

# Bush Babbler Volunteer E-news



Edition 3 | 20 May 2020

Hello! The 'Bush Babbler' is the Volunteer Programs electronic newsletter. Aiming to bring some light-hearted banter and joy to you all during these challenging COVID-19 times.

It's great to see the 'Babbler' is creating conversations between us all and inspiring local trips, cooking and learning! With the cold weather setting in, the temptation to cuddle up by the fire increases and it's important to remain active for good health and wellbeing. So our team have put together a few tips on things you can do to get the body moving and ideas flowing. Not to mention some great video footage of the regeneration on KI after the fires, jokes to bring a smile to your day and other useful or interesting tidbits to keep you entertained and updated.

Thanks to those volunteers who have sent us in photos, recipes and comments; please keep the feedback and content rolling in because we love hearing from you!

Speaking of 'thanks' this is the start of **National Volunteer Week** 18 – 24<sup>th</sup> May which celebrates...YOU!

So from the bottom of our hearts and with the utmost sincerity our Volunteer Programs team 'wave' a huge 'THANKYOU!' to you all for your dedication, support and the enthusiasm you bring and give to our national parks and the community of South Australia - without your valuable contributions these special places just wouldn't be the same. We've also put together a little video too which you can check out below - Gill, Ian, Amanda, Amy, Carly, Pam, Edi and Carol.



## 'Thank you' Video

Please watch our 'Thankyou' video [here](#). Available for download until 18 Jun 2020.

## Volunteer Programs Update

Guess what volunteers...! We have some very positive news for you all – volunteer activities are now able to resume, albeit with a few modifications and safety requirements. Hopefully by now you would have seen the communique from Duncan MacKenzie, President FOP Inc. and John Schutz, Chief Executive DEW, detailing the recommencement of some volunteer activities. Please ensure that you read and understand this information before heading out. If you have any concerns and questions, please don't hesitate to contact Gill Peacey, Manager – Volunteer Programs Unit: [gill.peacey@sa.gov.au](mailto:gill.peacey@sa.gov.au)

Also, this is a great time to remind DEW Program volunteers to check their clearance checks before signing up for volunteering opportunities. All Campground Hosts and Volunteer Rangers need both a current Working With Children Check (WWCC) and National Police Certificate (NPC) to volunteer with these programs.

From 1 July 2020, organisations will no longer be able to assess a NPC to allow people to work or volunteer with children in South Australia. All South Australians in relevant roles need to apply for a WWCC by 1 July 2020 (if they haven't already). Engaging a person in paid or volunteer work with children without a valid WWCC is an offence, so it is important that we ensure volunteers have the correct clearances. If you're unsure, please contact our team.

## Getting to know you...

This edition we get to know campground hosts, Graham and Julie Meyer. Graham and Julie joined the Campground Host Program in 2012 and since then have hosted in over 7 different SA Parks including Witjira NP, Lincoln NP, Mt Remarkable NP and Flinders Chase NP. They have thrived in remote hosting locations and become an extremely valued part of the team at Witjira NP (Dalhousie Campground) in SA's far north.

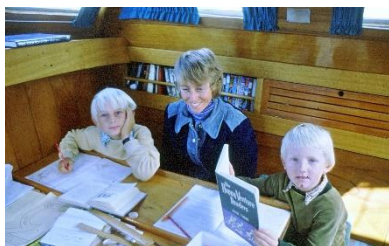
### What do you do when you are not volunteering?

Julie & I live in a lifestyle village at Goolwa. For the last few years our National Parks volunteering across Australia has consumed 3 to 4 months of our year. Added to this we have enjoyed quite a few international trips to various and generally remote parts of the planet.

We've spent quite a few weeks in the last couple of years exploring the top of the Murray River from Yarrowonga to the South Australian border in our funny little boat we call "The Barge".



*River Murray in 'The Barge'*



*Julie home schooling the boys on the yacht*

Photography and making mini movies is also an interest that keeps us busy at home.

### What is one thing others may not already know about you?

As a young family we lived and travelled on a small yacht for five years then moved back onto a yacht for another four and a half years once the boys left home.

### What has been your most memorable holiday to date and why?

Spending 6 months riding a Russian Military motorcycle and sidecar around the USA. There's a dedicated group of enthusiasts riding these motorcycles in America and we had the most brilliant people offering us friendship and support on our adventure. The Russian motorcycle had an issue with maintaining freeway speeds so a lot of our time was on secondary roads and highways looking at "1950's America". With the Russian motorcycle covered in Australian flags and kangaroo stickers we met people every time we stopped. The trip was completed with us camping out most nights.



*Traveling the USA*



**If you could invite any 3 people in the world (dead or alive, besides your partner or family) to dinner who would they be and why?**

It would be amazing to listen to a dinner time conversation between Nicola Tesla, Bill Gates, and Tom Hanks over a long drawn out evening meal. Don't think I'd have much input but I'm sure my head would be wildly spinning by the end of the night.



