

Meander Valley Gazette

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August 2014

Meander Valley Gazette Your independent community paper



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Deloraine Course

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BULLDOGS PICK TEAM OF THE DECADE

Checkout the line-up

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HEALTH SERVICE WINS MAJOR AWARD

By Sheila Ferguson

MEANDER VALLEY'S community received a further health boost on 17th July when Deloraine Medical Centre received the Award of Accreditation, demonstrating the quality and safety of their practice.

The Practice received the top honour from Australian General Practice Accreditation Limited (AGPAL), a leading provider in accreditation services.

AGPAL Chair, Dr Richard Choong, said "Achieving accreditation is a major achievement for any practice and it is a clear

demonstration that Deloraine Medical Centre is seeking to improve their level of service to both patients and the community."

"Achieving accreditation is a major achievement for any practice"

The AGPAL accreditation program is a voluntary national program that aims to provide a range of guarantees to patients of high quality care in medical practices around the country.

Staff are trained in such areas as ensuring vaccines are within their use-by-date and are stored in the correct temperatures; that the practice equipment is clean and sterile and the practice has emergency care available.

"We want to communicate to our patients that their wellbeing is our priority. By being accredited, our patients know we are committed to providing quality care that meets

the RACGP's standards" says the Medical Centre Manager, Tanya Barrett.

The practice, located at 22 Tower Hill Street, specialises in asthma education, spirometry, childhood vaccinations and four yearly health checks, ATSI healthchecks, health

people with chronic conditions to improve the coordination of care and services and enables them to find the services and support they need to manage their health and keep their independence.

Care Coordinators are health care professionals with experience in the community and in healthcare services in their region.

They can assist doctors to assess a person's health and care needs and to arrange the services they need to stay healthy and independent. They liaise with GPs, clients, hospitals and other health services/care providers.

The Care Coordinator for this region is Elizabeth Earley RN who has had many years of experience working in the local community.

Dr David Roufael welcomes new staff



Deloraine Dental L to R: Dr. David Kim, Raelene Brown and Holly Bowtle

Photo by Meggan Bakes and Kelsie Bakes

assessments for 45-49 yrs and over 75 yrs, travel vaccines, skin checks and removals, care plans and CVC program for Veterans Affairs.

The Centre is now able to offer a new program called Care Coordination.

This program provides assistance to



L to R (Back): Kathryn Earley, Anna Thomas, Kellie Challis, Tanya Barrett, Janelle Scott; L to R (Front): Dr Charmi Vithanarachchi, Sharon Davis, Kelsie Bakes, Leah Fitzpatrick

Photo by Meggan Bakes

members - Kellie Challis and Janelle Scott as receptionists, Tanya Barrett and Anne Thomas RN.

In the annexe to the Medical Centre there are a number of other services available: Launceston Pathology (hours 8.30am - 4.30pm five days a week), Podiatry (two days per week), Physiotherapy (2 days per week), Psychologist (3 days per week), Optometrist fortnightly, Denture Clinic 1 day per week, Australian Hearing and Audio

Hearing twice a month.

Doctors practising at the medical centre include: Dr David Roufael, Dr Aamir Mahmood, Dr Kshemendra Tillekeratne, Dr Charmi Vithanarachchi, Dr. Thushara Herarth and Dr. Joseph Etta (on leave).

Also operating from the Medical Centre is the Amcal Pharmacy and the Deloraine Dental Practice.

The practice is a bulk billing centre except for medicals and workers compensation.



Allied Health Building L to R: Kathryn Earley, Dr. Aamir Mahmood, Sylvia Bartlett

Photo by Meggan Bakes and Kelsie Bakes



DELORAINÉ
TYRE SERVICE

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and is now located at the

Old Butter Factory
155 Mole Creek Road

For all your Tyre needs contact us

Phone: 6362 4308

Time for a good clear out

Register your hard waste rubbish collection now in time for a Spring clean!

Council's annual hard waste collection service will take place in October. It's the perfect opportunity to dispose of items too big for your regular collection service, such as old electrical appliances or damaged furniture.

This year the collection will operate differently. You will need to register your items for collection. To do this contact Council's Customer Service desk on 6393 5300. Once registered, you can place your items kerbside no earlier than the evening before and no later than 6:00am of the first scheduled collection day for your area.

Collection days are as follows:

Monday 27th & Tuesday 28th October: Deloraine, Meander, Mole Creek, Chudleigh, Kimberley & surrounding rural areas.

Wednesday 29th & Thursday 30th October: Westbury, Exton, Hagley & surrounding rural areas.

Thursday 30th & Friday 31st October: Prospect Vale, Blackstone Heights, Hadspen, Rutherglen, Carrick, Bracknell & surrounding rural areas.

Follow these simple guidelines to ensure a hassle-free collection:

- Items must weigh less than 40 kilograms and not be more than 1.5m in length.
- The total volume of items must not be more than 1.5 cubic metres per property.
- All items with doors, that is, fridges, cupboards, washing machines etc must have the doors removed and placed neatly beside them.
- Place items on the nature strip or footpath immediately adjacent your property being careful not to block the path of pedestrians and vehicles.



• Items will be collected rain, hail or shine.

The following items will not be collected:

- Asbestos or any hazardous, chemical or trade waste, tyres, batteries, gas bottles, loose rubble or fill, green waste, mattresses, liquids and broken glass.
- Any item within a property's boundaries or inside fences will not be collected unless an arrangement has been made when registering items.

Visit Council's website or call us on 6393 5300 for more terms and conditions.

Article submitted by the Meander Valley Council.

Meander Valley Gazette

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Manager: Joanne Eisemann



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Meander Valley Gazette is now delivered to all homes in the municipality of Meander Valley. It is also available at the following outlets:

- Carrick Roadhouse
- Chudleigh General Store
- Deloraine Newpower
- Woolworths, Deloraine
- ETC Elizabeth Town
- Hadspen IGA
- Hadspen Newsagent
- Hagley Four Square Supermarket and Newsagent
- Meander Store
- Cafe Bozzey, Mole Creek
- 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

We welcome contributions from all over the Meander Valley. Those living in Prospect Vale, Blackstone Heights, Travellers Rest and Hadspen are welcome to contact Sara via meandervalleysouth@gmail.com for assistance with story writing. For other areas, please contact our editor, Sheila, via editor@meandervalleygazette.com. 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.

Correction: In last months article 'Bringing the gift of sight to the poor', Nepal has a population of approximately 30million; and not the city of Kathmandu as reported.

Meander Valley Gazette Schedule for 2014/2015

Please find outlined below our advertising, editorial and distribution dates for 2014 and into 2015. If you are not receiving a copy of Meander Valley Gazette in the post, please email general@meandervalleygazette.com and we will check with our distribution team.

Month	Advertising Deadline	Editorial Deadline	Distribution
September	18th August	25th August	5th - 12th Sept
October	22nd Sept	29th Sept	10th - 17th Oct
November	20th Oct	27th Oct	7th - 14th Nov
December	17th Nov	24th Nov	5th - 12th Dec
January '15	22nd Dec	29th Dec	9th - 16th Jan
February	19th Jan	26th Jan	6th - 13th Feb
March	16th Feb	23rd Feb	6th - 13th Mar
April	23rd March	30th March	10th - 17th Apr
May	20th April	27th April	8th - 15th May
June	18th May	25th May	5th - 12th June

Fit for life

By Sheila Ferguson

ON MONDAY, 25th August a new gym, You and Me PT, run by Liza Darrow, will be opening at the Deloraine Hotel on the corner of Emu Bay Road and West Barrack Street.

Liza aims to conduct a variety of classes – interval training, studio fitness, pilates and others – and each day will be different within its category. For example, if the class is focussed on interval training that week, each day will follow a varied routine using the equipment in a different way.

Members sign up for their chosen session and pay for the term.

The classes cost \$15 for one class and \$10 for each additional class per week.

Liza has been involved

in all facets of personal fitness since she began in the business nearly 35 years ago, including aerobics, Pilates, aqua aerobics, personal training, interval training. In fact, you name it and she's done it.

Some people's image of a gym and its employees is derived from big city gyms, full of intensely competitive members with super fit bodies. They then look in the mirror and see an image of a flabby, out-of-condition, stretch marked or cellulite-riddled body and are intimidated by the thought of exposing themselves to public ridicule and humiliation.

Liza hopes to dispel this false preconception. You and Me PT is not a big city gym and Liza, although fit, is not an adolescent, flawless Miranda Kerr. She has the stretch marks to prove it.

She currently instructs ages ranging from 19 to 73



Liza doing Pilates

and uses the heart monitoring technique. In this way she can have all ages and ranges of fitness in a class working at whatever pace is best for each person.

Her goal is to increase everyday fitness focussing on the things we do every day such as bending and picking things up or reaching up for items in high places.

She is well aware that it requires a huge amount of motivation to regularly visit a gym and only a small percentage of the population has this. She also knows that results do not come quickly; gym goers have to be content with satisfaction of feeling healthier and more energetic as a result of regular workouts.

People also have to bear in mind that exercise alone will not help them to lose weight; this requires limiting input as well as increasing output.

However, feeling fitter and having more energy makes facing the world and undertaking projects much easier and improves self image.

For more information on classes and times email Liza at liza.darrow@westnet.com.au or phone on 0432 419 355.

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

Time to shine

NOMINATIONS FROM Meander Valley Council's Australia Day Awards open now!

On Australia Day, Council recognises the exceptional contribution of its community members with the presentation of Australia Day awards.

The awards are presented in the following four categories:

Citizen of the Year – open to persons at least 27 years of age on 26 January 2015

Young Citizen of the Year – open to persons under 27 years of age on 26 January 2015;

Community Event of the Year – recognising the achievements of a specific community event

Sports Award – presented to an individual in recognition of their sporting achievements, whether in a competitive, administration, organisation or coaching role.

