

# Around the Ridges and a bit beyond

Issue 158 October 2017 eMail: [aroundtheridges@hotmail.com](mailto:aroundtheridges@hotmail.com)  
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## Do You Know What You Are Eating?

Agriculture and Human Health Solutions Forum, September 2017

Healthy Soils Incorporated (Healthy Soils) has had numerous requests to explain the link between food and human health. Many in the community have doubts about the safety and health of food. While it is common knowledge that there is food (junk food) that should not be consumed on a regular basis, there is increasing doubt about the food (regarded as healthy food) available for human consumption. The increased popularity of backyard veggie gardens and organic foods demonstrates the lack of confidence in main stream foods.

More than 200 people attended the latest Healthy Soils events from the 10th - 12th September in the Rockhampton region, to learn the latest proven science showing the links between the food we grow and the health of our families. Scientists, farmers and graziers travelled from Tasmania, Victoria, South Australia, around Queensland who are interested in how our food is impacting our health. Furthermore, they are curious about the safety systems and controls on the food chain (food, food processing and food production methods).



Key speakers included, Professor Don Huber (USA), Dr Judy Carman (South Australian Health Specialist), Dr Dana Stanley (CQUniversity Researcher), Dr Sandrine Makiela (CQUniversity Microbiologist), Graeme Sait (Nutri-Tech Solutions), Anita Rossiter (Eat3&Veg) and Kim Kruse (Regen Ag). The local Landcare group, Healthy Soils Incorporated was the co-ordinator of the highly inspiring and educational program while working closely with, and support from the Fitzroy Basin Association (FBA), their Regional Landcare Facilitator and local businesses.

Chairman of the Healthy soils Group, Mick Alexander said, "The three days were certainly inspiring for all who attended. The key message from the program was that a chemical commonly known as glyphosate is having a huge impact on the health of all of our families and communities." He added, "This came as a surprise to many people who were still being told glyphosate was safe because we have been using it for so long."

According to Professor Don Huber, Glyphosate has never passed a long term safety analysis and the chemical manufacturers simply used the acute (short term) testing to say it was safe for humans. What they are telling us is, if it does not kill you today, it is safe. Even the chemical regulators (AVPMA) do no testing to ensure it is safe.

Mr. Alexander declared, "However, chronic diseases such as cancer develop over years of contact with food containing toxic chemicals. In fact, without long term testing how can we be sure that the buildup of chemical residue in the soil, plants and animals for human consumption is not also accumulating in our bodies and effecting our health. It is surprising that our government regulator has not established long term (chronic) trials with all chemicals that are in or in contact with the food chain, so we can be assured that our families will consume safe food."

Food Standards Australia New Zealand (FSANZ) was invited to participate at the forum to demonstrate how Australia's food safety is controlled, but declined.

Mr Alexander said, "We constantly hear agronomists and

*Continued on Page 2*

scientists and some farmers say, 'we need these chemical because they are so cheap and easy to use and they kill the weeds.' However, they are not cheap if they are causing our families to get sick and suffer long term illnesses. There were participants from various parts of Australia as well as many local farming and grazing families who wanted to know about the links between agriculture and our food." He explained, "Our communities need to be informed about the impact which glyphosate and other agricultural chemicals are having on our families health and to allow them to make informed decisions."

Every speaker at the forum gave their time for free to support the health and well being of families around Australia. Most participants were excited to learn from so many scientists who have spent their life researching agricultural and food safety.

Mr Alexander said, "We as farmers and farming communities are at the coal-face, getting the direct impact from the contact of poorly-regulated chemicals. It is time for communities and families to take health into their own hands and learn about the long term impact of chemicals on our families", he said.

The program included a Field day at Bongers Farm, Jambin, on Saturday the 10th of September followed by a two day forum in Rockhampton. The field day program highlighted the world leading work which GRDC scientists, have undertaken to ascertain the levels of residual herbicides which are still sitting in our paddocks and built up

from the past twenty years of chemical farming. The initial data from trials conducted in 2016 in every state of Australia showed varying levels of glyphosate from small to very high amounts depending on soil type. Local farming family, Tony and Peter Bongers had paddocks tested and found large amounts of glyphosate as well. Interested farmers at the forum are willing to work with GRDC to find out the impact of these chemicals on our food supply.