Meeting travellers at Dalhousie

**What is your favourite SA park and why?**

There can be nothing more amazing than to climb into Dalhousie Spring and luxuriate in the warmth of the water and watch the red sun rise up through the steam looking like a massive wild fire. As a campground host at Witjira the duties takes one across the full gamut of experiences and responsibilities that don't exist in other parks where we've hosted.

**Are there any movies could you watch multiple times or what TV series have hooked you?**

Here we have a difference of opinion. I can still really enjoy a good laugh with Monty Python's "The Meaning of Life". I am a bit worried about Julie's favourite move which is "Shirley Valentine". She likes this movie because of its message saying your life doesn't have to be stuck on just one path being controlled by other people.



**You could be next! We plan to ask a range of volunteers and staff to share a little information about themselves in future editions. So be ready when the VPU staff come knocking!**

## 5 Things to do in Nature to Improve Your Wellbeing

As volunteers we already understand the amazing benefits that come from spending time in nature and the wonders in does for your mental health and wellbeing. With everything going on these days, you may be feeling a little or a lot extra stressed. So here's 5 things you can incorporate into your day which will have big benefits to feeling happier:

### 1. Connect

Connecting with other people can be a great way to boost your mood and de-stress. But with social distancing, and in some cases self-isolation becoming the new norm, connecting in person is becoming more challenging.

So it's time to be innovative. We are blessed with some great technology, so take advantage of applications like FaceTime and Facebook Messenger and create opportunities to connect with the people that matter to you.

Find a sunny spot in your backyard and soak up some Vitamin D and listen to the sounds of nature while you connect with family and friends to share how you're feeling, see how they're doing and ask if they need a hand with anything.

### 2. Be active

If you're not required to self-isolate, take a break and get active outdoors – it'll get your endorphins flowing, which will leave you feeling a little more on top of the world. Pick somewhere picturesque for a walk, such as your local national park or simply the streets around your house. Now volunteering has recommenced check in with your local group regarding planned activities

If you're walking with a mate or volunteering, make sure you adhere to social distancing requirements – that is, keep 1.5 metres apart and implementing any other safety requirements as required.

If you'd rather stick to activities at home, try something else like gardening or yoga, or simply kicking a footy in the backyard.

### 3. Keep Learning

Learning new things is a good way to keep your mind active and give you a sense of achievement, which is great for your wellbeing. Take your learning online or outdoors and try something like growing your own vegetables, [creating a wildlife friendly garden](#) or [nature photography](#).

### 4. Take Notice

Truly immerse yourself in nature by taking notice of your surrounds. Losing yourself in the moment can help you feel calm and relaxed, and help you appreciate the simple things we sometimes take for granted.

Find a peaceful spot and let your senses take the lead – listen out for birds and insects, smell the salty sea air, or feel the sand beneath your feet. Try [forest bathing](#) in your local park or backyard.

### 5. Give

You can't put a price on the joy you get from giving - as volunteers you'll all know this feeling! Whether it's sharing your home-grown veggies with your next-door neighbour, or giving back to Mother Nature by weeding the nature strip on your street, doing something for someone else or for your community will leave you with the warm and fuzzies.

Reminding ourselves of these little things and putting these into practice can be just what you need to lift your mood, recharge your batteries and boost your wellbeing.

## 'Species' in the Spotlight – *Our Boisterous Buddies....Parrots!*

Love 'em or loathe 'em, most people know a parrot when they see one. Although size, weight, colour and habitat differ, all parrot species share a couple of common traits; a curved beak and four toes on each foot with two toes that point forward and two that point backward (zygodactyl feet).



*Elegant Parrots practising social distancing at Lawari CP (on Hindmarsh Island)– photo sent in by Wendy Phillips (Photo- Bob Phillips)*

Taxonomically speaking, it's not as straightforward. There are roughly 375 parrot species in the world with 56 species in Australia.

Parrots belong to the order Psittaciformes, which is divided into three superfamilies:

- Psittacidae ("true" parrots) - 350 species world wide - with 40 in Australia
- Cacatuidae (cockatoos) - 21 species world wide - with 14 in Australia
- Strigopidae (New Zealand parrots) - 5 species, all endemic to New Zealand

When we talk about species, to clarify, the Crimson Rosella is one species - although there are 6 sub-species or races, including the Adelaide and Yellow Rosellas. However, common names can cause confusion. Take the Australian Ringneck (*Barnardius zonarius*) for example, also known as the Mallee, Port Lincoln, Banded or Cloncurry Ringneck, Twenty Eight Parrot or Buln Buln. While common names are easier to pronounce, they can vary from language to language and from region to region. Scientific names are much more precise. They are used to describe various species of organisms in a way that is universal so that scientists around the globe can readily identify the same animal. The scientific name is broken down into the genus name, which comes first, followed by the specific species name.