Do you know someone who deserves an award? Then why not nominate

them. Simply complete a nomination form available on Council's website. Click on Community, Culture & Recreation and then Australia Day. You can complete the online form or download the pdf.

Nominations addressed to the General Manager and marked "Confidential – Australia Day Nomination" must be received by 4.00pm on Friday 21st November 2014.

In addition to these four categories, Council recognises and acknowledges voluntary service to the Meander Valley community by presenting the Volunteer

Services Recognition Awards on Australia Day.

These awards recognise contributions by individuals of over 1000+ hours and 3,000+ hours of voluntary service and are presented at Council's Australia Day function held each year on 26th January.

To nominate someone, visit Council's website and click on Community, Culture & Recreation and then Voluntary Services Recognition Program to download a form.

For more information contact Council on 6393 5300.



Mayor Craig Perkins and Joint Citizen of the Year winners 2014

Moving onwards and upwards

By Sheila Ferguson

THE HUSTLE and bustle which has been a feature of the area surrounding 36 Emu Bay Road exists no more now that the Deloraine Deli has moved to its new premises at 81 Emu Bay Road by the top roundabout

Its departure will leave a hole at its former location but part owner, Barbara Harvey, hopes that someone will come along and take over the premises keeping it as lively as it always was.

As the business became more successful they were often booked out and had to

turn people away. It was not possible to expand and so they have bought the premises vacated by Restaurant Red which closed several months ago.

Barbara believes the new premises will give them more space and that the sheltered area attached to the restaurant will make it more comfortable for people who want to sit outside in the winter months. At the old premises they were often booked out for lunch but it was too cold for customers to dine al fresco.

In addition, they now have a lot more kitchen space which will enable them to increase their capacity to do outside catering without compromising their day to day activities. And, of course, they now have a night time venue as well.

In the future they plan to put in French doors leading out to the garden at the back



Deloraine Deli

which will allow them to further increase their seating capacity.

The Deli opened in 1997 and became one of the busiest spots in the town. It consistently receives rave reviews on sites such as Tripadvisor.

Many businesses have fallen by the wayside in the economic downturn but the Deli has continued to thrive, demonstrating that good food and good service will always have a market.



Deloraine Deli outside area

New dental clinic opening in Deloraine

A NEW dental clinic, Fresh Start Dental, has opened in Deloraine and has started treating its first patients. Bookings can be made from Monday to Saturday.

Having been completely renovated and modernised over several months, the old Deloraine Club on Parsonage St is almost unrecognisable from its former run-down state.

Dr Steve Mace, with 10 years' of experience in

dentistry, is relishing the chance to build his business from scratch.

"Although it is a little scary to start a practice from nothing, it is also incredibly exciting to be able to provide this crucial health service in an area where there is a limited choice of practitioners."

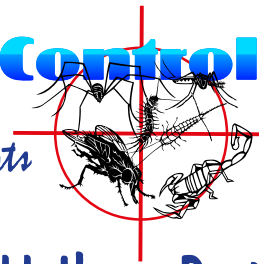
"We aim to provide affordable, high-quality dentistry to all sections of the local population."

With the ultra-modern refurbishment and high-tech equipment, Fresh Start Dental promises to be a great addition to Meander Valley's growing list of local services.

More details can be found at www.freshstartdental.com.au and appointments can be booked online, in person or on 6362 2959.

Any 1st appointment booked between 11th August & 30th September will attract a 50% discount.

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MEANDER VALLEY
CHRISTADELPHIANS



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

- | | |
|---------------|---|
| 17th August | How Christ will settle the Middle East crisis |
| 24th August | Did Christ really exist before he was born? |
| 31st August | Israel, a witness that God exists |
| 7th September | What the Bible teaches about Life after Death |

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

Don't forget! Book now!

IF YOU would like to learn more about creating artwork, don't forget the two "Online Artwork" workshops on the 18th and 25th August.

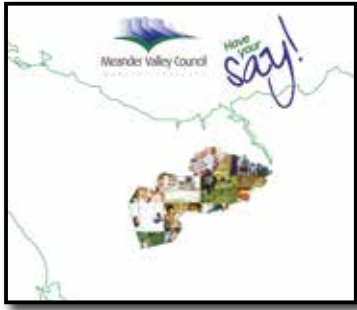
Each class lasts for two hours, starting at 10.00am and will be held at the

Deloraine Online Access Centre. They will be conducted by Royce Gale who has already conducted one previous, successful class.

To book your place, call 6362 3537 or email Deloraine.oac@educations.tas.gov.au

Don't forget to cast your vote!

DON'T FORGET that Council elections take place later this year in October. It's your opportunity to shape your Council and elect the people you want to represent you.



Now is the perfect time to check your enrolment details. If you are already on the state electoral roll, you are automatically on the Local Government roll for the Council in which your enrolled address is located.

If you own or occupy land in Meander Valley but are enrolled in a different

municipal area you may be eligible to vote for the Meander Valley Council.

To find out more information about the Council elections visit the

following website at www.electoral.tas.gov.au/Local-GovernmentElections2014.

The election timetable for this year is as follows:

Notice of Election will be published: Saturday 13th September

Electoral Rolls Close: Thursday 18th September 2014.

Nomination Period for candidates: 15th September to 29th September.

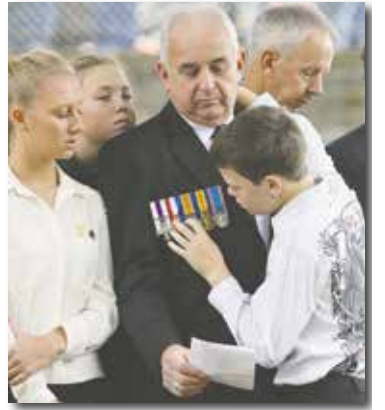
Polling Period: 14th October to 28th October. Make sure you have your say!

Taking a great news photo

THE "HOW to take a Great News Photo" training session will be run again at Deloraine Online Access Centre, Monday 1st September 6-8pm.

Jan Collett will tutor with special guest Mike Moores sharing tips, tricks and stories from his long career as a photo journalist in the UK and Australia.

Come and learn elements that contribute to making a news photo, including a few ideas on technique, minimum sizing requirements,



A photo by Mike Moores copyright information and privacy issues. Call 6369 3537 or email deloraine.oac@education.tas.gov.au to book or for more information.

Winter brings new growth...

DESPITE THE chilly weather, Little Red Tractor Farmers Market is enjoying popularity amongst locals and tourists alike and its customer base is growing fast.

The market, which showcases locally grown and made produce, welcomes three new stall holders: Jambalaya Farm, De Floured and Love Local Food.

Jambalaya Farm

Mal and Julie Gully from Jambalaya Farm produce Heritage Ryeland Sheep on their farm at Mole Creek.

One of the reasons Mal and Julie love this breed is because they believe that taste is really important.

Ryelands carry more fat due to the breed's natural ability to survive on below average pasture but the fat

carries the flavour and adds to tenderness. Jambalaya will be selling a variety of cuts of lamb.

De Floured Gluten Free baked goods

Judy Morrall, from Hagley, is the gluten free baker extraordinaire!

Judy's homemade biscuits, cakes and bread are 100% gluten free. People with dietary restrictions or allergies can now have gluten free choices of delicious treats

Love Local Food

Katrina Thorpe is running the wonderful breakfast stall known as Love Local Food. After having a short break over the winter, Katrina is returning on 23rd August and will be cooking up a storm with her bacon and egg rolls as well as a vegetarian option



made with grilled Haloumi cheese.

All the ingredients Katrina uses are sourced locally.

Market Manager, Carolyn Edgecombe, says "It's so exciting to see our Farmers Market providing a platform for local farmers to sell their produce to customers. Stallholders have developed valuable business-to-business relationships with established local businesses and farmers.

Little Red Tractor operates in Deloraine every fortnight on Saturdays 8.30am to 12.30pm.

For enquires, please phone 0409 774 449.

Where do I come from?

By Virginia Greenhill

IT IS GETTING easier to find out by paying a visit to the Westbury and District Historical Society rooms in Westbury.

A new database is being set up and it already contains 8,000 names.

If your family has links to Westbury then you can be sure they will find their way on to this.

The database gives details of families, arrivals in Tasmania and ancestors' places of

birth. It also contains details of the 500 convicts who were based at Westbury. Add to this, early valuation records, photographs, church records etc. and it becomes clear that the rooms will produce a mine of information.

For a small charge all this information can be printed off.

The rooms are manned on Tuesdays from 1.00pm to 3.00pm and on Saturdays from 11.00am to 1.00pm.

For more information about this service please phone 6393 1006.

... but the end is nigh

MEANDER VALLEY Dining Experience (MVDE) is organising the "Experience Deloraine" weekend to celebrate the end of winter and swing into spring. There will be a two-day market at the Rotary Pavilion on 30th and 31st August, open 10.00am to 3.00pm both days.

A great variety of Tasmanian produce, wines, food vans, local art and crafts will be on offer. So come along and support your local

small businesses.

The evening of Saturday, 30th August will be a wonderful night out with a three course dinner at the Community Complex, followed by dancing to the Deloraine Big Band.

For those who only want to dance, the doors open at 8.00pm.

There will be a limited bar service available.

With a theme of "End of Winter" MVDE is also

holding a photo competition for amateur photographers. Show what the end of winter means to you on a 6" X 8" photograph.

Prizes will be awarded to the three categories - 12 years and under, 13-18 year olds and adult classifications. There will also be a "People's Choice" prize.

Entries need to be in by 24th August.

All Bookings and entry forms can be obtained at Elemental Artspace, 3 Emu Bay Road, Deloraine or email: laurawindow@live.com.au

Hand in glove

ON 31ST AUGUST at the Rotary Pavillion on Alveston Drive, Pelican Puppets will present a free Puppet show AND a free puppetry workshop where children (and their parents) will be able to learn how to transform everyday kitchen utensils into puppets, which will then come to life in the puppet theatre.

