2023 Survey of the Impacts of Hunting on Community – by RVOTDS

Thank you to everyone who participated in our survey which has provided important statistics for the Parliamentary Inquiry into Native Bird Hunting.

In summary:

- **821 responses** were received within three weeks (April 15 to May 7).
- More than half said they had concerns for safety due to (largely unmonitored) duck or quail shooting occurring nearby.
- More than half said they had suffered stress or anxiety due to bird shooting nearby (either because they lived near it or were in the area).
- **Over a quarter** said they had witnessed what they believed to be illegal hunter behavior such as trespass, littering, shooting in the dark, leaving wounded birds, shooting protected species, removing habitat, leaving campfires unattended etc.
- **82%** of those who made a report to authorities said they did not feel their complaints were dealt with satisfactorily.
- **Over 90%** do not believe bird shooting has a net benefit to their community.
- **92.4%** believe there are better ways to spend taxpayers money (than support bird shooting).
- **Nearly forty percent** said they lived within 3 kilometers of bird shooting (within which shotgun noise is <u>audible</u>).
- Almost a quarter (22.7%) said they lived within 1 kilometer of bird shooting and 16% within 350 meters.

Extract of some quotes from the Survey:

We can hear shooting from our place of residence. Stressful to be woken by what sounds like cannon fire and to know defenceless ducks are being killed maimed and their habitat disturbed.

Our favourite past time is kayaking and bird watching at Cairn Curran which is not possible during duck hunting season.

Being woken by gunshots pre-sunrise, the distraction of the shooting and distress of knowing our wildlife are under attack is greatly detrimental to my ability to concentrate while working from home.

Duck shooting restricts my ability to travel to wetlands during duck season. Observing wildlife at wetlands is a major part of my life.

I have duck shooters trespassing onto my private land to shoot over the irrigation channels and dams, putting my livestock and children at risk of flying pellets and downright reckless shooting. They also leave their shotgun wads laying around, where livestock may find, chew and choke on them.

Constant early morning gun shots upsetting the dogs and myself. Dead ducks left floating in the creek. Shotgun cartridges left on the creek bank. Gunshot pellets

landing on our roof from shooters shooting into the air on the creek at the back of our house.

We live on a large rural property. Shooting impacts, us through the disturbance to animals living with us from our dog who is terrified of gunshots, through to our horses, and scaring native animals causing panic.

We run a rural accommodation retreat offering peace. This is shattered by gunshots.

I am an avid bird watcher and photographer and I have witnessed duck shooting at Cairn Curran reservoir a few years back and all the birds, not to mention the ducks were so distressed from all the noise of the guns going off...they were flying aimlessly and criss crossing the reservoir without knowing where to go next....It was very sad and distressing to watch! I even sent a photo with an email to Daniel Andrews who (of course) never replied!!

I live on the Estuary Estate in Leopold. I hear the guns going off all the time during duck shooting season. It makes me feel sad, depressed & angry.

I've lived rurally all my life and have experienced and seen the negative effects of duck shooting for animals and humans. I hate this time of year, it's dangerous for all involved or nearby and so cruel. the emotional trauma affects both me and my husband badly.

We live in Regional Victoria for its beauty, the sense of community and peacefulness. We love the birds and animals around us. In the duck shooting season this is taken away from us. We are exposed to the carnage and see shooters with dead bodies of the creatures we love. Why put our communities and creatures through this each year.

Duck shooting gives me extreme anxiety and depression.

The sound of gun shots and seeing ducks flee to neighbouring areas is very distressing. The gun shots also cause much distress to dogs and other animals in the area.

I have had to end holidays as I could not stay in area where hunting was happening as it was too distressful knowing this was happening.

The sound of gun fire is very stressful. We chose to live here because of the wildlife, including the abundant bird life. No one needs to use guns except professionals when other methods of putting an animal out of its misery cannot be used. No Victorian should be killing anything for fun/ sport. So wrong.

I have thoroughbred agistment and rehabilitation at my property, and the shooting absolutely freaks the horses out, and they risk serious injury through galloping into fences in fright.

After camping as a family, we were extremely scared when people were suddenly shooting nearby and making horrible sounds. It was frightening to my children and very distressing. We found an injured duck the following day, which passed away with us in our car.

