

HALLETT HEARTBEAT

HELLO & WELCOME TO OUR LOCAL COMMUNITY NEWSLETTER!

If you have anything you would like included in the Newsletter, please contact Susan McGloin at smcgloin@live.com.au. Deadline for the October 2025 issue is Friday 26th September. No responsibility or liability will be assumed for any errors or omissions in the content of this newsletter. All information is provided as verified, in good faith.

SPRING IS ON THE WAY



We may be still in Winter, but Mother Nature has started the Spring blossoms around the town.

WHAT'S BEEN HAPPENING IN HALLET DURING AUGUST

- The HCSA Committee have been successful in their application for 2 Grants
 - 1 Grant will buy two picnic tables to be located at the Memorial Gardens
 - 1 Grant will enable repairs and painting of the Hallett Hall Supper Room
- The HCSA Committee Maintenance section have cleared the old Hallett Library Room of books and fittings in preparation for the renovation of the room into the new Doctors surgery for Dr Emmerson. The books were offered to the community, those that have not been taken have been boxed up and are being stored locally.
- Do you want to keep up to date with what is happening in Hallett as it happens? Please let Susan know at smcgloin@live.com.au and she will add you to the Hallett Community Neighbours Group on Messenger.
- Sheba would like to give a big 'THANK YOU' to all the lovely locals who made sure she was patted and fussed over whilst Tristan was away. She loved seeing you at the gate.





Got some spare time on a Tuesday?
How about popping down to the
Hallett Hall and joining our
industrious ladies as they do their
craft. Come for a chat and a social
time. New participants are always
welcome.

CELEBRATING HALLETT LOCALS



Congratulations to Sandy Cailes and Toby for winning Baby of Breed at the Canine Fanciers Club Show in Adelaide.

Congratulations to Felicity Martin for coming first in her age category at the 2025 Barossa Marathon Festival for 5km.



CELEBRATING HALLETT FARMERS

Success for Greenfields at the Northern SA Merino Expo at Jamestown. We were thrilled to win the Champion pen of 3 ram hoggetts and were second in the SA Ram of the year and second in the Champion Hoggett ram class. Thanks to major sponsor Michell Wool for their generous prizemoney and well done to the Expo committee on a well organised event.





Collinsville dominated Dubbo show 2025 last week with the below results.

Australian Supreme Merino

with Lustre 565

With Emperor 333

Supreme Exhibit

Grand Champion August Shorn Ram

Champion Fine Medium Wool Poll Ram

With Emperor 307

Reserve Grand Champion August Shorn Ram

Champion Strong Wool Poll Ram

Grand Champion March Shorn Ewe

Reserve Grand Champion March Shorn Ewe

Champion Strong Wool March Shorn Poll Ewe

Champion Medium Wool March Shorn Poll Ewe

Champion Strong Wool August Shorn Poll Ewe

Champion Medium Wool August Shorn Poll Ewe

Plus Reserve Champion

Champion Strong Wool March Shorn Merino Ram

August Shorn Pair

March Shorn Pair

Most Successful Exhibitor

Thanks to event judges and organisers plus the Collinsville team.



COLLINSVILLE

Tim Dalla joins Collinsville as 'Stud Manager'

Collinsville has recently appointed Tim Dalla to the position of stud manager continues its return to the forefront of the stud Merino industry.

The 26-year-old Yorke Peninsula bred stud Merino enthusiast is excited by the challenge ahead, looking forward to servicing clients and leading the breeding and marketing of Collinsville's stud sheep.

"I am extremely grateful for the opportunity to work at such an important and influential stud," Tim says.

"The challenge of cementing Collinsville's position at the forefront of the Merino breeding industry really excites me.

"I am looking forward to working with stud classer Paul Cousins and stud advisor David Jones, and making contact with all past and present clients."

As head of the stud's breeding program, Tim will focus heavily on producing the big, plain sheep with excellent constitution and premium quality, heavy cutting medium wools that have made Collinsville a household name across Australia.

He says the ability to survive and reproduce is also integral to Collinsville's breeding aims.

Tim comes to the position after six years working for Roger and Donna Polkinghorne's St.Amaud-based Charinga Merino Stud, which in recent years has been amongst the top in national ram sales.

While working for the Polkinghorne's, Tim was also responsible for the family's 20,000 head of stud and commercial sheep (both at Charinga and at Banavie Merino Stud, Marmoo).

Tim says it was a challenge looking after such large numbers of sheep, which has given him the confidence to take on the position at Collinsville, Australia's most influential Merino stud.

"Roger has given me a great insight into breeding quality wools and marketing," Tim says.