All materials will be supplied and the workshop will last for approximately 90 minutes and is intended

for children aged three and upwards, with adult help.

Before the workshop there will be an old fashioned glove puppet show performed from a traditional red and white striped portable puppet theatre.

Laugh with Mr Punch in his colourful adventures. Join in as this cheeky glove puppet sticks his large red nose into everything and then finds a way around the consequences. Meet his wife, Judy, and their baby. There are also Docs, Crocs, Clowns and

Cops. Nothing gets in the way of Mr. Punch having fun.

Before the fun of the glove puppets, become involved as marionettes and other puppets wander the audience to music.

There will be loads of fun for both kids and adults.

The puppet show starts at 1.00pm and the workshop begins at 1.30pm.

Spaces are limited. To book, please contact Laura Window on 0437 075 266 or email her at laurawindow@live.com.au

Meander Valley Choir
presents

14th Annual Concert

Date: Sunday, 10th August, 2014
Time: 2pm
Place: Uniting Church Hall, William St, Westbury
Admission: \$10 Adult - U16 Free

With Featured Artists:
Vivienne Adams
Amber Clark

Afternoon tea to follow

We invite you to join us for an afternoon of music and fun

Proceeds will allow the Choir to make a Generous Donation to Rural Help@Hand

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Profiles of past, present and future success

We are planning to write a series of profiles of people who come from Meander Valley and have walked a successful path out in the wider world. They may not necessarily have made

a lot of money; but perhaps have won major competitions, become nationally or internationally recognised in their field or proven that someone from tiny Tassie can make it in a major city.

In parallel, we plan to write another series that profiles young people under 25 who already have significant achievements under their belts or are showing every indication of gaining them.

Made it . . .

BEING RAISED on a farm in Dunorlan, Sarah-Jayne had no idea that she would one day work as a finance attorney in New York City, at one of the largest law firms in the world.

While her aspirations changed daily when she was growing up, she ended up studying a combined Arts and Law degree at the University of Tasmania in Hobart. She supported herself by working as a farmhand and waitress.

After finishing her studies, Sarah-Jayne worked as Associate to the Chief Justice of the Supreme Court of Tasmania.

Her next move was to Melbourne where she practised first, in commercial law and then, in litigation.

It was not until a visit to New York City that her eyes



Sarah-Jayne Hall

were opened to the possibility of living and working there. "The energy of the place was quite unlike anything I'd ever experienced before" she said.

In 2005, Sarah-Jayne took the plunge and headed off to live in New York City.

The first few months in particular were very daunting, not knowing anyone in such a huge, fast paced, brash city.

"There were also greater cultural differences to adjust to than I had anticipated,

(and) which only become apparent when you live in a place rather than just visit it."

Before looking for a job, her first task was to study for the notoriously difficult, two-day New York Bar Exam.

After passing the Bar she then set about finding a job. This was tough going as she had not obtained her law degree from a US university and potential employers saw her as an unknown quantity.

Eventually she landed a job at DLA Piper LLP, a leading global business law firm, where she worked for large companies and banks on both US and global finance transactions.

Last year Sarah-Jayne and her husband decided to take some time out from the corporate world to travel in Asia. They are currently living in the ski resort town of Park City, Utah.

. . . and making it

TIM GAMBLES is 16 years of age and studying music at Newstead College. In Grade 7 at Deloraine High he and some friends formed a musical group called Element, which has been going from strength to strength.

They list their influences as including Muse, The Black Keys, Fall Out Boy and Foo Fighters! But they say "we've got our own genre, which includes the rock that we like but also blues".

When they started to create their own original songs, Element started to rise up the ranks, winning three school Battle of the Bands in a row and entering the Tasmanian Rock Challenge in 2011/2012.

They entered the competition last year and Tim won the High School section.

Tim says that jazz is more difficult to play because of the constant changes in key and rhythm.

In this year's Launceston Competition, he won the bass guitar solo, the modern vocal section and, the rock band and best original composition sections with Element.

When he has finished his studies he is planning to travel to Europe to study the music scene there—particularly places like Sweden and Belgium.

Afterwards, he intends to go to university to study for a Business degree so he can broaden his career options.

Tim and the group are currently working on their first album. To fund the cost of hiring a studio they turned to Kickstarter and asked for \$1,500 ending up with \$2,727.

On the Kickstarter web page the group describe

Rotary Vocational Exchange Programme

THE ROTARY CLUB of Deloraine is seeking students or professionals between the ages of 19 and 25 to spend 20 days in Turkey during April of 2015.

The primary goal of the program is to widen the vocational experience of the participants as well as broadening cultural understanding.

Those eligible to go on the program will have a background or training in architecture, engineering, arts & history or archaeology.

Only 4 or 5 successful applicants from Tasmania can go on this program, run by the Rotary District of Tasmania, which will be hosted by Rotarians in Turkey who will provide free accommodation on a

full board basis.

Air fares may be subsidised by Rotary.

The program includes a visit to the conservation and excavation works at the archaeological site of Lycia (founded in the 14th century BC) in the southwest of Turkey.

In addition, the Neolithic settlement of Catalhoyuk will be visited along with ancient towns and cities.

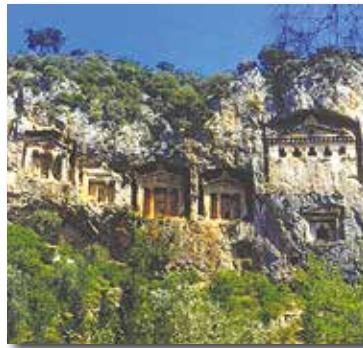
The exchange team will be guided by experienced excavation personnel and will witness restoration and excavation work at close hand. The team will also stay a few days at the sites themselves to help them understand the activities of the excavation.

Museum visits are also included in the program.

This exchange visit will be a wonderful vocational and cultural experience for any young professionals who meet the eligibility criteria.

Anyone interested in joining in this exchange program should contact the Rotary Club of Deloraine by phoning Peter Griffin on 0419 348 448.

Applications close on 1st September.



Lycian Kings Tombs at Dalyan



Element: From L to R: Jed Carrick, Louis Cooper, Tim Gambles and Joel Squires

His own musical leanings are heavily influenced by his mother, who was a classical pianist, his father who, himself played in a rock band when he was young and his uncle, Patrick, who writes and performs his own work.

Since he's been in college he's been doing a lot more jazz and is now starting to combine this with Rock.

themselves as "a four piece Alternative Rock band . . . consisting of Tim Gambles (lead vocals, bass, keyboard), Louis Cooper (lead guitarist and vocals), Joel Squires (rhythm guitar and vocals) and Jed Carrick (drums)."

As yet they haven't come up with a name for the disc but hope to have it finalised by October this year.

Lions supporting the carers of the future

EACH YEAR, the Lions Club of Westbury award a \$2,000 scholarship to a local, 2nd year Nursing Student studying at the University of Tasmania.

The recipient this year is Elise How of Western Creek.

Elise, along with her father, Chris, attended a recent meeting to introduce herself to the members.

She spoke to them about her university studies and expressed her gratitude for the money which will be used to purchase text books.

Club members were also very interested to hear about the new interactive ward



Adrian Geard, President of Westbury Lions Club, with Elise How

where Nursing students can practice on electronic patients. Elise explained this practice helped to reduce nerves when dealing with a real patient for the first time.

The Lions club have been awarding the scholarship for about 10 years. It was started to encourage and support local students who study at University.

Deborah White
Deputy Mayor, Meander Valley Council



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Still in there with a chance!

TASMANIAN DEVIL and Eastern Quoll Conservation Breeding Programs Success!

Trowunna Wildlife Park at Mole Creek has, this week, confirmed pouch-young under both its Tasmanian Devil (*Sarcophilus harrisii*) and Eastern Quoll (*Dasyurus viverrinus*) Conservation Breeding Programs.

The continued success of Trowunna's Conservation Breeding Programs is great news for two iconic Tasmanian species whose populations are both in decline.



Eastern Quoll

The park continues to play an important role, as a key stakeholder, and major

contributor, under the insurance breeding population for the Save the Tasmanian Devil Program, with this year's 11 new joeys being the 15th generation of devils bred at Trowunna.

The successful breeding of nine Eastern Quolls is also a significant conservation coup, with recent calls by scientists to protect the species, with populations extinct on the mainland and now believed also to be in dramatic decline across Tasmania.

The Gazette will be following the progress of these babies in future editions.

Tasmanian Devil



Raven Rave

By Sarah Lloyd

THE FOREST raven (commonly called 'crow') has a complex social system and a range of expressive songs and calls. The most common is its low, slow territorial karr...karr...karr with the final note drawn out and descending.

Cacophonous calling can occur when young birds stray from their home territories and spark neighbourhood disputes, and male ravens that have lost a partner call incessantly to attract a new mate from a flock of non-breeding birds. Ravens also emit a returning home call, a mobbing call, and various alarm calls. Other vocalisations include harsh notes, short deep barks (one resembling a duck's quack) and soft guttural croaks. Antiphonal singing, where birds sing different notes alternatively, sometimes occurs between members of mated pairs.

Forest Ravens form monogamous pairs and defend a breeding territory of around 30 hectares. They lay 3-5 eggs in a large nest of sticks lined with bark, hair or wool built high in the fork of a living or dead tree.

Many people report seeing large flocks of ravens in their



Forest Raven

area at certain times of the year. These flocks are thought to be made up of young unpaired, sexually immature males (i.e. less than three years old), or non-breeding adults that have not been able to establish territories.

Flocks are particularly noticeable when huge numbers of birds converge on paddocks to forage on ground-dwelling invertebrates. They also congregate at rubbish tips or to feed on road-kill. Rather than being from one flock, these congregations are probably a combination of smaller flocks that are attracted to a rich source of food and

will disperse once the food has gone.

