

MAY NEWSLETTER 2024

# THE IMPORTANCE OF WOMENS HEALTH

A tribute to Lynda Rasmussen

It is with great sadness and heavy hearts we announce the passing of our beloved team member Lynda Rasmussen, her sudden diagnosis and departure has impacted us all. In true Lynda style she told us all to “get over it... we all have to die sometime.” What a truly remarkable woman she was. Her strong, warm, positive, infectious and *can achieve anything* personality is one that will not be forgotten.

We are grateful for the four short years we had working with her and getting to know her.

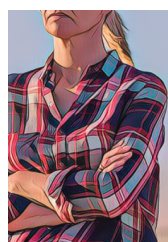
In honour of Lynda, we would like to bring your attention to the importance of women’s health. **“Ladies, listen to your body, know what you know is true and seek second opinions if you need too, before it is too late”** Women - your health is important, prioritise you and follow Lynda’s advice - don’t leave it too late.

The Australian Institute of Health and Welfare reports that health status decreases as distance from metropolitan areas increases. Rural women tend to experience poorer overall health outcomes compared to urban women due to geographic isolation and limited services in rural areas.

Multiple Australian studies and reports highlight significant disparities in preventive care and access to health services for rural women. This underscores the critical importance of rural women prioritising and advocating for regular preventive health checks despite the barriers they face in accessing care.

*A special thank you to Lynda’s family allowing us to publish this article.*

## REMEMBERING LYNDA RASMUSSEN



know the  
**SIGNS**  
start the  
**CONVERSATION**  
engage the  
**SUPPORT**

**DETECT  
& PROTECT**

At RFCS Gippsland, not only do we care about your financial wellbeing, we care about your **personal** wellbeing. RFCS Gippsland wellness support services – ‘as individual as you are’. Click [here](#) to learn more about our wellness support services. Want to book an appointment with a wellness support officer? Click [here](#)

# LET'S TALK RECORD KEEPING

Just like that, tax time is here so it's time to start digging out those receipts! Or, if you used the ATO's myDeductions tool, all you'll need to do is whip out your device of choice.

## Records, records, records

Having records of your work-related expenses is essential. If you don't have the proof to support your claim, you can't claim it.

A bank or credit card statement (on its own) is not enough evidence to support a work-related expense claim. In most cases, you'll need a receipt.

You may need to keep other records depending on the expense type, such as a log-book of your car journeys or records of the hours you work from home.

To give you a hand, the Australian Taxation Office (ATO) has provided a [handy guide](#) for agriculture workers to help you understand what you can and can't claim this tax time.

Have further questions about your work-related expenses? Speak to a registered tax agent, or check out the ATO website for information on:

- car expenses
- claiming a working from home deduction
- clothing and laundry expenses
- keeping records for work-related expenses

# GETTING YOUR DEDUCTIONS RIGHT

If you work in the agriculture industry, the Australian Taxation Office (ATO) [has shared some tips](#) to help you lodge and claim correctly this tax time.

First, you'll need to meet the 3 golden rules:

To claim a deduction for any work-related expenses, you'll need to make sure:

- you spent the money yourself, and weren't reimbursed
- the expenses directly relate to earning your income
- you have the records to prove it (usually a receipt).

You can't claim private expenses like rent, meals and groceries, childcare, medical expenses, relocation expenses and

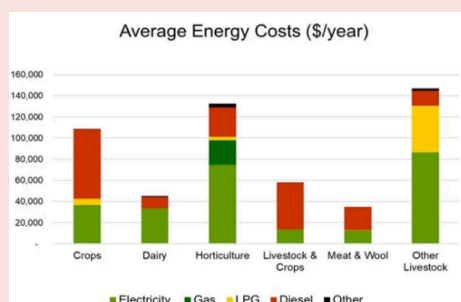
the cost of travelling to and from work. These are private in nature and can't be claimed in your tax return.

You should only ever get tax advice from a reliable and trusted source, such as the ATO or a tax professional who is registered with the Tax Practitioners Board. You can find out whether a tax agent is registered by visiting the Tax Practitioners Board website.

## More information

Check out the ATO's tailored occupation guide for agricultural workers. It helps explain which deductions you can and can't claim this year, as well as the income you'll need to declare and the records you need to keep.

## ATTENTION DAIRY FARMERS



**Agriculture Victoria has just released the analysis** from 680 on-farm assessments. The data captured shows significant energy efficiency benefits for incorporating renewable energy into ag operations.

	Simple Payback 1 (without co-benefits), years	Simple Payback 2 (with co-benefits), years
Crops	> 15	6.3
Dairy	6.4	5.5
Horticulture	11.0	6.1
Livestock & Crops	> 15	6.9
Meat & Wool	8.4	5.6
Other Livestock	5.8	5.7
Other Production	6.9	4.2

For information on energy options, case studies, grants, opportunities and Q&As visit the [Energy Smart Farming Page](#).

**Develop a bushfire plan for your farm business:** The recent fires have highlighted the critical importance for farm businesses who operate in bushfire risk areas to plan and know how they will prepare for the warmer months.

[How to prepare your property](#)

AV Connect is a single-entry point for accessing all services and completing compliance activities online. The initial release of AV Connect will include permits & licencing for chemicals.

The provision of a central location for stakeholders to establish a profile transactions with Agriculture Victoria.

