



SHE SURE IS FLEXIBLE

Sarah travels the world to learn about yoga

> NEWS PAGE 3



ON THE CULTURAL TRAIL

Hundreds flock to NAIDOC celebrations

> NEWS PAGE 5



IT'S A BIRD, ITS A PLANE

Drones taking on mining

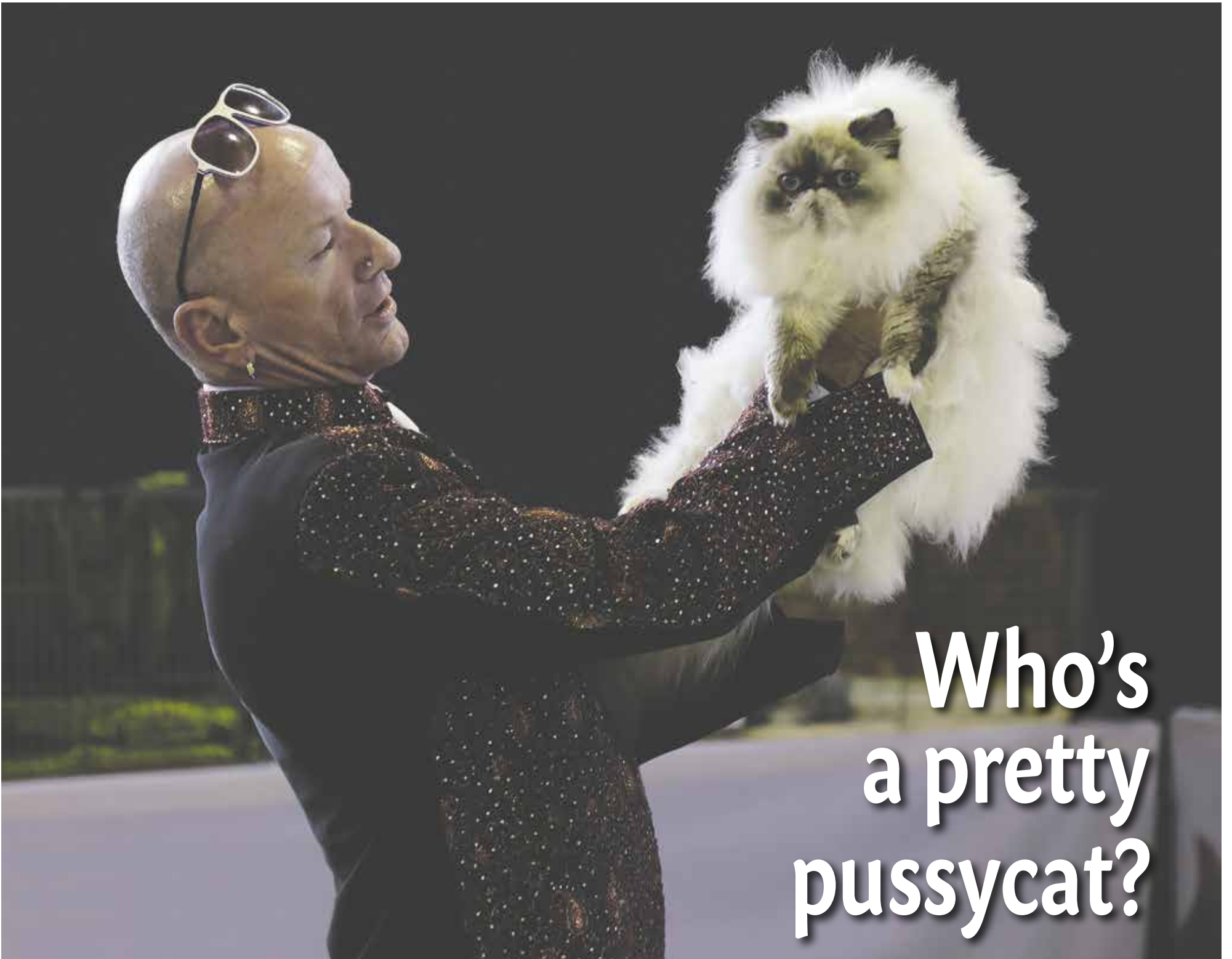
> BUSINESS P12

Meander Valley Gazette

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August 2017

Meander Valley Gazette *Your independent community paper*



Who's a pretty pussycat?

The purring of 200 pussy cats combined with the ooh's and ahh's of adoring feline-friendly visitors greeted all those who attended the National Cat Show, held at Entally Lodge in Hadspen. The nation's top moggies were judged by 10 judges who came from near and far; 1 from Tassie, 6 from the mainland, 1 from Asia, and 2 from America. Show manager Sue Dibella of Hadspen said that these cats are "the best of the best" and that the standard of all the entrants was extremely high. The show which ran over two days attracted in excess of 3,000 visitors. Pictured is Melbourne judge Roger Frittel with a Persian exhibit. Photo by: Mike Moores

Australia Day - Steady as she goes, says Council

By Sharon Webb

MEANDER VALLEY Councillors believe local government has no role deciding on a change to the date of Australia Day.

Following Hobart City Council's decision

to lobby for a change of date, Cllr Andrew Connor moved a motion at the July meeting that Meander Valley should join the lobby at the upcoming Local Government of

Tasmania meeting.

He said if modern Australia wants to be fully inclusive it needs to find a day to celebrate its nationhood which is acceptable to all people, possibly 1st January.

"Councils play a large part in community events on Australia Day around the country," Cllr Connor said.

"This year, Meander Valley Council held its Australia Day event on

25th January and no issues were raised by the community about it not being held on the actual gazetted national day," he said.

"Australia Day is important to many in our community but

also contentious to indigenous and non-indigenous people because the date is also viewed as Invasion Day."

Only Cllr Bob Richardson supported Cllr Connor's motion.

In My Opinion...

By Joanne Eisemann
Managing Editor

I SPENT a summer working at Hastings Caves and thermal pool in the far south of Tasmania in the early 90's. It used to amaze me that even though tourists were pretty thin on the ground in that part of Tassie at that time, the caves were different. In the peak season we would guide over a thousand people per day through the enormous Newdegate Cave; folk seemed to appear out of nowhere.

Looking back, I think that the history and promotion of the cave has a lot to do with its popularity. Found in 1917 by a group of treefallers from a local mill, the land around it was declared a reserve in 1919.

The road to the cave and cave infrastructure was developed during the depression when the state government used it as an employment project to help allay some of the poverty that abounded.

One of my then neighbours, Ernie, now passed, told me stories of working on that road. He would walk to work each Sunday afternoon

(about 35km) camp there all week and return home on Friday evening. The road was built by hand. He told me the work was so rough that eventually the workers kicked up and the government supplied them with boots as many had been working with no shoes!

The cave was opened to the public as a tourist attraction in 1939 and has been building momentum in terms of visitor numbers ever since.

To complement the success of our own local caves, it's good to hear that it has been decided to promote Meander Valley and the Great Western Tiers as THE place in Tasmania to go for short walks.

This area has a short walk to suit everyone especially with the kooparoonia niara Aboriginal Cultural Trail and the Carrick Historical Walk soon to come on line.

Over the coming months *Meander Valley Gazette* will run a series of articles on the short walks available so we all have the information to help make our local tourist and associated industries as successful as possible.

regularly to keep Councils informed. This process also keeps TasWater accountable to its chief owner, the people of Tasmania.

TasWater has a 10-year fully funded plan to upgrade infrastructure across Tasmania. This includes the \$300M plan for the Launceston Sewerage Improvement Plan, but does not include the Launceston combined stormwater/sewerage system. The Tasmanian Government's

plan does not change this. The Government wants to spend \$160 million of taxpayer money to do the takeover, and borrow over \$600 million – with no detailed plan and no detailed financial modelling.

The Tasmanian Government recently released an "independent report" that showed substantial planning is needed and workers and consultants will need to be brought in from interstate to enable the accelerated work.

By the Government's own admission, this is a risk to achieving their desired outcome. The Government's plan is to reduce the construction timeline to 5 years. Add in the pre-construction planning and preparation, the time to take over TasWater and at very best only 3 years will be shaved off the construction timeline, assuming all goes to plan.

