Landchat

Landcare in the Southern New England, No. 88, March - April 2012

Southern New England Landcare...

Our VISION is for a vibrant, socially and economically healthy community existing in a healthy, productive and biodiverse environment.

Our MISSION is to foster community participation in sustainable natural resource management.



Southern New England Landcare





Regional Landcare Facilitator

Hosted by New England North West Landcare Network Chairs Inc. for the Border Rivers – Gwydir region

Diary Dates

Landscan training 27 Apr,11May			
Women's Business Event, Guyra 29 Apr			
Catchment Action Plan upgrade workshops			
30 Apr, 4 May, 8 May, 10 May			
"Managing Land for Carbon" Workshop			
8 May			
New England Expo11-13 May			
Dr Carole Hungerford visits19 May			
BRG CMA Focus Group, Uralla24 May			
SNELCC Meeting16 May			
South American Beef Tour2-25 Oct			

Dr Carole Hungerford to visit Uralla

Why are we such an unhealthy society?

How can we turn this around?

At the State Landcare Awards in Parkes last year, one of the most outstanding presentations was given by Dr. Carole Hungerford. She gave a riveting talk about the health problems associated with modern mass food production & associated farming practices. She pointed out graphically that when soil health declines & microbe content diminishes, the foods grown on that soil can't deliver micronutrients crucial for both animal & human health. Food security is not only about quantity. If the quality isn't there, we'll all be too ill to enjoy life.

Her talk was wide ranging, & delivered with humour & panache despite its unsettling content. So The Soil Health Forum booked her on the spot to come to Uralla, where she'll deliver a full day of important & useful information for both consumers & producers alike, in her inimitable style.

Her best selling book "Good health in the 21st century" will be available.

- When: Saturday 19th May, 9.30am to 4.30pm.
- Where: Uralla Memorial Hall, Salisbury Street, Uralla
- Cost: \$55 per person (includes catering).

Naturally, because we're talking health, there will be a very healthy but very delicious lunch!

Reserve your seat by calling Southern
New England Landcare on 6772 9123 or
email mail@snelcc.org.au by Wednesday 16th
May. Bookings are essential. So please book early
through the Landcare office (see the registration
form on Page 11 to help our caterers!) This event
has been organised by the Soil Health Forum,
convened under Southern New England Landcare.

A break in the weather for HiCUB

Two years of La Niña has meant lots of delays for the High Country Urban Biodiversity project. While the weather has been perfect for planting trees, it has been less than ideal for working in creeks and rivers. Rain and floods delayed projects in Urandangie Ck (Guyra), Dumaresq Ck, Uralla and Rocky Creeks and the Apsley River in Walcha. Fortunately, the Environmental Trust granted us a 3 month project extension to complete these major works.

Since December, a range of contractors have been busy completing these riparian works, and the drier conditions have allowed us to complete all of our planned works. Jamie Williamson and his crew have been working with Bill Perottet in Urandangie Ck and completed several large rock flumes, rock revetment and a large dam. All of these structures are designed to intercept nutrients and sediment before they enter Malpas Dam, the main source of drinking water for Armidale. Combined with major revegetation works, and the exclusion of stock from the creek, the project will significantly improve water quality.

Work in the Apsley River couldn't really get started until late January, but Simon Wall and his team, plus Nic Cobcroft (HiCUB), Walcha Council and crews from Kentucky Tree Nursery, Fields Tree Planting Services and Moon's Native Nursery have transformed the river in town. The bed within the levee banks has been widened to create shallow pools; rock riffles have been added to oxygenate the water and thousands of seedlings have been planted. Added to the paths installed by the Council, the works have created a much better environment for both biodiversity and Walcha residents. Final works to revegetate the bank near the Presbyterian Church are underway. While some works were completed in the Uralla Creeks last year, one final site near Mt Mutton could not be finished because of the wet weather.

