

TUBBUT TATTLER

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June/July 2017

Next deadline: July 21 2017
Tubbut Neighbourhood House

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



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White eared honeyeater by members of the Rosen family, Tubbut

Bates' Fencing & Machine Hire



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

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

FOR SALE

- Tractor, orange, cheerful disposition, one careful lady owner. Offers? Waterhole Gully Road, White House
Contact Heather 645480356

Bus trip to Merimbula

Bendoc bus goes to Merimbula the second Friday of every month. See page 4 for July trip plans

Good home wanted for two young male guinea pigs – 1 and 3 months old.

Unhandled, so might suit as free-range lawnmowers in a safe environment (no cats or dogs). \$8 each or barter.
Jill 03 5154 0145

Robert Hampshire will pump out your loo. Septic tanks, porta-loos— no problems Truck has capacity to handle 2 tanks/trip Phone 64583075

TNH Bazaar

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

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

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

Contact Amy 03 51540118

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

Wanted

44 gallon drum for chaff storage with intact bottom or top
Deb 64580399

Need a cleaner?

Contact Natasha 64588162 or 0408477774

Advertising is free to local residents

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

Fred & Sheena will be in the Bonang/Goongerah area early July



Text or Phone:
0422230790

FaceBook/F&SWHITER

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.

A GP with a natural approach
Dr Lily Thomas works at the Beach Street Medical Centre in Merimbula. We have had recommendations of her work and would like to pass her contact details onto our readers.
Ph: 02 64951097

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 speciality.
Please ring Ben on 0434 038 395

News from Tubbut Neighbourhood House



Clay Day at Tubbut

The next clay day will be Thursday the 27th of July.

One of our Streetscape projects was to put history onto clay tiles which we would then mount in certain places eg. Halls, campsites etc. It has been a long process trying to get this right, but at last we have a success.

If you have any history photos/short stories you would like to see at your hall, please send them to us.

We will be making more of these tiles at the next clay workshop.

Dellicknora
Bridge photo
printed onto a
clay tile

Photo by Skye
Auer



CHEESE WORKSHOP

It was great to welcome Edwin back to Tubbut to run another Cheese workshop.

Participants went home with a Baby Swiss, 2 Greek Fetas and some whey ricotta and lots of knowledge on how to care for our cheeses for the next few months. At least the Ricotta & Feta can be eaten straight away.



Community Lunch and Computers with Sharon

Thursday 29th June 10am Computers & 12.30 for lunch

It's been a while since we had a community lunch, so please bring a plate to share and join the TNH and the school for lunch and catch up with Sharon and the Library Bus while you are here. We are hoping the pizza oven will be operational so we can enjoy pizzas!

YOGA



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

All welcome on Tuesdays at the Bonang Hall at 1pm @ \$7.00. Not on in school holidays
Just turn up with comfortable clothes, a mat to lie on and a blanket to cover you.

WANTED

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

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.

Could you proof read the tattler at short notice? It would help reduce mistakes.

Books available to borrow

The neighbourhood house has a small range of books to borrow, please drop in and have a look.

A few that may be of interest are:

Mountains of memories—Jack Mustard
Native trees and shrubs of South Eastern Australia
Australian Native Bees
The Men from Snowy River
On Track—Searching out the Bundian Way
Back from the Brink by Peter Andrews

Did you donate to the Tubbut Neighbourhood House bus fund and feel disappointed that the idea of buying a new bus fizzled out?

As you know, it was hard to demonstrate a need for a new bus in circumstances where it was rare to get more than 2-3 people attending an event. Furthermore, the school bus has been made available to us when we need it, with approved drivers and between bus runs.

The donated money is sitting along with funds TNH put towards the bus safely in the bank for another big need. We understand if you would like your donation returned. Please contact us with bank details and we will ensure you are reimbursed.

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

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.

Out & about

Great news! Orbost Regional Health is extending Lorelee's position for another 6 months so she can continue her good work with us all.

Whooooheeeee!

Deb & Lisa

DELEGATE RSL CARD NIGHT – 5pm Saturday 17 June at the Delegate RSL Hall, 57 Bombala Street, Delegate. Cost – small donation towards electricity and insurance. Some food will be provided.



Lydia Jamieson and Jasmine Butterworth at a recent Pony Club Gymkhana on a frosty morning in Delegate

Antarctica—the last pristine continent?

During 4 weeks over January and February 2017 Hazen journeyed, with another 48 fellow travellers to a part of the East Antarctic region seldom seen or visited. The Antarctic is a world of extremes and a vastness that highlights the insignificance of man and his endeavours. Due to its extremes and its current “inhospitableness” it is deemed “safe” from major exploitation – but this cannot be assured.

Friends of Errinundra are hosting this FREE event. All are welcome.

Come for soup and sit back and relax while looking at and learning about this fascinating continent.

**Bonang Hall
Sunday June 18th
12 o'clock—3
RSVP TNH or Deb 0264580399**

The map

The streetscape project has lasted us a good long time, keeping us busy. However, all good things must come to an end and our projects are meant to be complete by June 30th.

The map is one of these. Thanks to Deb Tresham and Michael Johnson, who took the map to the Parks Victoria office at Bendoc it has moved ahead. We've made some executive decisions like distinguishing tracks only as 2 wheel or 4 wheel drive and leaving off tracks that are unlikely to be maintained and which don't provide a tourist experience. We are suggesting potential horse rides and walking tracks, as well as back road car tour routes. We'd love to know the route of the old Gippsland road.

We hope to list all the environmental and historical highlights but only if they are on public land or private landholders allow visitors on their land.

Eventually we want to have descriptions of the highlights but that may not occur before June 30th.

We still want you to have a look and make suggestions about the drafts so please visit TNH to do so before June 1 when Dawn will come and get all the bits and pieces.

In time, we hope to turn our map into an app that people can install on their phones but that may have to wait until we find a person with the technical expertise to create it.

Meanwhile we hope to print a number of hard copies that will be up on notice boards and available in limited numbers from Bombala, Delegate and Orbost tourist info places and TNH.

How I came to live here

Some people were born here and others had to wait until they were grown up to move here. Everyone has a story and it started long before they came to our district.

The Tattler and the Local Rag before it have done a pretty good job of collecting the stories of second generation residents and its time to move onto the next generation, the people who arrived in the 1970s and after. After all, that's history to our newer residents.

Of course, we are open to everyone's story and if you are of pioneer stock and haven't yet shared your life history, we'd still love to hear it. Please let us know. You can write your story or call TNH and we will record it. Are we a random selection or do residents share common values and experiences? Let's find out.



Community Notices

Adaptation for Recovery project update

The evaluation report for the project has been completed and a full copy will be available soon at the Tubbut Neighbourhood House, Goongerah & Bonang Halls. A short summary of the report will also be available.

Thanks to everyone who participated in the filming of the fire stories filming project, it was a hectic month in March interviewing over 40 people! The first cut of the film should be ready to preview to the participants for final approval in early July (fingers crossed) and then a public screening in August or September.

My role has been extended (again!) until late December which is fantastic but I will miss working with Birgit whose EGMHI program is finishing at the end of this month. Birgit has been a wonderful colleague, mentor, friend and thankfully she will continue to be our outreach counsellor one day a week.

Thankyou, Lorelee Cockerill. Community Recovery Facilitator. Orbost Regional Health

Its great news that Lorelee's job has been extended. She has deepened and extended the work that TNH does while giving East Gippsland Shire and Orbost Regional Health a stronger presence in Snowy to Errinundra district.

Seal the Bonang campaign

The petition is now out and about and it is great that so many are signing it. Numbers count with politicians and that is where the decision is made.

In Delegate NSW residents are signing and making the very strong point that, while they do not vote for Victorian politicians they do use the Bonang Road. Not only that but tourism in the Bombala region relies on the forest attractions on the Victorian side of the border.

For people living near the borderline, the border is a nuisance that obstructs government but is invisible to residents.

We will ask Tim Bull to make these points when he tables the petition in parliament.

For this reason, we will also ask the Snowy-Monaro Shire to write to the Victorian Minister for roads and road safety, Luke Donellan, telling him of the importance of the Bonang Road for the southern Monaro.

It doesn't hurt to send a letter to the Minister; the more he hears about the road, the more likely it is that he will do something about it.

Contact info

PO Box 126, Endeavour Hills, VIC 3802

Phone (03) 9706 0566

Fax (03) 9706 0388

Email luke.donnellan@parliament.vic.gov.au

Interested in a workshop for sourdough bread? The new pizza oven will double as a bread oven and I plan to try it out.

Sourdough takes time and this will probably be a 2 day affair. The first day will be spent getting bread to the point where it is rising in tins and on the second day, I will bake it for you. Come down and collect or sit around the oven making sure it doesn't burn. Woodfired ovens are the best for good bread. Let us know if you are interested. Deb

That black spot

TNH was contacted by Barbara Grinter who is the consultant contracted by Telstra to lodge the development application for the new mobile tower to be built on Honeysuckle Ridge and increase mobile coverage in the area. See the 2 page flyer with this Tattler (for Bonang-Tubbut locals)

Barbara assures me that the development application is due to be lodged with East Gippsland Shire Council by the end of June and that 'things will move quickly after that'.

Hello,

We know that for people living in country Victoria, the arterial road network is critical for access to work, education, services, and to maintain social connections.

VicRoads has launched an initiative to enhance the way we engage with country Victorians about their roads. Over the coming months, we'll be talking to local communities about how we can better plan, build, manage and maintain the 19,000kms of country arterial roads in Victoria.

We want the people who live, work, visit and best understand country Victoria to share their knowledge and experiences of road safety, road maintenance, freight and tourism. The information provided will help shape our regional and rural roads into the future.

How to participate:

Visit [Country Roads](#) to participate in public forums, read discussion papers, review what's happening in your area, share your priorities or use our interactive map to drop pins and comments;

- Participate in stakeholder and community forums in your local area;

Email countryroads@roads.vic.gov.au to share your thoughts and insights.

Share the [Country Roads Engage VicRoads](#) with your friends and family

The input received will be shared with the community by the end of August and will help shape future investment decisions. Come to TNH to use the web site if you don't have internet at home.

Merimbula Bus Trip on July 14th

On the second Friday of every month, the Bendoc bus with 18 seats leaves Bendoc and picks up people along its route to Merimbula.

It leaves Delegate at 8 am and leaves Merimbula at 2 pm.

This leaves about 4 hours to do whatever you like in Merimbula eg:

Visit the doctor (see ad p2 for a recommended GP)

Visit the dentist

Walk along the beach

Drink coffee and eat lunch in cafes

See a movie

Visit Sapphire Club for lunch

Enjoy warmer temperatures

July 14 falls on the last Friday of the school holidays and I am planning to join the bus and perhaps, depending what's on, taking in a movie. If anyone from this area wants to join me, I am happy to car pool to Delegate. Please ring and arrange at TNH

To book the bus please ring Claire 6458 1433, Nola 6458 3285 or Chris on 6458 1402 to book your seat.

Out & about

News from the Bendoc Neighbourhood House & Goongerah and district Men's Shed

Simone recently resigned from her position as one of the coordinators at Bendoc NH to take up a new position. We wish her the best. Chris who has worked there for several years as administrator has taken up the slack as interim coordinator.

Following a meeting on June 6th, attended by Jill Ayres and fellow officers from DHHS, Caroline Liston, East Gippsland Network of Neighbourhood Houses networker and Deb Foskey, network president, the job will be advertised and, dependent on applications, a coordinator will be employed by the management committee.

It was a good meeting followed by an excellent lunch and some ideas for continued cooperation between all our communities were discussed.