Tim's passion for stud Merino sheep was ignited as a youngster, growing up on Orrie Cowie Merino Stud, and working alongside his parents Dennis and Heather Dalla, and grandfather, Vic Murdoch (who passed away on January 7).

While most of his time was spent on Yorke Peninsula property at Warooka, he also spent some time on his grandfather's property at Broomehill, WA.

"I was always interested and involved in the Merino stud at home, and got a very good grounding in sheep breeding from my father and grandfather," Tim says.

Schooling finished with two years at Narrogin Agricultural College in WA, followed by two years as a jackaroo, and later stud groom at Uardry Merino Stud (under the guidance of manager Chris Bowman), before moving to St.Amaud.

Tim is recently engaged to Jade Ellen, of St.Amaud, who has been working in grain research. Jade is taking up a part-time position at Collinsville.

With Collinsville general manager Peter Whittlesea coach of the BBH (Burra Booborowie Hallett) A Grade, there's no question of where Tim will be playing football.

By Mel Kitschke



Tim Dalla the new stud manager for Collinsville with fiancée Jade Ellen.

AUTUMN NEWSLETTER 2008



September 2025

Hallett crews responded to 3 Incidents through
August

- 1.Road Crash Rescue – Mount Bryan East
- 2.Structure Fire – Belalie East
- 3.Vehicle Recovery – Canowie Belt

For information regarding the SES and storm
preparations please visit: **www.ses.sa.gov.a**

The Hallett CFS and SES are locally run by volunteers
and always looking for new recruits. If you are keen to
help contribute to the safety & wellbeing of our
community and make a difference in a variety of
different roles. Feel free to reach out to one of your local
members for more information on how to sign up or
visit the CFS or SES website.

WHAT'S ON IN OUR REGION

Burra Basketeers Thursday
September 18th 1.30pm to
2.30pm at the Burra
Community Library.

Burra Plant Swap Thursday
September 18th 2.30pm to
3.30pm at the Burra
Community Library.

Meet & Make Thursday 4th
September 2pm to 3.30pm
at the Burra Community
Library.

“Read Between the Lines”
Book Discussion Group
Tuesday 2nd September
11am to 12pm at the Burra
Community Library.

Burra RSL Subbranch
“Sunday Social” 1st Sunday
of each month (except Jan).
Contact Mike 0412 566 675

HALLETT SERVICES

Dr Emmerson will
be holding her next
clinic in Hallett in
on Friday 26th of
September. Text
0492 417 452 for
appointments.

Brevet Sergeant
Steven West is
stationed at Hallett
Police Station. If
the Police Van is
parked outside, the
office is open.
Steven can help with
witnessing
documents, vehicle
inspections and
Firearm licenses.

**Hallett – Some call it the
middle of nowhere. We call it
the Centre of everything.**

ACCOMMODATION

The Carriage on Alfred – Railway Carriage Accommodation. Two units available with Queen/Single Bed, Kitchenette and Bathroom. Onsite Kitchen/Laundry. – Bookings 8894 2078 or 0481 269 179.

Heysen Trail Hut – Accommodation for walkers on the Heysen Trail or cyclists on the Mawson trail. Free basic accommodation located in the old Hallett Railway Station approximately 500m south of town.

SERVICES

Free Book Library Located outside the Hallett Country Store. No need to have a book to exchange.

A free bike wash is located next to the park near the old Swimming Pool Precinct.



CHURCH SERVICES

HALLETT UNITING CHURCH

9am September 7th
Rev Ted White HC
9am September 21st
Chris Thomas

WHYTE YARCOWIE

9am September 14th
Cuppa & Sharing

HALLETT HEARTBEAT – DIRECT TO YOU

In a bid to keep publishing costs down, the Hallett Heartbeat will be available via PDF by email. If you wish to have a copy emailed to you, please advise Susan McGloin at smcgloin@live.com.au.

HALLETT – BECAUSE LOCALS MATTER

Do you have an achievement you would like to share with the Hallett Heartbeat readers? Susan would love to hear from you. Let's celebrate our Hallett Locals. We have all come from somewhere to make Hallett our home. We all matter, and all bring a diverse range of skills to our community.

We are happy to shout your achievements loud and proud in our community newsletter.

WHAT'S ON IN HALLETT

Playgroup at the Hub every Wednesday at 9.30am during the School Term.

Ladies Day at the Hallett Hall Supper Room every Tuesday from 10.30am to 3pm. BYO project and a plate to share. Gold Coin Donation.

CLASSIFIEDS

Free to a good home, an old-fashioned Double Bed base (wire frame), Wooden Headboard & Foot Board and Double Mattress. Call Chris McGloin on 0481 269 179.



