

Round THE Ridges



SERVING RIDGEWOOD, CARTERS RIDGE
& SURROUNDS SINCE 1984

FREE

SYLVIA'S FISHERMAN PIC NETS PHOTO FAIR GOLD

A photograph of a local fisherman captured on a family trip to China has netted Sylvia Mayer "Best in Show" at the 2023 Ridgewood Photo Fair.

The amateur photographer from Tewantin (pictured) literally stole the show with a slew of awards, but it was her mesmerising black and white of a cormorant fisherman casting a net in Guilin captured on her Olympus micro four thirds camera that blew judge Rick Sherwin away.

Fishing with cormorant birds is an ancient tradition in China, going back 1300 years – and it presented a photo feast for Sylvia when her group stopped by the majestic Li River.

"I did a trip with the family about five years ago and we went with a guide to see the cormorant fishermen," Sylvia said.

"If you're a photographer you could take a thousand photos (but) it's this one I loved: the expression on his face, the net, the water droplets...and just the effort."



Sylvia Mayer with her winning photo

The portrait capped a winning haul for Sylvia which she never expected when she took a punt on entering the annual photo exhibition at the Ridgewood Hall. **To Page 8...**



HUB

@ THE RIDGE

8 Jubilee Road, Carters Ridge

4pm - 7.30pm

The LAST Saturday of
Every Month.

(Weather Pending)



BYOG, A BLANKET AND
A COMFY CHAIR!

Come along and enjoy the
space, fresh air and local
talent.

Relaxation in the Bush!

Community Music Evening

Until further notice, COVID 19 Restrictions and laws will apply. These are signposted throughout our café and grounds.
For the Safety of Staff, Patrons and our Community, please adhere to these rules.



C'mon let's go for a drive...local Trevor Mcgrice snapped this fine specimen of an eastern grey, trying to hitch a ride on his ute. Photo: Facebook

BREATH OF COOLNESS FOR OLD HALL

Ridgewood Hall patrons can say goodbye to steamy days and chilly evenings, thanks to a grant from Noosa Shire Council.

Four reverse cycle split system air conditioning units were recently installed at the beloved hall ensuring it will be a comfortable and inviting space all-year round.

The 1930s timber and iron structure has been a community gathering place for decades, but a sub-tropical summer stinker could sometimes make events hard to endure.

Hall president Chris Kirkpatrick and the committee crafted the application, highlighting the hall's significance to

the community and emphasising the positive impact that air conditioning would bring.

Chris was thrilled to see the project come to fruition.

"The hall has been a gathering place for generations of locals," he said. "It is where we come together, celebrate and enjoy our great community.

"It will now be more comfortable regardless of the seasons, ensuring that it remains a local meeting place for generations to come.

"We couldn't be happier with the outcome and our thanks go to Noosa council."

President's Report



NEW BUT STILL BEAUTIFUL

Well, mid year is well and truly on us and I know that in the blink of an eye, Christmas will be upon us once again!

In saying this, I once read that life was like a toilet roll as the closer it gets to the end, the faster it goes! Sometimes...no, a lot of times, I can relate to that!

You may have noticed some changes in the last RTR's presentation in that we now have another local company doing the printing of the magazine, Allan from QMP, as our printer has sadly died after some years of work; the machine, not the person!

We now have a glossy cover page in colour and there are more changes to come. Our RTR Editor, Sarah Keough has been working very hard to reset the look of the magazine which should take it to the next level, making it easier to read and to find articles of interest.

You will find the usual articles and some new ones to come. If you have an article or story that you would like to have in our RTR, please drop Sarah a line via her email: rtr.editor@gmail.com She would love to hear from you!

At our last quarterly Halls meeting where we got to meet up with other

executive members of hall committees in the Noosa Shire, we met with a lovely Scottish lady Linda Wylie who is a Community Service Officer for the Noosa Shire Council.

Linda explained that she is available to help anyone in the shire over the age of 65 to register with My Aged Care and to be assessed for some of the very generous Home Care packages that are government funded.

I asked her if she would be interested in holding a workshop to explain to anyone in our community what her role is and how she may be able to assist you in going through the process. Keep an eye out for a workshop coming soon!

At the end of June we held our annual Awards Night for the Photo Fair and it was a brilliant night! A big shout out to Adele Frew and her team for a huge effort in putting it all together and a great number of sponsors who enabled us to award the generous prizes.

There were great prizes given for first, second and third placegetters for each category as well as for the grand champion photo!

I guess the only disappointment was that many who had submitted pho-



tos were not there on the night to collect their prizes.

May I encourage those who want to enter the competition next year and submit photos, turn up at the awards night as you never know, you could be a winner!

