



### A SPRING IN THEIR STEP

A feast of song and dance at the Irish Festival

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### HE'S 90 YEARS' YOUNG

If it has skin, Bryan will tan it!

> ARTS PAGE 10



### CHARGE OF THE LIGHT BRIGADE

Girls gallop to glory

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# Meander Valley Gazette

FREE! Every Month

April 2017

Meander Valley Gazette Your independent community paper



Photo by: Mike Moores

L to R: Suchada Lim (May) of Launceston, Sommai Kelly of Hobart, Korapath Smith (Path) of Launceston.

## Treasures from Thailand

By Joanne Eisemann

FOR THOSE who have always wanted to visit Thailand or would like to return, an opportunity to do just that without leaving Meander Valley is coming to Deloraine soon.

*Siam Daughter*, the story of Thai woman Sommai Kelly and a celebration of Thai culture, will be held at the Deloraine Community

Complex on the evening of Saturday 22nd April.

Sommai, a Hobart businesswoman, is organising the event with proceeds from the evening going to Cancer Council Tasmania.

"I am one of those 1,000 Tasmanians who, at any point in time, care for a loved one who is affected by cancer," shares Sommai adding, "My husband Philip was diagnosed

with cancer in 2013 and sadly, he passed away in 2014.

"Throughout this period, Cancer Council Tasmania has been supporting me. I realised I am not the only one who is in need of help and support from Cancer Council Tasmania."

Sommai decided she would like to raise between 50 and 100 thousand dollars for the Council and

that sharing her story and culture with other Tasmanians was the way she could do that best.

The Thai community of Tasmania and Sydney has rallied behind her, donating their time and skills to help make her dream a reality.

The performance includes a troop of professional Thai dancers from Sydney who will be joined by

dancers and performers from the Tasmanian Thai community.

John Phelps will MC the event with The Deloraine Big Band and local gypsy dancers also part of the show.

"It will be something you have never seen before with amazing colourful costumes, long fingernails and all the bling. It's going to be so much fun," says Sommai.

"I encourage people to come along dressed in their national costume to add to the atmosphere."

Guests will also be

treated to a wonderful Thai meal, cooked by Sommai, a team of helpers and her uncle - a Thai chef with 40 years' experience, who is coming from Sydney to lend a hand.

"This will be one of the best Thai meals people have had. I'm a very good cook," laughs Sommai.

Tickets are \$65.00 for Adults, \$180.00 for a family of four, Children under 12 free (ticket required).

Tickets are available from Elemental Artspace in Deloraine or phone 0473 191 440.

## In My Opinion...

By Joanne Eisemann,  
Managing Editor

ONE OF the lovely things about doing this job are the delightful people I get to meet and speak with every week.

People who are making an effort to improve the world. People who give their time without hesitation to help others or raise money for organisations that have helped them. People who have a passion for grow-

ing, making or writing beautiful things. People who assist others to be better at what they want to be good at.

It never ceases to amaze me that the seemingly quiet Meander Valley, a place where most people from the outside world would think that nothing much goes on, is filled to the brim with so many talented, gifted, and generous people.

Thank you for making our world a better place.

## Letters In...

IT WAS a sad day learning of the passing of Dr Frank Rawson.

Dr Rawson successfully removed a piece of rusty metal from my eye many years ago. When I saw him coming at me with a magnifying glass and a huge needle, I feared the worst, but I couldn't have been in safer hands. With one flick of his steady hand, the foreign object was removed.

Thank you Dr Frank Rawson. A huge loss for humanity. Sincere condolences to his family.

A.R. Trounson, Needles

I WRITE to congratulate the Weeena Hall Committee and Meander Valley Council on their recent Clean Up Australia efforts on the Bengeo Road to Dunorlan Road junction just off the Bass Highway.

The trickle-down effect began when community minded Annie Robinson of Weeena became so annoyed about this particular popular dumping ground that she contacted Councillor Deb White, who passed on those concerns to the council staff.

Meander Valley Council Works Director Matthew

Millwood then organised for the council to sponsor the Weeena group to participate in Clean Up Australia Day and tackle the offending section of roadside rubbish.

Annie then got the go-ahead to round up community members (16 including 4 children) who went to work, with the assistance of signage provided by the Clean Up Australia team and a rubbish truck, safety vests and flashing lights supplied by council.

Numerous large garbage bags were filled and all involved should be very proud of their efforts.

I go into this detail to illustrate the trickle-down effect and make the point that a group of community-minded people can make a difference.

Including young members of our community in the adventure really helps to get the message across to the next generation that the filthy habit of tossing garbage onto the roadside is just not acceptable.

Maybe the next generation will treat our verdant roadsides with more respect, in the meantime congratulations to the Weeena team and shame on the litter bugs.

And the person/s who in just the last few days decided to turf out a carton of empty bottles and cardboard cartons from a Sassafras takeaway on that roadside - what on earth were you thinking? OF COURSE NOTHING!

Greg Hall, MLC

FAREWELL TO the mountain man He will be gone from hence. Why will the council move him? It will cost a fair few pence.

I never liked the sculpture Thought it ugly as sin - A face just like a goblin Should be destined to a bin.

But will our hapless councillors Recycle or hide him far away? I wonder about the four chaps I ask you, were they gay?

By gay, I don't mean happy I mean a little queer - Some of my best friends are of the kind And I hold them very dear.

My dog, she never liked it She always used to bark Thought it was a urinal, and Therefore left her mark.

So good on Rodney Synfield, He's not afraid of blue Perhaps he'll be the mayor one day. A Meander man through and through.

For all you folk who love him. The Mountain Man, I mean, Put him up for auction And bring peace upon the scene.

Let someone pay to move him And save our hard won rates. That way we'll all be happy In fact the best of mates!

Jim Watkinson - Western Creek

SOMETIMES WE adults think our beautiful river bank is for adults only to enjoy and forget we have children in our community.

I must admit that I was rather sceptical to see the "Blue Man" appear on the river bank. However, as time passed, I witnessed the joy it gave my grandchildren and their friends.

My Granddaughter Alice aged 14, who lives in Canberra, has pictures of herself as a toddler, and each year growing up, sitting on "Blue Man".

Please give careful consideration, before you remove him, using ratepayer's money!!!

Nancy Broomhall, Kanangra

THE PURPLE Man is a colourful and creative sculpture that brightens the Deloraine River.

The three people featured on the top of the sculpture signify unity within the community. Some adults may not feel unified when it comes to this art work, but the local children certainly are. I regularly see kids playing on the Purple Man, including my own children.

My eldest daughter is very sad to hear that it might be removed and is hoping "he" can be saved.

I remain optimistic that the decision, will be reviewed keeping in mind that \$5,000 - \$10,000 could be much better spent.

Anika Gerson

EARLIER THIS year, we all were horrified to read that four new-born kittens were found dumped at a fast food restaurant. But I wonder if people realise how common the practise of dumping of kittens is - rural addresses seem to be a popular dumping spot because of their remoteness and ease of which their dastardly deeds can go unseen.

We had a five-six week old kitten dumped on our property at the beginning of the year by some despicable, irresponsible human. I say that because, the kitten was very sick - had weepy eyes and a severe case of pneumonia and had a tummy full of worms. The kitten was also lucky to not be torn to shreds by two dogs who saw themselves as protecting the property from intruders. Unfortunately, because people do not behave responsibly and do not sterilise their animals, shelters like Just Cats in Longford, at this time of writing, find that they are unable to accept any more cats.

Heather Blair, Parkham

THE CHOICE of photograph to illustrate last month's article 'Meander protest continues' was a prime example of irresponsible photo-journalism. As the reporter concerned was well aware, MARRA members had requested a police presence directly as a result of overnight vandalism against the organisation's property, a fact which was omitted from the report.

The photographer also had ample opportunity to take any number of photographs, and yet the Meander Valley Gazette chose to publish one which could readily be interpreted as MARRA members being cautioned by police. In conjunction with this first photograph, the choice of a second image entitled 'Happy House of Hope' showing Teen Challenge's musical event in a celebratory light, resulted in a malicious misrepresentation of the facts, and showed no respect for a local community which is in danger of imploding. I think an apology is in order.