The next day, Jill and colleagues visited Tubbut Neighbourhood House and went through procedures with Sue (president) and Deb and Lisa (coordinators). The DHHS party travelled on down to Goongerah where they were welcomed with lunch (I think our departmental visitors were having such a good time that they were rather late) and discussions about the Men's Shed and the Goongerah Hub were discussed. The Men's Shed group looks likely to have the application submitted in August and all looks favourable for its success.

Yoga at Bonang



Su King brings a carload of people from Delegate and Delegate River when she teaches yoga on Tuesdays at 1 at Bonang. Occasionally Deb Tresham is the teacher. There are about 8 regular attendees who are gradually improving their flexibility with the easy postures we are guided through. Cost is only \$7 for an hour's session, ending in a guided meditation.

Dont use their home ...to warm yours



Cartoons

Jill has offered to run a cartooning workshop at Goongerah for interested people. As you can see from the cartoon on the left, she can draw a good cartoon.

Readers of the Local Rag will remember the Lucy cartoons which did not fear to tread where others would not.

Tubbut Neighbourhood House now has copies of all the Lucy cartoons —call us if you are interested in a set.

Aminya puts her dad's roasting pans back to work

Canberra City News by [Kathryn Vukovljak](#)

AMINYA Hepp is carrying on a family tradition for selling hot-roast chestnuts, having set up her roasting pan at Belconnen Fresh Food Markets more than 20 years after her father did the same thing in Civic.



on May 17, 2017

Aminya says her dad, Jurg Hepp, started selling hot-roast chestnuts in Garema Place in 1995, wanting to bring the warming, wintery Swiss tradition to Canberra.

"He used the traditional method of charcoal and copper pans to roast the chestnuts, and had to get all his equipment specially made, as nothing like it had been made in Canberra before," she says.

Aminya, 36, says she has fond memories as a teenager of roasting and selling nuts alongside her dad, who passed away in 2011 when he was 60.

"In 2000 I worked with him at Belconnen markets for the chestnut season, when I was 19," she says.

"He taught me the best way to roast the chestnuts, by scoring the skins and placing them cut side down to blacken the skin for a few minutes, before stirring and turning them to open them up.

"I loved opening the lid and seeing them when they're done, like smiling, golden faces.

"It was such a fun thing to do, and I felt like I was making people happy all day."



Mary Maher purchasing roast chestnuts from Jurg Hepp in Garema Place, Civic, circa 1994. Photo ACT Heritage Library

Aminya says her dad had moved to Australia from Switzerland when he was 22, and she grew up in East Gippsland, Victoria, before moving to Canberra when she was 12.

"Just after working with him, I went to Switzerland for five months to visit family and it was great to see dad's friend in Zurich selling chestnuts in exactly the same way," she says.

Aminya says this is the first year she has started roasting and selling chestnuts herself, having held on to her dad's freestanding roaster and copper roasting pan.

"I'm really enjoying it – it's so nostalgic for me and the customers, as many of them tell me they haven't had roasted chestnuts since their childhood," she says.

"I like that it's a healthy food, I feel good about selling it to people.

"It's such a social thing too, people stop to chat and tell me their memories of having chestnuts before, and it's really lovely. There are people who are addicted and come back for more every week."

Aminya says she sources her chestnuts from a farm in Sassafras and that she prefers the De Coppi Marone variety, as they're sweet and peel well.

She says her dad also sold roasted chestnuts at markets around town and that it's great to be back at Belconnen markets where she's seeing a lot of familiar faces.



Aminya Hepp... "I feel it's a nice way for me to acknowledge and honour what dad did and it creates a connection to him that I love." Photo by Maddie McGuigan

"I'm really enjoying being part of the market community, and there are actually a lot of the same people there from when dad and I used to work there, and they remember me from then," she says.

"I feel it's a nice way for me to acknowledge and honour what dad did and it creates a connection to him that I love."

"Running my own business for the first time is challenging and there have been moments when I wished dad was around so I could ask him something – he was super organised and a perfectionist!" she says.

"But it feels really nice to be continuing what he did and it's bringing back happy memories of us working together."

Aminya will be selling chestnuts at Belconnen Fresh Food Markets, outside the organic cafe As Nature Intended, from 10.30am-5pm every Saturday and Sunday until the end of the season.

What are regional audiences doing with their local news?

By [Lucy Barbour](#) 15 May 2017

Commercial television and print media are the most popular and trusted local news sources in regional Australia, according to new research by the communications watchdog.

The Australian Communications and Media Authority (ACMA) surveyed almost 2,500 people to assess the importance of local news to rural audiences and how they accessed it.

The results show, despite declining free-to-air audience ratings and print news circulation, 34 per cent of respondents preferred to get local news from commercial TV and 21 per cent opted for newspapers.

The national broadcaster was less popular. Just seven per cent of respondents preferred to get their news from ABC local radio.

Meanwhile, 15 per cent nominated ABC local radio as their most trusted source of local news and about the same number relied on it for late breaking news.

Eight per cent saw ABC TV as the best source of late breaking news, well below the 24 per cent who turned to commercial TV.

In 2015, the ABC replaced its two afternoon news bulletins in rural areas with headline-only services.

But Jenny Briggs from ACMA said it was important to recognise the research was done by "platform" meaning that, overall, the level of trust in the ABC was still considerably high.

"With the ABC you've got ABC TV trusted at 10 per cent and ABC local radio trusted at 15 per cent," she said.

"So if you added them together across media you would get 25 per cent."

It also noted the "significant changes" that were likely throughout the ABC's Regional division, as 80 new content roles are created across the country.

Landcare News

VISIT TO LOCAL RECYCLING FACILITY

Do you want to know what happens to the things you put in your recycle bin?

Far East Victoria Landcare has booked a tour of the Tambo Waste Material Recovery Facility in McMillan St Bairnsdale at **10am on Tuesday 11th July**. As numbers will be limited for safety reasons please book in with Penny.

NEW MEMBER FOR FEVL-EAST GIPPSLAND BEE CARE GROUP FORMED ON 3rd of May when group members met to discuss formalising themselves to ensure they are practicing good governance.

The members who attended agreed to strengthen their connection with the Gippsland Apiarist Association (becoming a GAA sub-group). This will allow the group to source valuable knowledge and other resources from the GAA and covers insurance needs. Mick Camilleri has agreed to continue sharing his extensive knowledge as the group mentor.

The group also agreed to become a 'group member' of Landcare. This connection allows the group to utilise Landcare resources including applying for grants and support from Landcare staff with governance.

Thanks Penny Gray for this.

Don't forget you can leave your soft plastics—bags and any plastic product that you can crinkle in your hand—at TNH for recycling via the Landcare bin at Orbost.



Wilderness First Aid Course

Despite several postponements, the Advanced Wilderness First Aid course recently held in Goongerah was well attended and attracted participants from Bonang, Bendoc, Goongerah, Orbost and Tombong, across the NSW border.

Participants spent three intensive days learning practical ways to apply first aid in remote areas where professional help could be hours away.

The instructor, Jane Ireland from Lakes Entrance, was well aware of the challenges of looking after accident or illness victims when in a remote area.

The group was tasked to react to various challenging scenarios, perform CPR and to gain a solid understanding of how to assess patients, whether conscious or unconscious.

“Although most people in this area are CFA members and receive basic first aid training, it doesn't always suit our remote situation,” participant Jeannie Holker said.

“We were shown the practicalities of how to assess and deal with dozens of situations from spinal injuries and bush-traction for a broken leg, to hypothermia and even constipation cramps!” said Jill Redwood. “It was extremely valuable but let's hope none of us ever need to use these skills.”

Birgit Schaedler said, “Having worked in a busy ED and Intensive Care as a nurse, the wilderness first aid course still had things to teach me. I'm chuffed with the traction splint made of sticks and ropes. The course gave me a new appreciation on how to prepare a first aid kit according to the area you are working in, by considering on what natural resources you might have available on scene and what you need to take. I also loved the use of a recycled box and how it can be used to enhance a puffer. All these things certainly never get taught in nursing training, where there is always access to technology and materials. Other things that made the training good was that we had a fun trainer and a great group. Thank you to ORH, as I was supported to do 1 out of the 3 days in my work time. I would like to recommend that everyone who lives, works and plays in remote areas should have this training.”

Toni and Robert McLeish stayed over for a couple of nights to attend the course. “Long hours of learning punctuated by first aid scenarios played out on our fellow learners, made this intensive course doable. The friendliness of the participants and the communication skills of the trainer Jane, made for an enjoyable, informative 3 days. Thank you to the organisers who created this opportunity for us all.”

Tony Bunt receives first aid from Barbara Hanson; below, the group in various stages of disrepair.



The course was generously subsidised by the Tubbut Neighbourhood House through a Volunteers Grant gained from the Department of Human Services (federal) and the Adaptation for Recovery in Bushfire Affected Communities project facilitated by Orbost Regional Health.

Bonang CFA AGM May 21

At the Delegate River Fire Shed on an absolutely gorgeous day, the CFA faithful met for their biennial AGM. Miles Malcolm came up from Bairnsdale office to conduct the election and bring us up to date with the latest from the metropolis.

As we sat in the sun, more outside than in the new shed, we were reminded of the history of the site. Originally one of Delegate River's three schools, until the 1980s Delegate River had a hall on the site. It was demolished and the site stood empty until the Liberal-National State Government announced surprise funding to build shed in some communities and refurbish them in others. Both Bendoc and Delegate River gained new sheds and so it is fortunate that with the truck moved out, the shed provides a good social space if Delegate River ever needs it.

The legacy of this history is that DELWP owns the land and for many years a skeleton committee of management has met annually to report to the department. This is no longer required as the shed is now insured under the CFA umbrella and administered by the local CFA.

Captain Laurie Reed's report reflected the quiet summer we have had, fire-wise. General discussion noted that no attention had been given to privately owned but unmanaged sites despite repeated calls to the Shire to use its powers to make them safe. Miles pointed out that the Shire has an Emergency Management web site where all such issues should be logged. He suggested follow-up action would be more certain especially if the first logging was unsuccessful.

Just a day before the Victorian Government had announced far-reaching changes to the way that fire services will work in the state following a politically damaging dispute prior to the federal election, purportedly between volunteer and professional fire-fighters. Miles said that the announcement came as a surprise as the enterprise bargaining agreement had just been done and dusted. There is no detail about the new structure except that all career firefighters will come under the label Fire Rescue Victoria (FRV) and CFA will cover all the volunteers.

The CFA was established in 1944 as a result of Black Friday (1939) and many aspects, including boundaries, haven't changed since. For instance, all firefighters east of Traralgon are volunteers; Bairnsdale for instance totally relies on volunteers to fight their fires. Even suburbs now deep inside suburbia, such as Lilydale, rely on volunteer firefighters. As a result of the announcement there will be 400 additional career firefighters added to the professional squad, some of them in regional centres.

Bairnsdale - and hence we - are advised that little will change in our districts but we should position ourselves to receive whatever funds are made available by government and 'be in the best position to receive it'.

Back on the home front, little changed in the officebearer elections; everyone was reelected to their positions. Laurie Reed is still our captain and Jack Reed, Phillip Neven and David Ingram are first, second and third lieutenants respectively, covering all member communities. As the nature of communications has changed, Helen's position of Communications Officer is now redundant and I am writing this report as part of my role as Community Safety Coordinator. Ed Baines, who has played a major role in keeping the Bonang CFA on track accepted the role of secretary and various associated functions with the warning that we need to be looking for someone to replace him in two years time.

The meeting over, we dirtied up the pristine barbecue and enjoyed a delicious lunch in the Delegate River sunshine.