I suppose the thinking may be that, 'My photo will never be good enough to win a prize!' but our judge, Rick Sherwin, looks for the quirky and different so you just never know!

I would like to acknowledge the Noosa Shire Council as they have given us a grant of \$1000 for next year's Photo Fair.

I am sure that this will be put to very good use, in fact I can already think of a long list of things we could do

with the grant! Thank you very much Noosa Shire Council!

As we missed July for our annual Pig on a Spit, we have decided to move it to the end of August. Check out this issue of the RTR for more details on this very popular annual event.

Well, that is it from me for this edition.

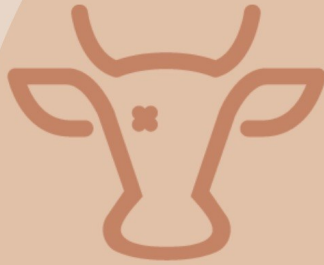
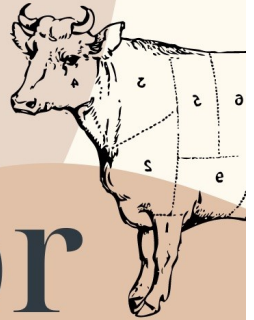
I look forward to seeing you at the monthly BBQ at the hall on the 28th July and Sunday Sundowners on the 13th of August!

Cheers and happy reading!

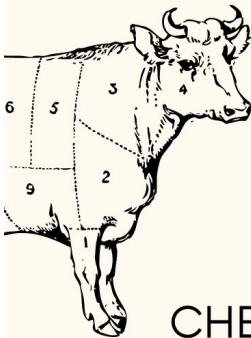
Chris Kirkpatrick is President of the Ridgewood Community Hall Committee. Ph. 0414 986 582.

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Pet Care with Dr Terri



WHAT TO DO IF YOU FIND INJURED WILDLIFE

Unfortunately as I do not have a clinic I am not able to help with injured wildlife. Luckily there are plenty of options;

WILVOS (Wildlife Volunteers Association Inc.) is based on the Sunshine Coast and is available 24/7 on (07) 5441 6200. They will help to make contact with a wildlife carer that can help in your area.

The RSPCA hotline is open 24/7 on 1300 264 625.

The closest rehab centre is Eumundi wildlife rehab centre is open 6:30am-5pm, 7 days a week they can be reached on (07) 5442 8057.

The Fauna Catcher 0475 205 024 is based in Belli Park, with WILVO training they are able to transport injured wildlife to a vet, then to rehabilitate as needed. They are also available to relocate wildlife including snakes.

Wildlife Rescue Sunshine Coast (0458 682 152) is available 24/7 for rescue and rehab.

ANARRA Wildlife rescue and rehabilitation (07 5484 9111) are based in Glastonbury.

Koala rescue Queensland (0431 300

729) is open 24 hours for sick, injured and orphaned Koalas QLD wide.

If you do find wildlife that has a pouch (wallaby/roo, possum or echidna) that has passed away, check their pouch for any young. If you do find a baby in a pouch - please call for help on one of the contacts above or take the mother into a facility. Do not try and simply pull the young out, they can survive for some time attached to their dead mother.

If you have checked their pouch and it is empty, please drag off the road as far as safely able to. If you see a dead wallaby (other) with spray paint on it, this indicates the pouch has been checked and cleared.

Thank you for doing your part in preserving our wildlife and drive safely!

Dr Terri is our local Vet, serving Ridgewood and Carters Ridge. Ph. 0430410283.



SYLVIA NETS PHOTO FAIR PRIZE POOL

From Page 1

"I was at Frame Tree in Cooroy getting a quote for framing and they told me about the Photo Fair so I thought why not enter every category with the hopes of winning something towards the cost," she said.

Unfortunately Sylvia missed the June 30 awards night and was stunned to get a call on the weekend from event convenor Adele Frew.

"Adele called me and said 'you've cleaned up'. I said 'you're kidding me' and just started laughing," she said.

Sylvia, who is a regular face behind the counter at the Cooroy Post Office, began "dabbling" in photography about 10 years ago before doing a Diploma of Photography in her spare time.

She has a particular interest in bird-life photography and sells her photographs as postcards, greeting cards and calendars to help fund her passion.

Buoyed by her Ridgewood success, she's eyeing a number of the major photo competitions including the Australian Photographic Prize.

Ridgewood Hall president Chris Kirkpatrick said the Photo Fair was a resounding success, reserving special praise for sponsors, entrants and volunteers. There were 177 entries across six categories.

"The range of perspectives showcased celebrates the talent within our community while reminding us of the



power of photography as a medium for storytelling and community connection," he said.