Melanie Roberts, Prospect Vale

RECENT COMPLAINTS that Meander Valley Gazette has been irresponsible in its reporting of events at the Meander School Protest last month would seem to be unfounded.

Inspector Scott Flude of the Tasmania Police said that police became aware of the protest through social media and thought it appropriate to have a presence at the protest. They attended of their own volition to be seen and keep the peace, not to investigate vandalism.

Editor, MVGazette

EST.  
2013

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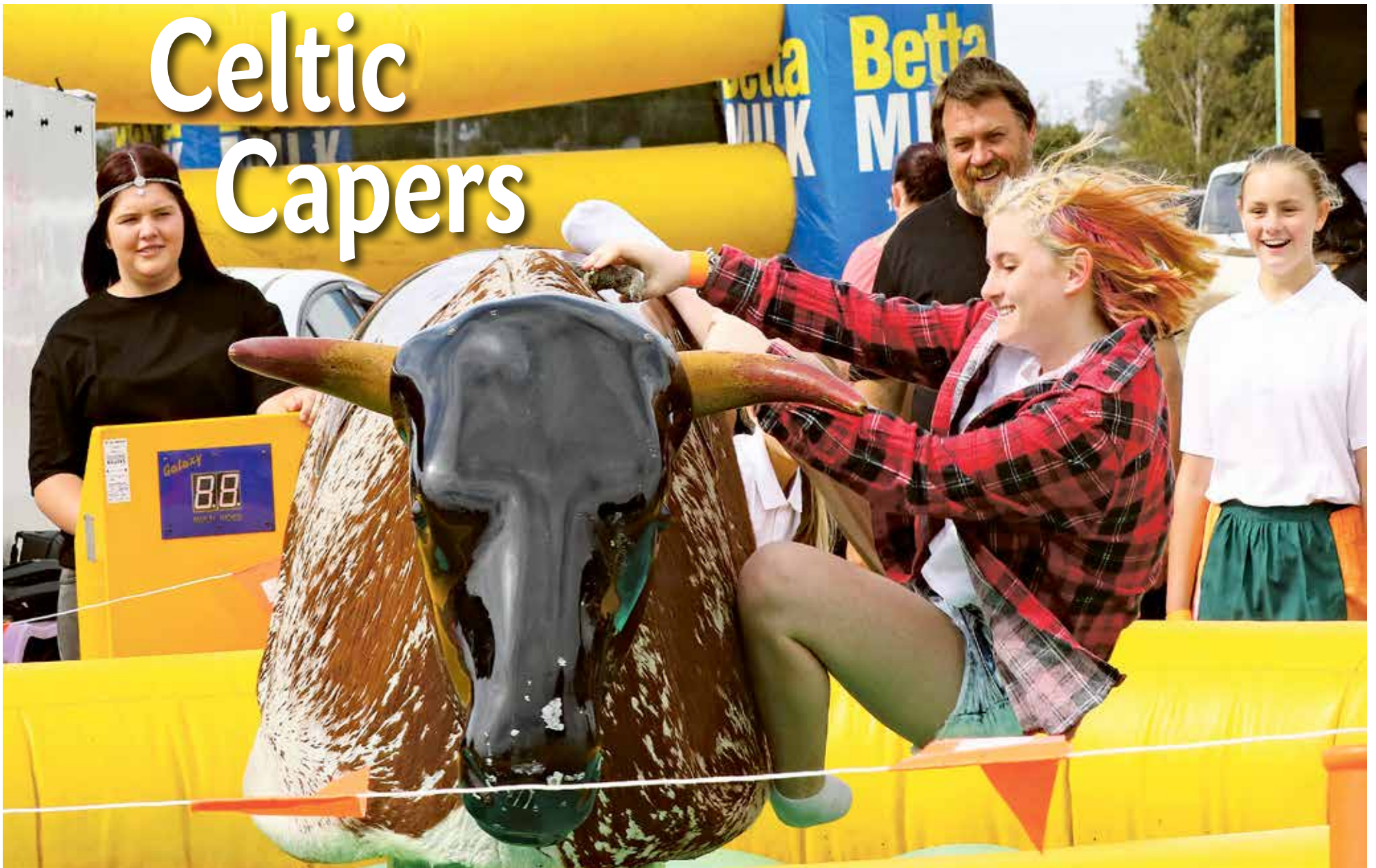
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Labor



# Celtic Capers

It was a lovely day for all things celtic at the Irish Festival in Westbury. Settling in to its new location at the show grounds, the festival featured guest performer singer songwriter and musician Marcia Howard, a multitude of dancers, the Meander Men, a Maypole danced by children from Westbury Primary School and lots of delicious things to eat and drink. Pictured is Samarah Willshire 13 of Westbury taking a tumble from the mechanical bull. Photo by: Mike Moores

## Deloraine High School extends its influence

By Marguerite McNeill

DELORAINE HIGH School has plans to extend its school curriculum to include permanent classes for grade 11 and grade 12 students by 2018.

This year marks the second year of trialling the program and it has proved so successful that Principal Lee Barker is keen to see it a fixture at the school.

"We're very happy with the results of the trialling," she said.

"The style of teaching is working well. The students are really engaged. They

are focussed and independent. They like working in their own space and are learning good time management skills and like submitting assignments online."

***This program enables them to enter the workforce skilled and ready to go. When they leave here they will be very employable.***

The program provides a pathway for students who have difficulty with travel,

health and other issues. Grade 11/12 classes are an extension of the school providing a program to retain students and teach them post-school skills. Mrs Barker said that it suited students who want to get their TCE (Tasmanian Certificate of Education) as well as gaining qualifications in courses that will help them gain employment on leaving school.

"This program enables them to enter the workforce skilled and ready to go. When they leave here they will be very employable."

Mrs Barker said that the program was aimed at providing students with sound skills in Maths and English as well as giving access to other subjects such as child studies, art, history and science. She said it also gave students the chance to do VET (Vocational and Educational Training) courses. The aim is not to compete with Launceston (or Newstead) College but to provide enhanced opportunities for those who are less inclined to travel for study. Currently students involved in the program

are working as a separate entity in a classroom based in the Trade Training Centre located near the school.

Mrs Barker said there was no room to house the Grade 11/12 program within the school and that an application for funding has been lodged to officially resource a proper facility for the program. Although there are some limitations to the program with what can be offered, she is delighted by the very positive response shown by students and staff.

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## Deidre achieves honour roll status

By Wai Lin Coultas

56 YEAR-OLD Dunorlan woman Deidre Triffitt was inducted to 2017's Tasmanian Honour Roll of Women, alongside 21 women and one organisation.

Deidre catalysed the establishment in 1995 of Giant Steps Tasmania, a non-government school with a holistic, multidisciplinary and intensive programme for children with autism spectrum disorders.

Motivated by her son Corom's daily multiple epileptic seizures beginning at 18 months old, followed by his diagnosis of autism, she was instrumental in the formation of the Giant Steps Steering Committee which lobbied



Deidre Triffitt. Picture supplied.

the State Government to commit \$225,000 in 1994 to redress the absence of any such service in Tasmania.

This was after Deidre had

spent \$300,000 from 1991 to establish a parent support group, and to discover the Canadian Institute of Neuro-Integrative Development's Giant Step programme.

Corom began treatment at its satellite school, with Triffitt and husband, Kim working a year as cleaners to help foot his tuition.

Their dedication further drew Giant Steps founder, Darlene Berringer to the island state to gain political and community support for forming Giant Steps Tasmania.

Now the happy young adult Corom has carers and family supporting and watching over him at his independent unit on the family property near Deloraine.

## Farewell to a local author

DAVID LAING passed away on the 18th March, 2017 at the Deloraine Hospital after a long illness. He was seventy three.

When he was eight years old, his family emigrated from Scotland and settled in South Australia.

