

TUBBUT TATTLER

ISSN 2200 - 5243



#4 April 2022

Tubbut Neighbourhood House

E-mail: tubbutnh@inet.net.au

Phone: 02 64580295

Open Wednesday, Thursday and Fridays

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

Next deadline: 24th May 2022



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CLASSIFIEDS

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



Septic getting full?

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

Bobcat contractor for hire

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

Orbost Solar and Electrical

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

Call Ben on 0434038395



Wallabia Wildlife Shelter

Rehabilitation and rescue of injured and orphaned native wildlife

Call Joe or Rena
03 51540196
24 hours

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

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

WANTED

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

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

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

Delegate Multi Purpose Service Craigie St, Delegate

Wellness Clinic

Monday 9am –10am
Every week except public holidays.
No appointment necessary.
A clinic where well people come for health monitoring and a variety of nursing procedures such as :

- Wound care
- Blood pressure readings
- Blood sugar readings
- Non-urgent and pre-operative Electrocardiograms
- Health Assessments
- Suture or clip removal
- Injections with Doctors written orders
- Other procedures that do not require a Doctor

Pathology clinic (conducted by Pathology West)

Wednesday 9.30am—10.30am
No appointment necessary.
Every week except public holidays.

Women's Health Clinic

4th Thursday of the month at Delegate MPS
Phone 1800 999 880 for an appointment

RedSpa Sanctuary Remedial Massage
Shiatsu
Bowen therapy

Over 20 years Experience.
Home visits available
By Appointment

0422 130 569

Available for cleaning (only)
Contact Natasha 64588162 or 0408477774

Tubbut Neighbourhood House

FOR HIRE

The Tubbut Neighbourhood House has the following for Hire:

Trailer—\$5.00 per day

Wood Splitter—\$10.00 per day

You can also borrow many of our gadgets:

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

Workshop Ideas

Now that we are able to run workshops again we need to hear from you all as to what you would like us to run. Whatever it is that you are interested in just let us know and we will do our best to make it happen. We sit and ponder what to do but we really need to hear from you all.

Give us a call or flick us an email we would love to hear

Mother's Day High Tea
Delegate River Tavern
8th May 11:00am – 3:00pm
Bookings essential
Call: 0409928687

Mental Health First Aid

Julie Mackay has approached us about running a Mental Health First Aid course

It's a two day course and below are the dates she is available, please contact us or Julie with expressions of interest and let us know which days you would prefer.

Sep 1 & 2

Sep 8 & 9

Oct 11 & 12

Nov 1-18

Julie Mackay

Bairnsdale Community Mental Health Service

(03) 5152 8800



CONCRETER

Specialising in driveways & shed slabs

4 ton excavator for site works

Contact Brodie

Phone 03 51540142

Email brodiebendle@gmail.com

BOMBALA
B.M.A. THE BOMBALA MOTORCYCLE CLUB PRESENTS THE 30TH ANNUAL **BOMBALA SHOW & SHINE**

REGISTRATION BY 11AM
REGO FORMS AVAILABLE AT THE KIOSK

\$10 ENTRY CATEGORIES

BEST CLASSIC	BEST VINTAGE
BEST RAY	BEST CUSTOM
BEST AMERICAN	BEST TRIKE
BEST PAINT	BEST KIDS
BEST LADIES	PEOPLES CHOICE
BEST EUROPEAN	BEST BRITISH
BEST LOCAL	BEST JAP
BEST IN SHOW	

PRESENTATIONS AT 3PM

AT THE BOMBALA SHOWGROUNDS
19TH NOVEMBER 2022

OFFICIAL POSTER TO FOLLOW - FOR INFORMATION CALL BUSH 0475427255

Markets East Gippsland

Metung Market

14th May

60 Metung Road

8-30am to 12-30 pm

Lakes Entrance Farmers & Seafood Market

21st May

Central Boat Harbour

8-30am to 1pm

Paynsville Farmers & Makers Market

21 May

The Esplanade Paynsville

9am to 1pm

Tubbut Neighbourhood House

Neighbourhood House Week 9th—15th May

Come along and try your hand at some Silk Painting, Acrylic painting on canvas, Glass Slumped Jewellery making, planning our reclaim the void weaving day or just join us for a cuppa , yummy treats and a chat.

