



DECEMBER 2020



Latest news

COVID-19

Victoria moved to COVIDSafe Summer from 11:59pm 6 December 2020.. To keep up to date with the latest COVID-19 information visit:

vic.gov.au/roadmap

cardinia.vic.gov.au/coronavirus

Bushfire Recovery Centre pop up sessions

The Recovery Team has taken the Bushfire Recovery Centre on the road and has visited individual township locations within the recovery footprint and will continue to visit more locations in the lead up to Christmas every Friday from 10am-2pm.

Thank you to all residents who have dropped by and visited our pop up sessions and chatted to the team.



Emergency Management Victoria - support to finalise clean-up claims from the 2019 South East Victorian fires

Emergency Management Victoria (EMV) has advised that it will continue to support property owners registered with the State Coordinated Clean-up Program to finalise eligible claims, and has been working in partnership with Windermere to support residents with the application process.

Property owners will be able to claim up to 50% of clean-up costs, capped at a maximum amount of \$12,500 via the program.

Before clean-up contribution costs can be considered, a range of information is needed including evidence of the property damage (photos or video), cost of clean-up, and confirmation that the clean-up activities were completed by an appropriately licenced provider and fully paid for.

Fencing, trees and vegetation debris clean-up costs are only within scope of a reimbursement claim where these clean-up works have been carried out as part of the broader clean-up of structural damages to a property.

If you have any questions regarding your claim, or would like assistance to complete your application, please contact EMV via email at cleanup@emv.vic.gov.au or by calling Julia Brownlie on 0419 383 654.

EMV is working towards all eligible claims being finalised by 31 December 2020.

Tell us how you 'Imagine Cardinia!'

Cardinia Shire Council is developing a number of plans to help guide Council's strategic direction over the coming years and this is your chance to get involved, have your say and make a difference.

Share your thoughts and ideas to help us develop:

- Council Plan 2021-25
- Community Vision 2040
- Financial Plan 2021-31
- Council Budget 2021-25

The current round of consultation closes on 23 December 2020.

Help create the future of your shire.

For more information visit

cardinia.vic.gov.au/imaginecardinia



Latest news

Upcoming bushfire season

Summer is finally upon us and many residents will still be preparing their property in case of an emergency.

To prepare your property make sure to:

- slash all grass and weeds on your block so they are less than 10 centimetres high. Make sure you maintain this length during the fire danger period.
- clear fallen branches and dead vegetation from around your property.
- clean up fine fuels such as leaves, twigs and long grass and remove any rubbish.
- larger rural and agricultural properties need to create a firebreak at least 10 metres wide along external fences by slashing grass and weeds to less than 10 centimetres.

Please note you may need a planning permit to remove vegetation in certain circumstances.

Make sure to contact Council and discuss whether you require a permit to proceed.

Fire danger period

The fire danger period started on Monday 14 December. This means any burning off is NOT permitted.

Fire hazard inspection program

Fire prevention officers inspect properties in the lead up to summer and during the fire danger period to check if there are fire hazards that need to be addressed on private land.

If the Fire Prevention Officers inspect a property and find fire hazards, a Fire Prevention Notice is issued to the property owner. The notice outlines the works that must be done to fix the issue.

Properties most likely to be inspected include:

- those in high fire risk areas
- vacant properties
- properties that have previously been issued with a Fire Prevention Notice.

If you receive a fire prevention notice, read it carefully. Make sure the works take place by the date stated in the notice. After this date, the land will be reinspected to see if the fire hazards identified in the notice have been fixed.

If you do not comply with the notice, you may be fined up to \$1,611, and/or you may need to cover the cost of us hiring a contractor to remove fire hazards, plus administration costs.

Legal action may still proceed. If you have any questions regarding the upcoming fire season and preparing for the upcoming season contact 1300 787 624.



 cardinia.vic.gov.au/FHIP

 cfa.vic.gov.au/plan-prepare

Latest news

2020-2024 Councillors

Following the 2020 local government elections the Cardinia Shire Council Councillors have been officially sworn and will now begin their four-year term.

The Councillors are:

- Beacon Hills Ward: Cr Brett Owen
- Bunyip Ward: Cr Graeme Moore
- Central Ward: Cr Collin Ross
- Henty Ward: Cr Carol Ryan
- Officer Ward: Cr Tammy Radford
- Pakenham Hills Ward: Cr Jack Kowarzik
- Ranges Ward: Cr Jeff Springfield
- Toomuc Ward: Cr Stephanie Davies
- Westernport Ward: Cr Ray Brown

At a Statutory Council Meeting on Monday 23 November 2020, Beacon Hills Ward Councillor Brett Owen was elected Mayor of Cardinia Shire Council and Ranges Ward Councillor Jeff Springfield was elected Deputy Mayor of Cardinia Shire Council for the 2020-21 Council year.

The image features a central map of Cardinia Shire Council, divided into ten colored wards. Lines connect each ward to a corresponding circular portrait of the councillor, which is placed next to a text box containing the councillor's name, phone number, and email address. The wards and their respective councillors are: Beacon Hills Ward (Cr Brett Owen), Toomuc Ward (Cr Stephanie Davies), Officer Ward (Cr Tammy Radford), Central Ward (Cr Collin Ross), Henty Ward (Cr Carol Ryan), Ranges Ward (Cr Jeff Springfield), Pakenham Hills Ward (Cr Jack Kowarzik), Bunyip Ward (Cr Graeme Moore), and Westernport Ward (Cr Ray Brown).

Ward	Councillor	Phone	Email
Beacon Hills Ward	Cr Brett Owen	0418 993 370	b.owen@cardinia.vic.gov.au
Toomuc Ward	Cr Stephanie Davies	0439 444 810	s.davies@cardinia.vic.gov.au
Officer Ward	Cr Tammy Radford	0439 580 797	t.radford@cardinia.vic.gov.au
Central Ward	Cr Collin Ross	0402 420 398	c.ross@cardinia.vic.gov.au
Henty Ward	Cr Carol Ryan	0418 130 851	c.ryan@cardinia.vic.gov.au
Ranges Ward	Cr Jeff Springfield	0427 383 810	j.springfield@cardinia.vic.gov.au
Pakenham Hills Ward	Cr Jack Kowarzik	0439 620 809	j.kowarzik@cardinia.vic.gov.au
Bunyip Ward	Cr Graeme Moore	0400 167 844	g.moore@cardinia.vic.gov.au
Westernport Ward	Cr Ray Brown	0419 953 198	r.brown@cardinia.vic.gov.au

Latest news

Youth Positive Pathways online directory

Council has relaunched the Youth Positive Pathways Online directory in Partnership with City of Casey and City of Greater Dandenong, as well as the South East Local Learning and Employment Network (SELLEN).

Youth Positive Pathways online directory is a guide to services for young people in the south-east.

To search the directory,



youthpositivepathways.com.au

Equine webinar

Thank you to everyone who tuned into Dr Mariette van den Berg's webinar on managing run off and mud on horse properties. The recording of the webinar is available online at:



youtube.com/user/CardiniaTV

Weed control grants

The 2020-21 Weed Control Grants are still open.

Weed control grants are available to help landowners and community groups control noxious and environmental weeds on private property, both in agricultural areas and areas of high environmental value.

Funding is available for the following categories of approved weed control works:

- purchasing herbicide (maximum \$250, or \$500 for community groups)
- disposing of weed material, i.e. tip passes or skip hire (maximum \$200)

- hiring of equipment, for example sprayers, mulchers etc (maximum \$250)
- hiring contractors (maximum \$250)

Receipts that are submitted for reimbursement must be dated in this current financial year.

If your receipts do not meet the criteria no refund will be given.

You will be notified by email of the outcome within two weeks of submitting your application.

Receipts and progress report/payment request forms must be submitted via Smarty Grants in order to be reimbursed by Council.

We will do a random audit of properties to ensure compliance with the requirements of the grant program.

Please note eligibility criteria does apply.

For more information about how to apply and the criteria visit the Cardinia Shire website.