Boiled water and do-not-consume alerts across a small number of communities are on track to be removed by July next year. In fact, the Mole Creek boiled water alert has been lifted despite a letter recently sent by the Premier to households detailing otherwise. Likewise, Council and TasWater have a very good understanding of the waste treatment needs at Westbury to support the planned growth of the industrial precinct, despite the Premier and Treasurer recently doing a media event on site that suggests a different view.

Financial projections show TasWater will continue to generate returns for Councils. Why are the TasWater distributions important to our community? Because they help Councils fund activities such as potential future capital expenditures in Deloraine's recreation facilities, the future investment Council is considering in the Westbury Recreation ground and Prospect Vale Park upgrades as demand continues to grow for sports such as soccer, AFL football and touch football. What we don't know, is what our TasWater income will look like after 2024/25. It could actually be nil. If part of our income is to suddenly disappear, then I am concerned that there is only one other source of income to replace it, and that is a substantial rate rise.

The worst outcome is a takeover that delivers no material reduction in the investment timeline, \$160m of government spending redirected from essential services and TasWater lumbered with \$600m debt that future generations will be paying for.

I don't think it is unreasonable to ask that a takeover bid only proceed with detailed financial modelling that shows our community is not substantially disadvantaged.

Craig Perkins, Mayor,
Meander Valley Council

I WOULD like to publicly thank the charity organisation Vinnies, who paid my quote for river bank amelioration, following the June, 2016 floods. I was in contact with the state Flood Task Force, but because I was not a primary producer, I 'slipped through the cracks', with regard to assistance. I was encouraged to be part of the ALRS, (Agricultural Land Rehabilitation Scheme) early in 2017, and did so. I must commend those involved, from both DPIPWE and NRM North, and the consultants from the mainland, for the fairness and professional way they conducted the process. However, before the final submission date, I was advised that Vinnies had contacted people involved to inform them that they had unspent money in their Flood Relief Appeal Fund. I contacted them and was visited by their representatives, who assessed my situation, and completed an application form. It was 2 – 3 weeks later that I received confirmation that Vinnies would pay my quote for flood mitigation work, which was urgently required as, should another flood occur, as happened in both 2011 and 2016, my home and outbuildings were threatened with destruction, being less than 2 metres from the badly eroded waterway. The work was completed in late June and thus far, is performing well. Vinnies have considerably eased the stress I felt every time rain was forecast. So thank you so much. Thanks also to Ross McNeill for his contracting work.

Deborah Lynch, Western Creek

Correction

IN THE July edition of *Meander Valley Gazette* a survey of Councillors' opinions on the proposal by local sports groups for an expanded recreation precinct in Deloraine was printed on Page 4.

An error was made, Councillor Tanya King's comment was incorrect and should have read:

"The proposal is community driven, with a significant number of user groups providing input, and driving the project, which is fantastic. Meander Valley Council have engaged a consultant to prepare a feasibility study, and I look forward to September, to see what they identify as the best way to service the sporting needs of the Municipality. The contribution from the Bendigo bank is most welcome, and demonstrates their commitment to the community.

"I will be very carefully considering the expenditure of ratepayer funds as the opportunity arises, and will do my best to make sure that all of the community is catered for, across the entire municipality."

EST.
2013

Meander Valley Gazette

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Letters In...

TASMANIA'S 29 councils collectively own TasWater. It is run by an independent, skills-based board and a management team of experts in their field. It makes decisions prioritised on the basis of protecting public health and environmental values. Councils have a representative who meets with the Board and Management

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By Wai Lin Coultas

GROWING UP in a health and fitness-conscious family and being plagued by back issues for many years induced Sarah Walsh to take up yoga ten years ago to ease the pain while strengthening her body's support.

"When yoga is practised as it was traditionally intended, with focused awareness, it is a lot more than just a physical practice. It becomes a moving meditation which calms and balances the entire system – body, mind and emotions," Sarah shared.

While on a trip to Nepal and waiting for family to join her in exploring Tibet, she jumped at the chance of taking a Nepalese yoga class. From 8.00am to 5.00pm for the next 10 days, she followed a program of Meditation, Massage, Shatkarmas, Asana, Reiki and discussions on the Yogic philosophy of bridging the gap between mind and body to live meaningfully and purposefully.

This study of herself and Yoga ignited her curiosity, excitement and hunger for more. "After travels with my family, I booked in to do Teacher Training to deepen my own practice and understanding."

One month of Teacher Training was extended by an extra five months to teach Yoga classes. Sarah also helped in the clinic and learned traditional massage as well as Reiki techniques. She even learned to cook local dishes and ancient therapeutic health and healing Ayurvedic recipes, and co-authored the book "Chetena Yoga".

After returning home to

Mornington Peninsula, she found a tribe of like-minded people at The Yoga Room. Her experience in Nepal had created a keen interest in Yoga in its entirety rather than just the physical practice, and Ashtanga training offered her just that. "Ashtanga Yoga is a dynamic practice following a set sequence of postures in which breath and movement are synchronised, producing an internal heat which in turn purifies the body, making the practice a moving meditation," explains Sarah.

Wanting to delve a little deeper, she applied to do a six-months online Ashtanga Teacher Training study, plus a month of Centred Yoga in Thailand. "Thailand seemed to take it to the next level of technique and understanding. It placed much more importance on alignment, and on creating a safe and sustainable practice."

Sarah spent some years as Assistant Manager and yoga teacher at Continental House, a retreat centre in Victoria's Hepburn Springs. Her yoga teaching has since complemented "Nature's Wheel"; her husband's therapeutic massage business.

In 2016, they moved to Tasmania and established Meander Valley Wellness together. Her Yoga classes will continue in Term 3 at Deloraine House. She also offers private classes for groups, individuals, workshops, retreats and meditation sessions.

Contact Meander Valley Wellness on Instagram, Facebook or 0420 518 330. Email meandervalleywellness@gmail.com