PHOTO FAIR RESULTS

Best in Show: Sylvia Mayer (Portrait)

Most Creative: Gail Champion (Perspective)

Portrait: 1st – Sylvia Mayer, 2nd – Kylie Canavan, 3rd – Jan Thompson, Highly Commended (HC) – Les Standley, Commended (C) – Scott Frew

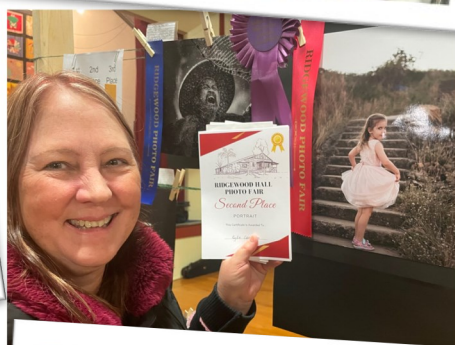
Macro: 1st – Kylie Canavan, 2nd – Adele Frew, 3rd – Julie Hemsall, HC – Scott Frew, C – Sylvia Mayer

Water: 1st – Sylvia Mayer, 2nd – Julie Hemsall, 3rd – Les Standley, HC – Adele Frew, C – Karen Standley

Interesting Perspective: 1st – Gail Champion, 2nd – Adele Frew, 3rd – Scott Frew, HC – Ricardo Hodgson, C – Ricardo Hodgson

Black and White: 1st – Sylvia Mayer, 2nd – Sylvia Mayer, 3rd – Sylvia Mayer, HC – Gail Champion, C – Kylie Canavan, C – Karen Standley

Wildlife: 1st – Scott Frew 2, 2nd – Sylvia Mayer, 3rd – Sylvia Mayer, HC – Sylvia Mayer, C – Maria Griffin



Rural Fire Brigade



EL NINO MEANS FIRE SEASON DANGER

The fire hazard is always dependent upon how much rain has fallen, and the state of curing of the vegetation.

We are getting some rain now; but if the rain doesn't come as it gets hotter, then the danger will increase. I have heard that an El Nino is predicted for Australia. It probably will bring more danger to south-eastern Australia than to Queensland.

Regardless of the predictions, the Brigade is prepared to take what comes. In terms of membership, we have lost a few, but on the other hand, a few members have come forward. We could still do with more.

I have been rung recently by residents wondering whether a land occupier has a Permit to Burn (PTB). PTBs are placed on a website (<https://www.qfes.qld.gov.au/prepare/bushfire/permit-to-burn-map>).

It is the job of the Fire Warden to issue or refuse to issue permits. (Contact details for the Warden ARE ON PAGE 50.) A permit may be refused if the Warden cannot be assured the applicant has the capability to control the fire, or if it is

considered that the fire would pose a risk. Existing permits can be cancelled if there is a high fire danger. Conditions may be imposed on the permits.

Fire permits are required for fires greater than 2m in any direction. Fires smaller than 2m in all directions and fires to burn a dead animal do not need permits. Permits are free.

Notifying neighbours before applying for a permit is needed, and an application for a permit should be made 72 hrs before the fire is due to be lit. The applicant must have the permit in their hand before the fire is lit. All the conditions in your permit must be obeyed.

Before burning, FIRECOM and the Ridgewood Brigade must be notified. Telephone numbers will be on the permit.

Having a permit means a couple of things. There is some legal protection if the fire escapes and cause damage to other people's property. It means that if a fire is reported, then the Fire Communications Centre can re-assure the caller that it is a permitted burn. It means that if something goes wrong, the Fire Brigade knows where to go.

John Sparrow is First Officer of the Ridgewood Rural Fire Brigade. Ph. 0429 267 246.

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Around the Halls

Gheerulla Hall

Tuesdays Qi Gong 5:45—6:30pm

Wednesdays Line Dancing 9-10:30am

Gold coin donation

Thursdays Exercise Class 9-10am

Sponsored by Sunshine Coast Council \$5

Saturdays Yoga 8-9:30am \$5

Belli Park Hall

Mondays Homeschool Drop Off

Tuesdays Pilates 6:30pm

Wednesdays Pilates 6:30am

Yoga 5:30pm

Ukelele Jam 8:30am FREE (fortnightly)

Thursdays Wine Time 5:30pm (first Thurs of month)

Fridays Crop Swap 10am (first Fri of month)

North Arm Hall

Wednesdays Physie Ladies class

9.30am and 6.45pm

Physie and Dance Juniors and teens 4-6.45pm

AcroDance 4:45pm

Thursdays Physie and Dance Juniors and Teens 3.45pm-7.30pm

AcroDance Teens 5:45pm

Fridays Physie and Dance class Ages 2-72+

Saturdays Yoga 6:45am

Physie Ladies class 2:15pm

Physie and Dance Juniors and teens 9-2:15pm

AcroDance Juniors 10am and 12:15pm

Ridgewood Hall



Monthly BBQ @ Ridgewood Hall

Last Friday of every month

6pm

BYO plates and cutlery, drinks, meat for the BBQ and a salad/vegie side dish or dessert to share.



