dam, ringlock all round.
“You go there and have a rest?”
“Yeah and only one gate in or out with chain and padlock.”
“Gee crikey, sounds like a ? down in Melbourne.
“Where’s that mate?”
“Aw mate, don’t you read the papers?”
“No but I read a sign at the front gate.”
“What did that say?”
“Keep bloody out!”
“If you go over the hill what would be on the other side.”
“Aw, I reckon there’d be more ewes.”
“No, just more grass and those other sheep and rams – what type?”
“Bloody Dorsets, got no horns and no sense.”
“What are we?”
“Bloody merinos of course.”
“Well I’m going over to that cheeky ewe, she’s been giving me the come on. That one down there by the gate, maybe she wants to get out.”
“I will give her out, let’s go.”
“What’s cookin’ missus?”
“Aw you’re a big boy.”
“How about a little shag?”
“No funny stuff now. I have a lamb to think of.”
“Aw Jeez, I’m all embarrassed now.”
“Aw gosh, you’re a smoothy aren’t you?”
“How’d you go mate?”
“Bloody beautiful. What about later. Think there’ll be more come-ons?”
“Yeah, look over there. I spy with my two bright eyes.”
“Yeah, I reckon that’s a cert.”
“Come off it, that’s me bloody mum. How the bloody hell did she get mixed up with this mob?”
“Probably got through one of those kangaroo holes. Mum always said, ‘can’t trust those bloody farmers.’ They put you here and they put you there. Hey Mum, what are you doing here?”
“Well she says, my hip went out so the boss left me here.”
“Don’t look now, but isn’t that the boss carrying a gun? Sorry Mum, the gig’s up. Let’s get out of here or we might be next.”
“You’re always thinking. You’re better to run and have a go next day. Now what about the gorgeous ones over there?”
“Get out of it. That’s my younger sister.”
“What’s she doing in here? How did you get mixed up in this lot?”
“Oh I doubled back when the boss wasn’t looking.”
“Look mate, if it’s your sister I’ll look out for her.”
“Gee thanks mate.”
“Bloody beauty.”



Farmers & Growers—your chooks' health

You've heard of Probiotics, right?

You find them in **fermented foods and cultures** such as yoghurt, milk kefir, sauerkraut, miso, pickles, and tempeh.

Probiotics work basically the same way for chickens as they do for humans.

WHAT ARE PROBIOTICS?

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

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

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

PROBIOTICS FOR OUR CHOOKS

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

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

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

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

Most of the bacteria in an animal's gut are **not harmful**.

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

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

YOUNG CHICKS

Young chicks haven't had time to build up strong populations of good bacteria in their gut. They are therefore **more susceptible** to having bad bacteria out-compete good

bacteria if they are exposed to a potent source of bad bacteria. **Contaminated food or water** dishes are one possible **source of bad bacteria**. Chick feed may also harbor bad bacteria if it has been **contaminated by rodent droppings**.

COCCIDIOSIS

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

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

Feeding your chickens **probiotics** is a recommended strategy to [prevent and treat coccidiosis naturally](#) without using medicated chick feed or vaccinations.

So **get some probiotics into your young chicks**.

You can feed ['Super Mash NOW with Probiotics'](#) to your chicks when they are **over 4 weeks old**.

INTESTINAL HEALTH

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

But what do we mean by "intestinal health", and how is this linked to the health status and general welfare of birds? Over 2000 years ago Hippocrates stated that "**all diseases begin in the gut**".

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

I met Cheryl Nelson, the author of this article, when camping by the Murrah River. She is passionate about the health of chooks and has created a product called 'Supermash' which contains the probiotics she talks about here. It is fed to hens on the full moon monthly as that is when parasites are most active. I am going to try it this month. Since 2 of my chooks died recently—one of old age, the other, cause unknown—I'm keen to ensure I am doing the best I can for them. I fed them the mash on Saturday—full moon—and they ate it and look good. But they usually do. However, I am going to use it again 'cos nothing is too good for my chooks!

Health Matters

HOW THE PAIN OF LONELINESS MAKES US SICK

Brian Resnick Jan 30, 2017



“Humans are social animals” is a phrase often repeated by psychologists to sum up why we’ve been such a successful species. Our ability to live, work, and cooperate in groups is *the* key to our survival.

But it comes with a tradeoff. Companionship is an asset for human survival, but its mirror twin, isolation, can be toxic. Loneliness is associated with **higher blood pressure** and **heart disease** — it literally breaks our hearts. A 2015 meta-review **of 70 studies** showed that loneliness increases the risk of your chance of dying by 26 percent. (Compare that to depression and anxiety, which is associated with a **comparable** 21 percent increase in mortality.)

Why we need loneliness

Now researchers are trying to understand exactly how loneliness causes disease at the cellular level. And they’re finding that loneliness is far more than a psychological pain — it’s a biological wound that wreaks havoc on our cells.

“Social isolation is far and away the strongest social risk factor out there,” Steve Cole, a genetics researcher at the University of California Los Angeles, tells me. Or, as John Cacioppo, a University of Chicago psychologist who frequently collaborates with Cole on loneliness studies, has **said**, “The level of toxicity from loneliness is stunning.”

