



# FRIENDS OF THE COORONG

## NEWSLETTER, AUTUMN 2018



### Clean up Australia Day **Bonney Reserve Walk** in the Coorong

*Because when the rubbish is gone,  
nature can carry on.*

Did you know that over 8 million tonnes of plastic enters our oceans each year? Did you know that plastic kills over 100,000 marine animals and 1,000,000 seabirds each year?

With plastic representing 37% of the rubbish reported by Clean Up Australia volunteers in SA in 2016, there's never been a better time to help make a difference. It can take over 450 years for plastic to break down in the environment, but just a couple of hours for us to get out and clean it up!

The Friends of the Coorong are taking part in Clean up Australia Day on Sunday, March 4. We will meet at the Oil Rig in Salt Creek at 10am for registration. We will then travel across Tea Tree Crossing to the ocean beach to collect rubbish from the beach and surrounding sand dunes.

Anyone wishing to take their vehicle to the beach will need to have four wheel driving skills and to be able to let some air pressure out of their tyres and then pump them up again before we leave the park. Parks staff will be there to give you a hand and there will be some vehicles available if you need a ride. Rubbish bags will be supplied, but please bring your own gloves, sturdy footwear and sun protection.

Afterwards we will have a barbecue lunch in the Tea Tree Crossing campgrounds, kindly supplied by Natural Resources South East. Please BYO drink.

**For catering purposes, please RSVP if you would like to take part. Let us know if you need a ride to the beach. Contact Joanne on 85751200 (leave a message if I'm not there) or [joanne.flavel@sa.gov.au](mailto:joanne.flavel@sa.gov.au)**

In mid 2016, Jim Pfeiffer was walking south along the Coorong in Bonney Reserve and found an old, overgrown well that was filled in with rubbish and dirt to within a couple of feet of the top.

Jim and Bert Vandenbrink have since put in an enormous amount of work to clean out the well and erect a safety barrier around it.

The well is round and re-enforced with rock from the Coorong and may have been there for more than 100 years. There is evidence that there was a windmill next to it as Jim found the bottom parts of the legs still in the ground.

On Sunday May 20, the Friends of the Coorong are holding a short walk in Bonney Reserve to visit the well and the lookout.

We will meet at the Bonney Reserve car park (1km along the southern end of the Seven Mile Road from the Princes Highway) at 10am for a 10:30am start.

All welcome. BYO picnic lunch, drink, chair, sun protection and sturdy footwear.

**For any further information and to RSVP, please ring Beryl on 0417 841 556.**



## Long Point Jetty upgrade

*Kindly submitted by Peter Doolette*

On Tuesday the 2<sup>nd</sup> and Wednesday the 3<sup>rd</sup> of January an intrepid group of about 16 shackies gave up some of their valuable recreation time to make repairs to the Long Point jetty.

In August 2017, Geoff Gallasch (on behalf of the Friends of the Coorong) was successful in obtaining a South Australian Recreational Fishing Grant of nearly \$7,500 for repairing and upgrading the Long Point jetty.

Coordinated by Keith Pridham, work kicked off at 8.30am with several small teams tackling different parts of the work. One group removed damaged timbers from the lower deck and had that replaced with new timbers and decking in a short space of time. Another group added new safety railings, and yet another added additional screws to the floor decking.

A new fish cleaning station was also concreted in. After a lunch of snags and rissoles, donated by Friends of the Coorong, work recommenced and the tireless workers knocked off around 4.00pm.

The next day about eight shackies turned up, along with a couple of Friends of the Coorong, to finish some deck screwing and a few odds and ends at the jetty. A new water quality sensing station was also installed by a representative of DEWNR.

The main task of the day was to spread some road base along the track, from the boat ramp to the jetty. Geoff delivered the road base in his bobcat and the workers spread it out, then wet and whacked it. This improved walkway is much safer and provides better access, especially for people with limited mobility.



Work for the day finished around 12.30 with another barbie lunch.

Geoff has, since the working bee, also erected a fishing size and bag limit noticeboard, and will shortly install some fishing rod holders.