Tips for removing weeds

- where possible, choose non-chemical methods of weed control.
- if the weed spreads by seed, consider the most appropriate way to remove the weed without spreading seeds.
- think about how you will dispose of the weeds. Never dump your garden waste on roadsides or reserves as this can cause weed spread and invasion.
- make sure you have the right tools and safety equipment.

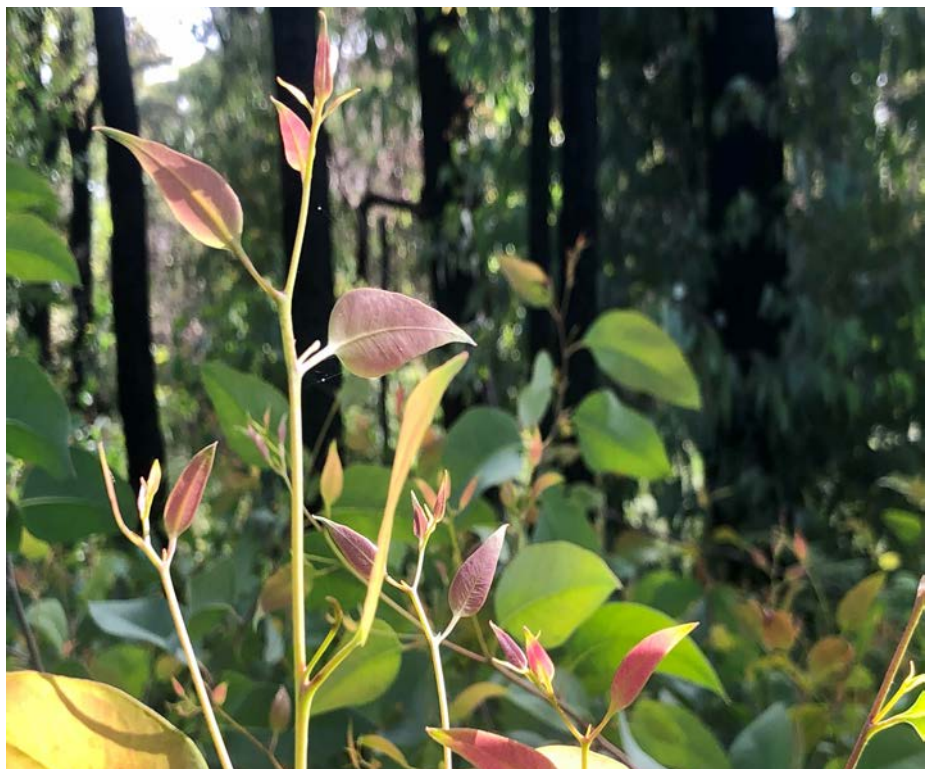
More information about removing weeds and a weed management calendar can be found on the Cardinia Shire website



cardinia.vic.gov.au/weedgrants



cardinia.vic.gov.au/weeds



Message from Windermere

Windermere's bushfire recovery support program will come to a close at the end of December. After almost two years working with you and alongside the community, the team at Windermere could not let this moment pass without letting you know what an honour it has been; listening to your individual journeys, helping where we could by providing information and linking you to other services, attending community events, providing material aid, supporting young people to attend fun activities and sharing meals at the Tonimbuk Hall. There are many memories that we'll all cherish.

Across 2019 and 2020 you may have spoken to either Mark, Fiona, Stephen or even myself as Manager of the Bushfire Recovery program, but really your key workers have been Megan and Di, who wanted to share some of their own parting words with you.

To the Bunyip community,

Thank you for allowing us the opportunity to get to know you not only individually, but as a community. It has been a privilege to walk alongside you, in your bushfire recovery journeys over the past 20 months. As our direct support draws to an end, we would like to take this opportunity to wish you all a very happy Christmas, safe New Year and a brighter 2021.

With warm regards,

Di & Megan.

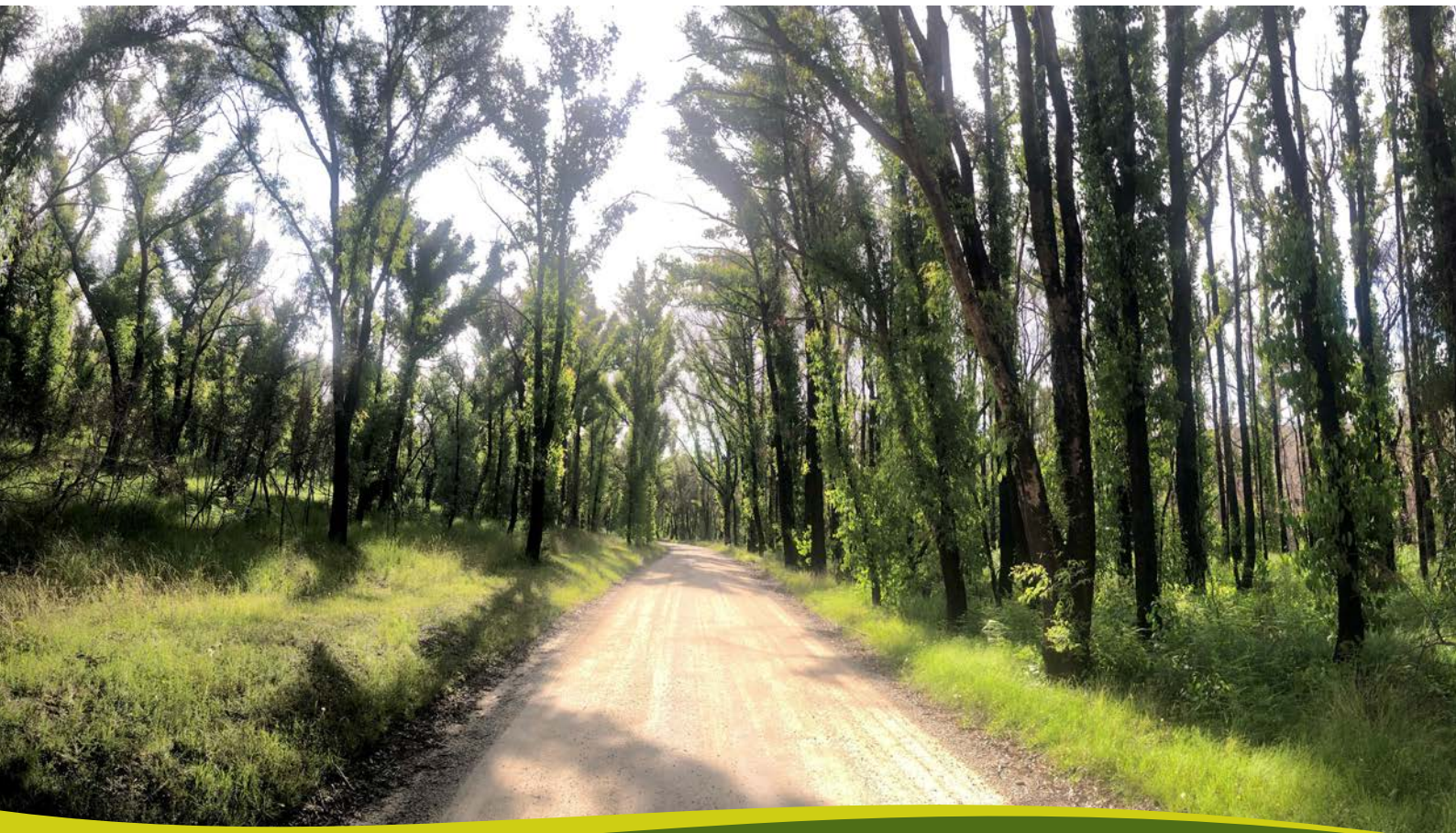
Thank you once again for allowing us to be a part of your recovery journey – we know that process is not over for many, but we have been so impressed by your resilience, even in the toughest of times. Take care.

Please share your feedback about your experience of receiving support from the case workers in Windermere's Bushfire Recovery team.

We're keen to know what we did that worked well for you, and any areas for future improvement.



surveymonkey.com/r/2MFNY2



Creative recovery project update

As many of you will know, Cardinia Shire Council has engaged three local artists as part of a regional, creative recovery project. You may remember the beautiful postal project that went out to all letterboxes earlier in the year to gather residents' feedback on what is special about this community. These artists also spent some time with the community in between lockdowns - walking properties and visiting areas of significance - to get a feel for the things people love, miss and hope for their neighbourhood.

