

Meander Valley Gazette

FREE! Every Month

May 2014

Meander Valley Gazette Your independent community paper



REJUVENATING THE REGION'S ECONOMY

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USING YOUR TABLET TO PAINT ON-THE-GO

The Sketch Club App
> YOUTH PAGE 7



THE ACTIVE AFTER-SCHOOL PROGRAMME

Exercise for life
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Attendees at the Memorial Service, Deloraine Cenotaph

THE VALLEY REMEMBERS THE FALLEN

EACH YEAR we come together to remember, to never forget. And perhaps we are learning from the painful lessons of our past.

In the wars in which we have fought, the numbers dying in each one has fallen - from 61,513 in the blood bath that was WW1 to just 40 in Afghanistan.

Did You Know?:

PEOPLE sometimes wear their parents' or grandparents' medals out of respect. There is a convention attached

to this: only the original medal recipient is entitled to wear medals on the left, above the heart. Relatives' medals should be worn on the right hand side.

CENOTAPHS in different states have different inscriptions; some say 1914-1918 and others say 1914-1919.

The variation arises from peoples' different perceptions of the end of World War 1.

The armistice, which was a ceasefire, came into effect at 11.00am on

the 11th November 1918. This meant that the two sides were officially still at war until the Peace Treaty was signed at Versailles in France on 28th June 1919.

Photos clockwise from top left: Memorial plaque, Deloraine; 11.00am Service (Standing left to right) Malcolm Atkins, Bryan Watson, (not known), Geoff House, (Sitting left to right) Colin Newsum, Ken "Mitta" Bourke, Alan Torphey, Athol Smith; Marchers, Deloraine; 11.00am Service, Deloraine Football Club.



Local hospitality feeds traditional craft

By Tara Ulbrich

OVER THE YEAR branches of the Handweavers, Spinners and Dyers Guild hold open days and, on 12th April, it was Deloraine's turn to be the host. Living up to its reputation for great hospitality, Deloraine provided delicious soups, quiches and pastries as well as scrumptious desserts.

Over 50 spinners, their wheels and their creations descended on St Marks Church Hall from all over Tasmania and even interstate.

The highlight of the afternoon was the show-and-tell when the youngest of the crowd were persuaded to model the woollen works, ranging from hand-dyed knitted lace shawls to traditional tapestry samplers. Patterns were exchanged and secrets of the fibre arts were

shared in conversations over vests and scarves.

Before the day drew to a close the raffle was drawn. Pride of place amongst the donated items for the raffle was an exquisite blanket, collectively made by the Deloraine Spinners over the past year. Each volunteer had 200 grams of fleece to spin and knit into a square, ultimately joined into one coverlet, featuring rib, cable, basket-weave knit, bouclé and all manner of techniques and textures.

Many of the Deloraine spinners sell their work in galleries around town and it is worthwhile seeking out and supporting the continued practice of this craft.

If you would like to experience the fun of spinning, and related fibre arts, the



Desley Leigh holding the prized blanket

Deloraine Group welcomes visitors, beginners and master spinsters on the 1st and 3rd Tuesdays of the month at Deloraine Community House, 10.00am to 3.00pm by gold coin donation. For more information contact Desley 6393 2508.

Meander Valley Gazette

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- ETC Elizabeth Town
- Hadspen IGA
- Hadspen Newsagent
- Hagley Four Square Supermarket and Newsagent
- Meander Store
- Mole Creek Supermarket
- Allans Garden Centre, Prospect Vale
- Prospect Marketplace News, Prospect Vale
- Wayside Newsagency & Takeaways, Prospect Vale
- Andy's Bakery, Westbury
- McCullochs News n Food Westbury
- Meander Valley Council Offices, Westbury
- Westbury IGA

While every care is taken the producers of Meander Valley Gazette cannot be held liable for any publication errors in written material or advertisements.

The opinions expressed, whether by paid advertisement or editorial content do not necessarily reflect the views of this newspaper.

Some material may be abbreviated due to space availability.

Breakfast for cancer . . .

THE WESTBURY Rotary Club visited the Cancer Support Centre in Howick Street late in 2013 and were so impressed with the services the Centre offers that the Club set up the Australia Day Breakfast Committee to support this very worthwhile charity.

This year proceeds from the Breakfast came to \$1,500 and were donated to the Cancer Council of Tasmania.

All the food for the breakfast was purchased from the local businesses

including sausages made by the Westbury Gourmet Butcher.

"We would like to thank the residents of Meander Valley for attending the Breakfast and therefore supporting those in our community that can benefit from the Cancer Support Centre Breakfast", co-ordinator, Merrilyn Heazlewood said.

'We look forward to hosting another Meander Valley community Breakfast on Australia Day 2015' she added.

... and morning tea



Sheila and Jill get ready for this June's Biggest Morning Tea

SHEILA STEVENSON and Jill Cunningham and their small team of helpers are set to do their 3rd Biggest Morning Tea at the Carrick Hall.

Last year the event raised \$1200 with 90 people attending and they hope to make it bigger and better this year.

Everyone is invited to come and enjoy good food, guest speakers, prizes, trade table and all are asked, once again, to knit beanies, scarfs and make breast pillows. To obtain a pattern, people can contact Sheila or Jill.

The Cancer Council were so appreciative of all the beanies and scarfs that were donated last year they decided to add the pillows that are given to breast cancer patients.

The Tea will be held at Carrick Community Hall, Meander Valley Highway, Carrick on 10th June from 10.00am to 12.00noon. Admission is by gold coin donation.

For more information you can contact Sheila on 6393 7111; email stevosbjs@gmail.com; or phone Jillian on 6393 607.



Merrilyn Heazlewood handing a cheque for \$1,500 to staff at the Cancer Support Centre

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Meander Valley Gazette Schedule for 2014

Please find outlined below our advertising, editorial and distribution dates for 2014. If you know of a neighbour who isn't receiving a copy of Meander Valley Gazette in the post*, please let us know and we will check with our distribution team.

*Meander Valley Gazette is distributed via letterbox from Birralee to Bracknell, Hagley to Mole Creek and all areas in between.

Month	Advertising Deadline	Editorial Deadline	Distribution
June	19th May	26th May	6th – 13th June
July	23rd June	30th June	11 – 18th July
August	21st July	28th July	8th – 15th August
September	18th August	25th August	5th – 12th September
October	22nd Sept	29th Sept	10th – 17th October
November	20th Oct	27th Oct	7th – 14th November
December	17th Nov	24th Nov	5th – 12th December

Economic Renewal Action Group tasked with rejuvenating Meander Valley region

By Sheila Ferguson

TASMANIA HAS been gripped by a general malaise for the past few years.

The result of high unemployment brought about by the downsizing of the timber industry and closure of other businesses has led to an air of neglect and negativity throughout the State.

While Tasmania's clean air is much touted, we need more than that to live on.

To counter this decline, the Meander Valley Council carried out a series of consultations and surveys a few months ago.

From this, the Economic Renewal Action Group (ERAG) has been created which is charged with helping to rejuvenate the economic climate in the Meander Valley.

ERAG consists of Leon Porter (Chair), John Dare (Deputy Chair), Mike Muller, Lyn Hayward, Colin Cook, Robert Crews, Bevin Badcock, Zsuzsanna Handelsmann, Laura Richards and Richard Millen (Secretary).

Having got the process off to a start the Council has now withdrawn from any active participation in the project, leaving it to ERAG and the Community to restore the vibrancy that once characterised the district.

The group's aim is to investigate ways of creating new enterprises and supporting existing ones so that they can grow.

Its mission is to see that "within 5 years Meander Valley will be in the top 10 areas in Australia for attracting investment"

The Committee has divided itself into a series of sub-groups each of which will research areas such as

Primary Production and Manufacturing; Tourism, Retail, Arts and Crafts, Events; Technology, Education and Services and Governance and Communication.

ERAG's role will be to identify areas where development could be encouraged and then liaise with locals in furthering projects that need bolstering.

Projects under consideration include supporting the Deloraine Rotary Club

introduction of such a scheme it is being left to the Community to decide how it wants to run this.

ERAG has taken on the task of doing the initial research into various models but would welcome any early input from local businesses or residents.

Current thinking runs along the lines of setting up a landing page that has local content and options and then to develop an app that enhances access to local



Meander Valley's inaugural Economic Renewal Action Group (ERAG) committee. L to R: Leon Porter, Laura Richards, Craig Plaisted, Bevin Badcock, Richard Millen, Colin Cook, Robert Crews and Mike Muller.

and partners in converting the Rotary Pavilion into a Regional Conference Centre.

However, their first project will be to work on helping to implement a pilot programme introducing public WiFi to Deloraine.

The goal is to have access points linked to goods, services and events so that there is a benefit to local businesses.

Also, the emphasis should be put on "public" not "free" WiFi as there is a cost involved in setting the system up and paying for the bandwidth available.

Although Council has set aside funding for the

goods and services.

There would be a two-tiered system having a free and paid for model where users have a free allowance and thereafter pay for extra data. They could buy this extra data from local businesses.

It is hoped that this first project will be under way by the end of the financial year and will be just the first of several undertakings by ERAG which will help to regenerate the economy of the district.

Once this is up and running it will then be introduced into other towns in the Meander Valley area.

A smorgasbord of entertainment

LOVERS OF variety performance are invited to be part of the audience at the 14th Originals Only Night on 24th May.

