

The Manning Community News

APRIL 2018

SHARING COMMUNITY NEWS AND VIEWS

FREE

This paper is being published as a community service to provide readers with factual and independent coverage of news, people and events in our district. If you have a story idea please contact us. PO Box 62, Tinonee, 2430 editor@manningcommunitynews.com

**MAGGIE
BEER**



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**MCC &
MASTER'S**

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**FURRY
FRIENDS AND
NEIGHBOURS**

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Welcome to Wingham!

The Wingham Brush Nature Reserve has always been a place for local people and visitors to spend a day picnicking, fishing, putting a boat in the river, walking through the Brush.



Wingham Showground - spacious and well run

Trash left by itinerant campers at Wingham Nature Reserve

But, since a small local, self-appointed group, WAG, the Wingham Advancement Group, has stepped in as defacto arbitrators of what they call, The Wingham Riverside Reserve, and promoted overnight camping, actively encouraging the RV friendly sites, the place has gone to hell in a handcart.

The one-night only stay has gone by the board. Local homeless people and drifters are spending weeks at a time in semi-permanent chaos, where their kids and dogs

run wild, there are fights, and the Brush abused (defecating in the Brush and pulling out wood for uncontained campfires, of which we have photographs).

WAG member Ron Sky, who volunteers to clean the Bbq, picks up trash and welcomes campers, gives backpackers and "grey nomads" a 'Welcome to Wingham' sheet, with the 'phone numbers of the police in Taree, to call when matters get out of hand in the night.

He insists that the backpackers and campers are never any trouble. Ron complains of a local who arrives late every night with beer and

take-away chicken, and tosses the boxes and bottles onto the grass, by the toilets, in the same spot, and disappears.

And, as to the local wayward campers, Ron Sky says, "There is nothing we can do. Council and the Police say,

unless they break a law, we can't move them."

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Bridge to Nowhere? Council goes back to the drawing board.

Consider the musical chairs that will be played out with our key community resources, and the disruption to our community over the next few years, if the proposed new \$20 million bridge over Cedar Party Creek is to be built. But where?

Whilst under Administration, and under the stewardship of John Turner, and (then) GM Glenn Handford, MidCoast Council resolved that Wingham must have a shiny new gold-plated bridge over Cedar Party Creek and, in their wisdom, determined that the only possible route for this new

bridge was directly through the Wingham Memorial Swimming Pool.

The Pool, a community venture spanning generations, was built through public donations of land and monies, to provide the locals with a safe place to swim. It is an iconic legacy, and a symbol of days gone by, when communities worked together to get amenities Council couldn't (or wouldn't) provide.

Much to everyone's confusion and frustration, rather than adopting a modest

Continued on page 13

One Story . . .

This is a personal account of just one Rohingya girl . . . tragically, there so many many more caught in the same cycle having fled Myanmar.

Hundreds of thousands of stateless Rohingya families crossed the Naf River into Bangladesh, escaping from Myanmar with hope of a life that was free from fear, trauma, assaults and persecution. They have spread out around the neighbouring country in Bangladesh and, with the help of relatives who came before them, managed to put a roof over their heads. They live mostly in Teknaf, Cox's Bazar and Chittagong, and the majority survive with money they receive from relatives who are in other countries.

A lot of them hold fake Bangladeshi documents, in order to send their children to school. It is the dream of parents for the children to gain an education, something they never had themselves. Most of them live in rented houses, but a small number have bought some property through the help of their Bangladeshi friends and relatives. Buying possessions is one of the critical processes for these families as, because they are stateless, they have no valid papers to obtain anything like a piece of land. Sadly though, others try to take advantage of their circumstances, particularly with legal issues.

Family Roots

Despite enormous difficulties, a small number of families have managed to set down their family roots in Bangladesh. However, life has not been kind to all of them. My friend, Jainab's, is one such family.

Her parents escaped from the Myanmar military's brutal regime, and Jainab and her younger sister were born in Bangladesh. Using people

smugglers, her father went to Saudi Arabia to earn money to support his family, so they could survive in Bangladesh. Her father worked hard and helped his relatives, as well as his countrymen, for many years. He opened a chicken shop in Makah, Saudi Arabia, and everyone used to call him Murgaoi, an Arabic word which means 'the owner of hens'. He had lots of friends from many countries, and received support and help from his Saudi Arabian friends whenever

look after them.

When he returned to Bangladesh, he overcame all the difficulties faced by stateless people, and bought a tiny piece of land at great cost, in Chittagong. He would always feel pressured to pay extra, as he knew it was the only way to keep from being questioned about his identity, that way, concealing his statelessness.

Started Again

He began from scratch,

families, endures a significant number of obstacles in total silence, as they know that justice will not be served for them, and their voice will be lost in a cycle of power, money and legal matters.

One of the common ways to strengthen their family's roots in Bangladesh, is to marry people from outside their cultural group. So, some Rohingya girls are marrying Bangladeshi men, and the men are marrying Bangladeshi women. There is no harm in mingling with a different culture. However, the real dilemma surfaces when things go wrong with a marriage. Jainab is one of those Rohingya women who are victims of this type of situation, and her life is being totally ruined.

Cox's Bazar, Bangladesh. He was living with his sister, who was a wealthy person, in Chittagong. He looked after her business affairs, as she had lots of projects in many other places in Bangladesh.

Fell In Love

Marshal met Jainab at a wedding. After he gained more information about her, he started following her when she went to school, and got close to her through her friends. They started meeting secretly and fell in love. They escaped after a few months and got married, without their families' approval, on the 28th of January 2006. Jainab's father was devastated, as he knew Marshal and, if he had known about their love affair, he would never have let this happen. Marshal was not only addicted to alcohol and drugs, but also he was spending his sister's money on many other women. It was too late, and there was nothing Jainab's father could do to protect his daughter.

Marshal and Jainab lived in Chittagong for a couple of months with the help of friends. However, they could not keep up living in the city, and they had to move to his father's house in Okia. It was seven hours' drive from Chittagong, in the countryside. She trusted him implicitly, but he kept details of his past to himself. Their love disappeared, as the reality of his personality took over.

Abused

She was abused, beaten and tortured, and her husband forced himself on her most nights when he came in the middle of the night, drunk. She became pregnant at age 14 and, because of her statelessness, she had no rights. Jainab put up with all of this, without saying a word to anyone. To make matters worse, Marshal's mother came to live with them occasionally, and she made Jainab's life even harder, as she didn't bring a dowry to the marriage. It is widely practiced traditionally that the bride's parents will provide a dowry, which will contain all the nec-



Her children, Ramisa and Faisal

he faced problems. Nevertheless, he could not continue to run his business, and he was forced to return to Bangladesh, in order to protect his family, particularly his two daughters,

as there was no one to

once again, and was raising his family well. Nevertheless, the constant fear of not belonging to this country left in him a state of extreme anxiety. He lives his life under threats by local gangs. His family, along with many other Rohingya

Because of her statelessness, there is no legal recourse, and she has been left with no place in this world, with two children.

Jainab fell in love with a Bangladeshi man when she was just 14. His name is Marshal Kamrul Hasan Choduri from Okia,

essary furniture, clothes for immediate members of the groom's family and, from time to time, the grooms demand motorbikes or cash. Furthermore, brides are expected to provide the wedding ceremony, which will include at least 500 people just from the groom's friends and family, and there will also be people from the bride's side to add to that number of guests. The parents of the bride are expected to pay all expenses.

The bride only receives a Mahr, a mandatory payment, in the form of money or possessions, paid or promised by the groom to the bride at time of marriage, that legally becomes her property. While the Mahr is often money, it can also be anything agreed upon by the bride, such as jewellery. Mahr is typically specified in the marriage contract, which is signed during an Islamic marriage.

Suicide

Jainab was overcome by considerable pressure from multiple directions, which made her attempt suicide

twice within a year. Her life was purely heartbreaking, cruel and unimaginable. She didn't mouth a single word about the deep wounds to her parents, as she felt as though she closed all the doors for herself by disobeying them. However, Marshal's uncle, who was the only family living next to them and witnessed every trauma which Jainab experienced, informed Jainab's parents about her horrifying life. He told them everything. Her parents took her back with them from the hospital, following one of the beatings she endured.

Rehabilitation

Being back in her parent's house provided time for her rehabilitation. She gave birth to her first daughter on 11th of December 2006, in her parent's home in Chittagong, and named her Ramisa. Marshal didn't come to see his first daughter. Although they were apart for almost a year, they still kept in touch. Despite having endured insufferable experiences, her love for him made her forgive him, and she gave him one

more chance. Her parents couldn't see a bright future for her with him, but they accepted it for the sake of Jainab's newly born daughter. They got back together with the help of family members from both sides. Marshal took them back to his father's home, and Jainab's parents sent a lot of things for them. Even though her parents visited and looked after them, things didn't work out between them. She couldn't keep things to herself this time, because of her young baby daughter, and she escaped. She came back to her parent's house, and lived with them for many years.

Marshal visited them from time to time, but didn't stop his vicious acts towards her, even in her parents' home, and made her pregnant again, against her will. He would come to threaten her with his friends, which also caused a lot of trouble for her parents. He knew, because of their statelessness, there was nothing they could do legally to stop him.

Jainab gave birth to her second child, a boy whom

she named Faisal. She now lives in her parent's home with her two children. She thought she had found the love of her life, and all she wanted was her marriage to work so that they could live a simple, happy life with their children.