Deb

May 19, 2017

Victoria's fire services to be overhauled

By AAP

VICTORIA'S CFA CARVE UP

- * CFA to become a volunteer-only service
- * Fire Rescue Victoria will replace the Metropolitan Fire Brigade with paid CFA firefighters forming part of the new organisation
- * CFA volunteers and FSV will share 35 integrated stations while 1200 other volunteer brigades remain as they are
- * FRV will be led by its own commissioner and be based on a NSW model
- * An independent Fire District Review Panel will be established to review boundaries of fire services
- * \$100 million to be invested in CFA as part of reforms
- * \$56.2 million CFA support fund to strengthen recruitment and training
- * Target to increase female firefighters in FRV from 100 to 400
- * Reforms include 450 new firefighters that Labor promised at the election
- * Uniforms and rebadging estimated to cost \$5 million a year over the next few years
- * Committee to oversee reforms chaired by Greg Mullins, who oversaw similar reforms in NSW
- * Victorian Equal Opportunity and Human Rights Commission will work with the government on cultural reform during the restructure

COMMENTS ON THE PLAN

Emergency Services Minister James Merlino: "These changes will enshrine the CFA as a volunteer firefighting service under law and unite our career firefighters under one organisation."

Premier Daniel Andrews: "If you go back and look at each of those reviews ... the reasons why we have made this change, are talked about page after page, report after report, year after year."

Volunteer Fire Brigades Victoria: "None of the reviews recommended breaking up the CFA."

United Firefighters Union: "The UFU has concerns regarding the government's proposal, and in particular its election commitments to the UFU and its members."

Opposition Leader Matthew Guy: "Where's the impetus to do this come from? Where's the report, the smoking gun that says the CFA isn't working?"

CFA chair Greg Smith: "It's important to reiterate the current role of volunteer brigades remains in place and this package will protect the important surge capacity provided by volunteers"

Victorian Equal Opportunity and Human Rights Commission: "We look forward to working with the Victorian Government to ensure that cultural reform of the agencies is prioritised throughout this restructure."

From Channel 9 news site <http://www.9news.com.au/national/2017/05/19/16/21/victoria-s-fire-services-to-be-overhauled>

Farmers & Growers

Regional Communications Minister defends Federal budget mobile blackspot blackout

[ABC Rural](#)

By [Charlie McKillop](#)

The Federal Government has defended its failure to find any new money in the budget to fix mobile phone blackspots or boost internet services.

Minister for Regional Development, Local Government and Regional Communications Fiona Nash said 765 new mobile phone towers would be rolled out under a \$220 million initiative, with a firm commitment for another \$60 million to be spent on round three once they are finished.

"People have raised that there wasn't extra funding in this budget ... quite simply, it'll take a couple of years to get rounds one and two and the 'priority locations' round [of towers] out on the ground and those resources simply aren't there," she said.

"We wouldn't see a new tower even if we'd had funding in this budget for at least a couple of years."

There had been a chorus of rural and regional voices in the lead-up to Tuesday night's budget announcement demanding better internet services, but Ms Nash said the current national broadband network (NBN) rollout program was on track to be completed by 2020.

She said NBN Co had acknowledged its SkyMuster service was not to the standard it should have been but its performance had improved markedly since its launch in September last year.

She cited recent NBN survey results which showed 91 per cent fewer outages compared to September last year and satisfaction with installations had risen to 80 per cent.

"Most people I talk to are happy with their service," Ms Nash said.

"But it seems around 5 per cent of people are hitting their data caps and that's something I've been talking to the NBN Co board about and they've been very open to looking at how we can provide more data to SkyMuster users right across the board," Ms Nash said. In Queensland, the Curriculum to Classroom (C2C) initiative relied on internet-based delivery to distance education and home schools as well as professional development for teachers and specific learning programs for gifted and talented students.

"It's not even just about kids doing distance education; it comes into attracting teachers to our communities," she said.

"People need to be able to feel comfortable, safe and have a right to what is almost a basic service and without this, our rural and remote communities are breaking and it's a real struggle to keep them vibrant and sustainable.

"I'm not really fazed [how it is funded] as long as we get what we need for our kids. We really just need to concentrate on the funding wherever we can get it."

Ms Irons said she remained hopeful the Federal Government would commit to a third round of mobile phone blackspot funding despite it being overlooked in the budget papers.

"Our federal body is wading through the ins and outs of the budget; however, we are encouraged there will be further funding and that this funding will actually go right out into the places where it needs to go, hopefully prioritising those schools which have no other reliable source of internet."

In terms of the Federal Government's Gonski 2.0 schools funding plan, the ICPA has welcomed the overall approach, particularly the potential for additional support for students with a disability and smaller, rural and remote schools. **10**

World-first 'solar-glass' developed in Perth hopes to make deserts bloom

[ABC Rural](#) By [Michelle Stanley](#) 21 Feb 2017



[The energy harvesting solar-glass has been trialled as a self-sustainable bus shelter in Melbourne.](#)

Western Australian scientists have developed what is believed to be a world-first clear, energy harvesting glass which, if used in greenhouses, could produce crops in any climate or season.

The glass is embedded with nanoparticles that work to draw out 90 per cent of the ultraviolet (UV) and infrared rays from the sun, and transfer those rays to solar cells embedded on the edge of the glass panels.

The rays are converted into energy, while allowing 70 per cent of visible light to pass through.

The energy harvested is used to power the structure, for example providing lighting, heating, cooling, or water desalination and irrigation.

The technology has been developed at Edith Cowan University's Electron Science Research Institute (ESRI) in Perth.

Institute director Kamal Alameh said being able to convert unwanted radiation into electricity could be a huge cost-saver in greenhouses.

"In a closed environment you don't need a lot of water, so you don't need a lot of energy to filter the water if you have underground water," he said.

"You also don't need a lot of cooling and heating because we use these thin-film coatings to actually block the unwanted radiation, so that we can save on the energy used for cooling and heating.

["We hope to end up with a self-sustainable greenhouse that doesn't need the power from the grid, and then it can be producing its own energy to produce the maximum or a good crop yield."](#)

Professor Kamal said due to its designed self-sufficiency, there were no limitations to where such a greenhouse could be built, which could see agricultural production in areas currently too hot or dry to produce crops.

"If you have underground water that's all we need to basically produce a crop," he said.

The technology has been developed in collaboration with ClearVue technologies.

"With a closed environment under good controlled conditions, we want to get to the point where we can actually reduce the use of pesticides, fungicides and any other of the chemicals that are used because at the end of the day you do swallow them and you do eat them," he said. "There are other technologies that embed solar cells into the glass, so they are not fully transparent, or you could say they are partially opaque," he said.

Professor Kamal said the solar-glass produced roughly 35 watts of energy per square metre of glass, which he believed was sufficient due to the amount of visible light the plants would receive.

ESRI has received a \$1.6 million grant from the Federal Government's Cooperative Research Centre, which will fund a 300 square metre trial greenhouse to be built in the Perth area.

Telling our stories

Delegate River Tunnel

Ever heard that the tunnel was built by the Chinese? Not so.

Statement of Significance

What is significant?

The Delegate River Gold Diversion Tunnel is a diversion which was excavated in 1889 by the Delegate River Gold Sluicing Company. The tunnel was used to divert the waters of the Delegate River effectively cutting off a long section of the original river course. The dry river bed was extensively worked.

How is it significant?

The Delegate River Gold Diversion Tunnel is of historical and scientific importance to the State of Victoria.

Why is it significant?

The Delegate River Gold Diversion Tunnel is historically and scientifically important as a characteristic and well preserved example of an early form of gold mining. Gold mining sites are of crucial importance for the pivotal role they have played since 1851 in the development of Victoria. Water diversion and sluicing are important key ingredients in an understanding of gold mining technology as it was employed in mountainous country where water was plentiful and perennial. Look for it off the old Bonang-Bendoc Road.



Errata April/May issue



I was wrong! Sandy corrected me. The photos: top: former Dellicknora School/hall: left—NOT the first Dellicknora School in fact the old Eleanor Cox homestead. Right: George & Johanna Hutchison, NOT Alma's parents who were Tom & Cis Hutchison

Does this tree look familiar? It should. It is on the Neven's property Werona.



STATEMENT OF SIGNIFICANCE

Last updated on - June 4, 2004

Contribution to the landscape

Outstanding size

An outstanding tree located on private property. This tree is notable for its outstanding symmetrical canopy and is a prominent feature in an otherwise cleared landscape. The large stout trunk and branch framework are also notable features. *Eucalyptus bridgesiana* occurs mainly in New South Wales on the northern and Southern Tablelands. In Victoria it occurs north and south of the Great Dividing Range and west to the Warby Range.

The tree is located opposite the Tubbut State School.

Measurements: 27/04/1998

Spread (m): 27

Girth (m): 6.56

Height (m): 21

Estimated Age (yrs): 300

Condition: Good

Control of Deer on Private Property (Victoria Only)

As mentioned in Bendoc Wheel Issue 1 Volume 7 May 2017

All persons wishing to shoot deer on private property must have a signed permission note with them at all times. Many people have asked for further information, so here it is.

Please follow the link below for further information.

<http://www.gma.vic.gov.au/hunting/deer/fact-sheets/deer-on-private-property>

Thank you from the staff and the Bendoc Neighbourhood House.

Eco-friendly firewood: are their homes warming yours?

There are few sights more comforting than a stack of split wood. And there are few more cheering times than toasting the feet by an open fire or wood heater. The wind howls, the rain beats a rhythm on the roof and the soup simmers on the stove. But who once sheltered in that tree you're now burning?

Now don't turn to the next page not wanting to feel guilty. Let's explore the most eco-friendly way to load up the wood shed this winter. It's possible to have a cosy bum-warm without being responsible for a family of hypothermic Feather-tailed Gliders waiting in a sub-zero housing queue. There's a lot more to a pile of seasoned, dry firewood than meets the eye and wood hunting should be done all year round, not just as the cold starts. Even surrounded by a sea of trees here in East Gippsland, wood getting still requires a number of things to be considered:

Wood that is up off the ground or lying high and dry on top of a ridge or spur is usually dryer than on south slopes or in gullies.

Make sure ants or termites have not claimed the wood and dragged sand and grit into the wood to build their nests.

This makes your chainsaw's chain history.

Charred wood will also ruin a good chain, but you can axe surface charcoal off though.

Determine if a dead tree is seasoned. It can take a tree a good few years for the sap to dry out of the trunk. Check the head - if there are small twigs hanging on, it's still too green. These trees are perfect to fall and roughly chop to store for next year's wood supply.

Choose an area that's easy to access like on the side of a track. Bashing a small scale logging road in to get to a tree or falling a tree into thick understorey is best avoided.

And here's the most important point to consider - trees with hollows are rare and sacred! Please leave them! They are much sought-after real estate out there - especially as the 2014 fires (and associated management) took out thousands of hollow-bearing trees. The tiniest tea-cup sized hollow can be a nesting site for small possums like feather tailed gliders as well as birds and small bat species.

If we think there's a housing crisis going on, the wildlife that depend on these hollows like owls and gliders, are in a far worse situation. Hollows are scarce everywhere across the country, and this wildlife housing crisis in Victoria is made worse by the new 'hazardous trees' policy. Big old habitat trees that have raised many owl chicks and glider families in their generous hollows have been and are still being knocked down on a massive scale right across the state. Hundreds more are annually burnt out and fall after planned burns and bushfires.

Tree hollows are now critical habitat - even ground dwellers need fallen logs to shelter in or under.

Live young trees don't have anywhere near the habitat value as older trees.

STORAGE

Storage is a big part of eco-friendly firewood getting. If you plan ahead, you can salvage live trees that are wind thrown or pushed over in road works or on house sites. Cut to size, then roughly chop and store it for a couple of years. The wood is ready when the ends have shrunk and cracked. Larger fruit tree prunings make good firewood as well after they've been seasoned. If you hit one piece of wood onto another, a dry length of wood should make a clack sound rather than a dull clunk. You'll get an ear for how each species sounds when ready to go.