It will be an evening of undiscovered talent and original acts by performers keen to showcase their talents. Poets, dancers, musicians and singers will grace the stage of the Little Theatre at the Performing Arts Centre.

For some performers, Originals Only Night will be their first time on stage in front of an audience, an

exciting time for all, and the reason this event continues to be run.

This is a night to look forward to for those who have been before, either as performers or spectators.

Performers enjoy a supportive audience and the audience enjoy regular performers and occasionally an overseas act that happens to be passing through town.

You never know what delightful surprises you'll get at an Originals Only Night.

There will also be a

sumptuous supper of scones and other delightful treats, available by donation.

Originals Only Night is a twice yearly event and is organized by Cat Smith and Suz Haywood of the Deloraine Dramatic Society and is proudly supported by Tasmanian Regional Arts.

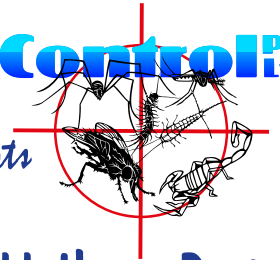
Entry is \$8 per person at the door which opens at 6.30pm. Please be seated by 6.50pm for a 7.00pm start.

For more information call Cat on 0427 509 409 or Suz on 0409 695 200.

THE DELORAINE DRAMATIC SOCIETY

warmly welcome you to the
Originals Only Night
An evening of Original Performances
from local Tasmanian artists
on Saturday 24th May
at The Meander Valley Performing Arts Centre
Commencing 7.00pm
Tickets \$8.00 available at the door.

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MEANDER VALLEY CHRISTADELPHIANS



Your local Christadelphians examine various relevant Bible subjects each week & we invite you to join us

11 th May	Russia's moves foretold in the Bible
18 th May	The Earthquake that will change the world
25 th May	Jerusalem – Future world capital
1 st June	Israel in the Bible – up to 1908

Westbury Town Hall Supper Room
2:00 pm Sunday

* We also offer a free Bible Correspondence Course -
to enrol - contact us by : email - thebiblecourse@gmail.com
or write to - 17 Taylor Street, Westbury Tas. 7303

Deloraine Big Band does Blues Brothers

By Tim Biggs

WITH AN audience that came from as far afield as Hobart and Launceston, Arts Deloraine and the Deloraine Big Band put on an exceptional night's entertainment at the Little Theatre on 5th April.

The 175 strong crowd not only joined in the evening's theme of "The Blues Brothers" by wearing black suits, black ties, sunglasses and hats but they danced enthusiastically to all the numbers from the film as the 24 piece band with Georgina Harvey on vocals belted them out.

In keeping with the night's performance, the start of the night's music was accompanied by police sirens and flashing lights and the original film being shown on the side of the hall.



Louise Schaap and Janet Morley on sax

With the Arts Deloraine crew supplying drinks as well as nachos and quesadillas, the energy levels in the hall were at the top of the scale all night.

Funds raised from the night go to helping the Big Band update their

instruments and uniforms and to Arts Deloraine in running its annual program of concerts, exhibitions and performances.

Contact numbers for the Deloraine Big Band and Arts Deloraine are 0498 473 947 and 0412 294 779 respectively.

It's talent time in Bracknell

DISPLAYING MANY aspects of the performing arts, Bracknell's Got Talent is back by popular demand.

After a successful audition day the organisers guarantee a great show for the whole family to enjoy.

There will be 18 acts of instrumental, dance, vocal & comedy with performers ranging of age from 5 years to adulthood.

This is a great event as it gives the locals a chance to display their talents and also creates a lovely night for the whole family to watch.

This event is a fundraiser for the local school's Grade 5/6 students to participate in the Melbourne camp trip in July 2014.

The finale show will be on

Saturday 31st May starting at 7.00pm at the Bracknell Town Hall.

Light refreshments and drinks will be for sale as well as raffle tickets into the Major Draw which prizes include a trailer load of wood plus much more and at \$2 per ticket is a bargain not to be missed.

The parents are also organising a 'Trivia Night' on Friday 16th May at the Bracknell Pub starting at 8.00pm. At \$10 per/person and with plenty of prizes to be won, get your family and friends together by also booking a table for dinner and make a night of it.

Contact Details: maryanne.gilbert@gmail.com or 6397 3376 or 0409 604 189.



Last year's winners of Bracknell's Got Talent - Dianna Hartman & Patricia Banfield

Bringing up baby

WHAT SHOULD we be doing to raise good kids?

Research has shown parents can make a positive impact on childhood and the teenage years by putting in place a few simple, practical strategies and taking care of themselves as carers.

Centacare's Rural Group team will be running their Positive Parenting Program (Triple P®) in Mole Creek soon.

Once a week for four weeks parents will have the opportunity to learn how to recognise causes of common problematic behaviours, build more positive family relationships, provide a safe learning environment for their child and implement an assertive and more consistent approach to



discipline in the family home.

Parenting videos, tip sheets, workbooks and other helpful materials are provided for participants and follow-up sessions will be held throughout the year.

If you are interested in learning more contact Lia or Sandy on 6332 0600 or 0417 058 237. They will be attending the Launching into Learning session at Mole Creek Primary School soon and flyers will be about the town.

Centacare's website is at www.centacaretas.org.au

Photo Course

ON MONDAY 19th May 10.00am to 12.00 noon you can learn HOW TO TAKE A GREAT NEWS PHOTO. Photographer Jan Collett will host the session.

Participants will learn elements that contribute to making a great news photo, including a few tips on technique, minimum sizing requirements, copyright information and privacy issues.

The workshop is free but a donation to the Deloraine Online Access Centre would be appreciated

To register for this course call Deloraine Online on 6362 3537.

Car Boot Sale

WESTBURY BAPTIST Church is running a car boot sale to raise funds for the school chaplains at Hagley Primary, Westbury Primary and Deloraine High Schools.

Cost will be \$10 per car. Barbecued sausages and tea or coffee will be available

Deloraine House Events

Families Week BBQ at Deloraine House. 11.30am - 2pm, Friday 16th May. Activities include face painting and games.

Deloraine Charity Singers and Friends Cabaret at the Deloraine RSL Club, West Church St. Sat. 17th May from 7pm. Great line up of artists, Admission \$5, includes supper, raffles and lucky door prize. Fundraising event for Deloraine House. For more information contact the House or Vera on 6362 2366.

Asian Cooking with Margaret Brooks. 7 week course. Attend all weeks or as you are available. The dishes are simple, quick and tasty. All are meat based but can be adapted for vegetarians. Margaret has had over 10 years' experience cooking Thai, Chinese, Vietnamese and Malay cuisines and is looking forward to passing on her knowledge to you. Cost \$10 per session: includes recipe & lunch. Starts Wed. 21st May 11.30-1pm at Deloraine House. Bookings essential.

Gluten Free flours, bread-making and baking with Mary Jane Gerson. 11am-2pm on Thurs. 22nd May at Deloraine House. Mary Jane is a qualified chef who has been experimenting with and perfecting gluten free baking for many years. Find out how to cook

gluten free for yourself and avoid expensive commercial products. Bookings are essential. Cost \$10: includes recipes, gluten free lunch and bread samples.

Certificate 2 Community Services

11 week course, no charge, will also help you develop your work & study/training goals for the future. Specially developed for people who may not feel confident with formal study or online courses. Friday 23rd May, 9.30am - 2.30pm (bring own lunch). Places are limited, bookings essential, 6362 2678.

First Aid training - Renew your certificate or upgrade your CPR with Angela Enright. Sunday 25th May & 21st June, 9am - approx. 5pm. To enrol or enquire phone 6362 3633.

Animal Welfare Update Free information session by Launceston Community Legal Centre. Wed. 28th May 10-11am (Morning tea provided).

Weaving Circle: Basket making with palm fronds for those who want to sit under a tree in the garden. Tap into your creativity & create something useful from a resource which can be found around many places in Deloraine. Sat. 14th June 1-4pm. Ring Deloraine House to book & for details of the location 6362 2678 by Monday 9th June.

Other Events

to purchase.

When: 24th May at 9.00am to 12.00 noon.

Where: Westbury Baptist Church, Franklin Street, Westbury.

Community Safety

THE MEANDER Valley Community Safety Group has representatives from Police, Health Service, Road Safety, Red Cross, Council and Community and meets quarterly to progress safety initiatives on wide topics.

Its next meeting will be on Thursday 29th May 2014 at 7.00pm at Hadspen Memorial Centre, Clare St, Hadspen.

Community members are most welcome to attend and share views about local safety issues.

For information contact Patrick Gambles on 6393 5300.

Don't miss the bus!

THERE WILL be free breast screening in Deloraine for women over 40 years of age from 12th to 23rd May

at Deloraine Community Complex.

For an appointment phone BreastScreen Tasmania on 13 20 50.

Morning tea for cancer

THIS YEAR the Big Morning Tea will be held in the Deloraine Bowls Club on Thursday, 22nd May from 10.00am to 12.00 noon. The cost will be \$7.00.

For more information call Sally Dawkins on 6362 4994.

Waltz for charity

ON FRIDAY, 30th May at 8.00pm the Birralee Hall Committee will be holding a dance at the Hall.

Rosco's Orchestra will be playing and the dancing will be ballroom - mainly old time but there will be some modern.

Entry will be \$7 for adults and \$3 for students and all proceeds will go to aid the Hall funds and selected charities.

For further enquiries phone 6396 1188.