No bookings required, just show up and enjoy good company



Gold coin donation appreciated

You're invited to

Ridgewood's Annual Pig on the Spit

Friday 25th August 6pm

Tickets limited - book your ticket now!

Tickets are \$12 per person and include slow cooked meat done on the spit, cooked tenderly by our volunteers, salads and sourdough bread. BYO drinks.

Bookings essential: contact Chris at
ckirkpatrick330@gmail.com



You are welcome to come along from 5pm to see the pig on the spit and taste the best part - the crackle!

Table Tennis Tuesdays

6-8pm Tuesday evenings

Come for a game,

Come for a chat,

Bring snacks if you like!

No skills required - we play to have
FUN!





TUESDAY TABLE TENNIS NIGHT UNITING RIDGES COMMUNITY

Ridgewood Hall has transformed into a hub of table tennis activity each Tuesday night with enthusiasts and novices alike finding common ground of camaraderie and competition.

The catalyst behind the initiative was Ridgewood resident Scott Norman who approached hall president Chris Kirkpatrick to set up a regular event.

After a tentative start, the hall has transformed into a battleground of spinning paddles and bouncing balls.

"With the colder weather upon us, it's important we continue to connect

socially in the community," he said in a post on the local Facebook page.

"The beauty of ping pong is its accessible to almost everyone. You can RSVP, or just turn up on the night. BYO food & drinks, fun attitude, and any spare table tennis bats/balls.

"A massive thank you to those who donated table tennis tables and equipment to help start this activity. We would love to see you down at our local hall on a Tuesday night, to join in on some fun."



Table tennis, also known as ping pong, offers numerous health and mental benefits that make it a great activity.

Here are seven reasons why table tennis is good for you:

1. Cardiovascular Workout: Playing table tennis involves constant movement, which provides a good cardiovascular workout, helping to improve heart health and circulation.

2. Improved Reflexes: The fast-paced nature of table tennis requires quick reactions and enhances your reflexes, which can be beneficial in daily life and other sports.

3. Enhanced Hand-Eye Coordination: The game demands precise hand-eye coordination, promoting better motor skills and overall coordination.

4. Mental Agility: Table tennis requires strategic thinking and quick

decision-making, enhancing mental agility and cognitive functions.

5. Stress Reduction: Engaging in table tennis can help reduce stress levels as it provides a fun and enjoyable way to unwind and take your mind off daily worries.

6. Social Interaction: Playing table tennis is a social activity, which can help foster friendships and boost your mood through positive interactions with others.

7. All-Age Sport: Table tennis is suitable for people of all ages and fitness levels, making it a versatile and inclusive sport that anyone can enjoy.

So, whether you're looking for a physical workout or a mental challenge, table tennis can be a fantastic choice for overall well-being.

Ridgewood Hall table tennis, Tuesday nights 6pm-8pm.

Health & Wellbeing

SWITCH ON YOUR CORE FOR BETTER ALL-ROUND HEALTH

What is Pilates? Pilates is a set of specialised moves that incorporates breathing exercises to help develop muscles of the body, primarily the core muscles.

Combining breathing techniques with Pilates exercises, helps the mind-body awareness. These techniques were originally developed in the 1920s by German physical therapist Joseph Pilates, who helped dancers to improve their core strength and balance.

Today, these techniques continue to be used by rehab patients, models, actors, professional athletes, and fitness participants. Pilates allows each individual to recognise their own capabilities and to develop and proceed at their own pace.

If you would like to give Pilates a try, then join Micheala at Ridgewood Hall every Tuesday at 9.15am, this class is subsidised by Living Well Noosa - A Noosa Council Initiative bringing the price to \$5 per class. No booking required, bring your mat, wear comfortable clothing, and come along to the class.

Micheala Schulze, who founded Engage Your Core Fitness with her husband Justin, has 21 years of experience working in the fitness industry and is extremely passionate about

helping others improve their quality of life through exercise. Micheala had a series of hip operations (due to severe slipped epiphysis) between the ages of 13 and 14 spending three months in hospital.

During this time Micheala lost muscle tone and had to learn to walk, her consultant was unsure whether Micheala would walk properly or even walk again, he told her to try and swim as much as she could.