I called Cole to learn how loneliness can make us sick — and what that means for the 40 percent of people age 65 and older who **report** being lonely at times. I was also thinking about this GIF of how America will age until 2050. It’s a wave of increasing old age, but it may also represent a soul-crushing wave of loneliness as baby boomers age into their 70s.

How does a feeling like loneliness influence our biology?

In 2007, Cole and a team of researchers at UCLA make a breakthrough in a small 14-participant study. The very cells of people who lived through periods of chronic loneliness looked different.

More specifically, the white blood cells of people who suffered through chronic loneliness appeared to be stuck in a state of fear. Cole and his colleagues observed two main genetic differences between lonely and non-lonely people.

1) Genes that code for the body’s inflammation response are turned on to a degree not seen in non-lonely participants.

“There is a huge hidden epidemic of loneliness, and disenfranchisement from the human race”

Which isn’t good. “Inflammation is great at responding to acute injury, but if you have inflammation going chronically, it serves as a fertilizer for chronic diseases like atherosclerosis and cardio vascular disease, neurodegenerative diseases, and metastatic cancer,” he says. “That provides one reasonable biological explanation for why they might be at an increased risk for these diseases.”

2) “At the same time, in almost like a teeter-totter regulatory dynamic, we see down-regulated, or suppressed activity, in a

block of genes involved in fending off against viral infections.” Those genes code for proteins known as type-1 interferons, which direct the immune system to kill viruses. This is a bit of a head-scratcher. Increasing the body’s inflammation response in the face of stress makes sense. It’s protective in the short term. But why would our bodies become less willing to attack viruses?

Cole says it’s essentially a biological tradeoff. The inflammation response is how the body attacks bacteria. And it so happens that the body’s response to viruses can actually make bacteria thrive. So the body makes a choice — and it’s all in the name of protecting against bacteria. (Cole says there’s more nuance to it, but this is the basic concept.)

Overall, Cole finds, the response to chronic loneliness isn’t different than the response to other sources of chronic stress — like low socioeconomic status or living with post-traumatic stress. “You see the same general molecular pattern across a diverse range of bad human life circumstances,” he says. Loneliness activates the body’s generic stress response.

When we’re stressed, our bodies release the hormones epinephrine and cortisol, and when those are in the blood, they activate the genetic changes mentioned above (through a long chain of action, **read more on that here**). And, in the long term, that response harms us.

In all, the results — which have been **replicated** in **larger** and more longitudinal studies — suggest people who are lonely are more susceptible to chronic diseases, and less able to fight off immediate threats. And that may explain the increase in mortality among lonely people. (It’s not the sole reason, however. Having friends around makes life easier. They drive you to doctors’ appointments. They help you through tough times.)

We still don’t have great ways to avert loneliness

In longitudinal studies that track people over a period of time, Cole and his colleagues find that when feelings of loneliness wane, so do the cellular symptoms. And there are **small preliminary studies** that offer some hope that reducing loneliness also reduces the impact of these cellular changes.

Cole says the evidence that interventions can help people become less lonely is currently only “modest. ... I’m not impressed with the magnitude of the effects.” Interventions that work tend to not target decreasing loneliness, he says, but instead try to give people a sense of purpose. One **pilot program** pairs lonely older Americans with elementary school children. The older participants are told to tutor and look out for the kids. “Secretly, this is an intervention for the older people,” he says.

Make no mistake: We need stress. We need loneliness. The pain of loneliness is a reminder that we need to be around other people. And there’s evidence that **suggests** loneliness naturally rises and falls throughout our lifetimes. Cole says when he first started to study loneliness, he discounted its destructive power. But he is now convinced it’s a silent epidemic. It’s a larger risk factor for disease than “other things we spend more time worrying about;” things like anxiety and depression, he says.

Loneliness increases with age. And an aging wave of baby boomers means a wave of loneliness is coming for America. After he published that first 2007 study, he started to get notes from “lonely people being devoured by disease and suffering, both personal and somatic,” he says. “There is a huge hidden epidemic of loneliness and disenfranchisement from the human race.”

<http://www.vox.com/science-and-health/2017/1/30/14219498/loneliness-hurts>

Recipes

Apple and Cinnamon Bread



With ingredients that are a match made in heaven, our Apple and Cinnamon Bread is easy to prepare and perfect for when your pals pop in for a cuppa.

Ingredients

- 1/3 cup brown sugar (not packed)
- 1 teaspoon ground cinnamon
- 2/3 cup white sugar
- 1/2 cup butter, softened
- 2 eggs
- 1 1/2 teaspoons vanilla extract
- 1 1/2 cups all-purpose flour
- 1 3/4 teaspoons baking powder
- 1/2 cup milk
- 1 apple, peeled and chopped

Method

Preheat oven to 180°C degrees. Grease and flour a 9 x 5-inch loaf pan. Mix brown sugar and cinnamon together in a bowl and set aside. Beat white sugar and butter together in a bowl using an electric mixer until smooth and creamy. Beat in eggs, one at a time, until incorporated; add vanilla extract. Combine flour and baking powder together in another bowl; stir into creamed butter mixture. Mix milk into batter until smooth. Pour half the batter into the prepared loaf pan. Next add half the apples and half the brown sugar cinnamon mixture. Lightly pat apple mixture into batter.