This was a great initiative, and Geoff needs to be commended for all the preparatory work he put in – writing grant applications, organising material purchase and delivery, and coordinating Coorong Shack Owners Association members to help out.

The shack owners also deserve much praise – without their work and expertise the renovations would not have happened. Not that many of them use the jetty, so there was little vested interest – they participated as part of their commitment to the amenity of the Coorong area.



## Personal stories

Long term residents of the Coorong have shared their stories and memories in story sheets that can be downloaded in PDF format from our website;

<http://www.friendsofthecoorong.org/index.php/coorong-trails/personal-stories>

They give a fascinating insight into what life was like on the Coorong in years gone by.

Personal stories from Maude Carpenter, Ron Ayres and Don Cameron have recently been finalised by Wendy Easson and published on our website.

Many thanks to Sue Deleso for a fantastic job transcribing the interviews and arranging the text into a format that reads extremely well. Thanks also to Peter Doolette for editing the stories; to Geoff Gallasch for arranging Ron and Maude's interviews and to Leanne Rowley for arranging for Wendy to meet up with Don.

## Trespassers will be prosecuted

Kindly submitted by Fred Jeuken



As a dedicated walker, I have occasionally come across this notice, and I'm sure other members have too. I've often wondered where I stood if I did (accidentally) trespass – until I came across this article in the Advertiser some years ago. It is self explanatory.

### **“Legality of signs against trespassing**

What is meant by trespassing? How much legal standing does a sign *Trespassers prosecuted* have? JJH Port Augusta

Generally, an act of trespass is a civil wrong and not a breach of criminal law. The three main exceptions are when the trespasser has made a forced entry on to premises, where he is on premises and has an intention to commit a crime and where he has only restricted right of entry by law. Different examples of the last category include under the Private Parking Areas Act and areas designated as restricted under Commonwealth legislation. The sign you refer to is usually an empty threat.”

Some further research revealed that – basically, a criminal offence is when you break the law for which you can be fined or jailed, or both (such as murder, assault or stealing). A civil offence is when you cause hardship or property damage or other financial loss, for which you can be sued.

As mentioned in the article, trespassing becomes a criminal offence when

1. You break or damage something to gain entry (eg. breaking a door or smashing a gate).
2. You are on premises with the intent of committing a felony (eg carrying a bag of burglary tools or carrying a can of petrol and a box of matches).
3. The property itself is 'off-limits' and it is illegal to be on it, such as a prison farm or an Air Force Base.

And there we have it – if any members with more legal knowledge wish to enlarge on this subject, I'm sure it will be very welcome in a newsletter (as long as it's an empty threat!).

## Why are native bees so important to the environment?



There are about 1650 native bee species in Australia and they are integral to the pollination of our plants.

Australian native bees pollinate native plants, many of which can't be pollinated by introduced bees as the flowers need vibration to release pollen. Native bees don't store nectar and therefore generally don't produce honey. European honey bees were introduced into Australia about 200 years ago to produce honey.

Native bees tend to live alone in wood, gaps between rocks, the stems of some plants and homes they have dug for themselves underground. They differ from European honey bees which live in groups with thousands of worker bees and a Queen. It is less likely you'll be stung by a native bee than a European honey bee as these bees are aggressive and defend their hives.

Make native bees feel welcome by helping them out with a home by drilling holes in a piece of timber or creating a whole bee wall.



## Gluepot Reserve Education Courses 2018

Friends of Parks Inc are offering to subsidise half the cost for 20 spots for members on environmental education courses being offered by Gluepot Reserve (64kms north of Waikerie in the Riverland) during 2018.

Courses start in March and run throughout the year. Topics covered include reptiles, bats, birds, plants, photography, painting and using a GPS.

Accommodation is available at Waikerie or at three campgrounds in the Reserve (you will need all of your own equipment, water and food supplies).

For a copy of the brochure, contact Joanne on 85751200. For more information about the courses, call Danielle Packer on 0417 853 373.



## Secret site bringing orchids back to life

A secret site, described as Northern Fleurieu, is the only known place in the world where the extremely threatened Copper Beard Orchid may be found.