We would love to see you.

Where: Bonang Hall
Date: Thursday 12th May
Time: 10.00am— 2:30pm

BYO Lunch if you are staying for the day.
These activities will be free of charge.

RECLAIM THE VOID

The Neighbourhood house is going to run some workshops where we will be weaving these rugs. It will be at the Bonang Hall on a Thursday, we will get back to you with dates as we need to do a bit off op-shopping to gather the materials.

In Australia

We've dug 50,000 holes across sacred land.

We dump 500,000 tonnes of fabric and clothing every year.

Can we give our hands and hearts in healing to create 5,000 rugs to seal one hole?

Reclaim the Void was born from Ngalia elders in Leonora, Western Australia, expressing their pain and grief at 'those gaping mining holes left all over our country'. The idea was conceived to symbolically 'seal' one of the holes with an artwork expressing the story of country.

Country is alive with story, song, dance, law, Tjukurrpa. When we wound country, we wound ourselves, and end up with a scarred physical and cultural landscape. This project carries the desire for healing country, healing community, and healing ourselves. It is about acknowledging the hurt and contributing to restoration. It offers people the chance to learn about country and culture.

The vision is to cover a mining pit with a large-scale 'dot' artwork made up of thousands of handmade circular rag-rugs woven from discarded fabric. Woven by people from all walks of life and backgrounds, the rugs will be joined together into a giant textile artwork which shows an overall pattern that carries the story of the Tjukurrpa of the country on which the pit is situated.

Reclaim the Void is a bold cross-cultural project. It seeks to raise awareness of the story of country and its importance in Aboriginal culture in both its physical and spiritual dimensions. We invite you to join us.

from vision to reality

If we're going to do this, we need a lot of rugs! Maybe 5,000 of them, or maybe more!! We hope that people from communities all over Australia, and around the world, will create rugs for the giant artwork, including school children, crafters & makers, people passionate about reconciliation – everyone! We also hope to commission a number of artists to create rugs. We are developing a 'rugalogue' which will catalogue each rug made, and the stories, poems, images and words that the maker may choose to accompany their rug. The final artwork will include the tapestry of stories of all the people who have contributed to it, and will be a story in its own right, of our collective love, respect, and wish to care for country.

This project already has a life beyond any tangible outcome. It's the journey, the story, the healing and symbolic reclaiming, the acknowledgement of careless over-consumption at others' expense, that is central to *Reclaim the Void*. The concept and intention behind the project is critical. It's a conversation about caring for country and its custodians, and it invites everyone to be part of that through small-scale acts that collectively make something very special.

We're in conversation with a mining company about a site to work with, and have an engineer on board who has drawn up the 'how' of a couple of different options. Kingsley Dixon, specialist in restoration, is also part of our team. This project isn't 'anti-mining', it's about walking forwards together in an act of healing, caring for country and community engagement. One way or another, guided by cultural protocols and the practical possibilities, the final artwork will be brought to life on the country for which it was created - a symbol of hope and healing.

We're thrilled to be partnering with the WA Museum to present an exhibition. Museum CEO Alec Coles says "*The WA Museum is delighted to be partnering with Reclaim the Void for a project exhibition at the WA Museum Boola Bardip and the Museum of the Goldfields in late 2023 or early 2024. Reclaim the Void is a bold and culturally significant Australian story, aligned to the Museum's commitment to presenting indigenous voices and exploring issues of identity and place. The Museum looks forward to being involved in the unfolding of this important and courageous project.*"

Please go to www.reclaimthevoid.com.au for more information

Building Healthy & Resilient Communities through Service Equity

PROJECT UPDATE 2



Building Healthy & Resilient Communities through Service Equity

About the project

Over the last two months we have let you know about funding received for Stage 1 of this project - the purpose being to:

- Collect evidence and data to support the project (undertaken by our independent research partner CERG - Federation University).
- Confirm internet and facility availability in Tubbut and Goongerah (we are also pre-emptively doing this in Bendoc and Bonang too).
- Secure funding to upgrade and operate the facilities to improve local health and other service provision.