Eventually, Uralla Council was able to get into the site and construct a large rock flume to control a head cut in the creek. The site will be revegetated by Fields Tree Planting Service before new projects commence next spring to remove willows upstream of the site. The final major project was the rock revetment in Dumaresq Ck between Marsh and Taylor St. High water levels in the creek had caused the banks to slump, with large quantities of polluted sediment entering the creek. HiCUB, with contractors from Armidale Dumaresq Council and Ducats, placed rock along the base of the bank, removed a number of willows and stabilised the soil at the top of the bank. We placed 500 seed balls, made by schoolkids at SLEX, into the new banks, where they should germinate and stabilise the banks.

As a final touch, 2500 seedlings were planted by Armidale Urban Rivercare Group with help from visiting schoolkids here for the Round Square conference.

HiCUB finally wraps up at the end of April, so in the next issue of Landchat we will have a summary of what was achieved. Look for a screening of the HiCUB documentary near you in May or June.



Black Gully Music Festival

How do you celebrate the achievement of twenty-eight projects; 420 volunteers; the collaboration of four councils, and 76 community groups and businesses; the planting of 80,000 seedlings; and a whole lot of bush regeneration?

Throw a party, a big party, and invite everyone who was involved.

In February, with HiCUB drawing to an end, we took over Black Gully behind the New England Regional Art Museum in Armidale to do just that with the Black Gully Music Festival.

The Black Gully area has been a priority in Armidale. Much of the gully has been improved with HiCUB and voluntary labour, including the planting of many seedlings. This work has allowed the space to be available to the community once again. With the stage area cleared off, the bands lined up and the bar well stocked we were ready for a great day.

Hundreds braved the intermittent downpours to gather and celebrate the conclusion of the HiCUB project, soaking up some great live music and appreciating the work of volunteers and contractors that went into the Black Gully site.

As well as great live music, there was a display of some of the achievements of the HiCUB project in the NERAM gallery. Festival attendees were also treated to a sneak preview of the HiCUB documentary, put together by Social Ventures Media, charting the progress of the project.

Months later the change in Black Gully is still visible. Not only are the plants thriving, but so are the people who use the space. For dog walkers, or families, or anyone who just feels like a wander, the gully is an oasis of calm in Armidale. Kids can play in the flowing creek or under the towering gums. Those with a green-thumb can head over the Community Garden, in the old Teacher's College tennis courts, and join in. This area will continue to be looked after by the Armidale Tree Group.

This story has been repeated all across the New England region, in Guyra, Walcha and Uralla. Thanks to the efforts of the community, councils, contractors and HiCUB we have been able to transform and reclaim some of these urban areas, with the aim of conserving biodiversity, as spaces for the community to enjoy.

WOMEN IN CHANGING LANDSCAPES

A busload of women were treated to a day at Kentucky Village, looking at alternative enterprises in the Northern Tablelands. This was the 4th workshop in the series which have focussed on examining agriculture in a changing landscape.

Participants were able to view first hand ways of creating an alternative source of income other than traditional grazing, where exposure to climate variation is an increasing risk. The Day was a true example of how from little things big things grow and highlighted the achievements of rural women. It was also a day for eating good food starting with a Devonshire tea at Kentucky Roses where Kate Hedges has created a beautiful open garden and Kate supplies roses to Sydney florists and the local market.

Next stop was to Kym and Sally Grant's business Herbal Supplies. Herbs are sourced organically where possible from all over the world and distributed from a fruit packing shed on a small block of land. Tea blends are packaged and the business employs several local people full time.

The Kentucky General Store provided a great venue for some lively networking including some reminiscing of the pioneering days of orchards in Kentucky. Participants were also served a generous lunch complete with dessert as the Group were hurried onto the bus to view Corinne Annetts' boutique goat business. Many of the women had already sampled the beautiful cheeses Corinne makes and sells at the Armidale markets and the skin care products made from the goat dairy. We really needed more time to appreciate Corinne's wonderful achievement of coming runner up in the RIRDC NSW and ACT Rural Women's Award

for 2012.

The last workshop will be held on 20th April at Thalgarrah Field Study Centre with several speakers covering the topic of Biodiversity on Farm and the benefits of planting tree corridors. A sit down dinner under the stars and then spotlighting with Bec Smith (formally at Landcare) will follow before returning by bus to Armidale.