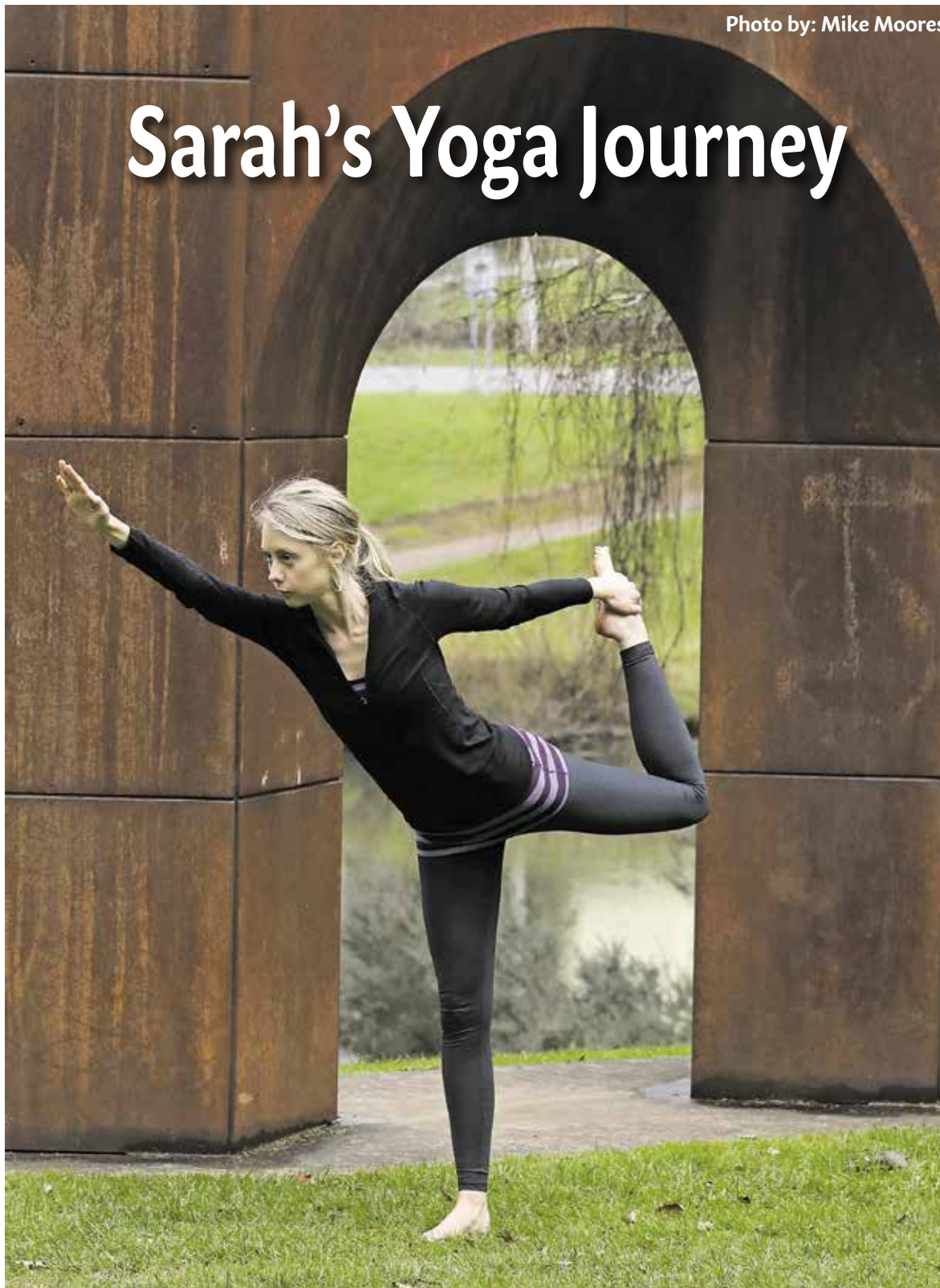


Photo by: Mike Moores

Sarah's Yoga Journey

Sarah Walsh learned Yoga in Nepal and went on to study in Thailand; now she teaches in Deloraine.

Virtual gardening

By Sharon Webb

STUDENTS AND teachers at Our Lady of Mercy Catholic School in Deloraine will begin work on a school veggie garden this term to help students learn about digital problem solving.

Principal Mary Wall said that the school will share a Federal grant of \$48,000, for both student and staff learning, with two other Tasmanian schools.

"The new national digital curriculum is about opening kids up to the

possibility of exploring problems, then designing and making solutions that might work," Ms Wall said.

"The school garden will be a real-life hands-on project for grades four and five. For example, we have a problem with a veggie garden in summer, the peak growing period, with watering the garden when people are not on

the school grounds.

"We may solve this problem with a moisture testing tool via Wi-Fi, attached to an automatic watering system. It's something sustainable because it's about not wasting water."

As the garden project goes on, teachers from all three schools will learn how to apply the digital curriculum in their schools.

"Teachers from all three schools will get together to learn about the teaching resources in this area and how to use them," Ms Wall said.

The funding is from a \$4m nationwide Digital Literacy School Grants Programme.

Our Lady of Mercy was one of 54 schools selected from almost 1800 applications for the funding.

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Yummy yuletide feast

By Antonia Howarth

EATING WITH Friends came alive with a spectacularly well presented luncheon for 50 people at the Rotary Pavilion on July 24th.

This 'Christmas in July' celebration was sufficient to ensure a mid-winter feast for all those who might otherwise dine alone in homes. Many are not well-equipped for the cold weather we have been having, while rising energy costs can heavily affect those on fixed incomes.

Traditional fare was served,

with roast vegetables in abundance including every type of root. Plus there was plum pudding, trifle and cream.

Eating with Friends was started 6 years ago at Deloraine House as part of a State-wide program to bring a little heart and soul into ageing communities. It involves a light meal once per month at the House, prepared by volunteers and enjoyed by many for a small contribution.

At the end of the year, three volunteers from Deloraine will join in a luncheon hosted by the State government.

By Emma Hodgkinson

AFTER SPENDING three years working a full-time nursing career in Launceston, Westbury woman Rhiannon Slaughter will spend her spare time volunteering in Kenya to help those who are far less fortunate than those lucky enough to be living in the beautiful Meander Valley.

Rhiannon's aim is to help those most vulnerable and at risk.

I became a nurse with the intention of creating a positive impact on the world

"When you're younger, people ask what you hope to do when you're older. I've always wanted to make a career out of helping people," Rhiannon said.

"I became a nurse with the intention of creating a positive impact on the world."

She has been given the opportunity to participate in a four week nursing program in Rural Kenya later this year. Thanks to the Nurses in Action Program, aided by World Youth International, Rhiannon can spend four weeks providing primary health services to those living in extreme poverty. She will be conducting free medical checks, malaria treatment, and HIV testing and support. She will also be facilitating

Operation Kenya



Photo by: Mike Moores

Rhiannon Slaughter of Westbury looking forward to Kenya.

health and education classes.

To take part in her first-ever overseas volunteering experience, Rhiannon aims to raise \$2,200 by the end of September. The money will support the Nurses in Action program and will be used to support community development projects and deliver health services to the Odede Community Health Centre in Kenya.

There are 48.46 million people living in Kenya. Approxi-

mately half of the population is living below the poverty line without access to food, shelter, clean water, or medical help.

To help Rhiannon get to Kenya, you can make a donation at the Westbury Service Station or visit <http://secure.worldyouth.org.au/blog/posts/nia-1259>

Rhiannon will be embarking on her journey on the 16th October.

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ADVERTORIAL

Hearing loss link to dementia in new international study

ADDRESSING HEARING loss can play a major role in preventing dementia, a new international study published in the *Lancet* has found.

Mid-life hearing loss tops nine risk factors that contribute to the risk of dementia.

The *Lancet* report shows that almost a quarter of the risk that individuals can manage for themselves is linked to hearing. For the first time they raise the importance of addressing this in middle age - not when it has been left untreated to later life and the damage has already been done.

The study says hearing loss can deny people a cognitively rich environment and lead to social isolation and depression, which are among the other potentially modifiable risk factors for dementia.

The *Lancet* study is the latest in a growing body of evidence that links hearing loss and cognitive decline.

However, this particular report has put the spotlight on the crucial importance of addressing hearing loss at a much earlier age - between 45 and 65. This is much earlier than most discussions have centred on

and gives us a real opportunity to continue to push for policy changes from government.

In a public statement, BSHAA Chief Executive Prof David Welbourn today repeated the Society's call for people to look after their hearing, and to get a hearing test as an important step to maintaining a healthy lifestyle.

Reacting to the new study, he said: "For far too long, hearing loss has been considered unimportant by too many in the medical community. It has often been passed off as an inevitable consequence of ageing. Neither of these are true. The *Lancet* commission on dementia is the latest, and perhaps the most definitive, of a growing body of evidence pointing to an important truth: the risk of dementia can be significantly reduced if people take good care of their hearing.

"This is a real wake-up call to people who can, and should, do something for themselves by getting their hearing tested and taking advice. This is such an easy way in which people can invest in their long-term health, just as they do by joining a gym or taking other steps towards a healthier lifestyle."



John M King FHAASA BSHAA

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Hearing is such an important enabler in family, social and working lives. The consequence of losing even a part of that hearing is