Every day after school she went swimming, as time went by and she entered the workforce, she went swimming every day before work.

At the age of 18 and still attending outpatient appointments with her consultant, he told her she should never have recovered the way she had.

Micheala put in the hard work and reaped the rewards. Micheala says "I remember thinking that I had walked in to the hospital and I was determined to walk out of the hospital".

Not only does Micheala want to teach people to get back to having better health and fitness in their lives, she wants to help people learn how to maintain better health and fitness in their lives.

With Micheala Schulze



A lot of people lead sedentary lifestyles now, whether it's relying on the car to travel from A to B or working long hours sat at a computer.

More and more people are suffering from anxiety and depression. Everyday life is getting busier and busier so putting time aside to specifically focus on looking after ourselves is becoming more and more important.

Schopenhauer, the philosopher, said: "To neglect one's body for any other advantage in life is the greatest of follies".

It is important to prioritise exercise, regular exercise classes or programs can be put into our diaries, coffee outings, shopping and gardening can be booked around exercise, it is always easier to say

'tomorrow', but the old saying goes, 'tomorrow never comes'. The years go by and then one day we realise that our bodies are not as good as they use to be. It is never too late to start exercising.

Micheala says. "You have to exercise until the day you die, it's not a quick fix! Exercise can help keep the body and mind healthier."

Engage Your Core Fitness offers different exercise classes for all different levels of fitness. The classes are designed so that everyone can receive benefits from them.

Pilates, Ridgewood Hall, every Tuesday at 9.15am. Checkout the timetable at engageyourcorefitness.com.au or phone 0449 047 746.

Round the Ridges History: Helga



PIONEER'S NAME HAS DEEP LINKS TO CARTERS RIDGE

The Poulsen family were one of the early settlers of this area.

The property that is on the western side of Poulsen road, their western boundary being the Mary River.

Poul C. Poulsen purchased it in 1905, it had been part of the Kenilworth Station.

Mr. P.C Poulsen was a leading photographer in Brisbane and the Danish Consul in Queensland.

They named the property *Beechwood*, after the family home at Highgate Hill in Brisbane and to remember the beech trees of Denmark. Mr. P. C. Poulsen arrived in Sydney in 1876 and travelled to Brisbane in 1882.

The land was purchased in 1905 in partnership with his brother C.A Poulsen and continued to be in the Poulsen family until it was sold in early 2000.

Beechwood was important in the early days. It was the depot for the

district mail, this was brought down from Gympie by a woman with a horse and trap.

The first telephone line between Brisbane and Gympie ran through the property and the first Carters Ridge School was in the cottage there, while a school house was being built.

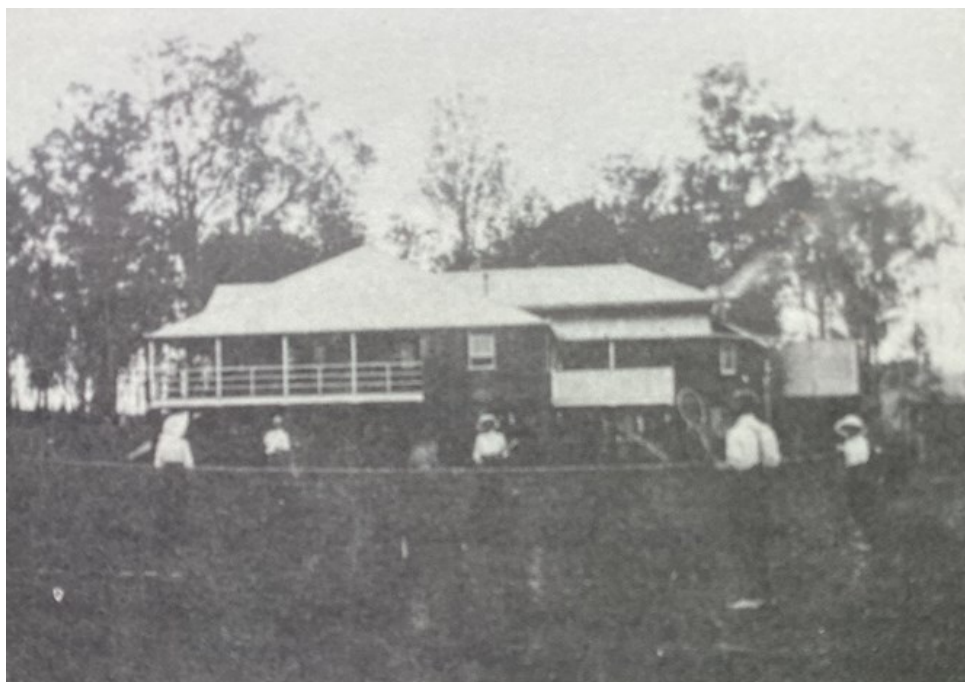
The original homestead built at *Beechwood* was a 44 square timber house, of pitted timber from the property, with a shingle roof.