These learning and networking opportunities have been made possible through the Recognising Women Farmers Project funded by the Dept. of Agriculture Fisheries and Forestry. The Project is run collaboratively by SNELCC and NSW DPI.

The Group wish to remain in contact and there will be further sessions to follow. Watch this space or call Sally at the Landcare office for more information.









WOMEN'S BUSINESS

A second Women's Business event will be held on the 29th of April in the Guyra area, starting with a meet and greet at Rafter's Restaurant from 8am.

Guest speakers for the day include; Jen Kealey, Paws Up Coordinator and Corrine Annett, Sunhill Skin Essentials.

Participants will visit Fiona and Derek Smith's beef, pork and

poultry enterprise at "Kenilworth".

"Working with nature" uses biodynamics to re-align the farms energy systems and enhance the soil biology. The cropping operation of potatoes and small vegetable crops is now under Organic Certification.

This event will also include a session on Women's health and a biodiversity walk through the

Guyra TSR with local botanist and long term Landcarer Ruth Tremont.

This event has been funded through the Department of Agriculture, Fisheries and Forestry Recognising Women Farmer's grant.

For more information contact Heather at the SNELCC office.

Recognising John Winter - Irving's contribution to Landcare

John Winter-Irving's decades of contribution to landcare in the Southern New England was formally recognized at the recent New England North West Landcare Adventure showcasing the Inverell district. John's widow, Ona, accepted a regional landcare award from the keynote speaker Major General Jeffery at the Adventure's presentation evening on 26th March at the Inverell Town Hall.

Southern New England Landcare Coordinating Committee Inc (SNELCC) nominated John for a posthumous award in acknowledgment of his dedication and enthusiasm in his role of chair of SNELCC, and his ability to bring a perspective that balanced traditional agricultural with alternative environmental approaches to caring for the land. His dignified and thoughtful approach will long be remembered.





LANDCARE ADVENTURE

The two-day adventure hosted 120 people from across the New England north west, slopes and plains, and included many workshops and displays on a diversity of land management and conservation issues. A highlight of the event was the Paws Up presentation by BackTrack – a not-for-profit organisation founded by Bernie Shakeshaft that offers pathways for youth through mentoring, training, and education programs such as the Paws Up dog training initiative.

Feature speakers during the two days included Fiona Simson, President NSW Farmers' Assoc. and Bob Freebairn OAM, The Land columnist, agronomist, author and consultant. The importance of primary industry to the Australian economy was reflected by Major General Jeffrey (CEO Outcomes Australia) in his speech at the Adventure awards dinner.

"We need to communicate and cooperate actively with land managers, farming and scientific groups throughout Australia and, of course key industry, to develop a program that informs and educates a broad range of stakeholders on leading performance landscape management," Major General Jeffrey said.

"And, importantly, we need to have governments at local, state and federal levels, understand the huge role agriculture can play as a carbon bridge, to encourage reduction in fossil fuel usage whilst they implement the crucial longer term natural regeneration methods that mimic, as far as possible, Nature herself."





Some of the Southern New England landcarers attending the Awards dinner (from top to bottom)
Glen Morris, Tim Wright and Jill Moore-Kashima,
Helen Schwarz and Kath Wray;
and SNELC Board Member
Sally Wright with Major General Jeffrey



Weed Officer Les Tanner, runs through weed identification and management



Participants are captivated by the Paws Up dog jumping



Landcare Adventure participants

NEW ENGLAND EXPO (previously Wool Expo)

Volunteers required!

Once again Southern New England Landcare will have a display at The New England Expo (previously Wool Expo) in Armidale from the 11th - 13th of May. This year's display will include other organizations and Natural Resource Management providers from the Southern New England area and has space for a display from your Landcare group if you are interested. If you are able to help us on the site for a two hour stretch some time during these three days or if you can help us set up Thursday afternoon, please let us know.

There will be a Southern New England Landcare staff member present at all times and it is a great opportunity to catch up with people you haven't seen for a while.

So come along and join us for a while in the NRM tent. Contact us at the office on 6772 9123!

NSW DPI

is running a Prograze course in the Yarrowitch-Walcha area starting in May.

For further information call Clare Edwards (02) 6738 8500.