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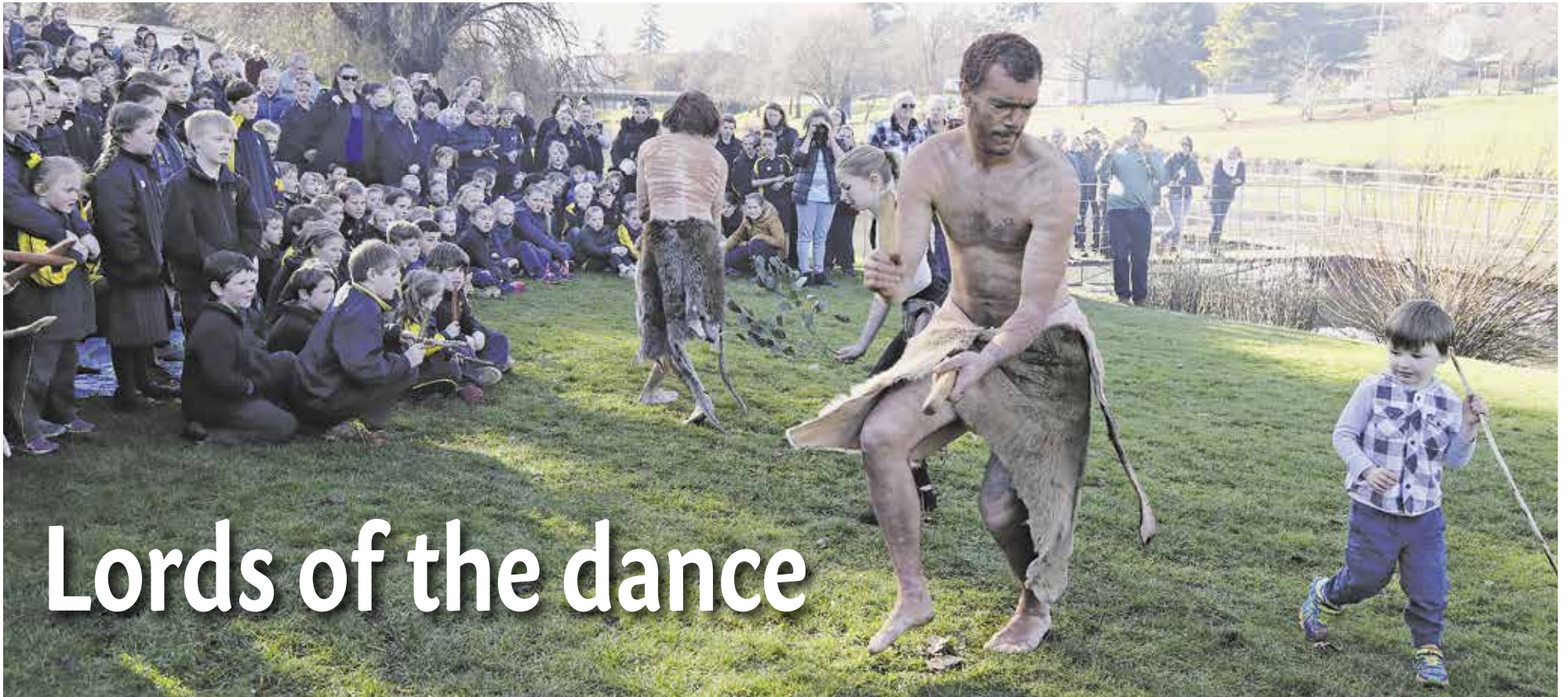
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Lords of the dance

Over 300 people gathered on the banks of the Meander River to celebrate NAIDOC week. Pictured above, cultural dancers from Launceston. Photo by: Mike Moores

By Deborah Lynch

AS TASMANIAN Aboriginal musician Dwayne Everettsmith sang beautifully at the base of the cenotaph in Deloraine, small groups of people streamed along the riverbank through the gate near the bridge for the official NAIDOC week celebration. Large groups came down the hill from Deloraine Primary School and Latrobe High School.

The organisers and speak-

ers were elated when over 300 people arrived, greatly exceeding last year's crowd.

With local Aboriginal Greg Murray as MC, the town's Aboriginal Elder Hank Horton gave a Welcome to Country, and there was an address by Peter Ashton from the Deloraine RSL. Six students from Our Lady of Mercy Primary School also gave a delightful presentation while Deloraine Aboriginal Elder, Uncle Viv, raised the Aboriginal Flag.

This year's NAIDOC week's commemorative badges and wristbands and its theme of 'language matters' were distributed as a smoking firestick. The Aboriginal and Torres Strait Islanders' flags were carried by randomly selected school children in a procession along the almost completed kooparooka niara Aboriginal Cultural Walk beside the riverbank to the Yarning Circle. There, the crowd participated in a traditional smoking

ceremony and watched a performance by ochre-covered cultural dancers.

Hank Horton found the event's growing support marvellous, expressing his appreciation for all that was given by the Meander Valley Council, Deloraine House, Deloraine RSL, The Trade Training Centre and Aboriginal Community Pathways, with particular mention of

Martin Hay and Bianca Templar from Colony 47.

Much of the crowd made their way to Deloraine House where cultural food was served during lunch. Artwork by Deloraine Primary School students covered the walls and video presentations were viewed. With the live music that followed after, everyone present was pleased with the wonderful day's event.

Write it with style

COMMUNICATING CORRECTLY in the modern world is becoming more demanding. With so many digital and non-digital pathways to choose from it can be difficult to know the best way to relate to your audience.

Deloraine Online Centre in collaboration with LINC Tasmania has developed a 2017-18 course that helps you learn about some of today's varied forms of written communication.

Starting with a general look at the role that

communication plays in our lives, the course then covers topics that includes, advertising, writing for social media, writing for pleasure, document writing, speech writing, report writing and more.

The tutor has more than 25 years' experience as a commercial writer in advertising and marketing, and has worked both locally and internationally.

Participants will meet each Friday morning from 9.00 - 11.00am at the Deloraine Online Access Centre,

starting 1st September.

The training will be provided free of charge.

This course will suit if you have a yearning to improve your writing skills regardless of current ability, have been out of the workplace for awhile and are looking to re-enter, are starting or running a small business and struggle to get your head around the many communication platforms that exist, or if English is a second language.

For more information or to book a place, please contact Joanne on 6362 3537 or email deloraine.oac@education.tas.gov.au.

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Charlie Crowden, Deloraine's oldest WWII veteran.

By Lorraine Clarke

THE DELORAINE community was saddened recently to lose our oldest surviving WWII veteran.

Charles William Victory Crowden was born in Deloraine on Victory Day in 1918, hence his third name, scrawled on his birth certificate by a rejoicing midwife.

Apart from 7 years' army service and some time on King Island, he lived his full life in Deloraine with wife Joyce, until she passed away in 2006. On graduation from Hawkesbury Agriculture College, Charlie served as a dairy officer until 1983, and was a keen footballer for Deloraine in his younger years.

Farewell Charlie Crowden

Since his retirement, Charlie continued a life of service to the district through participation in many groups. He was involved in running the Deloraine Scout movement, and was Parade Marshall every Anzac Day for many years.

Charlie was a Life Member of various organisations ranging from Sydney's 2nd 1st Aust. Infantry Battalion to Tasmania's Mountain Huts Preservation Society, where he passed on his hut building skills and bush knowledge to younger generations, the Deloraine Walking Club, and St Mark's Aged Care Homes.

In 1992, Charlie's outstanding contribution to the community was recognised by the award of the Order of Australia Medal.

At his funeral, the Rev. Alan Bulmer recalled Charlie's long history as Warden of St Mark's Church in Deloraine, where his personal qualities of strong will and forthrightness were tempered by subtlety and encouragement. He was Superintendent of the Sunday School at a time when over 100 children attended.

Charlie's son Phil and daughter Rose Clark shared fond memories. Rose remembered him as the health-

conscious, kind and practical father who, having lived through the Depression, made many things for the family, from go-carts to his own stereo record player and speakers, and later delighted in sharing the natural world with his grandchildren.

Phil recalled, "Dad was the most selfless and generous person I have ever known and he never ignored or refused someone wanting assistance or advice. Dad loved the simple things in life – the birds, the clouds, the sunrises and

sunsets. Dad loved fly fishing. I remember him leaving the house well before dawn on a Saturday morning. He would usually return home in time for morning tea with 12 rainbow trout."

Charlie Crowden could remember the giant Californian Redwood tree in the garden of St Mark's Church, as a small sapling, and the time when a passing car was a novelty. His life spanned 98 years, filled to the brim with hard work, faith, love and selfless service to others.

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Mole Creek's new comfort stop

THE MOLE CREEK swimming pool committee will soon begin construction to upgrade the 50-year-old toilet block with the help of a TasWater Community Small Grant. It's a scheme that encourages local not-for-profit organisations to develop and implement short or long term ideas that change their communities for the better.

"The pool is all community run with community fundraisers to keep it going. The TasWater grant is much appreciated to help us do the renovations," says Patsy Scott, President of the Mole Creek Swimming Pool Committee, who has been



Mole Creek Swimming Pool Committee with helpers.

Photo supplied by: TasWater

involved with the pool since its beginning.

A thriving summer hub successfully run by volunteers for over 30 years, the toilet block is a remnant of the original local primary school.

Committee is supported by a local plumber donating his time to install the new sinks, toilets and taps, and by a host of volunteers ready with brushes and rollers to help paint it after its renovations,

ready for its re-opening for the coming summer season.

"It is wonderful to see so many people willing to do their bit to improve the Mole Creek pool facilities. It is great to be a part of that," adds

TasWater's Communications and Media Manager Andrew McGown, who awarded the grant. For more information on the Community Small Grants Programme, visit taswater.com.au.



Guy Barnett and Will Hodgman chat with locals in Deloraine.

Where there's a Will...

ANYONE WOULD be forgiven for thinking there may be an election coming up with the number of politicians on the move and announcements being made

The state liberal team were recently seen mixing it up with locals at Deloraine

House where they held an afternoon tea.