It's not every day you see a Pirate in Hallett!
Are you going to the Royal Adelaide Show?
Running from Saturday 30th August until
Sunday 7th September at the Adelaide
Showgrounds, Wayville. Head along to the
Sheep and Wool Pavillion. You might just
recognize some of our local farmers there.

WHAT TO PLANT IN SEPTEMBER

As we head into the first month of Spring, we are thankful for the rainy last days of Winter which have helped to soften the soils we will need to nourish your gardens in the months to come. As the days become longer, now is a great time to get out and prepare our gardens for their bounties to come.

Here is what to plant in your gardens during August:

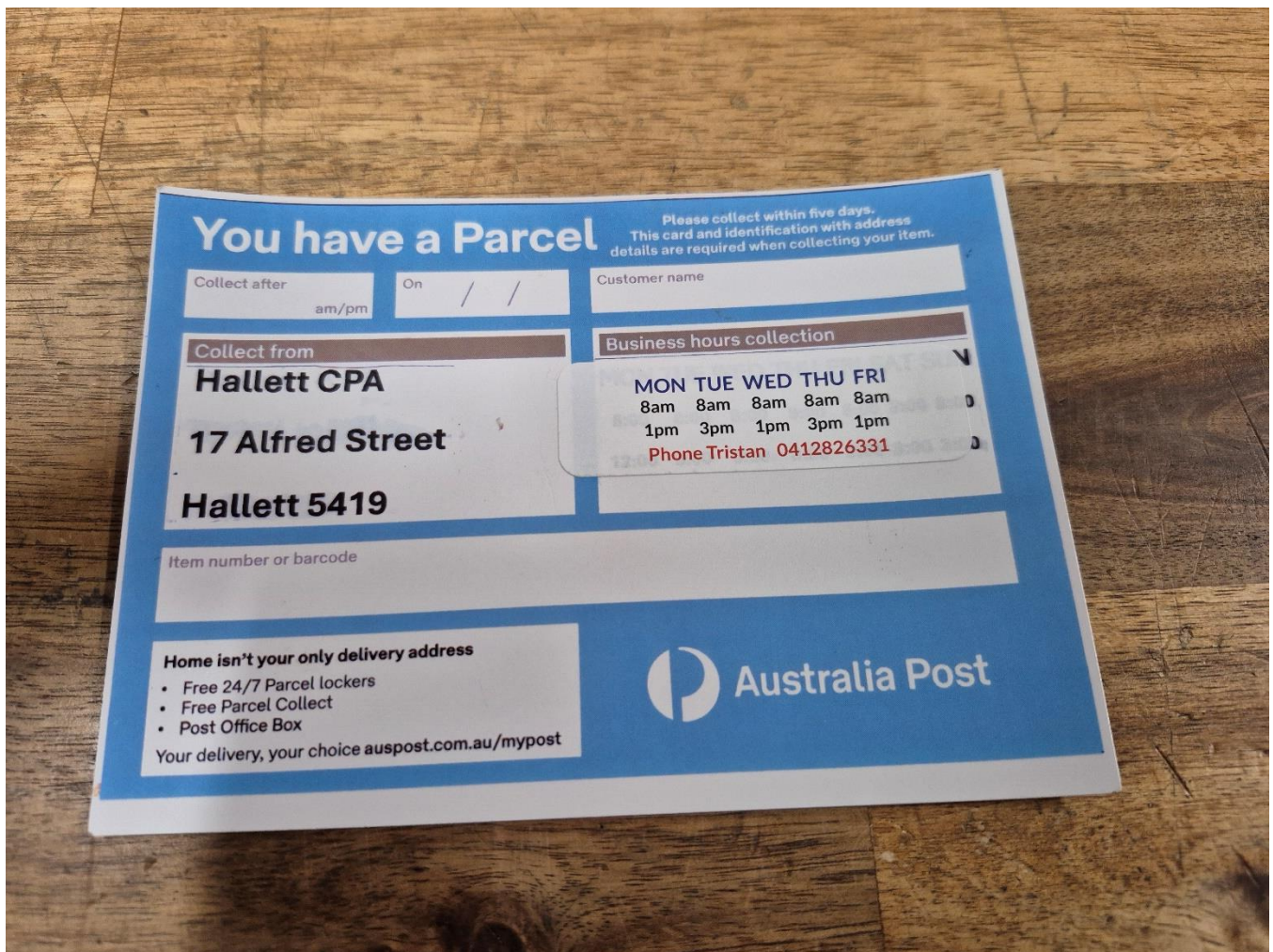
Vegetables:

Artichoke, Asparagus, Basil, Beans, Beetroot, Broccoli, Cabbage, Capsicum, Carrott, Celery, Chervil, Chilli, Chives, Coriander, Corn, Cucumber, Dill, Eggplant, Fennel, Kale, Leek, Lettuce, Loofah, Parsley, Parsnip, Peas, Potato, Radish, Rhubarb, Rock melon, Silverbeet, Spinach, Spring Onion, Squash, Swede, Tomato, Turnip, Watermelon and Zucchini.