What's happening in May?

Our research partner CERG (from the Federation University) is undertaking a community survey about healthcare, one-on-one interviews and small focus-groups. The purpose is to gather evidence of what is and isn't working in the district regarding healthcare provision and access, and help us identify what the solution may be. Results will be used to apply for funding to improve healthcare provision in the district.

How can I support the project?

Survey: You should receive a copy of the Federation University survey in your letterbox (with a reply paid envelope). If not you can pick one up at a Neighbourhood House. You can also do the survey online here: <https://bit.ly/E2Shealth> or scan the QR code

The survey needs to be completed and returned (postmarked) by 20 May 2022.

1:1 Interview or Small Group Discussion: If you don't want to do the survey but would like to be interviewed about your healthcare experiences please contact CERG:
Phone: 03 5327 6766 /Email: CERGroup@federation.edu.au

Please participate in the survey and interviews if you can. All your information will be confidential and your privacy maintained. We are hoping to get responses from all localities in the Errinundra to Snowy district Goongerah, Bendoc, Tubbut, Bonang, Cabanandra, Deddick Valley, Haydens Bog, Delegate River and Dellicknora, and surrounds.

How can I find out more?

Updates like this will be provided monthly to the Bendoc Wheel and Tubbut Tattler. We have a project summary we can email or post to you if you want to know more about the project. Or, if you have any questions or comments about this project you can contact: hello@warmcornersconsulting.com



EAST GIPPSLAND
Community
Foundation



FRRR
Foundation for Rural
Regional Renewal



Interview with Jessie Legge, who was 81 on the day of the interview.

Question: Has the weather changed in your lifetime?



Jessie: Yes, yes it's changed for the worse over the years. We used to have summer storms. I remember having to iron the childrens clothes every day as they came home soaking wet. We used to throw pumpkin seeds into the stock yards and they always produced; we never watered them

Question: Were there any special or strange days you remember?

Jessie:



On the day I was born. There was the biggest snowfall ever on record for November, and it killed all the wheat crops. Also another day - Wednesday 22nd June, 1949, is a day I will never forget. Snow fell for many hours without a break, most of the the time the flakes were as big as pennies. Everything about the house was covered and the telephone poles seemed shorter every moment. The fall stopped at 6.30pm, after reaching a record depth of 3 feet. In the next few days supplies were low as the train could not get through.

Question: Did you ever have any grasshopper plagues?

Jessie: Yes, just the smell of them was enough!

Question: Did they clean up everything?

Jessie: If I remember rightly -anything green., even rugs!

Question: Did many people used to plant by the moon?

Jessie: Oh yes, most of us did. Some knew more about it than others. Basically never plant in the waning moon. Sow as the moon is coming in. Set chooks in the last quarter of the moon. Another thing about chooks, spring chickens are nearly all roosters. Autumn hens - pullets.

Mrs. Mitchell who lived where Phil Prendergast lives now, used to say that the seeds of greens should always be planted with the moon coming .

Question: How did you get beehives?

Jessie: We chopped the tree down with the hive in it, put the hive in a sugar bag, hung it up and let the honey drip over a heat source into a pot, for one week or more.

Question: Did you use the bees wax?

Jessie: We'd melt it and put it in a tin to make candles.

Question: What other light did you use?

Jessie: Kerosine lamps, and before that we used to render down the cattle fat, and fasten the wick to the bottom of a tin

Question: What did you use to warm The bed before hot water bottles?

Jessie: We hung a brick in a stocking in front of the fire, or we used wine bottles with hot water.

The Local Rag

From issue 11 1980

Jessie Contd

: Question: What did you find was the best firewood?

Jessie: We used White Gum and Peppermint, Cabbage Gum was the best. Black Sally was the worst. Burns black.