As a teenager he played league football with the Port Adelaide Football Club and represented South Australia in a game against Victoria.

After graduating with a Bachelor of Education degree, David taught at schools in the Northern Territory, South Australia and Tasmania.

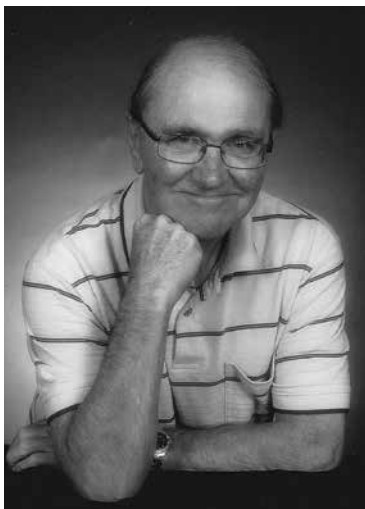
During this time he started theatre groups in the towns where he was teaching and both directed and acted in one act plays and musical comedies.

His love of fly fishing began forty years ago when he was Deputy Principal at Geeveston Area School in the south of Tasmania. David enjoyed showing school students how to use a fly rod and tie their own flies.

After retiring, he and his wife Wendy settled in the Meander Valley where he joined the Deloraine Bowls Club.

He became a Level 2 Coach and was proud that he coached two young lads, Thomas and Matthew Mitchell to State level.

In 2008 he started writing young adult novels and his Forest Trilogy, 'Forest Spirit', 'Forest Shadows' and 'Forest Secrets' are in schools and State libraries in Tasmania, the mainland and are also distributed overseas by his publisher.



David Laing, photo supplied

He is survived by his wife, Wendy, daughter Carla and grandchildren, Tiahn and Kelei.

## 29 years since ET played footy

THE ELIZABETH Town Football club held a reunion after ceasing existence 29 years ago.

With 80 to 90 in attendance, five were members of the 1961 premiership team, and eight were former senior coaches.

90 year-old Mr Jack

McKenrick, a premiership player and a foundation-turned life-member of the club, was the oldest attendee.

With memorabilia and laughter abounding, the reunion was held at Railton; the club's last location after it lost its grounds.

### MEANDER VALLEY - GET INVOLVED

## Riverbank Easter festival

THE EASTER Festival will be on again this year. As for the past fifteen years, it will be held by the riverbank in Deloraine on Easter Saturday.

There will be a free sausage sizzle, face painting, a wind tunnel and plenty of other activities. Circle games and various volleyball-type games invariably are popular as is the tug-of-war. Thomas the Tank engine will be running all day.

Tea, coffee and cakes will be available. And there

will be music.

The event, hosted by the combined Christian churches of Deloraine, is the churches' way of sharing the joy of Easter with the local community. The festival begins at 11 o'clock and finishes at 3 o'clock on Saturday, 15th April.

The closing part of the festival is a combined Easter Day service by the river on the Sunday, 16th April.

For more information, please contact John Phelps on 6362 4488.

## Snaps with your smartphone

IF YOU would like to get clearer about using your smartphone to take photos, come along to the Deloraine Online Centre on Tuesday 9th of May at 2.00pm for a one hour free session.

The session will cover taking, viewing, editing, backing up and sharing photos via text and social media. For further information please call Anne-Marie on 0417 120 671.

### IN THE GARDEN WITH NELL CARR

THERE ARE about 2000 different species of Euphorbias, from the prickly monsters of Africa to the tiny ground covers of temperate zones.

Among the most bizarre of the smaller species just has to be the succulent *Euphorbia medusa*, which, as the name suggests has a tangle of prickly foliage strongly reminiscent of the mythical Medusa, whose hair was a nest of snakes. The flower is a single pendulous brown medallion of a rough cardboard texture. These were first noted at the Launceston Horticultural Society's show in February.

You can see Euphorbias at the Great Western Tiers Visitor Centre, Deloraine.

The award winning garden at the Centre boasts three species of Euphorbia. *E.characias* is the taller of the three. This bears a mass of green/yellow bracts masquerading as flowers in January. *E. myrsinites* is a ground hugging succulent with attrac-

tive silver foliage, and the fine-leaved Cypress spurge *E.cyparissias* (pictured) has umbells of greenish yellow in Spring. This one can be invasive, so any which stray from the confines of the border should be removed, but it makes such a useful ground cover, that it has a place in the flower garden.

#### In the vegie garden

Sow onions, spring onions and broad beans. Seedlings of the Brassicas may be planted out in heavily enriched soil once the cabbage butterflies have gone.



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# Rosevale Revival

The Rosevale Wood Chopping Carnival is on the 22nd of April at the Rosevale Hall grounds, pictured are competitors from last year.

Photo by: Mike Moores

AFTER A successful revival last year, the wood chopping carnival is back on 22nd April.

Starting at 11.00 am at Rosevale Hall Ground, the Tasmanian branch of the Veterans Car Club of Australia and the The Copper Art Gallery are among the guests invited plus on show will be a variety of market stalls.

The event is organised

by the non-profit Northern Tasmanian Axemens Association. Together with the main wood chopping attractions, the Hall's little shop will be dishing out a delicious barbecue lunch served with hot or cold drinks.

To reach Rosevale Hall, head out from Hagley on Selbourne Road, Westwood Road or Bridgenorth Road

until you spot signage on the ground's gates.

You are invited to come and spend an enjoyable day supporting this carnival's rebirth in the Meander Valley.

Free admission to the ground. Just bring your wallet for the lunch.

For more details, contact Ruth and William Smith on 0418 137 120.

## New name, same service

FOR THE past 46 years the meal delivery service in Deloraine has been known as 'Meals On Wheels'. Due to the uncertain future of meal supply in Tasmania, Aged Care Deloraine has taken on the service as part of their business and it will now be called 'Kanangra Meals'.

Despite the name change

there will be no change to how the Volunteers pick up and deliver the meals and no change for clients in the cost or the way they receive their meals. New clients seeking to receive meals, please contact Aged Care Deloraine on 63 62 8300; to volunteer for this wonderful community service: Beverley Jordan on 63 622 801.

## Good Guy delivers

By David Claridge

THE 2017 POLLIEPEDAL took off from Hadspen in early March, a three-day journey for politicians on bikes to raise money for diabetes.

A team of 16 riders, including five state politicians started at the Hadspen Discovery Park. Along the way, the cyclists made several stops, including one at Cressy District High School.

Diabetes Tasmania CEO Caroline Wells explained that the growing support of Pol-liePedal was a strong sign Tasmanians are realising the importance of health educa-tion and starting to take notice

of diabetes and the risks asso-ciated with the chronic illness.

"The event is vital, both as a fundraising initiative to assist us to deliver services, advocacy and support for people with diabetes, as well as providing an opportunity to engage with schools and local communities to convey important prevention and healthy lifestyle messages," Ms Wells said.

"In 2006, Pol-liePedal com-menced its partnership with Guy Barnett MP, who has type 1 diabetes, and since then the annual fundraiser has attracted many local, state and federal politicians as well as members

of the Tasmanian community.

Diabetes Australia Ambas-sador, state government min-ister and Liberal member for Lyons, Guy Barnett, said the event has gone from strength to strength over the years.

"I have ridden every single kilometre of Pol-liePedal since its inception in 2006. I am proud that since the first event we have raised more than \$560,000 to support people living with diabetes through provision of vital support and services to ensure Tasmani-ans can live well with diabe-tes," said Mr Barnett.

A new addition to this year's Pol-liePedal was Her Excellency Professor the Hon-ourable Kate Warner, AC, Governor of Tasmania.

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# Take the rubbish home with you.

By Deb White

"WHO WOULD do this?" was the question on everyone's lips as a group of Weeena residents made their way down the verges of Bengo and Dunorlan roads on Clean Up Australia Day (CUAD), picking up an assortment of rubbish apparently thrown from cars by drivers who seem to care little about their own environment.

10-year old Nell was the first to speak the question "Who would do this?" thereby expressing the indignation of the group of 17 residents that responded to the Council invitation to register with the Australia-wide CUAD, as they tackled the problem of unsightly litter along our roadsides.