No Contact

Jainab said that she is not officially divorced yet, but she has not been in touch with Marshal for almost five years. She said "It doesn't surprise me that I didn't receive even a wedding ring, what really breaks my heart is, as a father of two children, not once he has picked up his 'phone to speak to his kids. On top, he has not sent a single coin for them. I now have realised that it was the biggest mistake I have ever made in my entire life. However the best thing that came out of my marriage is my children. They are my whole world and have brought a reason to live my life. All I want now is to send them to school so that they can grow up like other children and speak for themselves for the

life which is ahead of them".

Jainab is not alone. There are many Rohingyans who are born in Asian or Middle Eastern countries like Bangladesh, India, Thailand, Malaysia, Saudi Arabia or Dubai, who feel a sense of belonging to these countries, as they have lived there all their lives. However, the reality is that these countries don't allow anyone to become a citizen. Not being recognised in their own country, and certainly not in the country where they now reside, thousands of Rohingya families find themselves isolated when it comes to seeking legal assistance for issues such as Jainab and her family experienced.

Statelessness places people in an extremely vulnerable position. It affects the way they live for the rest of their lives. A better world would be created for them if they were able to find safety in a country where they could eventually become citizens.

Imran Mohammed

Paton Hooke
— LAWYERS —

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Furry friends an

A lucky local has an old fella koala that comes to visit each week or so. He's known as Mr K. Pooh.

I am always amazed by the wildlife that lives in the Manning Valley. There is a huge amount of birds, kangaroos, wallabies and other marsupial friends that we share this beautiful part of the world with. It is important to remember that we do share this valley with such creatures, and I believe it is our responsibility to ensure that they have a safe and sustainable environment to live in, which includes a food source.

Of particular note, especially in the Mondrook area, is the koala population. This is evident by the number of road signs, on the road, that indicate that there are koalas crossing the road and, from my personal experience having lived in Tinonee for many years, and now having moved to Mondrook, I am particularly impressed by the koala population. We must all give thought to their safety and protection. The local "house party central" is a worry with drunk (or worse) drivers careering around at night, when the koalas are on the move.



Mr K. Pooh

Koala in Care

I don't know whether we appreciate the efforts and assistance that 'Koala in Care' gives to our local koala population.

This was particularly bought home to me when in discussions with Paul McLoud from "Koala in Care",

that they have particular concerns in relation to being able to feed and obtain the appropriate eucalyptus leaves, while they are nursing injured koalas. Cars are their main danger, and dogs are their main predator. This is a sad situation, as both motor vehicles and dogs are within our control.

The koala's vulnerability was particularly brought home to me as, having moved to Mondrook, we have been regularly visited by an old bull koala, whom we have named Mr K Pooh. We always know that it will be a hot day when Mr K Pooh (named because of the amount of ablutions that he does) visits our home

and takes advantage of the coolness of the tiles on our veranda. Initially we were a bit surprised that he visited, however, over time, we have got used to his visits, especially on hot days.

Ticks

A few weeks ago, I was particularly concerned about Mr K Pooh, when I noticed a rather large bush tick on his back. On closer examination I discovered more ticks.

That particular day I removed sixteen full-blooded bush ticks. It was with slight trepidation that I remove the ticks from the more private, sensitive parts of his anatomy. However, since then, and with this introduction to Mr K Pooh, he has been quite happy for me to check for ticks, and scratch behind his ears and on the top of his head, which he does seem to enjoy.

At night he will wander off. If it's likely to be a hot day, he will be back. Fortunately, on recent inspections, there have not been as many ticks. I do not know, but I secretly hope, that he has ap-



COQ AU VIN

INGREDIENTS

1 small Cockerel (rooster) or Chicken – jointed
 1 bottle of light-bodied Red Wine
 Olive Oil
 200g Lardons (pork fat)
 14 small Onions (pickling) peeled
 250g button Mushrooms – quartered
 2 cloves Garlic - peeled and crushed
 3 tbs flour

350ml Chicken stock
 2 Bay leaves
 4-5 Parsley stalks
 Few sprigs of Thyme
 Freshly ground Black Pepper
 Sea salt
 Handful Flat Leaf Parsley - chopped

METHOD

1. Heat Oven to 180o
2. In a casserole dish, heat a glug of Olive Oil
3. Fry Lardons for 3-4 minutes
4. Add Onions and cook for a further 6-8 minutes – until browned.

and neighbours

preciated my courage in removing the ticks. It made me wonder just what part of the universe cycle do ticks play. I'm sure we have all had unfortunate experiences with ticks. I have been told that some bird species seem to find them a delicacy.

Visitors don't disturb the old boy. He sits beneath the table with his own drink, and seems to lend an ear to the chatter, giving a sage nod now and again.

Our young Belgian Shepherd dog, Lottie, drops toys in front of Mr K Pooh hoping for a game, but obviously the old boy's toss isn't what it used to be, as he ignores offers to play.

I hope that Mr K Pooh will continue to visit us, and it will be a sad day when he does not return. I'm only hoping that he can live out his life chewing on eucalyptus leaves, which do not appear to be very appetising, but the 'Koala in Care' folks keep planting more in the neighbourhood for all Mr K Pooh's progeny.

Sedentary Life

On occasions, when I have introduced Mr K Pooh

to visitors at our home, they are quite amazed and, initially, do not believe that it is a real koala. It seems that he sleeps 99% of the time, in order to digest those unappetising leaves, and carries out his ablutions without any thought as to the mess that he has made. However this is a small price to pay for a close encounter with a

furry friend.

I guess that, as the heat of the summer cools, Mr K Pooh will retreat into the forest where he resides, I assume.

The moral of this story is that we should be aware of our environment and the creatures that we share it with. We are the ones in control, and we are the ones who should take responsibility for

conserving their habitat. On a selfish note, these wonderful creatures can provide us with very special experiences. I believe they all have a right, just as we do, to live in this great valley. However, we must all acknowledge and respect each other, and how we

go about our daily activities and lives. Don't speed, watch the dogs (serious offenders) and pause to enjoy the magical sight of a dozy koala in a tree near you!

James Paton.



5. Remove from pan and transfer to a bowl
6. Season Cockerel/Chicken with salt & pepper, and brown in dish
7. When browned all over, remove to a plate
8. Add flour and garlic to dish, mix well into oil and meaty bits
9. Add wine gradually, stirring well to avoid lumps
10. Add stock and bring to boil
11. Add Cockerel, onions, mushrooms, lardons, bay leaves, thyme, parsley stalks
12. Stir well
13. Put lid on dish and place in oven for 2-3 hours for Cockerel/1 hour Chicken
14. When ready, remove from the oven and add flat leaf parsley
15. Taste for seasoning and add salt & pepper if necessary
16. Serve with new potatoes or mash!



AUTUMN JOBS TO CARRY OUT IN THE GARDEN.



Autumn is just the perfect time for working in the garden. The sun has simmered down, and the cold winds of winter are many weeks away. Now is the time to primp and prepare your garden for winter, and have it ready to shoot back nicely in spring.

Lawns will be looking a little tired after the scorching summer we've just endured and if, like my lawn, yours is looking patchy and full of weeds, here's what it needs. Check for any dying patches—Autumn is when the lawn grubs and army worms love to attack. Keep some treatments handy, so that you can strike out at them before they devastate your beautiful Buffalo lawn. We recommend using Searles Lawn Grub Killer for control. Up next, aerate your lawn, fertilise with lawn food, and add some dolomite, this promotes strong root growth, and will ensure that your lawn is in tip top shape before next spring and summer.

Autumn is a great time to divide all your bulbs, like Day lilies, Agapanthus and Bearded Iris. Also plants like Liriope grass and society garlic can be split now, too.

Trim any hardwood branches on trees, under-prune branches to create canopies and remove dead or diseased branches, generally reshaping trees for a more symmetrical look. Inspect their trunks and at ground-level for borers or collar rot. (You'll find a fact sheet about borers on our web page, wingham-nursery-florist.com.au.)

Clean out ponds and filters, checking all wiring and plumbing.

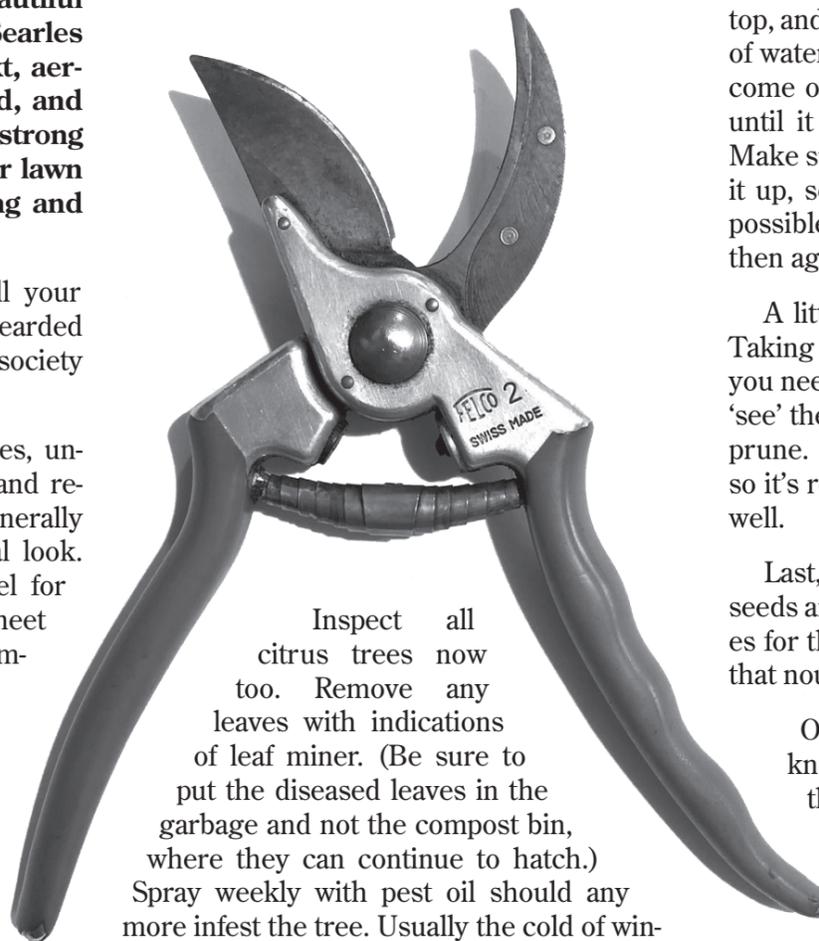
Gather all your clippings and any shed autumn leaves for a new compost pile. Add some dolomite, manure and vege scraps and turn fortnightly. Add water, should it dry out.