Question: What did you make shafts or the wagons out of?

Jessie: Mountain Ash, Blackwood and Lightwood. We made cricket bats out of willow. Because we didn't have many paddocks, we made calf muzzles when we wanted to wean the calves. They were made out of honeysuckle. The calves could graze but they couldn't get at the milk. Banksia wood doesn't split, so that was also used. Did you know we also used an apron on the ram so he couldn't get to the ewes?

Question: Did you make your own brooms?

Jessie: Ti-tree brooms for sweeping the yard. We made tussock brooms. Tied strands in the middle, fold them back and tie again, then put a stick in and chop off

Q: The picture always show the women wearing a lot of clothes. Did you get hot?

Jessie: Once I went to Sydney and the Doctor said to me, "you wear a lot of clothes" and I said, so would you if you lived where there was a lot of snow! We used to wear read flannel against our back, that was therapeutic. A shimmy, then a singlet, then stays, then a chamisole and a red flannel petticoat was a must. Button-up boots of course.



Q: Did you spin?,

J: Not me, but I crocheted.

Q: You were born in Delegate River, and when you married, where did you live?

J: I married Harry Legge, who was a Marriot by descent. We lived in Cabanandra at Greenbanks. That house was burnt down. I worked on the telephone exchange for 25 years in Delegate River, later on. Harry Legge planted a lot of the fruit trees that are still growing strong over that way, -Tubbut and Deddick

Q: Did you grow most of your own food?

J: Yes, we had good vegetable gardens, and good fruit from the orchards. In the olden days, the frosts they'd cut out the spring. But they don't today. You see, we get frosts in September, then there'd be no more till March. It's not like that today

Q: You were telling me the other day you used to have two houses, can you explain that?

J: Well, it was the custom to have the kitchen separate in case of fire in the fireplace. Some people had fireplaces in both houses. Old Aunty Marriot did.

The Local Rag—continued

Jessie continued:

page 3

Q Did you cook mostly on an open fire?

J: Camp oven. Two when I could get them. We used to put coals from a special bark on top. When you tore the bark of the tree Tarantulas would run all over you

Q Kids job to get the bark?

J: Yes, I think it was iron bark.

Q What sort of meals did you cook?

J: OH, bread, cakes anything at all, roasts and stews. If you were unlucky, we'd tip some of the ashes in. But as a rule you didn't. If you put too much bark in it would burn the top. It was a fair way up above the fire, hanging.



Q So you had to lift it often?

J: Yes, and they talk about the good old days! Slavery I'd call it. (chuckles)

Q You reckon? What about the washing?

J: Oh, homemade soap, boil the clothes in the kerosine can, and hang it up. If you didn't have enough water, you'd take the clothes to the river where we always had a clothes line. That wasn't a hardship for us children we used to rather enjoy going to the river. Set the washing on a bench, and no mopping up after!

Q Can you remember much of our early childhood at Delegate River?

J: Not much, we used to help our mother with the garden. Nothing exciting. Ne certainly knew how to entertain ourselves though. No T.V. or anything like that. No cars to go places. We were pretty happy. People these days never seem to know when they've got enough.

Q How many brothers and sisters did you have?

J: I had only one brother and seven girls. I was the youngest.

Q Was the boy spoilt?

J: He was spoilt don't you worry. But not by the girls, by the mother.

Q Did the kids help much with the washing and things?

J: Not a great deal, the older parents didn't used to think the kids could do much, that was the trouble. (Herson interrupted here to point out that Jessie had taught him to cook, he became an excellent cook after on!)

Q Did you go to get supplies often?

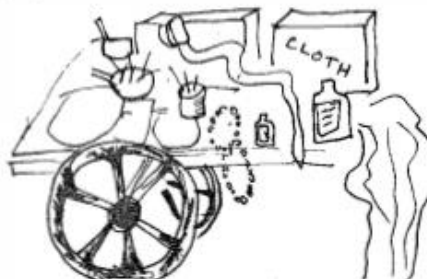
J: Not often, but Delegate was a better place than it is today for shopping. There was three or four shops, two blacksmiths and a saddler. Dozens of persons used to come along and also Indian hawkers.