We live on the Murray River and the gun shots are frightening and stressful to our horses & alpacas. Also, we have several bird species living on our property and the slaughter and gun shots play havoc with their nesting, habitat and normal routines.

Spoilt a holiday with shooters nearby taking over the area, loud and obnoxious, we had to leave and could not stand the sound.

Duck shooting season always brings anxiety and distress to my family and others in my neighbourhood of Leopold, our suburb is part of the lake Connewarre and Reedy lakes system.

Early in the morning the sound of shots wakes my home it's a destructive sound of a terrible activity which you know is happening so close to well established suburb the sound is loud and you have an unnerving feeling of the suffering and death of ducks and other wildlife.

I went camping and unfortunately didn't realise I was near a duck shooting area. Consequently, we went home.

It negatively impacts my ability to enjoy walking along Lake Colac. The constants sound of gun fire reverberates across the lake and knowing that our beautiful waterbirds are losing their lives as a result of that gunshot is really distressing.

I live near Lake Connewarre. I hear vollies of gunfire in my house. I can't walk my dogs at the lake for 3 months of the year.

My family feel deep stress and avoid holidays near where these people shoot birds.

I frequently visit the 'heart morass' near Sale ... and find the diversity of 'life' in general in that area quite astounding .. this of course includes many water birds ... living in peace ...briefly. I feel that the grief and trauma that I share with these creatures as they are being killed/ maimed/ absolutely for no reason except "sport" ... affects my mental health terribly, as do many , many injustices that sentient birds and animals suffer from the wanton selfishness of some humans.

Every start to duck shooting I feel sick in the stomach. I absolutely have mental anxiety when duck shooting occurs. We live close to Lake Connewarre a region with a "Game Reserve" classification.

I live on the Murray River and have seen boats with men dressed in cammo brandishing weapons whilst our children are enjoying water sports. Have also had to deal with the awful sound of guns blaring. It's not regulated at all and hunters don't give a crap about other residents or tourists. I've also seen dead animals left floating.

Knowing it is happening up the road from us fills me with dread, and anxiety & helplessness as the birds are needlessly killed.

The sound of shooting makes me feel nervous and anxious. I live in a bush area and I don't want to use the bush (cycling/walking) when I hear shooting.

We can hear gunshots from our home and it is scary. We have to deal with the thought of what cruelty is being inflicted these poor birds.

I live within earshot of the gunfire. I find it distressing and upsetting.

Duck shooting makes me anxious, upset and fills my days with dread thinking of poor defenceless animals whose habitat has been invaded. My poor dog is scared of the gunfire and this is distressing too. My friends and family from Melbourne will not visit during duck shooting season as it is too upsetting and unsettling. We all hate it.

I have seen the dead & dying birds after they have been shot. I was grief stricken.

Each year I'm affected by duck/wildlife shooting, simply by knowing it's happening or by the gun shots I hear.

We live next to Loch Garry in Bunbartha Victoria. Every duck season we have shooters near or property. Disrupting our animals and even have shotgun pellets landing on our roof of our home.

Shooters often shoot outside the times allowed also. The shooters also leave huge amounts of rubbish in the nature reserve on top of the devastation they cause to the local flora and fauna. Game management authority have been contacted on numerous occasions during the duck season but nothing gets done about the shooters, even when evidence is provided about illegal activities.

seeing ducks still alive but in agony - shot but not dead being dragged from the waterways which has been their home - so distressing ...and in the name of sport.

Our local lake area turned into a shooting range - our peaceful space ripped apart. Ducks are peaceful and help to improve our waterways - seeing them scared away by the noise or worse killed is confronting.

The emotional distress leads to sleepless nights and general anxiety and personal distress.

Having recently discovered quail on a family property and realising how beautiful but vulnerable they are, not just to predators but now shooters, is too much to bear. These fragile little birds need to be protected.

The term "recreational hunting" is incomprehensible to those of us that love these birds both quail, ducks and all the other birds that are shot during duck season. What right have we to slaughter these birds and destroy our bird populations. It must stop.

I live near Lake Eildon and wildlife is a very important part of our region. Shooting birds and animals is not only awfully cruel and often leads to injured birds/animals left to die in agony, it detracts from human enjoyment of the lake.

The sound of gunfire is very distressing and disturbs an otherwise peaceful environment. Please help this senseless slaughter STOP!