Income tax planning and your options

By Sam Horsman, Business Principal, PJS Financial

WITH THE END of the financial year rapidly approaching, it is that time of the year when businesses and individuals should look at ways of reducing their income tax liability. There are numerous things that can be done that will enable you to reduce the amount of tax you pay.

Superannuation:

If you are self employed or a small business owner, now is the time to look at your superannuation contributions for the year and make additional contributions if possible. Everyone can contribute up to \$25,000 (\$35,000 if you are over 60) into superannuation this financial year.

Money contributed to superannuation is only taxed at 15% (and paid by the superannuation fund), whereas for many people their marginal tax rate is 32.5% or higher. Those individuals who are employees can also take advantage of this tax saving by directing some of their salary into superannuation.

Contributing additional money into superannuation not only helps prepare for retirement, but it also means you have more money in retirement by paying less tax over your life time.

Bringing Forward Deductions:

Many business owners know what they need to purchase for their business well in advance. Therefore, if cash flow allows, it is worth considering bringing forward some of those purchases into this current financial year. This is especially true if the current financial year is expected to be better than the next. Of course the opposite may also be true and a business may be better to hold off incurring some costs until the new financial year.

This strategy can also apply to employees who may be considering making donations to charities, incurring work related expenses e.g. uniforms, union fees or self education expenses. All of these costs could be incurred earlier than planned to take advantage of the tax deduction and increasing your tax refund this year rather than next.

Delay Income:

This is generally only a strategy available to a business with strong cash position as it means delaying when you invoice your clients or sell your product.

Although this does not

save you any income tax, it does delay when you have to pay tax on that income and may shift the income to a year that you expect to be less profitable than this one.

Other options:

There are numerous other things that can be done, like prepaying your interest costs, reviewing and write off bad debts, writing off old stock or, if you are a primary producer, considering contributing to or withdrawing from a farm management deposit depending on your situation.

Whatever your situation may be there are things that can be done and considered at this time of year to reduce your tax but first, you should speak to an accountant to discuss the options and get an accurate picture of your financial position for the year before you make any decisions.

So, if you would like to discuss what options you may have to save income tax please contact our office to make an appointment to see one of our staff.

Disclaimer: This article is general in nature and should not be considered financial or tax advice.

From hot bread to ice-cream

By Sheila Ferguson

Andy's has been a fixture at Westbury since it was started by Andy Oliver in the early nineties to service traffic passing on the Highway before the bypass was opened. He came to Westbury, noticed that it had no bakery, saw an opportunity and launched a hot bread shop, operating round the clock, 7 days a week.

Andy's nephew, Nick, took over about 7 years ago when Andy decided to go off and start other ventures. Nick already had a cookery background and had worked in the shop on weekends as a teenager so was already familiar with the operation.

The opening of the bypass in 2001 meant that the customer base changed and it became pointless to be open 24/7. The place now opens at 8.00am and closes at 5.00pm. It employs about 9 people.

Over the years it has evolved from a hot bread shop to a bakery then, for a while, became a gourmet cake shop delivering its products to places on the coast. Next the gelato business was started which was successful and the primary goal is to build this up.



Nick Oliver at Andy's

Now the range includes more pies and pastries than cakes. "It's more a cafe/bakery these days than bakery/café" says Nick.

Nick thinks it important to incorporate local ingredients into recipes when he can and is working on adding as many as possible.

He hopes that Andy's will become a hub where people can meet - especially if the IGA receives permission to open a new store behind the restaurant. It is already a meeting place for people working in places nearby such as Tasmanian Alkaloid.

Although the past two years have been difficult as the economy has slowed, Nick has seen an increase in the number of international backpackers coming through and feels that their presence gives the place a buzz and they can bring new ideas for ways of preparing food.



Study in your slippers at Meander Valley's NEW SLEEPOVER CAMPUS!

The Mole Creek Guest House is now home to numbers of Tassie students for country retreat training in community services courses. Students make friends, cosy up around the fire, wear Ugg boots and slippers to class, enjoy coffees, chocolates, laugh and tell stories and work hard at getting useful qualifications in double quick time while having a unique experience in a great country guest house. Students enjoy delicious food at the Pepperberry Café while on site.

What students have said so far:

Bernadette: 'I am so excited, this is the best thing that I've ever done in my life!'

Bec: 'I've learned so much about myself and these people are brilliant, I feel so close to them in such a short time', thanks so much for coming to Tassie.

Tim: I can't believe that I can do my degree like this - talking people's stories through and working out what might be happening for them and how to help. It's fantastic. I get 18 months credit at uni to go on to be a social worker - unreal.

Brian: I really love community development and its excellent hearing everyone's ideas and the things that they have experienced.

Courses include: Diploma level programs in Counselling, Case Management, Youth Work, Alcohol, Other Drugs & Mental Health Work & Management and now starting in June the new Double Diploma in Early Childhood Education and Care and School Aged Education and Care with a bonus nanny Certificate. Placements with a London Nanny agency and an overseas field trip are part of the adventure.

Making a difference in local community is what these students are doing. Changing their own lives in preparation to make that difference is the real bonus says Thea Keane, Youth Work and Counselling Trainer.

Community Training Australia specialises in rural training around Australia and provides residential options for students where daily travel to a training centre is difficult. All accommodation, travel and food can be included in course fees. CTA helps students to get to Mole Creek by organising all the travel arrangements as well. Best of all students are able to use VET FEE HELP to fund their training programs with no upfront costs!

If you or someone you know would like to study a course in your local area contact Kerrie May on 63632074 or email Kerrie kerrie@cta.com.au for more information and join the growing numbers of Tasmanians committed to advancing their skills and career, building self-esteem and making great new friends.

Beefing them up

By Sheila Ferguson

This is the second of our profiles on rural producers in Meander Valley. This month we cover beef farming.

BERNIE HOWE, a long time resident of the Meander Valley although he now lives in Shearwater, farms about 500 acres in Mole Creek on which he fattens beef cattle – mostly Herefords and Angus-Hereford cross.

The farm was originally mostly bushland but he gradually cleared it, increasing the number of cattle, until now he runs 300-350 head.

He buys store cattle, which are young animals of between 8 and 10 months at saleyards such as Powranna, and puts them out to grass for about 8 to 12 months before selling them on for slaughter.

The calves are usually born on farms where the land is too poor to fatten them up so normal practice is to sell the animals to farms in the North of Tasmania where the soil is better and the grass more nutritious.

Occasionally, towards the end of winter smaller farmers may run out of feed for their cattle and rather than let them starve they may sell them off cheaply.

Therefore, the price for young cattle may range from \$150 to \$600 per head.

To meet the requirements of the supermarkets and good restaurants the meat has to be graded by the Meat Standards Authority (MSA). Each carcass is graded by an MSA accredited grader with an eating quality grade assigned for each individual cut. The meat needs to be light in colour and if it does not meet MSA standards, the farmers are penalised by up to 30 cents a kilo.

Bernie keeps his animals as calm as possible. He doesn't use a dog or motorbike; he simply trains them to follow him.

Bernie says the secret to producing MSA graded beef is to ensure the cattle are always kept quiet and not stressed in any way.

Before they come to farmers like him they will have been brought in to be tagged and castrated, procedures which make them very unhappy. When they get stirred up like this their meat becomes darker and below standard. They also balk at being herded into yards

as a result.

Some beef farmers even put their cattle into the yard from time to time to feed them to try to get them to associate yards with a more pleasurable experience.

Bernie keeps his animals as calm as possible. He doesn't use a dog or motorbike; he simply trains them to follow him. He says that if they know you are going to feed them they will follow you without any problems. The grass on his farm is rich and he supplements this with silage and hay.

Much of the meat that is produced in Tasmania is sold to Woolies and is mostly sent to the Mainland. Some is kept here, but a lot of the meat that comes into the stores here is boxed, so its origin is not clear. Tasmanian beef is hormone free and high quality so much of it is bought by HW Greenham and Sons (a meat processor) who export it to top markets like the US, Japan and Korea.

He says there are not many difficulties with looking after beef cattle. Some of his don't even need to be drenched as they have undergone this before he gets them and, as long as they are kept on good food and in clean paddocks there are rarely problems. There might be the occasional case of foot abscesses and,



Bernie feeding his cattle at his farm in Mole Creek

here again, the aim is not to distress them.

Bernie found that separating them from the herd to treat them with antibiotics stressed them, so now he leaves them, makes sure he takes food to them so they don't go downhill, and he finds that within 3 or 4 days they have recovered.

For Bernie the farm is a hobby – one he has had for the past 40 years. He was born on a dairy farm but

wasn't attracted by the hard daily grind of milking. Beef farming is not that lucrative; Bernie calculates that the farm has paid for itself over the years but not much more.

In Tasmania beef farming is fairly small scale compared to the much bigger operations on the Mainland where sales of over 30,000 cattle might take place at one auction. So it could be said that the state relies on quality over quantity.

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40LT Ice Box Promotion!

Young people honouring ANZACs

By Georgia Stevens

ON WEDNESDAY 16th April, Deloraine High School hosted the annual Combined Schools' Anzac Assembly at the Community Complex, Deloraine. Students from the High School were joined by students from Deloraine Primary, Meander Primary, Mole Creek Primary and Our Lady of Mercy, as well as by members of the community.