Q What did they sell?

J: Clothes and tinkets, you know rubbish.

Q Did people buy them?

J: Oh yes, it was a real glory box!



Interview: M^{rs} Legge (cont)

From issue 12
1980

"It was much more sociable in those days; the chief fights in those days were over bulls; in fact they still are!! Your bull coming into our paddock!!!!"

(Well, many thanks to Mrs. Legge for her interview. It was fascinating to hear her reminse. We hope you are well enough to return from Orboost soon - Ed.)

We were wrong!

Last month we said M^{rs} Legge was 81, when actually she is the grand old age of 89.

A tennis day, barbecue and games night was held at Tubbut on Saturday 23rd.

The day was cool and by the time we arrived, it was already darkening. Helen was serving her deadly aces, and Cathy and I could use the dark as an excuse for missing them.

The evening was also a farewell to Bob and Margie Hopkins. The district will miss them, especially those involved with the "Local Rag". Both Bob and Margie have been sterling in their help with the Rag - you may not realise, but it was Bob who has done those excellent front covers lately, and Margie always helped with the layout and the typing.

Mick Sayer and the band - the "Final Elbow" - played most of the evening, while the non-dancers played cards, chinese checkers, table tennis or just drank tea and talked.

A most enjoyable evening.

- SUE

Delegate Show

FRIDAY &
SATURDAY

29th February & 1st March, 1980.

The show was well attended both days. Exhibits were generally very good with the wool section bringing high commendation from the judges. The pavilion was most colourful, with large numbers of exhibits in the Art/Craft/Ceramic section. The stud sheep section was disappointing but this was probably caused by the clash with the Dalgety Show, which is always a big problem. Choosing a date which does not clash with other activities in the district.

All in all a successful Show highlighted by the wool exhibits and the brightness of the Pavilion.

News from the Shire

East Gippsland welcomes 24 new citizens



East Gippsland's newest citizens have been officially welcomed at citizenship ceremony in Bairnsdale on Tuesday 26 April. The 24 participants from United States, Czech Republic, Britain, Germany, India, Malaysia, New Zealand and the Philippines, formally pledged their commitment to Australia at the ceremony, which was the final step in their citizenship journey. East Gippsland Shire Council Mayor Cr Mark Reeves said citizenship ceremonies are one of the highlights of his role. "Welcoming people from all walks of life and all corners of the globe to East Gippsland changes our community for the better. I am absolutely thrilled that 24 new citizens have chosen to live in our wonderful part of the world. "I wish everyone who has become an Australian citizen today, every success in the future and enjoy their new life in the East Gippsland Shire." East Gippsland Shire has welcomed over 50 new citizens this year. The next ceremony will be held on Tuesday, July 26. To watch the ceremony, visit Council's YouTube channel 'EastGippyTV' www.youtube.com/watch?v=1dekEx_qIGM

Big increase in recycling

East Gippsland residents have taken their recycling efforts to new levels, with East Gippsland Shire Council seeing a large increase in recyclables at its waste sites. Fees were put in place when there was a nation-wide lack of market for recyclable materials. The fees were removed in July 2021. Since then, Council has seen a 60 per cent increase in the volume of recyclables being dropped off at its waste sites. Mayor Cr Mark Reeves said the fees were removed to encourage residents to recycle more. "Recycling contributes to the circular economy, where these products are broken down and used as raw materials for things like outdoor seating and food packaging," Cr Reeves said. "We are also very pleased to see that the level of contamination in recyclables has not really increased. When people put the wrong items in the recycling bin it contaminates the system and can undo everyone's efforts." Residents who have a kerbside collection and have recyclables that don't fit in their yellow-lidded bin are reminded to take their items to a transfer station. It is also free to recycle electronic waste, but it cannot go in kerbside collection. Residents should take anything with a cord or batteries to a waste site that accepts those items. Council's website has a comprehensive list explaining how (and where) to properly dispose of a variety of household items.