Storing wood means you can hunt for wood all year round. Another huge advantage of storing is that you get more heat energy per unit of wood. Dry seasoned wood doesn't waste precious kilojoules steaming the water or sap off before giving out heat. Old water tanks are great as firewood shelters, especially facing north. They make it easier to cover and protect in a fire and if you have lots of old tanks you can have a filing system for different lengths, species and time since being stacked.



But the best way to plan for a low impact secure firewood future is to grow your own. Black wattles are often shunned but they do produce good, hot burning wood. Grow whatever trees best suit your site.

A good wood stack is as satisfying as a well-stocked wine or preserves cellar. And best of all is that when that rain is pelting down outside, you'll know your dry socks didn't cost a family of gliders their home.

A REVERENCE FOR TREES

"The heft and feel of a well-worn handle.

The sight of shavings that curl from a blade;

The logs in the woodpile, the sentiment of huge beams in an old fashioned house;

The smell of fresh-cut timber and the pungent fragrance of burning leaves;

The crackle of kindling and the hiss of burning logs.

Abundant to all the needs of humanity, how poor the world would be

Without wood"

Everard Hinrichs 1865

Federal budget 2017: What it means for people living in regional Australia

ABC News: Lucy Barbour

The Federal Government has made a play to shore up its regional base, through major commitments to infrastructure projects designed to make living in the country easier and more prosperous.

Regional budget key points

Key points:

- \$8.4 billion for inland freight rail linking Melbourne to Brisbane
- \$20 million for business cases that provide faster regional rail connections
- No new money for mobile blackspots or tackling the data drought
- \$472 million for a Regional Growth Fund to boost regional economies
- Crackdown on welfare recipients and jobseekers
- A popular measure from 2015, which allowed farmers to write off up to \$20,000 in farm machinery or other assets, will continue for another year.

The Treasurer Scott Morrison is concerned some regional areas have been "disconnected from national growth" and wants that to change. But those already doing it tough might find this budget makes life harder thanks to a welfare crackdown.

The Treasurer also flagged the Commonwealth has big plans for Snowy Hydro 2.0, such as buying the project outright from the New South Wales and Victorian state governments.

WHAT'S THE BOTTOM LINE: IS INLAND RAIL GOING AHEAD

Overall the government will invest \$20 billion in rail projects across Australia.

As revealed by the ABC, the government will invest \$8.4 billion in the Australian Rail Track Corporation (ARTC) for an inland freight rail line from Melbourne to Brisbane.

Given the money is framed as an 'investment', it stays off the budget books, making it difficult to find out when money will be spent.

Additional borrowings from the ARTC will go towards a public-private partnership to build 126 kilometres of track from Toowoomba to Kagaru in south-east Queensland. Farmers will welcome such a massive contribution, given their current freight costs can be double that of international competitors.

WHAT ABOUT PASSENGERS?

The government has established a new \$10 billion National Rail Program to improve passenger rail in cities and better connect them to the bush.

More reliable rail services could boost regional economies, by allowing easier access to jobs, health services and affordable housing.

Of the \$10 billion, Victoria gets more than \$1 billion, half of which will go to projects earmarked for development in the state's regions.

The government has also allocated \$20 million to states and businesses who come up with new ideas for faster regional rail connections.

IS THERE ANYTHING BESIDES RAIL IN HERE FOR REGIONAL AUSTRALIA?

Yes, but arguably the farm sector's biggest budget infrastructure wish hasn't been granted.

There is no new money for mobile phone blackspots.

There is also no new money for regional Australia's much maligned data drought.

But the government's push to boost regional economies

in the budget includes a \$472 million Regional Growth Fund.

The Treasurer Scott Morrison described it as a way to "back in the plans that regional communities are making to take control of their own economic future". Part of that money includes \$200 million for the Building Better Regions Program, which funds projects like sports stadiums and roads.

The remaining money in the fund could go towards infrastructure projects like tourism ventures and new developments.

WHAT WILL THE WELFARE CHANGES MEAN?

Unemployment and substance abuse are big problems for some regional areas.

Tragedies around drug and alcohol abuse in regional Australia, particularly methamphetamine, are a major problem.

Drug and alcohol support services will be shocked by the government's crackdown on welfare recipients who use illicit substances.

There'll be penalties for recipients who fail random drug tests, while the government will deny disability payments to people whose substance abuse is the sole cause of their disability.

People on the dole who fail to meet jobseeker appointments will also be penalised, while some job seekers will have to spend more time looking for work. But the government is trying to bolster Indigenous employment rates, through a \$55.7 million commitment.

More than \$30 million will be spent helping Indigenous people get jobs, while almost \$18 million will help Indigenous prisoners find work after they are released.

The government will also spend \$50 million to establish research fund to help close the gap between Indigenous and non-Indigenous health and employment.

WHAT ABOUT HEALTH: IS THIS BUDGET GOING TO IMPROVE MEDICAL SERVICES IN MY TOWN?

Rural doctors and patients will welcome the government's decision to unfreeze the Medicare rebate.

Bulk billing GPs in rural areas felt the squeeze from the freeze, and worried it made it harder to stay in business and look after their patients.

The government will also reverse its attempt to remove the bulk billing incentive for diagnostic imaging and pathology services.

Meanwhile, the budget includes \$9 million to improve access to psychological services through telehealth in rural Australia.

ANYTHING I SHOULD KNOW ABOUT EDUCATION SPENDING?

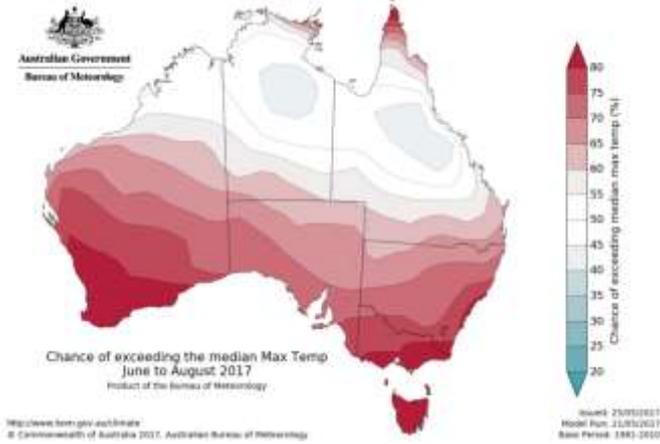
The government will cut \$2 million from a student relocation scholarships program from January next year.

The government said the cut will allow for "better targeting" of the assistance. Students from rural areas, and those studying in regional areas, will still be eligible for the program.

And of course, regional students may also be affected by the government's already-announced plans for schools and universities funding.

Winter warmth is in the forecast (but don't celebrate yet)

Andrew King, The Conversation June 7, 2017



Warmer-than-average conditions are likely for most of Australia.

Bureau of Meteorology

NOT YOUR EVERYDAY WEATHER FORECAST

Seasonal forecasts are very different from your standard weather forecast for the day or week ahead.

Instead of giving exact temperatures or rainfall totals, the bureau provides probabilities of above or below average conditions. So if the bureau says there's a 70% chance of above-average temperatures, that's the same as saying there's a 30% chance it will be below average.

These probabilities are estimated by looking at what's going on in the Pacific and Indian Oceans, as they strongly influence Australia's weather, and by running a set, or "ensemble", of forecasts through the bureau's [seasonal forecast model](#).

A VERY DIFFERENT WINTER FROM LAST YEAR

Looking back to last year, while most of Australia experienced quite a warm winter, it was also very wet. Nationally, it was the [second-wettest winter on record](#), with the centre and the east of the continent copping the brunt of the rain. Last winter's weather was driven by very warm seas in the east Indian Ocean, which meant a lot more moisture was available to deliver rainfall across the country.

Last winter was very wet for the east, although dry around Perth.

Bureau of Meteorology

This year we are seeing roughly average temperatures in the Indian Ocean, and a slight [El Niño](#) in the Pacific. This increases the likelihood of warmer, drier weather for the winter as a whole.

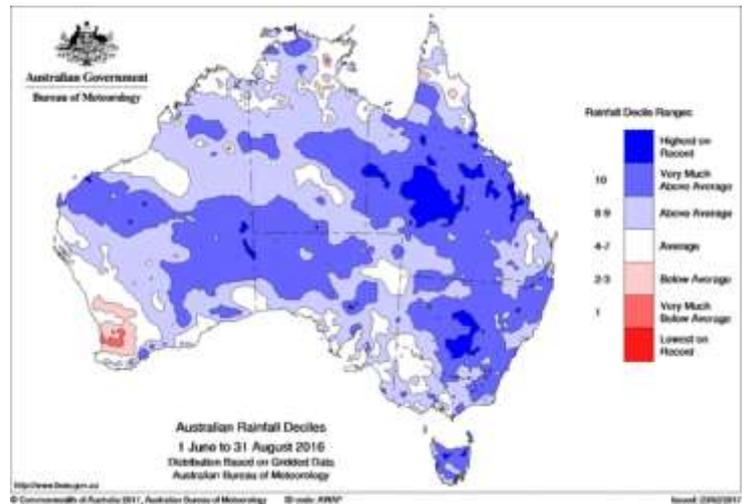
WINTER HEATWAVES ON THE WAY

So can we expect to keep the thick coats in the wardrobe and enjoy some winter warmth? Perhaps.

Of course, winter heatwaves aren't going to bring 40°C days to Melbourne and Sydney, but we could get warm spells and temperatures into the low twenties in Sydney or the high teens in Melbourne.

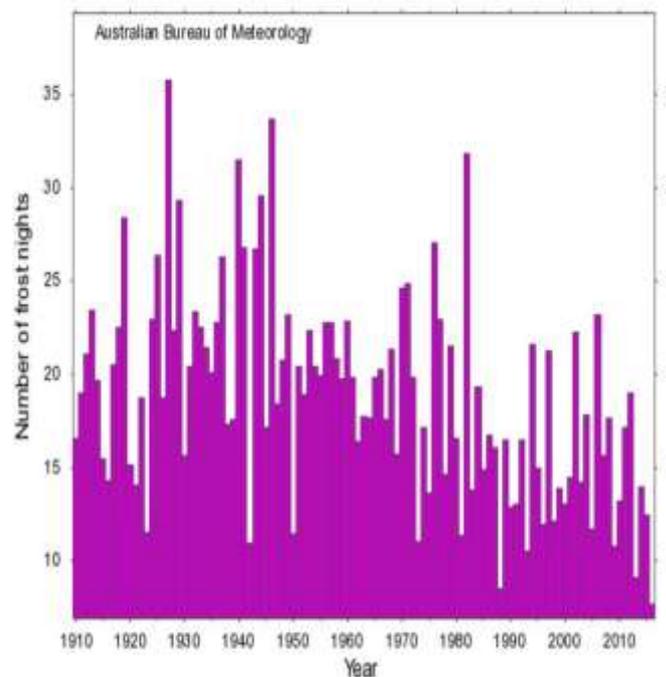
It's also worth noting that the seasonal forecast only looks at whether we're going to have temperatures above or below average. It's harder to predict whether we will see bursts of heat, or if the weather will consistently be a little bit warmer than normal through much of the season.

We've seen [an increase in heatwaves](#) in late autumn and winter in Australia over the past few decades. Notably, in May 2014 Sydney and large areas of southeast Australia had much-warmer-than-average conditions. A [study](#) found that this heat event was made at least 20 times more likely by the human influence on the climate.



While winter warmth can be pleasant for most of us, it can also cause plenty of problems. Warmer and drier winters can worsen drought – an effect we saw during [the Millennium Drought in southeast Australia](#) – by increasing evaporation and reducing soil moisture. So while many of us in the south will gladly welcome a warm winter, it's not good news for everyone. If warm and dry conditions were to persist into spring and summer – which is a distinct possibility with an [El Niño watch](#) in place – that would pose even more problems in terms of bushfire prevention, among other hazards.