Whilst on holiday during duck shooting season, we realised we were staying in an area that allowed the sport. We ended up coming home early as the sound of the animals being shot and killed for fun was horrendous, and quite distressing. While we were there, we were stressed the whole time, waiting for the next day's shooting to start - or finish. Even then, we knew there were injured animals lying there dying. That's no way to spend a holiday.

Myself and some family members have been negatively affected emotionally by local duck and quail shooting. We can hear the firearms in the distance and it breaks our heart to think of these native birds being killed or harmed to lie suffering with horrendous injuries in the name of sport! It is cruel and unnecessary and it needs to be banned.

We live close to Lake Connewarre and since our 28 and 30 year old girls were preschoolers have been woken in the early morning of ducking shooting season by the constant sound of gun fire and, by association, the distressing realisation that huge numbers of ducks are going to killed and maimed all fir the pleasure of people who think that it's OK to kill animals fir the fun of it. Very upsetting for children and adults.

I live nearby an area where duck shooting takes place. The shooters usually start before the allowed time and you constantly hear the guns going off. I also remember a time that my parents found a heap of carcasses dumped in the bush that certainly proved the shooters were doing it for the sake of just killing something. Duck shooting just isn't necessary.

Having walks in regional Victoria and hearing shootings has been an extremely stressful experience for me and my family, as well as causing us to turn back and leave the area in fear of accidental shooting.

We live in a rural area and our main recreation is bird observing. For weeks each year, we dare not go to many of our favourite locations because of the cruelty and danger due to duck shooting. Please make it stop.

I teach VCE Environmental Science, Biodiversity is studied at year 12. Strong scientific evidence predicts Avian collapse due to Climate Change. This is beside the impacts of habitat loss, predation & the senseless slaughter in legal killing. Knowledge of these facts impacts my student's mental health. Not ok We are keen field naturalists and birdwatchers, and members of local clubs. Over the decades we have witnessed the decline in habitat and decline in numbers of most birds including the ducks 'legally'. The decline in rarer species has been dramatic and of a huge concern to all members of our two clubs.

Suffer anxiety & stress that prevents me from going on nature walks because of fear that shooters may be in the area - as I have no clue as to where they may be and we have lots of wild beautiful ducks in our area.

I have been out kayaking and engaging in other outdoor activities and had to put up with shooting. I do wildlife rescue and have had callouts to injured birds in backyards near wetlands and the birds have been x-rayed and found to have pellets, plus birds with obvious gunshot injuries. My family and friends are concerned because of the emotional impact rescuing shot birds has as it is preventable and cruel and therefore impacts me greatly.

Profound distress from the sounds of shooting.

We cannot visit friend in Gunbower during duck season due to pellets landing on his roof.

Unfortunately ended up camping in an area where there was duck shooting and it was so scary. I was scared for our lives, not knowing if we would end up in the line of bullet fire. I've also seen how aggressive duck shooters are and how intimidating they can be. It was also very noisy very early in the morning.

I have seen ducks still alive that have been shot but not killed brought into a Veterinary surgery where I was waiting for an appointment with my dog, the ducks wings half shot off

Our family was traumatised while visiting Victoria. Will never go down there again.

Constant feelings of anxiety at the needless suffering of wildlife. Hearing the shooting in the distance when out walking...worrying about the children.

I operate a business from home. Occasionally my clients will need to visit my premises in order for them to access my services. During duck shooting season I advise clients not to visit for their safety and for fear of the traumatic sights they may witness.

Nearby duck shooting makes the wetlands and public recreation areas unsafe for my guests. In the 2022 season I had gun shots close to my house 7.30am Sunday, I closed my business until the end of the season and was stressed and worried about further shooting and trespass until the season ended. It is extremely distressing hearing the gun shots and knowing that our beautiful water birds are being killed.

We are personally affected as the sound of gunfire indicates that someone is wanting to shoot the very birds that we care so much about. It is a very real reminder of all the things that are so wrong with imbalance of society and environment that is causing such devastation on our planet.

We feel unsafe when going about our usual business in paddocks that are adjacent to the Richardson River where bird hunters like to stalk their prey.

Our usual recreational walks around local lakes and waterways are curtailed due to the fear of accidentally being in the firing line of gunfire.

I enjoy walking around Lake Connewarre and I get very distressed when i see and hear shooting there and I cannot do my walk. I believe is grossly unfair that the public is denied access, and I see evidence of suffering and wounded birds. The wetlands should be a sanctuary, not a killing field.