Prepare your vege beds for all your brassicas, (Cabbage, Broccoli, Cauliflower etc.). Have some vege net on hand, and cover them immediately to deter the white cabbage moth getting in and ruining your winter crop. Your Brassica plants don't need pollinating, so get them covered quick-smart. Have the pH checked on all of your garden beds, and add the relevant treatments as you dig them over. Most veges need a neutral reading of 6-7.5.

Cuttings can be taken now also; for example—

Lavender, Rosemary, Bay tree, natives and perennials.

Get those hedges pruned nice and neat now; this gives them time to reshape and be ready to thicken up for summer. Remove any diseased branches, and inspect for borers or other diseases; treat accordingly. Ring us for advice, it's free!



Inspect all citrus trees now too. Remove any leaves with indications of leaf miner. (Be sure to put the diseased leaves in the garbage and not the compost bin, where they can continue to hatch.) Spray weekly with pest oil should any more infest the tree. Usually the cold of winter will slow them down after that.

Get some orchid fertiliser or potash into your orchids, and get ready to move them into a more sunny position during winter, ready to flower in spring. Divide and re-pot now if needed.

Bromeliads can be split now and transplanted or potted up.

Dust off all those indoor plants, re-pot them with fresh potting mix and slow release fertiliser. Trim any unsightly limbs or damaged leaves.

Now is a perfect time to top up the mulch

on your garden beds too. Much easier to carry out now, than in the heat of a Manning Valley summer!

Should you need to relocate a shrub, now is the time. It's much cooler now, but not too cold, allowing your plant to be moved and not to over-stress. Remember to dig up as many roots as you can, trim up to one third of its foliage away on top, and move it to well-prepared soil with plenty of water poured into the planting hole. If it does come out hot again, it helps to shade the plant until it can recover and begin growing again. Make sure the soil is really moist before digging it up, so as to contain as many of the roots as possible. Water in well with liquid fertilizer, and then again weekly, until you see new growth.

A little rose pruning can be done now also. Taking a third off now will reduce how much you need to prune off in winter. It also helps you 'see' the final shape of the bush before the hard prune. Purchase your lime sulphur spray now, so it's ready and waiting for the winter prune as well.

Last, but not least, remember to leave some seeds and fruits on your trees, shrubs and grasses for the birds, through winter. They still need that nourishment until springtime.

Once you've got some of these jobs knocked over, you can snuggle up inside by the fire in winter, and wait for spring to arrive. Most of your work will have been done and dusted.

Here's hoping we get a little more rain soon too, to save us doing at least one job, and remember Wingham Nursery is just a phone call away on, 6553 4570, a click away at winghamnursery@gmail.com, or you can find many other fact sheets and bits and pieces to help you, on our web page at: wingham-nursery-florist.com.au.

Tanya Sawyer

Wingham Nursery & Florist

Maggie has the recipe

One of the nicest things about being a guest at a Writer's Festival, is meeting interesting people, who happen to have written a book or two.

So, I was thrilled to meet Maggie Beer, great cook and writer, TV personality, food producer, terrific grandmother and lovely lady.

I was intrigued about her book, 'Maggie's Recipe for Life,' which she has written in collaboration with Alzheimer's specialist and researcher, Professor Ralph Martins. Like Maggie, the book is more than a cookbook: innovative, interesting, sensible and full of great suggestions to stave off dementia... and eat well!

I asked her how she got together with Dr Ralph.

'We met in Canberra in 2010, when I was made Senior Australian of the Year, and he was Western Australian of the Year. Later, we met again in Perth, and we started talking about food, and he spoke about curcumin (a compound in turmeric, now considered a vital must-have ingredient for health), and we struck up a friendship.'

Food is Life

'For me, life has always been about good food, real food, unprocessed where possible. So, Ralph asked me to speak at an Alzheimer's Conference and, afterwards, said we should do a book together. This we did, but it took two years to do it, as I'm so busy,' she laughed. 'I learned things that I've always done instinctively but, from Ralph, I learned the science of 'why'. Things like the value and strength of variety, eating in the rhythm of the seasons, which is the essence of everything. However, you can get locked in to not spreading your wings a bit. Instinctively, I knew that protein is important but, for me, it's not about red meat, although I was brought up on meat and three veg almost every night.'

'But, we hardly eat red meat. We have such a plant-based diet because we have wonderful gardens, my daughter does beautiful chooks, and we eat a lot of fish. I don't remember when I last bought a steak.'

Maggie came from a household with a father who was passionate about food.

'For us, it was all about flavour, using every bit of the animal, making brawn, eating the brains, liver, tripe, pig's ears and the tongue. The meat was always the back cut, and hung, a process which was years ahead of its time. My food instinct comes from my father. It's just something you don't have to be taught, you just know.'

Maggie, with her husband Colin, moved to the Barossa Valley in South Australia, and became farmers, where she found her passion.

'Then, Colin got a Churchill Fellowship to study game-bird breeding in Europe. When we came back to Australia, we had the farm, and so I opened a farm shop. I cooked using everything we grew. That was 1979, and that's where it all started. And I love what I'm doing.'

Go Local

Maggie has good advice for people who want to live and work on the land.

'Your Manning Valley is dairy country, and I'd be looking at artisanal cheeses, which

course, it's not always easy with the food regulations. We have four QA people (Quality Assurance) in our business: a micro biologist, food technologist, and so on, as bureaucracy has now gone a bit wild.'

Energetic

Maggie is an energetic powerhouse, juggling her time. 'We sold 48 percent of the business 18 months ago, to re-invest in new kitchen equipment and warehouses. I do all the product development, and oversee the quality. I have a family that I'm very close to, and we have six grandchildren who all live in our valley, where our farm is open seven days each week.'

food can make to well-being, physically as well as with mental acuity. It's so important to have something to look forward to, and good nutrition helps the muscle mass. Also, people need to be connected as, without support', they develop depression and loneliness, and don't bother to cook.'

Maggie radiates good health and energy. She explains, 'I love my garden, working in it, and I walk every day. As well as my work and family, I love to sing, so I have music in my life. Good food and joy, two very important things.'

Time with the Girls

'When my two daughters were growing up, we worked every weekend right through their lives, we're lucky that we are very close, but independent. My six grandchildren are each different, but each has something special about them. They all love food, and adore coming to me without their parents, as well as all coming as a family, we are very much part of their lives. One is artistic, one is into cooking, one into music. They all have their own thing, so I can take what they love, and help them develop that. They are all readers, of course. Our girls never had television until they were ten and twelve, and that was our way of combating the fact that we worked so hard. We didn't open the farm eatery at night, until they were that age, and that was just for just one night each week. We made sure that we did lots of reading and creative things together. But I don't know if you could do that these days.'

Maggie's book, with the advice of Professor Martins, is crammed with information, ideas, recipes and sage advice about lifestyle, growing, cooking, eating yummy food and enjoying what you eat.

Maggie certainly has the recipe for a happy, healthy life!

DM

"Maggie's Recipe for Life" published by Simon & Schuster Australia.



Maggie Beer and Editor, Di Morrissey, in Perth last month.

Career

Maggie wanted to be a teacher, although her father was against it, as she had a maiden aunt who was a teacher.

'Actually, she was the headmistress of a boys' school, way ahead of her time. And, along with my Mum, all Dad could see were a lot of bossy women! I left school at 14, as my parents became bankrupt, and I started work in a business that made chenille bedspreads. My parents insisted that I stay in my first job for at least one year, or I'd be considered just a flighty bit of fluff. I then had more jobs in my life than you could imagine, looking for what I wanted to do. I was 34 before I found it.'

are so amazing. The public needs to know the difference between commercial, highly-processed cheese and artisanal cheeses, which are made by traditional methods. Such cheeses have a richer, more complex taste, especially if they're ripened (aged). Then, of course, with cheese comes bread, and vinegar, and olive oil. We have, in the Barossa, a small facility producing non-homogenised milk, with the thick cream on top, and it's sold locally. It's the same with grains, which can become rancid very quickly but, if you mill your own for the local markets, it works. Farmers' markets have much to celebrate, they've changed the landscape.'

She adds, however, 'Of

We have olives, and a soft orchard of apricots, peaches, apples, pears and quinces, so there is value-adding of all of those, plus there is an eatery at the farm.'

