



ON THE LONG LEAD

Meander Valley has champion trackers

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PRESSED FOR TIME

Age creatively in Meander Valley

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SPEEDY SIREN

Roller Derby in Westbury

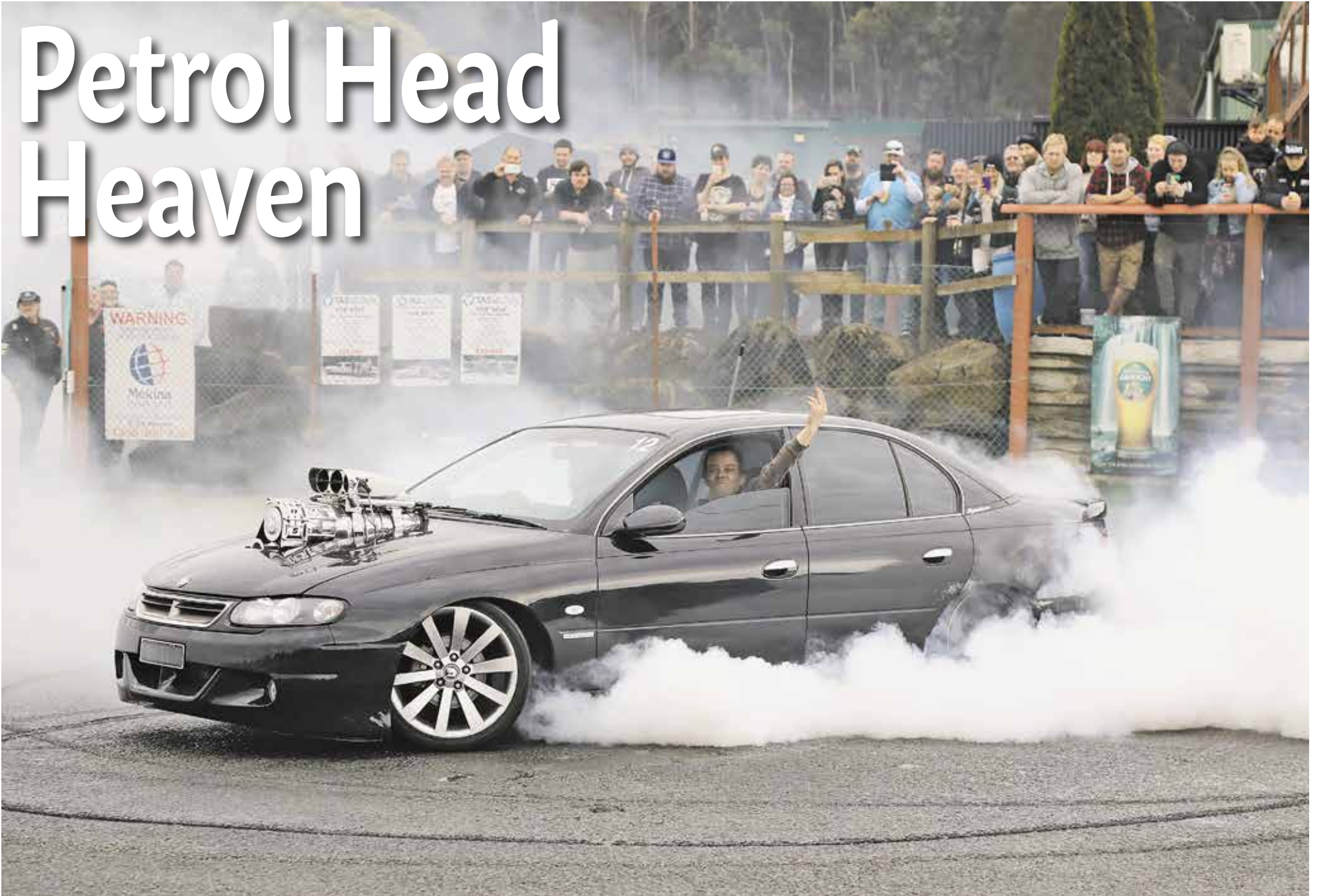
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Meander Valley Gazette