Average number of frost nights (1910-2016)



This table of frosty nights over 100 years indicates that the number of frosty nights has decreased.

Telling our stories

Little Mate the drover's dog by Laurie Neven

This story goes a long way back. Well you should know this drover also did a bit of showmanship and Little Mate used to jump and he sure could dance. So they used to travel around Australia with the big circus, Big Top, and the old drover would do a bit of droving as well. So it was on for the night with the Big Top and all the circus artists and the animals and the drover and Little Mate. The trapeze artists were on, they were doing their swinging way up high. It looked very high.

When the trapeze artists were nearly done, the ring master yelled out "quiet everyone, this next act is very dangerous". "The trapeze artist will perform without the safety net". Everybody drew a breath and was watching in awe and they were off. The two men swung back and forth and had to swing out to catch a girl who jumped off a safety bar way up high and when that was over it was time for the horses and riders. The ringmaster would crack his whip and the horses would go round and round. The horse riders would run and jump on the horses' backs. First one rider on the horse then the second jumped up as well. There were three horses side by side, the clowns doing all their tricks. Some would jump over each other and others would throw pies at one another.

The clowns shuffled out and then came the camels and riders doing tricks. Ponies would go round and round with little dogs doing their tricks and some little people all dressed up like clowns. After that monkeys came out and the lions followed in a big cage and both the lions and the crowd roared. The trainer cracked his whip at the lions and they roared. The lion had to jump from platform to platform and when the lion jumped it was Little Mate's turn with the drover. Out they came and Little Mate would dance around and round and jump through hoops that the drover would hold. He would do this back and forth and continue to dance. The little boys and girls thought this was great. The circus continued on for years.

One day Little Mate was ill and he sadly passed away. When people heard of this they were very sad for Little Mate's best friend the drover. The newspaper had a picture of Little Mate and the drover. It was in the paper so everyone far and wide could find out. Well it was not long until people gathered to give the drover a little puppy dog. he was so grateful he took one look and took him in his arms and gave him the biggest cuddle. The drover thought it was great to have a little puppy. it was the same breed as old Little Mate. He started to teach the little puppy Old Mate's tricks. He was quick to learn and was doing them very well. He learnt to dance and jump through hoops. The little puppy was a natural circus dog.

When the Big Top would come back to town the drover and Little Mate were going to be in it. The drover would never forget little old mate but little new mate was good and the old drover was very happy again. he knew he had lost a mate but had gained another. The Little Mate and the drover were off grabbing another mob of cattle.

Changing Times

1

John and Karen Sanders felt on top of the world as they prepared to go to one of Sydney's best nightclubs to celebrate their Wedding Anniversary. As Karen glanced at John she remembered their fifteen years of happy marriage. how they had struggled to make ends meet for the early years of their marriage. John and Karen had met and fallen in love with each other quickly and did not want wait to save money before they married. As a result, they had very little to make a start with. Karen had worked until their first child was born, then returned to work as soon as the little boy was old enough for her mother to mind without too much trouble but it was only for twelve months, six months after their second child was born.

Karen looked after her children with great care and much love. she knew in her heart she would rather stay home with her children than work again, although they still needed the money. However, her mind was made up for her when she discovered she was pregnant again and the third child would be born twelve months after the second one.

Karen's mind then pondered on her children who were in bed and would be looked after by the maid they now had in their employment. In her mind she knew she had been a good mother. she loved them very much and the children returned her love wholeheartedly.

John was ready fifteen minutes earlier than his wife, but he had grown used to her habit of running late and did not mind at all. As he watched Karen, he thought how young she looked for her thirty seven years. she was still a very beautiful woman. He thought of how often his wife had remarked to him, how young he looked at thirty nine, thinking how well suited they really were and he started to talk about the past fifteen years. when Karen joined him in conversation they covered the thoughts that had run through her mind, then on to John's struggle in those early years.

He had started work with a manufacturing firm, holding a low position at first, but over the years had worked hard and honestly, had studied at night to improve his knowledge of the work, as a result he had risen up through the ranks of the firm very rapidly and now was Assistant Manager. He remarked how his nose had injured the pride of one of the men in the firm, this man's name was Allan Burton. he had been with the company a few years longer than John and felt he should have gained the position of Assistant Manager, as a result, he had been barely civil to John over the last two years.

That line of thought took up no more of their conversation as John talked on about their life. By the time their third child was born they had saved a fair amount of money. Thanks to Karen's job and the increase in his wage, he had the feeling his future was secure with the firm. He had read an advertisement in the paper for the house they now lived in, had talked it over with Karen, then decided to buy it. They had gone deeply into debt to do so, battling hard to meet their payments, feeling at times that they might fail.

John, however, had scraped some spare money together and invested it on the Stock Exchange in a mining company. Little was known about this company but the shares were cheap to buy. For some months John was rebuking himself for wasting their hard earned savings. Then their luck changed, overnight they made enough money from the shares to pay for their house, buy a new car and place a large amount of money in their bank. With this amount, plus John's good wage, they had employed a maid five afternoons a week, she would also look after the children whenever they needed her. they also knew their children would have the best education possible.

They were celebrating tonight, not because it was another wedding anniversary, but because it was the first one that they had been free of debt and a bright future seemed to be in store for them. John and Karen felt that this was one of the happiest days of their lives. They were about to leave as John took Karen's hand in his, they looked at each other there was no need for words, as their eyes met each knew the others' feelings.

Just as they were leaving, Karen noticed one of the drawers opened in the dining room cupboard and thought it a little dangerous to leave open like that, she had injured herself on them more than once. She could see one of the children had disturbed the drawer and it was one with some important papers in it, she would speak to them about it in the morning. When she went to close the drawer, she saw something she had not thought about for some time, it was John's father's will, a smile crossed her face as she looked at it, she would speak to John about it later. Karen closed the drawer as she heard John stop the car at the front door, making for the car she saw John's happy face thinking once more, this would be one of the happiest nights of their life.

Sandra Campbell had arrived at the Sanders' home about half an hour before they left for the nightclub, she had made herself at home and was reading a book when she heard Karen walk to the car. She got up from her chair and walked to the door, calling out not to worry about a thing and have a good night out, then returning to her chair, picked up her book to start reading as she did so, she let her eyes wander around the room. What a beautiful house this was and how lucky these people had been, she almost envied them. She had applied for the job here six months ago, the afternoon work fitted in with a part time job she had in the mornings and between the two they paid a good wage.

When she first arrived to ask for the job, she looked at the house and thought the owners would not be her type and might not be very nice to work for, but on meeting Karen, she had changed her mind for she liked Karen instantly, later on when she met John, she also liked him. After seeing them together, from time to time over the last six months, she could see they were a very happy couple, the money they had made had not changed them as people, for they were very good to her and she enjoyed working for them.

Sandra also liked their children, like most children most times they were good for her when they were in her care, sometimes a little hard to cope with. She did not mind this too much and put it down to good experience for when she had a family of her own. Sandra returned to her reading, she was not really interested in this book, just waiting for nine o'clock to arrive, her boyfriend, Jim Hughes, had said he would call around at that time. As she was thinking of this the doorbell rang, she made her way to the door, walking past the cupboard and caught her dress on one of the drawers. It was well caught and had even torn the fabric. She could see whoever was at the door would be kept waiting and thinking it was Jim, called out to come in and was quite surprised to see it was not Jim, but John Sanders' half brother, Paul.

By this time Sandra had freed her dress and tried to close the drawer and found she could not do so, there was a letter jamming it, she opened the drawer and removed the offending letter and was just about to replace it when Paul stepped over and glanced at the paper, seeing the heading 'to whom it may concern' with his step father's name at the bottom, he took the paper from Sandra's hand, Sandra objected strongly to this and said the letter was none of his concern. He ignored her, opened the letter and read it, Sandra watched his face change to a look of rage, but then he controlled himself and handed her the letter

were bright and gay. Karen could not remember being quite as nappy for a long time as she danced around with John, she had mentioned his father's will to him earlier in the night and they had laughed happily about it, then thought about it no more.

Time just flew as it does when people are happy, for it seemed no time at all when John said it is 2am and we must start for home as we have a long drive ahead of us. Karen knew he was right for their home was a fifteen mile drive, far enough away to be out of the city but in a wonderful location and only three miles from John's work.

John and Karen did not mind their drive home as they knew it was late and there would not be too much traffic and they would be in a happy mood all the way. They were about three miles from home descending a steep hill when Karen felt John's body stiffen, she asked quickly "what was wrong?" and John replied 'the brakes have failed!' This was the first time on the way home that he had used the brakes with any great pressure, as the car raced down the hill gaining speed rapidly. John tried desperately to stop, he said to Karen 'brace yourself quickly and I will ram the bank on your side'

He rammec the bank twice, but the car had gained too much speed, he tried a third time but the impact threw the car across on to the wrong side of the road, the car crashed into the guide rail there was a scream of metal as the car skidded thirty yards along the guide rail, it looked as if the rail might bring them to a stop but the impact at such high speed was too much for it and it snapped. The car started to roll down the embankment, Karen was terrified as she felt the rail collapse, she started to scream. As the car rolled the first time it rolled slowly, John tried to grab Karen but the car then rolled over very quickly, like lightning and they both lost consciousness.

When John started to regain consciousness, he lifted his head and almost passed out again, he then realised he had been thrown clear of the car, he staggered to his feet and called his wife's name, he felt blood running down from a large cut on the side of his head. He called Karen's name again, as he did so he heard a car stop where they had gone through the rail. He looked back to his car and he saw Karen, the car had finished on it's hood, was badly twisted about and he could see his wife trapped in the wreckage. Panic surged inside him as he knelt beside his wife, she opened her eyes but did not speak. John could tell by her face she was in agony. John still dazed himself and bleeding freely from his head, vaguely heard a voice say 'I will stay with these people, you go for help, ring for an ambulance and the police'.

John felt firm hands grip him and force him away from Karen. He wanted to stay with her but did not have the strength to resist. The man who had stayed to help could see he could not free Karen without help, so he tore John's shirt and roughly bandaged John's head in an attempt to stop the bleeding, as John passed out again he heard the sirens approaching at high speed.

Part 2, July Tattler.

Thanks to Gloria Cotterill whose husband Carl wrote this story. It will be published in four parts in the Tattler but those who can't wait to find out how it ends can request a copy of the entire story from Tubbut Neighbourhood House.

Caring for your hens over Winter

As our days become shorter and the temperature begins to drop there are a few things that we can do over the Autumn moult period and into Winter to look after our chooks well.

Winter in the 'Chookhouse'

Ventilation in the chook house is essential for your flock throughout the whole year, so don't be tempted to block up every hole in the chook house to keep the gang warm when winter comes along. Chooks will spend a longer time roosting due to the shorter daylight hours, but during this time they will still need a flow of air through the house.

Roosting birds produce a lot of moisture and if this allowed to form condensation on the walls and ceiling of the house it will create **cold and damp conditions...bad**. So you need to make sure there is a way for warm air to depart and fresh air to enter.

Litter should be of an adequate depth to provide a level of insulation but don't be tempted to stuff the house full of straw thinking it will create a cosy house. **Straw** can look clean and dry, but it is **not particularly absorbent** and has a habit of "sweating" when soiled with poop or muddy feet. This can quickly give rise to **fungal growth** and the resulting spores can lead to **respiratory illnesses** in the chickens.

If possible it's far better to use wood shavings, pine needles, shredded paper, dry autumn leaves or ideally a mixture.