Ravens and crows are believed to be the most highly evolved and intelligent of all the birds. They are extremely adaptable and can exploit a wide range of resources and solve complex problems.

Although not a popular bird, imagine life without ravens. Road-kill that litter the countryside are potential breeding places for pests and diseases. With declining numbers of devils and quolls that would normally feed on the carcasses, forest ravens are now filling this important ecological role.

Late winter cheer

By Nell Carr

GARDEN PLANTS which send up their flowering heads at this time of the year are always welcome.

The early narcissus start blooming in spring, and don't seem to be particular about position, although those in the shade are a little slower to flower. The fact that they are extremely hardy is quite evident by their persistence in the fields around former house sites, surviving competition from pasture and grazing stock, to which they are reputed to be toxic.

Hellebores are also profusely flowering in various shades of palest pink to deep burgundy. Particularly beautiful is the pure double white "Mrs. Betty Ranicar".

Pulmonarias are moist shade lovers. Their speckled leaves were once thought to be a cure for ailments of the lungs, hence their common name of Lungwort. Some modern day herbalists still maintain that they have such curative properties. *P. saccharata* has pink flowers turning to blue after pollination. Others such as *P. longifolia* and "Beth's blue" are deep blue, Bowles red is more pink than red, and the name



of the variety "Sissinghurst White" is self explanatory.

Garden peas. August is the time for the first sowing of these delectable legumes.

The bed should be limed if the soil is acid, and seed sown in moist soil in rows 50cm apart. The flowers and young pods of peas are susceptible to frost damage, so if late frost is forecast, they should be covered overnight, or alternatively, hosed down in the morning before sun up as it is the warmth of the sun which ruptures the cells.

Peas should be sown before the end of October in Meander Valley, as those which mature in late summer develop unsightly mildew on the pods.

Possoms seem to leave them alone until young pods develop, then they have to be covered with strong netting over poly pipe arches.

Recipes (from the Soup Kitchen)

By Pauline Ross

These two soups are easy to make and budget friendly. And both freeze very well.

Chicken Curry Soup

Serves 4

Ingredients

40g Butter
500g chicken mince
1 onion finely chopped
2 tsp curry powder
3 tsp fish sauce
4 cups water
2 chicken stock cubes, crumbled
1 large carrot grated
1 x 410g can of creamed corn
¼ cup uncooked rice
Ground black pepper to taste
Spring onions to serve (optional)

Method

Melt butter in a large saucepan, add chicken, onion and curry powder. Stir until chicken has browned (approx. 5 minutes).

Stir in chicken stock cubes and cook until combined. Gradually stir in remaining ingredients (except spring onion). Bring to boil, reduce heat, simmer uncovered for 30-40 minutes, stirring occasionally.

Poor into 4 bowls, sprinkle with sliced spring onions.



Pea and Ham soup

Serves 6

Ingredients

1 tbsp of olive oil
1 medium brown onion, diced
2 large carrots, chopped
2 trimmed celery sticks, diced
2 large potatoes, chopped
1.3kg ham bones (not bacon bones). Trim off any excess fat
1¼ cups yellow split peas
2.5 litres water
Cracked black pepper

Method

Heat oil in large saucepan, cook onion, until soft, add the vegetables and cook until browned lightly. Add bones, peas and the water to pan; bring to boil.

Simmer, covered for two and half hours or until peas are tender. Remove bones from soup, remove meat from bones; chop meat roughly, discard bones.

Return meat to pan, stir until heated through. Just before serving add some cracked pepper. Extra ham can be added if desired.

Open Letter to our community from Warren and Deirdre Jones

WARREN AND I would like to thank everyone for the amazing support we have been given.

We recently went to Los Angeles for a series of injections to potentially allow Warren to improve after a stroke four years ago.

After seeing the treatment featured on 60 Minutes we felt if we didn't give it a go we would always have the nagging question of "What if...?" We went with no expectation but lots of hope.

There have been definite improvements, including the first conscious movement of his right arm in four years. Although Warren didn't have the best homecoming - ending up in the LGH with pneumonia - he is now home and ready for the hard work needed to continue his improvement.

We had no idea of the hard work being put in by a



Warren Jones in Santa Monica

fantastic group of friends and we are amazed at the help that you, the community, have given us.

In a world dominated by bad news and the awful things people are doing to one another, it is heart warming to realise there are so many good, caring people around.

Thank you to all our friends - those we know and those we have never met.

Too much is as bad as too little

By Sheila Stevenson

YOU MAY NEVER have heard of Haemochromatosis, or inherited iron overload disorder, but it is the most common genetic disorder in Australia. It causes the body to absorb excess iron which builds up in the organs and joints over many years and eventually becomes toxic.

Early symptoms include joint pains, fatigue, weakness and sexual dysfunction.

If untreated, it can lead to serious and potentially fatal symptoms including diabetes, liver cancer and cirrhosis, heart failure and osteoarthritis.

Despite being so common (one in 200 has the genetic pre-disposition) it is not well known and is underdiagnosed. Often only the individual symptoms are treated and the underlying cause is not recognised.

Tests for the condition are simple and cheap and, if diagnosed and treated

early, haemochromatosis is no barrier to a normal healthy life.

Treatment is simple, drug free and uncontroversial. For example, giving blood at a blood bank, unloads iron.

If you know someone in your family has haemochromatosis, or you have been feeling tired and aching for an extended period, talk to your GP about it.

I shall be at Meadow Mews on Tuesday, 12th August talking to people about the disorder and at the Cancer Support Centre on Wednesday, 13th August from 1.00pm to 4.00pm.

On Sunday, August 31st the Overload art show will take place at the ARtrium Gallery in Launceston which will feature music by local folk singer, Matthew Dames and will be opened by Michael Ferguson MP, Minister for Health. The guest speaker will be Mr Ben Marris, President of Haemochromatosis Australia.



Sheila Stevenson giving blood

Haemochromatosis Australia, a not-for-profit organisation, is the support, health promotion and advocacy group for people with the condition and their families. The group has operated continuously for 23 years.

Their medical advisors include some of the leading academics and clinicians in the field of haemochromatosis.

There is an INFO LINE on 1300 019 028 and website at www.ha.org.au. The co-ordinator for Northern Tasmania is Sheila Stevenson on 6393 7111. Email stevos.bjs@bigpond.com

View Point

WE ARE planning to publish, from time to time, an article or letter expressing an alternative view. These may or may not reflect the opinion of the editors but, hopefully, will elicit responses.

We would like to receive submissions from people who feel they have a view-

point to offer. No more than 250 words and pseudonyms are OK.

Clearly we are not going to publish anything that crosses the bounds of decency nor are we looking for rants.

We start, this month, with a piece from Rebecca White on medicinal cannabis.

It's not about getting high

By the Hon Rebecca White MP, Shadow Minister for Health and Human Services, and Labor Member for Lyons

IN THE PAST few years there have been a number of studies and clinical trials around the world which have examined the efficiency of the medicinal use of cannabis to treat a number of medical conditions.

The results of these have shown that cannabinoids can reduce the effects of pain caused by abnormalities of the nervous system and pain experienced by patients with multiple sclerosis.

Cannabinoids also reduce the nausea and vomiting experienced by cancer patients where patients fail to respond to standard treatment.

The evidence is clear, medicinal cannabis could assist many Tasmanians suffering from terminal and debilitating illnesses by easing pain and associated effects of treatment.

With the appropriate safeguards in place it's time to show compassion and permit a clinical trial of medicinal cannabis production, processing and administration in Tasmania.



Photo courtesy of: <http://en.wikipedia.org>

The cultivation and processing of a small crop of cannabis for medicinal purposes would also provide benefits to Tasmanian industry. It's extraordinary that Tasmanian farmers are being denied the economic benefits of growing cannabis crops.

Already many Tasmanians have shared their stories of the benefits of cannabis to relieve pain and suffering. It's common sense that medicinal cannabis products should be available for Tasmanians to use in the same way opiates are available, strictly for medical use.

Labor is sponsoring a petition calling for the State Government to allow a trial of medicinal cannabis in Tasmania. The petition is available for Tasmanian residents to sign.

Hinduism

By Liz Walker

THIS IS the first of a three part series, on the lives and spiritual journey of Krsna Das and Mira. Today we are briefly covering their life "living as a Hindu".

Krsna and Mira recounted the rich tapestry of experiences - both spiritual and physical - which have led them around the world to their current home in Jackey's Marsh.

They practice the Advaita belief in Hinduism.

Its Guru, Devraha Baba - who died in 19 May 1990 - was

an Indian Siddha Yogi saint who lived beside the Yamuna River in Mathura in India and was known as a sadhu (holy man) who preached harmony between religious communities.

His only food was a cup of cow's milk daily, his home was a pole hut.

He was visited by the rich and famous and used any gifts he received to clothe and feed the local villagers. On his death, Devraha Baba was placed into the river as is the custom with babies and masters; generally Hindus are cremated.

Krsna and Mira travelled the world for three years,



Religion - Hinduism - altar

tuning into and trusting that the universe would provide for their needs. They live a simple vegetarian life; media is kept to a minimum and there is no TV - as this can distract one's awareness and energy from, and attention to, what is real.

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NEW PHONE NUMBER

Rebecca White MP

State Member for Lyons

☎ 6212 2225
rebecca.white@parliament.tas.gov.au

Authorised by REBECCA WHITE, Parliament House, Hobart



CTA: What is it?

COMMUNITY TRAINING Australia (CTA) is a nationally registered training organisation like the TAFE but privately run.

It has links to a number of universities, notably to Charles Sturt University. CSU provides graduate students from CTA Diploma courses with 18 months' credit to their degree programs in community services. Other universities, including UTAS, have also provided credit for CTA Diploma students.

Toni Mehigan started the company 10 years ago and says, "We started with

Many of their students say the courses change their lives.

just myself and a volunteer secretary and now have over 80 employees, are in 4 states and work with a number of partner organisations who provide training under our umbrella as well."

