The Murray-Darling River system (southeastern Australia) drains 1/7 of the Australian landmass and is known as the "food bowl" of the nation. Due to intense water and catchment use, much of the river system and associated water bodies are now significantly environmentally degraded. Psyche Bend Lagoon (River Murray floodplain) shown here, was first used for significant irrigation around AD 1890. Since this time, continued catchment change (stock grazing, land clearance, irrigation) has diminished ecosystem resilience, which, in association with confounding effects of climate change, acidified this once pristine wetland. Paleodata demonstrates that the natural system is now outside its natural range of variability. This newsletter issue highlights research that aims to provide new integrations of historical information at regional scales towards developing sustainable management strategies (Photo: P. Gell).