For the first time in six years, its numbers are growing after plummeting to just three plants. It is showing signs of recovery after intensive weeding and fencing of the location, helping 19 plants to grow. Kangaroo grazing, weed infestation and off-road vehicles were attributed to the plant numbers declining from 55 to three from 2010 to 2016.

Some of the plants have produced more than 30 flowers this year, which is very good news as it means more seeds will be produced.

The name of Copper Beard Orchid comes from its distinct green and red striped flower which has a coppery tint and purple hairs resembling a beard. The flowers usually appear from October to early November and are pollinated by one species of native wasp.

## Membership fees are due

Membership fees are due in January of each year:

- \* \$10 per person, family or group per year
- \* \$45 per person, family or group for 5 years
- \* \$80 per person, family or group for 10 years.

Please send your payment to the FOC Secretary, P O Box 229, Meningie, 5264.

You may also pay by direct deposit to the our Bank SA account, BSB: 105 165, account number: 739063740.

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Kids today don't know how easy they have it. When I was young, I had to walk 9 feet through shag pile carpet to change the TV channel.



## Annual General Meeting

Our 30th Annual General Meeting was held recently in the Parks office at Noonameena.

Many thanks to Sam Blight and Geoff Gallasch for continuing on as our President and Vice President. Also to our Safety Officer, Beryl Greig; our Publicity Team, Dean Millard, Peter Doolette, Joanne Flavel and Wendy Easson, and Secretary/Treasurer, Joanne Flavel. Josie Lord, John Boundy, Chris Thompson, Dean Millard, Stim Cox, Wendy Easson and Beryl Greig have kindly agreed to make up our Committee.

Our guest speaker, member Matthias Tomczak told us about the Adelaide International Bird Sanctuary (Winaityinaityi Pangkara) National Park.

This Park encompasses some 60kms of protected area on the north east coast of Gulf St Vincent and stretches between the southern end of the Barker Inlet to Parham in the north. It is being created in stages with the aim of rehabilitating the land formerly utilised as salt pans and to protect habitat for international migratory shorebirds.

Matthias outlined his involvement with the formation of a Friends Group for the bird sanctuary and the complexities of working with the communities of the local towns, the Vietnamese market gardeners, the Kaurna Aboriginal people and visitors from Adelaide. He shared some beautiful photos and fascinating information in a power point presentation.



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The most difficult thing is the decision to act, the rest is merely tenacity.



## Your health and safety

### Object or insect in the ear



There is nothing more alarming than an insect flying or crawling into your ear. The good news is that the insect can usually be floated out with warmed vegetable oil (eg olive oil) or water.

Signs of something in your ear include;

- pain and irritation
- hearing loss
- buzzing or ringing in the ear
- bleeding or discharge from the ear.

Look in the ear to identify the object and to see how deeply it is lodged. If you can see the object from the outside, encourage the patient to tilt their head to the side and gently shake. If you cannot see the object or if it doesn't fall out with gentle shaking, do not attempt to remove it as you can force the object further in and may damage the ear drum. Seek medical aid.

If there is an insect in the ear, help the patient to sit or lie down with the ear facing up. Gently pour some vegetable oil or water warmed to body temperature into the ear canal. If the insect does not float out, seek medical aid.

## Friends of Parks 31<sup>st</sup> Forum

The 31<sup>st</sup> Friends of Parks Forum will be held in the Stenhouse Bay Hall, Innes National Park from Friday 14<sup>th</sup> to Sunday 16<sup>th</sup> September, 2018.

Their theme is: Innes! Preserving our past and protecting our future. The cost will be \$125 per person to attend all sessions and enjoy the meals and entertainment provided.

Registration forms with all of the details will be available soon:

<http://www.friendsofparksa.org.au/fop-forum>

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**Remember to check out the Friends of the Coorong's Facebook page and feel free to share your thoughts, experiences and photos.**



## Going plastic free: what does it take?



Replacing single use plastic bags with re-useable ones or paper or cotton bags is a simple first step. Single use plastic bags take a lot of energy and resources to produce and are one of the major contaminants of kerbside recycling, as well as our oceans and waterways.