Pour the remaining batter over apple layer; top with remaining apples and add more brown sugar/cinnamon mixture. Lightly pat apples into batter; swirl brown sugar mixture through apples using a spoon.

Bake in the preheated oven for 30 to 40 minutes, until a skewer inserted in the centre of the loaf comes out clean.

<https://www.yourlifechoices.com.au/food-recipes/recipes/apple-and-cinnamon-bread? 2nd Feb>

244 EGGPLANT & LENTIL SALAD

- 3 tablespoons olive oil
- 300 g (10 1/2 oz) eggplant (aubergine), diced into 5 mm (1/4 inch) cubes
- 1 small red onion, finely diced
- 1/4 teaspoon ground cumin
- 3 garlic cloves, chopped
- 200 g (7 oz) puy lentils
- 375 ml (13 fl oz/1 1/2 cups) vegetable stock
- 2 tablespoons chopped flat-leaf (Italian) parsley
- 1 tablespoon red wine vinegar
- 1 tablespoon extra virgin olive oil

Heat 2 tablespoons of olive oil in a large frying pan over medium heat. Add the eggplant and cook, stirring constantly, for 5 minutes, or until soft. Add the onion and cumin and cook for another 2-3 minutes, or until the onion has softened. Place the mixture in a bowl and season.

Heat the remaining olive oil in the frying pan over medium heat. Add the garlic and cook for 1 minute. Add the lentils and stock and cook, stirring regularly, over low heat for 40 minutes, or until the liquid has evaporated and the lentils are tender.

Add the lentils to the bowl with the eggplant and stir in the parsley and red wine vinegar. Season well with salt and black pepper, drizzle with the extra virgin olive oil and serve warm. Serves 4-6

From Toni McLeish

Melitzanosalata



Greek Eggplant Dip, is a simple yet tasty dish of roasted eggplant, garlic, oil, and lemon juice. It's perfect spread on toasted bread.

Ingredients

- 2 large eggplants
- 4 cloves garlic, peeled and minced
- 1/4 cup extra virgin olive oil, plus more for serving
- 3 tablespoons freshly squeezed lemon juice
- 3/4 teaspoon sea salt
- 1/4 teaspoon pepper
- Chopped fresh parsley leaves and olives for garnish

(optional)

Instructions

1. Preheat the oven to 400 degrees Fahrenheit. Place the eggplants on a foil-lined baking sheet. Roast in the preheated oven for 50 to 60 minutes, turning every 15 minutes, until charred and soft.
2. Allow the eggplant to rest until cool enough to handle. Peel the skin away from the flesh (if this proves difficult, simply slice the eggplant in half lengthwise and use a spoon to scoop out the meat). Roughly chop the flesh and place in a colander to drain for 15 minutes.
3. Transfer the eggplant to a large bowl and gently mash with a fork. Add the garlic, olive oil, lemon juice, salt, and pepper. Stir well, taste, and add salt and pepper to taste. Chill for one hour; serve drizzled with olive oil and topped with whole olives and a sprinkling of parsley

Thanks Barbara Hanson (taste tested by editor—delicious!)

Lol's Plum Relish

I adapted a couple of recipes to make a Red Relish years ago but this year I had a few plums that needed cooking so I chucked them in. Off the top of my head, I used:

- 700g plums
- 3 red onions
- 1 brown onion
- Lots of fresh garlic
- Lots of baby hot red chillies
- 5 small red roasted capsicums
- 1 medium yellow roasted capsicum
- Handful of kaffir lime leaves
- 1-2 cups raw sugar
- 2 cups cider vinegar
- 1 cup white vinegar
- Fish sauce
- 1 cup sultanas

Cook it, blend it, bottle it.



Recipes

Chocolate Zucchini Cake



4 ounces unsweetened chocolate, melted (or I have used about $\frac{3}{4}$ cup of cocoa)
3 cups grated zucchini, squeeze out excess liquid

1 $\frac{1}{2}$ cups veg oil
2 cups sugar
4 eggs
3 cups flour
1 $\frac{1}{2}$ tsp baking powder
1 tsp baking soda
1 tsp salt
1 cup nuts or chocolate chips

Mix wet ingredients together with sugar & zucchini.

Mix dry ingredients together.

Combine wet and dry ingredients. Add nuts or chips.

Pour into 2 greased loaf tins. Bake at 180° for approx. one hour and then test, it may take a bit longer.

Enjoy!! From Janice, one of my Airbnb guests (Deb)

Balsamic and Honey Roasted Beets



Print

Prep time

10 mins

Cook time

1 hour

Total time

1 hour 10 mins

These roasted beets are at their very best when combined with honey and balsamic vinegar then slowly oven roasted to make a truly delicious side dish. Add them to a spinach and goat cheese salad as an amazing appetizer course or delicious lunch.