And, if that wasn't enough, Maggie is very passionate about her Maggie Beer Foundation, which she established to try to improve the food served in Aged Care facilities, as a step towards staving off, and treating, Alzheimers.

'We need to find good aged-care workers and organisations, and use them as bench marks to show what is possible, that there is no reason to just be institutionalised. We need to show that there's a new way of thinking, that steps back and understands the difference that

MARTIN SHARP, HIS LIFE AND TIMES



Joyce Morgan.
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The late 1940s and the 1950s were very much a quiet period in Australia's history. The horrors of World War 2 were being replaced by the rebuilding of lives, homes, families, infrastructure, and communities. Money was tight, employment not easy to find, so it was necessary to find enjoyment in simple things. This led to lots of low-cost activities, in-home entertainment, dances, local cinemas, and sporting events' as families gradually acquired some wealth, then the children of the 40s and 50s became the school leavers of late 50s and early 60s, keen to break the disciplinary strictures of their upbringing, in various ways. For those of a more intellectual bent, and whose parents were blessed with some wealth, university was the first step into the real world. Those that enrolled in arts, medicine, law and so on, were introduced to a freedom of thought and behaviour that they hitherto had not experienced.

For those who did not aspire to tertiary education, their freedom translated into rock music (The Beatles, The Rolling stones), wine, women and song, cars, marijuana,

For those in universities, there was social freedom and free attitudes, such that they had not dreamed of. In the event that they had not yet caught up with these opportunities, publications, prepared on-campus, were available to introduce them to a different way of thinking. Before long, these publications (e.g. Honi Soit, Tharunka) morphed into ex-

pressions of rejection of the societal mores to which their creators (and readers) had been accustomed.

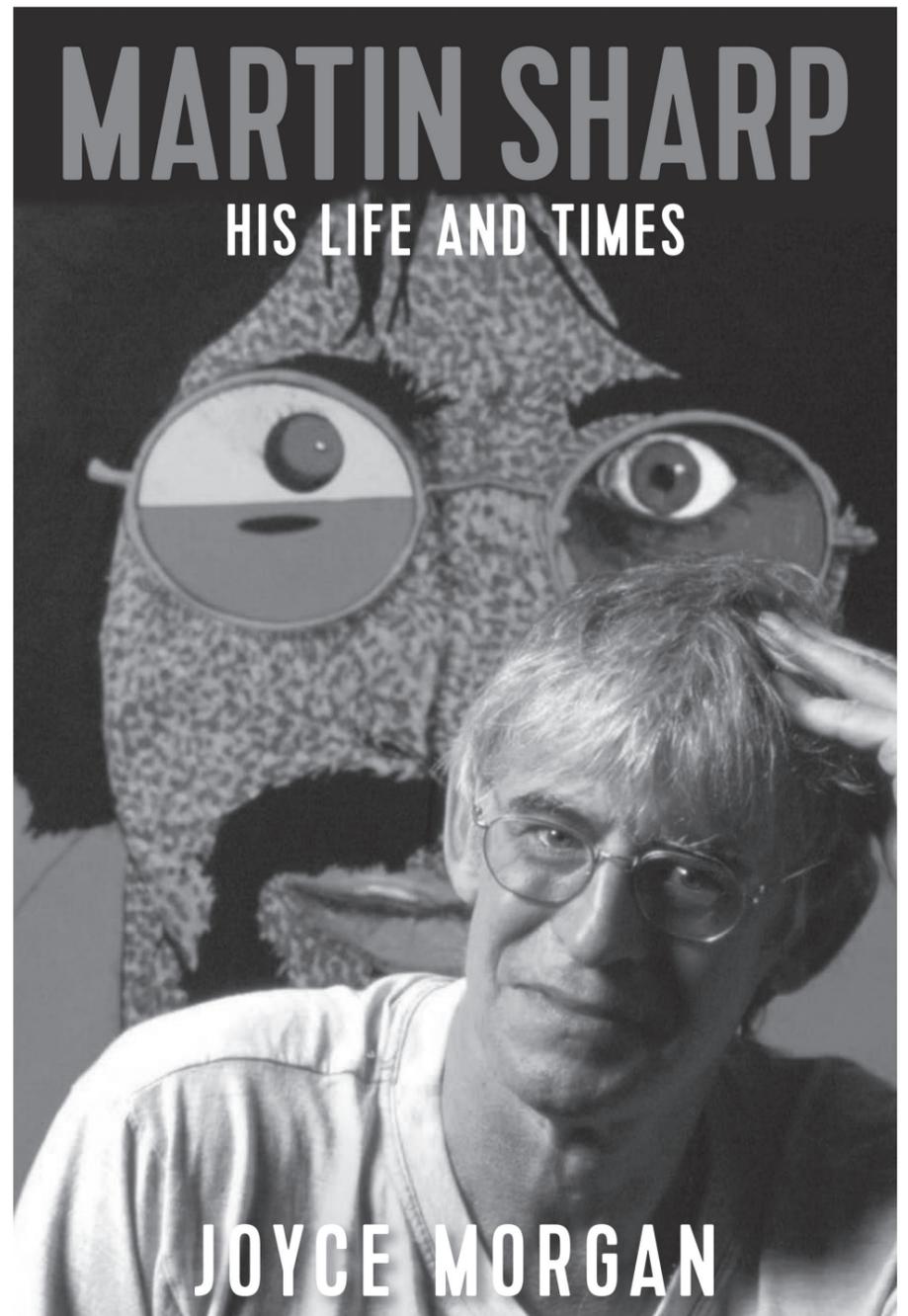
This level of new-thinking was, of course, in evidence in many other countries, no more than in Britain, to where so many young Australians headed, to try their luck in the big world.

Honi Soit (Sydney University) and Tharunka (University of New South Wales) stood out as a consequence of their (relatively) professional presentation, and their outrageous content. Some names came to be well known, particularly as a consequence of court action, a result of content in their magazines transgressing the law, as it stood at the time.

One such name was Martin Sharp. Martin came from an unfortunately fractured family. He was educated at Cranbrook, at Bellevue Hill/Rose Bay, a school particularly favoured by Eastern Suburbs families. At university, Martin befriended Richard Neville and Richard Walsh, and this led to collaboration with the production of Honi Soit.

His Life

The book canvasses, in a very detailed manner, Martin's life from beginning to end, and the rather dissolute life that he led. This was a consequence of poor decisions, racy friendships, and interests that were not seen by many as being socially acceptable. In part, this was a result of Martin's ready access to wealth, a result of his generous maternal grandfather. Martin had a significant talent for art, more particularly in the field of cartooning, and this talent resulted in considerable demand, by those who



wished to make their publications more appealing. Martin had studied architecture at University of New South Wales, but he quickly realised that he had no taste for this discipline.

In 1963, Martin, Alex Popov, Peter Grose, Richard Walsh and others gathered at the home of Richard Neville's parents, to discuss the creation of a new publication. Originally planned as a once-a-year publication, to appeal to wider audiences than universities, it was to be a satirical paper, and also one that would canvas the arts and entertainment. Rather than once-a-year, it became a monthly paper, which was to have significant, and long-lasting impact. Different names were considered but, finally, it was entitled "Oz".

Similar publications started around the same time, 'Village Voice', in Greenwich Village, and 'Private Eye' in Britain, all with the same intent of bringing to an interested readership new ideas of young life of the times.

An obscenity charge was levelled at the third edition of Oz, and certain of the magazine's creators found themselves in court. They were found guilty but, on appeal, the verdict was overturned.

Whilst the magazine was, for now, back on track, many articles, over time, were similarly controversial,

and so there was always a tension over its existence.

Martin's talents were, by now, becoming widely appreciated, and he became involved with many well-known folk in the arts/entertainment world. In 1966, he decided to travel overseas despite, in earlier times, vowing never to do so. This was a result, in part, of his disapproval of Australia's treatment of Jorn Utzon. So, he boarded a flight for Britain, via a number of Asian countries, to try his hand in that exciting venue.

In London, he was fortunate in that some of his Australian friends and associates were already there. His work attracted the attention of many in the arts and music world, and his list of associates became a 'who's who' of those in entertainment. Martin's health was always somewhat shaky, and this plagued him until his somewhat early death.

The book catches the essence of the times in a superb manner. For anyone who grew up during Martin's lifetime, and lived in Sydney, this is an overwhelming trip down memory lane. And what, in more genteel times, was wine women and song, became sex, drugs and rock'n'roll.

Keith Bedggood.

ACCIDENTAL AID WORKER

Sue Liu. Zulu Communications Rrp \$35

This autobiography just had to be written. This amazing woman has lived four lifetimes of an ordinary woman and, in doing so, has made a huge difference to many hundreds, perhaps thousands, of lives. Through grief and heartache, Sue Liu has travelled the world, loved and lost, and then found great friendships in various countries.

Whenever an anniversary of the loss of (say) her mother, or a great friend occurred, Sue would don her backpack, and leave for another third-world country to explore, to discover if there would be another project in which she could be involved. What a fortunate life she has had, and is still living. My head was spinning at the end of the book, considering all that she has accomplished.

On the anniversary of her mother's death in 2004, Sue packed her bags and set out on an organised tour of Sri Lanka. The tour guide is Bruno, a young Tamil man, who has been mentored by a Catholic priest, who has begun a tourism venture called Woodlands. This tour is Bruno's first as a tour guide, and he has great plans and ambition to succeed. Woodlands provides localised tourism services, introducing visitors to Sri Lankan food and culture, through cooking demonstrations, guided walks and local activities. Their focus is the promotion of sustainability, fair trade, and the support and empowerment of women, and poor communities in the Hill Country and, in particular, for the people who live and work in the tea plantations.