It was a grand house with a long palm tree avenue up to the house, where there was also a tennis court. The house was still standing in 1970, but was no longer lived in.

Ken Poulsen the last Poulsen farmer's mother had lived in it, as had Ken's brother Doug.

Helga Hill is a long time Ridge-wood resident with lots of stories about the history of the Ridges. Ph. 0434 946 360.

takes a look back in time



An early photo of the Poulsen family's Beechwood Homestead at Carters Ridge, named after their home in Brisbane.

Mat Pilates

At the Ridgewood Hall, Tuesday mornings at 9:15am during the school term.

Suitable for all levels of fitness.

Wear comfortable clothing, bring a mat and water bottle.

For more information phone
Micheala on 0449 047 746



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Community Calendar

August

3 August

Belli Wine Time, Belli Park Hall, 5:30pm

4 August

Crop Swap, Belli Park Hall, 10am

13 August

Cooroy Mountain Spring Festival, Cooroy Mountain 7am-3pm

Sunday Sundowners, Ridgewood Hall, 4pm

25 August

Annual Pig on the Spit, Ridgewood Hall, 6pm - Book now!

26 August

Mary Valley Show, Imbil Showgrounds

Community Music, The Hub, 4pm

September

1 September

Crop Swap, Belli Park Hall, 10am

Agvention, Main St Kandanga

7 September

Belli Wine Time, Belli Park Hall, 5:30pm

29 September

Community BBQ, Ridgewood Hall, 6pm

30 September

Community Music, The Hub, 4pm

30 September—1 October

Gheerulla Art Fair, Gheerulla Hall

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EARLY DETECTION THE KEY TO CONTROLLING DIEBACK

Pasture dieback is of major concern and the loss of pasture when it occurs is unknown. The farmer has plenty of grass and stock to graze the pasture and then he has nothing, Whole paddocks or patches can be affected. What's happening?

Phase shift occurs: The pasture is reasonably productive and then a tipping point arises, the grass dies and roots can just be pulled out of the ground. Something has changed in the environment soil or biology to cause the pasture to die out. What's the signal for this to happen?

Signal: The dieback is often associated with meal bugs these are a sucking insect. Interesting work has been done by Philip Callahan book *Tuning in to Nature* and Tom Dykstra article in the book *quality agriculture* by John Kempf. Tom writes about insects being nature's garbage collectors and insects signal and recognise unhealthy plants. How do they do this?

It turns out that if the Brix level of plants is above 8 sucking insects don't attack the plants. So mealy bugs are always present in the soil but if the grass gets well below 8 brix not sure of the exact number below a mealy bug outbreak will occur signifying a pasture dieback occurrence

Brix level (look up Wikipedia and see how it is measured). The sugar level in the plant juice is the brix reading and is measured by the refracted light of the plant juice. It is photosynthesis the process by which plants make food that is the factor affecting the brix level. So we need to look for factors which will affect the brix level from poor photosynthetic activity.

Causes of low brix level: Environmental factors changing soil conditions like lack of aeration from excessive moisture, rain and compaction of soil from too much magnesium which in turn changes the biology. Nutrition may be marginal and the environmental change causes the tipping point to occur from growing pasture to dieback

Recommendation: When you see dieback occurring measure the brix level, if it is low try and determine what is causing the photosynthetic activity to reduce and get the brix levels above 8 or 10 to prevent dieback spreading

This article is based on my reading and the ideas need testing in real life situations.

Dick Schoorl is an agricultural scientist who lives in Carters Ridge.

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Meet the Committee:

Howdy Neighbours, we're the Normans - Scott, Kirsten, Annabelle, Michael and fur babies Wally and Lucia.

We moved to Carter's Ridge in May 2021 from down the hill in Verrierdale. A couple of years earlier we migrated from the beautiful beachside (but freezing) Mornington Peninsula in Victoria.

Scott and I met in Cairns 25 years ago where we both worked as International Sales Managers for Quicksilver Cruises (dream jobs) and have moved from one adventure to the next living across many states and cities in Australia in that time. Returning to QLD was always the plan once the kids' education was near completion.

Having grown up on a farm, I have dreamed of the country life and continued to work to make it a reality. We jump out of bed every morning to capture the ridge morning view, it's the highlight of our day! We truly feel on top of the world here and have many morning wildlife visitors. The rolling green hills are so calming and healing. We pinch ourselves every day that we get to live here.