This feedback informed the artists' creative process as they designed creative recovery projects just for you. These proposals have been shared with the community in a number of ways and a summary of these is shared again.

Council has reviewed the proposals and is happy to be able to offer funding to elements of both of them. We are sure that you will love the opportunities that this will create for you and your community in the new year. Keep an eye out next edition for an update on Meeting Places by Janine Good and Sue Jarvis.

This edition we share with you the project: Resounding by Gulsen Ozer.

Please see page 8.

SUMMARY OF PROPOSALS:

Community workshops: Various creative workshops with community members. Turning the 'ordinary' into the 'extraordinary', learning how to elicit the essence of an area, exploring the natural elements unique to the area using different techniques and materials. A chance to show the artists' journey of inspiration throughout the area, and to inspire the locals to do likewise.

Place-making: Enhancing the places where community has gathered for recovery and recreation, to facilitate the ongoing connection and sharing found since the fires, providing informal places to meet and celebrate, spaces to gather and reflect.

Metal panels: Laser cut panels utilising imagery from the surrounding landscape and community designs, placed in various places such as Mt Cannibal, Cannibal Creek Reserve, and Tonimbuk Hall. A symbolic pictogram of each area so that all four districts are remembered through the project.

Musical composition: Material sourced via community sharing of music, poetry, spoken word, singing groups and other sound recordings.

Singing groups (Men, Women, Youth): Gathering together socially and singing, each learning a part of the overall musical composition. Singing to explore and attend to emotional healing.

Performance at a community event: Led by participants of singing groups, inviting open participation of community. A group singing together is a powerful metaphor for community. It is an example of a community's diversity through a shared experience and sense of togetherness.



Creative recovery project update

Louder than a quarry truck

Local artist making music with the sound of the bush and its people

Have you ever listened to Lyre birds in the gullies near Cannibal Creek, the wind at Mt Cannibal, or the bush sounds by the creek near the Recovery Centre? I started listening to these sounds after I met with people who went through the 2019 bushfires. Over cups of tea, long walks and equally long phone chats during COVID-19 restrictions, I came to understand the magic of this place.

Here are people who love their home, and know by heart all the sounds of the wind and the birds in their area. Some responded to postcards that myself and two other local artists sent earlier this year, describing the peace, their love of the rain on a tin roof, the bird calls that change with the seasons, the thump of kangaroos moving through the bush, the gentle bubbling of the creek. And the fear that all this may not last.

My name is Gülsen, (it's from a Persian word meaning 'place of flowers.')

I am a dance artist, I work with music and musicians, I work with communities. I have fallen in love with the bush here and the people recovering from the 2019 bushfires.



Gülsen Ozer,
Creative Recovery Project artist

I am starting a very special project, based on everything I have learned from the people of Tonimbuk, Bunyip North, Garfield North and Tynong North.

This project involves a creative process in which artists and participants create the sounds of their local community, the natural environment, the voices of the community and the emotional and soulful aspects of this special place and people. It is a kind of 'sound journey', one unique to this area.

I need some sounds

The 'sound journey' will be made up of recordings of the natural sounds of the bush, and of music, singing and poetry. This is a call-out for you to send me recordings of the bush, or your music and songs. For all the musicians, singers, poets and nature lovers out there, I need your help.

Also, from February to April 2020 I will be bringing a wonderful team together to facilitate singing workshops in the community. The workshops are free for anyone with a connection to Tonimbuk, Bunyip North, Garfield North and Tynong North.

Both the recordings you send to me and the singing group song will, with your permission, form the basis of a new piece of original music created with the community.

Make your voice heard. This is a celebration of all that we love about this special place. And a chance to come together and have some fun.

Send your music/sounds

We're starting straight away!

- do you play music or write songs or poetry? Send me a recording of your music or your poetry as spoken by you.
- if you're not a musician, you can send me a recording of the sounds around your area; the creek, the birds, the wind; anything you love to hear.
- are you a musician living in the area or from the area? Send me some of your music, links or tracks or make something based on the provocation 'sounds of home'.

Please send to
Recovery@cardinia.vic.gov.au

You can also call 0436 836 093 for more information or message via the Bushfire Recovery Group - Tonimbuk Hall Facebook page.

We have Dropbox too: if your file is too big, or you are having any issues, please call or email.

Register for free singing workshops

Singing workshop will start in 2021. No prior experience necessary, beginners and seasoned singers welcome. The workshops will be in a safe and respectful space and facilitated by a professional song master.

Register via email (subject line: Singing Workshop; and include your contact details and preferred times eg. Day/night, weekday/weekend.)

Recovery@cardinia.vic.gov.au

or call 0436 836 093

or message via the Bushfire Recovery Group - Tonimbuk Hall Facebook page.

Accessing mental health services in the Bunyip area

Katerina Volny, Bushfire Recovery Psychologist, Monash Health

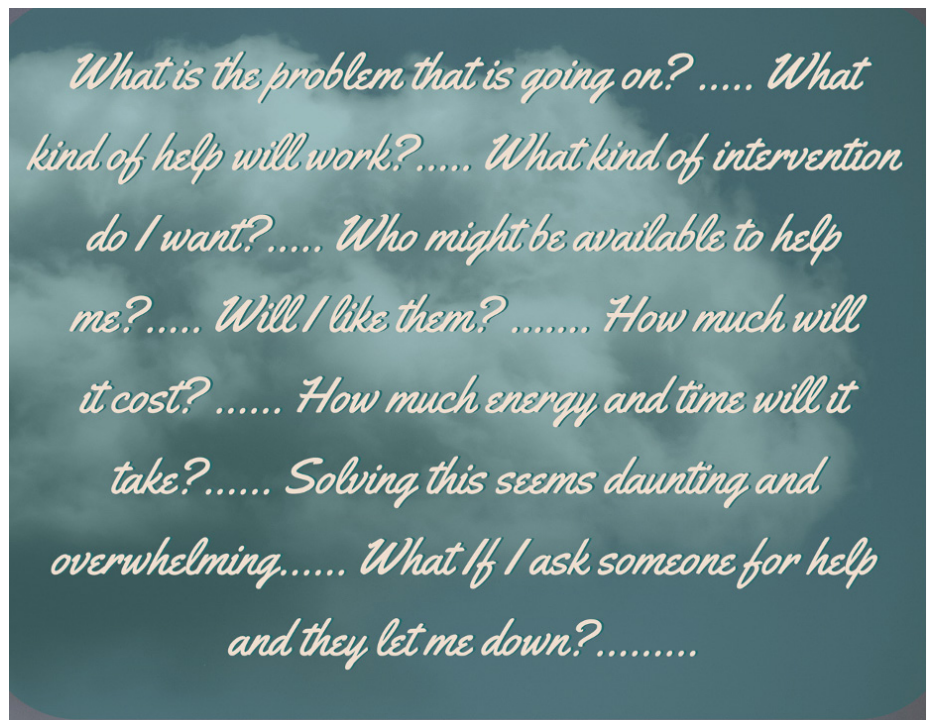
Mental health services can be complex, changeable, and a challenge to find just the right options for a person in a specific situation. With our COVID-19 experience the demand for mental health services has increased, sometimes leading to waiting periods to access services. Having an overview of the kinds of information and services available can be helpful for getting the right help at the right time.

It's worth persisting to find out what your needs are and what people, services, or interventions can be helpful to you. Sometimes identifying what the problem is, or what is the change you want, can be an important step towards finding a solution, and is often something that a psychologist can assist with.

When to seek out mental health services?

For yourself

- at times of crisis, when you have severely depressed mood, harmful behaviours, or thoughts of ending your life
- when you are experiencing big changes in behaviours or distressing experiences
- when difficulties are persistent over weeks or months and are disrupting your ability to do your normal work, family, or recreational roles and activities
- when you are not thriving and not satisfied - it's a good idea to seek mental health or personal development support when you want to be functioning better. You don't need to be in crisis to benefit from gaining self-awareness and skills that help you to be the person you want to be.