The first step in the recycling process is to move items onto a conveyor belt at the Materials Recovery Facility in Bairnsdale.



Snowy River Sprint

Held in and around the picturesque town of Lakes Entrance and Buchan, Victoria, the Snowy River Sprint is our second round on the Australian Tarmac Rally Championship 2022 calendar.

With a total of over 300 competitive kilometres over 18 stages, the Snowy River Sprint offers great value for money. The transport stages are short and our tightly packed field ensures a fast paced, full day of rallying.

As a water-front town, Lakes Entrance is a very popular all year round holiday destination, including during winter months when the climate is often a few degrees warmer than Melbourne and is situated on the edge of Ninety Mile Beach where the Gippsland Lakes meets the Southern Ocean.

Cross the footbridge to the popular Ninety Mile Beach, patrolled by lifesavers during the summer months, to enjoy the pristine surf beach. Explore the lakes in a kayak, join a boat cruise or if activity isn't your thing, Lakes Entrance is known as the seafood capital, due to the large number of fishing trawlers operating in the area.

DETAILS

- On May 28, 2022
- At 321 Esplanade, Lakes Entrance, Victoria, 3909
- info@tarmacrally.com
- <http://www.australianartarmacrally.com>
- 9111 9929

DETAILS

- Sunday 8th May
- 9:00am - 11:00am
- At Howitt Park Bairnsdale, Bairnsdale, Victoria, 3875
- bairnsdale@apex.org.au
- <https://www.mothersdayclassic.com.au/vic-bairnsdale>
- 0418 364 168

Mothers Day Classic Bairnsdale 2022

Join your local community on Mother's Day to support and honour those affected by breast cancer. Be a part of a small and passionate crowd with music, entertainment and plenty of community spirit! You'll also receive a commemorative medallion, handed over with pride when you cross the finish line.

News from the Shire



Australian Government

National Recovery and Resilience Agency



Rotary



EAST GIPPSLAND



AGRICULTURE VICTORIA

Community Outreach Events

Drop in for a chat to find out what support is available for those affected by fire, flood and drought. Morning tea provided.

\$500 Rotary vouchers available for eligible farmers and farm workers



Marlo, CFA Station, Jorgensen Street
Monday 2 May, 9am – 11.30am

Cann River, Cann River Hall & Recreation Reserve
Tuesday 3 May, 9am – 11.30am

Bengworden, Bengworden Hall, Bengworden Road
Monday 30 May, 9am – 11.30am

Bonang, Bonang Hall, Bonang Road
Tuesday 31 May, 9am – 11.30am



For more information contact:
Joe Retino 0455 258 098 or Joe.Retino@recovery.gov.au
Kaylene Wickham 03 5153 9450 or Kaylenewi@egipps.vic.au

Our partners: Anglicare, Rural Financial Counselling Service, Rural Aid, National Centre of Farmers' Health, Need for Feed, Good Shepherd (Nil Interest Loan Scheme), Landcare, Agriculture Victoria, Bushfire Recovery Victoria, Gippsland Lakes Complete Health, Small Business Victoria, Rural Flying Doctor Service

Scrunch aluminum foil loosely together. When it is at least the size of a tennis ball, it can go in your household recycling.



Did You Know?
Aluminum can be recycled infinitely but small pieces will fall through the sorting machines at the Materials Recovery Facility.

For more information contact Council or visit our A – Z - Where to next? on our website.

Rethink & Recycle with the

WASTE RESCUER





Tambo Waste

EAST GIPPSLAND SHIRE LIBRARIES

FREE BOOKINGS ESSENTIAL

Carer Gateway Information Session



Are you an unpaid carer? Or perhaps you know someone who is?




Carer Gateway is a national program that offers a free and diverse range of services to help carers manage their caring role and improve their overall wellbeing.

This session will provide you with valuable insight into the Carer Gateway program we offer within Gippsland.


Phone 5152 4225 or book in person at the library for this FREE event.