Extricating bottles, cans,

drink containers, car parts and worse from the roadside ditches, all were astonished by the thoughtlessness of those who threw them there in the first place.

Brought together by Weeena Hall Committee member Annie Robinson, the group assembled at the Dunorlan turn-off on Sunday 5th March to receive their safety gear and briefing from Council Works Director Matthew Millwood, and were then on their way, resplendent in Hi-Viz vests, gloves and hats, followed by the flashing lights of the Council works truck which took away the bulging bags of rubbish at the end of the 2 hours' work.

Project initiator Cr Deb White reports that she began to formulate the idea after picking up roadside rubbish while walking in Exton. Putting this together



Members of the Weeena 'Clean up Australia Day' crew check out one of the new signs on Bengo Rd. Photo supplied.

with a request from Annie for help in dealing with litter at Dunorlan, and the knowledge that community input would

fit well with Clean Up Australia Day activities, she obtained Council approval for supporting the event with safety gear

and signage. "Because the contents of my pick-up suggested youthful offenders, I wanted some signs that would speak to this demographic," said Cr White.

"We asked youth groups for ideas, and eventually came up with the final 3: 'Don't be a tosser - take your rubbish home with you!' 'Don't be a fool, litter's not cool'; 'Every litter bit hurts'.

These were erected by Council prior to the day, and will stay in place for a while to increase awareness of the need to take your rubbish home with you!

Due to the success of this initiative, the expansion of the project to involve other groups, school visits and the distribution of in-car litter bags will be raised for discussion at a future Council meeting.

To register contact: patrick.gambles@mvc.tas.gov.au

# Haylo brightens your day

By David Claridge

PEOPLE UNABLE to keep in touch with family members in aged care homes will now be able to simply use their smart phone or tablet to communicate.

A new app tailored for aged care homes called 'haylo' has been trialled at Tyler Village

with positive results.

Island Care Social Care Manager, Sue Atkinson, explains how they have been using the app at their eight facilities in Tasmania and Victoria.

"We have been using it for a year. Simon, who is one of the co-founders of haylo from Melbourne, approached me about using haylo for

volunteers and to test a new app. It's very much like Facebook but it is secure and only within the organisation," Ms Atkinson said.

Using an iPad, the social care staff can connect to haylo and record or take a picture of something a resident is doing and can post it to the resident. It will then filter out to all the family members that are connected. It works both ways so that the family members can reply however they want.

"We've had the family of a resident living out of Australia. His great grandchild has been born and the staff can show him pictures and videos through haylo.

"We performed a trial last year where 60 residents and their families participated. After that, 24 opted to continue using it.

"It's the ones that live interstate or overseas that can really benefit from haylo and it only costs \$5.00 per month.

A new aspect to be used in the future is the ability to print the stored pictures from a resident which can be used



Leila Bellchambers, 89, a resident of Tyler Village, Prospect Vale

as a Christmas present or in the unfortunate time of their passing as a keepsake for their families. For further information visit [www.haylo.com](http://www.haylo.com).

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An Australian Government Initiative



# ROTARY CLUB OF DELORAINE 60 YEARS OF SERVICE

## The Rotary Club of Deloraine recently celebrated 60 years of service to the local and international community

Proceeds from the Tasmanian Craft Fair provide funds for our projects, both local and international  
Some of the projects undertaken with the profits from the Craft Fair are shown here



Deloraine Swimming Pool – money and labour provided to construct original pool; improvements over the years; free swimming lessons held every year



River bank project to clean up the Meander River started in 1976 with the aid of other service clubs

Duncan Howe, Bill Muldoon and John Dare presenting Christmas parcels in 2016



Centenary Tree planting in 2015, in conjunction with Deloraine RSL and Meander Valley Council

Planting poplar trees in 1965 and 1972



International project – Eye Clinic in Nepal to provide cataract surgery for people in remote areas

Giant Steps – significant funds donated at outset and funding for ongoing projects



Pontoon on the Meander River – originally completed with many upgrades over the years



Grenoch Home – support for all aged care facilities with new buildings and equipment



First pedestrian bridge built crossing the Meander River in 1993

Second pedestrian bridge crossing the Meander River, completed in 2004



Deloraine Hospital – continual support over the years with equipment and refurbishment of the Palliative Care Unit



Railway crossing – assisting Meander Valley Council in providing safe access to Deloraine Swimming Pool

Mole Creek Online Access Centre – financial support to complete the new building



Model United Nations Assembly – a youth debating forum for Year 10 students, held each year in Deloraine



### Social events ...



Social cricket game



Mulga Bill – Bill Muldoon and Tony Wadley

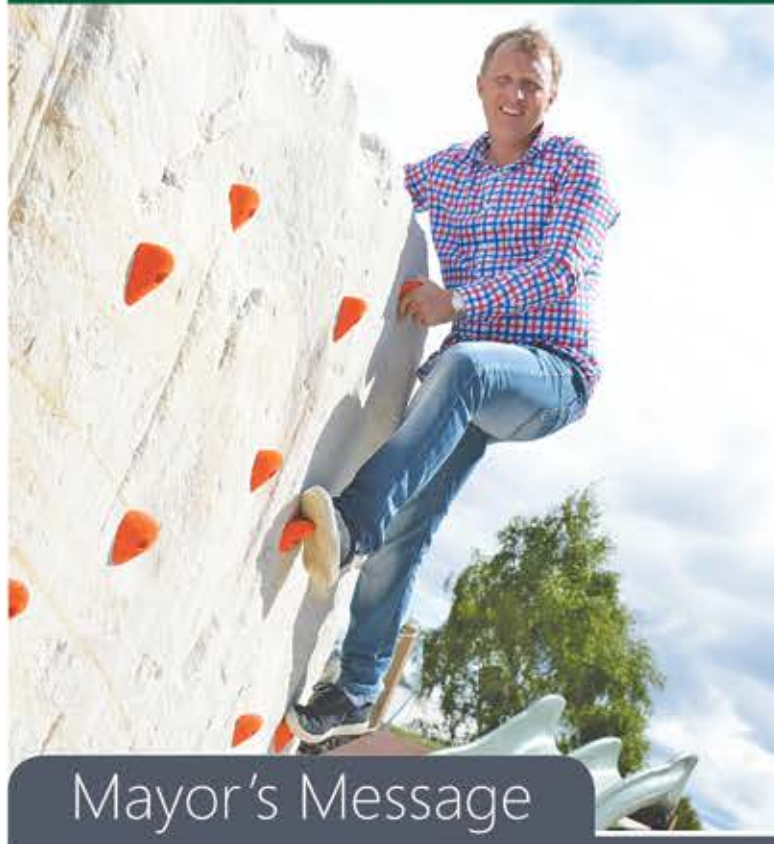


### ... having fun



If you are interested in becoming involved in the Rotary Club of Deloraine please contact Annette Viney on 0412 437 417

# VALLEY VIEWS



## Mayor's Message

Above: Mayor Craig Perkins tackles the climbing wall at Prospect Vale Park's new all inclusive playground.

Last month, it was an absolute pleasure to be invited to officially open the 2017 Garlic and Tomato Festival at Selbourne.

A celebration of farm gate produce, the festival represents the innovation of Meander Valley's rural community.

In 2014, festival founder Annette Reed was the recipient of the Rural Industries Research and Development Corporation Tasmanian Rural Women's Award for her project to explore niche market tomato and garlic enterprises in the US and Canada.

In what is a clear correlation of rural resilience, Annette also founded Rural Help @ Hand - the recipient of this year's festival proceeds.

This grassroots organisation assists rural patients and their families following disabling accidents or trauma by providing practical and emotional support.

Not surprisingly, Festival patrons thoroughly enjoyed the paddock to plate produce from local suppliers and presentations by ABC Gardening Australia's Angus Stewart and Geronimo Apertivo Bar and Restaurant's head chef, Sam Pinkard.