For others

When you have a loved one or someone in your care that is showing signs of crisis, risky behaviour, or unusual changes in their behaviour, it is a good idea to support them to seek assistance if you can, or otherwise consult with a healthcare professional to better understand what can be done. In an emergency you can contact crisis services or consult specialist services for information and guidance.

For friends, family, carers

Those providing caring to a person with mental health needs can experience considerable stress themselves, and carers services can be helpful.

Carers Victoria has a phone line as well as links to practical and counselling resources.

Carers Advisory Line: 1800 514 845



www.carersvictoria.org.au

Consider the right match for you, including:

Accessibility

Do you prefer face-to-face or online services? Consider how far might you need to travel, how often will you need to attend and how much of your time might a mental health intervention require.

Cost

There is a range of public and private services with a mix of costs and funding options. There are many low- or no-cost options; however, they may also have a waiting period or limits on their services. Private services may cost more; however, you may have a much broader choice to select a preferred service provider. Funding for services are often available from Medicare, private health insurance, TAC, Workcover, NDIS, and Employee Assistance Programs.

Accessing mental health services in the Bunyip area

Quality of practice

Consider what quality of care you are looking for, and whether treatments are in accordance with evidence-based practice and treatment guidelines for specific conditions.

You may like to consider what accreditation, qualifications, or experience a mental health practitioner might have – they may be registered practitioners with the Australian Health Practitioners Registration Agency, they may belong to an association, or may be practitioners without a regulating body.

Some other considerations that ethical practitioners keep in mind are to practice within their area of expertise and experience and place your best interests as a priority so they are happy to consider referral to others services that might be a better match for you. They provide realistic expectations, so they don't promise unrealistically quick and simple cures.

Relationship with health care provider

The quality of a relationship with a therapist providing mental health interventions, or therapeutic alliance, has been found to be a significant factor in the effectiveness of treatment, and about as important as they type of interventions that are being provided. It is important that you feel comfortable, listened to and respected, and that the goals of therapy are developed together and review and feedback about how the treatment is going is sought regularly. It can also be important to have an idea of how long the treatment is estimated to take.

- ask your GP for a recommendation, or other trusted people.
- if the first provider is not right for you, don't give up, try another.

What local face to face services are available?

The Cardinia services directory has a broad range of local support and mental health services.

cardinia.vic.gov.au/health_and_wellbeing

Community Health Centres

These centres provide a range of helpful physical and mental health services, at low or no cost delivered by experienced professionals, such as counselling for children, families and adults, physiotherapy, dieticians, podiatry, and diabetes specialists.

Monash Health (service located at Pakenham, Berwick and Cockatoo) - 1300 342 273

West Gippsland Health - 03 5624 3548

Latrobe Community Health - Warragul 1800 242 696

Rural Health Connect

Rural Health Connect offers online psychologists for people living away from town centres. Bushfire affected people, and those with a mental health plan, can access these services and some no-cost bulk billing options are available.

Go online to see more information at

ruralhealthconnect.com.au

Call 0427 692 777 or email info@ruralhealthconnect.com.au

Public Mental Health Services

Important for mental health crisis, severe or complex disorders. Referral via 24 hour Psychiatric Triage phone line.

Eastern Health 1300 721 927

Monash Health 1300 369 012

Gippsland 1300 363 322



Accessing mental health services in the Bunyip area

Private psychologists and other mental health practitioners

See your GP for a mental health plan for Medicare-subsidised sessions. Funding can also be available for psychological services for TAC, Workcover, Employee Assistance Programs, Victims of Crime, NDIS

The Australian Psychological Society has a find a psychologist tool. It won't have all psychologists, so it could be helpful to do a google search as well for psychologists in your area.

[psychology.org.au/
Find-a-Psychologist](https://psychology.org.au/Find-a-Psychologist)

Youth mental health service:

headspace.org.au

1800 367 968

(locations in Pakenham and Narre Warren)

What specialist services are available?

Many of these services are now online.

Trauma - Centres Against Sexual Assault

secasa.org.au

SECASA Pakenham 8769 2200 – Opt 1
SECASA Crisis 9928 8741

Domestic Violence - 1800 RESPECT

1800respect.org.au

Relationship services:

relationships victoria.com.au

(locations in Berwick, Cranbourne, and Cranbourne North)

relationshipmatters.com.au

Substance use

Gippsland Drug and Alcohol Services
1300 022 760

SECADA (South East Drug and Alcohol Services) 1800 142 536

Not for profit associations that specialise in particular mental health difficulties and disorders can provide specialised supports. There are many of these associations, some examples:

Autism:

amaze.org.au

Eating Disorders Victoria:

eatingdisorders.org.au

Bereavement from death of a child

compassionatefriendsvictoria.org.au

Trauma:

blueknot.org.au

Borderline Personality Disorder:

bpdfoundation.org.au

Mental Health Support:

grow.org.au

Lived experience and peer educators can be valuable supports. It can be helpful and hopeful to hear from others that have had similar difficult experiences.

SANE Australia is an organisation that provides links to lived experienced stories and services.

www.sane.org



Accessing mental health services in the Bunyip area

When you need someone to talk to now

If risk of harm is significant please consider whether emergency or crisis services are needed:

Calling an ambulance (000) or attending the local emergency department

Local psychiatric triage
24 hour phone services:

Eastern Health 1300 721 927

Monash Health 1300 369 012

Gippsland 1300 363 322

Domestic Violence 24 hours
phone line 1800 737 732

Consider online and phone services that are available to provide professional mental health support, some are staffed 24 hours, and some also have online chats and other useful information.

Lifeline 131 114

Beyond Blue 1300 22 4636

Suicide Call back line 1300 659 467

Mens Line Australia 1300 789 978

Kids Helpline 1800 551 800

When you have to wait for a service

While it is important to receive the individual professional service that you need, please see this list of resources and strategies that may be useful when there is a delay in accessing a service.

Reducing your stress and demands by taking time off work or asking for help from family or friends.

Your GP is likely to assist you with a medical certificate to take sick leave from work if needed.

Make an additional time to check in with existing supports, helpful friends and family, existing services, or your GP.



mindspot.org.au/course-finder



A Farewell from Katrina Volny

My current role with the Bushfire Recovery Team comes to an end with the end of this year. I have been working with the team for just over a year.

There is no doubt the isolation due to COVID-19 made things so much more challenging, and that we can best work together when we are able to meet together.

I know that for many the recovery journey continues, and I will continue to think of you and wish you all the best. In this role I have seen and appreciated strength, honesty, connection to land, and willingness to contribute to getting on with recovery in whichever way works.

I am pleased that there will be some ways in which I can return in a different capacity to work with this community again on some projects including walks and group sessions in the new year, and I hope that I can see some familiar and new faces then.

Business renewal

Business and farm recovery and renewal services

Council's Economic Recovery Officer, Daryl Brooke, is here to help fire-affected businesses and farmers who were further impacted by COVID-19.

Contact Daryl by email at d.brooke@cardinia.vic.gov.au or by phone 0433 948 258.

Short-term assistance

- dealing with short-term cash flow or operational problems
- help pivoting your business to products and customers better suiting these times
- assessing new industry opportunities
- referrals to appropriate professional help
- ask to be included on our Friday's Business weekly email

Longer term assistance

- assessing new business ideas
- 2022 and beyond business plans
- evaluating new and better business models and methods
- ask about our work with your West Gippsland Progress Association on food, tourism and small business industries.

COVID-19 help for fire-impacted farms and businesses

- Australian Government support business.vic.gov.au/coronavirus-covid-19/business-support/Coronavirus-COVID-19-business-support-and-financial-assistance-finder
- Victorian Government support business.gov.au/Risk-management/Emergency-management/Coronavirus-information-and-support-for-business

Cardinia Business online portal

'Cardinia Business' is a new, interactive online portal to support local businesses, and the portal's 'Buy Local' map helps the community find local businesses and show their support for local business.

Local businesses: it's easy to put your business on the map, and because your listing is linked to your business' Facebook page, it updates automatically.