Let's take a closer look at the Australian Ringneck (*Barnardius zonarius*).



There are several different forms of the Australian Ringneck and each looks slightly different, but they all have some features in common — a yellow collar (or ring) which stretches across the bird's hind neck and a mostly green body. Aside from looking different from one another, birds of the different forms also sound different, with pronounced regional variation. For example, the subspecies in Western Australia is often referred to as the 'Twenty-eight Parrot' because its call sounds like the words "twenty-eight".

There are 4 sub species, in two main groups; the Mallee group and the Port Lincoln group.

'Mallee Ringneck (*Barnardius zonarius barnardi*)

The Mallee group is found in arid eastern Northern Territory, north-western Queensland and inland eastern Australia. They have a mainly green head and neck. The Mallee Ringneck, subspecies *barnardi*, has a more varied green and blue body, with more yellow underneath and a red frontal band. The Cloncurry subspecies *macgillivrayi* has much more yellow and pale turquoise around the face.

The Port Lincoln group is in central and western arid Australia. They all have dark hoods and are mainly green. The Twenty Eight Parrot, subspecies *semitorquatus*, has a red frontal band and is all green underneath. The Port Lincoln Parrot, subspecies *zonarius*, is green and yellow underneath.

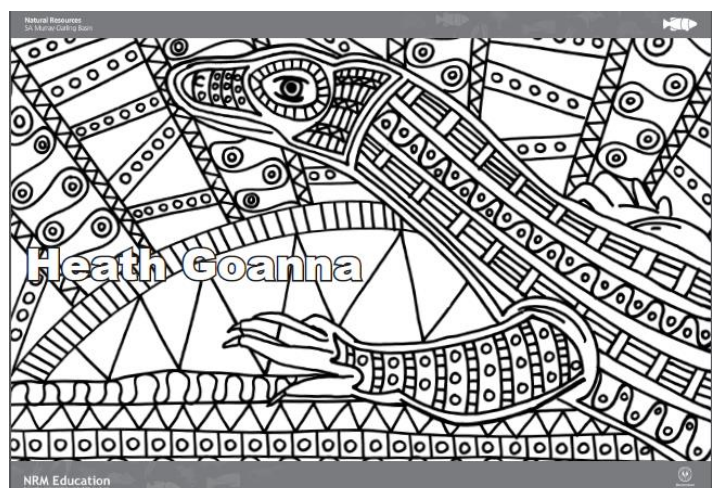
All subspecies hybridise widely. They eat seeds, and some fruits, flowers, nectar and insects and their larvae. They are quiet when feeding (mainly on the ground), but when disturbed fly off with loud alarm calls. Their flight is swift and undulating. Ringnecks are generally absent from coastal areas in the eastern states though aviary escapes may be found.



Port Lincoln Parrot (*Barnardius zonarius zonarius*)  
Photo taken by Lea Crosby during a campground hosting placement at Lincoln NP

## Colourful Wildlife

Seen those mindful colouring in books? Being stuck indoors doesn't mean you have to disconnect from nature. Why not try your hand to some SA native wildlife designs – thanks to our friends at Natural Resources SA Murray-Darling Basin, there's [31 colouring in sheets](#) are [downloadable](#) and ready for you to print and colour. Great for kids and everyone else!





# NPWSSA Volunteers in Action

We thought it would be nice to showcase a snapshot of the amazing volunteer work that you lot do in our parks and reserves – Enjoy!





## Green Before Our Eyes – KI Fire Recovery

How great has this rain been? Gardens around Adelaide have been benefiting with lots of new growth and lawns are now a sea of green. Well it hasn't only been the lawn which has been growing; these recent rains have also had a huge benefit to the regrowth of the native vegetation that was burnt during the Kangaroo Island bushfires.



**Epicormic growth** is the scientific name for the green stuff emerging on woody trees following bushfires.

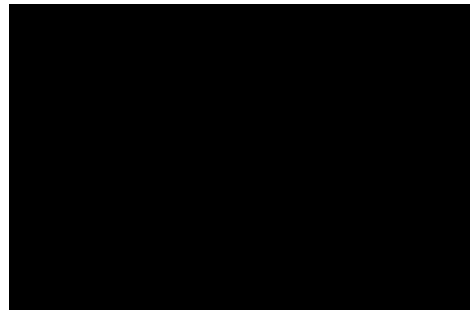
Fire triggers dormant buds to sprout again – this is the plant's reaction to stress. Normally these buds are suppressed by hormones from active

shoots higher up the plant; but when these are burnt away in a bushfire, the hormones are not there to suppress the buds anymore (yes, trees have hormones too).