## AGRICULTURE VICTORIA CONNECT IS NOW AVAILABLE

[Click here to use AV Connect](#)

Key features and benefits:

- Easy identification of all licences or permits attached to a personal or business profile
- 24hr system access allowing people to complete transactions outside of standard business hours
- Ability to complete transactions on mobile devices
- Online payment capability



## INTRODUCING KAILA BRITTON

We would like to introduce to you our newest staff member, Kaila Britton who has been appointed **Administration Assistant** at our Bairnsdale office. She works part-time, available five days (Monday - Friday 9am - 3pm).

Kaila commenced with RFCS Gippsland in May 2024, bringing a background in rural relationships from her previous years working in the Agricultural industry, along with administrative experience. Kaila is passionate about supporting our farming communities and holds a certificate 3 in Agriculture.

Recruitment can be such a process, we feel lucky to have found Kaila. From managing schedules to orchestrating meetings, handling correspondence to maintaining order in the chaos, the admin staff are the glue that hold our organisation together.

Welcome aboard Kaila, next time you phone RFCS Gippsland we hope you give Kaila a warm welcome too.

## GRANT OPPORTUNITY

**Climate-Smart Agriculture Program**  
Available for farmers and land holders to adopt sustainable agriculture best practices

**\$10,000 to \$100,000**



## DO YOU QUALIFY FOR A GRANT?

### Climate-Smart Agriculture Program – Small Grants

Funds small-scale projects at the grassroots and community level that will support farmers and land holders to adopt sustainable agriculture best practices, as well as facilitate and implement practice change.

**Closes  
4 Jun**

For more information visit [Australian Government Department of Agriculture](https://www.australian.gov.au/agriculture)

## WHAT DO YOU DO FOR FUN?

Recently I read an article published by ABC news about a quirky way a group of rural friends bring the fun back amongst the unrelenting cycle of daily responsibilities.

In Longreach, a spirited tradition has taken root among a circle of friends: an annual month-long game of tag.

With simple rules prohibiting tagging back the tagger and tagging spouses or partners, the game unfolds in a lively group chat where tags are shared, sometimes accompanied by videos.

The stakes are high, and sometimes things escalate, but the thrill of the chase is undeniable. From unexpected tags in emergency rooms to covert operations in darkened homes, the game reaches extraordinary heights.

Despite the adrenaline-fueled antics, it's all in good fun, with no harm intended. For some, the game is a cherished opportunity to

**“...connection and joy are vital for maintaining good mental health”**



create lasting memories and remind their children of the importance of play.

As Dr. Tim Driscoll (a mental health specialist with the Royal Flying Doctor Service) highlights, such moments of connection and joy are vital for maintaining good mental health, underscoring the significance of play for adults and children alike. So when asked what they do for fun, participants proudly recount tales of hiding in bushes, chasing friends down the street, and trespassing in the name of friendly competition.

What do you do for fun? Is anyone interested in started an adult tag game in your town, **tag - your it**.

You can [read the original article here](#)

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# SHINING A LIGHT ON DV IN AUSTRALIA

Domestic violence in Australia is an unfortunate reality that has recently gained increased media attention, sparking efforts towards meaningful change. However, this transformation will not happen overnight and requires a multifaceted approach involving Government, communities and individuals.

Gippsland Primary Health Network (Gippsland PHN) is one of six Primary Health Networks nationally to receive the Australian Government funding to pilot the 'Supporting Recovery' project with the region experiencing some of the highest rates of family, domestic and sexual violence in Victoria.

Women living in farming communities who experience domestic violence are less likely to report abuse due to fears surrounding stigma, shame, community gossip, and a lack of perpetrator accountability, as reported by ABC Rural.

The spotlight on domestic violence in Australia has empowered individuals and communities to take a stand paving the way for a future free from violence and abuse.

*If you or someone you know is experiencing, or at risk of experiencing, family, domestic, or sexual violence, call 1800RESPECT on 1800 737 732 or visit [1800RESPECT.org.au](http://1800RESPECT.org.au).*

*If you are concerned about your behaviour or use of violence, you can contact the Men's Referral Service on 1300 766 491 or visit [www.ntv.org.au](http://www.ntv.org.au).*

## OUT AND ABOUT - ENGAGING



**Marshall Scott**  
Counselling Coordinator

Pictured at the East Gippsland Field Days



**Nick Dudley**  
Rural Business Support Officer

Pictured at the Agroforestry Field Day



Team debriefing,  
Day 1 RFC Conference

**Rural & Regional Backbone** out making an impact in our community



Proud RFCS Gippsland Staff sharing Backbone

## Stockists

- [RFCS Gippsland](#)
- [East Gippsland Shire Council](#)
- [Food & Fibre Gippsland](#)
- [Workways](#)

Agricultural Suppliers  
11 Councils SE Victoria

FOLLOW ON SOCIALS FOR MORE LOCATIONS



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## UPCOMING EVENTS:

**Farming with My Team – Part 1 of 6**  
6 June 11am, Online

**Pastures 101 – MID**  
12 June 10am, Nambrok

**Rifle Skill Day**  
13 June 10am, Buchan Rifle Range

View our [events on our website](#)

We are seeking a

# BUSINESS SUPPORT OFFICER

Applications close  
**14 JUNE**

**RFCS Gippsland**  
rural business is our business  
[rfcsgippsland.org.au](http://rfcsgippsland.org.au)