Now in it's third year, the Festival demonstrates the innovative possibilities for small

rural holdings throughout Meander Valley. These events educate, engage and promote all that the municipality has to offer and support both the economic development of the region and connections within our rural communities.

Over the past few months you may have noticed that contractors have been working hard to complete the new playground adjacent to Harley Parade at Prospect Vale. The project suffered significant delays due to the ongoing wet ground conditions last year and the complexity involved in the creation of some of the features.

I would like to thank you for your patience during this time and invite all residents to an official opening between 10am and 11.30am on Friday 21 April.

Come down and take part in the excitement of a chicken and egg hunt, enjoy a sausage sizzle and explore Council's first all inclusive, naturally inspired playground.

You never know, you may even find the answer to that age old question...what came first? The chicken or the egg?

I'll see you there!

Mayor, Craig Perkins

## Kicking Goals

Four of Meander Valley's ovals are now sporting new goal posts. Constructed to AFL Standard, Council's work crew has done a fantastic job completing the installation at Prospect Vale Park, Bracknell, Deloraine and Westbury sports fields.

The new goal posts were a jointly funded initiative supported by the Stronger Communities Programme, AFL and Meander Valley Council.



Above: The new AFL Standard goal posts installed at Prospect Vale Park.

## Council seeks an end to the freeze on assistance

Each year, local councils receive funding from the Commonwealth Government's Financial Assistant Grant programme. This grant is used by councils to provide and maintain local services and infrastructure.

Since 2014, there has been a freeze on the indexation of this funding. This means that the funding received has remained static, while

costs across all sectors have risen in line with inflation.

"Since 2014, we have had to maintain service and infrastructure levels with less and less funding, which impacts our budget" Mayor Craig Perkins said.

"The cumulative shortfall for Meander Valley Council has been significant and has prompted us to join oth-

er local councils in urging the Australian Government to restore the indexation to this funding which they committed to do in this year's Federal Budget.

Unless the freeze on indexation is lifted, maintaining service levels for our communities will become increasingly challenging" Mayor Craig Perkins said.

## School Holiday Programs



### BE A MAN

**19 April • 9am - 4pm**  
Deloraine, Venue TBA  
Free program for young men (14-24yrs) designed to empower participants to take ownership of their lives and reach their full potential. For information visit [www.theotherside.site/](http://www.theotherside.site/)



**BASKETBALL SKILLS & 3 ON 3 SLAMBOREE**  
**26 April • 10am - 4.30pm**  
Deloraine Community Complex  
Free event run in partnership with Deloraine Junior Basketball Club. Consent forms required. All welcome.



### LITTLEBIRD

**19 April • 9am - 4pm**  
Deloraine, Baptist Church Hall  
Free guided program for young women aged 12-18 years, that helps to promote self worth and uniqueness. Spaces limited.



**SCRAPBOOKING (11-18yrs)**  
**27 April • 1pm - 4pm**  
Westbury, Town Hall Supper Room  
Bring your own photos and turn them into a piece of artwork. Limited spaces, \$10 per person.



### PADDLING

**20 April • 10am - 4pm**  
Meander, Huntsman Lake  
Young people (11-18 yrs) are invited to register. Kayaks and life jackets provided. Bring your own lunch. Transport is available from Westbury and Deloraine. Cost is \$10.



**MIDNIGHT BASKETBALL LOCKOUT SLAMBOREE**  
**28 April • 7pm - 12am**  
Deloraine Community Complex  
For high school and college students. Open to all skills and abilities. Barbecue from 7pm. Consent forms required. All welcome.

For further information, or to register for an activity, contact **Vicki Jordan 0400 155 690** or email [vicki.jordan@mvc.tas.gov.au](mailto:vicki.jordan@mvc.tas.gov.au) For activities that require parental consent forms, these will be available at the venue or can be downloaded from [www.meander.tas.gov.au](http://www.meander.tas.gov.au)

**The Chicken & Egg Scramble**

**What came first?  
The chicken or the egg?**

Find out as you scramble through the new all inclusive playspace on the hunt for chickens and chocolate eggs!

**Sausage sizzle from 10am  
All welcome!**

**Friday 21 April • 10am - 11.30am**  
Prospect Vale Park Playground  
Harley Parade, Prospect Vale



## Westbury remembers the last great cavalry charge

This year, we commemorate the centenary of the Australian Light Horse "Battle of Beersheba".

On 31st October 1917, the 4th and 12th Light Horse Regiments charged the trenches surrounding the Turkish held town of Beersheba, capturing the stronghold.

Previously proving impenetrable, the victory at Beersheba paved the way for troop advancements into Jerusalem. More than 1000 Turkish soldiers were captured while the Australian casualties were comparatively light.

At the outbreak of WWI, many young men from the local area joined the Australian Army.

Each Anzac Day, soldiers from the Westbury, Hagley, Exton and Carrick areas are honoured at the

two services held at the Westbury Cenotaph. This year we honour Sgt N.E. Harvey and Lance Cpl J.A. Viney. Both soldiers were in the 3rd Light Horse Regiment. Descendants of these soldiers have been kind enough to supply information and memorabilia which will be on display at the Westbury RSL rooms on Anzac Day for all to see.

The Westbury RSL will be providing breakfast after the Dawn service at 6am, and a light lunch after the mid-morning service at 11am. All are welcome to attend.

As records may be incomplete, if you have knowledge of relatives who were in the Australian Defence Force in WW1, come and view the Westbury RSL's Honour Board to ensure their name is listed.



Above: John Donaldson and Sinai Beth

This year, we are very proud to have John Donaldson and his mount Sinai Beth in Light Horse uniform attending the mid-morning service at 11am. In addition, pipers will be present at both services.

## Where the grass is greener

Mayor Craig Perkins has tested out the new surface upgrades to the soccer ground at Prospect Vale Park and is impressed with the revamp.

"The surface upgrades were completed as part of the Prospect Vale Development Plan and the improvements will mean less down time

during wet weather," Mayor Craig Perkins said. The irrigation has been connected to the new automated control system which will improve maintenance efficiency and water use.

The grounds will be open to sporting clubs for use before the end of April.



# FAST FACTS

Meander Valley's municipal area covers **3,821km<sup>2</sup>** with a population of approximately **19,600** people.

There are **223** bridges and our road network covers **821km**.

Meander Valley Council is made up of a Mayor and 8 Councillors who guide the development of local policy and services by advocating community priorities, projects and plans.



Working for Meander Valley



**Lynds Creek, Old Gads Hill Road**  
Installation of box culvert and improvement of road alignment.



**Black Hills Road, Hagley Station Lane**  
Reconstruction of pavement and completion of new drainage works.



**Meander Valley Road, Carrick**  
Installation of new kerb and channel including extension of the footpath to Church Street.



**West Parade, Deloraine**  
Kerb and footpath renewal work near West Church Street.



**Whitemore Road**  
Reconstruction of pavement and completion of new drainage works.



## Anzac Day Services Tuesday 25 April

### Carrick

Morning service from 7am, Memorial Park

### Hagley

Morning service from 9.45am, Hagley Recreation Ground

### Westbury

Dawn service from 6am, Westbury Cenotaph

Morning service from 11am, Westbury Cenotaph

### Deloraine

Dawn Service from 6am Deloraine Cenotaph

Morning service from 11am, Deloraine Cenotaph

Residents are reminded that for the purpose of conducting the Anzac Day march and services, the following roads will be closed to all traffic:

**Deloraine:** Emu Bay Road at the Highland Lakes Road junction to west of the bottom roundabout and West Parade from 5:45am to 6:30am and from 10:30am to 12:30pm.

**Emu Bay Road** between middle roundabout and West Parade from 5:45am to 6:30am.

**Emu Bay Road** between Parsonage Street and West Parade from 10:30am to 12:30pm.

Motorists who would normally use the Deloraine bridge and township during these times will need to divert via the Bass Highway.

**Westbury:** Lyall Street between the Town Hall car park and Lonsdale Promenade and Lonsdale Promenade between Meander Valley Road and King Street will be closed from 10am to 12pm.