I own a property for conservation purposes under Trust for Nature Covenant and duck shooters enter it by foot or 4-wheel motorbikes for duck shooting despite private property signs. I am unable to patrol it and ought not to have to do it. I feel always very sad and distressed hearing the shooting and seeing birds fly away in distress. (I live on the Murray River floodplain.

I am descendent of the Kurnai. These birds are our property rights. They are also our ancestor's identity. Shooting them you're shooting our people.

Stress, anxiety levels rise. Feel unsafe in kayak on waterways. Confronted with aftermath of duck shooters dumping heads, feathers in waterways. Have come across duck hunters illegally camping and often intoxicated.

The nearby gunshots cause distress to my animals.

We live adjacent to a wetland that is now a game reserve. Our livestock and pets are frightened by gunshots, we've had shotgun pellets land on our roof on more than one occasion. I've had 2 horses shot over the last 12 years, one fatally. The bush is a no-go zone for myself and the neighbourhood kids during duck season as it is unsafe.

One of the joys of country living is the accessibility of walks that allow the spirit to understand the union of the land, its fauna and flora to the wellbeing of us all. That a minority are able to destroy aspects of this life for a sport is unconscionable in this time of man's history.

I'm a keen camper and bird watcher, own a small van and wish to support rural communities while spending time in the natural world. I'm deeply distressed throughout the shooting season by the knowledge such brutality and suffering are inflicted on the birds I love. I feel this behaviour is reprehensible. Our environment and biodiversity needs respect and protection not this appalling behaviour dressed up as sport.

Illegal shooters on our property

My parent's farm is hilly with river frontage located in Acheron, Vic. It overlooks the river & river flats of the Goulburn River on the other side. Duck shooters every year enter the river flats & fire at the ducks taking aim upwards & towards their farm as

the ducks try & fly off. Bullets have passed by me as I was riding my horse (at 8.30 or so) in the morning. They seem to shoot indiscriminately & for hours after dawn.

We live and work on a rural property where our farm animals, staff, volunteers, and neighbours fear stray bullets and dead native wildlife every duck shooting season.

We spend all our spare time and a significant portion of our business earnings improving our properties' native landscapes through Landcare, Melbourne Water etc revegetation partnerships to PROVIDE habitat for and PROTECT ducks, quails etc. What's the point in doing all this work when a small selfserving minority of Victorians turn around for a few months a year and shoot these birds for "sport"?!

Higher stress, anxiety. Gun shots close to home. Can't kayak during this time. Impacts all wildlife. Sight of duck heads and feathers dumped in waterways distressing. Intoxicated hunters illegally camping. Hate this time of year!!!

The destructive nature of this event for our environment is ludicrous. I have collected kilos of cans, bottles, gun cartridges and general rubbish from along Joyces Creek as well as the poor bodies of wounded birds. This must stop.

My family lives on Reedy Lake. I'm now 47 but for as long as I can remember, we've been woken by gun shots throughout the season and well before season opening time. Wounded birds have landed on our property. Shooters have left rubbish all over the wetlands.

We are land for wildlife with many native birds on the property, terrified by the deafening sounds of gun shots. Shooters have shot into our property. It's horrific. Every single year.

Disturbance from the sound of nearby shooting when staying on our bush block. The presence of unauthorized shooters coming onto our property without permission. We modify our birdwatching activity to avoid wetlands during the hunting season so do not spend money at local businesses in regional areas at this time.

I feel distressed when I hear the guns going off in the distance, knowing that many native birds will be killed and injured. I am involved through my work and my volunteerism in habitat restoration for our local fauna (including birds) and I feel discouraged and disheartened that the government condones slaughter of our wildlife.

The noise is distressing. Every shot brings with it the pain & suffering these creatures are subjected to.

Personal health and safety risk and trauma associated, no one wants to visit, unsafe, have to deal with trespassers, breech of covenants and licences and little help from stat. Bodies.

I am very stressed and upset by the gunfire and subsequent death of birds.

Living close to the Gippsland Lakes system the sound of constant gunfire in the mornings is so distressing and knowing that our precious native birds are being killed while others are left suffering from gunshot wounds causes me grief and heartache.

There is duck hunting at our local reservoir. Can't bear to even go there and see the carnage.