It also has information on support available to businesses and links to essential business information, all in the one place.

 cardinia.vic.gov.au/cardiniabusiness



Creating a rain garden to manage rain and wastewater from your horse stables and washing bay

By Dr. Mariette van den Berg
B.AppSc., Msc., PhD (Equine Nutrition)

mbequineservices.com

equinepermaculture.com

We all welcome the rain, it is essential for all life. It provides us with drinking water, and it irrigates our crops and pasture for food and fodder production. Although we all welcome the rain, those with horses often see an increase in horse health and land-related problems that are directly attributed to wet conditions.

Water plus soil equals mud, and this can lead to some very annoying issues for you and your horse. There are a number of factors that contribute to run-off and mud problems on your property. While climatic and seasonal factors influence the quantity and frequency of rain events throughout the year, the composition of your soil is also a major factor. Those lucky enough to have sandy soil enjoy good drainage, heavier clay soils, on the other hand, hold rain or snow-melt on the surface and are a guaranteed recipe for mud when top layers become oversaturated.

The contours of your land will also contribute to run-off or pooling of mud. Where you have undulating land or clearly defined hills and valleys, run-off will be more of an issue in the lower parts of the land especially if there is no grass cover. In these sections water cannot soak in and is often funnelled away causing erosion and build-up of mud if there is no vegetative buffer. High traffic areas and trampling by animals can amplify the mud problem.

Mud is a hazard, specifically on and around these high traffic areas where you are walking (with the horse). It can result in you slipping and injuring yourself and not to mention the embarrassment of you ruining your new (light colour) jodhpurs! Mud is also a hazard for your horse, they lose shoes, may develop all kinds of hoof and skin related problems and slipping and sliding in muddy yards and paddocks may result in serious muscular and skeletal injuries.

Soil compaction and de-vegetation can lead to run-off issues during wet weather. Run-off can cause erosion and build-up of sediment in your water-ways, significantly affecting water quality. Often pastures cannot be fully utilised for grazing, which means horse owners need to take horses off pasture and manage them elsewhere.

In the previous article (Part 2) we provided land management strategies to de-compact and repair soils for better water infiltration. In this part we will focus on the concept of installing rain gardens to aid water uptake by our soils.

Rain and grey-water gardens

If you worry about muddy puddles, erosion and washed away dirt around your stable, yards and paddocks after a heavy rainfall or waterlogging around your washing bay - rain/grey water gardens are a solution! This concept is very common in high rainfall areas such as Europe and USA where water is not necessarily captured in storage tanks for later use. As we typically try to harvest rainwater even from our stables and shelters – we will most likely deal more with excess run-off rainwater or grey water from our washing bay or stables.



What is a rain/grey water garden?

A rain/grey water garden is basically a plant pond or swale, that you plant with special deep rooted species to form a garden bed. These plants help the water rapidly seep into the soil, away from your stable or house and out of your hair. You can direct excess rainwater or grey water from the stable and washing bay to the garden via a diversion drain (stone channel) or plastic piping.

The garden captures the water and, when properly designed, drains it into the soil within a day. You don't have to worry about creating a mosquito haven; the water drains before mosquitoes have time to breed. Rain gardens are often designed with different types of rocks and peddles (also sometimes referred to rock rain gardens), but other materials such as mulch and shredded wood chips can also be used (make sure that it doesn't float).

If there's an especially heavy rainfall, excess water may overflow the rain garden and can be redirected to a larger swale or pastures. The rain garden or wale will channel water away from your foundation and reduce the load on the area around the stables, yards or washing bays. A rain garden or swale also reduces the amount of manure or chemical (eg soap, laundry liquid) wastes that may otherwise run off into local streams and rivers. In some areas, rain/swale gardens qualify for funding! Check with your local Landcare, water management or catchment groups.



Grey water

In the case of grey water coming from your stables such as water from the washing machine, sinks, water after soaking hay or washing bay, we can still redirect it to these "rain" gardens – as they function as a natural biofilter. Grey water, which is the water that comes out of the drains of showers, baths, sinks, and washing machines, is distinctly different from black water, which is what gets flushed down the toilet.

Grey water can be used for watering gardens, landscaping, or even flushing the toilet, so it's a resource we can use twice. In the case that you do have a toilet in the stables – you probably will have all your black and grey water connected to a septic system. But it could also be that you have the toilet connected to the house septic system – and you redirect grey water separately from the stable block. In this case "rain" gardens can be very useful, especially around washing bay areas – where most water runs-off.

Let's now discuss how to design, build and plant a rain/ grey water garden suitable for your stable/ yards and washing bay areas.

Location and slope

Water flows down the hill. This is the most important consideration for your rain garden because you will need to work with your lands natural slopes to collect the water. Check the slope of your lawn/yard around the stables or washing bay with a level and a long, straight board or string (see figure 2). The slope of the yard will determine how deep the rain garden. will be. To calculate the slope of your yard use the method described in figure 2.

You'll need a minimum slope of 2% for water to flow into your rain garden, however aim for between 3-8 %. If you don't have this slope, you'll have to do some landscaping, both to create the slope and to improve drainage. Alternatively, on flat sites raised planter boxes make ideal rain gardens (many are used in urban and house developments).

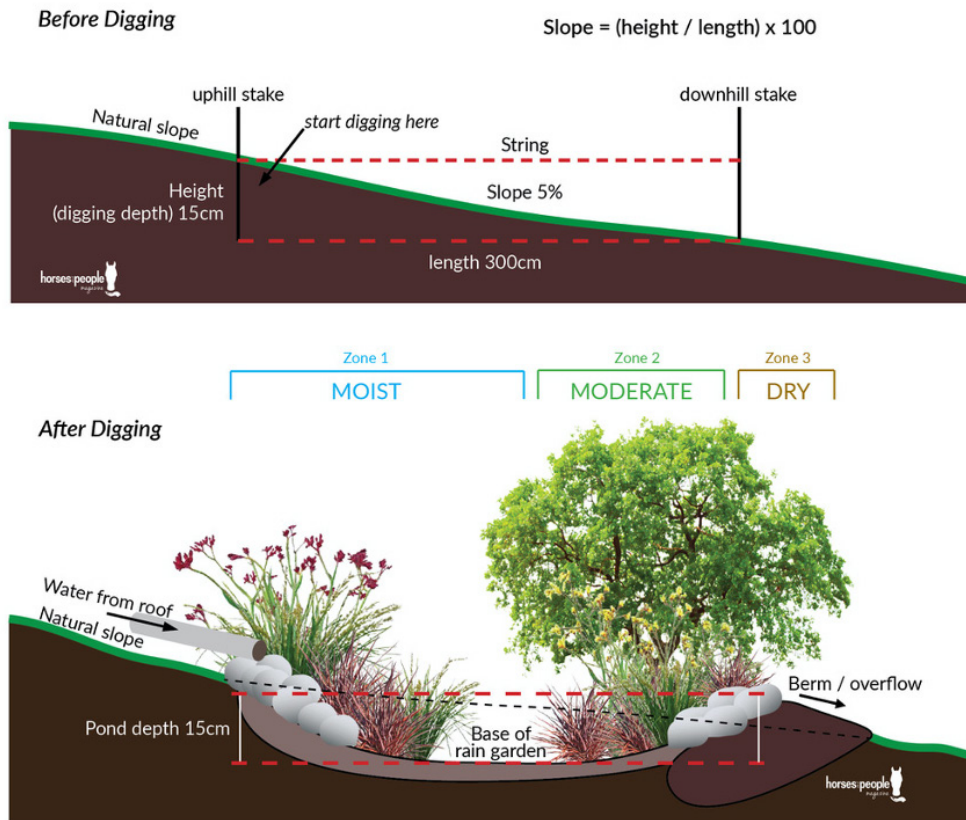


Figure 3 Slope and dimensions for the design of a rain garden. Place stakes at the upper edge of the rain garden and stakes at perpendicular angles on the lower edge of the rain garden. Tie a rope at the base of the upper stake. Then tie the rope to the lower stake at an elevation that is level with the ground at the upper stake. Use a carpenter's level to make sure the rope is level.