Sue is very impressed with Bruno's easy way with people, and his real dedication to the community in which he lives and works.

Back in Australia, Sue was glued to the TV, as we all were, watching the Boxing Day Tsunami, an event of relentless horror. But Sue decided to do something about helping the people in Sri Lanka, who were so devastated by the wave. She contacted Bruno to spread the news about what is needed in the coastal areas of Sri Lanka. Sue's many friends and colleagues (and their friends and colleagues) begin to donate many items needed in the recovery period following the wave.

Sue ended up sending a large container full of the needed items. The logistics and organisation that were needed for this mission matched Sue's talent, it appears, although I don't think she realised that she had the skills to deal with such a huge project. *"A tremor of excitement and fear runs through my body. Oh Shit. What have I just done? I've hit a nerve. People understand the urgency and are ready to act immediately. I haven't expected that, so this is a rather impulsive kick-off, but it feels right*

all the same. I had better get myself organised immediately, because this appeal is happening."

Sue needed to find an organisation to load and ship the huge amount of aid materials that her friends and acquaintances donated. She arranges this with an aid group and, when the ship sails for Sri Lanka, she boards a plane to be there when the ship arrives, to arrange the distribution of the goods.

Sue didn't realise that it will be months before she saw the 75 boxes of goods and, when she does, most of them would be busted open, and pilfered of all the good, new items. All that is left are the dregs, that fit into 25 boxes. The anger and disappointment is palpable, and if I had been Sue, I would have given up ever helping anyone again, but not Sue.

She distributes what she has to the people in need, meantime working with Bruno and his community, to assist in any way that she can. She is a real humanitarian. Most of us, who think about helping on this scale, decide that we are too busy, not

skilled enough, have too many ties etc. to do much to help. Sue, however, has had a taste of what it is like to be a real aid worker and, from now on, it is part of her life to organise, and be at the head of, many humanitarian appeals.

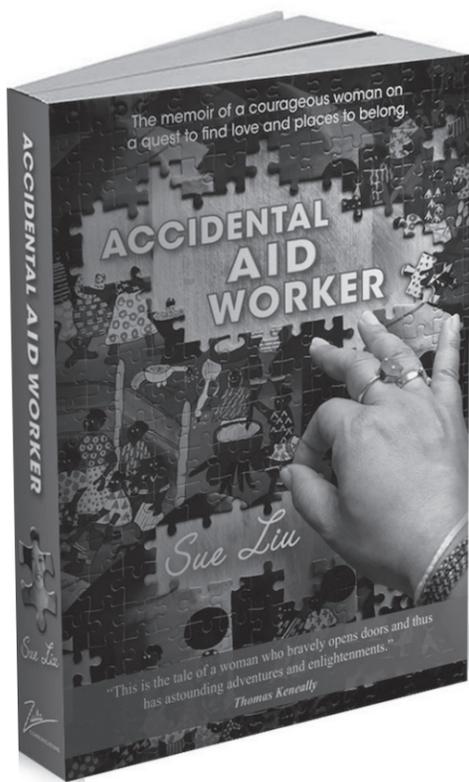
The highlight of her life is, no doubt, meeting Geraldine Cox, the founder of the Sunshine House in Cambodia. They are kindred spirits, and have a connection through a mutual friend, another humanitarian who, sadly, was killed in the Underground bombing in London.

The many trips that Sue makes to Cambodia are both fulfilling and uplifting for her. She faces controversy as well, when there is a push to close orphanages, like the Sunshine House, as it is deemed that the children need to be fostered in their own community, so as not to lose their cultural heritage. The fear remains that these vulnerable children will fall into dangerous and abusive environments, if they are in the communities. Sunshine House is a safe place, where the children learn skills to take with them when they return to their communities. Sue also spends time in PNG, where her skills and her caring make a great difference to the people with whom she lives.

All I can say after reading Sue's story is, 'What a woman!' She shows us how one person can make such a difference in this world, and I am in awe that she has been able to accomplish so much. An inspiring book.

CG.

See www.accidentalaidworker.com.au



It's MCC Showtime, Folks!

MidCoast Council has announced a series of 'Community Meetings' to be held between 19 April and 16 May across the Council Area.

The presentation will be structured around:

- Customer Service.
- The Call Centre.
- How Council is working to improve information to the community.
- The appointment of a new General Manager.
- The 'potential' office relocation to the Master's site.
- Improvements to the road network.
- The Delivery and Operational Plans.

Last year's extravaganzas, which lasted around two hours, were a solo performance by the slick Glenn Handford and were generally very poorly attended. In a number of locations there were nearly as many Councillors and Staff as community. At what cost was thatOuch!

We understand this year's shows will star the Acting GM, Steve Embry, and, while not exactly a singing dancing salesman or a show pony, it is expected he might gee up marquee appeal. Mr Embry may share the stage (and the limelight) with some other MidCoast Council Directors joining the cast.

Most shows are on after work starting at 6pm and people will have a reasonable chance of attending, with the exception of Forster, where that show starts at 9am. Surely some people work in Forster? Or is Council expecting Forster fans to toe the line and do as they've been told by former GM Handford?

On a serious note, this is your real opportunity to attend and ask some serious questions and to voice your opinions and concerns. If you want changes at Council, you have to provide the context and the direction.

Enjoy the Show!

The schedule is:

- **Taree Council Chambers**
Wednesday 18 April – 6pm
- **Halliday's Point, Blackhead SLSC**
Thursday 19 April – 6pm
- **Old Bar, Club Old Bar**
Monday 23 April – 6pm
- **Wingham Services Club**
Monday 30 April – 6pm
- **Forster Council Chambers**
Tuesday 1 May – 9am
- **Tea Gardens, Baptist Church**
Monday 7 May – 6pm
- **Gloucester, Senior Citizens Centre**
Wednesday 9 May – 5.30pm
- **Bulahdelah, School of Arts**
Thursday 10 May – 6pm
- **Harrington, Function Centre**
Monday 14 May – 6pm
- **Stroud, School of Arts**
Wednesday 16 May – 6pm

Continued from page 1

Welcome to Wingham!

President of WAG, Allen Valentine, says, "There have been homeless people, locals and from other council areas, camped at Wingham Riverside Reserve (WRR) on occasions. People who camp at WRR are the responsibility of MCC Rangers, who have the authority to move them on and/or arrange shelter for them with community organisations."

(Maybe someone should notify the Rangers after such people have been there several weeks?)

Government grant

WAG, since it "took over" in 2008, applied to Council to upgrade facilities, getting an electric BBQ and tarding up the toilets.

Now WAG has obtained a NSW government grant of \$102,800,

to "upgrade" facilities at their unofficially renamed Wingham Riverside Reserve. The grant was applied for by Mr Bill Kneipp of WAG, and Mr Ken Patterson of Wingham Rotary, who had been a member of Taree Rotary for thirty years, but has now curiously, moved to Wingham Rotary.

Mr Valentine states that "The MCC had oversight of the grant

application, and submitted it to NSW Government as required by the application criteria in "Stronger Country Communities Fund".

However, WAG has applied for this money to go directly to them.

States WAG President Allen Valentine, "As the lead (self appointed?) organisation with appropriate financial credentials, WAG will manage the project locally from

tranches assigned from MCC, as milestones are met. WAG members will complete volunteer work as required under the supervision of qualified engineers and tradespeople. A qualified project manager will supervise and certify all aspects of the project, before cheques are issued," he said. "The WAG Project Co-ordinators will complete the day-to-day requirements of the

project under the supervision of a project manager, who has the confidence of MCC, due to experience on previous projects. Quotes will be sought to establish the best value contractors."

Why? Wait a minute.

Has WAG, or these unknown 'project co-ordinators', liased with the National Parks and Wildlife Service, who gazet-

Continued next page

We asked Wingham resident, John Stockard, a member of the original team who fought to restore the Wingham Brush, and pioneered a world first in rainforest regeneration, known as the Wingham Brush Method, for the background story.



The original Brush Team - Joan Bradley, John Stockard, Mike Dodkin, Megan Booker, Brandon Nicholson, Graham Allen, Alex Floyd, Carol Nicholson, Pat McNeil. George Coleman was also present.

Wingham Brush Nature Reserve is the site of the first formal attempt to restore a rainforest. Prior to 1980, the forest canopy was blanketed in South American Vines and the forest floor smothered

in a metre-thick cover of weeds, completely unrecognisable from how it appears today.

The restoration work resembled an archaeological dig at times, with bent saplings, just holding on, freed from these aggressive vines

with scateurs and brush-hooks so they could stand up again and grow. Some of the vines had extensive root systems with massive tubers and long pods of winged seeds. Others didn't seed but produced thousands of tubers along their stems, each of

which, falling down, started another vine which could grow over a metre a week in the summer.

The local team (*See photo*) developed a method for restoring degraded rainforest, pioneering careful herbicide techniques. This is now

ted the Brush in 2000? Or the Minister and Department of the Environment, who formally adopted the Wingham Brush Nature Reserve Plan of Management in 2003? A NPWS Nature Reserve has a higher level of legal protection than does a National Park. A Threatened Ecological Community (TEC), on top of being a Nature Reserve, is the Everest in conservation protection and legal standing. Does WAG know better?

Who is going to oversee WAG's efforts? Who will maintain these

"improvements" afterwards, and pay for them?