Flowers:

Alyssum, Billy Buttons, Borage, Calendula, Cerinthe, Cleome, Corn Cockle, Cornflower, Cosmos, Delphinium, Echinacea, Everlasting Daisy, Hollyhock, Lupin, Marigold, Mignonette, Nasturtium, Nemophila, Poppy, Pyrethrum, Salvia Seeds, Sturt's Desert Pea, Sunflower, Sweet Pea, Tansy, Zinnia. Happy Planting!

It is a lovely time to take a trip around the district to admire the blossoming trees and delight in seeing the new lambs in the green fields. Mother Nature is waking up from her Winter Slumber.



Do you have any of these Parcel Collections cards collecting dust at home? Please return them to the Hallett CPA either in store or via the Mailbox located by the PO Boxes. Thanks.

Don't forget to visit Hallett Coffee & Collectables and the Hallett Country Store – you never know what you just might find...





My Local Services

Regional Council of Goyder



Contact your Council and members.



Find your bin collection days and receive reminders.



Find events in your local council area or state-wide.



VETS VISITING HALLETT

Clare Valley Veterinary Services will be visiting the following towns over the next couple of months! These days are dedicated to large animals and small animals.

We offer all types of services from our fully equipped vans, with our experienced veterinary team. Capped travel for these days.

Please phone the Clinic to schedule your booking on 1300 288 387.

ON FARM & SMALL ANIMAL MOBILE VETERINARY VISIT DATES

RUN 1	RUN 2	RUN 3	RUN 4
SPALDING JAMESTOWN APPILA TARCOWIE PEKINA ORROROO CARRIETON	BURRA HALLETT WHYTE-YARCOWIE TEROWIE PETERBOROUGH YUNTA	CRYSTAL BROOK WARNERTOWN PORT PIRIE NAPPERBY PORT GERMEIN TELOWIE MIRANDA	GLADSTONE LAURA WIRRABARA MURRAY TOWN BOOLEROO CENTRE MELROSE WILMINGTON QUORN
TUES 19 TH AUGUST TUES 14 TH OCTOBER TUES 25 TH NOVEMBER	TUES 9 TH SEPTEMBER THURS 16 TH OCTOBER THURS 27 TH NOVEMBER	TUES 16 TH SEPTEMBER TUES 27 TH OCTOBER THURS 11 TH DECEMBER	TUES 30 TH SEPTEMBER TUES 27 TH OCTOBER TUES 11 TH NOVEMBER
INTEGRITY	TEAMWORK	EXCELLENCE	COMMUNITY

EnergyAustralia – 2025 Hallett Community Grants Program



Energy Australia have another \$10,000 in total to share and to support local projects and organisations in the areas of:

- **Education:** supporting skill development, training, or knowledge acquisition
- **Social inclusion:** supporting community cohesion or development

How to apply for funding

To access and download the Application Form and Terms and Conditions, visit <https://energyaustralia.com.au/hallett-community> for more information, or email hallett@energyaustralia.com.au

Applications will close on 30 September 2025

[Application Form & Terms and Conditions](#)

South Australia Police

Changes to Knife Laws



SOUTH AUSTRALIA POLICE
SAFER COMMUNITIES

KNIFE LAW CHANGES.

On the 1st of July 2025 the South Australian Government has introduced new knife laws banning the possession of swords and machetes and making it illegal to sell a knife to a minor under the age of 18. These changes are designed to take weapons off our streets, and to keep the community safe.

Burra Police would like to inform that the most relevant changes for our community include:

- Banning the sale of knives to minors (under 18 years old)
- Reclassifying machetes and swords as prohibited weapons. (unlawful to own)

There are several exemptions that apply around the possession of swords and machetes. Refer to the South Australian Police Website to review what exemptions may apply if you intend on retaining any swords or Machetes. This includes ornamental swords regardless of sharpness of the blade.

If you wish to surrender any Swords or Machetes to police for destruction anonymously there will be an amnesty until the 30th of September 2025. After this date you will still be able to surrender these items however you will need to provide your details to police. When transporting and surrendering a sword or machete you will need to ensure the weapon is safe by covering the blade with a sheath or thick cardboard and fixed/sticky taped in place.

The penalty for manufacturing, selling, distributing, supplying, or otherwise dealing in, or using or possessing a prohibited weapon is - \$20,000 fine or 2 years in prison.