When determining the location of your rain garden keep the following in mind:

- locate your rain garden where rain or grey water will feed into it from downspouts, driveways or low points in your yard.
- place your rain garden at least 3 meters away from your stable or building. Otherwise, water may saturate the soil close to the foundation or even back up against it. If you already have water pooling close to your stables or yards, channel it with an underground PVC pipe to the garden. This may mean tunnelling under a walkway or other obstruction. Alternatively you can also build a mini diversion drain.
- in the case of an outdoor washing bay, mini swales/gardens can be built directly around the bay, or the water can be redirected to the main "rain" garden.
- rain gardens should not be on located on very steep slopes that can become unstable when saturated.
- if excessive slope exists, installing a rain garden will be more of a challenge. Retaining walls are usually needed to create a level depressional area for a rain garden on steep slopes
- rain gardens should only be installed when surrounding landscapes are stabilized and not subject to erosion. If a rain garden will be installed in conjunction with final landscaping of new construction, install the rain garden after every-thing else is well vegetated. Sediment entering a rain garden will create a crusted surface that will limit infiltration.
- avoid locating rain gardens under trees. There will always be some excavation involved with rain garden installation, and excavation under the drip line of a tree canopy will cause damage to a tree's roots. In addition, there is a much wider selection of plant species to choose from in sunnier locations.
- it is important that the rain garden be level -from side to side and end to end so that water infiltrates uniformly across the bottom of the rain garden.
- rain gardens should be laid out on the contour—that is across the slope. Long and narrow rain gardens are recommended, so make the long sides lay across the slope and have the narrow ends running up and down the slope.
- create the rain garden by building a berm in a low spot in the yard, and then build a diversion drain to channel runoff and higher parts around the yard. The water is then absorbed into the soil through the network of deep plant roots.
- lay attractive river rock (2.5-5 cm diameter and, if desired, larger decorative rocks) or run an underground 10 cm PVC pipe to channel water from your stable or washing bay to your garden.

- keep in mind “the big rain,” that storm a couple of times a year that will overflow your garden. Create an overflow zone, a slightly lower area on one side with stones that will channel water away once the garden fills. Locate it away from your house, arena and your neighbours’ property as well.
- do not locate the garden over a septic tank or underground utility lines.

Garden depth and size

Rain garden depth usually ranges from 10-25 cm; gardens deeper than 25 cm may hold water for too long and also present a tripping hazard. The base of your rain garden needs to be flat in order to evenly drain the water it collects. The steeper your yard’s existing slope is, the deeper your rain garden’s bottom will be. Use these depth ranges as a guide:

- less than 4 % slope: Depth should be at least 10 cm
- 5 to 7 % slope: Depth should be around 18 cm
- 8 to 12 % slope: Depth should be no more than 25 cm

Also keep in mind your soil type when determining the depth. You only want to capture as much water as will sink into the soil in 24 hours after heavy rain or when redirecting grey water. A garden dug in sandy, well-draining soil can be deeper than a garden dug in poorly draining clay. To determine the ideal depth for your soil type, test the porosity of your soil.

Dig a hole in your garden area about the size and depth of a large can (20 cm x 20 cm x 20 cm) and fill it with water. Time how long it takes for the water level to drop. If in one hour the water level has dropped by ½ cm you can figure, that at this rate the garden soil will handle 12 cm of water in a 24-hour period, making the ideal depth of this garden 12 cm. An average rainfall or grey water flow should fill most of the garden, but drain away in 24 hours.

To determine the best size for your garden or swale, estimate the volume of water that would flow from the washing bay and stable area. Ideally, your roof and driveway should drain into your raingarden, however, this is not always practical.

Regardless of how much area can actually drain to the raingarden, a raingarden should be approximately 2% of the size of area from which runoff will be captured. For example, a surface of 50 m² means that the garden size needs to be at least 1 m. A smaller garden can still yield big benefits. Rain gardens that are 30 % smaller than ideal still handle nearly 75 % of the water from a stable or from the washing bay. If you discover that your garden is too small to hold the amount of water flowing into it create an overflow area (e.g., with stone) to relieve excess water or create a system of interconnected rain gardens.

More than one rain garden can be installed to better disperse and absorb runoff (consider even a terracing type of system). Alternatively, if you have space, you can increase the size by lengthening the rain garden.

If your rain garden is on a slope, use some soil from the initial dig to build a berm on the rain garden’s lower side. A berm holds water that might otherwise flow down the slope and out of the planting, thus defeating the garden’s purpose. These berms provide an excellent growing environment for any water-loving plants. While the walls of your reservoirs should allow water to pool, you also want to make sure that there is a place for that water to flow out.

Digging the rain garden

Start by laying string around the perimeter of your rain garden. Remember that the berm will go outside the string. Next, put stakes along the uphill and downhill sides, lining them up so that each uphill stake has a stake directly downhill. Start digging at the uphill side of the string. Measure down from the string and dig until you reach the depth you want the rain garden to be. If the rain garden will be 20 cm deep, then dig 20 cm down from the string (see figure 2). The high end of the rain garden will need to be dug out noticeably more than the low end, and some of the soil from the upper end can be used in lower end to make the rain garden base level. Continue digging and filling one section at a time across the length of your rain garden until it is as level as possible.

Excess soil can be used to create the berm at the lower end. The berm will need to be highest at the downhill side. Up the sides of the rain garden, the berm will become lower and gradually taper off by the time it reaches the top of the rain garden. To prevent erosion, cover the berm with mulch or plant grass. Use straw or erosion control mat to protect the berm from erosion while the grass is taking root.

Plant Selection

Planting the rain garden is the fun part! While growing zones and soils vary dramatically throughout the country, plant selections for this type of garden are fairly standard. Plants need to withstand both temporary inundation and dry periods, like those that grow naturally along river banks. Many rushes, sedges, reeds, grasses and grass-like plants like iris can thrive in these difficult conditions (although you need to check the suitability of each individual species).

In Australia, those genera include *Juncus* (Rush), some *Dianella* and *Lomandra*, *Anigozanthos* sp. (Kangaroo Paw), *Gahnia* and *Eragrostis* and you can use groundcovers like *Hardenbergia*, *Goodenia* and *Myoporum*.

In larger and deeper rain gardens, a layered effect of low, medium and taller plants will look more interesting and assist water percolation. Australian native shrubs that cope with temporary inundation are *Callistemon*, *Melaleuca*, *Lomatia* and *Kunzea*.

Choose plants that have “average to moist” water requirements listed on their tag. Position them in the deepest parts of your rain garden. On the higher edges of the bed, position plants that thrive in “average to dry” water conditions. While it may seem intuitive to purchase moisture-loving plants for your rain garden, don’t do it. Since your garden is designed to drain in 24 hours, the moisture-loving plants will soon be left high and dry.

While almost any plant with the right moisture requirements will do fine in a rain garden, there are some good reasons to select native plants. Native grasses, wildflowers and shrubs generally have very deep root systems, sometimes burrowing down 3 m or more. Most native plants also cast off their roots annually, growing new roots and providing more soil aeration and pathways for water to flow. And because they’re indigenous, you know these plants will thrive in your zone and soil conditions.

Spread hardwood mulch or gravel mulch to a depth of 50mm around the plants evenly. Avoid burying the crowns of the new transplants. Mulching is usually not necessary after the second growing season unless the “mulched look” is desired.

To allow the spread of water gently over the raingarden, place some large flat rocks where water flows from the downpipe. Place smaller rocks in between the large rocks to fill the gaps and help prevent erosion. If you use a downpipe, a flow spreading device can be fitted.

Management of the garden

- Baby your garden its first year. It is advisable to put in rain barrels to store extra water for drier weather. Rain barrels are best positioned higher up in your garden to allow them to collect the maximum amount of water, as well as to simplify the process of using that water when you need it.

- Mulch with shredded hardwood mulch (not pine bark or wood chips, which will float away).
- Weeding will be needed the first couple of years. Remove by hand only those plants you are certain are weeds. Try to get out all the roots of the weedy plants. Weeds may not be a problem in the second season, depending on the variety and tenacity of weeds present.
- Dig a notch into the berm on the low side to allow about half the water to flow out for the first year. Young plants can’t handle a large volume of water.
- Add large decorative rocks at the garden’s entrance to prevent heavy rain or water flow from washing out young plants.
- Water your new garden about an inch per week during dry spells. If you select native species, you’ll find that these plants will be highly tolerant of dry conditions once they mature.