Wednesday 18 May
Paynesville Service Centre
10.00 am – 11.00 am


Wednesday 18 May
Bairnsdale Library
1.00 pm – 2.00 pm

Libraries Change Lives



BENDOC PROGRESS ASSOCIATION



VICTORIA POLICE

Victoria Police in partnership with the Bendoc Progress Association are holding a public meeting to discuss the policing service delivery model for Bendoc and surrounding townships. Local police will also inform communities about the Neighbourhood Policing Framework (NHP).

The NHP provides the opportunity for police, community, government, and non-government organisations to work together to resolve community safety issues.

Community members will be able to discuss local crime and safety issues with police and other organisations to assist the NHP in providing a balanced response between re-active and proactive policing activities and address the root causes of crime to improve community safety.

WHEN – 6:30pm on Wednesday 4th May, 2022
WHERE – The Bendoc Hall

Please RSVP to Irene French at the Bendoc Community Resource Centre on (02) 6458 1402 or via email: bendocpa@bigpond.com

Victoria Police Representatives on the day will be:

Superintendent Mark Edwards – Divisional Commander for East Gippsland and Wellington LGA's

Inspector Nicole Cantillon – Local Area Commander for East Gippsland

Acting Senior Sergeant Scott Wealands – Orbost Station Commander

News from the Departments

GWH

ACTIVE BYSTANDER

To register for this online event

<https://www.eventbrite.com.au/e/gippsland-womens-health-active-bystander-tickets-322959539677>

5th May

TIME 1pm-4pm

Join us for an Active Bystander guided conversation.

As Gippslanders, we all want to feel safe and valued for what we contribute to society. At the moment, our community is not safe for everyone. Violence against women and girls is widespread and is likely to be affecting someone you know.

What You Will Learn:

- How to be an active bystander
- Actions we can all take - whether we are male, female or non-binary
- How men and boys play an important role

The guided conversation will:

- Support, guide, challenge and inspire you
- Introduce new ways of thinking
- Teach you how to respond to disrespectful behaviour
- Allow you to reflect on situations - at home, work or in the community - and how you can apply active bystander skills

For more information, please contact Fiona Passarin fiona.passarin@gwhealth.asn.au

Report Road Hazards
Regional Roads Vic
Ph: 131170



Join us for a free, fun and friendly series of classes designed to help build your digital skills.

Topics:

26th May - Introduction to the NSW Seniors Card
2nd June - Introduction to NSW Transport Apps
9th June - Managing Your Digital Assets
16th June - Introduction to the MyTelstra App

When: Thursdays, 2pm - 4:15pm

Where: Bombala Library

Register your interest in future sessions

Phone: (02) 6458 3196

Email: libraries@snowymonaro.nsw.gov.au

Tech Savvy Seniors is a NSW Government initiative in partnership with Telstra



where to recycle your clothes and shoes in Australia

By Holly Bodeker-Smith go to www.frankie.com.au for more

ANIMAL SHELTERS (Australia-wide). Animal shelters including RSPCA are often in need of used sheets, towels and blankets for their animals. Many also have op shops, which redirect low-grade fabrics to companies that make cleaning rags.

ASGA SAVE OUR SOLES (Victoria). ASGA takes your used sneakers, thongs, and footy boots and extracts the rubber, leather and fibres, using them to manufacture new materials like gym mats, floors and playgrounds. Collection sites are across Victoria, with more planned Australia wide.

BOOMERANG BAGS (Worldwide). Boomerang Bags' communities transform your leftover quilting fabric, doona covers and pillowcases into reusable bags. They then distribute these bags locally – to schools, businesses, events and more. There are over 500 BB communities in Australia (and 1140 worldwide!). Find one near you to start donating.

COMPOST. You can compost your own clothes if they're made purely of biodegradable materials – including linen, silk, cotton, cashmere, bamboo and wool. Shred or cut your fabrics into smaller pieces, remove anything that won't biodegrade (tags, buttons and zippers) and use a hot compost with worms to speed up the breakdown.