Police would also like to remind people of the below existing offences:

- Carrying an offensive weapon without lawful excuse - \$2,500 fine or 6 months prison.
- Carrying an offensive weapon while in – or trying to leave or enter – a licensed premises or the carpark of a licensed premises at night - \$7,500 or 2 years in prison.
- Possessing a knife in an education facility, place of worship or public place without lawful excuse - \$2,500 or 6 months in prison for a first offence.
- Selling a knife to a minor - \$20,000 or 2 years in prison.

Legislation classifications for offensive weapon or knife includes but is not limited to pocket knives such as "Swiss Army Knives" or folding knife that is worn on a belt or in a pocket.

If you require one for working on the farm or other employment, please ensure it is removed from your belt or pocket when attending public places such as shops, service stations, Hotels, and education facilities including carparks regardless of duration.

If you require any further information you can call Burra Police Station on 8892 2500, any other police station or visit the SAPOL Firearms and Weapons website on - <https://www.police.sa.gov.au/services-and-events/firearms-and-weapons>.

Be a Goyder Tourism Ambassador!



30th Sept, 1st-2nd October 2025

VOLUNTEER AT THE 2025 YORKE PENINSULA FIELD DAYS

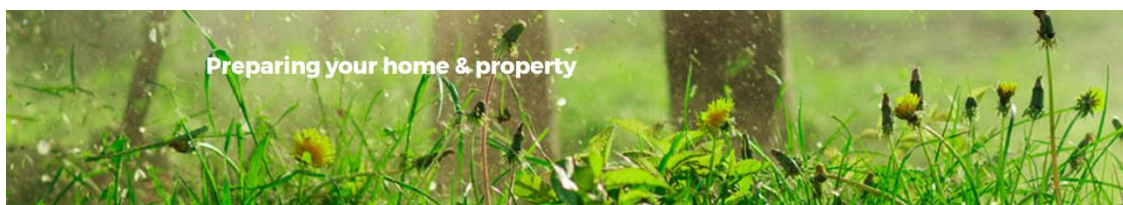
Volunteers are needed to man the Goyder Tourism Stand at the Yorke Peninsula Field Days which will be held at Paskeville from 30th September until 2nd October 2025

This is a fantastic opportunity to showcase the Goyder region. Volunteers will receive FREE entry, a contribution towards travel costs and plenty of time to look around .

If you are interested in volunteering for the event (morning or afternoon) please contact Barb at Council on 8892 0100 or email council@goyder.sa.gov.au



Fire Danger Season is just around the corner - Start Preparing Now!



🏠 Winter is a great time to start preparing your property for the Fire Danger Season. A little bit of work now goes a long way to have your property prepared heading into spring and summer.

🏠 Some simple tasks now will keep that spring growth in check and help make your property more manageable as it heats up.

✂️ Clean up the autumn leaves on your property, being sure to remember the gutters.

✂️ Pick up all the sticks and branches downed by wind and winter weather.

✂️ Spray the areas you can't mow or whipper snip, along fence lines, next to structures and among garden ornaments.

✂️ Mow and keep mowing the property to keep grasses and weeds below 10cm.

✂️ Trim desirable vegetation and completely remove undesirable plants and bushes while the soil is soft. Plan and replant your garden with bushfire preparedness in mind.

♻️ Make use of your new FOGO bins for the green waste, compost at home or utilise our waste transfer stations. Be sure to keep an eye out for our free green waste days around October.

🔧 Be sure to prepare your assets by carrying out maintenance and repairs or at least start planning them for spring. This can be as simple as fixing up shed flashings or addressing gaps in roofing, under eaves and around windows and doors.

👤 For further information on preparing your home and property for the Fire Danger Season head to the CFS website below.

[CFS website](#)

STUDY UNIVERSITY LOCALLY

Uni Hub Spencer Gulf Goyder Outreach Service

Interested in studying at university, but not sure how to make it happen? You can study a range of qualifications at Uni Hub Spencer Gulf without moving to Adelaide.



Local support

Uni Hub staff will be on hand to help you every step of the way - from enrolment to graduation.

Our staff will be at the Goyder Council office in Burra once a month to provide face-to-face support.



University study

You can study a range of qualifications through the Uni Hub. No ATAR? No problem. We also support bridging courses that provide pathways for people who didn't get the ATAR they wanted or haven't studied for a while.



Career opportunities

We work with our university partners to deliver degrees that address skill shortages in the region. This means you will be studying in areas with strong job and career opportunities right here in your local region.