Author: Barry C. Parsons

Recipe type: Side Dish

Serves: 6-8 Servings

Ingredients

2 pounds fresh beets

$\frac{1}{2}$ tsp salt

$\frac{1}{2}$ tsp black pepper

2 tbsp olive oil

3 tbsp balsamic vinegar

2 tbs honey

1 tsp chopped fresh thyme (optional)

Instructions

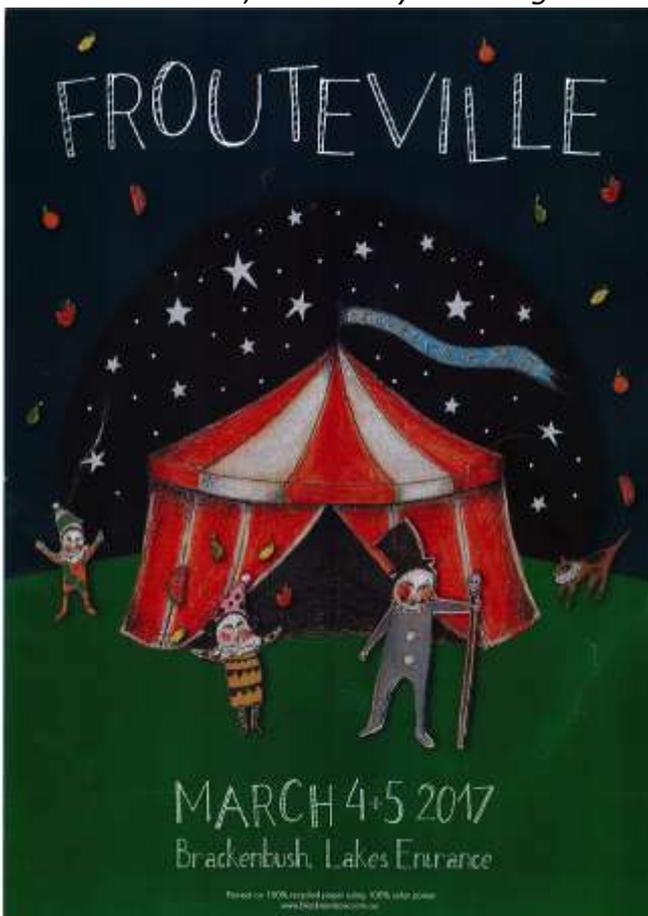
Preheat oven to 350 degrees F.

Peel the beets and cut them into roughly 1 to 1 $\frac{1}{2}$ inch cubes.

Toss the beets in the salt, pepper and olive oil. Roast in a single layer for about 45 minutes, tossing occasionally.

Toss the partially roasted beets in the honey and balsamic vinegar and add the thyme too if you are using it.

Return to the oven and roast for an additional 15 minutes or so, tossing occasionally until the beets are fork tender.



White gold—the silent killer

New Statesman 26 January 2017

Sugar. It's so nice, isn't it? No wonder it's a pet name for our most-loved companion – our "sweetheart". Sugar is a positive, a life enhancer. Not something that could be associated with blindness, kidney failure, heart attacks, stroke and lower limb amputation, surely?

The World Health Organisation really knows how to ruin the mood. That said, the mood needs ruining. Problems with blood sugar kill nearly four million people a year. According to Gary Taubes's polemic, a fierce work that he explicitly describes as "the case for the prosecution", we need to wage war on the sweet stuff. As he concedes, however, we have very few weapons in our armoury, and sugar may already have won.

This victory is manifest in the epidemic of diabetes sweeping the planet. The number of people with the condition has nearly doubled since 1980: it is now heading towards 450 million globally. Roughly 18 million people in the UK are "pre-diabetic", with elevated blood glucose and a similarly elevated chance of developing type 2 diabetes. You could be among them.

You probably doubt that, though. Sugar's killer strategy is that it is always someone else's problem – until it's too late. For most of us, diabetes is almost an abstract idea: we have a vague notion of people who get a bit wobbly if their blood sugar goes awry, a problem that can be fixed by an injection. Few people without diabetes appreciate the appalling truth of the illness. When sugar enters the bloodstream, the body responds by releasing insulin from the pancreas. Insulin is a hormone that tells the muscle cells to mop up and use blood glucose. Evolution has done us a service here: ignoring elevated blood sugar leads to a host of inflammatory responses that cause damage to the veins and arteries, leading to heart disease and blindness and, sometimes, complications that can require amputation.

About one in every 20 diabetics is born with type 1 diabetes, which means that their body does not produce insulin. They have to inject artificially produced insulin to keep their blood sugar at manageable levels. Far more common is type 2; with this, the body develops a resistance to the signals from insulin and blood glucose levels remain high unless artificial means of removing it are used. Both of these kinds of diabetes have a hereditary element but type 2 seems much more strongly associated with a genetic predisposition. If you are born to a mother and father who both have type 2 diabetes, your risk of developing the illness increases by 75 per cent. It is type 2 diabetes that is the growing risk. So, what causes this life-threatening insulin resistance to develop? The evidence points to one culprit besides genetics: high sugar intake.