The assembly was hosted by students Georgia Christie (DHS) and Jesse Elmer (DPS) and featured a commemorative ceremony and wreath laying, as well as an address by special guest speaker Captain Dan Ritchie, 2IC Alpha Company, 12th/40th Battalion, the Royal Tasmania Regiment. Mr Ritchie is also a teacher



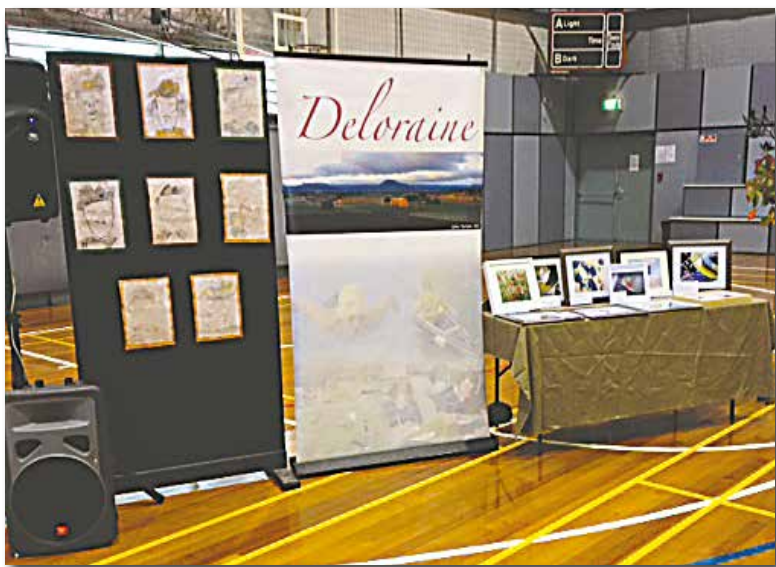
Taynisha Parry, Grade 9 at Deloraine High School performing her original song 'Will I survive?'

at Deloraine High School and his presentation was engaging and well-received.

The crowd were treated to a number of performances, including a contemporary dance performed by the high school, and a rendition of "And the band played Waltzing Matilda" performed by the Deloraine Primary School senior choir.

Taynisha Dance from Deloraine High School also wrote and performed an original song entitled "Will I Survive?" which was a real highlight of the day.

Anzac Day is an important event for the Meander Valley community and the Combined Schools' Assembly helps to ensure that local students can join in commemorating our history.



Deloraine High School display

The hazards of an adventure

A short story by Thomas Tandler

I TOOK a deep breath and looked around the corner of the dimly lit cavern. I spotted three bandits talking around a fire and one, looked like a boss due to his heavy armour, was hunched over an alchemy table. This looked too easy I thought to myself at the time. I glanced to my side and saw Lydia readying her sword and shield. I did the same. In that split second, before I let out my war-cry, I thought about how I ended up here.

It all started when I avoided my execution - a giant dragon attacked apparently. I didn't notice, I was too busy running for my life. I made my way to Riverwood, a small town located on the main road to my eventual destination, Whiterun. This city sat in the middle of grassy plains and I thought, what with no money and little skill in anything, I might be-able to do something there.

Fast-forward a month later and I had forged myself steel armour, slain a dragon with

an enchanted sword and was named "Thane" or Minor Lord of Whiterun. For such a service I received a Housecarl, in the form of Lydia. Now I was a starting adventurer, I needed all the help I could get and Lydia was a competent swords-woman.

Where was I? Right, the bandits in the cave. I rushed forward yelling at the top of my lungs and after that, I don't remember much. The battle was kind of a blur to be honest. I know I dispatched the three bandits around the fire easily. It was that boss one that gave me trouble.

I remember blocking a lot. He had a two-handed warhammer, so I took the hits. Dented my iron shield pretty badly. That shield had saved me from dragon fire and other dangers but I knew it was time to get rid of it. I also remember chugging health potions; those things taste nasty but fixed me up pretty good.

I could see he was getting tired, so I put all my force

into my attacks. But then I realised he was more interested in Lydia than me. I slashed him all I could. I wasn't interested in personal safety; she was in danger. That's when I saw the hammer strike her chest. She fell like a sack of potatoes.

I was angry. I kept hacking away at him until he fell over and then continued until I could see scratch marks in his armour. That's when I fell out of my battle reverie. I looked around at the slain around me, to Lydia.

I silently approached her and then inspected her. The blow from the warhammer had crushed her armour, basically shattering her torso. It was a quick death at least. I couldn't bring myself to look at her face, so I looked away and closed her eyes. I carried her body to a nearby wall and laid it down. I then gathered her shield and sword and laid them upon her. I took off her helmet and looked down at her. She had a peaceful expression on her face.

Shockwave at Deloraine

By Liz Walker, Religion Correspondent

Every Friday evening, excluding school holidays, from a pool of 70 young people, approximately 10 to 40 youths, from all walks of life, gather between 7.00pm and 9.00 pm at the Deloraine Baptist Church Hall.

The vibrant bunch of teenagers look forward to food, fun and games, socialising, cooking, special outings to Devonport and Latrobe and just hanging out.

Shockwave is made possible through Jenna and Alex, the dedicated leaders of the group, along with their loyal helpers. They commented that "Shockwave is what it means to grow in a safe environment". The young people learn this as the leaders show what it is to be in a supportive community. The team at Shockwave provide



a nurturing, stimulating and safe environment for all who attend. To provide closure for the evening, a discussion and reflection time is held: this can be a meaningful time for all.

In July school holidays the camp "Element" is held at the Liffey site.

For more information about Shockwave please contact Jenna on 0488 330 390 or Alex on 0434 992 851.

Wynyard Tulips

By Royce Gale



THIS IS A painting of the tulip fields in Wynyard, drawn on the Sketch Club art app, using an iPad 2.

The day I visited Wynyard I snapped a photo of the empty field, the lighthouse, and the ocean.

I painted this back at home and, using some artistic license, as well as reference photos of the fully flowered fields, drew this.

I gathered what I could from the nearby bodies and left the cave. The sun was starting to set as I made my way back to Whiterun. I returned to my home and, as I entered, I stood in the door frame for a few minutes. It was too quiet. I got changed out of my armour and I hung the dented iron shield on a wall, I could forge myself a better one later but it was more a testament to my failure. I got a jug of nord mead and headed for the balcony on the second floor.

It was a beautiful night, in contrast to the sadness I was feeling. The one woman who helped me without question, who I could rely upon and

This picture was quite a drastic change to my other art I did at the time, as it featured vibrant colours and lacked any line art. Its style is slightly reminiscent of impressionism, demonstrating the wide range of art possibilities that Sketch Club offers.

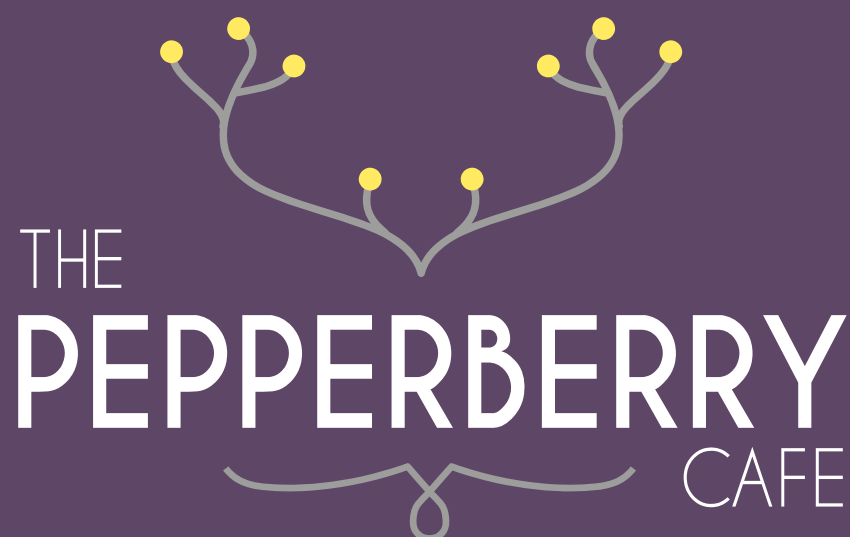
Learn more about Sketch Club from Royce at the Deloraine Online Access Centre.

she was dead. I spent a few hours of that night gazing up at the stars. The aurora started to shine around midnight and it almost seemed to drag my spirit out of the depths of sadness.

I focused for a few minutes and I swear I could see her up there, enjoying herself with the other heroes of old. I smiled a bitter smile at that.

Even though I went on to become the Dragonborn of legend, I never forgot who helped me and I swear I can still see her on starry nights with the colourful Aurora.

Based on events that happened in Elder Scrolls V: Skyrim.



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It's not all about weeding

By Ros Albiston

THE TERM "community garden" (as defined by Wikipedia) is "single piece of land gardened collectively by a group of people."

They are also about a lot more! They define the community they are in, connect people to the land, act as collective knowledge stores, help create links between diverse community groups, provide a safe environment in which to garden at any level of expertise, and most importantly they provide a place in this

extremely busy world where it is OK to sit with a cup of tea in the shade and reflect.

The Meander Valley has two community gardens. One in Westbury run by the Westbury Community Health Centre is situated on the corner of Jones and Dexter Streets in the Primary School grounds. The other is in Deloraine at the back of the High School in Pultney St and is overseen by Deloraine House.

A question often asked of community gardens in

rural areas is "Why do you need one when everybody has so much garden space at home?"

The response to this is that they provide a space where people can learn how to grow fruit, vegetables and flowers; learn new skills such as pruning or composting; meet new people; have a cup of tea in the shade and share experiences, surplus food and satisfaction in a job well done.