Two more years funding for the Craft Fair was announced.

Community members raised issues such as new sporting facilities and the removal of leatherwood trees in State forests.

Units could damage heritage buildings

By Sharon Webb

MEANDER VALLEY Councillors have approved plans to build two new units in Deloraine despite local residents' concerns that the earthworks involved could damage adjoining heritage housing.

The debate at the July council meeting led to Cllr Ian Mackenzie commenting that the Heritage Council needed to "get off its backside and get these buildings listed."

Mr Mark Butson, a structural design engineer and owner of the former Catholic presbytery building in West Goderich St, asked council for time to consult the Heritage Council and the National Trust to seek advice on the issue. Council denied his request.

The proposed units fronting onto Parsonage St on an

internal lot are adjacent to four other units.

Town Planner Justin Simons told councillors that as the lot was not heritage listed there was no legal mechanism by which Meander Valley Council or the Tasmanian Heritage Council could consider or influence its development on heritage grounds.

"It is also noted that while they may have heritage values none of the adjoining properties are heritage listed or formally protected in any way," s

The heritage houses, all on

Parsonage and West Goderich Streets, include Blake's Manor, Bromley, Thornfield, the Catholic Church and school, as well as Georgian cottages in Parsonage St.

Mr Butson said four houses dating from circa 1900 also adjoined the proposal and that the two streets involved originally were the main streets in Deloraine, with underground tunnels between the Catholic Church and Blake's Manor still existing.

Continued on Page 12...

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VALLEY VIEWS



Mayor's Message

Above: Mayor Craig Perkins takes part in the NAIDOC Week celebrations at the Yarning Circle in Deloraine.

I would like to thank Colony 47, the local Aboriginal community, Deloraine House, Deloraine RSL and Council staff for what was a wonderful celebration of indigenous culture and diversity at the NAIDOC Week event held on the banks of the Meander River last month.

Hank Horton and members of the Aboriginal community led hundreds of residents and school children in a fire-stick procession that wound its way along the newly completed Kooparooona Niara Cultural Trail.

The crowd was then greeted at the Yarning Circle by cultural dancers and a traditional smoking ceremony undertaken as a means to connect participants to the spirit world - symbolising peace, healing and justice.

The celebrations didn't stop there. Hosted at Deloraine House, local Aboriginal community members together with students from the Trade Training Centre served a light lunch inspired by traditional recipes, while guests enjoyed displays and music. A wonderful time was had by all.

If you are a resident of Mole Creek, you may have noticed a few changes recently.

As part of the Federal Government's Mobile Blackspot Program, a new mobile base station was switched on, expanding mobile coverage in the Mole Creek area.

Round One of the Program continues to be rolled out across Tasmania and it

is expected that 14 new mobile base stations will be activated across the state by the end of the year. The rollout will go a long way in improving our digital connectivity.

Honouring their commitment to remove public health alerts across the state, TasWater and the Department of Health and Human Services officially lifted the Boil Water Alert in Mole Creek on 10 July.

TasWater water technology specialists have installed two large reservoirs in addition to an independent power source that will reduce the risk of interruptions to water supply.

Residents can now drink water safely from the tap, thanks to the completion of the new treatment plant that filters water through a combination of ultraviolet disinfection and chlorination to ensure it is free from harmful organisms.

I would like to encourage residents, particularly those of Prospect Vale, Blackstone Heights, Travellers Rest and Hadspen to visit Council's website and take five minutes to complete the Play Spaces survey. Feedback from the community helps inform future decisions, so go online and tell us what you think makes a great play space!

Lastly, I was glad my Winterfire lantern lasted the night, thanks again to the organisers and those in the community who joined in the fun - despite the cold!

Mayor, Craig Perkins

New vaccine to protect 15-19 year olds

A free Meningococcal W vaccine will be available for teenagers aged between 15 and 19 years.

In line with the National Immunisation Program, Council will be delivering the vaccines to Grade 10 students at Deloraine High School, alongside the existing program for Grade 7 students.

Council employs two nurses to administer the vaccines, both of whom are very familiar with the program, clocking up over twenty five years of combined work experience.

Council runs an annual immunisation program,

comprising of three school visits each year.

Grade 7 students are offered HPV, Diphtheria, Tetanus and Pertussis (whooping cough) vaccines and, this year, Grade 10 students will be offered the Meningococcal W vaccine.

The program is expected to commence towards the end of term 3.

If you are aged between 15 - 19 years and are not attending school or college, you are still eligible for the free vaccine through your general practitioner.

If you require records of vaccines administered via

Meander Valley Council's program, you can submit an online request at www.meander.tas.gov.au or contact Council on 6393 5300 for a printed request form.

Please note that Council does not hold any records of immunisations administered by a general practitioner or by other Council's through their immunisation programs.

Residents are encouraged to contact their general practitioner when searching for immunisation records or to obtain further information on individual immunisation requirements.

Hard Waste Collection goes online

HARD WASTE COLLECTION

REGISTRATIONS OPEN UNTIL WEDNESDAY 8 NOVEMBER 2017

REGISTER ONLINE www.meander.tas.gov.au

REGISTER BY PHONE 6393 5300

The annual Hard Waste Collection Service offers residents an opportunity to dispose of a range of items that cannot be collected via the regular kerbside service.

Residents are reminded that they must register in order to receive the Hard Waste Collection Service.

What items cannot be collected?

Any items that are not registered or fail to meet the Hard Waste Collection Service conditions (available on Council's website)

Any items that are within property boundaries or inside fences, porches or any location other than the nature strip or footpath immediately adjacent to the property.

Asbestos

Green waste (including tree branches & lawn clippings)

Liquids (including paint, chemicals or oils)

Trade waste (including grease, oils or chemicals)

Broken glass

Tyres / engine blocks

Gas cylinders

Loose rubble (including bricks & concrete)

Batteries

Mattresses

Area collection dates

Monday 13 - Tuesday 14 November
Deloraine, Meander, Mole Creek, Chudleigh, Kimberley & surrounding rural areas

Wednesday 15 - Thursday 16 November
Westbury, Exton, Hagley & surrounding rural areas

Thursday 16 - Friday 17 November
Prospect Vale, Blackstone Heights, Hadspen, Rutherglen, Carrick, Bracknell & surrounding rural areas

You can register online by visiting Council's website at www.meander.tas.gov.au or by phoning Council on 6393 5300.

"By providing an online option, we hope to make it more convenient for residents, particularly those who work full-time as they will now be able to register outside normal office hours." Mayor Craig Perkins said.

Residents can also register for assistance if required.

"When registering, let Council know if you require help placing your items out for collection as we can arrange assistance for you". Mayor Craig Perkins said.

Individual items placed out for collection must not

exceed 40kg in weight and 1.5m in length. The total volume of items is limited to 3 cubic metres per property (2m wide x 1.5m deep x 1m high).

All items with doors including cupboards, refrigerators and freezers must have their doors removed and stacked neatly when placed out for collection.

Items must be placed on the nature strip or footpath immediately adjacent to the property no earlier than the evening before or no later than 6am on the scheduled collection day.

All registrations must be received by 5pm, Wednesday 8 November 2017.

Digging into garden delights!

There was no need for anyone to go hungry at the Cooking in the Garden event held at the Deloraine Community Garden last month.

The event, which was a collaborative project between Meander Valley Council and Deloraine House demonstrated how easy it is to prepare and cook an array of fresh food straight from the garden.

Even in winter, there was an abundance of produce growing in the Community Garden and participants harvested pumpkin, beetroot, garlic, spinach, kale and a selection of herbs.

While Ray Harvey and a number of garden volunteers manned the pizza oven, guest Chef

Melanie Grant inspired participants to create a number of culinary delights that included fresh pizzas, soup, garlic bread and s'mores.

Community gardens are a wonderful opportunity for anyone interested in gardening to share skills and fresh produce. The Deloraine Community Garden is frequently visited by a number of organisations including Giant Steps and Toddle Inn.

Coordinated by Deloraine House, the Garden is maintained by a dedicated group of volunteers.

Fresh produce from the garden is available for the community and can be collected from Deloraine House. Donations are also much appreciated.



Above: Gemma King, Kaiden Chung & Vicki Jordan work on their kneading technique with guest chef Melanie Grant. (Photo courtesy of Tanya King).