In the beginning, they worked closely with a number of Queensland TAFEs and provided training especially to Indigenous students. However once CTA qualified for their own

funding they have grown quite significantly and spread out around the country and now have the freedom to develop campus locations wherever they see the need.

Their students now have access to VET FEE-HELP which is the commonwealth government loan scheme, deferring fees until such time as graduates are able to repay - like the universities.

As the company is run by a woman they have a goal to make the lives of women, in particular, better, through study - but they want the journey to be just as good as the destination. In pursuit of this they have created amazing campus locations so that people can get together, relax, make friends, study and support each other. Many of their students say the courses change their lives.

At present there are campuses around Queensland but CTA also has a large campus with 4 sites in Northern NSW, 3 locations in WA and are now growing significantly in Tasmania. They are planning to open in Launceston and Devonport as well as re-establish their Hobart site.

The Mole Creek Campus is



Toni Mehigan

a rural residential location so that students who are too far from main centres are able to come and stay in a residential facility for 'blocks' of study. People have asked, why Mole Creek? "Well, it's the centre of Tasmania; right in the heart." says Toni, "It's absolutely gorgeous - we have our own creek and pear trees and amazing views of the Western Tiers. We are just one hour from Launceston and one hour from Devonport. The Mole Creek Guest House is quaint and homey with the best ever restaurant where the food is to die for. I loved it so I guessed other people would too. I've been right."

For anyone wanting to help or to join a course call Kerrie May on our Mole Creek Campus line: 036362074 or email kerrie@cta.edu.au or visit CTA on www.cta.edu.au

Deloraine Llama: What is that?

ONE OF CTA's creative projects is the Deloraine Llama.

It offers two services: feel-good, reasonably-priced massages; and life coaching & counselling to those who feel the need.

Anyone who has ever spent time in airports like Bangkok will have seen small, open areas where one can pass the time having a quick 20-30 minute massage that serves as a relaxant or pick-me-up before or during a long flight. The idea has spread to places in Queensland and the Llama now offers this experience here in the Meander Valley.

Some people, unfamiliar with the concept, have been discouraged by the open shop front because of two misconceptions: they associate massage with nudity and also believe that the counselling takes place on the comfortable sofas at the front of the shop.

First, all clients remain fully clothed during massage. These are not intended to be remedial massages; just a brief and pleasant break in a busy day; which is why no appointment is needed and clients can just drop in for a

foot or head and shoulder massage for \$20.00.

Of course, if you wish, you can pamper yourself with two hours of massage - feet, head and shoulders, back plus tea/coffee/nibbles for \$69.00.

Life coaching and counselling is a more private affair. If you require such assistance this takes place in the rear of the shop in complete privacy. A consultation will set you back \$20.00.

There is also a selection of gifts; the sale of which helps to support the enterprise.

The Llama is an example of what the CTA is all about - providing the learning but also giving practical experience while assisting the community.



Relax and have a foot rub

On yer bike!

FOR THOSE of you, 60 years plus, who like to throw a leg over a bike occasionally, and enjoy a quiet ride in the country, here is the group for you!

Every Wednesday morning, at 10 o'clock cyclists meet at the Carrick Hall and head off for a ride in the area using either Bishopsbourne, Oaks or Whitmore Roads which are relatively flat and have beautiful scenery.

The distance and area depends on the riders who turn up. "We have a "no drop" policy, meaning we



Greame Bellamy (Deloraine), Alister Euler (Westbury), Christine Neil (Prospect)

only ride as fast as the slowest rider in the group" says Christine Neil, the organiser of the group.

It doesn't matter what type of bike you ride: road,

mountain, hybrid, etc; as long as it's got two pumped up tyres and is sound!

A lot of chatter and friendly banter goes on and it's a most enjoyable ride.

Afterwards, cyclists gather at the Carrick Road House where they enjoy yummy hot chocolate and coffees and share a bowl of chips.

If it is too foggy, they'll just go for the hot drinks and chips!

So, dust off the bike, pump up the tyres and come and join in.

For further information, call Christine Neil on 6344 3419 or 0417 819 732.

More free software to play with

By Alistair Carr

CONTINUING FROM where I left off last month, here is some more free software.

Media Players

Windows includes Windows Media Player, but if you want something different or capable of playing more file types then try the following. VLC: www.videolan.org/vlc/index.html or Media Player Classic Home Cinema: <http://mpc-hc.org/>

Either of these two players will play nearly every video type out there without additional codecs being installed. VLC is also a reasonable DVD player. However, there's no commercial Blu-Ray support due to disk encryption. You may also like to try Quicktime and iTunes: www.apple.com/au/quicktime/ and www.apple.com/au/itunes/

Like Windows Media Player, Quicktime and iTunes have rather limited video codec support - unless you install additional codecs.

All the above will also play audio files (MP3s etc).

On codecs, please avoid installing codec packs as they can be problematic.

For audio files, by far my favourite is Foobar: www.foobar2000.org/download

Microsoft Office alternatives

This is a fairly comprehensive office suite if you do not want to pay for Microsoft Office. Its default file type is different from Office, but you can save files as .doc etc so they can be opened with Microsoft Office: www.libreoffice.org/

Graphics & Photo editing

Picasa: <http://picasa.google.com.au/> is another of Google's products for basic editing, organising and sharing of your photos.

Paint.Net: www.getpaint.net/. Sometimes described as Microsoft Paint on steroids; however it has no relation to Microsoft. Only does Photo editing & drawing.

Faststone Image Viewer - www.faststone.org/FSViewerDetail.htm is a very good basic photo editing programme that can handle digital camera RAW formats.

The Gimp - www.gimp.org/ is possibly the most comprehensive free editing and drawing programme out there. Very complex but very powerful. Tutorials can be found at www.gimp.org/tutorials/

Learning the old ways

EIGHTEEN KIDS from Meander Primary School recently braved winter weather to walk up Warners Track.

They were joined by local community members who shared stories of the track's history over a campfire with billy tea and damper. And along the way they met with track workers to learn about traditional stone work techniques for track building.

Warners Track was originally built in the 1880s and was once the only transport route to the south from the Meander Valley, before the building of Highland Lakes Road. Much of the stone work of the original track still

remains, and the students learned about traditional stone track building methods from the track workers who are currently repairing sections of the track.

Over a well-earned campfire lunch of damper, billy tea and sausages, Toby Ritter and Rodney Linger from Mountain Huts Preservation Society spoke with students about the long history of stock routes from the Meander Valley onto the Central Plateau. Members of the local community shared their stories about using the track for moving stock. One parent recalled how at just 6 years of the age he helped



move stock up the mountain for grazing on the plateau.

Track work on Warners Track and Higgs Track is funded through the Australian Government Caring for Country program. If you would like to learn more about traditional stonework methods, a working bee will be held at Higgs Track on Saturday 16 August. For more information contact Annette Dean on 0418 403 031.



The Deloraine Llama
Be a Calmer Llama



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Sunday Lunch

at the Pepperberry Café - SET MENU
It's warm and toasty round the fire!

ITALIAN Pizza & Pasta. - 5 courses!

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\$39 pp.- \$19 for kids.

Bookings advised

63631399.



Windows on the Arts 2014 - coming soon

ARTS DELORAINE, along with community artists Niecy Brown and Sean Manners, is once again gearing up for WOAD 2014 (Windows on the Arts in Deloraine). Now into its 5th year, this coming event will have many new elements on show.

Artistic Director, Niecy Brown has passed the role of curating the artworks in shop windows over to visual artist Rebecca Watson, who is also the owner of the store in Emu Bay Rd called Brush Rabbit.

Niecy said "We are so thrilled that Rebecca has taken up this position, she has brought new ideas and expertise to the job."

Rebecca's Curatorial theme entitled 'White on White' has started to inspire Meander Valley artists, sculptors, photographers and craftspeople to create works for the exhibition. She is looking forward to continuing interest from artists who have previously exhibited, as well as those who have not yet been involved with the exhibition."

WOAD is a community event that attracts attention and support from many people. It is presented by Arts Deloraine in partnership with the Tasmanian Craft Fair. Both organisations provide cash and in-kind support to make things happen.

In the past, MV Council, Deloraine and District's Bendigo Bank Branch and arts organisations have, on occasion, awarded grants for projects, enabling the community to get involved throughout the year.

The artists producing works for the shop windows and the shop owners who provide their prime window space are the big contributors to the event's appeal.

The other aspect of WOAD



New tall poppies

that townspeople and craft fair visitors have come to anticipate, are installations of community-made art works on the footpaths and public spaces along Emu Bay Road.

Last year saw unicorns,



New Flossy de Filly

tall poppies, black swans and a huge 'woven' highland tartan appear on show. The community members who give their time, ideas and skills to create the installations are a vital part of WOAD.

There are three ways to be part of WOAD 14:

- Arts Deloraine invites interested people to join in, get involved, share and or

learn new skills on Friday afternoons at the Deloraine Creative Studios meeting room from 8th August on at 2 o'clock til 3.30. Niecy and Sean will be there working with you to create community artworks with all the materials and tools provided. Concepts for the installations were developed by a group of artists and volunteers at a brainstorming session a few months back and will remain a well-kept secret for as long as possible.

- Volunteers are welcome and eagerly encouraged to register to help with installing the works in Emu Bay Road in November by contacting Niecy on 0458 818 178 or by email to tigerhill1@bigpond.com This is a big job to do in a short period of time so... the adage, "many hands make light work" applies here.

- If you would like to exhibit your artwork in the shop windows gallery, please email Rebecca at: rebec.watson@gmail.com or wander in to her store: Brush Rabbit, 31 Emu bay Rd. Opening hours are Tuesday to Friday 10.00am to 4.00pm or Saturday 10.00am to 12.00pm.



Tartan scarf weaving

Film review - Mr Pip

WESTERN TIERS Film Society on Saturday 13th September.