The garden and land keep us busy, and we love getting stuck into it. We have been working on our kitchen garden and expanding our food forest. We have many olive trees on the property, so we are reading a lot about how to maintain these. We'd like to build a big shed as our place and update the interior of our home.

I'm lucky enough to work from home in my own Accounting and Business Advisory Firm 'BizWhiz Business Solutions' which I founded 10 years ago. It is a



100% virtual operation with staff all over the world and clients in Australia and New Zealand. I also have what I call my 'hobby job' at Living Valley Health Retreat in Kin Kin, which I do 1 day a week, simply for the love of it.

I'm all about health and wellness having struggled with many health battles myself and I love helping people with their own healing journey. I am also a fully qualified Aerial Yoga teacher and this is my current obsession. I used Aerial Yoga to heal myself after 2 car accidents.

The thing I love about Aerial Yoga is that it is super fun, accessible to anyone of any age or ability and has so many health benefits. Watch this space!

Kirsten Norman

In our spare time we love getting outside in the garden, walking around the ridges, going to the beach with the dogs, stand up paddle boarding and camping. I'm keen to start doing some hiking, but the boots are still in the box at this stage.

We recently welcomed our first grandchild into the world, Evani May. She is so beautiful and "Grandma mode has been activated" according to my kids.

The community here are so lovely, and we have made many friends just by attending the events at the hall. Everyone is so welcoming and caring and it feels so good to be surrounded by great people. If you are reading this and have never been to an event there, just do it!!

I'd love to see us utilise the hall as much as possible to bring the community together with an increased social and activity calendar for all ages. We have introduced the table tennis night and walking group so far. If you have

any ideas of things you'd like to see at the hall please contact me.

The floods last year really showed us the sense of community we have here. Water did enter our downstairs level and we had a bit of task digging trenches to redirect the water which then caused a landslip.

We had neighbour's trudging across the ridges to check on us in the torrential rain with morning tea in hand (thanks David and Narelle) and Ted our direct neighbour was digging trenches with Scott and Michael that terrible Friday morning. Thank you so much.

I can't wait to meet anyone we haven't already and thanks for being so welcoming. We plan on being here for a long time!

Kirsten is an Accountant, keen gardener, new Grandmother and popular local. Find her at <https://www.bizwhizbusinesssolutions.com>



Rural living with Tim Scott

FIELD DAY SHOWCASES AGRICULTURE INNOVATION

Agvention is a “Field Day Like no Other” showcasing innovations and technology to improve the adoption of Regenerative Agriculture to a national audience.

It’s a showcase of the work done by the Kandanga Farm Store held Friday September 1, 2023 at 93 Main St. Kandanga.

Up to a dozen invited speakers cover aspects of food production largely untouched at such forums. From human health to soil health, from managing land and animals without chemicals to cover crops, biological pest management, machinery for Regen to microbes and setting up a farm.

Over 30 exhibitors have been asked to bring just products that contribute to a more regenerative farming system rather than their general field day kit.

Organiser Shane Cox said: “The Farm Store has cemented its place as a leader in the Regen space and the product suppliers and speakers attending Agvention aren’t those you see at conventional ag field days, this one is much different!”

Regenerative Agriculture or “Regen” has enjoyed an accelerated uptake in recent years particularly as supply shortages in synthetics and



chemicals have forced conventional farmers to think again about how they produce food. Coupled with this has been a backdrop of extreme weather events and consumer interest in food safety and ecological credentials.

“It’s not about substituting a synthetic product for a non-synthetic one, Regen is a complete mind shift to a better, more Holistic approach” said Kandanga Farm Store owner Amber Scott, “Agvention is more than products, it may just be the first step in an education process.”

Although definitions vary, 5 core

from Kandanga Farm Store

principles of Regenerative Agriculture are internationally recognised:

1. Don't disturb the soil
2. Keep the soil surface covered
3. Keep living roots in the soil always
4. Grow a diverse range of plants
5. Incorporate grazing animals into the system

The aim of Regenerative Agriculture is to achieve increasing farm OUTPUTS from decreasing INPUTS. Outputs are measured in their whole, not just quantity of yield. Considerations like nutrient density, ecological impact and soil health improvement all need to be accounted for.

Amber Scott says, "Largely, this is achieved by "mimicking nature" hence reengaging natural cycles rather than artificial ones and understanding we are part of nature not above it."

Although initially, infrastructure setup costs can be higher when moving to a regenerative system; ongoing costs such as those in the conventional

rural merchandising world should decline over time. It's for this reason no other rural stores occupy the space Kandanga Farm Store has embraced.