Key note speaker, Professor Don Huber explained, "Glyphosate is simply not breaking down like the experts said it would. The chemical has changed the soil microbial composition, being toxic to beneficial organisms, promoting pathogens and tying up key minerals such as manganese, copper and zinc. The longer it is used, the more impact it will have on soil and crops", he explained.

For more information about this extensive program, go to the [healthysouils.org.au](http://healthysouils.org.au) website.

*The President and Members of the Ridgeland Hall Committee would like to thank the Ridgeland Rodeo Committee for the opportunity to cater at their Annual Campdraft.*

*This a major fund raising venture towards the upkeep of the Hall. Thanks to the volunteers for their valuable assistance with the catering also the public for their patronage.*



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Mick and Noela Alexander have established the first Organic Certified beef production operation in the region with a composite Sanguis/Droughtmaster cross.

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## BIG COLOUR WORKS

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every second month for free.  
THANK YOU!*

*Around the Ridges* and a bit beyond is a community and school newsletter. Stories, notices, poems, anecdotes and historical memoirs need to be submitted by the 11th of the previous month — if you have a special event, allow two months lead time if possible. We love our sponsors - and hope that you do too. Please support them and buy locally!



Could anyone who has photos or any information on the Cross or Simpson families related to George Goodman please email Brad Colley [bradjc8@bigpond.com](mailto:bradjc8@bigpond.com)

## Did You Know?

According to the Australian Bureau of Statistics our Fitzroy Region currently has more cattle 2,643,572 than the whole of the Northern Territory 2,238,375. Also the Fitzroy Region has more than double that of the next highest region with the Burdekin having 1,300,370. As our region has 10.6% of Australia's herd, cattle are an important part of our local economy.



## Vale - Lorne Robert STEWART 1913 - 2017

We were saddened to hear of the passing of Lorne Robert Stewart on Wednesday 6th September 2017 aged 104.5 years. Lorne was born in Rockhampton and was the second eldest of five children.

He spent his younger years at Morinish and worked on the family property as well as doving cattle. After he married Edna Hinz of South Yaamba in 1937 they bought a dairy farm at Garnant, near Ridgeland.

Lorne was well known in the Ridgeland community as he contributed in organising rodeos, races and local dances. After moving to Rockhampton in 1975, Lorne joined the North Rockhampton Bowls Club as a keen bowls player. The Funeral Service held in the East Chapel, Rockhampton Crematorium on the 15th September 2017 was well attended, followed by a Wake at the North Rockhampton Bowls Club.

## Crumbed Tuna Rissoles

For lunch, cool rissoles completely before packaging. Serve warm or cold with tartare sauce, salad and lemon wedges.



### Ingredients:

- 3 large desiree potatoes, peeled
- 2 x 425g cans tuna in springwater, drained
- 3 green onions, thinly sliced
- 1½ cups coarsely grated cheddar cheese
- 2 tablespoons finely chopped dill
- 1 cup plain flour
- 1¼ cups dried breadcrumbs
- 3 eggs, lightly beaten
- ½ cup vegetable oil
- Steamed green beans, to serve
- Lemon wedges, to serve

### Instructions:

#### Step 1

Place potato in a large saucepan. Cover with cold water. Bring to the boil over high heat. Reduce heat to medium. Cook, uncovered, for 10 to 12 minutes or until just tender. Drain. Transfer to a large bowl. Mash. Allow to cool. (You'll need 3 cups mashed potato.)

#### Step 2

Add tuna, onion, cheese and dill to bowl. Season with salt and pepper. Stir until well combined. Using 1/4 cup of mixture at a time, shape into 18 x 2cm-thick patties.

#### Step 3

Place flour, breadcrumbs and egg in separate shallow bowls. Coat 1 pattie in flour, shaking off excess. Dip in egg. Coat in breadcrumbs. Place on a baking tray lined with baking paper. Repeat with remaining patties, flour, egg and breadcrumbs. Refrigerate for 30 minutes or until firm.

#### Step 4

Heat half the oil in a large frying pan over medium heat. Add half the patties. Cook for 2 to 3 minutes each side or until golden. Repeat with remaining oil and patties. Serve with green beans and lemon wedges.