This month's offering is Mr Pip, described by David Stratton (At the Movies) "it's a very peculiar affair, and a rather indigestible mixture of styles." Written and directed by Andrew Adamson (Shrek, Shrek 2, The Chronicles of Narnia), based on the novel by Lloyd Jones, Mr Pip stars High Laurie, Kerry Fox and Xzannjah Matsi.

Synopsis taken from the Internet Movie Database:

As a war rages on in the province of Bougainville in Papua New Guinea, a young girl becomes transfixed by the Charles Dickens novel Great Expectations, which is being read at school by the only white man in the village.

Here are a few of the reviews that the film received: Jim Schembri of 3AW writes: "Based on the novel by Lloyd Jones, the film is a visually lush, surprising, moving story that wears its unusual premise with a deftly blended mixture of lyricism and brutality."

Andrew L. Urban of Urban Cinefile said: "from a story



about literature as the door to imagination and inner freedom to the brutality of ignorance and the lack of imagination, from a coming of age story to a character portrait, and a hero's journey."

Jordan Mintzer of Hollywood Reporter was not so complimentary: "Adamson mixes magical realism with hard-hitting historical drama in a way that feels both contrived and questionable, even if the filmmakers clearly have their hearts in the right place."

Come along and decide for yourself.



Playing by feel, not sight

ONE OF the highlights of the Deloraine String Fest this year was the variety of musicians and instruments that were playing there. These included guitars of all sorts, ukulele, banjos, violins and harps.

One of these players, who performed for a short time in the foyer of the Little Theatre/Sports Complex on Saturday 22nd March, was Sara. She is an amateur chromatic harpist.

When asked what a chromatic harp is, Sara explained that it has two rows of strings that cross over. One row is all the white keys of a piano and one row is the black keys. Any musically minded person can see the benefit of having all twelve notes, and therefore, keys, at one's disposal without having to make adjustments to the instrument in any way.

"I played the lever harp for a short time" Sara said, "but I got so bored with the

limitations of what I could play, I started quickly changing the levers while playing for more variety!"

The thing is that Sara is nearly blind. The chromatic harp is difficult for any musician to manage in the first place but Sara can't even see what she's doing.

"Should I need to see it? My hands tell me all I need to know and any good musician should be able to play with their eyes shut anyway!"

Even Sara shuts her eyes while she plays and did so for a time at the String Fest where she played some amazing pieces not conceived of on the harp. These included Scott Joplin's 'The Entertainer' and Henry Mancini's 'Baby Elephant Walk'.

When asked if she's ever tried a pedal harp Sara said she hasn't and has no desire to.

"I've heard that even they have restrictions. I love my chromatic harp and can't see myself ever giving it up."

Valleyviews

Mayor's Message

Don't forget Council elections take place later this year in October. It's your opportunity to shape your Council and elect the people you want to represent you. Now is the perfect time to check your enrolment details. If you are already on the state electoral roll, you are automatically on the Local Government roll for the Council in which your enrolled address is located. If you own or occupy land in Meander Valley but are enrolled in a different municipal area you may be eligible to vote for the Meander Valley Council on the General Manager's roll. To find out more information visit the following website at www.electoral.tas.gov.au/LocalGovernmentElections2014. Electoral rolls close on the 18 September.

Australia Day is a big day for Council each year. Council has a formal celebration for community achievement. Nominations are now open for Citizen of the Year, Young Citizen of the Year, Community Event and Sports award. Council also recognises Volunteer contributions by individuals on the 26 January. If you know someone who deserves to be recognised for any of these awards, please complete a nomination form available from Council's website.

Finally I was fortunate to attend the Deloraine and Westbury Rotary Clubs annual change over dinners recently. Congratulations to all the outgoing Presidents and committees of these clubs, as well as other service clubs across the municipality, for their work over the past 12 months. I wish all the incoming communities, leading into 2015, all the best for your future success.

Until next month, stay warm and drive safely,

Craig Perkins
Mayor



Council Updates



Council now has an official Facebook page. You can engage with us at www.facebook.com/meandervalleycouncil. Like Council's page to stay up-to-date with news, events, and activities in and about your local area. We'd love to hear from you via Facebook, however if you have a specific request or issue, then give us a call on 6393 5300 so we can make sure you get the best possible service.

Friendly reminder...

First Rates Instalment due

Ratepayers don't forget that the payment of the 1st Rates Instalment is due Friday 29 August 2014. Interest @ 9.35% p.a. will accrue on a daily basis for overdue accounts. For more information on how to pay, please refer to the back of your rates notice or contact the Rates Officer to make alternative arrangements for payment on 6393 5335.

Pensioner Remissions

For a pensioner to be eligible for a remission of rates for the 2014-15 financial year they must as at 1 July 2014 be the owner / occupier of the property for which they are claiming a rebate and possess one of the following cards: Pensioner Concession Card (PCC) or Commonwealth Health Care Card (HCC) or Repatriation Health Card ('Gold Card') bearing the inscription 'War Widow' or 'TPI'.

Please note a Commonwealth Seniors Health Card does not qualify the holder for a rates remission.

Rate Instalment Due Dates

Rates are due and payable in four instalments on or before:

1. Friday, 29 August 2014
2. Friday, 31 October 2014
3. Friday, 30 January 2015
4. Tuesday, 31 March 2015



Dog Registrations

Dog registration renewals are now overdue. If your dog is over 6 months of age and not registered please contact Council on 6393 5300 to get an application form, or you can download a form from our website to avoid an on the spot fine.

Meander Valley Primary School Holiday Program

The next Meander Valley Primary School Holiday Program will run on the 6 and 8 October 2014. Recently we have found that people are missing out due to school newsletters being distributed at different times. To avoid disappointment, check Council's website from the 1 September for all the activity details. If you are unable to access the internet please enquire at your local school on 1 September for the information.

Community Updates

Youth Employment Forum

A chance for all young people 12 to 25 years to have their say on having a job, getting a job and everything job-related. The forum will be held on Tuesday 26 August from 10:00 to 3:30pm at the Door of Hope, Launceston. It is a free event and lunch will be provided for participants with some support for transport available. This is a fantastic opportunity for young people to engage in discussions about their future.

To register contact Tegan on 6223 5511 or tyf@ynot.org.au
More info at www.ynot.org.au/

Council Community Grants 2014/15

Did you know applications to Meander Valley Council's Community Grants Program are invited all year round? Grants up to \$3,000 are available to community organisations for projects that address community needs through special events, sport and recreation and/or community development. Information and application forms are available from the Westbury Council Offices and the website. Applications for consideration in the next adjudication round should be lodged by 30 September 2014.

Westbury Week



Westbury Week celebrates all things Westbury through events and activities for all ages. Westbury businesses, community groups and individuals are warmly invited to provide an experience or event in any location within the Town. If you would like to offer something in Westbury Week 1 - 8 November 2014 (large or small!) please contact: patrick.gambles@mvc.tas.gov.au or call 6393 5300. All events will be listed and promoted through a central program.

Meander Valley Bicycle Users Group

MVBUG is a new not-for-profit organisation which aims to build a cycling community that helps promote the enjoyment of the cycling experience and create awareness of the health, recreation, tourism and transport and economic benefits of cycling to the wider community including all levels of government. It will also lobby for increased safety for cyclists by promoting the development of safe cycle routes and facilities throughout Meander Valley. New members welcome: meandervalleybug@gmail.com



Diary Dates

Meander Valley Community Safety Group Meeting

Thursday 28 August 2014, 7pm
Town Hall Supper Room, Lyall Street, Westbury
Community Members welcome to attend.
Phone: Patrick Gambles on 6393 5300

Markets

Westbury Market

Third Saturday of every month, Sat 16 August

Little Red Tractor Farmers Market, Deloraine

Every two weeks, Sat 23 August and 6 September ongoing

Deloraine Market

First Saturday of every Month, Sat 6 September



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 the website, click on Community, Culture and Recreation and then Community News.

An up-to-date location for a traditional practice

By Sheila Ferguson

LAST MONTH we wrote about stock agents, one of the ways that farmers can market their livestock. However, traditionally, animals have been sold at sale yards by auction and Powranna Sale yards, which opened for business in March this year, is the newest to be built in Australia.

It incorporates the latest thinking on the design of sale yards and here the welfare and comfort of both livestock and clients is the main concern. The floors are all

sawdust, which makes standing less stressful for man and beast. The sawdust on the floor means that the cattle are not struggling to get a footing and, as a result, they are less disturbed by all the people around them.

All of the pens have water available – of more interest to beast than man – and there are bruise-free rails.

The whole complex is undercover which offers protection from frost and sun. The exception to this is the sheep bay where UV rays from the sun are helpful in controlling foot rot in the

animals; a perennial problem in sheep.

Prior to an auction, if possible, agents from Roberts – the owners of Powranna – visit sellers to inspect the livestock, but this is not always feasible or necessary. The stock is usually delivered on Monday afternoons to be weighed and penned.

Powranna handles sheep, lambs and cattle, although not dairy cattle.

The business is cyclical. At this time of the year very little is sold – maybe fewer than 100 a cattle will be offered. Warren Johnson



is the State Livestock Manager. He came from Queensland 20 years ago after receiving a phone call asking him if he would like to come to Tasmania.

“Winter is the hardest time to produce or raise livestock as a saleable commodity in the prime market” he says.

The story on the Mainland is much the same, although sucker lambs there are now entering the market whereas Tasmania is usually two or three months behind.

The summer months are a different story; between 20,000 and 22,000 animals pass through the yards. Of course, as far as prices are concerned it is the other way round, with high prices in winter and lower prices

in the summer.

The sale yards set the benchmark for national prices. Data from all the sale yards is fed into state bodies which, in turn, pass it on to a national livestock reporting service which aggregates numbers from all round the country.

Warren says the whole process is fairly straightforward.