Mucking Out

This should be at least **weekly** due to the birds spending longer in the house and therefore fouling the litter more. If you are unable to increase the frequency of your cleaning regime then try a quick spot of **'poo picking' each morning** or place a sheet of **newspaper under the perch** that can be removed when you let the birds out each day. It will prolong the life of the litter and help keep the house clean.

MOULTING



Not looking her best—a typical moulting hen.

Are some of your chooks still looking pretty ordinary? Still moulting? Slowed egg laying? None!!?

These events usually go hand in hand. Given the fact that **feathers consist of 85% protein**, feather growth puts a big demand on chooks energy and nutrient stores. As such **egg production is likely to drop or cease completely through moulting and into winter**. Our chooks are now putting a lot of **energy into growing new feathers** so they stop laying. **Eggs are made up mainly of protein** and it is too much for a hen to produce **new feathers as well as eggs**.

Moulting usually happens when the **days get a bit shorter** as we move through Autumn to the **chook rest period over Winter**.

It usually takes about **7-8 weeks** from start to end of moult but can take as little as 4 or as much as 12 weeks.

The thing to remember is that **moulting is actually a regenerative process** as they get a whole new coat of feathers which helps protect them from the elements and, apparently **once they've moulted, they're more resistant to disease**. So it's a good, healthy thing even if they look terribly bedraggled.

Keep the flock fairly constant and settled over the late Autumn and Winter months to **reduce any stress** new additions may cause. If you need to **handle your chooks** do so **very gently** because they are quite vulnerable when moulting with little protection around them.

FEEDING

Apart from their monthly treatment of [Super Mash](#) if you are able to **increase their protein intake to recover from moulting** - give them access to bugs, worms etc. that will help them with **feather growth**. You could feed them some special treats such as **meal worms, alfalfa or lentil sprouts, peas, beans and sunflower seeds** but only a spoonful per bird each day. Some people swear by giving their chooks the occasional tin of **tuna or cat food as a protein hit**. That'll get them purring!

Then as Winter comes your hens' **dietary requirements will change** as they prepare for the cold, dark winter whilst their **body recuperates for next spring**. Their **winter feed consumption is typically around 1.5 times their summer feed** consumption. During this period they will require **less protein and more carbohydrates** because the carbs help to keep them warm.

Apart from regular **good quality pellets, scraps and fresh pick, a handful of corn or other "slow-burn" grain fed an hour or so before your flock goes in to roost will provide some extra energy to keep the birds warm during the night**.

Scratch grains are great they don't provide as much **nutrition as corn**. But...**don't overdo the amount** you give them.. **a fat chook is not a happy or healthy chook**. A bit of **cooked barley** through winter is a **nice treat** for your chooks but **not too much of that either** as it contains and **lot of roughage**.

A bowl of **porridge on a cold morn** is very popular peck! Remember... Your chickens need constant access to water as **even on cold days they will drink a significant amount**.

LAYING

Believe it or not **chooks don't lay eggs for our breakfast...they lay to reproduce**. As the amount of daylight starts decreasing your hens egg production will slow down, but why?

The amount of **daylight tells your hen when to release a yolk and produce an egg**. So when the daylight is reduced, chickens don't receive this light 'cue' to tell them to release a yolk. **It is a survival instinct, because chicks won't survive during the winter**, so a hens body stops sending eggs from their ovaries.

This state of **repair during winter is crucial for hens**, because laying eggs throughout the summer places a huge amount of stress on their body and without this break they will eventually burn out. This is why **battery hens (often Isa Browns) are culled within 2 years because their bodies have simply burned out** through constant egg laying with no rest.

So **give your gals a break!!** Don't force your hens to lay during the winter months.

Read how to [preserve](#) or [pickle](#) your eggs during the summer months **so you have a supply for the winter months**.

DO fuss over your flock through the colder months, they need special winter attention. So pop on your parka and get out there :)

From June Chook Chat. Any chook issues? Contact Cheryl at naturalchickenhealth@gmail.com> Supermash is available at Bombala Electrical.

War on Waste: Do you know how many times you need to use your green bags?

By [Michael Collett](#), ABC

Which type of bag should you use to take your groceries home if you're trying to have as little an impact as possible on the environment?

The answer might seem obvious: a robust and durable bag that can be re-used over and over again.

"If you're able to do that over a long time frame, then you're going to have an environmental advantage," said Associate Professor Karli Verghese from the School of Architecture and Design at RMIT.

But the key words there are "long time frame". Because you might be surprised by the number of times you have to use these bags before they become more environmentally friendly.

HOW MANY TIMES SHOULD REUSABLE BAGS BE REUSED?

It's a bit complicated, because there are different types of reusable bags out there and different ways of measuring environmental impact.

But overall, reusable bags need to be used **at least 50 times** in order for their environmental benefits to be realised.

That's according to a 2009 study led by Dr Verghese, which considered what goes into creating different types of bags (the materials and their weight, as well as energy and water) along with how each of them can be disposed (whether they can be recycled or whether they have to go into landfill).

Not surprisingly, it takes much more material and energy to create thick reusable bags than the thin single-use high-density polyethylene plastic bags that are given out for free at supermarket checkouts — except in South Australia, Tasmania, the ACT and NT, where they're banned.

That's why Dr Verghese's study found that encouraging people to buy reusable bags without making sure these bags actually get reused an adequate number of times results in a worse result for the environment overall.

As an example, if polypropylene bags (those green bags that you can buy at the supermarket) are only used 52 times then **their impact on global warming is actually greater** than that of single-use plastic bags.

How many uses should you be getting out of reusable bags?

The study from Dr Verghese puts the figure at 104 — that's

weekly for two years.

So it might be worth keeping that in mind if you're tempted to buy new green bags when you forget to bring the ones you already own.

WHICH REUSABLE BAG IS BEST?

Two of the most common reusable shopping bags are polypropylene bags and polyethylene terephthalate. Which of them is better depends on which environmental impact measure you're looking at.

The polypropylene green bag has **the lowest impact on most measures** including global warming, water use, land use, the release of nutrients into waterways and consumption of minerals.

However, the polyethylene terephthalate has the lowest impact when it comes to solid waste generated and fossil fuels consumed.

WHATEVER YOU DO, RE-USE AND RECYCLE

The environmental impact of plastic bags is reduced if they're used in other ways — as bin liners, for instance. And once you're really done with them, Dr Verghese says you should "put them into a recycling collection system so they can be redirected away from landfill and be put back into the economy".

Soft plastics including bags can be left in the bin outside the Landcare office in Orbost, next to PO.

NATURAL DOESN'T NECESSARILY EQUAL BETTER, EITHER

You might think that paper bags are a more environmentally friendly option than plastic bags because they're not made from synthetic materials.

But it's a mistake to think of products that seem "natural" as better, because paper bags actually have a greater environmental impact than high-density polyethylene plastic bags. It's because of the production process as well as the amount of material needed per bag.

However, paper bags are the most recyclable and have less of an impact as litter.

Green bags must be used more than 100 times to be truly environmentally friendly. (



Knots by Jill Redwood

Jill was alarmed that I suggested the clove hitch could be used to tie up animals. Don't do it!

The information got muddled as it can on the last day of getting the Tattler together.

Clove hitch

The other knot is the clove hitch — it's a simple way to secure the end of a rope to an object that's to have a strain on it. It tightens on itself but can be easily loosened when the strain is released. When I worked on a dairy farm this knot was used to rope in the last cow each side of the herringbone as they lined up for milking. Easily undone, easily done up. I could do it in my sleep on those horizontal bars, until one day I had to secure a log on a vertical plane and had to stop and think!

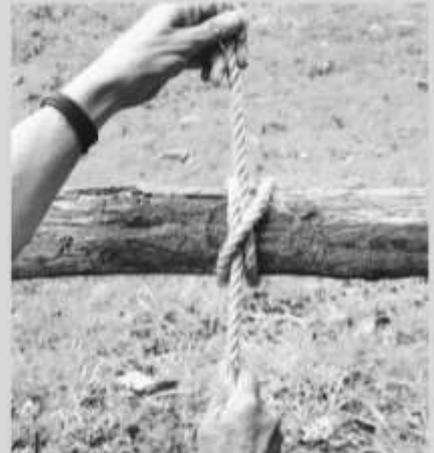
CLOVE HITCH



Clove Hitch: Get the crossover part right — over not under.



Bring the short end up under the diagonal part of the knot.



Make it compact and hand tighten. Any rope that has a bit of friction will hold tight once this knot is under strain.

Goongerah News

Forests Forever Camp

We attended the Forests forever camp at Goongerah held during the Easter weekend.

On Friday Prue picked me up from work after night shift and we arrived in Goongerah about mid afternoon.

It was great to catch up with old friends and make new.

The (composting) toilet was out of service and it was said that DELWP were investigating a new system.

There was plenty of choice of day and part day excursions and we participated in 2 which were led by David Cheal, a well known botanist recently retired from the Arthur Rylah Institute. Saturday saw us travel to parts of Errinundra NP with our first stop being Tea Tree Flat where David explained the significance of the swamp and its peat layers and the effects of fire and logging in the catchment on the lowering of the water table, the drying of the margins and the encroachment of the surrounding forest.

Next we moved to the Errindundra Saddle Rainforest boardwalk and after lunch David lead us through this walk with many interesting stories about the plant associations with Sassafras, Black Olive Berry, Tree Ferns and Shining Gum and the role of the different species in the makeup of the rainforest. We noted that the paths had been recently swept (perhaps blown) of leaf litter and the all the trackside information signs had been cleaned. Perhaps as the result of a recent working bee by the local Friends group. (Ed: Friends of Errinundra working bee)



Goonmirk Rocks was our next destination and the tree form of the Mountain Plum Pine was our target.

David explained how this species is a prostrate shrub draped over boulders on most of the higher peaks in the Victorian and NSW Alps but in a limited area surrounding Goonmirk Rocks grows as a tree up to and beyond 5 meters tall. We noted the track here somewhat overgrown and sometimes indistinct. Would this be a project for which we could arrange a group of Four Wheel Drivers to assist?

On the Sunday we travelled with David to the Martins Creek FFR to view the Warm Temperate Rainforest. We made our way through the understory to the creek as David explained how this forest differs from the Cool Temperate Rainforest of Errinundra. Massive old trees of Lilly Pilly and Kanooka overlaid with the giant vines of Jungle Grape were typical of this part of the forest. We also looked at the margin to see how the bushfire of 2014 had burned to the edge of this 'jungle' and how the open forest species has regenerated.



On Monday we made a leisurely departure and stopped at a couple of places to check out some of the Autumn flowering plants notably the Sunshine Wattle and Pink Heath.

ohn Hasler—one of the 4 wheel drivers who helps Parks Victoria keep the Deddick Trail open

A new loo at Goongerah Campground



The permanent toilet has been installed by DELWP at the campground. The old sign now graces the new toilet. The old composting toilet is still in good condition and suitable for a private home where upkeep is not an issue. It will be sold and the funds will go back into the campground, perhaps to assist in the conversion of the old building into a kitchen or information centre (Goongerah community is still discussing how it should be used)

Survey results continue to keep loggers at bay

As always we've been busy holding VicForests and the state government accountable to their own environment laws. GECO volunteers detected a Koala in forest earmarked for logging near the NSW border. **This was the first Koala that our survey program has ever detected!** Koalas are rare in far East Gippsland and protected from logging when 'resident populations' are found.

The Victorian Environment Department (DELWP) have not yet committed to protecting the site, arguing that the Koala is not part of a resident population. We're continuing to keep the pressure up which will hopefully hold VicForests logging plans at bay.

Other surveys in the last few months have detected endangered Spiny Crayfish and critically endangered East Gippsland Galaxias Fish in areas slated for logging. These detection's should result in reducing the size of proposed logging areas once protections are implemented.