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## Date Claimers

**Stainer's The Crucifixion** 14 April • St Mark's Anglican Church, Deloraine

**Mole Creek Market** 15 April • Mole Creek Hall

**Colours of Culzean - Open Garden & Plant Sale**  
22 April • 1 William Street, Westbury

**Originals Only Night** 22 April • Little Theatre, Deloraine

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By Lorraine Clarke

IN TODAY'S workforce it pays to be multi-skilled. The career one trains for often morphs into something different altogether.

Bryan Pearce of Hadspen has mastered several occupations, and at 90 years of age, he enjoys a demanding physical job that has changed little for millennia.

Many Meander Valley residents have met Bryan at market stalls, Agfest and the Tasmanian Craft Fair, where he is a regular, selling hides he has tanned and handcrafted sheepskin items. "I only missed the first Agfest," he said. "I've been at every other one, and every Craft Fair."

Bryan is a keen gardener, growing his own fruit and vegetables, including cannon-ball-sized onions and a bumper crop of luscious tomatoes.

"I've made 100 jars of tomato relish so far," he said. "I do about 40 jars at a time to sell at church fetes." His raspberries produce so well that he tires of picking them.

"When I left school, I returned to the family's mixed farm for a while, then went into banking. After the War I realised I wasn't suited for working in a bank and travelled to New Zealand to learn farming. I started dairying at 'Midlothian' in Parkham. I milked 12 cows to start with, and built up to 186 cows by the time I left. I used to grow the best grass and chou mouellier in the district. People wondered what my secret was. I just put on a lot of fertiliser."



Bryan Pearce, 90 of Hadspen, hoists a hide from an tanning solution to inspect its progress.

Photo by: Mike Moores

## Not too old to tan your hide

Bryan began tanning as a hobby about 40 years ago because he had nothing to do on the weekends. Working days start early in the tanning shed. "The alarm goes off at 6:15. I lie there and listen to the radio for an hour. Then I bound out of bed at 7:17. People say that's a ridiculous time to get up. I say, Why? 7:17's as good as any other time."

Hobby farmers who get

their own meat butchered often want to use the hides as well, and send them to Bryan. Skins are trimmed and washed, then spend a number of days in an acid pickle before soaking in tanning solution. Large wooden frames stretch the hides while they dry, then they are oiled and softened. "I've tanned all sorts," said Bryan. "Cattle, sheep, deer, goats, kangaroos,

alpacas, rabbits, fish, possum and quoll skins."

Soaked Friesian or red, shaggy long-haired Highlands hides are heavier than Bryan when wet. He recently installed a hydraulic gantry system to lift them out of the baths. "It was getting too hard lifting them with pulleys," he said.

After a morning in the tanning shed he spends hours

on the overlocker, crafting sheepskin items as diverse as wool-lined caps, vests, moccasins, insoles, hot water bottle covers, saddle pads – all natural products perfect for comfort and warmth in our bleakest winter.

Bryan's enthusiasm for life and hard physical work seems to be the elixir of youth. He has no intention of retiring from the tanning business any time soon.

"Come back in ten years, and see how I'm going at 100!"

## Warm your heart and the boards of the Little Theatre Artist Awards

FOR ALMOST the 20th time, the Deloraine Dramatic Society (DDS) will again host its Originals Only Night [OON] at the Meander Valley Performing Arts Centre's Little Theatre on Saturday 22nd April.

The event gives all sorts of original artists and artisans from across Tasmania, many having a musical persuasion, each 10 minutes to share their own new and origi-

nal works to a growing and appreciative audience.

"Many musicians and performers return for the vibes and the chance to catch up with other artists. And there are always those who show up for the first time, surprising and delighting all on the night," says Suz Haywood, DDS committee member and coordinator of its 2017 OON.

So you might see a new musician experience his first

live audience under the watchful support of their music teacher; an old hand sharing a still raw and evolving song freshly crafted that afternoon; dancers grooving to the music; a student metal band honing songs played at the state-wide Battle of the Bands comp; and poets reaching into their thoughts and hearts.

"Our Originals Only Night has a spontaneous and eclectic nature to it.

You are left moved by how creatively clever and generous people can be," Suz adds.

New performers keen to start their performing experience in the hands of this supportive OON can call Suz on 0409 695 200.

Tickets are \$8.00 with a great supper included.

7.00pm - 10.00pm Little Theatre Deloraine.

THE TASMANIAN Craft Fair (TCF) is calling for submissions for its Tasmanian Young Artist Awards (TYAA) by any child in full-time education from grades 7 to 12 at any Tasmanian school or college, who is aged under 18 at the time of application.

For more info visit [www.tascraftfair.com.au/awards/tasmanian-young-artist-awards](http://www.tascraftfair.com.au/awards/tasmanian-young-artist-awards). Applications close on 1st July 2017.

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Authorised by Diana Butler OAM 71 Abbott Street, Launceston

**By Joanne Eisemann**

AS A winemaker you probably wouldn't expect to win a gold medal with your first vintage of a variety untried in Tasmania, yet that's exactly what White Rock boutique vineyard, located in the small Meander Valley hamlet of Kimberley, has achieved.

Established by Phil and Robin Dolan in 1992, White Rock began by producing Chardonnay and Pinot Noir with their first vintage in 1997, before introducing Riesling and Pinot Gris to their mix as the years progressed.

Looking for another cool climate red to grow, Phil chose the Dornfelder.

"Customers were often looking for heavier reds and this variety was bred by the Germans to be grown in cooler climates to address that need," explains Phil adding "I think it's a good variety for Tassie because we can't always ripen cab sav and shiraz".

Phil asked the Woodlea nursery at Scottsdale to grow the first vines which, when planted, yielded half a ton of grapes five years later. With such a small crop Phil had some difficulty in finding a winemaker to turn it into wine. Eventually he found the winemaker at Frogmore Creek Winery in Cambridge who was eager to take the job on as he was keen to be

experimenting with a new variety in Tasmania.

Known as 'Dawn Red' that first vintage went on to win a gold medal for 'Best Other Red' at the prestigious International Cool Climate Wine Show in Red Hills, Victoria in 2014.

"People have been quite excited about it, but we don't have much to push it hard yet," mentions Phil. "140 cases for sale this year, we have a lot of vines grafted over so we should be able to get up to about 500 cases of just Dornfelder".

When researching to find other Dornfelder growers in Australia, the Dolan's were unable to find any.

They contacted Woodlea Nursery to find out where they had sourced the original cuttings and found they had come from the Riverland Vine Improvement Association.

Phil relates their response when he called them to find out more - "Yeah, we got some in from Germany, nobody seemed to like it so we've ripped most of them out now." So, at the time of their win, White Rock was the only vineyard in Australia growing Dornfelder.

"If it is grown in hot areas they get massive yields, but it does not make a good quality wine.

"The Dornfelder ripens the same time as the Pinot Noir that's why it's a good other



Photo by: Mike Moores

# 1st prize nectar

Wine from go to whoa. Phil Dolan of Whiterock Vineyard in Kimberley surveys his Dornfelders.

red for Tassie." "The reason why Tasmanian or cool climate wine is more flavoursome is because heat kills the acid. I liken it to slow cooking; the grapes ripen slowly so the acid and the sugars balance, but when it's too hot the acid gets killed and it is all sweet. But here, we get a good balance". Harvest of their crop takes

place sometime in March, depending on the season. Once harvested the grapes are trucked to Frogmore Creek. "Then we get it back in bottles, we leave it to them because they are the experts. We also sell grapes to them as a crop which helps to offset the cost making the wine," shares Phil. After trying several methods

of selling, Phil and Robin have engaged an agent who sells their wine to restaurants in Hobart and Launceston. "Someone called in the other day. They had a bottle of our Dornfelder in Muirs in Hobart. They liked it so much they wanted to come and buy a case," says Phil. For more, visit [www.whiterockvineyard.com](http://www.whiterockvineyard.com).