Make the most of this versatile and nutritious ingredient with canned or fresh tuna.

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# A Reminder of our Local History



## Alton Downs/Ridgeland Branch

As Rod Milne indicates in his 1988 article:

In a state where unremunerative branch lines were once quite common, the Alton Downs Line, in the Rockhampton district, shines like a beacon for sustained unprofitability. Built for all the wrong reasons in the wrong place at the wrong time, this 28.2 km branch line carried meagre loadings for almost its entire life, and was worked largely by railmotors after 1942.

The line was authorised in 1914 but construction didn't commence until October 1915, well after the start of WWI and as a drought was threatening in the Fitzroy basin. With sand as ballast and only four bridges of any size construction was easy and the line was opened in October 1916.

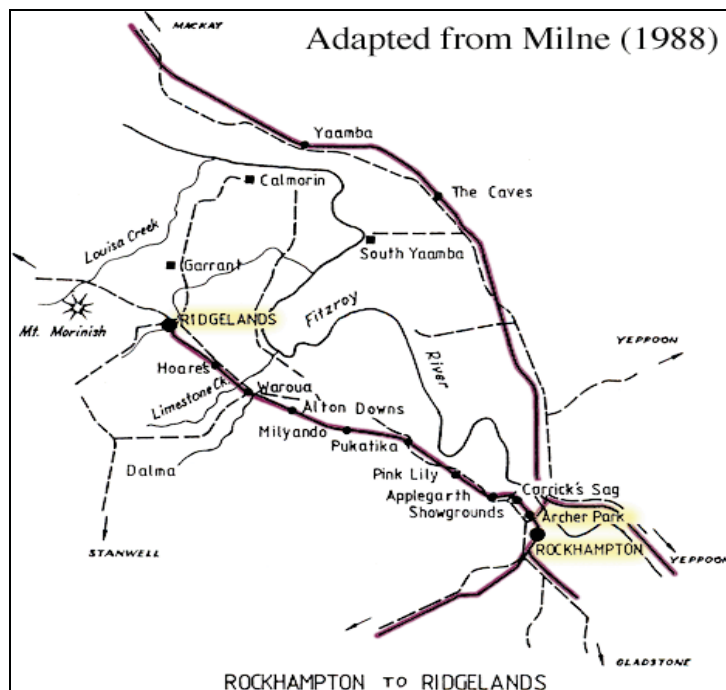
There had been agitation for the line for many years, particularly from the sugar farmers of the Alton Downs area, who wanted a central mill. Milne again:

The Alton Downs Line was probably an attempt to capitalise on the agricultural potential of the Fitzroy Valley, for it was anticipated that expansion of farming would occur with the impetus of improved transport. In time, these hopes proved groundless, as farmers slowly moved away from unprofitable maize and cotton growing to concentrate on dairying and light grazing.

An ongoing financial disaster, even a proposal to extend it a further 10.5 km to better serve the pastoral (cattle) interests did not get approval.

Involving a haul of some 321.8 km by rail to the nearest mill at Bundaberg for crushing, a sugar industry centred on the proposed rail head at Louisa Creek would scarcely be viable, even in those days of relatively low costs.

Stations and sidings on the line were minimal. Waroula and Alton Downs had station buildings, but otherwise only Ridgeland had much more than a single loop siding and a bank or ramp for loading. Showgrounds had stock races, for Show events; Ridgeland was laid out on a curve and included a canopy roofed station building, railway house, cream and goods sheds, cattle races and a fork line for reversing.



Railmotors were introduced in 1931 to cut costs and began to replace train services so that in 1942 most regular engine hauled services had been discontinued. Railmotor services could be replaced with trains when graziers had cattle to ship but were gradually discontinued as road transport became more popular. By 1955 and closure there were only four trips per week on the line, although some shunting of Showgrounds and Carrick's siding from Archer Park continued until 1968.

That the Alton Downs line continued for as long as it did is surely a miracle. Lingering merely to carry cream, a few parcels, and some 3000 head of cattle yearly from Ridgeland the Branch was never a success... Its retention for so many years was very much an act of benevolent neglect.

### Acknowledgements

Milne, Rod (1988). The Alton Downs Branch, *ARHS Bulletin*, 604: February, pp 28-34.