Happy designing and gardening!



Recovery and your health

Tips to help you to eat well

Plan your shopping and meals	Factor in shopping and cooking time into your schedule. Spend a little bit of time each week planning some healthy meals and snacks and then write your shopping list.
Try something new	For some inspiration, visit the local farmers market or food market to buy fresh seasonal produce. Have a look at healthy food magazines or recipe websites for some meal ideas.
Stock up on key ingredients	Keep base ingredients in your cupboard for quick healthy meals.
Double the recipe and freeze	Make extra and freeze a portion for another meal for when you come home late and are tempted to buy take away food.
Frozen and tinned foods can be a lifesaver	Don't be afraid to use frozen vegetables and tinned foods like tuna or salmon when you don't have fresh available, as nutritionally they are a good option.
Take regular breaks	Build in time to take breaks, stretch, eat and drink a glass of water. Try not to eat in front of the computer or standing in the kitchen. Slow down and relax – it's better for digestion and helps you to recharge.
Eat breakfast	Breakfast is the most important meal of the day. If you skip meals it will catch up with you with the 4pm chocolate slump or by overeating in the evenings.
Treats can be healthy	Treat yourself to luscious berries or a mango that will satisfy your sweet tooth, instead of a chocolate bar or muffin.
Keep healthy snacks in sight	Snack on fresh fruit or unsalted nuts and put away the chocolates or biscuits. Don't continually graze; instead, stop and have a definite snack time when you need it.
Ask for smaller and healthier options	Ask for smaller portions and make fruit and vegetables your number one choice in a meal whether eating at home or eating out. Ditch rich sauces, sides of chips and bread.
Download an app to help you plan	Use an app on your smart phone to keep your shopping list and meal planning handy.
Don't shop on an empty stomach	Eat before you shop and you will be less tempted by unhealthy foods.
Use a cooler bag in the warmer months	Invest in a cool bag that you can take in the car or on the train and pack a day's eating in it the night before.
Don't confuse hunger with thirst	Stop using food and coffee to keep going – instead, take a quick break, stretch and drink a glass of water.
Use food labels to identify the healthier options	Compare the products available in the supermarket and aim to choose those with a lower saturated fat, higher fibre, lower sugar and lower sodium content.
Modify your favourite recipes to make them healthier	Try substituting some of the ingredients in your recipes to make them healthier. You may also be able to add in more fibre with some vegetables, legumes or fruit or with some wholegrains.

Source: JeanHailes.org.au

REDUCING BUSHFIRE RISK

Bunyip State Park

Parks Victoria has a significant role to play in reducing bushfire risk. We work closely with the Department of Environment, Land, Water and Planning (DELWP) to plan, monitor and deliver risk reduction activities. We use a combination of risk modelling, local fire history and underlying conditions to prioritise where and what type of work is carried out.

The March 2019 bushfire in Bunyip State Park impacted nearly 60% of the park and led to the closure of a large section to the public. While the recovery of the landscape means planned burning is not a suitable bushfire risk management option in 2020-21, there is still a significant fire preparedness program in place for the season.

Recruitment and training of Project Firefighters for this season is well underway. This workforce will assist in preparedness activities including clearing and maintaining more than 50 water points and conducting over 300 kilometres of track maintenance.

2020/21 Preparedness Works

The work program this year is focused on maintaining and strengthening vehicle access for rapid response to fire and the movement of heavy plant and equipment for fire suppression.

- Replacing and installing new culverts and resurfacing works to improve Bunyip River Road – a Heavy Strategic Access Road (HSAR) in the park. HSARs allow for the transport of heavy plant such as bulldozers and excavators, large tankers and water carts into critical areas.
- Rock-armour boggy sections and remove identified fire effected trees on Dingo Ridge control line
- Resurfacing and culvert repair on a section of Ash Landing Strategic Access Road.
- Removing selected trees and stumps and chiselling rocks to facilitate annual slashing around Mt Towt Communications Tower.

Over 200 km of fuelbreak (128km) and roadside slashing (114.6 km, including 5 km mulching) will occur along the following roads:

Road	Length (km)
Black Snake Creek Road	9.3
Burgess Road and Burgess Rd West	13.6
Link Road	7.3
Towt Road	9.6
Camp Road	3.1
Gembrook - Tonimbuk Road	4.3
Ash Landing Road	7.6
Hunters Road	4.8
Forest Road	13.7
Labertouch North Road	1.6
Tea Tree Rd (Sect 2)	7.8
East Beenak Road	4.7
Beenak Rd -West and Beenak Rd	6.3
Soldiers Road	1.9
Tentpole Road	1.4
Tomahawk Valley Rd	3.1
Egg Rock Track	0.3
Boundary Road	1.1
Shepherds Creek Road	3.1
Hansen Creek Road	2.6
Pioneer Rd	2.3
Mt Towt Comms Tower	0.18
Birrell Track	0.7
Rocky Track	1.1
Discoverage Track	1.3
Spencers Track	0.9
Ash Track	1.1



Fuelbreaks are an important tool for firefighters during fire suppression, providing an anchor that crews can work from, and to conduct backburning operations if required.

Fuelbreaks are not intended to stop the spread of fire and cannot protect against ember attack, but they can help reduce the intensity and speed of a fire moving across the landscape.



Joint Fuel Management Plan

For information on past and future burns and the location of our annual slashing program visit <https://ffm.vic.gov.au/jfmp> (please turn on 'fire history' and 'mechanical works' layers).

The JFMP provides the opportunity for those who live near public land or are interested in a particular area to talk to us about the timing and scheduling of planned burns and other bushfire fuel management activities in that area.

If you would like to contribute to the JFMP process, we encourage you to visit the FFMVic website:

<https://www.ffm.vic.gov.au/bushfire-fuel-and-risk-management/how-to-get-involved>

If you have specific input, local knowledge, fire management priorities or experience about a planned burn or fuel treatment in our JFMP, please complete the feedback form on the FFMVic website.

Suggestions of a burn or fuel treatment activities can be provided through the website or via the details below.

Each year DELWP and CFA receives and reviews nominations for planned burns and other fuel treatments for both public and private land from stakeholders and members of the community. This page is designed to provide members of the public

with an easy way to nominate areas of public and private land for fuel treatment and feed in to our fuel management planning process.

Please be aware that due to the planning cycle your comments relating to fire operations may be included in next year's Joint Fuel Management Program.

If you would like to find out more details about any of the information such as specific timing of burns, details of values prescriptions or burn objectives you can speak to a member of the Yarra Fire District Management team:

Department of Environment, Land, Water & Planning,
1578 Yarra Junction Noojee Road,
Powelltown, 3797
Phone: (03) 5965 9901

[Email: planned.burns@delwp.vic.gov.au](mailto:planned.burns@delwp.vic.gov.au)