COUNCILS. Councils are cottoning on to the need to incorporate textile recycling in their waste management systems. Bathurst Regional Council recently trialled a clothing recycling program to great success. This is on the agenda for many councils across Australia, and your voice has sway in spurring it on. If you feel passionately about the issue, write to your council and advocate for textile and shoe recycling options at your local tip.

RECYCLES MART (New South Wales). If you're in a participating council, download their app and book a Power Pickup to have your clothes collected. These items are then taken to charity stores for resale, or to partners Sheridan and H&M to be sorted for resale or recycling.

SHERIDAN (Australia-wide). Sheridan accepts your old sheets and towels for recycling. They have a partnership with an Australian company that sends these textiles overseas to be made into recycled yarn and turned into new products.

SCR GROUP (Australia-wide). SCRGroup diverts around 18 million tonnes of clothing from domestic landfill each year by selling them to international markets. About 30 per cent of what they collect is damaged beyond repair. They downcycle this into wiper rags or convert it into biofuel, which is used as an alternative to coal.

TOTALLY WORKWEAR (Participating stores Australia-wide). Work boots.TW sends them to a Melbourne warehouse where the rubber and steel are disassembled before being broken down for use in new products like rubber floor mats, playgrounds and more. To kick it off, ring up your local TW store and check if they are taking part.

UPPAREL (Australia-wide). . For a fee, they'll collect your used clothes, hats, bags and more, right from your door. Most of what they receive goes to charity stores, while around a third is sent overseas for upcycling or recycling. They'll also give you a store credit to buy some socks.

WORN UP (Australia-wide). Worn Up accepts towels, sheets, non-wearable uniforms and deadstock from businesses, schools and sports associations. These are turned into new products like dog beds, school desks and tiles.

Recipes

Sweet Potato and Zucchini Fritters

Ingredients:

350g gold sweet potato, peeled and coarsely grated
200g zucchini, coarsely grated
2 spring onions
1 cup (120g) grated tasty cheddar
3 eggs lightly whisked
1/2 cup buckwheat flour
2 1/2 tbsp. olive oil
350g mixed tomatoes, halved or quartered
60g baby spinach & rocket
1/4 cup spinach dip
3/4 cup Greek style yoghurt

Method:

Combine sweet potato, zucchini, spring onion, cheddar and egg in a large bowl. Stir in the flour until well combined. Season.

Heat 2 tbs of the oil in a large frying pan over medium heat. Add four 1/4 cup portions of the sweet potato mixture to the pan. Cook for 3 mins each side or until golden brown and cooked through. Transfer to a plate and cover with foil to keep warm. Repeat until all mixture used.

Combine the tomato, spinach and rocket in a medium bowl, drizzle with remaining oil, season. Combine spinach dip and yoghurt in a small bowl. Serve fritters with spinach dip and salad.

Herb and Cheese Puffs

Ingredients:

1 cup self raising flour
1/2 tsp salt
1 egg
1 1/2 cups milk
1/4 cup finely grated parmesan cheese
2 tbs finely chopped fresh flat leaf parsley leaves
2 tbsp vegetable oil

Method:

Place flour and salt in a bowl. Make a well in the centre, whisk egg and milk together in a jug.

Add to flour mixture, whisk until smooth. Pour mixture into a large jug, cover and set aside for 30 mins to rest then stir in cheese and parsley.

Meanwhile preheat oven to 220 degrees Celsius, divide oil between holes of a 12 hole muffin pan. Place pan in oven for 5 to 7 mins or until oil is just smoking.

Carefully pour mixture into holes until half full, bake for 15 to 20 mins or until puffed and golden brown.

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May 2022

MON

TUE

WED

THU

FRI

SAT

SUN

1

2

3

4
Public Meeting.
with Vic Police
Bendoc Hall
6.30 pm

5

6

7

8
Mothers
Day

9

10

11

12
Bonang Hall
Craft and
Morning Tea to
celebrate
Neighbourhood
House Week

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Library Bus

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Library Bus

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