There haven't been many changes over the years although he has seen the calving time of the year changing. “About 30% of Tassie used to be autumn calvers . . . now 90% is spring calving as people just found it too difficult for the calves to survive the freezing temperatures and wet conditions.”

Women in Agriculture supporting women in agriculture

MEANDER VALLEY Women in Agriculture (MVWIA) are holding a 20th Anniversary Dinner for the Group on Saturday, 13th September at Villarett Gardens.

Invited to attend are old, new, former members, husbands and partners. For more details, please phone Joan on 6497 2141.

The Meander Valley Women in Agriculture Group was formed in 1994, when a strong group of rural women came together after attending a gathering of like-minded women at Scottsdale. These women saw a need to support farming women and their families throughout the Meander Valley in both the good and bad times. By supporting one another over the years, a wonderful community to live within and to raise a family has developed.

The MV Group meet once a month to plan courses that members are interested in and usually have visiting guest speakers. Many



Tasmanian Women in Agriculture receiving the Best Event for 2012 at the Meander Valley Australia Day Awards in January 2013.

of these meetings include visiting local farming enterprises to gain knowledge of what is available in the area. At other times they visit sites, venues etc. connected to the rural environment around the North of Tasmania.

Over the 20 years they have covered a lot of ground. Members have travelled overseas to conferences, with exchanges with the US, England and Ireland. This has been wonderful for the

exchanging of ideas at the cultural and agricultural level.

They have also raised issues with the Government including Child Care, Succession Planning and Stamp Duty on farms.

Members have been sponsored to attend Leadership courses to help them to further their business and personal skills and for the last 15 years they have held First Aid courses each year to re-accredit members' skills.

Twenty five women attend these courses which are proudly supported by The Deloraine and Districts Community Bank.

At least twice a year there is a meal to which partners are invited, together with a visit to somewhere of interest in the community.

MVWIA Regional Group is part of Tasmanian Women in Agriculture Inc. - formed in 1994 - with regional groups throughout Tasmania.

Animal pound

By Wendy Laing

DELORAINE AND DUNORLAN were named by the late Captain Moriarty, of the Retreat, after places in Ireland.

During the first half of the 1800s, Deloraine and the surrounding districts were becoming very busy as more farmers and tradesmen moved into the area. However, fencing of large farms must have been a problem because the following notice was in the Colonial Times on the 1st February 1832.

“By His Excellency Colonel, George Arthur, Lieutenant Governor of the Island of Van Diemen's Land, and its Dependencies.

HEREAS: by an Act of Ordinance, entitled, “An Act to regulate the Impounding of Animals for Trespass and for other purposes relating thereto,” it is enacted, that it shall be lawful for the Lieutenant Governor to erect and establish Public Pounds for the Impounding of Animals therein and appoint keepers of all such Pounds.”

Seppenfelts - soul business

By Joanne Eisemann

ADDING A SPLASH of colour to the main street of Deloraine for over ten years is retail outlet, Seppenfelts.

The business tags itself as 'Emporium & Gifts' and offers an eclectic range of goods, including books, clothing, accessories, jewellery, essential oils, incense, candles and music.

For the past five years Seppenfelts has been owned and operated by Isabel Shapcott and Alfred Fransen with assistance from four casual staff.

"It's not really about the stuff. That's the vehicle, that's how we pay the bills."

Changes that Isabel and Alfred have made since owning the business include moving stock out on to the footpath delivering a market-style atmosphere and more than doubling the amount of stock on offer.

Isabel is passionate about books, so has increased the number dramatically and finds that people now come to the shop specifically for them.

Other new products for sale include a range of cds, essential oils and natural cosmetics (they have recently sourced a Tasmanian



Isabel Shapcott

natural cosmetics company and hope to have the range in stock by Christmas). Clothing remains the bread and butter of the business and they have increased their range to meet the demand.

More than fifty percent of customers are tourists and people who come from other parts of Tasmania, with a lot of repeat customers. People have come from as far away as Queensland to stay in Deloraine just to visit Seppenfelts.

Alfred and Isabel don't run their business only to maximise the profit. They try to go the extra mile with their customers and strive to create an environment that is both accessible to everybody and one where people leave the shop feeling better than when they came in.

"It's not really about 'the stuff'. That's the vehicle, that's how we pay the bills. It's about the community, the life, the spirit and sharing ideas", says Isabel. "We like to sell ethical and fair trade products where we can, and provide an alternative to Big Business."

We get lots of locals who live out in the bush come in just for a chat, to have a social life. Alfred is a natural people person, and is right in his element in the shop. He does a lot of networking. I often joke that he should be paid a fee for his counselling services. Then we'd be rich!"

Seppenfelts is now opening on Sundays for most of the year. Although just covering costs, Sunday opening has the larger aim of supporting tourism in Deloraine. It also provided an idea of what life might be like after long-time business neighbour Deloraine Deli moved premises (as the Deli was closed on Sundays). The conclusion is: "We'll survive!"

Isabel misses not having people to chat to while setting up shop each morning and her dog, who had a fan club of 'Deli regulars', is feeling a bit lost. They are hoping a new business will move in soon.

To sum up their business Isabel says "It's good fun, it often feels like play although there is a quite a lot of work as well."

You're never too young to plan for retirement

By Sam Horsman, Business Principal PJS Finance

WHILE MANY of us are at the stage where it has become necessary to begin planning for retirement, we all know younger people who don't quite realise how good they've got it. Time is one of the greatest luxuries an investor can enjoy.

Consider a \$1,000 investment that returns six per cent annually. Without any further investment it will be worth just \$3,207 after 20 years, but jumps to \$10,286 after 40 years. Similarly, an annual investment of \$5,000 at six per cent return is worth \$194,964 after 20 years but skyrockets to \$820,238 after 40 years. Time and compound interest are an incredibly powerful combination.

But it's not just compound interest that comes into play for those who begin retirement planning as soon as they enter the workforce. There are many other benefits that help ensure a comfortable lifestyle at the end of one's career.

One is the fact that the longer the investment time-frame, the greater the chance

of riding out the volatility in various markets along the way. Another has to do with the development of great investment habits early in one's working life. Such habits are essential to the development of a desired retirement lifestyle - whether or not you have a high-salary job right now, what actually matters in the long run is what is in your savings.

Planning early and visiting a financial adviser can help ensure the structure of your investment plan is suitable for your specific needs and wishes. It helps free up funds that can be used for other purposes throughout your life, whether it be other investments, travel, building a house or enjoying a hobby. Retirement will be looked after by the long-term plan, and therefore gives you greater flexibility with how you use your other savings in the meantime - whether it's confidently holding investments outside of the superannuation environment, or simply enjoying greater cash flow.

Many early adopters of

a superannuation or retirement plan make regular visits to financial advisers throughout their lives, ensuring their financial knowledge remains up to date. The simple fact that they begin their financial education before most even start thinking about retirement means they are ahead of the game, as they will make fewer financial missteps along the way.

Finally, the more time people spend putting money into superannuation, the more they are able to take advantage of changing government policies, such as co-contribution schemes and low-income superannuation schemes.

If you know a young person who has recently entered the workforce, you can share your knowledge about the benefits of seeing a financial adviser and encourage them to get on the path for a healthy financial future sooner rather than later.

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

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IF YOUR TAX affairs are simple and you earn \$50,000 or less a year, you could be eligible for free help with your tax return.

Trained Tax Help volunteer, Terry O'Grady, visits the Westbury Community Health Centre on Thursday afternoons and can offer assistance.

Consultations are by

appointment so, if you are having problems with your return, call 6393 5811 and make a date.

When you phone, you will be given a list of information that you will need to bring with you to help Terry to help you.

If you require further information, contact the Australian Tax Office on 13 28 61.

Women in business

By Sallie T. Brazendale

"SUCCESS STORIES" will be launched on Friday 29th August 2014 at the Alpaca Shoppe, Cnr of Emu Bay Road and West Barrack Streets Deloraine at 6p.m.

The Launch will be opened by the Meander Valley Council Mayor Craig Perkins with the General Manager Greg Preece and Greg Hall MLC also in attendance along with other special guests.

We will be "showcasing" two success stories:-

The Alpaca Shoppe: they will be launching an exciting new product with an international context, backed by colourful visual displays.

The Deloraine Deli: Barb Harvey on behalf of herself and Grant will present the Deloraine Deli Story that spans 17 years.

The talk will be complemented by a visual display of unusual and interesting products available at the Deli.

Also showcased will be a selection of other local products that have kindly been donated for the Launch by: Ashgrove Cheese, 4th South - Salmon and Ginseng Farm, Christmas Hills Raspberry Farm, Tasmanian Truffles Pty Ltd, and Three Willows Vineyard.

There will be a "Local Business" Table for all Meander Valley Businesses to display their Business Cards and Pamphlets - these can be dropped into Edge Hair Studio 53-55 Emu Bay Road (next door to Deloraine Carpets) before the Event.

For further enquiries please contact Sallie Brazendale on 0408 548 533.

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All advertising enquiries to advertising@meandervalleygazette.com Phone 6286 8216

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EVENTS

M.V. DINING EXPERIENCE

DINNER Dance 30th August 3 course meal & dance \$55.00 featuring Deloraine Big Band. Dance only Tickets available. Bookings essential. Contact Laura on 0437 075 266.

EXPERIENCE DELORAIN

FOOD, Wine, Art & Craft Market 30th & 31st August at the Rotary Pavillion 10.00am - 3.00pm both days. Puppet Show Sunday at 1.00pm.

FREE

GIVEAWAY

New cartridges to suit Brother Printer - Yellow, Magenta, Black & Cyan B-LC57 & B-LC37 Ph: Joanne 6362 3537.

PUBLIC NOTICES

AGM 2014

MEANDER Valley Online Inc. Tuesday 16th Sept at 4.00pm MVEC meeting room Deloraine. Election of office bearers, presentation of reports, appointment of auditor. All welcome. Dianne Whiteley - Public Officer.