What Consultation?

WAG insists they have "consulted the Wingham Community."

How did a volunteer group with 22 members, and the same president for the past 11 years, amass all this power? And, while they are mostly retirees, even if "young at heart" as Mr Valentine insists, who is going to scrub the barbie, pick up the poo and all the other rubbish when they are no longer around?

The toilets have been upgraded, there is an electric barbeque, now there are to be hot showers and better parking facilities. For how many? This is not a large area! It's totally unsuitable, congested and most inappropriate as a camping ground.

Mr Valentine points out also that WAG has promoted their Wingham Riverside Reserve as, "the premier destination for 'grey nomads' and other travellers, as they move up or down the east coast, using 'Wikicamps Australia', the CMCA omnibus and

other travel websites, as their guide."

WHY?

The ban on overnight camping by Council in 2012, (somehow overturned or ignored by WAG), was something of a deterrent to matters getting out of hand.

Showground

Most campers use Wingham or Taree Showground, for a modest fee per person as they have oodles of space and shady trees, terrific facilities, and are pet friendly. They are

properly run and managed.

Visitors can still enjoy the Brush and the Reserve on foot, by bike or car, as they explore the town.

WAG's biggest claim for the need for this horror at the river is that "Visitors spend money in the town." And they have the receipts to prove it.

So, people staying at the Showground won't do the same?

Why on EARTH are we allowing this pressure group to exercise such disproportionate and unjustifiable power?

My grandfather must be rolling in his grave.

Police Needed

We need to have the police regularly patrol the riverside area, and a walk through the Brush now and then, especially during school lunch time, would be a big help. Wingham Brush remains a focal point for drug deals, tragically involving our High School Students. Better yet, we need a full time presence back at Wingham Police Station.

DM

known worldwide as The Wingham Brush Method and has been used in saving many other invaluable remnant rainforests. Often only small pieces are left of once extensive stands, and the pace of rainforest clearance worldwide continues this fragmentation.

The irreplaceable Wingham Brush represents about a tenth of its type left in NSW. This type of rainforest, the most complex ecological community in NSW, is at its southern limit on the Manning, and once covered most of our well-drained river flats up to Mount George. Only Wingham Brush and Coocumbac Island remain of the many thousands of hectares which were cleared and burnt for agriculture; together they are the only representatives of their type along 400 kms. of coastline.

Our Identity

Wingham Brush Nature Reserve is the cornerstone of the town's identity. Not everyone knows that



The late Graham Allen was an engineer and military colonel, decorated for services in the Viet Nam War. He and Dorothy and they lived at historic Woodside, Mt George. Graham Allen first contacted the National Trust about saving Wingham Brush.

our town's name, in keeping with the policy of using Aboriginal place names by the surveyors at that time,

derives from the Kattang word "wingan", meaning "a place where bats drink". This refers to the habit of flying-foxes swooping down, dipping into the river on hot days, roosting and then licking the water from their fur.

The name Wingham thus represents an outstanding landscape continuity stretching back countless thousands of years and this continuity is only made possible by the remnant forest of Wingham Brush, a threatened ecological community, being in turn a major maternity site for the also threatened Grey-headed Flying Fox.

Despite shameful and barbaric attempts to exterminate our town's namesake with organised shoots spanning 70 years, and a history of misusing and abusing our Brush, both battle on today against overwhelming odds. It is purely accidental that a village in Kent shares our town's name.

Passed over as doomed to extinc-

tion, the Wingham Brush was finally restored by a Herculean effort from a small group of persistent locals over 20 years. The team's work was the subject of the first scientific assessment, spanning five years, of an ecological restoration program, culminating in the gazettal of Wingham Brush as a NPWS Nature Reserve in 2000. Wingham Brush is considered an icon in ecological restoration.

Needs Care

The precious Wingham Brush requires continual care and maintenance as it is very prone to reinfestation from a wide range of aggressive weeds, including the very weeds which had overwhelmed it and remain untreated within the catchment, washing down in floods. The Brush continues to be vulnerable to abuse and misuse by humans, not only deliberately from vandalism, but also from ignorance.

John Stockard



BEFORE



AFTER

The Brush was unrecognisable back then, smothered in walls of hillocks of weeds, all of the vegetation we see now was hard won, battling frosts and floods.



ANTIQUES AND COLLECTABLES

Collect the past and invest for your future

Great to see some grain! Dams are filling, and farmers and gardeners are smiling. Hopefully, it allows for a good season to come. It is always a great season for collecting!

We have had a very busy couple of months preparing for our Collectors' Auction on the 22nd April at Taree Showground. Jen does the catalogue typing and organising of photos, and I organise the shed and advertising. If you want a sneak preview, photos and catalogues are available at www.theauctionqueens.com.au. We hope to see you there. There is a huge variety of lots.

I have been collecting for 30 plus years now, and have always enjoyed the search and discoveries made. The people you meet, the stories you hear, the information you gather and the memories collected are special. I was talking to a gent, Peter, the other day, who is a walking encyclopedia on the Kelly gang. He was telling me about his theories on how he feels, after much research, that members of the Kelly gang survived. Fascinating! We talked about jotting down his research, so that this great archive of information can be passed along to family, or a museum. If we don't talk



A Furphy water fountain

to our families and friends, great information disappears.

Have you ever wondered where the old expression – telling a Furphy comes from? A furphy is Australian slang for an improbable story that is claimed to be true. Furfphies are supposedly 'heard' from reputable sources, some-

times second-hand or third-hand, and widely believed, until discounted. The word is said to derive from water carts designed and made by a company established by John Furphy: J. Furphy & Sons of Shepparton, Victoria. The steel and cast-iron tanks were first made in the 1880s, and

were used on farms and by stock agents. Many Furphy water carts were used to take water to Australian Army personnel during World War I in Australia, Europe and the Middle East. The carts, with "J. Furphy & Sons" written on their tanks, became popular as gathering places, where

soldiers could exchange gossip, rumours and fanciful tales — much like today's water cooler discussions. Hence the expression – telling a Furphy.

John Furphy embossed his philosophy on all his water cart ends - *GOOD, BETTER, BEST - NEVER LET IT REST - TILL YOUR GOOD IS BETTER - AND YOUR BETTER, BEST.*

J Furphy's foundry in Victoria made a huge variety of steel and cast-iron implements, including farm machinery, troughs, feeders, water carts, water fountains..... etc. Today, Furphy items are very collectable. They are easy to distinguish, because he placed the family name on most items made.

Collecting is for everyone. Find the category that suits you, or take the plunge and collect a wide variety of unique and interesting treasures, or limit yourself to one area. It is always fun, and the people you meet, and the stories you hear, help pass along our history.

If you have items you are not sure of, I may be able to help with information, appraisals or sales. I love the history and stories of old and interesting items. Phone Rex – 0427 880 546.

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Keep an eye on your neighbours

There has been an alarming increase in rural theft in our area, especially in isolated areas.

While individuals can take as many precautions as possible to secure their properties, one of the best options is the eagle eye of neighbours, watching out for each other.

The Taree Police didn't want to answer any questions we put to them, as they are planning to release a media statement, pertaining to rural theft, we were told. However, neighbours and small communities are taking matters into their own hands, forming groups, and holding meetings to discuss rural security in their area.

'Neighbours for neighbours' seems to have the strongest appeal.

Let your neighbours know if you're going away. Arrange to visit neighbour's properties, to check on things. If you see a stranger in the area, stop and chat to them, assess why they're there. Take photos of strange vehicles parked in your area.

There is also a growing desire to re-instate a presence at Wingham Police station.

This is the upsetting scene! One owner returned home to find his orderly storage shed had been broken into, and comprehensively trashed. He is still discovering what has been stolen. Thieves tried to get his ute going, in order to steal a generator and a ride-on lawn mower. When they couldn't start the vehicle, they smashed it.



Continued from page 1

Bridge to Nowhere?

cost-effective solution, one that would fit into the character of Wingham, Council came up with a you-beaut \$20 million concrete monster, which we are told we need for future growth.

After a massive public outcry in opposition to this grand venture, by over 90% of the Wingham community that signed the petition initiated by the "Save Our Pool Group", MidCoast Council and the State Member Stephen Bromhead, solemnly promised that the Wingham Memorial Pool will be replaced with a new 'like-for-like' version. That is, a 50m championship pool and all the existing trimmings, with the only problem being: *Where to put it?*

Some bright spark at Council, upon hearing that the Wingham Bowling Club may be a little financially strained, came up with the idea of buying out the club, and building the pool over their greens. This did not go down well with Club Members.

Then, of course, there is the new 'challenge' (we don't use the word 'problem' anymore, as sometimes it suggests 'of one's own making') of what to do with the dear old Bowling Club, and all its members and patrons?

So then, another genius idea. Apparently Wingham Golf Club isn't doing so well financially either, so let's encourage the merger of the two clubs. (Rather like the notion of amalgamating three Councils that weren't doing too well). The only difference is that, in this case, there isn't a rich, cashed-up, desperate State Government around to throw \$25M at such a merger, nor to roll over backwards on SRV increases; and don't forget our Council has just handed over \$1,000,000 to the Taree Hockey Club, (see March edition of this paper), so they won't be too keen to throw any more money around.

Anyway, it proved to be a moot point when the two clubs put it to a vote -

The Golf Club members voted 74 to 60 in favour of the amalgamation. The Bowling Club voted 125 to 44 against the amalgamation. So, the amalgamation will not proceed.