This article includes station and siding layouts, operational details, etc.



# Community Conversations

## We want to talk to you!

**Council is holding Community Conversations throughout October and November 2017.**

**Take this opportunity to discuss:**

- Scheduled Council work in your area
- Major projects Council is currently working on
  - Your community priorities
  - Council's services

### **Alton Downs Community BBQ**

**Date:** 6 November 2017

**Time:** 6.30pm - 8pm (BBQ starts at 6pm)

**Venue:** Alton Downs Hall

No RSVP necessary.

For more details call Community Engagement Officer Wade Clark on 4936 8577. If you cannot attend a meeting you can provide feedback online at [www.rrc.qld.gov.au](http://www.rrc.qld.gov.au) - Community and Events - Regional Voice - Current Engagements.

**P:** 07 4932 9000 or 1300 22 55 77

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# COMMUNITY

## Alton Downs Dump Hours

May to August

Tuesday, Thursday, Saturday  
and Sunday: 2pm - 5pm

September to April

Tuesday, Thursday, Saturday  
and Sunday: 3pm - 6pm  
Closed Christmas Day

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### Fees:

Minimum charge	\$8
Car Boot or wheelie bin	\$10
Trailer 6x4/ute/tray/van	\$19
Larger trailer or with hungry boards	\$22
Volume fee per m <sup>3</sup>	\$49

## ALTON DOWNS HALL

Indoor Bowls	14 Oct	7:30pm
Card Night	21 Oct	7:30pm
Hall Meeting	25 Oct	7:30pm

## Alton Downs Pony Club

Meeting 1st Tuesday  
of the month 7.30pm  
Alton Downs Hall

## Indoor Bowls

2nd Saturday of every month  
Alton Downs Hall  
7:30pm  
Sid Hoare 4934 1147

### Safety First

I was driving with my three young children one warm summer evening when a woman in the convertible ahead of us stood up and waved.

She was stark naked!

As I was reeling from the shock, I heard my 5-year-old shout from the back seat, "Mum, that lady isn't wearing a seat belt!"



Kristen Ham MAppFin, GradCertAcc, DipFR, DipFM  
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## QCWA Ridgелands Branch

Meeting 1st Wednesday every  
month commencing at 9.30am  
QCWA Ridgелands Hall  
Contact Joyce 4934 5120

## Ridgелands & District Sporting & Agricultural Association Inc

Meetings are held on the 2nd  
Wednesday of the month,  
commencing at 7.30 p.m.  
at the Ridgелands Show grounds.

## Ridgелands Play Group

Wenesdays fortnightly  
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## Saint Lukes Anglican Church

Service 11am fourth Sunday of each  
month at the QCWA Hall Ridgелands

## Stitch and Chat Group

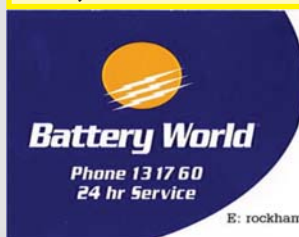
Meet on the 2nd & 4th Tuesday  
of every month at 9:30am

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## Did Noah Fish?

A Sunday School Teacher asked, "John-  
ny, do you think that Noah did a lot of  
fishing when he was in the Ark"

"No", replied Johnny, "How could he  
with just two worms."



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Joshua Hunt  
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Lachlan Hunt

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Christmas Karaoke in aid of  
Ridgелands Hall Funds  
Saturday, 2nd December, 2017.  
6.30 p.m.  
At the Ridgелands Hall.  
ALL WELCOME.

## History of the Garden Hose

Who would have thought the innocent old garden hose came from such odd beginnings? The first flexible hose dates back to the ancient Greeks who used the intestines and bladder of an ox to create a fire hose.

They removed it from the animal and filled it with water. When the bladder was compressed, a stream of water came out like a hose and was used to put out fires.

It wasn't until the 1600's that Dutch inventor Jan van der Heyden used leather stitched together to create the first manufactured flexible hose.

From there, people created hoses from canvas, linen, cotton and sail-cloth which were all, not surprisingly, prone to leaks.

In 1870, rubber became the material of choice before the revolution of synthetic fibres like PVC influenced the hose we know today.

Brendan Loutit TAs



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