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For Display & Service Directory ads phone 6286 8216 (leave a message, it will send an email). For Classified ads call 6286 8216.



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Tassie Sports Trivia Quiz Answers

FROM QUESTIONS on Sports Page overleaf.

1. Michael Roach, Matthew Richardson, Royce Hart and Jack Reiwolt.
2. Malua (Originally from Deloraine and named Bagot, he has been called the most versatile horse in Australian horse-racing history. Two days after his 1884 Melbourne Cup win he ran a close second in the six furlong Flying Stakes and on the final day of the meeting came second in the two mile Canterbury Stakes).
3. Adam Gibson (a member of the "Boomers" Australian basketball team).
4. Robbie Heathcote (trainer of Buffering).
5. Michael Roach.
6. Matthew Wade (Cricket - wicket-keeper for Australia and son of Scott Wade).



"Deloraine On The Move"

The local business association

Meets 2nd Monday each month
All welcome
Meeting held at
Meander Valley Enterprise Centre
To make contact email:
deloraineonthemove@gmail.com

Arts Deloraine

Promoting the arts in the Valley – concerts, plays and exhibitions.

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For info call Annie Robinson on 0419 134 946
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Classes: Tuesday & Thursday 6.00pm - 7.30pm
Mole Creek Community Hall
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m: 0410 080 260

Deloraine Table Tennis League

- Wednesday 7-9pm

Cost: Adult \$5, Children \$2, Family (2Adult & 3Child) \$10

Free Come & Try Sessions

- Sunday, August 10th, 12-2pm
- Sunday, August 24th, 11-3pm

Deloraine Community Centre
RSVP: Andrew Lockwood
Ph. 0418 523 495
Email: aslockwood@bigpond.com

Interested in Rotary?

Rotary

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Contacts: Ann on 6362 3160 for Club meetings
Tim on 0428 237 078 for Club membership
www.rotaryclubofdeloraine.org.au

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\$25 Gift Voucher available from the Deloraine Newsagency, AMCAL Chemist, Silks and Roses of Chudleigh, Bozzy Café in Mole Creek.

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SPORT

A young tennis star in the making

By Danny Ross

CHELSEA LEGGETT, a 12 year-old from Hadspen, has played tennis since she was 6. She has been playing in tournaments for 3 years and last year, in January, represented Tasmania in the Super 10/u National Finals in Melbourne at the Australian Open.

Recently Chelsea was selected to represent Tasmania

at the Bruce Cup which this year is being held in Darwin. The Bruce Cup is a prestigious national schools tennis championships open to girls and boys aged 12/u and is conducted by School Sport Australia in partnership with Tennis Australia.

Chelsea was selected through a play-off tournament which sees the top seven boys and girls from around

the State being chosen to make up the Bruce Cup team.

"I train/play for around six hours a week" says Chelsea, "and I feel that I am in good form after recently winning the girls 12/u singles in the Tasmanian Tennis Academy Junior Championships."

By being selected to represent her State at the Bruce Cup, Chelsea has joined an elite list of past

competitors such as Rod Laver, Lew Hoad, Fred Stolle, John Alexander, Pat Rafter, Rachel McQuillan and many other notables.

"I'm looking forward to going to Darwin to play, make new friends and have fun along the way", says Chelsea.

Meander Valley Gazette wishes Chelsea, and the whole Tasmanian Team, well for the tournament.



Chelsea Leggett

Mole Creek Football Club names its Team of the Decade

By Danny Ross

ON SATURDAY the 2nd of August a day of celebrations took place at the Mole Creek Football Club.

The day was a chance for all and sundry to catch up with Premiership team mates and share in stories of the last ten years, the period of time that the Mole Creek FC has been part of the Leven Football Association.

During this decade the

Club has played in all the Grand Finals and won six Premierships. The winning years were 2004, 2006, 2008, 2010, 2011 and 2013. These extraordinary results led to the Club wanting to celebrate its outstanding record and to pick a "Team of the Decade" in recognition of the players who helped to achieve it.

The chosen side with positions is displayed on the right.



The 2013 Premiership team

Tassie Sports Trivia Quiz

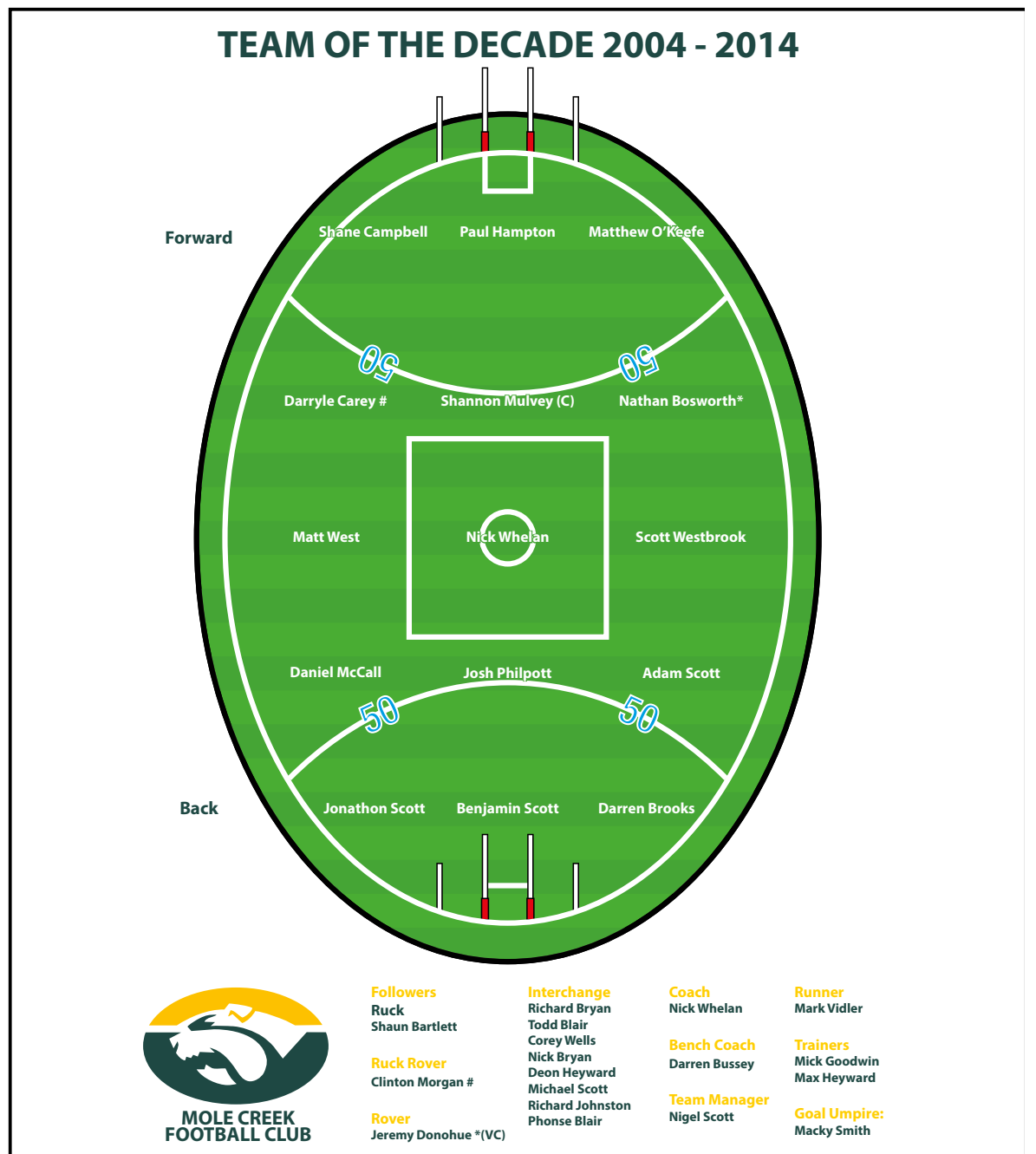
HOW'S YOUR TASSIE sporting knowledge? Have a go at answering the following Tasmanian related sport questions.

1. Name four legendary Richmond forwards who were all born in Tasmania.
2. Name the Tasmanian horse that won an Oakleigh Plate, Adelaide Cup, Melbourne Cup, Australian Cup, Geelong Cup and a Grand National Hurdle?
3. Name the Tasmanian sportsman (and his sport) who attended Hagley Farm

Primary School and went on to represent Australia in a team event at the London Olympics in 2012.

4. Name the leading Queensland horse trainer who was born in Westbury?
5. Name the Richmond full-forward who was born in Westbury.
6. Name the Tasmanian sportsman whose father was a star Tasmanian footballer who spent 2 years at Hawthorn in the early 1980s and is now CEO of the AFL Tasmania.

Answers on Page 15.



Meander Valley District Calendar of Equestrian Events

Up & coming dates for your diary:

23rd & 24th August, Show-jumping Tasmania, Ben Netterfield (NSW) SJ Clinic TSJA North, jumping clinic, venue TBA.

31st August, Trail ride, Patersonia, Tasmanian Mountain Cattlemens Association, TMCA members invited to attend, contact Craig Von Stieglitz 0419 539 497.

6th September, Tasmanian

Show Jumping Association, North Spring Gala Festival, showjumping event, contact Rosanne Roles.

7th September, Gymkhana Deloraine and District Pony Club, hosting all schools gymkhana.

14th September, Rally Deloraine and district pony club.

14th September, Dressage Tasmania, North Zone Event, Gravelly Beach, contact Julie 0407 551 838

julestargett@gmail.com or Judy 0400 058 366.

14th September, Rally Birralea and Districts Pony Club.

September 19th & 20th, Equus Muscle Management, Level 1 Horse Course, Lake Barrington, NW Tas, email kath@emmtherapy.com or mobile 0411272537.

20th September, Endurance Ride, Southern Tasmania Endurance Riders, Fonthill 20km, 40km and 80km.