## Elders opens

ELDERS IS opening a new store in Deloraine. Officially opened on the 17th March the store is located at 35 East Parade.

Adrian Rattray comments "Elders is very excited to strengthen its retail presence in the Deloraine area with the re-opening of the Deloraine Branch. We continue to have a strong market share in the area but recognise that to offer a full service we need to have a presence in the town. The past has seen some hard decisions that had to be made, but now with financial stability and strong business growth Elders are in full re investment and expansion mode right across Tasmania."

## Ag Expo

TASMANIAN AGRICULTURAL Productivity Group (TAPG) will be holding its third consecutive Precision Agriculture Expo on Thursday 20th April at the Deloraine Rotary Pavillion.

The event is free and will focus on Tillage and Seeding and includes a field robotics demonstration and spatial technology displays.



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# These routes are made for walking

By David Claridge

FOR AROUND thirty years Hagley-based Tasmanian Walking Company has given people the opportunity to experience Tasmania in a completely different way - away from the trappings of technology and a busy lifestyle by getting back to being active around nature.

With three tours available, the Cradle Mountain Huts Walk, Bay of Fires Lodge Walk, and the Wineglass Bay Sails Walk, and the development Three Capes Lodge Walk, the company has recently purchased the Twelve Apostles Lodge Walk in Victoria with further plans to expand their business.

Gazette reporter, David Claridge, spoke to General Manager, Heath Garratt, to find out what made the Tasmanian Walking Company the exciting and unique business it is today.

**David:** How did the business come about?

**Heath:** We started in 1987, with the opening of the private huts on the Overland Track designed by Ken Latona. It was a pretty big deal at the time, having commercial infrastructure in a National Park which is of course a public asset. Since then wilderness tourism, or eco-tourism has really developed.

**David:** Why are you interested in eco-tourism?

**Heath:** I personally think it is an important part of tourism, also, for our wilderness areas that as many people as possible can make a meaningful connection with the wilderness. That's our driving force, to give people an amazing, meaningful holiday experience. But also to let them connect with our wilderness areas, to see why it's important that we protect and conserve them.

**David:** How do you go

about employing people?

**Heath:** The main criteria is two-fold; one is a passion for what we do; and secondly, we only employ people we think our guests are going to want to spend 4-6 days with. They have to be engaging and vibrant. We actually get a lot of people seeking us out. Adventure and eco tourism in Tasmania is really strong at the moment, and it should be, because we have a lot of great assets. We find lots of mainlanders coming here looking for work. As a result, between the locals and the mainlanders, we find we don't have to try very hard to recruit.

**David:** How do your walks appeal to customers?

**Heath:** There is an adventurous side to what we do. People do, to a degree, need to step out of their comfort zone. The important thing about what we do is we take people into those areas, on bushwalks that provide

high levels of comfort and support with things such as three course meals and a glass of wine at the end of the day, hot showers and a comfy mattress.

On the Tasmanian Walking Company's website, the company's philosophy is explained; 'This is your holiday. Spend time reconnecting with friends and family or simply giving yourself some

space. This is very important to us, so we make sure the small things are taken care of. From the moment you join us, the adventure begins - no need to worry about a thing - we have it covered!'

---

The company was featured in MVG's December edition, having won the Eco Tourism Award at the Tasmania Tourism Awards.

Now they have another reason to celebrate, recently being awarded gold in the National Tourism Awards.



Mt Ossa summit: Tasmanian Walking Company opens up a feast of visual delights for clients. Photo by: Tasmanian Walking Company

## Bridge over troubled waters

By Patsy Crawford

THE WAIT to walk into the Liffey Falls from the lower camping ground is finally over. Following replacement of a bridge and reconstruction of about 1.87 km of walking track the walk is set to reopen this month.

The work, carried out in March, required a helicopter lift of a 12-metre galvanised modular steel truss bridge which was prefabricated in three sections and bolted together on land adjoining the park. The 960 kg, 12 metre bridge, which has a tread of non-slip fibreglass reinforced plastic, spans Quinn Creek allowing the track to link with the existing walk. It was airlifted into the park on the 18th March by Tasmanian Helicopter

Service. The Squirrel helicopter, piloted by Andrew Kerr, also removed debris and equipment from the damaged site.

A spokesman for Parks and Wildlife Service said it had been necessary to close the track last June following severe flooding of the area which caused extensive damage to the boardwalk and destroyed two bridges. The track is gradually being rehabilitated and now follows a route that utilises the topography more smoothly.

According to the Western Tiers Visitor Centre in Deloraine, the reopening of the lower falls track cannot come too soon. Along with Cradle Mountain it was the premier attraction in the area. A steady stream of disappointed visitors had been turned

away from the site in the nine months since it had been shut.



A chopper lifts the Liffey foot bridge into place in order to reopen a popular Falls track.

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## Events Diary

Planning an event? Then make sure everyone knows about it. Simply email the details to [editor@meandervalleygazette.com](mailto:editor@meandervalleygazette.com) - remember to plan in advance so you don't miss out!

Date and Time	Event	Details
Sunday 9th April 2.00pm	English Folk Singer Kirsty Bromley	Marakooopa Café Amphitheatre Doors open 1.00pm for lunch prior to show Tickets \$15.00 Ph: 6363 5033
Sunday 9th April 2.00pm	Westbury & Districts Historical Society	Westbury Town Hall Supper Room - Add your name to form at Westbury PO or leave a message on 6327 4872
Monday 10th April 7.30pm	Westbury RSL Sub-Branch AGM	RSL Function Room, 7 Lonsdale Promenade Westbury AGM open to all Members
Tuesday 11th April 2.00pm - 3.00pm	Getting Smart with Smartphones	Deloraine Online Centre Booking recommended, drop ins welcome call Anne-Marie: 0417 120 671
Wednesday 12th April 10.00am - 10.45am	Storytime Sessions for Pre Schoolers	Westbury Community Health Centre No need to book For more info Ph: 6701 2100, 6393 1439, 0417 120 671
Thursday 13th April 10.00am	Creative Aging Festival - 1st planning meeting	Kanangra Training Room, Kanangra Drive, Deloraine Enquiries Alex 0409 891 118 All welcome incl businesses
Friday 14th April 7.30pm	Don Chorale presents Stainer's The Crucifixion	St Mark's Anglican Church, East Westbury Place, Deloraine Conducted by Kent Furnage Free entry
Saturday 15th April 11.00am - 3.00pm	Deloraine Easter Festival	On the banks of the Meander River at Deloraine between swimming pool & caravan park
Saturday 15th April 9.00am - 1.00pm	Mole Creek Market	Join the Market Day Fun at the Mole Creek Memorial Hall, cnr Pioneer Drive and Caveside Road
Saturday 15th April 8.00am	Westbury Market	Anglican Hall across the road from the Village Green at Westbury More info Ph: 0417 931 619
Thursday 20th April 9.00am - 6.00pm	TAPG Precision Agriculture Expo	Rotary Pavilion, Alveston Dr. Deloraine Free event For catering purposes RSVP to terry.brient@gmail.com
Saturday 22nd April 9.00am	Freshman's Show Jumping Day	Westbury Showground <a href="http://www.westburyshow.com.au">www.westburyshow.com.au</a> Elizabeth Richards Ph: 0407 807876
Saturday 22nd April 11.00am	Wood chopping Carnival	Rosevale Hall Ground Market stalls and BBQ also For more info Ph: 0418137120
Saturday 22nd April 10.00am	Mole Creek Hall Committee Community Auction	Mole Creek Football Club Grounds Register auction items before 19th April Ph: 6362 3570 or 6363 1217
Saturday 22nd April 10.00am	Colours of Culzean - Open Garden & Plant Sale	1 William St. Westbury Visit this rarely opened woodland garden with mature trees Ph: 6393 2648
Saturday 22nd April 5.30pm	Siam Daughter (incl Thai Food & Del Big Band)	Del. Community Complex, Alveston Drive. Adults \$65 Family x 4 \$180 Tickets req'd from Elemental Artspace
Saturday 22nd April 7.00pm	Originals Night Only- Original Performances	Little Theatre, 2 Meander Valley Rd, Deloraine \$8.00 at door Ph: Suz 0409 695 200 Supper available
Tuesday 25th April	ANZAC Day	6.00am Dawn & 11.00am Services (Deloraine & Westbury), 9.45am Hagley Cenotaph and 7.00am Carrick
Monday 1st May	U3A Courses begin Term 2	Various venues
Thursday 4th May 8.00am - 5.00pm	AGFEST begins	Quercus Park, 415 Oaks Road, Carrick Ph 1300 243 378 Farm machinery, fine Tasmanian foods, craft, fashion
Saturday 6th May 9.00am - 1.00pm	Deloraine Showground Market	Deloraine Showgrounds, Highland Lakes Road, Deloraine More info Ph: 03 6369 5321 or 0409 695 321
Wednesday 10th May 10.00am - 10.45am	Storytime Sessions for Pre Schoolers	Westbury Community Health Centre No need to book For more info Ph: 6701 2100, 6393 1439, 0417 120 671
Friday 12th May 11.30am	Community Lunch	Rotary Pavilion, Alveston Drive, Deloraine Ph: Deloraine House on 6362 2678 for more info
Saturday 13th May	Country Rock, Rock'n'Roll & Old Time Dance	Parkham Hall Host: Wayne Lunson
Saturday 13th May 9.00am - 1.00pm	Liffey Market	Old Liffey School, 1443 Liffey Road, Liffey more info Ph: 6397 3670 <a href="mailto:quentonhiggs@gmail.com">quentonhiggs@gmail.com</a>
Tuesday 16th May 2.00pm - 3.00pm	Getting Smart with Smartphones	Deloraine Online Centre Booking recommended, drop ins welcome call Anne-Marie: 0417 120 671