If you are interested in registering as a volunteer for the garden, or would like further information, contact Deloraine House on 6362 2678. All are welcome.

Remember to burn brighter and breathe better this winter

As you settle down in front of a roaring fire this winter, spare a thought for your neighbours.

Smoke emitted from your chimney says a lot about how you use your wood heater and what you burn. Smoke generated from wood heaters can produce concentrations of fine particles that can adversely affect air quality and the health of you and your neighbours.

The good news is, it's an easy problem to fix.

Firstly, always ensure that you use dry, seasoned wood. When storing your wood, stack it to maximise

air flow between logs and keep it dry and covered.

When filling your wood heater, take care not to overload it - a space of about 2cm between each log is adequate.

Ensure you have your flue cleaned every year. A flue that is clogged with creosote (black, sticky or sooty material) will be unable to draw air effectively. This will make your fire difficult to light and smoke may enter the room.

Lastly, burn your wood heater with the air vent fully open for at least 20 minutes before turning it down, especially before going to bed for the night.

More information on how to burn brighter this winter can be found on Council's website at www.meander.tas.gov.au. Just type "Burn Brighter" into the search function located at the top of the home page.

The EPA Tasmania website also has a number of resources, including Real Time Air Quality Data. Visit www.epa.tas.gov.au for more information.



Tell us what you think makes a great Play Space

Council is working on a Play Spaces Strategy for the residents of Prospect Vale, Blackstone Heights, Travellers Rest and Hadspen.

We would like feedback from the community to help inform future decisions.

Visit www.meander.tas.gov.au to complete the five minute survey.

If you would like a printed copy of the survey, contact Natasha Szczyglowska on 6393 5331.

Consultation is open from 20 July until 20 August

A Night at Yarns

A musical evening and supper to support the Deloraine & Districts Folk Museum



September 8th 2017

Featuring performances by:

Meander Men, Jemma Mitchell & Patrick Gambles

Tickets \$15.00 available from the Great Western Tiers Visitor Centre
Home cooked supper included

@ Yarns Theatre 7pm sharp to 9pm
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Local Markets

Deloraine Market

First Saturday of the month
Showgrounds,
Highland Lakes Road, Deloraine

Mole Creek Market

Third Saturday of the month
Mole Creek Memorial Hall
Caveside Road, Mole Creek

Liffey Market

Second Saturday of the month
Old Liffey School,
1443 Liffey Road, Liffey

Westbury Market

Third Saturday of the month
St Andrews Church
11 Lonsdale Promenade, Westbury

General Enquiries

Phone 6393 5300
Mail PO Box 102 Westbury Tasmania 7303
Email mail@mvc.tas.gov.au

Customer Service Office

Monday - Friday 8.30am - 5pm
26 Lyaal Street Westbury Tasmania 7303

www.meander.tas.gov.au





Photo by: Mike Moores

Mum Heather Crowden enjoys the music with her children Benji and Lucy at Westbury Community Health Centre.

Mini moovers making music

By Marguerite McNeill

TURN ON the music, add some kids and stand back. Its a combination that is bound to light up a room. Some-

thing special happens when small children get excited by music, even when they are very young. Some children bounce or jiggle in time to a

beat, others might dance or sing along but whatever their reaction it brightens up even the dullest of days.

Westbury mother Kristy

Russell loves the mix of music and children so much that she has organised sessions dubbed 'Moovers 'N' Shakers' targeting toddlers from

0 to 5 years old. An early childhood teacher and classically trained musician, Mrs Russell plans to combine her skills to nurture a love of music and musicality in youngsters and is convinced that exposure to music has many positive benefits in health, development and wellbeing (particularly in early childhood). "Research shows us that music stimulates many parts of the brain and enhances all areas of learning," she said.

The interactive Moovers 'N' Shakers sessions will feature 40 minutes of musical based activities for children and their parents or carers. As well as a portable keyboard, percussion instruments such as shakers and drums will be used to help introduce beat and rhythm in a fun and structured way.

The sessions will also involve the use of parachute and puppets as well as nursery rhymes and familiar songs.

Mrs Russell will run a series of casual 'pop up' musical sessions for 0 - 5 years old children in Westbury and Deloraine prior to commencing regular weekly sessions in Term 4.

Term 3 sessions will be held at the Westbury Community Health Centre on Wednesday 6th and 20th September from 10.00am to 10.45am and at Deloraine House on Tuesday 12th and 26th September from 10.00am to 10.45am.

For more information go to www.facebook.com/mooversnshakers or email kristyrussell23@gmail.com.

Oz Poetry Competition : Visiting virtuoso

THIS AUGUST compete in or join the audience at Tasmania's leg of the Australian Poetry Slam 2017's Heats and Final. It's \$5.00 entry for both participants and audience.

Without props, clothing associated with the poem and no musical accompaniment, each competitor has a microphone and two minutes to impress judges.

The slam will take place at the Empire Hotel in Deloraine on Wednesday the 16th of August from 7.30pm to 9.30pm. Dinner is available from 6.00pm.

For bookings, call the Empire Hotel on 6362 1029 and say 'poetry'.

For more information about the competition contact Yvonne Ph: 0413 321 834 or yvonnegluyas@gmail.com

By Sharon Webb

ARTS DELORAINE is delighted to support a recital by Roman Rudnytsky at Gallery 9 on Friday 1st September. Arts Deloraine president, Diana Tuleja, said this will be Roman's third concert in Deloraine.

"The concert will include pieces by Haydn, Chopin, Beethoven and Liszt, and we are also planning a performance for local school children," she said.

Roman, who is from the Ukraine has performed in many countries all over the world.

Roman Rudnytsky is also currently Professor Emeritus at the Dana School of Music of Youngstown (Ohio) State University, where he served on the piano and music faculty for 39 years.

He has been a soloist with many orchestras around the world, playing with them over 45 different works for piano and orchestra. He has also played many concerts in over 35 countries since 1984 through the auspices of US Embassies and has also

played recitals on 65 cruises of P&O and Cunard ships to and from the UK.

Following this year's Australian tour Mr. Rudnytsky

will play recitals on five cruises of Cunard ships: the Queen Mary 2, Queen Elizabeth and Queen Victoria.

Tickets are from The Alpacca Shop, Deloraine: \$25.00 Adults, \$15.00 AD members, \$10.00 children up to 16.



Pianist Roman Rudnytsky will play at Gallery 9. Photo supplied

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Labor



Photo by: Mike Moores

Andrew Harris, Agricultural teacher at Hagley Farm School demonstrates the new machine.

Demonstration dairy

By David Claridge

STUDENTS WILL get great benefits out of stage one of a redevelopment of the Hagley Farm Visitors Centre with a new, state-of-the-art dairy demonstration shed.

The shed, co-funded by the State Government and DairyTas, will provide students and visitors the opportunity to see a cow being milked and learn all about the process.

Lead Teacher of Agricultural Education, Andrew Harris, has revealed that, of the estimated 5000 visitors a year, less than 20 percent actually got the opportunity to see cows being milked.

"Previously, we were milking 60 cows as part of our farm enterprise. Through our future directions program we realised there was a disconnect between that enterprise and the education divisions," he said.

"Now, when visitors are here, we can put one or two cows through our milking unit. They can all see it so it becomes a performance, a presentation, as opposed to part of the enterprise, instead of having 60 cows go through the dairy twice a day with very few students having access to the process."

"The new shed is set up to be an interactive experience. Students will sit in tiered seating and there are TVs on the wall linked to a camera so we can get up close. The students can see every part of the process, while the person doing the milking can explain things and take their time.

Around the room will be interactive things to give students a deeper understanding of the dairy industry."

The Dairy Shed is a key part of the newly named Mick Davy Farm Circle for Agriculture

and Learning, in recognition of the former principal's vision and leadership at Hagley.

Stage Two of the project includes a shearing demonstration shed, while Stage Three will include a cropping classroom and a farming technologies hub.

Mountain cattlemen meet

KEEN TO meet with people who share in Tasmania's high country culture? Then head on down to the Tasmanian Mountain Cattlemen's Association's Annual General Meeting on 22nd August, 8.00 pm at Westbury Fire Station on Lyall Street, Westbury.

Guest speakers Tracey Boon, Olivia Barnard and Sandra Rybarczyk will talk about their trip to "The Man From Snow River Bush Festival" at Corryong earlier this year. For more information, please call Sandra on 6393 1771.