Epicormic growth can be very fast and plant life is now bouncing back within Flinders Chase National Park, with some plants - yaccas, hakeas and mallees - growing a few centimetres a day turning the landscape green again.

It's also critically important in providing a food source for the local wildlife too.

Watch our **latest video** on the park's regeneration – it's quite amazing to see how quickly the bush comes back after fire with the right conditions.



## You know what they say...

"May the forces of evil become confused on the way to your house."

- George Carlin



Sourced: [KeepInspiring.me](https://www.KeepInspiring.me)



Government of  
South Australia



## Just a bit of Fun



## Soul Food

Home is where the heart is and a good feed can make all the difference to your health and wellbeing. Here is a Smokey Barbecue Rub brought to you by **Lea Crosby** (Campground Host and Friends of Anstey Hill). Lea says this recipe would be great to have ready for when campground hosting recommences. She stores hers in glass containers then transfers to a suitable carrying container for camping.

Are you a vegetarian or vegan? How about give the recipe a go with eggplant, capsicum or tofu.

### Smoky Barbecue Rub

The mixture can be used as a dry rub or mixed with oil and Barbecue Sauce for a wet rub, usually grilled at high temperatures.

70 grams sea salt  
30 grams brown sugar  
40 grams garlic granules or powder  
30 grams cumin seeds  
30 grams ground smoked paprika  
20 grams coriander seeds  
15 grams tablespoons onion flakes  
5 grams chilli flakes



### Method

Add all ingredients to a mixing bowl and grind (if you have a Thermomix, **30 seconds/speed 9**)

Store in an airtight container.

### SERVING SUGGESTIONS

Rub 3–4 tablespoons of the mixture onto meat allowing a few hours for the flavours to soak in. Cook the meat on a grill or slow-cook other cuts, such as brisket.

Or add 4 tablespoons of mixture to 4 tablespoons of oil. Marinate meat or vegetables in this mixture and baste often while cooking. Enjoy!



## Upcoming Activities & Initiatives

### Have Your Say – Volunteer Strategy for SA: Beyond 2020

Consultation has now begun on the State Government's development of the new *Volunteering Strategy for SA (2021 – 2027)*, and your help is needed to determine how best to promote and sustain volunteering within South Australia. The new strategy aims to create the best volunteering experience for everybody. It will be guided by the information provided by the volunteering sector, volunteers and members of the community. Community members are encouraged to provide their feedback and input on the development of the draft strategy by Friday 29 May, through the [YourSAy website](#).

### Event – Green Living: Native Bees in Your Backyard (Prospect) – 17 June 2020

Join Jenny Deans for this family-friendly workshop to learn more about the special role of our native bees.

Discover:

- what native bees look like, and where they live
- the importance of native bees in our environment
- how to make a bee hotel
- how to create a bee garden to attract native bees
- how to care for our native bees.

**Time:** 7 - 9pm

**Cost:** \$10

Each ticket includes the opportunity for an individual or group to make one bee hotel to take home along with a 'bee restaurant' pack of native plants to plant in your own garden. If you would like to make more than one hotel, purchase a ticket for each hotel you wish to make.

This activity is ideal for families, small groups or individuals and brought to you by the City of Prospect and the Adelaide and Mount Lofty Ranges Natural Resources Management Board.

Please register online at [Eventbrite](#).

### Still At a loose end?

There are also still plenty of important citizen science **environmental volunteering opportunities** that can be done online whilst volunteering activities are still getting up and running. Check these out:

[Zooniverse](#) is a platform for people-powered research and has a large ranges of projects from all around the world. One of these projects [Penguin Watch](#) is run by the Oxford University and you can count penguins in remote regions to help understand their lives and environment. – see [zooniverse.org](#)

[iNaturalist](#) – If you are good with taxa ID you can join and contribute images and identifications or help check the ID of other people's contributions – see [inaturalist.org](#)

### Check out these FREE upcoming online workshops from KESAB:

Want to learn how to make your own reusable beeswax wraps at home, DIY home cleaning products or learn to cook using your food scraps? Join KESAB's live-streamed step-by-step tutorial. Further information and registration [here](#).

## Contact Us

Do you have any tips, tricks, ideas, stories, recipes, photos etc. that you would like to share and have included in a future edition of the Bush Babbler? Send contributions through to Amanda or Amy – we would love to hear from you!

Please email either: [amanda.parker@sa.gov.au](mailto:amanda.parker@sa.gov.au) or [amy.anderson3@sa.gov.au](mailto:amy.anderson3@sa.gov.au)

Also, don't forget you can keep in touch with us or your other volunteers on our Facebook pages too...

[Volunteer Ranger Program \(Private page for Volunteer Rangers\)](#)

[Campground Host Program \(Private page for Campground Hosts\)](#)

[Friends of Park SA](#)