Bec's Back

I've recently returned to work after a long stint of ill health and I wish to thank the SNELCC staff, board and the Landcare community for their well wishes and support during these last few months.

I'm really looking forward to catching up with you all.



Autumn Fox Baiting

By combining an autumn and a winter control program fox densities can be kept low all year round.

Fox numbers are at their peak in autumn and they are mobile and hungry. Young, inexperienced foxes are leaving their dens and dispersing.

If you or your local coordinated fox control group would like to take part in Autumn baiting contact the New England Livestock Health and Pest Authority. on (02) 6772 2366.



Balala Froggers

Balala residents Jody and Geoff McNally from "Kyeema" hosted a fun and informal night during March for some Balala neighbours to hop into the world of Frogs! Serious amphibian hunting is not for the faint hearted, so neighbours pulled on their gum boots, fired up their torches, grabbed their clear viewing jars complete with breathing holes, found an assortment of nets, and even set up an extensive Frog ID Database that displayed calls, distribution and identification characteristics of frogs in the area.



Residents of the Balala Landcare community & Friends.



Jannala McNally with a Barred Frog.



Sari Belson and Tweedle the wombat.

Wandering along the creek-line and plunging into puddles heralded an assortment of frog species including the Dwarf Tree Frog and Perons Tree Frog.

It was a beautiful and fun filled, eventful evening for all the families who came, and thank you again to Jody and Geoff for sharing their lilly pad, and including Tweedle, the orphaned wombat joey.

Congratulations again, Jody!

Chair of Balala/Brushgrove Landcare Group Jody McNally was recently awarded a NSW DPI Young Scientist Science & Innovation Award.

Jody, a molecular biologist who lives on the family farm "Kyeema" in the Balala area, works at the CSIRO's Chiswick facility. There she has been in a team researching a DNA based test which will tell sheep producers both the worm species they are dealing with & the level of infestation – with results delivered in a fraction of the time & with far greater accuracy than current tests.

This has been made possible because of a recent surge in DNA technology, which has opened



doors for researchers such as Jody.

The Award will give Jody an opportunity to extend the worm research to liver fluke, for which current tests are unsatisfactory. If she is successful in her aim of identifying a unique liver fluke

signature DNA within faeces, then farmers could expect to have high accuracy results quickly from a new fluke test – something impossible to date.

The research also looks promising for helping to isolate worm DNA markers which identify resistance to certain drenches.

Jody is a great Landcarer, with a variety of on-farm interests including looking after a substantial wetland area on the family property. She recently led Balala/Brushgrove to a win at the NSW State Landcare Awards. It's great to have her professional work given a gong as well! Congratulations Jody!

FarmDay 2012 May 26 & 27 Fun, Friendship & Understanding

FarmDay is a fantastic program which aims to decrease the city-country divide and promote a better understanding for city dwellers of farming and where their food comes from. Farm Day matches city and farming families together for a great educational experience, based on family ages, location and interests - they contact all families who register, by phone, to get a picture of who they are and how they might match. While we might think that we are too far from any city, apparently there are a number of families who would be prepared to travel this distance for a weekend experience. You do not need to be able to offer overnight accommodation, families are prepared to find their own.

The registration process allows you to provide information about your farm and enterprises as well as your other interests e.g. Landcare. FarmDay have a number of city families who particularly want to know more about sustainable and / or alternative agriculture.

FarmDay is 26th & 27th May 2012 and they are currently looking for more farms to register as they have twice as many city families as farms at the moment.

Go to www.farmday.com.au for more information and to register.

PELLET HEATER SURVEY

Dear Friends of SNEL,

We would like to invite you to participate in a survey we are doing about home heating, wood heating, the new wood pellet stoves and air quality issues in New England. This is part of a collaborative research project, funded by the Rural Industries Research and Development Corporation, between Southern New England Landcare and the University of New England.

Please fill out the survey at https://www.surveymonkey.com/s/woodstove

Aim of the Research

Pellet heaters have been slow to catch on in New England. We are trying to find out the reasons why, so that this clean, convenient and sustainable form of wood heating can become more widely used in New England. Pellet heaters also have the potential to reduce firewood harvesting and its effects on biodiversity, and to support a new industry in the region converting forestry wastes to wood pellets.