Shooting within earshot of our town causes extreme anxiety and stress in our dogs and makes me anxious about stray shots hitting people.

I cannot have guests stay in my bed and breakfast cottages, hold revegetation days, collect plants for my distillation business or have family and friends over.

Hearing guns out in the countryside makes me scared to visit an area, so we don't go. We turn back home. I like to visit waterways and walk but I'm terrified of accidentally getting shot (as has nearly happened).

Holidays in east Gippsland hearing gun shots. Very stressful knowing what this means for a bird. Knowing what is happening to the birds. Knowing what they are going through. A living hell for the birds and us.

Bellarine Peninsula wetland networks and waterbird habitat should be protected as per The Ramsar Convention. Species extinction and/or great reduction in numbers is of great concern to me. Taxpayer dollars should not be spent on 'blood sports' like duck hunting that provide no great benefit to the majority of the community. When was the last Brolga seen in the wetland areas. The shooting of native ducks is a blight on our community and the collateral damage to other wild birds unconscionable.

I went to visit a wetland nearby forgetting it was duck shooting season. Autumn mornings are often particularly beautiful so I drove to Lake Bolac only to hear gunshots whilst the sun was just cresting. My first vision of the day was watching birds fall out of the sky. Less and less are there places to go where nature is allowed to rest from human interference.

I was visiting a lake for a hike and there were shooters in the area. I am from Belfast and it was extremely triggering and frightening for me as I grew up during the troubles and it reminded me of the terrorism that happened.

Every year we dread the war like feeling the encroaches upon our activities of daily living. we cannot sleep, we cannot entertain, we hardly run our business. after covid, after flooding it's a slap in the face to have duck shooters near the house.

I have several friends living in the bush who constantly complain about shooters trespassing, damaging fences, leaving a mess and disturbing the quiet. They also are concerned about stray shots.

Constant volleys of gun shot. noise unbearable at times. Witnessing terrified wildlife taking off.

It distresses me enormously. My son witnesses shooters hiding in bush land when he is working.

I hate the noise, the disruption to other wildlife particularly birds, my dog is petrified and must be kept inside, the hoon driving of the shooter's boats,. I believe the shooters are trespassing but feel totally intimidated by their presence six cars and a camper van within 300 meters of my house. If I was to report this would be obvious as mine is the only house within a couple of kilometres.

shooting in public places is barbaric and blocks non shooters from enjoyment.

its next to my house, i know these animals, i love them, i watch them, its distressing to know every morning and night right near me ducks are being hunted and i can do nothing to protect them.

Reluctance to travel in those areas.

Those of us who respect the Victoria's natural environment are distressed and physically sickened by the stress resulting from the government endorsed killing of native birds.

Trespassing onto our property, shooting from the roadside, shooting from adjoining properties over our property, frightening horses causing injury. Duck shooting induces very high stress levels in our family due to the behaviour of many hunters who have no regard for the law, who do not humanely deal with injured animals and who have, on a number of occasions, become aggressive when challenged (while on our property!!). The suffering of the ducks, who we love and encourage onto our dams and property, is shocking.

Growing up on Reedy Lake, the rest of the year was safe for my brother and I to visit and enjoy the wetlands and observe our native wildlife. During duck hunting season, we could no longer visit the lake for fear of being shot, abused, witnessing the mistreatment of bird life.

Shooters have shot into our property, well away from the lake. They have left rubbish all over the wetlands including thousands of shotgun pellets, polluting the waterways. Dead, unwanted, often illegally shot birds are left. Shots often occur well before legal shooting time. Native wildlife on our property is frightened by shots. It's really awful.

Finding a black Swan with a pellet in its neck dead on our property and finding other native birds that had been shot, it is so distressing and depressing.

We live close to several water ways which we visit regularly but NOT during duck season because it is far too dangerous. I am fearful of being shot.

I am currently moving my livestock away from our boundary paddocks in preparation for Wednesday. There will be no more kayaking or bush walking until it is over... except for careful trips to retrieve injured birds. Feeling unsafe in wetlands, seeing litter around the areas and increased fox activity due to the dead native wildlife

Gun shots heard very close during the day. Frightens the dog considerably and me.

Traumatised on a visit to Victoria to the point of our granddaughter having a panic attack. We had to put her in hospital for two days.

It ruins regional communities. Imagine how people living in the city would feel with constant gun shots ringing in the air for 2 months. They would NEVER allow it. Why do we think it's OK to impose this on country people.