Endangered Orbost Spiny Crayfish were also detected in the iconic 'Fern-tree forest' near Mt. Ellery. VicForests commissioned their own surveys of this forest and unsurprisingly failed to find any threatened species! GECOs detection's of endangered Crayfish will most likely make logging of this area un-viable, after required protections are implemented.

A high density of protected Yellow Bellied Gliders were also detected by GECO volunteers just before logging started near Club Terrace on the east side of Errinundra National Park, Logging here will now be delayed and hopefully stopped for good. *Contributed by GECO (see article in The Age June 3)*

Kids' Capers -



The children have been learning how to handle bikes—L to R: Dragan, Tahlia, Josie, Imogen and Cash

They've also been learning that chickens can be fun: L to R: Ben, Cash, Imogen, Tahlia and Dragan



June Recipe

BEETROOT RELISH

An Original Recipe By Not Quite Nigella

- 500g beetroot, roasted* instructions below
- 1 tablespoon oil
- 1 teaspoon yellow mustard seeds
- 1 onion, chopped
- 1 tablespoon oil
- 3/4 cup-1 cup white or brown sugar
- 3/4 cup water
- 1/4 teaspoon allspice
- 1/4 teaspoon ground cinnamon
- 4 tablespoons apple cider vinegar
- 2 teaspoons salt

Step 1 - To roast beetroot, wash the beetroot and place in a cast iron pot or a pot with a lid. Drizzle with oil and roll them in the oil to coat and then bake for 1 hour to 1.5 hours (depending on the size of the beetroot). I sometimes leave them in the oven overnight to cool and then peel the skin off the next morning when they're while cool, wearing gloves to stop my fingers staining. Chop the peeled beetroot into quarters and process in a food processor until you get a rough, grated texture. **You can also start with raw beetroot and grate it although the cooking time on the stovetop will be a bit longer.**

Step 2 - Heat a saucepan on medium to high heat and without adding any oil, add the mustard seeds. They will start to pop. Turn the heat down to medium, add the oil and chopped onion and fry the onion with the mustard seeds until translucent. Add the sugar, water, allspice, cinnamon, vinegar, salt and beetroot and stir to combine. This will cook quite quickly in about 15-20 minutes as the beetroot is already roasted. If you're cooking with raw, grated beetroot, check on the texture and it may need maybe 30-40 minutes. Simmer with the lid off to drain any excess liquid (you can keep a little syrup in it if you want).

Step 3 - Spoon into sterilised jars with screw lids while hot. Turn upside down for a minute and allow to cool. Sealed if lid is depressed in middle. Simply add some yoghurt to a portion of the chutney to make a delicious dip.



Beets are unique in their rich combination of betalain pigments. Both betacyanins (red-violet pigments) and betaxanthins (yellow pigments) can be found in beets. Betanin and vulgaxanthin are betalains that have gotten special attention in beet research. Beets are also an excellent source of folate and a very good source of manganese, potassium and copper. They are also a good source of dietary fiber, magnesium, phosphorus, vitamin C, iron and vitamin B6.

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.

Investing in rural health brings dollar returns to local economies (and improves health)

The Conversation April 26, 2017 [Lesley Russell](#)

When we talk about rural health, it's easy to focus on health inequalities between the [roughly 10%](#) of Australians who live in rural and remote areas and those who live in our cities.

Statistics show the further Australians live from the major cities, the [less their life expectancy and the poorer their health](#).

But rural health is not just an issue about equitable access to health care services; it's an economic issue that impacts on national, community and family budgets and life's opportunities.

The government [isn't investing enough](#) in rural and remote health because of its failure to recognise the comprehensive impact of health care funding as a driver for local economic development.

The federal government's [development plan for Northern Australia](#) doesn't appear to mention health and health care services at all.

This is despite international research showing investing a dollar in rural health care can generate more than a [ten-fold](#) economic return.

HOW CAN INVESTING IN RURAL HEALTH BOOST ECONOMIES?

The best example of [health care centres as anchors for economic growth and investment](#) comes from the US. Here, [community health centres](#) run primary health care clinics (patients' initial point of contact with the health system) in rural and medically under-served areas.

Data collected over their nearly 50-year history show these centres not only provide quality and culturally safe health care and related social services to vulnerable populations, they stimulate the economies of their local communities.

There's a multiplier effect that extends beyond the employment of health care professionals and ancillary staff and beyond the walls of the clinics; the centres buy goods and services from local businesses and the improved health of the local population means increased employment and household spending.

For every US\$1 invested in these health centres, [an estimated US\\$11](#) is generated in total economic activity.

COULD THIS HAPPEN IN AUSTRALIA?

Australia has shown little interest in these sorts of analyses and economic justifications for changes in health policy to better service rural areas.

For example, we have no idea what economic impact, if any, [GP Super Clinics](#) have had in their communities. These are meant to bring together GPs, practice nurses, allied health professionals, visiting medical specialists and other health care providers to address the health care needs and priorities of their local communities.

We still don't have an economic evaluation of how GP Super Clinics, like this one in the Northern Territory, have fared years after they opened. [Larine Statham/AAP](#)

And data is limited for the economic impact of [Aboriginal Community Controlled Health Organisations](#), which are similar to the community health centres in the US. Although we know such organisations are the [largest private employer](#) for Aboriginal and Torres Strait Islander people, I have seen no economic data beyond this.

What we do know is on the basis of health care costs alone, spending more money more wisely on rural and remote health could result in some significant savings.

For instance, an [Australian study](#) showed investing A\$1 in medium-level primary care (2-11 visits per year) for people with diabetes in remote Indigenous communities could save A\$12.90 in hospitalisation costs.

HOW BEST TO CARE FOR THE HEALTH OF RURAL AUSTRALIANS?

If we accept there are economic benefits to investing in rural health care, what should our rural health care system or systems look like?

Work from the [now-defunded Centre for Excellence for Accessible and Equitable Primary Health Care Service Provision in Rural and Remote Australia](#) gives us some clues.

Researchers said we should agree on a [core set of primary health care services](#) to be available to Australians living in rural and remote areas and the necessary support functions to ensure these are sustainable.

Knowing what services are needed allows communities, health professionals and policy makers to ensure they can be delivered in a way that is "fit for (local) purpose" and there are no gaps. It is clear we need something beyond general practice.

They highlighted necessary services including: emergency care,

obstetrics (pregnancy and birth-related services), mental health and counselling, dental health, rehabilitation, and services for substance abuse, disability and aged care. And of course, there is a range of necessary support functions. These include on-demand specialist back-up, [telehealth](#) and video conferencing, and the ability to promptly evacuate seriously ill patients.

Researchers have also looked at the [features of effective and sustainable models of primary health care](#) in rural and remote Australia. Key issues were supportive healthy policy, productive relations between federal and state/territory governments and a receptive community; essential services like good governance, management and leadership; as well as adequate funding, infrastructure and workforce supply.

WHO WILL STAFF PRIMARY HEALTH CARE IN THE BUSH?

So, how do we recruit, structure and retain the primary health care team needed to deliver these services? Again, we know quite a lot about [health care professionals](#) who are more likely to be attracted to the challenges of rural and remote medicine.

Those who [love their work](#) in country areas talk about high levels of professional satisfaction, the challenging variety of the work, close relationships with other health professionals, and the sense of satisfaction from their patients.

But the isolation, the struggle with work-life balance, career advancement, schooling for children, jobs for spouses and difficulty finding locums (for instance to back-fill when they are sick, want to take a holiday or need extra training) are [causes of dissatisfaction](#). Future policies need to address these issues.

LOOKING TO THE FUTURE

Providing sustainable health care services in the bush is possible. But finding the evaluations and anecdotes about what works is not easy.

For instance, it's now impossible to know from publicly available documents how much federal money is spent on rural health initiatives, let alone their outcomes.

However, websites like [Community Commons](#), which allow people to share their experiences, data and resources about providing health care to local communities, can help.

Expenditure on rural and remote health is a wise use of government resources because it focuses on what private markets are unable to do. It also delivers on outcomes that can be measured in dollar benefits, as well as the social justice currency of a fair go for all Australians.

Yet, there are also concerns that federal government attention to rural health is waning. So, many hopes are pinned on the proposed [Rural Health Commissioner](#) to champion the strategic, consistent, long-term and varied health needs of rural and remote communities.

Local roads

Seal the Bonang campaign

The petition has been prepared and is out there for everyone to sign and get their friends and families' support. All signatories must live in Victoria, even though it affects people across the border as well.

Tim Bull has agreed to table the petition in parliament when we have significant signatures. Please return petition forms to TNH when complete.

Hi Deb,

I do receive the Tattler and appreciate it being sent to me, it is terrific little publication!

I am more than happy to table the petition in Parliament for the attention of the Roads Minister. As you probably, know I have asked several questions about this in the past and raised the matter on behalf of constituents. Given VicRoads engages and employs road safety experts (and I am not), I do not engage in altering their priorities for the region. I do try and get as much roads funding into my region as possible and meet with VicRoads to identify their top priorities and then advocate for funding for these. I am also happy to discuss why they have prioritised certain projects over others, but as I am sure you will understand, not having a road safety background, I do not influence their priorities by asking them to reprioritise their works schedule and replace a project with another.

Along these lines I have raised issues in Parliament this past fortnight on the Maffra-Sale Road, which has been identified as a safety issue and also raised concerns on the Buchan-Gelantipy Road, that has had speed limit reductions due to the road falling apart. I am also happy to present the petition to bring this to the Minister's attention.

A good start of all these matters would be for this Government to replace the roads funding it has cut, something I am regularly raising, as are other country MPs, but I think it would be remiss of me (or any other MP) to start telling road safety experts what their priorities should be. Rather we seek their advice and lobby to have these projects completed and I will continue to seek as much funding as I can.

Many thanks and kind regards,

Tim Bull MLA

Member for Gippsland East

People have been writing to Scott of our concerns. Here is one letter—we are happy to print yours if you send it to us. Scott Lawrence is VicRoads Eastern Region Director, email: scott.lawrence@roads.vic.gov.au

Hi Scott

Regarding the write up in the Tubbut Tattler about the sealing of the Bonang Road. Let's put the blame where it belongs.

If I remember rightly, Mr. Baxter who was the Minister for Roading in the Kennett Gov. was the driving Force of getting the Bonang sealed to the stage where it is now and I was told that in 98/99 and 99/2000 the plan was to complete the Job. When the Kennett Gov. lost the election and the Independents like Craig Ingram, Susi Davis and the other two sided with the Labour Gov. that was the end of the Bonang sealing job. Getting in touch with the Labour Ministers they always denied there was any plan to complete the remaining 12 odd Km's. The amount of Money spend after the 2014 Fire would have done the Job, since all it needs is grading, rolling and spray seal. Let's forget all the Bull, it was OK to waste 1.2 Billion Dollars for no results at all. In their files would be a costing of the remaining job, how about publishing it and we all know why the Gov. does not finish the job.

Regards

Gunter R. Becherer

Goongerah Vic. 3888

Dellicknora Road—campaign to seal section

Alan Neven has initiated a campaign to have more of the Dellicknora Road sealed. He recently received this letter from the Shire in response to his.