Time Requirements

The survey will take 5, 10 or 15 minutes, depending on how much you choose to fill in. There is further information about this on the first page of the on-line survey.

About the Survey

Your participation is entirely voluntary. If you do the five minute Home Heating survey, you can choose to leave the survey at that point, or go on to do the Pellet Heater or Air Quality surveys, or both.

Completion of the on-line survey will be taken to signify your consent for the information you have supplied to be used in the study. You are free to withdraw your consent at any time. Just contact one of the project staff listed below, and your data will be deleted from the study.

The information you provide will be completely confidential, and your name and address will not be known to us. Your data is kept in secure storage at UNE. Only the research team has access, and the data will be deleted after five years. The information given by any one individual will not be published.

This project has been approved by the Human Research Ethics Committee of the University of New England (Approval No. HE11-217 Valid to 21/12/2012).

Thank you for you cooperation.

Ian Reeve (Survey Manager)

University of New England

67735145 ireeve@une.edu.au

Dave Carr (Project Leader)

| Southern New England Landcare

67729123 dave@snelcc.org.au

Dorothy Robinson (Project Associate)

67701837 Dorothy.Robinson@industry.nsw.gov.au

SNELCC AND DPI TRAINING: Landscan



PROPERTY PLANNING & SOIL TESTING FOR MALPAS CATCHMENT LANDHOLDERS

Cost: \$50.00.

Course is normally \$440 plus \$200 for two soil samples.

This course is registered under the Commonwealth Government's FarmReady program.

What is LANDSCAN?

This course assists farmers and land managers to assess natural resources, to better match land use to land capability and to balance production, profit and sustainability.

6 day sessions over 14 weeks during 2012

Session 1: Friday 27 April

Understanding landscapes and land capabilities. Property planning mapping.

Session 2: Friday 11 May Understanding soils and soil sampling.

Session 3: Friday 8 June Interpreting soil test results

Session 4: Friday 22 June Sustainability and productivity

Session 5: Friday 20 July Tools and strategies

Session 6: Friday 3 August Making decisions

Days run 10-3pm. Half day theory work/half day practical work. 5 sessions will be held from Landholders woolsheds, 1 session at Guyra Bowling Club.

LANDSCAN training limited to 15 properties only.

To register contact the SNELCC office on 02 6772 9123, or email emily@snelcc.org.au or for further information on the training course look to www.dpi.nsw.gov.au/agriculture/profarm/courses/landscan

SUBSIDIES FOR THIS LANDSCAN TRAINING are proudly

brought to you by the Australian Federal Government Caring for our Country project "Developing and delivering sustainable farms in the Southern New England region", secured through Southern New England Landcare Inc, and sponsored through Armidale Dumaresq Council for water quality improvement for Malpas Catchment.



CARING FOR OUR COUNTRY





Managing Land for Carbon

A one day workshop for landholders developed by NSW Department of Primary Industries

Approved for FarmReady subsidy.

This is an accredited course covering the policies, technicalities and practicality of soil and forest carbon. Delivered by a presenter with 5 years experience in the field. It will incorporate a preliminary land assessment and impartial advice, twenty techniques to build soil carbon, and a cost/ benefit analysis. It identifies the areas of your property likely to build soil carbon and the areas suited to forest carbon. Participants will develop a plan to build soil carbon at low cost and tailored to each paddock and soil type. Participants are required to complete some precourse work in preparation for this workshop.

Testimonials: "Well presented.
Good technical information.
No fluffy stuff. Very good
course providing excellent level
of knowledge on a difficult
subject. A most essential
course for landowners in
present times. Extremely
valuable for increasing
productivity and awareness of
carbon trading."

Register your interest in this full day workshop to be run on the 8th May in the Armidale/Guyra district. 100% subsidy may be available to cover the workshop cost of \$520 per person (maximum of 25 participants per workshop) dependent on your eligibility for FarmReady support. Call Southern New England Landcare office on 6772 9123 now.