The two community gardens run workshops at various times over the year on different topics.

Each have a community pizza oven that was built last year as part of the Meander Valley Food Network's year of workshops. They also have days with children's activities, picnics, art creation projects and other events.

If you are interested in finding out more about the Community Gardens in the Meander Valley contact Deloraine House on 6362 2678 or Westbury Community Health Centre on 6393 5800.



Community garden at Deloraine

Gardening for May

By Nell Carr

AUSTRALIAN NATIVE flowering plants such as Grevilleas, Callistemons, and Melaleucas, particularly those with red flowers, are attractive to honey eaters, but there are at least two imports that serve the same purpose.

These are the deliciously perfumed Pineapple Sage and the South African Large Honey Flower.

The former is in bloom just now with masses of small bright red tubular flowers. An Eastern Spinebill is

feeding on the sage in the accompanying picture. Each of these plants grows to more than a metre in height over spring and summer.

The flowering stems of the Melianthus grow hard and tough and should be removed after flowering - they can be used for kindling when dried out.

Both are inclined to be invasive, spreading by underground stems, so it is best to contain them in a bed surrounded by lawn

or pathway.

Pumpkins: These should be brought in before the frosts and stored at an even temperature on racks with some space between each.

The sweet grey variety with very hard skin can be kept in this way for a year or more - just keep checking

that they are not going soft around the base of the stalk, which should stay on the pumpkin - don't lift it by the stalk! Any that have lost that little stump of stalk will have to be used within a couple of weeks before they rot.

Any that have lost that little stump of stalk will have to be used within a couple of weeks



Eastern Spinebill on Pineapple Sage

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Authorised by Eric Hutchinson MP, 53B Main Road, Perth TAS 7300.

Cookery Corner

By Rosa Kasteel

WHAT change in the temperature! Time for some warming foods.

The first dish this month was brought to the International Women's Day lunch by Elena Olah, originally from Romania. Her Potato Casserole recipe (Rakott Krumppli)

Ingredients:
8 boiled potatoes sliced lengthways
10 cms thinly sliced Czabi salami
6 hard-boiled eggs, sliced lengthways
750mls cream or milk
salt & pepper to taste

Method:
Layer shallow baking dish with slices of potato, salami and chopped eggs. Repeat the layers ending with potato.

Pour the cream/milk over the top to halfway up the baking dish.

Bake 180C approx. 45 minutes till golden & crispy.

This second recipe, Swede Soup (Steckruben Eintopf), was given to me by Trudy Smith who came to Australia from Germany many years ago.

Ingredients:
60gms butter or olive oil
1 tsp sugar
3 or 4 long pork spare ribs
1 onion
1 kg or 5 cricket ball sized swedes
1 L water
salt & plenty of pepper

Method:
Cut the ribs into 1cm pieces.
Peel & cut swede into small chunks
Peel & chop onion
Heat the oil or butter, add the sugar.

Brown the pork pieces, and then add the onion. Cook for a few minutes, then add the chopped swedes and water.

Add salt and plenty of pepper, then cook till the swedes are soft.

This soup could be a main meal, served with crusty bread.

The Yellow Wattle Bird

By Sarah Lloyd

THE FAR-CARRYING guttural call of the yellow wattlebird and its habit of visiting home gardens to take fruit or nectar makes it one of the better known of Tasmania's forest birds.

It is the largest honeyeater in Australia, and one of four honeyeaters found only in Tasmania. (The other three include the yellow-throated, strong-billed and black-headed honeyeater). Its most distinctive feature, the pendulous neck wattles, are pale and small (or non-existent) in young birds but are 60 mm long and bright yellow to orange-yellow in adults, especially during the breeding season.

Yellow wattlebirds are nomadic honeyeaters that

move seasonally in response to flowering trees and the availability of sap and fruit.

Their diet imparts a deliciously sweet flavour to their plump flesh and in the early 20th century they were a favourite bush food and sold in the markets for seven pence apiece.

...they were being slaughtered in such large numbers that there was concern about their possible extinction

Their habit of converging on flowering trees in large flocks made them easy targets and several birds could be knocked to the ground with one blast of a shotgun.

The rest of the flock, frightened off by the noise, would soon return to the rich food source and more birds could be shot.

From May until July there was a regular open season but before long they were being slaughtered in such large numbers that there was concern about their possible extinction.

In 1902-1903 it was fully protected but was returned to the list of game species with the most recent open season declared in 1972. The bird is now wholly protected.

A King Island sub-species of the yellow wattlebird has been adversely affected by land clearing. On the Tasmanian mainland the bird is still widespread but no longer seen in the large flocks that were reported in the 1950s.



Unwanted Software

By Alistair Carr

IN THE LAST few weeks I have had to clean up some computers with unwanted software that was causing problems for the owners.

I class unwanted software as any software that installs along with other software you are installing for a particular purpose.

During installation of your software this will often show up in one of the install windows as a ticked box with various messages about installing some toolbar or computer enhancing product.

You should untick these "optional" components before continuing with the installation.

Of late there have been some variations on this that is catching even experienced

users out (yes, I got caught - Once!).

Variation one is that the optional software box is unticked, but if you read the text next to the box it says something along the lines of "tick this box if you do not want to install this software". So they are reversing the method of deselecting the software.

The trickiest one (and the one that caught me) is to do with the licence agreements that most software displays during installation.

The first screen was the usual licence agreement for the software I wanted, but the next two screens were for the additional garbage they try to include.

Now normally you would think clicking "I do not agree" or "decline" would cancel the whole process, including the programme you want.

However, in this case, declining the agreement is only for the additional stuff and after declining to install the two bits of rubbish the installation

The trickiest one (and the one that caught me) is to do with the licence agreements...

proceeded normally.

The other variation I have seen is part way through, the installation stops, asks you to install other utilities and the only way to refuse the install is to select "custom install" and to untick the install option boxes.

Some examples of what I consider unwanted software when packaged with other programmes are:

Any web browser toolbar or add on

(including search tools).

Any security scan software.

Anything claiming to be PC tune up, clean up or optimisation software.

I feel the last ones are particularly pernicious as they actually slow down a computer while they run their checks and, in the worst cases, can make a computer very slow to boot up.

Once they finish their scans they claim to have found several hundred or even thousands of problems. To "fix" these problems you need to buy a licence to clean up the PC.

Please don't do this as the software is not actually doing anything that can't be done with windows in-built utilities and you are just wasting your money.

To remove most of these problem programmes is

generally a simple matter of uninstalling them from Add/Remove programs (Windows XP) or Programs and Features (Windows Vista, 7 and 8), but you do need to know the name of the programme or add on.

If uninstalling the unwanted programme fails to remove it, then it is probably time to ask someone who knows how to remove such persistent problem software.

So, in future, when installing new software, look carefully at what the install windows are saying and read any text in the window carefully.

If you are not sure what is being installed it is preferable to cancel the whole install and try to find an alternative to what you want, hopefully without the added garbage.

Profile of Dorothy Joy James

By Antonia Howarth



Joy James

He returned to his regiment only to be shot in the spine while on deployment in Egypt; where he remained until the Armistice in 1919. Upon his return from World War I, Joy's father was promoted to Brigadier and he met and married, Nadine Jameson although he was head to toe in

plaster and with no certainty that he would walk again.

Joy's two elder brothers, Donald and John, served in World War II. Donald was first in Syria and then relocated to Papua New Guinea where he was

joined by John.

Joy attended Newcastle School for Girls, attended secretarial training college before first joining the Commonwealth Bank as a secretary and then Dennies and Conington, printers. She later worked at Spicers, papermakers in London.

There she met Ted James, her future husband, although she didn't marry him for several years

He returned to his regiment only to be shot in the spine while on deployment in Egypt

as he relocated to Hong Kong. They eventually married and she returned with him to Hong Kong where she became involved

with The Leprosy Mission and lepers on the island of Hay Ling Chow and also

Joy occupies a special place in the hearts and minds of many local Tasmanians and has been an active ambassador for Australia all of her life

raised money for the Marion Reichel Group.

She learned to read and translate in Braille, worked for the School for the Blind and taught English in a German Ebenezer School which was supported by the German Mission.

After moving to Singapore, back to Hong Kong, Joy and Ted ended up in Kuala Lumpur. Malaysia's independence, in 1957,

led to some problems so they returned to Australia.

Eventually they established their own photographic business at Buderim on the Sunshine Coast.

In 2002, Joy and Ted came to live in Deloraine in order to join her brother John.

Her father had assisted John in running Calstock which was also a dairy farm and crop business and Joy and Ted moved into his old home in Barra Road, Deloraine.

Joy occupies a special place in the hearts and minds of many local Tasmanians and has been an active ambassador for Australia all of her life, known and respected by many as a lady without peer, a committed Christian and dedicated community worker.

Valleyviews

May 2014

Mayor's Message

Easter, Anzac Day and the April school holidays have come and gone. I trust that a happy and safe time was had by all. Congratulations also to all those who participated in the Amazing Day National Youth Week event in Deloraine over the Easter break.

This year I was privileged to give an introductory address at the Deloraine Anzac day morning service. It was terrific to see so many people in attendance and to listen to WW2 veteran 95 year old Charles Crowden address the service. Australians who have fought and continue to fight for our freedom were remembered at a number of ceremonies across Meander Valley, and with large crowds in attendance at both the dawn and morning services, it proved that the spirit of the Anzac is very much alive.