Very distressing to see wounded birds on the water.

Over the years duck rescue has cost me a lot financially and has meant I've spent many weekends and other holidays committed to duck rescue rather than my own rest and recreation.

It is emotionally draining and upsetting dealing with such an injustice. It upsets our family and our small children. We and our local community put up signs to tell traffic to slow down for ducks in our Woodend area. Knowing people are going out and shooting ducks and other endangered wildlife defies common sense, logic and humanity. It's deeply distressing.

We don't visit local wetlands during duck hunting. Those big burley blocks in camouflage are seriously threatening.

The tranquillity at my parents normally peaceful rural home is shattered every year, with the sounds of firearms, often injured and dying birds are located. This is followed by months of silent days where there is no bird noise, and no birds to been seen flying, swimming, walking around. Litter and illegal camping and loud socialising also occurs which interrupts their ability to get sleep, often with after dark shooting of other wildlife.

Stress, anxiety and shame that it persists in this state. Trust is an issue around why this good state government allows duck shooting to continue.

Personally, it has caused, and continues to cause, immense stress. I have to research when and where the duck shooting is every season (in case it changes) to ensure I don't travel to, or through, any of those regional areas. I donate regularly to support those who are going out in the fields to try and put injured animals out of their misery. I am ashamed to call Victoria my home, given so many other states have banned the sport years ago.

I don't know what they are hunting but I scream out "QUIT IT" when I hear gunshots near my property. My livestock (sheep and horses) are nervous too and as I have a km of Kangaroo Creek on my property there are many ducks. I don't feel safe to walk down to the creek to confront the hunters, who appear to be on the other side of the creek) in case I accidentally get shot.

We can't move around our farm without being afraid of being shot at by duck shooters.

The number of ducks on our property lessen which makes us sad as there aren't very many around anyway.

It diminishes the trust in the Victoria Government.

It has distressed us all. Because of the gunfire I don't want to be outside or down on the lake. This significantly impacts my way of life as I always watch the sunrise and sunset over the lake each day and love to be outside gardening when I'm not working. I cannot bear to wake up to this awful sound knowing little defenceless birds are the target of the guns. I watch birds because I love them and they bring joy. I'm filled with complete sadness during duck season and in the months leading up to it.

The children are scared when they hear guns going off nearby. There is a danger of stray bullets.

I find it emotionally stressful to know that are shooting often without knowing what they are shooting. In my area livestock and pets have been killed and maimed by illegal shooters.

Unable to visit areas that i regularly walk in and engage in wildlife photography (birds) and landscape photography.

Friends can't go across road from their property to Lake without excessive drinking and threatening behaviour by loud groups of men. We find spent bullet cases in the park. Our scout group no longer goes to the lake as the atmosphere has become toxic and misogynist with male hunters there. I was warned off by Parks Vic from doing my TAFE project there as it is known as being unsafe due to hunting.

The rubbish and human waste toilet paper, left trees cut down for firewood, campfires still going, unable to visit our lake whilst these frightening men are around. The dam on my property was always teeming with birdlife, but over the last 10 years the numbers have plummeted.

It upsets us and creates a disturbance in our beautiful tranquil part of the Otways.

We now avoid bushwalking or picnicking in any areas where duck shooting occurs. Personally, it's also distressing to know that waterbirds are being killed for fun during the mass extinction/biodiversity crisis.

We don't go near the wetlands when shooting is taking place...it taints the peaceful atmosphere and it is so upsetting to come across injured birds left to die .it's disgusting.

I HATE THE SOUND OF THE GUNS AND THE DESTRUCTION AND FEAR EVERY SHOT IS CAUSING.

As well as my cat being shot the early morning shooting wakes us up and we fear for the other birds in the area. I fail to see how anyone can mistake a pelican or a Swan for a duck.

Constant trespassing, with zero respect or regard for safety for the occupants of the property or the livestock in the paddocks

It means I curtail my normal activities, and don't visit regional areas.

We feel anxious and distressed in the lead up to the season each year. Then very upset at the sound of gunshot each early morning and random other times.

It has caused me significant distress for as long as I can remember (at least 50 years). Affects my family's and my quality of life for a quarter of each year which is as much as 12.5 years of my 50 remembered. Stuff that and stuff the shooters! End it now.