Diabetes was rare until the world became hooked on sugar. Taubes cites ample supporting evidence, taken from myriad population groups and many contexts. In 1920s Kenya and Uganda, for instance, diabetes was virtually unknown in the population, which consumed a high-fat, low-sugar diet. By 1970 obesity had become a grave problem, and every big city had a large diabetic clinic. What had changed? The newly Westernised East African diet was replete with copious helpings of sugar.

By the mid-1920s deaths from diabetes were nearing "epidemic" proportions and the battle to escape blame was in full swing. Trade associations and medical experts have been battling accusations, evidence and insults back and forth for decades now. Yet the end result is exactly what the sugar industry, and all who profit from it, had hoped for: public confusion (abetted by a sugar habit that has spun out of control), a policy vacuum and a convenient scapegoat.

In the 1960s, nutritionists, physicians and laboratory researchers published a stream of reports suggesting that consumption of sugar was causing metabolic abnormalities linked with diabetes and heart disease. The trade bodies associated with sugar rose to the commodity's defence and pointed the finger at obesity – and a different source of calories. Dietary fat has yet to recover from the smear campaign

designed solely to get sugar off the hook.

Though it slows the pace of the middle section of his book – in the main, Taubes's prose is perfectly judged, as compelling as a slow-motion car crash – the insertion of this history is necessary. The decades of collusion between science, governments and the sugar industry has long needed to be exposed for the avaricious and sociopathic strategy that it is. You could even call it passive ethnic cleansing. After all, failure to act on the dangers posed by sugar, which are well documented and well known, has hit certain groups disproportionately hard.

The US Centres for Disease Control and Prevention predicts that one in three Americans will have diabetes by 2030. The rest of us won't fare much better: the International Diabetes Federation forecasts that, across the world, one adult in ten will have diabetes by 2030.

Yet it is unlikely that governments will act. They are paralysed by the economic dominance of what British colonialists called "white gold". The sugar industry, like financial services, is too big to fail.

It might be difficult to understand how, in a scientific age, this has been allowed to happen. The simple answer is that the science can never be conclusive enough. Those who do not want to believe it, for ideological or economic reasons, can excuse themselves. We have seen this happen in the case of pesticides that wiped out species, with the chemicals that destroyed the ozone layer, with the deadly effects of tobacco and with global warming. Science can be twisted, co-opted or ignored by those who hold the reins of power. And those who rely on financial support from those in power will acquiesce and toe the line of doubt.

So, what should we do? It is not easy to cut our intake. "Any discussion of how little sugar is too much also has to account for the possibility that sugar is a drug and perhaps addictive," Taubes notes. "Substantial sugar consumption is the norm and virtually unavoidable and everyone does it. Trying to consume sugar in moderation, however it's defined, in such a world is likely to be no more successful for some of us than trying to smoke cigarettes in moderation." The comparison is apposite, given that cigarette addiction is in large part also a triumph of sugar. Adding sugar to tobacco made the smoke less harsh and enabled us to inhale it fully. Smoke-filled lungs are much better absorbers of nicotine than a smoke-filled mouth; suddenly, the hit became bigger and better, and smokers craved another one as soon as the effects wore off.

Arguably, the sugar business has been even more successful than the tobacco industry. As Taubes points out, sugar has "assimilated itself into all aspects of our eating experience". It is impossible to single out one area – soft drinks, or ready-meals, or confectionery – as the principal problem. It's in everything. Bread, ice creams, canned foods, fruit juice, energy drinks and pretzels are all pumped with the stuff, as are low-fat foods that were meant to save us from obesity.

That said, he clearly thinks a special place in hell should be reserved for breakfast cereal manufacturers. Sweetened cereals, some of which derive one-third or more of their calories from sugar, are marketed directly at children using animated characters – Tony the Tiger et al – in what is surely one of the most cynical industries on Earth. Sugar is to children what alcohol is to adults. And if you can get them hooked before they're out of nappies, you've got a customer for life.

This is a book to make you put your head in your hands and wonder how humanity has endured so long. We habitually express love and appreciation to children through toxic treats, giving them sweets as a reward for good behaviour. Can Taubes's expertly written and disturbing book change that culture? It is unlikely, but all the same, full marks – and a big red lollipop – for making a valiant and vital attempt.

Health Matters

One Sight—wants to come to Bonang area.

A free assessment of your eye health and prescriptions for glasses, which are free (from a limited range)

Essential to show enough people will use the service—please let us know at Tubbut Neighbourhood House.