All this chaos, when a modest bridge, or even the proposed concrete monolith, could have been built through the Bowling Club's car park, leaving the Wingham Memorial pool untouched.

And, while the Wingham pool maybe dated and require some maintenance and some TLC, with all the money currently being thrown around by our State Member in advance of the election, surely Council could have got a grant to update the filtration system, and whatever other repairs need to be made.

We have been told that we need this fancy new bridge to cater for future growth, so what about the need for the growth in social infrastructure, like the Wingham bowl?

Then there is a very small, if vociferous, group which has a vested interest in protecting Chrissy Golan Park which, while a nice thought, is rarely used, and floods. Surely another appropriate space could be found to commemorate Chrissy Golan's memory? And then a simple bridge diversion would save the pool and the Bowling Club.

What happens to our community, when we continue to allow our social resources and infrastructure to be gobbled up on the basis of expediency and vested interests?

Answer. We all lose.



MONDROOK MARKET

Artisans, Farmers, Music, Food Workshops

Sunday 22 April 9am - 3pm

Location: Mondrook Hall

587 Tinonee Road Mondrook NSW 2430

The Mondrook Market is a seasonal event to showcase and celebrate the abundance of amazing talent and promote the produce in our region. There will be fresh local produce of course, slow and yummy refreshments but also unique workshops and performances.

With the co-operation of our ethically focussed stall holders and the greater community we can all have a fun and successful event without it being a burden to the planet. This will be a single use, plastics free event so we are encouraging as many people to BYO cups, containers and carry bags as we are proactively working towards a zero waste goal!

Here is taste of what to expect: Fresh and local, yummy food, coffee, organic gourmet goodies, eco-friendly, handmade and more! Live music, visual and performance art, workshops and lots of fun!

Look forward to seeing you all there.

Please like and share the Mondrook Market Facebook page and we will keep you updated.

A GUIDE TO GOOD DIGESTION.

Part 3:
The Liver, Gallbladder and Pancreas.

Welcome to my third instalment of *A Guide to Good Digestion*. In the first instalment, I wrote about the role that the mouth plays in effective digestion, and the importance of chewing. In the second article, I wrote about the role of the stomach, and the importance of having strong hydrochloric acid in your stomach. If you missed one, you can catch up on my website ([link below](#)).

So let's get right into it: the Liver, Gallbladder and Pancreas. These three organs collaborate just after the stomach at the top of the small intestine, to break down macronutrients and activate micronutrients. Don't worry, I'll explain what that means soon! To break down the partially digested food that has made it all the way to the liver, gallbladder and pancreas, these three organs all use chemical digestive processes. Quick recap: chemical digestion includes acids and enzymes breaking down food into nutrients, and mechanical digestion includes chewing, and stomach muscles mashing foods into effectively digestible forms. So, the liver, gallbladder and pancreas all work together to chemically digest food into small, absorbable nutrients.

Now, a quick explanation about macro- and micro-nutrients. Macronutrients are just clusters of micronutrients strung together. There are three macronutrients: Lipids, Carbohydrates and Proteins. Lipids are made of fatty acids, carbohydrates are sugar molecules, and proteins are made of amino acids. The body needs the gut to break these macronutrients down into smaller micronutrient forms, so that they can be absorbed into the blood.

So, summing up so far, we have three organs (liver, gallbladder, pan-



creas), that use enzymes to break down three macronutrients (fats/lipids, carbs, and proteins) into micronutrients which are absorbed into the blood.

Now, I'll explain how these organs help activate these micronutrients, and detoxify the byproducts.

Liver and Gallbladder

The liver is a huge triangular organ (weighing 1.5kg) which takes up most of the upper-right-hand abdominal space. The liver is incredibly multi-functional and vital to our bodily function. Most people I talk to solely think of drug and alcohol consumption, and the role the liver plays in

detoxing these from the body. However, the liver does so much more! In particular, the liver plays a huge role in digesting and absorbing nutrients into the bloodstream.

The liver interacts with macronutrients in many different ways.

Firstly, it converts some macronutrients into micronutrients ready to be absorbed into the bloodstream. If it can't convert them directly, it helps to prepare the macronutrients into forms that are digestible to the enzymes in the small intestine, so the small intestine can turn the macronutrients into micronutrients.

Secondly, the liver works as a filter for our blood, ensuring that the valu-

able nutrients enter our bloodstream, while toxins are filtered out. After the macronutrients have been converted into micronutrients in the liver and small intestine, the small intestine pumps out newly micronutrient-rich blood into the bloodstream. This travels around the body, delivering these nutrients to target organs and nutrient receptors, from head to toe. As blood passes through the liver on its way around the bloodstream, the liver performs the vital function of ensuring that useful micronutrients remain in the blood, while waste products are removed.

The liver filters nutrients into three categories: molecules to be absorbed, stored or detoxified. In the first category, the liver recycles (or absorbs) useful nutrients back into the blood, to be used to nourish the body. Other substances are stored in the liver (that's the second category) for the body to use only when needed in the future. Finally, the liver detoxifies a range of molecules which are toxic, or not needed to nourish the body. These can be excess nutrients, hormones or byproducts of reactions that have occurred around the body. In any case, the liver removes them from the blood, and helps them to exit the body via the bowel, or as urine, sweat, or tears. Other toxic molecules, such as heavy metals, plastics and excess sugar, are stored as fat.

Combination

But, I can't talk about the role of the liver without including the gallbladder, because the liver and the gallbladder work in combination, forming a great team called the Hepatobiliary System. The gallbladder is tucked up inside the bottom of the liver, and is infamous for housing painful gallstones. The gallbladder isn't just home to these nasties, it also deserves credit for the role it plays in breaking down fats (remember fats are called lipids - one of the three macronutrients). The gallbladder is where bile is concentrated, stored and released into the small intestine. For those of you who are wondering, bile is a dark green fluid made by the liver. This acidic, green fluid is what breaks down the fats we eat, unlocking the good stuff! I'll explain in a little more detail in soon!

Lydia Irving is a practicing nutritionist (BHsC) who consults clients in Forster and Taree. Through her business, Internal Instinct, Lydia also offers personalised supplement formulas, and sourdough and fermentation workshops. Lydia specialises in helping clients to understand their health concerns, and looks for underlying causes of disease, rather than just treating symptoms. For more information and enquiries, go to www.internal-instinct.com.

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So, to recap, the liver is busy, and has its trusty gallbladder there to assist it. It activates nutrients to allow the gut to digest and absorb them into the bloodstream. It also filters blood to absorb, store or detox certain components of the blood. The gallbladder is a storage-and-release site for bile.

The Pancreas

The pancreas contains a liquid (or “pancreatic juice”) made up of digestive enzymes, including pancreatic amylase, trypsin and so on. The pancreas is located just across the road (small intestine) from the liver, and beneath the stomach. It is bumpy and elongated in shape, and is often pictured as green in text books, although in real life it’s not so brightly coloured! The pancreas usually gets a lot of attention in the media, for the role it plays in diabetes, because it releases insulin, which is needed for glucose (sugar) to enter into cells. However, 90% of the role of the pancreas is making that “pancreatic juice” to digest fats and proteins (don’t forget, most of the carbohydrates are digested and absorbed before even making it to the small intestine). The pancreas combines with bile from the gallbladder to effectively snip nutrient chains. Teamwork!

Now that we’ve figured out the role of those three great organs (the liver, gallbladder and pancreas) let’s take a bit more of a look at the process of digesting the three macronutrients that we mentioned before: fats, carbs, and proteins.

Fats (Lipids)

The gallbladder releases stored bile, made in the liver, to prepare fats to be transported in the blood. To put it simply, bile does not digest fats, but rather emulsifies fats, so they then can be digested by enzymes in the small intestine. The liver allows fat-soluble vitamins such as Vitamins A, D and E to be absorbed into the bloodstream. These vitamins are great for supporting the body’s immune system!

Sugars (carbohydrates)

The main aim here is to turn sugar molecules into glucose, then to convert glucose into glycogen which can be used for energy. The liver metabolises carbohydrates through a process called gluconeogenesis. Now that’s one for your spelling list! This process entails breaking down long/complex sugars, such as fructose and galactose into a small and simple sugar called glucose.

Protein

The gallbladder and liver alter the shape of protein molecules (a process called denaturation) to then send to the pancreas, so it can finish the job of releasing those amino acids. Proteins need to be broken down into amino acids for the body to be able to use them. During the process of this breakdown, ammonia is made, this is a toxic byproduct. The liver protects the blood from ammonia by either detoxing it out of the body, or storing it in fat cells. In short, the liver makes protein digestion easier on the pancreas and less toxic for the body.

Now that our accessory organs have digested, absorbed and detoxified all the macronutrients we just ate, our body can get on with its natural functions, using fatty acids, sugars and amino acids to build our physical form, release chemicals to make us happy and calm, and support our metabolic processes throughout our entire body.

I hope you have made your way safely down past your “accessory organs”. See you next time for a journey into your small intestine.

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Maybe Master’s Rule is not ok?

values at the end of the 20-year analysis period

The report shows that \$38,114,369 would be achieved in CTP savings for the Campus option, and \$107,072,491 for the Master’s site option, over the analysis period. These figures are based on the assumption that the Master’s site option, in CTP terms, will deliver 2.8 times that of the Campus option. Combining all costs and revenues just for the Master’s option, the report concludes *‘the cost benefit analysis favours the Single Site option, the baseline assessment returning an NPV of \$86.66m and a benefit/cost ratio of 12.5 relative to the Campus option’, over the analysis period.* The CTP figures in the report dwarf, and stand in stark contrast to, the other expenditure, costs and returns in the analysis.