What you can do to help

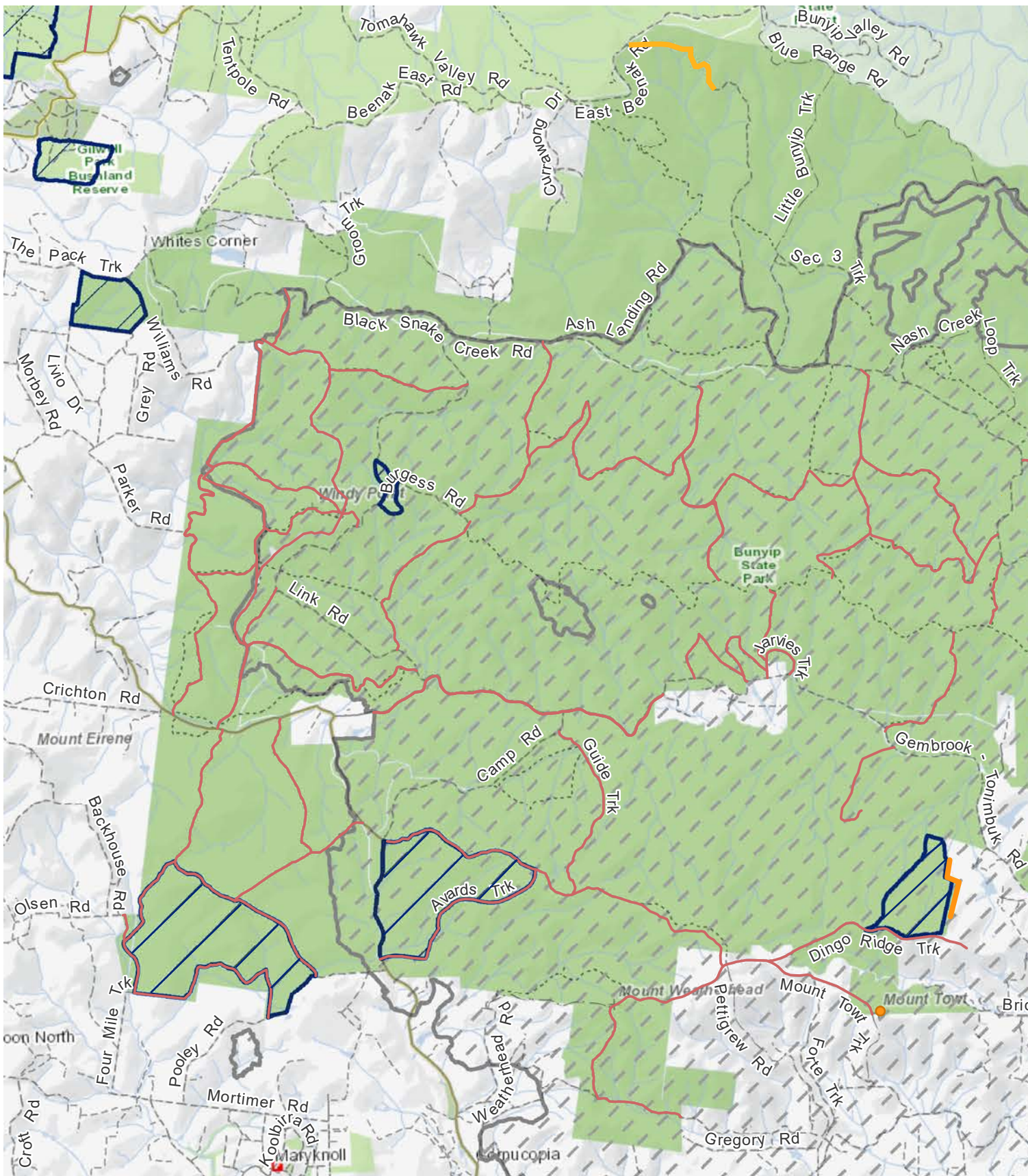
For your safety, you need to understand your risk and plan ahead. Know what to do on hot, dry, windy days and plan for all situations.

During spring, summer and autumn it is common for park rangers from Bunyip State Park to help with bushfires in other parts of Victoria. During these times, please be aware that you may see less staff working in the park.

For more information about staying safe, please visit: www.cfa.vic.gov.au/plan-prepare



Culvert replacement works, Black Snake Creek Road July 2020

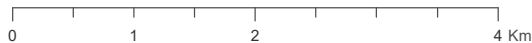


Bunyip State Park

08/12/2020

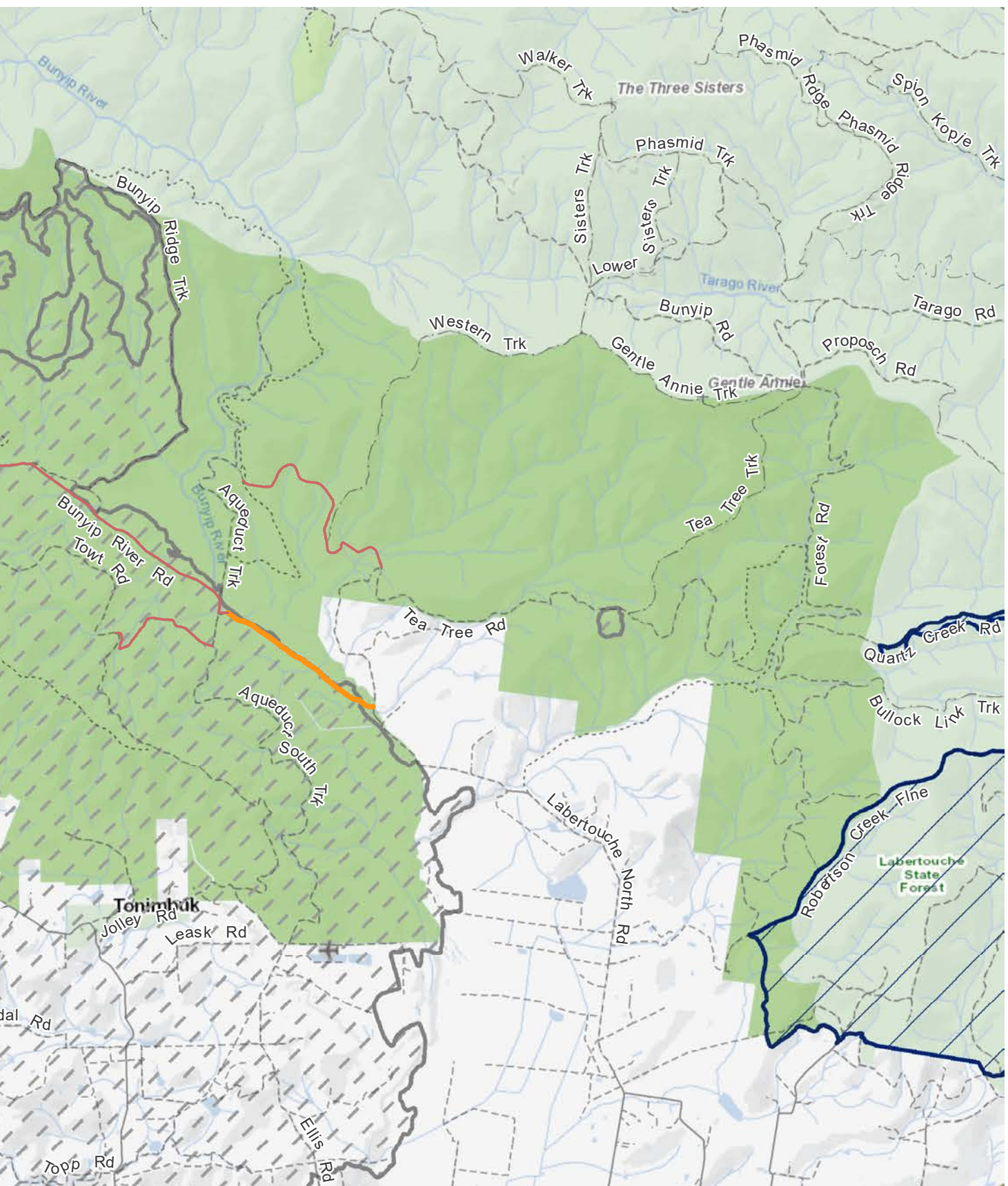
Coordinate System: GDA 1994 MGA Zone 55

Projection: Transverse Mercator



Disclaimer: Parks Victoria does not guarantee that this data is without flaw of any kind and therefore disclaims all liability which may arise from you relying on this information. Data source acknowledgements: State Digital Mapbase. The State of Victoria and the Department of Environment, Land, Water and Planning.

PLEASE NOTE: A LARGE SECTION OF THE PARK IS AT RISK TO BUSHFIRE IMPACT. GO TO <https://www.parks.vic.gov.au> BEFORE VISITING FOR THE L



ATION OF THE PARK REMAINS CLOSED DUE
TO
<https://www.bushfire.nsw.gov.au/places-to-see/parks/bunyip-state-park>
FASTEST MAP

- Fuel Break Slashing
- 2020/2021 Works
- Fuel Treatment Areas - Planned Burns
- Burnt Area