Finding things that are not wrapped in plastic is difficult. Take re-useable bags when shopping, refuse excess packaging and make an effort to choose recycled products and imperfect fruit and vegetables. Plan ahead and shop around. If the large supermarkets continue to package in plastic, shop at smaller markets, shops with bulk bins or directly from the producers (eg. pick your own fruit). Better still, avoid prepared, packaged foods and make your own.

Look for goods and containers made from alternatives such as glass, stainless steel, cotton, bamboo and wood.

Even if we can't banish plastic from our lives completely, every bit less helps and we can all take small meaningful steps.

**Take 3 for the sea – take three pieces of rubbish with you when you leave the beach, waterway or anywhere!**

## 3 ways to age-proof your brain

Doing puzzles, learning a new language and socialising all work to help keep cognitive decline at bay, but there are a few other brain anti-ageing tricks:

Uni-tasking leads to greater productivity with research showing doing one thing at a time strengthens the ability to learn, understand and apply new information.

Check your health numbers: your blood pressure, blood sugar and cholesterol all play a role in how well your brain ages.

Work your muscles: exercise lowers blood pressure, improves cholesterol levels, fights diabetes and reduces mental stress – all problems that can cause or contribute to cognitive impairment.

## 5 ways to wellbeing in nature

The Minister for Health and Minister for Sustainability, Environment and Conservation recently co-launched a new initiative, the Healthy Parks, Healthy People SA Five Ways to Wellbeing in Nature campaign.

**Connect    Be active    Take notice**  
**Keep learning    Give**

This campaign aims to increase awareness of the mental health benefits of spending time in nature, such as reducing stress, increasing concentration and generally helping people to feel happier. It also increases awareness of the simple activities that everyone can do regularly to improve their mental health and wellbeing.

For more information go to:  
[www.sahealth.sa.gov.au/5WaystoWellbeing](http://www.sahealth.sa.gov.au/5WaystoWellbeing)

## Gift Ideas

Gift certificates - \$10  
Call of the Coorong DVD - \$10

### Books:

A Diverse Land - A History of the Lower Murray, Lakes and Coorong (by Rob Linn) - \$15

Tales of the Coorong \$8, More Tales of the Coorong - \$10, Tales of the Lakes and Coorong - \$12, Anniversary packs of all 3 Tales books - \$25 (by Leta Padman)

Murder, Mishap and Misfortune – a select history of the Coorong - \$20, The Coorong Gazetteer - \$25, A Cartographical History of the Coorong (by Peter Doolette)

## Sale - 25% off Clothing

Polo shirts were \$26, **now \$19.50**  
T shirts were \$14, **now \$10.50**  
Windcheaters were \$30, **now \$22.50**  
All are printed with our logo – various sizes and colours available. Current stocks only.

Contact Joanne (85751200 - Mondays to Wednesdays or [joanne.flavel@sa.gov.au](mailto:joanne.flavel@sa.gov.au)) if you wish to purchase any of our merchandise.

## Keep pets safe and out of parks



Natural Resources South East is reminding the community that dogs are not permitted in the State's national and conservation parks. It is important that dog owners stick to the rules, for the safety of wildlife, other members of the public and beloved pets.

As part of pest control management programs, fox baits are laid in a number of parks in the regions. The program aims to protect native birds and animals from feral animals. The baits are effective on foxes, but can also be deadly to dogs. Information is displayed at entrances to parks.

Dogs can also disturb and destroy native wildlife, which can be especially sensitive in our coastal parks.

Please note, dogs are allowed on the ocean beach below the high water mark in the Coorong National Park, but must remain in the vehicle while travelling to the beach and must remain on a leash at all times while on the beach.

## Dates for your diary



Sunday, March 4 – Clean Up Australia Day, Tea Tree Crossing

Sunday, May 20 – short walk in Bonney Reserve

May 21-27 – National Volunteers Week

Sunday, July 29 – National Tree Planting Day

Friday 14 – Sunday 16 September – Friends of Parks Forum at Stenhouse Bay

Manage your stress levels with exercise, meditation, yoga, nurturing close personal relationships and doing something nice for someone every day.

Do more of what makes you happy