Want more info? Contact our Port Pirie University Centre manager Adrianna Caputo on 8656 9951 or visit our website: unihubsg.org

The Goyder Outreach Service is thanks to a partnership between Uni Hub Spencer Gulf and Regional Council of Goyder.



unihubsg.org

BURRA WRITERS' GROUP

Format

1. Update on our writing projects
2. What's happening? (awards, events, training, etc.)
3. Sharing and discussing our writing:
 - Feedback
 - Workshopping bits we're stuck on
 - Understanding technique
4. Discussion topics, for example:
 - Being creative
 - Publishing
 - Books relevant to our projects
5. Take-aways from the session

TUESDAY FORTNIGHTS
AT THE BURRA COMMUNITY LIBRARY



**The Burra Writers'
Group.**

**Free to
participate.**

**Meeting
fortnightly in the
Burra Community
Library.**

**All genres and
abilities very
welcome.**

dates;

Tuesdays

**26th August &
9th September
2pm**

MATHS MEETS

Story TIME

Join us in the library for
a special series of **Story
Time** sessions being held
throughout Term 3



Story Time will be a little different this term!

We are excited to collaborate with an intrepid team of researchers from the University of South Australia to conduct a special series of Story Time sessions. These sessions will introduce children to early mathematical concepts and ideas through fun, play, and picture books.

This initiative is part of a research project led by Early-Childhood Mathematics Educators from the University of South Australia. The aim is to investigate the effectiveness of introducing early mathematical concepts to young children using picture books and to support parents in doing this at home.

We warmly invite families and caregivers of children (from birth to age 5) to join us for some or all of the sessions. You do not need to attend all the sessions—come when you can! The research team may visit during the program to observe and ask questions for their study. Parents and caregivers may also be invited to participate in a survey at the end of the program.

Maths Meets Story Time Sessions:
The following Thursdays
at the Burra Community Library
9:30am