Terms: **NPV** is net present value: To use an example, a loan amount is the net present value of all repayments over the life of the loan. **Cost benefit ratio:** the return from an investment divided by the cost / investment amount. **Baseline assessment** is the net present value for all costs, savings and returns for the Master’s option.

Report Seriously Flawed

The financial analysis in Savills’ report is flawed, and heavily biased in favour of the Master’s option. The figures extolling the financial benefits from the CTP are based on false assumptions, are incorrect and lack credibility. It is interesting to note that there is absolutely no need to include CTP savings in the analysis, if CTP were deemed to deliver the same benefit equally to both Master’s and Campus options. The assumption that the Master’s option will deliver 2.8 times better savings, compared to the Campus option, is unfounded and without evidence. CTP figures should be entirely removed from the financial analysis.

A significant omission is the interest cost on the \$20.1m loan to finance the Master’s site development. Without more detail, we estimate an interest cost of \$8m. This omission seriously distorts the analysis in favour of Master’s. MCC

needs to explain to Councillors, and ratepayers, why this key item was omitted from the financial analysis.

There are other discrepancies. The residual value for IT & audio-visual equipment for the Master’s option is incorrect. It shows the residual value to be higher than the total spend over 20 years, overstated by \$4.7m. The total figure for all residual value items is also incorrect, with two interdependent tables showing a discrepancy of \$109,000 and, consequently, it is a guess as to which figure is correct. Also missing, is the cost of the Project Manager and related recruitment expenses, about \$120,000. The discrepancies distort the analysis in favour of Master’s option.

Report’s Conclusion

The report reaches the conclusion that the cost benefit analysis *‘strongly favours the Single Site Option, with a net present value investment return of \$86.66m and a benefit/cost ratio of 12.5, relative to the Campus Option’.* The report goes on to state *‘the strong result reflects MCC assessment that the Single Site is critical to the achievement of generic cost efficiencies, but the ‘building economics are also sound’.* It further concludes *‘the very large savings from operational efficiencies, and improved workplace culture that the Single Site provides, confirms its position as its preferred option’.* This is totally without foundation.

You may ask, is the Master’s option viable when a) CTP figures are removed, b) residual values are corrected, c) loan interest is included and d) other omissions and mistakes are rectified? Without access to working figures underlying the analysis, a reply would have no credibility. However, a tentative spreadsheet shows the Master’s option is more expensive than the Campus option.

Other Options

Savills’ report makes no mention, or evaluation, of the option to extend/add floors to the existing MCC Forster and adjacent library building, or

the existing MCC Taree and adjacent library building. MCC did not include this option in its submission to Savills. Why? There may be other viable options.

Councillors and Ratepayers Hoodwinked?

When Councillors reflect on the appraisal by Savills and MCC finance staff, and their decision to proceed with the next investigative step, they surely must feel misled. You can well understand their predicament: a lengthy detailed document to peruse, little time to digest it, and pressure to reach a decision. Now, they share accountability. Ratepayers will be relieved that Councillors exercised caution, by deferring a decision on Master’s, until they had time to read and digest Savills’ report. MCC needs to explain to Councillors and ratepayers why Savills’ heavily biased report was not fully checked and proofed for validity, before public disclosure.

The inclusion of CTP savings, the anomalies and omissions, make the Savills’ financial analysis, the conclusions drawn and the recommendations, invalid and superfluous. Linking CTP to Master’s, and assuming CTP will deliver more than double the financial return compared with staying in existing premises, is without foundation, and absurd to the report reader. CTP figures have no place in the financial analysis. Councillors should insist upon a revised, complete and unbiased financial analysis, including other viable options, and halt any further expenditure on the Master’s option, until a credible report and analysis are presented.

Finally, Councillors need to hold MCC finance staff and management accountable. MCC and Councillors are welcome to meet and discuss the author’s findings.

Mr Deignan is a local resident, qualified in engineering and whose business career covered 40 years in computer software development for financial applications.

Maybe Master's Rule is not ok?

This article takes a critical look at the Consultant's report, the financial analysis, and the conclusions reached as MidCoast Council considers relocating their three amalgamated councils into the cavern of the former Master's building in Taree.

MCC & Master's: A critical look at the Relocation Report

By Mike Deignan

Many ratepayers question the hasty decision by MidCoast Council to purchase the Master's site, to centralise offices. Now, a Consultant's report has arrived, has been accepted by MCC, and endorsed by Councillors at a meeting in February 2018. Will the contents of this report add more fury to heated criticism of Councils' determination to move to the Master's site? Councillors Peter Epov and David Keegan did vote against the proposal and Cr Peter Epov called for a Peer Review of the Consultant's Reports, but that was rejected.

The Consultants

Savills, the consultants, gave Councillors, prior to the Council meeting on 20 December 2017, details of their report, which is now on the MidCoast Council website. (Refer to Council Meeting 14 February, 2018, "Attachment A, Late Report 2 – Office Relocation Investigation, Biripi Way, Taree").

The report scarcely mentions the name 'Master's', and evaluates two options: a) Single Site Option, which is the Master's site and b) the Campus option, being the retention of all four existing sites (MCC Forster and Taree and MidCoast Water also Forster and Taree), bringing like-departments together. The Single Site option is the consolidation of all four within the Master's site. Gloucester Council, although part of the amalgamation, scarcely receives a mention, other than saying, 'no change'.

MCC Culture

Most readers would expect public

sector staff, employed on an optional 9-day fortnight, generous leave per year, job security from a State Government freeze on loss-of-position, would be happy, content and efficient in their secured positions. Not so, according to MCC, which carried out a second workplace survey in August 2017, and found a non-constructive workplace culture, with the primary style being *'Passive / Defensive, followed by Aggressive / Defensive, with both styles being least value-adding for customers, stakeholders and staff at MCC'*.

You may wonder what this has to do with the mooted relocation to Master's. Well, according to MCC and Savills, they are inextricably linked. The report assumes that workplace cost savings from MCC's culture transformation program (CTP), coupled with a move to the Master's site, will be more than **double** the amount achieved without any move. The viability of the Master's option rests primarily upon the success of the MCC culture program. The financial analysis and conclusions reached are so dependent on CTP success, that the word 'culture' is mentioned 133 times in the report.

In briefing Savills, the MCC advised that the top two objectives were 'Improved work efficiencies and culture', followed by 'Net financial benefit, based on annual operating costs, and forecast asset maintenance'.

Culture Conflict

In business circles, it is well known that many mergers and acquisitions fail because of Management's failure to successfully bring together two or more cultures. There may be other negative factors, but this is often the prime factor. It requires strong, determined management, backed by a well deployed program, to arrest the malady. Savills' cites Lion Nathan

as a shining example, which they say achieved impressive financial performance. The report fails to give evidence of success in the public sector (government and councils) specifically, perhaps as there is none. Google searches are fruitless. The report correctly states that the failure rate with these culture transformation programs is high, and that the heavily negative cultural style at MCC *'are the most prevalent styles across the Local Government sector'*. Business consultants admit that failure rates with CTP's are as high as 90%, over both private and public sectors. It would appear that MCC has a serious challenge, with high risk of failure, to defy the odds and achieve success with their CTP. The report does caution: *'It takes time to change the culture of an organisation; case studies suggest 8 to 10 years turnarounds are normal.'* **(Maybe now that the controversial GM, Mr Handford, has resigned, everybody may feel a little happier? Ten years feeling miserable in your job seems a bit tough. Some unemployed might think a job on Council to be on a par with winning Lotto. Ed.)**

MCC took its first CTP workplace survey in 2016, and again in 2017, recording an overall 13% decline in constructive styles. The culture elements measured were: Achievement, Self-actualising, Humanistic-encouraging and Affiliative. The author of this article admits to bewilderment with the foregoing elements and their compatibility with the CTP culture factors used in the report's financial analysis: staff turnover, rework hours lost per day, time-wasted, and stress. Potential saving is calculated by multiplying an industry-wide rating (not a MCC survey percentage!) to the 2016/2017 annual payroll cost to arrive at the potential cost savings.

The report conclusions reached from the latest MCC survey are revealing.

'The comparative culture results from 2016 to 2017 support the proposal to move to a centralised head office. This is a critical factor in minimising the risk of an ongoing defensive workplace culture, and the subsequent impact on productivity and effectiveness of the workforce.' There is absolutely no evidence that this statement is true. A ratepayer may ask, if the workplace culture was rectified, would the need to move to Master's site disappear?

The report also states: *'Efforts to improve culture will continue to be hampered by the existing dispersed operations. A move to a centralised location is seen as one of the most significant actions that can be undertaken to facilitate and support the desired culture shift.'* There is no evidence in support of this statement either. Why has MCC inextricably linked the success of the CTP program with the Master's site option? Ratepayers and Councillors deserve an answer.

It would be informative to do a CTP survey now, and present the results. No doubt, it would show a further decline. Senior management changes, and other disruptive factors, seriously undermine and derail progress in culture-change programs. For MCC, this does not bode well for the potential success of their CTP, and significantly undermines the credibility of the hypothetical CTP figures used in the report's financial analysis.

Report Key Figures

For both the Master's option and the Campus option, the financial analysis includes all relevant costs, proceeds of sale of existing properties, operating expenses, detailed fit-out costs, refurbishment costs, operational expenses, gains from operational efficiencies and estimated residual

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