"Specialised on-farm consultancy, events and training fill the financial void that poisons and synthetics leave, and Agvention plays a part of that education process," added Ms. Scott.

Agvention is free and open to everyone from 9.00am Friday 1st of September at 93 Main St. Kandanga with live demos and talks from 9.30am.

Local food and produce is showcased from morning tea to an informal dinner (by donation to the Regenerative Ag charity: Lachlan Hughes Foundation).

www.agvention.com.au

Youtube: Kandanga Farm Store

Tim Scott owns Kandanga Farm Store and runs his own farm in Kandanga. Ph. 5484 3771.



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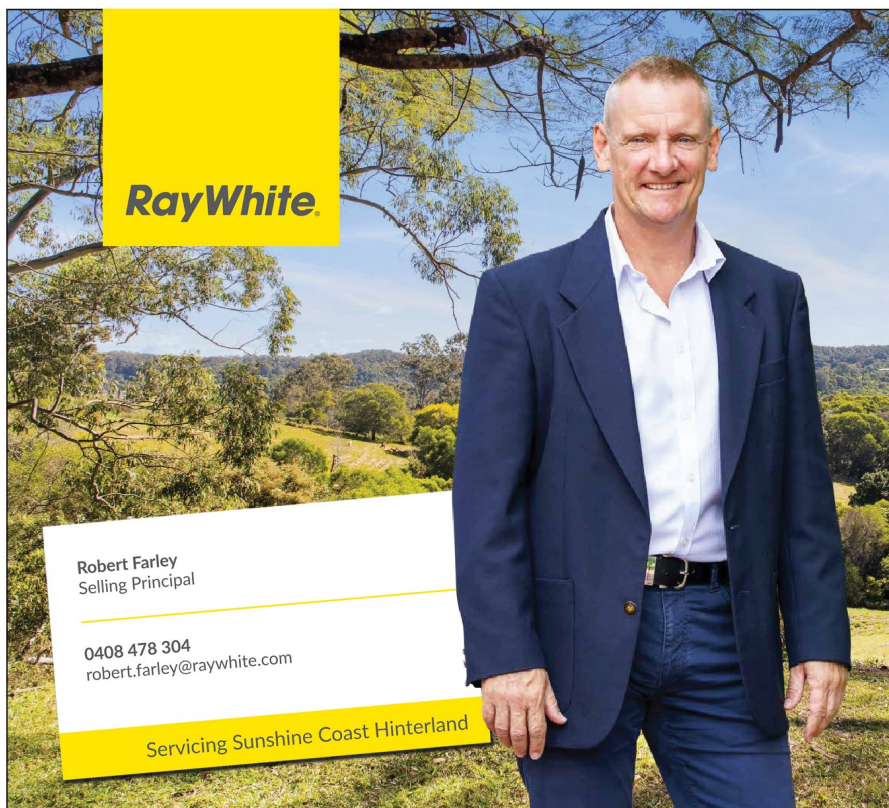
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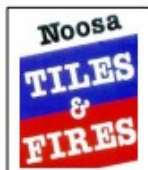
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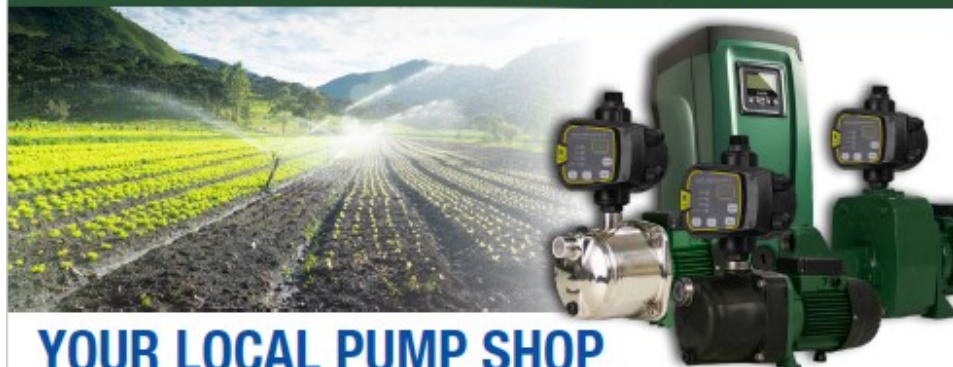
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RTR is published bi-monthly.

Contributions close on **15th of the month** prior to publication. Issues are distributed in the first week of the publication month.

Download digital copies:

www.roundtheridges.com/newsletter

For advertising or articles:

rtr.editor@gmail.com

Editor:

Sarah Keough

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Advertisement sizes

1/4 page = 65 x 95mm vertical

1/2 page = 134 x 95mm horizontal

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