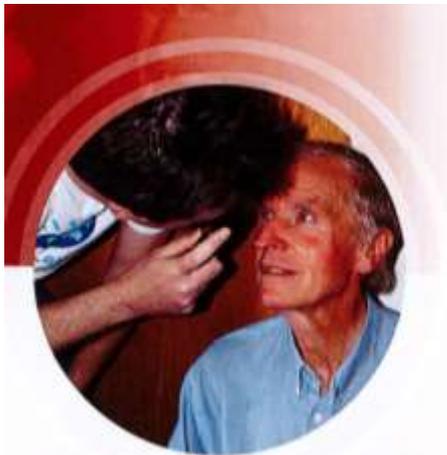
Hi Deb,
Thank you for your time on the phone on Friday afternoon. As discussed, the Royal Flying Doctor Service Vic delivers a Mobile Eye Care Clinic to rural communities in partnership with OneSight. We currently have the opportunity to expand our service, and have identified Tubbut and Bonang as communities that may benefit from this service. We would be keen to learn if your community would be interested in this clinic visiting, and whether it would be beneficial to the region. This program is currently being delivered in other regions of East Gippsland, with clinics being held in Dargo, Ensay, Gelantipy and Cann River on a 12 monthly basis. During the previous 12 months, this program has seen 219 patients from these towns, and has provided new glasses to 75% of patients. As part of the program, an optometrist and a dispenser will visit the community and all appointments are bulk-billed and glasses are available free of charge to concession or pension card holders, or \$30 for all other patients.

I have attached a brief flyer which provides the general details of the program. Please feel free to contact me if I can provide further information in order to gain interest from community members.

Once we have an idea of community interest, we can then discuss the logistics and timing of the visit as appropriate.

Many thanks
Lauren

Paul Sykes
has his
eyes
checked



Why this service is so important

Eye health in Australia poses a significant threat to the health of the population with over 51% of the population having at least one sight problem, with the majority of vision problems occurring in the over 45 year old age group. Furthermore, blindness and vision loss currently affects more than 600,000 Australians. The most prevalent causes of blindness and vision loss in Australia are age-related macular degeneration, cataract, glaucoma and diabetic retinopathy. While 75 per cent of vision loss is preventable or treatable, accessing an optometrist in rural and remote locations is often a barrier for these communities. Issues include age, lack of time and limited transport opportunities.

The articles on the right are taken from February's Delegate Doings

Delegate Multi Purpose Service

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

The clinic is open

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

Every week except public holidays.

No Appointments necessary.

A variety of procedures are available.

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

Pathology clinic

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

Other Services

Women's Health Nurse

3rd Wed of the month

Dietician and Diabetes Educator

2nd Thur of the month

Immunisations - 4th Fri of the month

Podiatry - for HACC clients – monthly

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

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

DISQUIET RE LOCAL EMERGENCY SERVICES.

It is two years since the public were told that the emergency services at the local MPS would be downgraded but it appears from numerous reports that it has practically ceased altogether. Surely it is high time that the public receive a clear indication of what they can expect from their local hospital. This district has been without the services of a resident Doctor for several years and some of the elderly in the town do not have transport, so it would be comforting to know that some medical services are available from the trained staff employed at the MPS. If the hospital reverts to being an aged care facility only, then a lot of trained staff will be superfluous to requirements, another backward step for the town. **23**

Local Government News

Phone survey asks about shire

Residents may get a phone call in February or March to find out what you think of East Gippsland Shire Council and its services.

This call is for a legitimate Customer Satisfaction Survey being conducted by National Field Services, an independent market research agency.

Mayor Cr Joe Rettino encouraged anyone who receives the call to complete the survey.

Renewable energy for East Gippsland?

January 16, 2017 With the recent announcement that electricity prices are set to rise in Victoria, East Gippsland Shire Council is welcoming news it has received \$180,000 in competitive grant funding from the Victorian Government to explore renewable energy opportunities in the region.

The Bright Futures Renewable Energy Project is a two-stage initiative that will identify opportunities to support renewable energy projects across East Gippsland. Council will involve the local community during the first stage of the project, and then investigate the most appropriate energy technology options in the second stage.

The first stage of the project is funded by The Victorian Climate Change Grants 2015 program, and will undertake a network grid assessment to look at the opportunities and constraints for renewables across the municipality, and identify the major energy customers.

Following the assessment, community and stakeholder workshops will be held to determine community appetite for various new technology options, scale and possible locations. Technical experts will explain, inform and discuss options at these workshops, and this will help council identify the level of community support, ideas and attitudes for renewable options.

The second stage of the project will be funded by the New Energy Jobs Fund. It will investigate the most appropriate new energy technology options for East Gippsland and prioritise them using technical expertise and carefully-designed criteria. Detailed business cases will then be developed for the priority projects to help attract and facilitate new investment in the region.

The Bright Futures Renewable Energy Project's objectives are to increase the use and production of renewable energy in East Gippsland, attract new investment to the region, keep energy prices low for customers and reduce reliance on coal-powered electricity.

To register your interest to participate and stay informed on this project, email sustainability@egipps.vic.gov.au or contact council on 5153 9500.

Lose the mother, get the son

Linette Treasure, elected to Council in October last year, lost her position when she refused to sign the draconian Code of Conduct that councillors must sign. She particularly objected to having all her emails and other correspondence which comes via the Shire read by staff

A countback was conducted based on votes for Linette and the result was the election of her son Jackson Roberts.

Jackson is also the son of Colin Roberts who was the teacher at Buchan Primary School for many years.