Corporate Centre
171 Northcote Rd, Box 104
Box Hill Vic 3116
Telephone: 03 9388 2000
National Relay Service: 1800 00 00 00
Resident's Information Line: 100 100 000
Facsimile: 03 9388 4000
Email: corporate@roads.vic.gov.au
ABN: 61 007 007 000

25 May 2017

Alan Neven
1560 Northcote Road
Tubbut Vic 3888

Dear Alan

Request for Sealing of Dellicknora Road, Bonang

Thank you for your recent email requesting Council seal sections of Dellicknora Road

unfortunately at this point in time and for the foreseeable future Council does not have a specific program for sealing and/or other sealing of unsealed roads in the East-Gippsland Shire

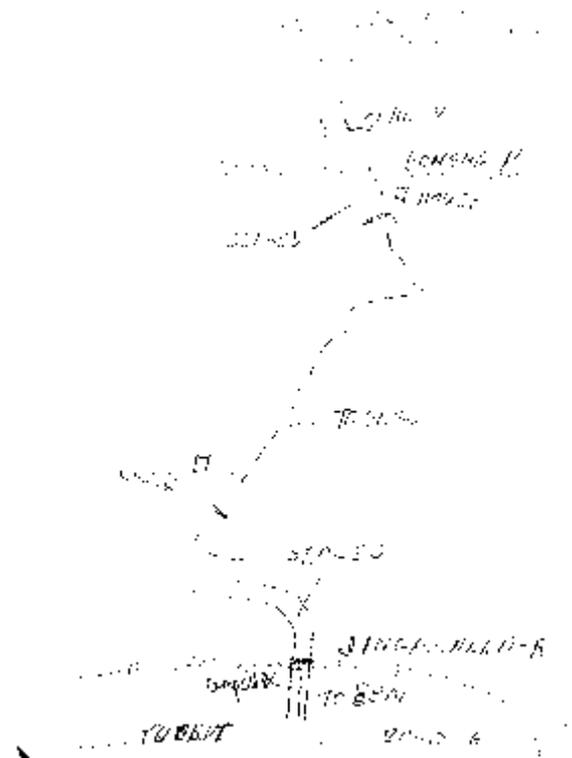
however Council is currently running a Dust Suppression Seal Program which is for the purpose of sealing roads through areas where dust is causing issues for residents at this point in time the program contains 60 Roads which Dellicknora Road is unlikely to rank high on the program due to the section's condition. Further assessment will be needed and assessed in due course

There is a limited budget for the program and it is unlikely that the number of roads or the extent of Dellicknora Road will be included for sealing in the coming financial year however these roads which are not able to be done with this year's budget allocation will be carried over to the subsequent financial years program

Should you have any further queries please do not hesitate to contact me on 0388800000

Yours sincerely,


MARK BURNETT
Manager Works



Local Government Matters

The Editor,
Monaro Post,
COOMA, NSW

15th May, 2017.

First of all congratulations to the Shire for organising the expo in Cooma last Wednesday – it was well attended and well organised. The speakers were interesting and informative and we gained an insight into the technology being successfully used to promote the area for tourism, with new mobile apps on iPad, iPhone and Android with Duncan Isaksen-Loxton. The promotional videos produced by Peter Sheppard, of the Creative alliance were excellent and final Guest speaker Danny Buderis a personable young man and top Rugby League player, now retired and still prominent in sport, including charitable organisations giving back to youth. We were pleased with the promotional videos featuring items of interest from Delegate and Bombala and showing the signs which we can expect to see at the entrance to our towns, but Why oh! Why, was Delegate left off the glossy brochure and the map promoting the combined Shire. In the past the same thing has routinely happened, we have even been left off road signs. I have pondered why this happens and have come up to a few conclusions:

Delegate and Dalgety sound so much alike and have been confused forever, so perhaps the printer thinks it's a typing error or a duplication.

Because we sit right on the Black Allen line of the NSW/Vic border perhaps they thought we are actually in Victoria.

However it is hereby noted that despite the fact that our close neighbours over the border are part of this community, we are not included in Victorian maps either.

NSW however has no excuse, because we vote in NSW, pay our rates in NSW etc. Delegate is not a suburb of Bombala - we are a small town 38 Kms south, which can boast two galleries, a museum, the Early Settlers cottage and a Rural Transaction Centre amongst other attractions, all of which have been brought about by much public effort.

It is enough to make one doubt if we really do exist, perhaps we are we like that mythical Scottish town of Brigadoon which only appears every 100 years.

On a brighter note, despite all of the above, visitor numbers are increasing, the Bundian Way project is creating a lot interest, people are moving into the area so maybe there is hope for the future of our small town.

Sincerely,
Natalie Armstrong

Amended Road Management Plan

We intend to amend our Road Management Plan and are inviting feedback on the proposed changes.

A copy of the plan, showing changes, and a written report are available for viewing below or at our Customer Service Centres, Outreach Centres at Buchan, Cann River and Bendoc.

Tubbut Neighbourhood House will print off the relevant documents if you wish to view them.

Submissions should be addressed to 'Road Management Plan', Chief Executive Officer, East Gippsland Shire Council, PO Box 1618 Bairnsdale 3875, or emailed to feedback@egipps.vic.gov.au and must be received by 5.00 pm on Friday 23rd June.

Sorry about the late notice—the Shire hasn't sent us these documents which I am sure are of great interest to local people. See page 23 of the Tattler for a specific concern, the sealing of a section of the Dellicknora Road.

Shire grants

The current round of Shire grants opened on June 7th and closes on August 2nd.

Do you have any ideas for events or programs in these areas?

- Community projects (up to \$5000)
- Environment and sustainability (up to \$5000)
- Heritage (up to \$5000)
- Arts—small—up to \$5000
- Arts—major—up to \$10000

The Shire generally requires applicants to match the grant with local contributions, be it labour or goods in kind.

We are happy to talk your ideas over with you and help you write up that grant application.

For instance, with our map going into its second draft, we may find that there is signage that will help tourists to our area. This could be a great project that a shire grant would assist.

Deb

Plant Propagation from Seed Part 2

Australian Native Plants Society

Leaching

With some seeds there is a chemical inhibitor present which prevents or delays germination. In some cases it is possible to remove the chemical by leaching with various solutions. For example, it has been found that suspending seeds of *Eriostemon* and some *Correa* species in a muslin bag in running water for 1-2 weeks improves germination substantially. Unfortunately this is not particularly practical for the home gardener although it has been suggested that leaching could be achieved by suspending the bag in the cistern of a flushing toilet! Other leaching solutions that have been used include alkaline solutions.

The growing medium

A good medium both for seed raising and for subsequent potting-on consists of 80-85% washed river sand and 15 - 20% peat moss. This mix has been used successfully by many growers over a long period although, given the environmental problems associated with peat extraction, an artificial peat moss would most likely be substituted by many propagators. There are a number of these "artificial" peats available made from waste products such as coconut fibre.

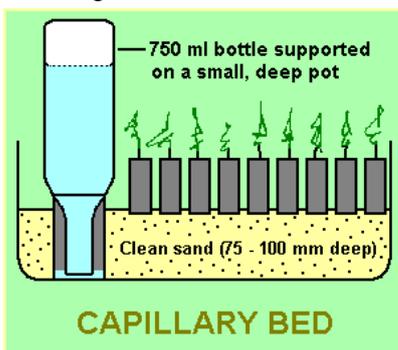
Of course, commercial seed raising mixes can also be used. The medium should be reasonably moist before sowing the seed.

Planting the seed

Seed can be sown into punnets, small pots or tubes and is normally covered to a depth of about double the seed diameter. Fine seed is usually sprinkled over the surface of the seed mix and need only be pressed down firmly onto the mix without being actually covered. Large seed needs to be well spaced to facilitate later transplanting. The use of individual tubes is an advantage when only small quantities of plants are required. This allows large seed to be sown one to a tube while fine seed can be thinned out as germination occurs to leave the strongest single seedling.

Care and attention

After sowing, the seed bed needs to be kept moist and sheltered from drying winds and from rain. Some sunlight is an advantage.



A good method of watering for small quantities of seed is the use of a capillary bed (as shown in the diagram). With this arrangement, overhead watering is not needed and the seed and seedlings can be left unattended for 2 or 3 days ,

With overhead watering, a fine spray is necessary to avoid damage to small seedlings. The seed mix in the containers needs to be fairly moist before the containers are placed in the capillary bed otherwise the capillary action may not occur. A similar method is the so-called "bog method" where the pot containing the seed is placed into a saucer of water until germination occurs.

Pests and diseases

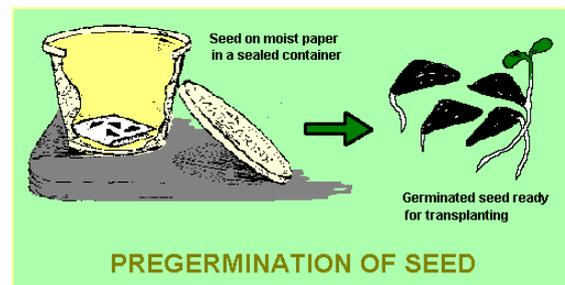
'Damping-off' causes rotting of the stems of seedlings at soil level, particularly in seed mixes that are over-wet. The problem can be difficult to control without the use of a fungicide. The use of sterilized seed raising mixes and sowing so that seedlings are not crowded are the most effective ways of preventing infection.

Snails and slugs can cause rapid destruction of small

seedlings. If these can't be controlled by physically removing them, the usual baits should give protection. Any caterpillars that appear are best removed by hand...the use of chemical sprays is hardly justified for this situation.

Pre-germination

This is a useful technique for large seeds (ie those which can be handled easily individually). It involves sowing seed into a sealed container containing a layer of moist vermiculite or even a moist paper towel. Any required pre-treatment needs to be carried out as normal before sowing. The container is then placed in a cool, dark place and checked every week or so until germination commences. Any seeds which have germinated are carefully removed and potted into small pots or tubes as described below. The remaining seeds are re-sealed in the container which now needs to be checked every 1 - 2 days as germination of the remaining seeds usually occurs quickly once germination has commenced.



Using this method, seed can be sown during the colder months when outdoor temperatures may be too cold for effective germination.

Transplanting

Seedlings growing in punnets or the like can be potted into individual tubes (or small pots) when they are large enough to be handled. This is usually when the second pair of leaves appears. Individual seedlings are carefully removed from the seed bed using a knife or narrow spatula (eg. a piece of aluminium about 100 mm long by 10 mm wide is suitable). Each seedling should be placed into a partly filled tube and potting mix gently firmed around it preferably using a gentle water spray from a hand-operated spray bottle. A small amount of slow release fertilizer in the potting mix is an advantage at this stage.

Growing-on

After transplanting, the seedlings need to be placed in a protected position for a couple of weeks and gradually moved into a situation where full sun is available for at least part of the day. The seedlings must not be allowed to dry out and the tubes containing the seedlings could be placed in a capillary bed to minimize this possibility. After 1 -3 months tubed seedlings will be ready to transplant into larger (125 - 150 mm) pots.

Planting out

Plants will be ready for the garden when good root development has occurred. This can be checked by carefully tapping the plant out of the pot. The roots of the plants should not be allowed to become "pot-bound" (ie. develop into a tight, coiled mass). If this does occur, some root pruning will be needed before planting to ensure that the roots of the plants can easily spread into the surrounding soil.

June 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
11	12 <i>Queen's Birthday Holiday</i>	13 <i>Yoga</i>	14	15 <i>Library</i>	16	17 5 pm <i>Card night at RSL hall Delegate</i>
18 <i>Antarctica and lunch with Hazen 12 See p 4</i>	19	20 <i>Yoga</i>	21	22	23	24
25	26	27 <i>Yoga</i>	28	29 <i>Community lunch Library Computers with Sharon</i>	30 <i>End of Term 2—NSW & VIC</i>	1 July
2	3	4	5	6	7	8
9	10	11	12	13	14 <i>Bendoc bus trip to Merimbula</i>	15
16	17 <i>Term 3 starts—NSW & VIC</i>	18 <i>Yoga</i>	19 <i>TNH reopens</i>	20	21 <i>Tattler deadline</i>	22 <i>Friends of Errinundra AGM 1pm RSL hall Delegate</i>

Things can always change, so if you are interested in anything, please ring and make sure it is still on.
 July 27th—Clay Day;
 July 27th—Slumped glass workshop, Delegate Arts Centre