Invitation

Catchment Action Plan upgrade workshops

Firstly, our sincere thanks to those of you who have participated in the Border Rivers-Gwydir CMA, Catchment Action Plan (CAP) upgrade workshops so far. Across the catchment, the community has nominated over 350 natural and cultural assets for consideration in the new, ten year Catchment Action Plan. We recognise the importance of these assets to the community and the role we have in addressing the threats posed to them. We need to better understand these threats (or "drivers of change") across the landscape. In turn, we need your help in determining how best to manage those threats so we can better protect our assets: our productive land, water ways, soils, cultural and heritage sites, vegetation, biodiversity and vibrant communities.

We warmly invite you to attend any or all of the upcoming "Resilience Analysis" workshops

(9am - 3pm, Inverell East Bowling Club, Glen Innes Rd):

Soils and land use theme - Monday 30th April Water theme – Friday 4th May Biodiversity theme – Tuesday 8th May Community theme – Thursday 10th May

Morning tea and lunch will be provided free of charge.

What happens at a "Resilience Analysis" workshop?

At the workshop, CMA staff will facilitate discussion of draft models of how the landscape changes. For example,

- What is a "desireable" (or "undesireable") condition for the landscape or given asset?
- What are the factors that change the condition?
- What are the most important factors of change and which are priorities for the CAP?

We also plan to visit main centres across the catchment in late May and June. If you are interested in hosting a workshop in your community, please get in touch. Your input will go a long way to helping us make the CAP realistic, well informed and appropriate for the area you live in. Your input will also bring us closer to setting targets that are practical and useful.

If you would like to attend please RSVP to the Inverell Office of the Border Rivers- Gwydir CMA by the 27th April.

Please contact

Carina Johnson (02) 6728 8042, email carina.johnson@cma.nsw.gov.au or Alyson Foster (02) 6728 8043, email alyson.foster@cma.nsw.gov.au .

Your expertise and understanding of landscape issues across the region will be very much appreciated. If you know of someone else that would like to attend, please feel free to forward this invitation to them. We look forward to seeing you in April / May.

To see how we've mapped the catchment for future planning and to give us your comments please visit www.brg.cma.nsw.gov.au and click on the Catchment Action Plan Upgrade icon.





DO YOU LIVE BETWEEN URALLA AND BUNDARRA?

Border Rivers-Gwydir
CMA invites members
of this community to
participate in a focus
group to assist the
CMA with stage 3 of its
Catchment Action Plan
upgrade.

The meeting at Uralla will be structured to gather the following information from community representatives:

- 1) A broad description of natural and social assets within their part of the catchment (socio-ecological system);
- 2) Past, present and future changes that threaten their local landscapes;
- 3) How they or others manage the landscape and threats;
- 4) What these individuals and groups are achieving;
- 5) A description of their communities and character.

A socio-ecological system is "a region where people depend on resources and services provided by ecosystems, and where ecosystem dynamics are influenced, to varying degrees, by human activities" (Chapin et al. 2006).

The focus group will meet with Border Rivers-Gwydir CMA staff for approximately 3 hours between 1pm and 4pm on Thursday 24th May 2012 at the Uralla Community Centre.

Please register your interest in attending this event with Southern New England Landcare on

(02) 6772 9123 or email to mail@snelcc.org.au.

What's new & happening?

HIVE OF ACTIVITY ACROSS SOUTHERN NEW ENGLAND

Landholders across the southern New England have had a busy summer as they progressed through many onground works projects planting out native seedlings to link remnant vegetation, create wildlife corridors and provide shelter for stock. Another large group of landholders has been repairing river bank and stream erosion and fencing stock off waterways to improve the longterm health of our vital waterways. In the west of the region, war was declared on rabbit populations, resulting in successful removal of harbour such as blackberry bushes and windrows of timber, ripping of burrows, and an overall decrease in rabbit numbers.



New plantings of native seedlings – a southern New England landcare project for 2012

SNELC staffing

Many landholders have already met Ruth Tremont this season. Ruth, a highly respected botanist and landcarer, is working on behalf of SNELC completing site visits for landholders as they finish their onground works. Ruth has been, and will continue to be, seen around the southern Tablelands with GPS and camera in hand while she walks through new plantings and erosion repair sites.