I am not sure how Jackson will regard the Code. Perhaps like Ben Buckley he will decide that its better to be in than out. We certainly need some councillors who understand what is required of them in this important representative role.

Deb

Hopeful future for East Gippsland in a Climate-changed world by Deb

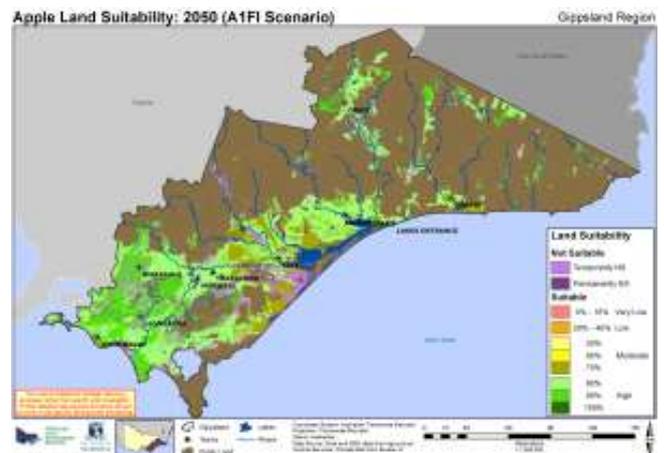
East Gippsland is well known as a producer of clean, green food and it has the capacity to increase its production into the future.

It will need to, according to Associate Professor Robert Faggian of Deakin University's Centre for Rural and Regional Futures (CRRF). Robert was brought to the area by Landcare and spoke at the Far East Victoria Landcare Office in Orbost on February 6.

No region will be exempt from the impacts of climate change but some will fare better than others.

According to Robert's studies, current Victorian food production areas will face challenges from drought and reduced water allocations. For instance, the Goulburn-Broken region will experience less rainfall and increased temperatures. Currently, agriculture counts for 50% of that region's economy and many other businesses service the industry. The eight councils involved are taking the lead and bringing together authorities to develop a regional strategy of adaptation to their probable future.

The Gippsland Local Government Network started a similar process when they commissioned CRFF to look at how East Gippsland would fare in a climate-changed world. With a small amount of funding from Gippsland Councils – the study was initiated by Wellington Shire – the implications of predicted climate change, particularly rainfall, were modelled for the region. The study looked at different areas for several agricultural commodities. Their scenarios for apples, for instance, showed that an increased area of Gippsland would have the right climatic conditions for growing pome fruit by 2050.



East Gippsland has diverse environments from the mountains to the sea and hosts hundreds of unique natural ecosystems and microclimates. This diversity applies to its potential to produce food and fibre over and above milk, meat and vegetable production, as well as expanding these further.

CRFF also explored how increased floods, an impact of climate change, can be controlled to safeguard agricultural land and settlements and retain the water for agriculture rather than flowing out to sea. The Dutch, with their low-lying land, are providing the blueprint for Blue-Green infrastructure in which overflowing water is captured in canals, making it available after floods have receded.

Nature-based tourism is already a big money-earner in East Gippsland (\$361 million in 2014); a diversified food industry will bring the food tourists as well and add to visitors' experiences of the region.

This optimistic economic future, however, will not happen unless Gippsland Shire councils, state and federal government departments and authorities like catchment management authorities get behind it. Which Council will take up the challenge? (South Gippsland plans to use Robert's information and involve residents through an interactive map)

It was suggested that I write about how to keep plants alive in the extreme heat we are experiencing. Well it is a long story with many 'ifs' and 'buts' and 'exceptions' i.e. there are no black and white rules. However, there are a few general things to consider in addition to your time available on a daily basis.

First make an assessment as to whether the conditions in your garden are changing and make adjustments. This may be related to the structure of the garden, changes in the surrounding environment or the effects of climate change.

STRUCTURE. New gardens often have a predominance of annuals as 'fillers'. These are dependent on constantly moist soil conditions as they have shallow roots. Young specimens of the long lived trees and shrubs also have the characteristic of small shallow roots so require frequent watering and they are particularly vulnerable to exposure especially wind that whips them around disturbing young roots. The adjustment needed is to give priority to the permanent plantings as annuals are easy to replace.

As gardens mature there is more shade which reduces evaporation but there is also greater demand for water overall as the volume of foliage is greater. On the other hand plant food stored in the woody stems of mature plants gives these plants the ability to withstand adverse conditions for a time at least or to regenerate lost foliage and buds when conditions improve. Of course plants cannot do this indefinitely – the deposits of food stores made in good times must still exceed the deficits accrued in difficult times in order that the plant is maintained or indeed can grow. The danger is that roots retract in bone dry soil and dead roots invite pathogens. This manifests as sudden death when the soil becomes wet again. The adjustment to be made is a periodic deep soaking to keep things ticking over. Once every 10days should be enough but be guided by wilting.

CHANGE in surrounding environment. Loss of wind protection, shade and humidity can occur when trees/forest is removed by fire or clearing. This makes conditions in the garden more harsh. There is no quick fix for this and many plants will perish and the palette of plants suited to the new conditions reduced.