August: 7th, 14th and 28th

September: 4th, 11th and 18th

*This program is free
for pre-schoolers & their carers*



**Libraries
SA**
BURRA
SCHOOL COMMUNITY LIBRARY

7 Bridge Terrace
Burra SA 5417
P: 88922 038
E: burra.library@libraries.sa.gov.au

EUDUNDA COMMUNITY MARKETS

EUDUNDA GARDENS
BRUCE STREET EUDUNDA

**VARIOUS STALL
FOOD & COFFEE**



**6 TH SEPT
2025**

ALL ENQUIRES TO JENNY KIRBY

**EUDUNDA COMMUNITY HUB &
SHED**

2025 **UPCOMING** **EVENTS** **IN TEROWIE**

OCTOBER 31

TEROWIE'S QUIZ NIGHT

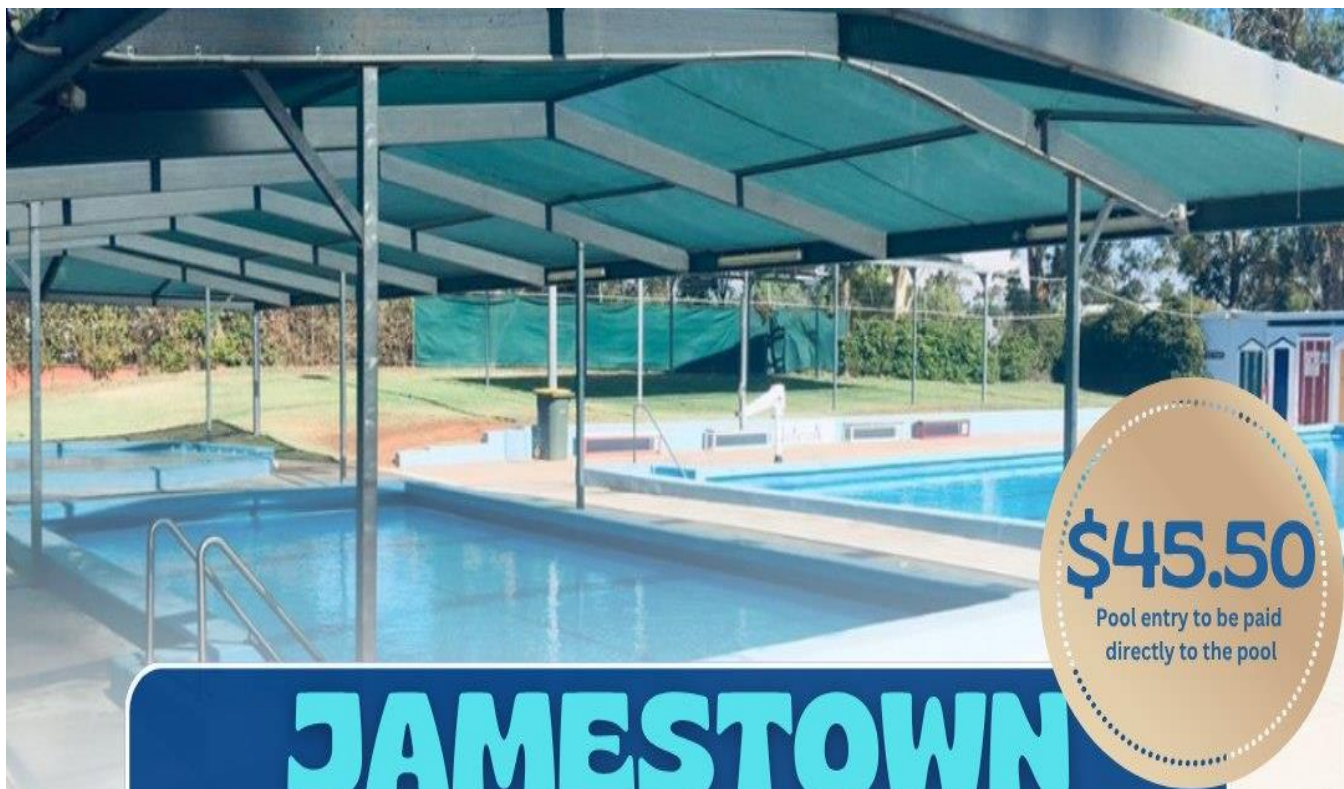
MORE INFORMATION WILL
BE PROVIDED SOON

DECEMBER 13

**TEROWIE CHRISTMAS
PAGEANT**

MORE INFORMATION WILL
BE PROVIDED SOON

FOR MORE INFORMATION REGARDING ANY UPCOMING EVENTS
PLEASE VISIT OUR FACEBOOK PAGE @TEROWIE OR CALL 0467 537 248



\$45.50

Pool entry to be paid
directly to the pool

JAMESTOWN

15th to 19th December



Build Confidence



**Qualified Local
Instructors**



Safe Environment

Enrol your child into water safety lessons to learn skills that could save their life!



www.holidayswim.com.au



holidayswim@royallifesavingsa.com.au



ROYAL LIFE SAVING
SOUTH AUSTRALIA



Start planning
your entries now
in the 2025
Jamestown Show



AVAILABLE ONLINE VIA
jamestownshow.com.au

TEROWIE CITIZENS ASSOCIATION PRESENTS

Terowie's Curious Art Accident 2025

At the Terowie Institute

FRIDAY 12th September Opening Night 7pm-10pm

Winners Announced, Live Music, Light Supper (FREE ENTRY)

Children

(0-5) & (6-10)
& (11-17)

Adults

(18 and over)

CATEGORIES

Art
Craft
Photography
Needlework & Quilting
Yard Art & Sculptures

Young At Art

(For aged care
residents and
adults with
intellectual
disabilities)

Entries due in by 6pm Friday 5th September 2025!
\$1600 in prizes to be won!

SATURDAY 13th September - 10am-3pm

Art Show - (GOLD COIN DONATION ENTRY)

Market Stalls - BBQ, drinks, handmade goods, homemade baked goods and more!

Car Display - Come along and display your pride and joy!
All vehicles welcome! Prize for best vehicle!

FOR MORE INFORMATION, CALL OR MESSAGE LEANNE OR SUSIE ON
0467 537 248 OR EMAIL US ON terowiecitsassinc@gmail.com
OR CHECK OUT OUR FACEBOOK PAGE -
<https://www.facebook.com/TerowieTimes>

PLEASE JOIN US FOR
Burra Early Learning Centre's

TOUCH-A-TRUCK

FUNDRAISER +
FAMILY DAY

\$2 ENTRY PP

Sunday, September 14th

10AM - 2PM



Scan to pre book
your tickets

**BURRA COMMUNITY SCHOOL
BOTTOM OVAL - BRIDGE TCE, BURRA**

**SEE BIG TRUCKS, FARM MACHINERY,
EMERGENCY VEHICLES AND MORE UP CLOSE!**

Food available for purchase

**Proceeds will go towards rolling out new bikes,
trikes, and wheely fun toys for the Centre!**



For more info or to volunteer contact Sarah Stoddart on 8892 2373

Families from the Mid-North region are warmly invited to the Burra Early Learning Centre's 'Touch-A-Truck' Fundraiser & Family Day.

This family-friendly event will give children a unique, hands-on experience to see and explore trucks, farm machinery, emergency vehicles and more – up close. It promises to be a fantastic day for the community, especially after the tough times many local families have faced due to drought and other challenges.



Ask Fredicity

Is there more to saying things like; I've got a gut feeling, having a belly laugh, getting kicked in the guts, my gut is churning, or she/he is a pain in the pinny?