# SERVICES DIRECTORY

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DEB Hunter Bowen Therapy Seppenfelts most Wednesdays. This month's tip, Bowen is great for chronic shoulder pain. Reg. Bowen Ass. Aust. For appt ph 6362 4242 or 6367 8142.

## LIFESTYLE

HAVE YOU achieved 150 minutes of exercise this week?

The Department of Health and Human Services recommends 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combination of both.

Being physically active is important to prevent heart disease and stroke, as well as improving many other health and well-being aspects.

Physical activity is anything that makes you move your body and burn calories. This includes things like climbing stairs, playing sports, walking

the dog and swimming. Aerobic exercise benefits your heart. Stretching exercises are best for flexibility and lengthening your muscles, and strengthening exercises are beneficial for muscle stamina.

Recently the CSIRO and Baker IDI Heart and Diabetes Institute presented the Diabetes Diet and Lifestyle Plan which is an evidence-based resource covering all aspects of Type 2 Diabetes prevention and control. Their plan incorporates a combination of lower carbohydrate eating and daily aerobic and strength exercises to reduce the amount of medication required with some people managing to reverse their

Type 2 diabetes completely. More than 350 million people worldwide have Type 2 diabetes, an estimated 800,000 Australian adults and many more undiagnosed, with around \$490 million spent on related medications in 2008 – 09.

Fitness provider, You & Me PT has assisted many people to get fitter and healthier. Some have followed training programmes and reversed their Type 2 diabetes. Recent funding cuts from Primary Health Tasmania removed the successful Strength to Strength programme aimed at the chronically ill to improve their mobility and pain management.

Getting started in any exercise programme is often the hardest part.

You & Me PT has several training programmes to accommodate all ages, abilities and income levels. Group Training, Open Studio, Personal Training, Aqua, Pilates and Yoga. If you are interested in starting and don't know where to begin, You & Me PT are introducing a new "Getting Started" exercise programme, aimed at the very beginner. It is a 10 week programme comprised of safe and effective exercises and a guide to healthy eating.

For further information please contact Liza Darrow on 0432 419 355.

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# SPORT

## Stop laughing - footy is serious!

By Joanne Eisemann

THE FOOTBALL glass ceiling in Deloraine is showing some serious cracks with Taneil Bloomfield offering training sessions for junior girls.

Taneil has been coaching junior boys football for the last four years and decided to offer these sessions as a starting point for girls footy, with a view to fielding a team in a regional league next year.

"The girls coming along are super duper keen. It's just a matter of getting some more involved," explains Taneil.

Also coaching basketball and netball Taneil says "the skills required for footy are hardest to learn but also the most rewarding once learnt," adding "it really is a fantastic sport, with 18 people on the field there is a lot of camaraderie amongst players and team spirit."

"It's different coaching girls" shares Taneil. "Boys grit their teeth and want to be heroes whereas the girls want to play together and have fun."

Girls aged 9-12 are welcome to attend the sessions at the Deloraine Football ground on Thursdays from 3.30 - 4.30 pm. Please wear footy gear and bring a water bottle. For more information, call Taneil on 0439 809 996.



Years 9 to 12 girls practicing football skills in Deloraine. In front, Cherry chases Adarie for the ball, back L-R Keah, Charli and Maddison.

Photo by: Mike Moores

## Getting into the swing of golf

By David Claridge

SOMETHING INSPIRING happened at the Prospect Golf Club in March.

Golf lovers who had lost the ability to play sport, were encouraged to attend as golf enthusiast and founder of Empower Golf, James Gribble came to show locals with disability, that hurdles can be conquered and fun can still be had.

"At Empower Golf we try and facilitate golf for people who can no longer play after accident or illness or someone who has never been able to play," James explained.

"What we're trying to do is establish Empower Golf Hubs in Tasmania where there are facilities set up with all of the

access and equipment to run golf clinics so people can play on a regular basis.

James, a quadriplegic after an unfortunate accident stumped medical professionals by recovering as much as he did and then put his determination and corporate background together to create Empower Golf.

With his Paragolfer, a German made all-terrain wheelchair, James could be elevated into a standing position so that he can swing a club and continues to play a sport he loves. He shared the vehicle with other wheelchair bound people, giving them a feeling they probably never thought likely again.

"People can use the paragolfer for pretty much any sport; fly fishing, basketball, archery or even if people simply want to meet people at eye level or want to stand up at a bar to order a drink."

It is James's dream for golf clubs all over Australia to have a paragolfer for people with a disability to hire and use as he does.

Empower Golf is based in Sydney and has been running for three years. This year they plan to run 200 of these clinics in Australia. They have 10 hubs so far, aiming for 30 by the end of 2017.

Lachlan Foulsham coaches Ryan Stott, 22 of Newnham, in the use of the paragolfer machine which cost \$40,000.



Photo by: Mike Moores

## Pro-Am: a pleasing prospect

By David Claridge

ALMOST 40 professional golfers including one from the UK came to the Prospect Vale Golf Club in March to show their skills and have a shot at the \$8,000 prize at the annual Pro-Am.

Prospect Vale Golf Club treasurer and organiser of the Pro-Am, Scott Limbrick, said that pros from all over Australia came to take part,

including the UK's Mathew Webb, who won the futures championship in Ballarat last year.

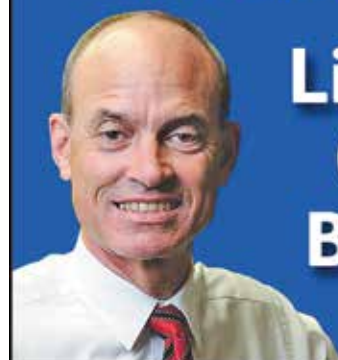
"The Pro-Am tour started in 1988 and this year there will be eight events state-wide with two in Launceston. The Prospect Vale pro-am has been held for the last 10 years after commencing in 2008 at the Country Club Tasmania course," Scott added.

"The pro-am tour allows Tasmanian professional golfers to compete with the mainland professionals for the biggest prize-winning events in professional golf in Tasmania."

It is a good opportunity for avid amateur golfers to compete at a high level and play alongside professional golfers.

Nicholas Russell of Queensland took out the prize money with the lowest score of 68.

Guy Barnett MP  
State Liberal Member for Lyons



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