Council released its Waste Management Strategy at the April Council meeting. There are a number of plans Council is looking to implement to improve the way rubbish is collected and processed. These will have a positive impact on residents, Council, and the environment. We welcome your feedback on this document. To find out how to comment, please refer to the full story below.

The April Council meeting also saw the second approval of a proposed \$10 million supermarket for Prospect Vale. The plan includes a 3800-square-metre Coles supermarket, as well as four specialty spaces, and a café. I congratulate Mr Ross Harrison, on behalf of Council, for pursuing the project and look forward to seeing it progress.

AGFEST 2014 was another successful event. Since commencing in 1986, the event continues to cement itself as arguably the best rural field day in Australia. Congratulations to Rural Youth and this year's organising committee and band of volunteers.

As winter approaches, it is important to remember that wood smoke from wood heaters and backyard burning can affect some people's health, especially young children and older people. Take the time to visit Council's website to find out how you can efficiently operate your wood heater, to increase performance and reduce smoke.

Craig Perkins
Mayor



Council Updates



Draft Waste Management Strategy

Council released its draft Waste Management Strategy at April's Council meeting.

The Strategy identifies five goals to drive how waste services are provided and managed within the Meander Valley.

A key goal is to develop and implement a plan for the move from landfill to resource recovery.

After successfully implementing an organics collection into

Blackstone Heights, Council proposes to implement fortnightly waste, recycling and organics into Prospect Vale.

Council aims to expand kerbside services into the rural areas of Chudleigh, Mole Creek and Meander.

The draft Waste Management Strategy will be open for comment until the 30 June 2014. Council will be actively seeking input from community members.

To view the Strategy, visit the Westbury Council offices or online at Council's website. Feedback can be emailed to mail@mvc.tas.gov.au or alternatively contact Council on 6393 5300.

Grants Information Session

Interested applicants for Council Community Grants are warmly invited to a Grants Information Session to be held on Wednesday, 21 May at Council Chambers, Westbury, commencing at 7pm. This is an opportunity to discuss project ideas and learn about what makes a good application. First-time applicants are particularly encouraged to attend. Please register by calling 6393 5300.



Prospect Vale - Blackstone Heights Structure Plan Update

The findings from the first round of consultation are currently being reviewed. A number of community consultation activities will be scheduled once completed. To find out how you can be involved in the discussion about the future of Prospect Vale and Blackstone Heights visit the dedicated website or Facebook page at:

www.prospectblackstonefuture.com
www.fb.com/prospectblackstone

Community News

Weddings, Parties, Anything!

Did you know that Deloraine has two terrific Council-operated venues for hire?

The Deloraine Community Complex (pictured) and the Little Theatre are available for functions such as meetings (small or large), public assemblies, dinners and concerts. Both venues now have great kitchen facilities. Hire prices are very reasonable. The meeting room can be hired for \$12 per hour and the Little Theatre will cost \$80 per night. Please speak with Denis Lyne on 6393 5306 or 0419 579 154 if you would like to check out these excellent spaces.

Don't miss out ... Heritage Festival

May is Heritage Festival month in Tasmania. Visit Meander Valley and enjoy one of these spectacular attractions: Embark on the Westbury Silhouette Trail, the Deloraine Sculpture Trail or Deloraine history walk. Visit Yarns Artwork in Silk and the Deloraine Folk Museum. During May, mention the Heritage Festival and receive a special \$6.00 entry to the Museum including Yarns Artwork in Silk. There will be a heritage wool spinning demonstration day on Sunday May 18 from 10am to 2pm. Call into the Visitor Centre in Deloraine or call 6362 5280 for more information.



Deloraine Community Complex

Working Well With Young People

'Working Well With Young People' is a free orientation program to youth work. It is aimed at helping adults to better understand the needs of young people and to work more effectively with them. It consists of two evening sessions to be held at the Westbury Town Hall Supper Room on Tues 27 May and 3 June 7pm - 9.30pm. 15 places are available. This program is supported by the Department of Premier and Cabinet. For details and registration please contact Patrick Gambles at patrick.gambles@mvc.tas.gov.au or on 6393 5300.

Diary Dates

Meander Valley Volunteer Expo **Tuesday 13 May**
Celebrate the power of volunteering.
Free lunch, speakers and displays.
11am - 1pm Deloraine Creative Studios. For details ring Joanne on 6362 3537 or email deloraine.oac@education.tas.gov.au

Don't miss the bus! BreastScreen Tasmania 12 - 23 May
Free breast screening for women over 40 years of age.
Deloraine Community Complex. Appointments on 13 20 50

Streetwise Learn to Skate
Sunday 18 May, 1pm-3pm, Westbury SkatePark
Sunday 25 May, 1pm-3pm, Hadspen SkatePark

Markets

Little Red Tractor Farmers Market Deloraine
Every two weeks, Sat 17 May & 31 May ongoing

Westbury Market
Third Saturday of every month, Sat 17 May

Deloraine Market
First Saturday of every Month, Sat 7 June

Public Holiday

Council will close on Monday 9 June for the Queen's Birthday public holiday.

Council Offices

PO Box 102
26 Lyall Street, Westbury
8:30am-5:00pm

General enquiries

Phone 6393 5300
Fax 6393 1474
Email mail@mvc.tas.gov.au
Web www.meander.tas.gov.au

Valley Views can be read at any time by visiting Council's website, clicking on Community, Culture and Recreation and Community News.



Prospect Medical Centre Manager wins 2014 AAPM Scholarship

BUBBLY LOCAL Practice Manager, Cecily Igglesden from Prospect Medical Centre in Launceston, Tasmania, has been awarded a prestigious Australian Association of Practice Managers (AAPM) Scholarship for her dedication to her role.

AAPM and Avant are pleased to announce that Cecily has received an AAPM Scholarship for a Diploma in Professional Practice Management at the University of New England in Armidale, NSW.

Proudly sponsored by Avant, Australia's leading Medical Defence Organisation, the AAPM Scholarships



Cecily Igglesden, Manager of the Prospect Medical Centre

The quality of scholarship applications was of a very high standard

aim to foster and promote continuing training and professional development for Practice Managers.

The quality of scholarship applications was of a very high standard, with submissions received from across Australia from a variety of practices including specialty care, general practice, and allied health.

A mother of two, Cecily has worked at the Prospect Medical Centre for the past 13 years.

The Medical Centre was named the Royal Australian College of General Practitioners (RACGP), Tasmanian and Australian General

Practice of the Year 2012.

Practice principals, Dr Frank Brunacci, Dr John Ballantyne and Dr Matthew Fassett encouraged Cecily to undertake further study to assist her as a Practice Manager in view of the fact that the practice had experienced significant growth in recent years and a second branch in Trevallyn, Launceston, is due to open soon.

Cecily said she felt incredibly lucky to receive the scholarship to help improve her knowledge and skills to become a more effective Practice Manager when she moves into her dual role, managing both practices.

"The AAPM Scholarship will make me a lot more confident in what I'm doing and give me a lot more skills to be able to fulfil a role that is becoming more complex

and changing all the time," she said.

"It's a fantastic opportunity for myself and I'm really, really grateful to both AAPM and Avant for providing this opportunity because it's an excellent course to offer in a scholarship."

Cecily said she felt incredibly lucky to receive the scholarship

Practice Owner, Dr Brunacci, said the scholarship was a fantastic opportunity for Cecily who is a dedicated and forward thinking Practice Manager, excited to improve her skills.

"The role of practice management is becoming more complex, which is definitely the case with us, and we know that under-

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We are looking to buy in the Red Hills, Deloraine area.

We require at least 10 acres or more, suitable for horses. We would like a period/character style home preferably, already renovated or land with permission to build.

If you are considering selling or know of a property that might suit, please contact us on

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taking this scholarship will greatly benefit Cecily to fulfil her role in a confident way with an extended skill base which will greatly assist the practice to continue to meet challenges, changes and development," he said.

The announcement of the AAPM Scholarship winners showcases Avant's commitment to Practice Managers and supporting practices. In addition, Avant has updated their Practice Medical Indemnity Policy to include significantly improved features and benefits to better suit the needs of Australian medical practices.

Avant has demonstrated significant commitment to practices and recognises the enormous value Practice Managers bring to reducing risk and improving business efficiencies.

For more information on how you can manage your practice risk with an Avant

Practice Medical Indemnity Policy call: 1800 128 268 or visit: avant.org.au

About Avant: Avant is Australia's leading Medical Defence Organisation rep-

"The AAPM Scholarship will make me a lot more confident in what I'm doing"

resenting more than 60,000 healthcare professionals and medical students nationally.

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Sandra Atkins wins 'Equestrian Tasmania Volunteer of the Year'

SANDRA ATKINS (72yrs) from Osmaston has been awarded Equestrian Tasmania Volunteer of the Year for 2014.

A volunteer with Northern Tasmanian Eventing Club and the Northern Hunt Club for 52 years, Sandra also volunteers with The Deloraine Agricultural and Pastoral Society as chief horse steward and long-time committee member.

The Deloraine and Districts Pony Club likewise enjoy her assistance as a coach, cross country course checker and dressage judge.

Sandra is a life member of all four organisations.

"I'm about the only Life Member still riding competitively and lots tell me I'm an

inspiration to all and I'm glad if I can keep someone riding for longer, as it's a good sport to be in and keeps you fit. I can only walk these days, with my new hips and knee, but on my horse I can gallop and jump fences - wow I say, that's great. I used to jump 1m 20, now I

"I can only walk these days, with my new hips and knee, but on my horse I can gallop and jump fences"

only jump 80cms, but I don't care what height, it's doing it that's fun".