Well yes – there is a lot more! Just think about the fact that there are about 900,000 wheat seeds sown to the old acre, and then compare this. Over 100,000,000,000,000,000,000 (100 trillion) microbes that live in and on us...50% of the cells in our body and 99% of our genetic material is made up of microbes.

So, in the same way the Lamborghini started out as a tractor made from spare parts, our body is a pretty slick bit of machinery that has taken 100's of thousands of years to get to where it is today. And like a car there are some pretty important 'ometers' we need to check regularly to keep things running smoothly.

The one I am going to tell ya about is the gut-brain-ometer, men in white coats call it the gut-brain axis. Yep, betcha didn't think your gut is actually also part of your brain, a big and really important part (Some a lot bigger than others). It affects the way we respond to events, good or bad. Why? A lot has to do with the balance of those good or bad gut microbes. So there is truth in those old sayings you asked about.

Like a paddock, the gut has a huge number of microbes living there, some are like weeds, and some are useful cropping varieties for a sustainable, healthy future. To keep a balance that leads to you having more belly laughs than feelings you keep getting kicked in the guts, you can't beat good fuel. In fact, studies now show diet explains over half the good or bad little fellas in your gut. The more good guys compared to bad, the better you cope with life's challenges.

The good guys not only reduce inflammation and improve physical health, they enhance mood. This is pretty important, as an unhealthy diet is the leading cause of

death in men, and number 2 in women. And how and what you eat is something you can control, unlike stuff that's happening around the world, or the weather.

What's more, Australian studies have found healthy diets are cheaper. You are what you eat, and studies find healthy diets reduce the risk of depression by 30%, reduce inflammation, improve cardiovascular health and diabetes, especially when we do a little exercise, such as mowing the lawn for 30 minutes – not with the ride-on, or taking the grandkids on a walk with a pusher

So what has diet to do with all those microbes in your gut you say? Well your diet affects the balance of the good and bad guys, and some of those members of your microbiome, a fancy word to impress people, are about as useful as Cape Tulip, and can, like bad fuel in a car, lead to corrosion and leaks in your fuel tank, called a 'leaky gut'.

And for those that think depression or being anxious led to bad food choices – wrong. Your diet choice is influenced by the bad guys, and leads to you feeling less able to cope, not the other way around. They make it more likely you'll want food that does you no good, but allows them to multiply. A bit creepy really, a bit like that parasite, toxoplasma gondii or something that causes toxoplasmosis, that makes rats seek out cats- told ya it was real creepy.

So what can you do to get your gut back into shape? Get good professional dietary advice where possible; ask your doc, they are bound to have information or if you use an electronic device, explore sites like the Food & Mood Centre at <https://foodandmoodcentre.com.au/2016/07/diet-and-the-gut-microbiota/>

In the mean time here's my quick guide on eating food fuel that reduces gut weeds, diabetes, inflammation and leaky bowel; increases the good guys, and helps restore a good gut/brain-ometer reading. And don't forget to drink about 8 glasses of water a day, even in the drought.

GOOD FUEL: eat more	BAD FUEL: eat less
Try for fish/salmon/tuna for Omega-3 fats 2 days/week	Sugary cereals and drinks, including fruit juice, they increase inflammation
Lean, unprocessed, red and white meat – using real Aussie olive oil for cooking	High fat sausages/roasts/processed meats
Colourful fruits & vegetables are valuable antioxidants that delay or repair tissue damage – have an apple before a meal - it's a probiotic (progoodguys).	Deep fried foods/pastries
High fibre foods –peas, chickpeas, organic oat porridge* – the good guys love 'em	Alcohol – lowers mood, increases absorption of toxins.
Anti-oxidants such as leafy greens, beans, lentils, including beetroot leaves, lightly steamed with a squirt of lemon and coriander -yum. Herbs including turmeric, ginger, sage etc.	High fat dairy products like ice-cream – though if you do buy them make sure they are local, they are probably better quality and you support your region.
Dairy – Kefir, sauerkraut, full of the good guys, low sugar/fat yogurt etc	High fat gravies, high salt/sugar sauces – sadly that includes tomato sauce
Small serve of nuts, not salted, like walnuts, pine, cashews and avocados.	Chocolates, lollies, biscuits – keep them somewhere where you don't see them.

* sadly conventional oat products have measurable levels of glyphosate

Written by Felicity Martin of Hallett

We Want You!

Do you have anything you would like to see in the Newsletter? Have you taken any photos of the area you would like to share? Do you have any news for the community? Have you got any achievements you would like us to know about? Then please get in touch with Susan at smcgloin@live.com.au. We would love to share them via the Newsletter.