Community Support Officer Bec Ballard has returned to work from extended leave and we at SNELC are very pleased to see Bec looking well and contributing as greatly as ever to the landcare scene. Welcome back Bec.

Emily Ingram has become a familiar person in the Malpas region as she rolls out a Caring For Our Country program over the next 12 months for landholders in that region.

Sally Taylor has successfully engaged landholders (and their rabbits) in the western districts during this past season while rolling out the last events of the Recognising Women Farmers grant for Women adapting to a changing landscape.

HICUB staff have been working solidly to complete urban onground works and finalise reporting for the highly effective High Country Urban Biodiversity project that has been active in this region for past years. Most of the HiCUB staff will still be around after the project has finished - working on various programs and projects - keep an eye on the next edition of Landchat for a full rundown of what will be happening, and how we will ensure the HiCUB project outcomes are maintained and built upon.

2012 has been a more hectic year than usual for landcare personnel as we continue to write applications to the many new (and not so new) funding bodies for potential projects across this southern region during the next 5 years. June through to August will be good months to keep a keen eye on SNELC Enews and Landchats, and regional newspapers for announcements of newly funded projects that SNELC staff are anticipating success in.



WHY are we such an unhealthy society?

HOW can we turn it around?

Dr. Carole Hungerford is a high profile general practitioner with medical practices in Bathurst & Sydney. She is also an engaging speaker & a woman on a mission to educate doctors, patients & the wider community about a nutrition-based approach to living a healthy life. She is particularly concerned with the nexus between soil health & human health, and the need to reassess some of our food growing practices to encourage soil biology, rather than reliance on chemicals.

Dr. Hungerford will speak for one day only in Uralla on Saturday May 19th at the Memorial Hall in Salisbury Street. Bookings are essential.

Her best selling book "Good Health in the 21st Century" will be available.



9.30 - 10.00am: Registration

10.00 - 10.30am: Introduction to nutrition & soil health

10.30 - 11.00am: Q & A

11.00 - 11.30am: Morning tea

11.30 - 12.30pm: Specific health issues. Gut problems, cancer,

mental health, diabetes, obesity.

12.30 - 1.00pm: Q & A

1.00 - 2.00pm: Lunch

2.00 - 2.45pm: "The bad guys"

2.45 - 3.15pm: Q & A

3.15 - 3.45pm: Afternoon tea 3.45 - 4.30pm: Conclusion

WHEN: Saturday 19th May 2012, 9.30am to 4.30pm.

WHERE: Uralla Memorial Hall (Uralla) (next to McCossin's Mill). COST: \$55.00 per person, including catering. Bookings are essential!

TO RESERVE YOUR SEAT please return registration slip (below) with payment.

OR

Phone Southern New England Landcare on 6772 9123 or email mail@snelcc.org.au by Wednesday 16th May 2012.

This event has been organised by **THE SOIL HEALTH FORUM**, convened under Southern New England Landcare



Registration (by Wednesday, 16th May please)

Name(s) _	Contact ph:		
Address -			
Dietary restriction (if applicable)			
Payment \$55.00 per person			
Cheques - payable to Southern New England Landcare, P O Box 85, ARMIDALE NSW 2350			
EFT: BSB: 932-000 Account 100111546 Reference: Your full name, & send this form to office			
Cheque enclose	ed 🗆		
EFT Reference			



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Resourcing Landcare in our region



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Wesfarmers Federation
Insurance.

Landchat presents a forum for the expression of a range of opinions.

The views and opinions expressed in this newsletter do not necessarily represent those of Southern New England Landcare or its employees.

While every effort is made to publish accurate information, Southern New England Landcare and its employees do not accept responsibility for statements made and opinions expressed in this newsletter.















General Meeting

6:30 pm Wednesday 16th May 2012

Uralla Community Centre (cnr Hill & Maitland St)
All members are invited.

Please contact your group's SNELCC Representative if you wish to accompany them to the meeting.

Dinner will be provided for a small charge.

Please RSVP by Tuesday 15th May 2012 for catering purposes.

Tel 6772 9123 • mail@snelandcare.org.au www.snelandcare.org.au



CARING FOR OUR COUNTRY