The many qualifications gained to support her volunteer work include Equestrian

Tasmania Official Coach, Dressage Judge, Show Jumping Judge, Eventing Course Designer/Builder for Cross Country as well as a Show Jump Course Designer/Builder and Technical Delegate for Eventing and Show Jumping

"If I didn't enjoy it I wouldn't do it. I love working with horses and riders, helping them improve their performances. I enjoy the challenge of building courses, both cross country and show jumping, the best is being able to ride them too, then I know if it was a good



Sandra on Vandella jumping at a Trevallyan ODE Photo - Callie Stubbs

experience or if something was too hard or too easy, then I can improve it next time."

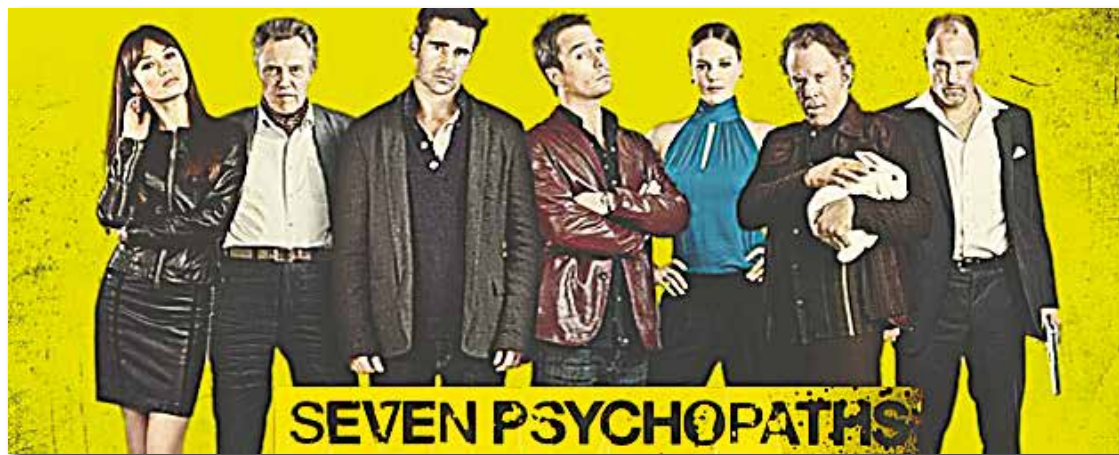
Sandra will attend a dinner during May at Equestrian Australia's headquarters in Sydney where the Australian Equestrian volunteer of the year will be announced.

Sandra also helps out at the Deloraine Online Access Centre each week, welcoming clients at the front desk and offering assistance to users of the DOAC's facilities.

Meander Valley Gazette congratulates Sandra on her win and wishes her well in the National awards.

Film Review - Seven Psychopaths

Western Tiers Film Society on Saturday 14th June



THIS MONTH'S offering is Seven Psychopaths, described by David Stratton (At the Movies) as "an exuberantly silly, very violent, and superbly acted crime thriller firmly in the Tarantino mould." Written, co-produced and directed by Martin McDonagh (Six Shooter, In Bruges), Seven Psychopaths stars Colin Farrell, Sam Rockwell, Woody Harrelson, Christopher Walken, Tom Waits, Abbie Cornish and Olga Kurylenko.

Synopsis taken from the Internet Movie Database:

A struggling screenwriter inadvertently becomes entangled in the Los Angeles criminal underworld after his oddball friends kidnap a gangster's beloved Shih Tzu.

Here are a few of the reviews that the film received:

Eric Kohn of IndieW-

ire gave the film a positive review and a "A" grade, praising McDonagh's writing, stating that it "hits a unique pitch between dark, bloody satire and interpersonal conflicts that makes his finest work play like a combination of Quentin Tarantino and Aaron Sorkin." About the film itself, he wrote: "A less controlled and slapdash character piece than In Bruges, McDonagh's new movie benefits greatly from a plethora of one-liners that toy with crime movie clichés in the unlikely context of writerly obsessions."

Claudia Puig of USA Today also gave the film a positive review, writing that "men in movies are often just overgrown boys, and Seven Psychopaths is out to prove it — in the most twisted, hilarious way possible."

James Berardinelli of ReelViews gave the film two-and-a-half stars out of four, stating: "On balance, one could argue that Seven Psychopaths warrants a better rating than a mediocre **1/2, but the aftertaste is so bitter that it diminishes the sweetness that began the meal."

Peter Debruge of Variety magazine gave the film a mixed review, stating that "the film's overall tone is so cartoony, it's easy to imagine someone spinning off a macabre animated series of the same name..." and that "compared to McDonagh's best work for stage (The Lieutenant of Inishmore) and screen (In Bruges), Seven Psychopaths feels like either an older script knocking around the bottom of a drawer or a new one hastily tossed off".

Book Review

The Rosie Project by Graeme Simsion

Published by Text Publishing 2013

Reviewer: Edna Carew

THE ROSIE PROJECT is a kooky comedy. It is also a romance. And an insight into Asperger's Syndrome. Graeme Simsion's oddball protagonist in The Rosie Project, 39-year-old genetics professor Don Tillman, provides fun reading – but few would want to live with this socially inept, intractable Asperger-type individual.

And that is Tillman's problem. He should be attractive to a wide range of women. Were he of animal species, he would be a highly-sought breeder, a repository of prized genes. He is intelligent, earns a good salary, enjoys professorial status, does not smoke and is fit.

In Tillman, Simsion has crafted a character who sees Asperger's not as a fault, but a variant. "It's potentially a major advantage. Asperger's Syndrome is associated with organisation, focus, innovative thinking and rational detachment," he tells an audience, unaware that the label could be applied to him.

Tillman is the lead in a cast of largely smart eccentrics. The story flows briskly, a

tribute to its six-year gestation as it evolved from unpublished screenplay to deliver Simsion rapid international success in novel form.

A gem among the idiosyncrasies bestowed on Tillman is his reaction on meeting a newcomer: he mentally gauges his or her BMI. His ideal woman must not be overweight, nor would she smoke or be unpunctual. Tillman has dated, but has never scored a second encounter. He has two friends, a colleague and the colleague's wife.

Tillman applies to the task of finding a wife the inflexible logic that – in his view – serves him so well in every other aspect of his orderly life. He drafts a detailed questionnaire to screen out the unsuitable and embarks on The Wife Project.

Then into his office bursts his polar opposite, the offbeat, impetuous, chain-smoking, unpunctual but clever, sassy and captivating Rosie, who is on a mission of her own.

Tillman's lifelong protective coat of rational indifference and his well-ordered routine are challenged as never before. But expect surprises along the way from smart, feisty Rosie and earnest, obsessive Tillman. And so what if the characters at times stretch credibility – enjoy the hilarious romp.

Hallelujah!



ON EASTER Saturday, the Deloraine Ward of The Church of Jesus Christ of Latter-day Saints hosted a unique musical event. Just hours earlier in Salt Lake City, the Mormon Tabernacle Choir concluded their Easter Concert which featured the 360-voice choir's first ever performance of Handel's Messiah to a live audience of 6,000.

Through the wonder of modern technology, the audience in Deloraine was treated to a high definition video and immersive audio screening of this majestic performance.

Some musical adaptations were made to enable the formidable ensemble to achieve the delicacy of a chamber performance and the end result was polished and

beautiful. The quartet of soloists delivered moving renditions of the arias and the choir performed the beloved "Hallelujah" chorus with unique power and gusto.

Despite being a screening, all who attended agreed that the quality of the performance, the intimacy of the chamber-like gathering and the warm, comfortable venue made the experience as good as being there.

The Church will host other free concert screenings throughout the year, including a mid-winter "Pioneer Day" concert on Friday 4 July at 7.30pm which will feature beloved Welsh soprano Katherine Jenkins. The choir can also be heard every Sunday at 8am and 6pm on Meander Valley Community Radio, 96.9FM.

Photo Right; from left to right: George Christie, Norman Tahir, Kim Triffitt and Lionel Walters



Victor Smith and Bev Scott



June Pounds and Alison Christie



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OPPORTUNITY

THESE COLDER MONTHS can be difficult for businesses large and small. The bulk of the tourists have spent their money and headed north, and locals are tightening their belts as the end of the financial year looms large.

It seems natural, therefore, that business operators think it's time to pull back and wait out the quiet months. But there are a couple of big opportunities to be missed with that kind of approach.

For one, if your competitors are idle, you can step in to gain more market share by letting customers know about your services.

Also, by maintaining a stable, year-round presence people will know you are committed to serving their needs at *all times*.

To build loyalty & awareness, placing even a small advert in the Meander Valley Gazette is a great way to stay in touch with 1000's of locals. Be noticed this autumn/winter. Call us today on 6286 8216.

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Eric says "Yes" to Netball for children

FEDERAL LYONS MP Eric Hutchinson has been getting involved in netball this week as part of a nation-wide plan to encourage children to be more active.

Mr Hutchinson joined more than 70 children from Deloraine, Mole Creek and Westbury primary schools taking part in netball games with coaches from Deloraine's Devil's Netball Club on Monday (April 7) as part of the Federal Government's Active After-school Communities program.

Deloraine Primary School is one of seven Northern Tasmanian schools and after school care centres that have started the AASC program so far this year.