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Gourmet spit-roasted specials

By Lorraine Clarke

THIS YEAR, the Mole Creek area has much to celebrate. What better way to kiss winter goodbye and welcome the coming spring season than by feasting on sumptuous local foods?

Last year's inaugural Feast was well-attended with 110 hungry patrons, but many would-be feasters were sadly disappointed as they had not realised they needed to book.

The event will showcase the superb range and quality of local produce, which is all being provided by farmers in the district.

Locals are doing all the catering. "I went into the pub and asked for a sheep," said Michal Frydrych, President of the local

Progress Association. "Three farmers offered me a sheep because they all know how important it is for the community. People are incredibly generous. All the local shops and suppliers have come together. We have been given many items for the auction and prizes."

The night's fare includes spit-roasted venison and pork, authentic lamb curry, salads and sandwiches, all for \$30.00 per head.

A huge team of volunteers are working in the background to make

this year's Feast even better than last year's.

Tickets are from the Mole Creek Post Office or Bendigo Bank in Deloraine. Feast from 5:30 till 11.00pm on Saturday 2nd September at the Mole Creek Town Hall.



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Tourist attraction reopens

By Lorraine Clarke

ONE OF the many losses suffered in 2016's devastating floods was the access road to our Walls of Jerusalem National Park.

The Mersey Forest Road was completely washed out in several sections, preventing peoples' use and enjoyment of the Walking Track. The State Government committed \$3.25 million for repairs which have recently been completed.

Guy Barnett MP, Liberal Member for Lyons, is very keen to promote public use of the new road and to restore tourist traffic through the Mole Creek area. He recently inspected the work done on the road and the Fish River Bridge. He said,

"The largest concrete drain-pipe ever used in Tasmania was installed to handle the volume of water which may occur in the future if ever there is a similar event to last year's rains. The pipe is much bigger than me."

Announcing the reopening of the Mersey Forest Road, Mr Barnett stated, "This is an important road that provides access to one of our most popular natural attractions. This is a truly magnificent area in our beautiful State and I thank all Tasmanians for their patience during the repairs."

"I commend the Department of State Growth for its efforts in managing the work on behalf of Forestry Tasmania."

Have a drink and a chat

By Lorraine Clarke

DURING THE last month Mole Creek residents have joined other Australian citizens by provision of not one but two modern day services: clean drinking water and mobile phone coverage.

Very few of us can imagine being unable to drink a glass of water from our kitchen taps, but this situation was the norm in Mole Creek until recently. All drinking water had to be boiled, and even then it remained an unappetising colour.

Mole Creek's drinking water system dates back more than 70 years when, in 1946, planning began to supply the town from the nearby Mole Creek. Almost a decade later, water was flowing. It was collected at a weir south of the town before passing through a simple filter and then gravity fed through the reticulation network.

Without adequate filtration and disinfection in line with current Australian Drinking Water Guidelines, the town's supply was placed on a permanent Boil Water Alert a number of years ago.

That is now in the past.

Local resident and President of the Mole Creek Progress Association, Michal Frydrych believes the end of the Boil Water Alert will help the town provide better services for tourism.

"It should, by rights, increase the value of properties and the amenities that the town can provide," he said. "People will not rush here to drink the water – we've still got to provide other things – but people might be happier to stay a bit longer because there is water available."

Mole Creek residents have also long suffered the inconvenience of poor or non-existent mobile phone reception.

The installation of a new Telstra tower has changed all that.

Telstra Tasmania Area GM Michael Patterson said "This is a significant moment for our customers in Mole Creek who have had their call answered for better mobile coverage."

"The growing use of mobile devices such as smart phones and tablets is changing the way we live and we are acutely aware of the challenges facing communities with limited access to a mobile network."

Units could damage heritage buildings

Continued from Page 7...

"THIS PROPOSAL would not be sympathetic to this important heritage area and could impact on the heritage of Deloraine, which is listed as a heritage town by the National Trust."

In a letter to council, Mr Butson said that earthworks and vibration and compaction of the floor pads and retaining walls pose a serious risk of damages to adjoining houses.

"Some have bluestone foundations and lathe and plaster walls and ceilings. These works have a high risk

of damage to these houses. If this (development) proceeds, these houses would require inspection reports before and after, to detail damages and legal liabilities to the developers.

"We, the owners of these houses, are seriously concerned for any damages that may occur to our houses. We have all spent huge sums of money restoring our homes and don't want to see hard work destroyed."

While Cllr Michael Kelly said he had no issues with the development, Cllr Deb White asked why council was unable



Eye in the sky

Sibelco Mole Creek, Operations Manager, Leon Porter surveys the mine site with the new drone.

By David Claridge

SIBELCO'S LIMESTONE mine at Mole Creek is already reaping the benefits of a new drone the company has acquired.

A world leader of utilising nature's raw materials to provide solutions to society, Sibelco has purchased a DJI Phantom drone which will help to better visually catalogue the changing landscape of its Mole Creek mine.

Sibelco Operations Manager, Leon Porter, said one of the main reasons for purchasing the drone is to carry out surveys on its stockpiles, which has

already proven successful at its other sites on the mainland.

"In the past, we'd engage with an external survey company to measure the volume of our stockpiles, so the drone has presented a significant cost-saving for our business. Now, we can fly the drone over the stockpiles, capture the digital images and send these to our Mining Services team which has the software to calculate the figures."

"Our team has undergone all the necessary training to use the drone safely and in line with Civil Aviation Safety Authority (CASA)

regulations," said Mr Porter.

Sibelco is a large multinational business with over 25 sites on the mainland. The Mole Creek site is the only one in Tasmania and produces lime and limestone products utilised by the mining and agricultural industries to treat various types of waste by improving pH levels and minimising their impact on the environment. Mole Creek Aglime is a ground limestone used in the agricultural industry to increase the pH of acid soils.

For more information on Sibelco and its products visit www.sibelco.com

Optus comes to Mole Creek

By Sharon Webb

A NEW Optus telecommunications tower will be erected at Mole Creek.

Meander Valley Council supported the application for the tower on a rural site at 2172 Mole Creek Rd; a spokesman for applicant Metasite Pty Ltd said, Mole Creek currently has poor mobile

coverage and the tower would be of great benefit.

But neighbouring landholder Elizabeth Skinner complained about the lack of consultation on the tower with locals, saying they had been given only seven days to comment on its placement.

In a letter to council, Ms Skinner wrote that given telecom companies them-

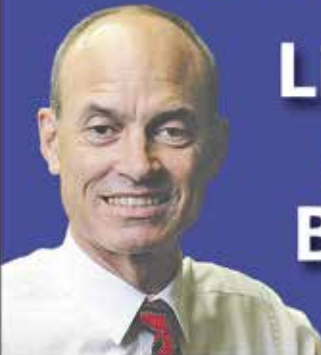
selves seem to be responsible for most of the 'safety assurances', she could only hope any prospective community consultation would include the latest unbiased research findings.

Cllr Rodney Synfield said there was "no proof of any emissions level from the regulator".

The property to be used has no buildings and is used for grazing.

Guy Barnett MP


State Liberal Member for Lyons



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Places are limited. Enrol now! To find out more, call Joanne on 6362 3537.

26TEN logo and 'Writing Right' logo.

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Annual General Meeting for Meander Valley Online Inc.

To be held on **Tuesday 19th September at 4.00pm**
Deloraine Online Access Centre, 21 West Parade, Deloraine

Election of office bearers, presentation of reports, appointment of auditor, Special Resolution to change name & constitution.