CLIMATE CHANGE Our district is becoming less cold overall but the capacity for extreme cold remains e.g. the odd severe frost which limits species. One of my own experiences of the need to adjust is that the reliability of the main crop of beans being 'Scarlet Runners' is not so sure. They were chosen as they perform even with cold nights however they set pods reluctantly in very hot weather. My adjustment is to now plant a mix – 'Purple King' go well in the heat but are shy during cold nights.

POTS Remember that plants in pots suffer much earlier and more intensely. This is because their roots are always at higher temperatures especially when contained in heat absorbing black plastic pots. (The converse is true in Winter when roots are colder than in garden beds with a similar degree of restraint on function). The roots adjacent to the pot wall will die rapidly from heat stress and in extreme heat most potted plants will need attention several times a day. To minimise damage group pots and, if possible, move into the shade. Put a layer of insulation (cloth or cardboard) around the pot to minimise the soil heating at those times in the day that the sun falls on the pot. Do not leave in saucers full of water for any length of time as drainage is essential. Heat and waterlogging equals rapid bacterial and fungal growth resulting in root rots especially when roots are already damaged at the pot/soil interface. Most of the plants we keep in pots are the ones we consider to be too delicate for the general garden so added to these general physical effects is the inherent vulnerability of the subject plants themselves.

MULCH Organic mulch can keep the soil cooler and reduce evaporation if the soil beneath is already wet. However, it may also take a lot of water to penetrate this layer before the soil is

wetted again once plants have exhausted the retained soil water. The converse occurs in winter when mulch prevents the sun warming the soil and the evaporation of excess soil water in rain periods. Stone mulch allows easy water penetration but also reflects heat to the underside of leaves magnifying the drying effect of high temperature in two ways – increased direct heat and the early closure of the stomata that are sited on the under-surfaces of leaves. The stomata are the lungs of the plant and when they close water transport ceases and the plant rapidly wilts. Watering plants in this condition rarely revives them as the cooling effect of applied water is ephemeral and in addition as it evaporates from the leaf surface there can be a "sunburn effect". This is most common on big leafed plants and manifests as white patches e.g. pumpkin leaves.

KNOW the root depth. It is essential to give a solid watering that wets the root zone. Splashing a little water around does more harm than good as roots in dry parts of the soil still die inviting disease. Too much water is also wasteful as it percolates deeper than roots can access. One way to tell how far water has penetrated without digging a hole is to push a strong wire in until it meets resistance. Generally garden plants properly watered will last a week or more between waterings.

PLAN microclimates. Have layers of vegetation to give shade protection and general cooling of the garden area as isolated shrubs are exposed to extremes 24/7, especially drying wind. Layers can be achieved with plantings of either deciduous trees or sparse crowned evergreens. However having too many deciduous trees may make leaf fall an arduous time in the garden and many are also water hungry e.g. silver birch. An alternative is the Australian deciduous white cedar, *Melia azedarach* with its glossy leaves and bunches of pink flowers. The new dwarf Eucalypts such as snow gum 'Edna Walling' or *Eucalyptus rosaceae* that grow only 2-5 metres give filtered light, lovely flowers and habitat for beneficial insects and birds.

EXPECTATIONS There has been much publicity about choosing to grow waterwise plants. This requires a cultural shift in the aesthetics of garden appreciation i.e. renouncing the English style garden for one more appropriate to the environmental resources available to us. Climate change will only intensify and our individual share of water will decrease further as population increases. We have to adjust our expectations. The most obvious potential area of water saving is to accept that a permanently green grass lawn is no longer realistic or responsible. Two ways to maximise the period of 'greenness' is to allow a thatch to develop over summer (i.e. do not scalp the grass when mowing) and to have summer active grasses in the mix. In many southern parts of the U.S lawn has been banned for decades. Annual flower and vegetable gardens are both water intensive so it may be necessary to make some hard decisions about what can be realistically maintained during summer with the available water supply and quality. This is especially important if you are relying on bore water as salts may accumulate in the soil over the season and years.

Annoy Monsanto and save some bees. Use this instead of Roundup and Neonicotinoids.

Weed-Be-Gone

1 gallon vinegar

2 cups Epson Salt

1/4 cup Dawn dish detergent

Mix and spray on weeds in the morning, after dew has evaporated. Works better, is cheaper, okay for the environment.

Janis Ian

February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
12	13	14	15	16	17	18
19	20 <i>DVICG meeting Tubbut 10 am</i>	21	22	23 <i>Mobile library Tubbut</i>	24	25 <i>Men's Shed meeting Film course Markets Bombala</i>
26 <i>Film course continued</i>	27	28				

March 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 <i>Delegate Show Frouteville</i>
5	6	7 <i>International Womens Day Delegate</i>	8	9	10 <i>Clay Day Tubbut</i>	11 <i>Delegate Campdraft</i>
12	13	14	15	16	17	18
19 <i>Delegate Country Club AGM</i>	20	21	22	23	24	25
26	27	28	29	30	31	

Heads Up:
April 1: Community Planning Workshop, Bonang