They joined 17 other schools in the North already

running the program including Mole Creek, Meander and Westbury.

AASC Northern regional coordinator Ralph Morris said that the program provided children with the opportunity to try sports that they may not have tried before with the aim to encourage them to develop a life-long love of sport through club, community or school teams.

Deloraine Primary School principal Jan Beams said that the program gave 50 children at the school the opportunity to try new sports and get active.

Mr Hutchinson said that the Federal Government initiative was run in more than 3200 schools and after school care centres in



Eric Hutchinson joins in the Active After-school Communities program

all states and territories with approximately 190,000 children taking part each term.

The program is free for all participating students and encourages them to

take part in some kind of physical activity at least three times a week.

Chance for adults to improve their equine skills

THE OBJECTIVE of the Northern Adult Riding Club in Westbury is to provide the opportunity for adults to improve their equestrian skills and to organise rally days for members where quality instruction is provided at a minimal price.

This local group offers friendship through riding for riders who love and respect their animals and want to develop a cohesive and relaxed relationship with their horse.

If you enjoy riding and

want to improve your horsemanship with quality instruction, at a modest price

Every type of rider and all disciplines are catered for, including western, dressage, jumping, hacking and trail riding

and without pressure to perform above your skill level, this club may be the answer. Beginners and nervous riders are welcomed and

sessions in flatwork, jumping and activities are conducted by experienced instructors. There is no pressure put on riders to do anything they are not comfortable doing.

Every type of rider and all disciplines are catered for, including western, dressage, jumping, hacking and trail riding, along with special activities that can range from polocrosse and TREC to introduction to harness driving and pace riding.

Rallies are held on the last Sunday of the month.

For rally bookings contact Teresa Darcy on 0417 281 328 or email bookings@northernadultridingclub.org.au.

The clubroom forms the hub of all activities, providing shelter, toilet facilities, barbecue area and storage rooms for an enviable collection of training tools, jumps, obstacles, games equipment, portable dressage arenas and even a library of books, CDs and DVDs.

The club has its own trailer for transporting

equipment to other venues, a number of permanent horse yards, and an area for cross country practice. Other venues, such as Harveydale, Westbury Showground, Violet Banks indoor arena, Edinburgh Park and Rosevale Sports Ground, are occasionally used, depending on the weather and activity.

The club may be reached through Donna Griffiths at 3480 Meander Valley Hwy, Westbury, TAS 7303. Ph: 03 6394 7710 or email info@northernadultridingclub.org.au

Meander Valley "Pink" Endurance Ride

TASMANIAN EQUINE Endurance Association is excited about its upcoming annual fundraiser "The Meander Valley PINK Endurance Ride" on Saturday the 17th May.

An estimated 150 horse riders will head out from the tiny township of Meander through farmlands under the Great Western Tiers, around the Huntsman Dam, along forestry trails and rainforest into picturesque

Jackeys Marsh on a 40km loop of the 80km endurance challenge.

The ride is renowned for its magnificent scenery. Every rider and their mount is decorated in pink to raise awareness of Breast Cancer. A percentage of rider entry fees plus the raffle proceeds goes to cancer research.

It is such a well supported event says organiser Jen Clingly because everyone is affected by this disease

– whether they know of someone or have suffered themselves. Cancer is very real and is everywhere.

This will be the fourth year the event has run.

First across the line receives the perpetual trophy and the past winners have completed the ride in a very fast time of just under 4 hours. Vet checks are stringent throughout the ride and ensure the highest standards of animal

welfare. "To complete is to win" and some riders may take the maximum time allowed which is 8 hours.

This ride will also promote traffic safety – respecting

The ride is renowned for its magnificent scenery

horses on the road. In lieu of current traffic-related horse deaths there is a real need to raise awareness of sharing our roads. Endurance horses will be travelling

the length of the Meander Main Road past the houses, shop, primary school to the Hall showcasing horses and riders in the community.

It is a much loved and much needed ride on the endurance calendar and there is no place like the Meander Valley to put on such a special event:

Date: Saturday 17th May
Base: Meander Hall
Distances: 10km & 40km & 80km events
Contact: Jen Clingly
Phone: 0408 838 198.

Meander Valley District Calendar of Equestrian events

18th May Deloraine District Pony Club Rally.

18th May Tas Pinto Society, Open Comp Day, Longford Showgrounds.

24th May Northern riders & **25th** Southern riders Show-jumping Tasmania State Squad Clinic Nicole Brown, Longford Showgrounds and TEC, contact Isabel Casey

Isabel.casey@bigpond.com

25th May Tasmanian Buckskins Inc, Mega Open Fun Day Gymkhana, Westbury Showgrounds, contact Tina – 0407952420 or email tasbuckskins@gmail.com

25th May Pony Club Tasmania State games Championship, State Games at Edinburgh Park Gravelly

Beach, hosted by Northern Zone & WTPC, contact Sharyn Bingley.

25th May NW Competition, Dressage Tasmania, Thirlstane contact Carla Townsend 0409 359 437 or Sandra Sloan 64272868 or afh22@gmail.com

31st May Campbelltown Show.

1st June Adult (over 26 yrs) Mounted Games, Tas-North West Zone, North Motton Equestrian Centre, contact Karen Pearce on 0409 254 556 or kpearce6@gmail.com.

8th June 18th Annual Navigation Ride "Harveydale", Birraleentry forms available after May 1st from Northern

Adult Riding Club.

8th June Deloraine District Pony Club Rally.

June 8th Birrale and Districts Pony Club Rally.

8th June Mersey Valley Woolley Gymkhana, Tas North West Zone, Maidston Park Spreyton.

14th June TSJA North Freshmans Showjumping Day.



52 Emu Bay Road, Deloraine
\$450,000

This is the first time that this three bedroom home has been offered for over 60 years
Set on 1750m² of land
main bedroom has private sunroom
Storage areas underneath
Gardens consists of a vegetable garden & mature fruit trees.



2 Dadsons Rd, Mole Creek
\$225,000

3 Bedroom home set on 1 acre of lawns & gardens
New kitchen
Wood heating & reverse cycle heating - cooling
Views to the Great Western Tiers & rural views
Close to the Mole Creek Primary School, Post Office & supermarket



17 Prout Street, Elizabeth Town
\$412,000

2 bedroom, 1 bathroom barnstyle home
Three bay garage
Water tanks
2 hectares of land
Views of surrounding bushland, rolling farmland and distant mountains from second storey covered deck



31 Union Bridge Rd, Mole Creek
\$440,000

4 Bedroom Cedar Clad home on 1 hectare
2 bathrooms, main bedroom has ensuite.
New Kitchen, Top Quality Appliances, 2 Living Areas & 10m x 5m Workshop
Extensive low maintenance gardens
Indoor heated swimming pool - solar and wood fired 8m x 4m



24 Parsonage St, Deloraine
Offers Over \$298,000

3 bedroom brick home
All bedrooms have built-ins
Kitchen with separate dining room
Wood heater & reverse cycle
Clear views from sunroom and balcony to Tiers



53 West Goderich St, Deloraine
\$249,000

Spacious lounge room
Three bedrooms, 2 with built in robes
Galley style kitchen with a wood fired oven
Underneath storage with a double garage and workshop



90 King Street, Westbury
\$250,000

4 bedroom brick home with separate rumpus room
Large living room with wood heating ducted throughout
Bathroom with bath, separate shower and vanity
Double garage & double carport



13544 Highland Lakes Road, Golden Valley
\$299,000

3 bedroom, 2 bathroom home
4th bedroom or office
Open plan kitchen dining and lounge room
Saxon wood heater
Aluminium windows



5A Moriarty St, Deloraine
\$220,000

2 bedroom brick unit
Open plan Kitchen, Dining and Lounge
New tiles in kitchen and bathroom
Bathroom has bath and separate shower
Close to school, supermarket, doctors and public transport



101 King St, Westbury
\$240,000

3 bedroom brick home with wood heating
Reduced Electricity Bill - Solar System Fitted
1 car garage and workshop
Secure backyard
Close to school and shopping centre



Lot 3, 318 Wiiteena Rd, Jackeys Marsh
\$207,000

Three storey, 2 bedroom home with possible third bedroom
Solar powered battery bank
Gravity fed pure water from nearby Bowmans creek



53 West Parade, Deloraine
\$185,000

Large Building Block, 2174m² approx
Room for Multiple unit development or single dwelling
Views over Meander River to Quamby Bluff
Close to town centre, schools and supermarket



35 Gay Street, Deloraine
\$270,000

4 bedroom rendered brick home
Main bedroom has built ins
New kitchen with polished Tasmanian oak floorboards plus renovated bathroom with bath and shower. Double garage plus vegetable garden
Close to school & town centre



32 West Goderich St, Deloraine
\$385,000

Historic building, formerly St Andrews Church, circa 1883
Comprising of a new kitchen with adjoining dining/lounge, second bedroom is located in main hall area
Original hall is open plan
Large underfloor storage area



385 Liena Rd, Mole Creek
\$375,000

4 bedroom, 2 bathroom home set on 3.5 acres approx with free standing wood heater/stove
Joined by a deck there is a separate dwelling, all fitted with a small solar system
Double lock up garage for 4 cars



24 Meander Valley Rd, Westbury
\$375,000

4 bedroom Georgian style home, formal dining room, master bedroom has en suite and built-in robes
Kitchen has walk-in pantry
Fully fenced, Bull nose veranda, Well established garden,
Garage with remote control door



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