All welcome.
Victor Smith, Public Officer

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artsdeloraine@gmail.com
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Meander Valley Online (Inc) actively supports the Meander Valley community by providing:

- 2 online Centres for internet & training in Deloraine and Mole Creek
- the publishing of the Meander Valley Gazette
- the sponsoring of this paper's Community Directory
- Technical IT Support valley-wide for homes & small business

meander valley online inc. logo

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Mole Creek TAS 7304

Events Diary

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

Date and Time	Event	Details
Saturday 12th August 7:30pm sharp	Western Tiers Film Soc - "Love & Friendship"	Little Theatre, 2 Meander Valley Rd. Deloraine UK Drama/Com 94min Rated: PG Ph: 0418 389 868
Saturday 12th August	Auskick Grand Final	Westbury Football Oval Grand Final will be at half time of the Seniors Football game which starts at 2.00pm
Wednesday 16th August 7:30pm - 9:30pm	Australian Poetry Slam	Empire Hotel, 19 Emu Bay Road, Deloraine Dinner available from 6.00pm Bookings 6362 1029 say "poetry"
Wednesday 16th August 10.00am - 10.45am	Story Time - Singing Stories & Craft	Westbury Community Health Centre, 89 Meander Valley Road, Westbury - Call Anne-Marie 0417 120 671
Saturday 19th August 9.00am - 2.00pm	Westbury Market	Anglican Church Hall, 11 Lonsdale Promenade Westbury Ph: 6393 1417
Saturday 19th August	Mole Creek Market	Mole Creek Memorial Hall, Caveside Rd, Mole Creek. Ph: Ross Quick 0413 681 252
Sunday 20th August 1:30pm	Wintertime Jazz Bootes & the Innocent Waddle	Deloraine Jazz Club, Empire Hotel, Deloraine \$10.00 cover charge
Saturday 26th August 7:30pm	Ben Tome appearing at Parkham Hall	Licensed, no BYO pre purchase tickets Roberts \$10.00 or \$12.00 door bus from Bush Inn info Ph:0499 554 316
Saturday 26th August	Cabaret featuring Little Pattie	Australian Italian Club , 414 Westbury Road, Prospect To book phone 6344 7332
Friday 1st September	Writing Right, improve your writing skills	Deloraine Online Centre, 21 West Parade Deloraine Ph: 6362 3537 to book a place
Friday 1st September	A recital by US pianist Roman Rudnytsky	Gallery 9, Deloraine \$25.00 adults, \$15.00 AD members, \$10.00 children, tickets Alpaca Shoppe, Ph: Jaqui 6362 4335
Saturday 2nd September 5.30pm - 11.00pm	Mole Creek Spring Fest (Family event)	Mole Creek Memorial Hall Adults \$30.00 (Kids under 13 \$15.00) Strictly no BYO Tickets from M/C Post Office
Saturday 2nd September 1.30pm - 4.00pm	Westbury Flower Show	Westbury Town Hall, Lyall Street, Westbury Entry \$2.00 Stalls, Raffle & Afternoon Tea available.
Saturday 2nd September 2.00pm - 4:00pm	Introduction to Embodiment - for women	Connecting our bodies back to the earth, Deloraine House, \$20.00, Bookings essential Ph: Tani 0422742297
Saturday 2nd September 9.00am-1.00pm	Deloraine Showground Market	Deloraine Showground, Highland Lakes Rd 03 6369 5321 or 0409 695 321 for more info
Saturday 2nd September 7.00pm	Westbury's Got Talent	Westbury Berriedale Hotel, 107 Bass Hwy, Westbury Ph: 6393 1300 for more info
Tuesday 5th September 10.30am - 12.00pm	Adult Learners Week-Free workshop on coding	Trade Training Centre, Landsdowne Place, Del. To book phone Berice 0407 936 391 or Anne-Marie 0417 120 671
Friday 8th September 7.00pm sharp	A Night at Yarns (A Musical evening)	Yarns Theatre, 100 Emu Bay Road, Deloraine \$15.00 incl supper Tickets available from Visitor Centre
Saturday 9th September 7:30pm sharp	Western Tiers Film Society - "I, Daniel Blake"	Little Theatre, 2 Meander Valley Rd. Deloraine UK Drama 100min Rated: R Ph: 0418 389 868
Sunday 10th September 12:30pm	Tasmanian Liberals Fun Car Rally	Braebrook House, 655 Bengeo Road, Red Hills, mystery route, BBQ, \$10.00 per car to enter Ph: 6362 4460
Wednesday 13th Sept 10.00am - 10.45am	Story Time - Singing Stories & Craft	Westbury Community Health Centre, 89 Meander Valley Road, Westbury - Call Anne-Marie 0417 120 671
Saturday 16th September	Mole Creek Market	Mole Creek Memorial Hall, Caveside Rd, Mole Creek. Ph: Ross Quick 0413 681 252
Saturday 16th September 9.00am - 2.00pm	Westbury Market	Anglican Church Hall, 11 Lonsdale Promenade Westbury Ph: 6393 1417
Tuesday 19th September 2.00pm - 3.00pm	Getting Smart with Smartphones	Deloraine Online Centre Booking recommended, drop ins welcome call Anne-Marie: 0417 120 671
Sunday 1st October 2.00pm sharp	Western Tiers Film Soc - "The Eagle Huntress"	Little Theatre, 2 Meander Valley Rd. Deloraine Mongolia Doco 87min Rated: G Ph: 0418 389 868
Monday 2nd October 12.00pm - 2.00pm	Eating with Friends	Deloraine House, 112 Emu Bay Road, Deloraine Bookings essential Ph: 6362 2678
Thursday 19th October 7.00pm - 9.00pm	Youth You - Drugs do not discriminate Tour	Western Tiers Community Club 33a Parsonage Street Deloraine \$5.00 Book sales \$25.00 Light Refreshments
Friday 20th & 21st October 6.30pm	Festival of One Act Plays	Deloraine Little Theatre, Meander Valley Rd For more info Ph: 0409 568 291

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IN THE GARDEN WITH NELL CARR

DELORAINE MARKET is a treasure trove for gardeners. The accompanying picture illustrates the point. The two very old copper jardinières plus one smaller one from the second hand stall, were \$20.00 for the three. On the same stall a washboard was \$55.00! Surely a distortion of true values of these items.

At the plant stall, the pot of miniature Narcissus (pictured in the larger container) was just \$5.00, and the unusual *Echeveria purpurea* in the other one \$9.50. These treasures were all from the July Market.

Vegetables.

August is a busy month in the vegetable garden,

with the sowing of crops for harvesting from late summer through to winter including: cabbages, carrots, onions, parsnips, silver beet, peas, swedes and turnips.

It could be difficult to find well-drained friable soil after the copious falls over July.

Parsnips and carrots particularly, like a friable, open soil and good drainage. Carrots will rot if their roots encounter too



Left: Narcissus; Right: *Echeveria purpurea*

much moisture in heavy soils, and manure or compost at time of sowing will cause forking. Parsnips may be sown thickly, as they do not germinate well. If necessary, they can be thinned out with the first weeding.

Connecting to the earth

A SESSION called 'Introduction to Embodiment – A Journey for Women' will be held at Deloraine House on Saturday 2nd September from 2:00 to 4:00pm

Embodiment is described by workshop facilitator Tani Garde as "connecting your body to the earth" and "living in the moment."

"To an athlete it might be the key to their spontaneous brilliance. To an artist it might be a rare glimpse of beauty that inspires joy in others. For many of us it might be a feeling you get when everything just flows."

"It is the understanding that our bodies and the earth

are connected and that the feeling responses of our body are a guide to keeping authentically engaged with each moment" says Tani.

Tani's other professional practices as a Pilates instructor and Counsellor have given her the view that there need not be anything mysterious about the earth-body connection. Delivered in the simple terms of everyday life, the knowledge that feelings are a language used by our bodies to connect with greater realities is a lifelong gift with no use-by date.

Bookings are essential. Phone 0422 742 297 or visit www.embodywoman.com.au

SPORT

Taking it in his stride

By Emma Hodgkinson

GRADE 5 Deloraine Primary School student, Luke McHugh first started running as a sport in 2014 when he joined the Launceston Running Club and the Deloraine Little Athletics Club, and since then has accomplished an exciting achievement.

In June, Luke participated in the Cross Country State Qualifier held at Symmons Plains and was awarded the Northern Midlands School Shield in his category.

Running three kilometres, Luke soared past the finish line in an astounding eleven minutes and twelve seconds.

"I'm really happy with how well I did and this is my biggest achievement yet," said Luke.

Thanks to this achievement, Luke was selected to join the Tasmanian Cross Country team to compete against five other Australian states in a national competition. Luke is the only repre-

sentative from Deloraine and is thrilled that he has been given the opportunity to race in the National Cross Country Championships. Luke's first challenge in the championships is a 3 kilometre individual race that will select the top four contestants of each state.

The four final representatives of each state then will work as a team to go head-to-head in a relay race. The competition will be held from 11-14th August at Rokeby, Hobart.



10 yr old Luke McHugh takes a practice run in the Wild Wood, Deloraine.

Photo by: Mike Moores



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