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October 2017

Meander Valley Gazette Your independent community paper



Petrol Head Heaven

'Heaven' recently came to Richardson's Harley Davidson 'Power Surge' at Prospect Vale when hundreds of people attended to view and compete in a wide range of events including Dyno Shootouts, Strongman Truck Pulling, burnout competitions, eating competitions and piercing. Although overcast weather conditions prevailed, there were lots of sunny expressions from the young and not-so-young who viewed the hundreds of Iron Horses (motorcycles) on show. One of the day's highlights was the spectacular burnout competition where high-powered cars performed donuts till their tyres shredded in a cloud of smoke, all accompanied by enthusiastic applause from the onlookers.

Photo by: Mike Moores

Addicted to life

By David Claridge

DRUG USE in Australia affects many people.

Deloraine local, Vanessa Reeman-Shea, has taken a stand and is now striving to do something about the problem in Meander Valley.

Victorian, Glenn Munso, is an ex-drug dealer and addict who

now teaches youth and young adults how to overcome and recover from drug addiction.

Taking his recently published book *Drugs Do Not Discriminate*, Glenn has been travelling around Australia sharing his message about the dangers of illicit drug use.

Vanessa reached out

to Glenn who was more than happy to come to Meander Valley and hold a 'Drugs Do Not Discriminate' tour in October.

"I want people to know that help is out there for drug users," Vanessa said.

"Talking with a friend of mine, she said there is little help

in Tasmania for youth without costing an arm and a leg, and if you do find a place there are no placements available.

"I wanted to help and found Glenn's website and ordered his book. I just want people to know that there is light at the end of the tunnel."

Glenn is excited about coming to Tasmania to spread the message and talk about his book.

"There is a strong drug problem in this

country and we want to give people the tools and tips for those struggling with drug addiction and also to inspire and explain that there is a way out," he said.

The event will be held at the Great Western Tiers Community Club on Thursday 19th October from 7.00-9.00pm, there is a \$5.00 entry fee.

More information about Glenn and the work he does can be found at www.youthyouthprogram.com.



Vanessa Reeman-Shea is concerned about the lack of options for people with drug problems.

In My Opinion...

By Joanne Eisemann
Managing Editor

THE 16TH to the 22nd of October is Seniors Week in Tasmania.

The Online Centre in Deloraine has held a Seniors Week event most of the eight years I've been working there.

It has always made me smile that most of the people coming along, who even though fitting the government definition of senior (55 yrs +), do not consider themselves senior. Some people even feel insulted if you suggest to them that they may have reached the senior age bracket.

Is this because we, as a community, value youthfulness far more than wisdom?

I can't help thinking that our western culture may have something to learn from the Aboriginal culture that predates our arrival in Australia by some 60,000 years.

In traditional Aboriginal culture everyone had a place and everyone knew what their role was in the community.

One of my favourite stories is that of Vincent Lingiari, Elder from the Gurindji tribe in Northern Territory.

In 1966 he, after 78 years of his people being treated as

virtual slaves by the owners and managers of Wave Hill Station, led his people to walk away, refusing to work any longer.

After moving the protest a couple of times, Vincent led the Gurindji to settle at Wattie Creek for seven years before gaining title to the area they believed was their land.

As leader and elder of the group, Vincent held his mob together despite intimidation, pressure from opposing interest groups and sometimes facing near starvation.

The Gurindji had well-founded faith in their elder, Vincent, who held firm in his belief by displaying leadership not often seen in our modern communities.

Mind you, it is no easy task to change our 'rush and tear' society into one that respects our elders. The folk at Meander Valley Life have taken a leap towards this ideal with their Creative Aging Festival. Coinciding with Seniors Week, they welcome people of all ages to attend one or all of the 25 events. Get yourself a copy of the program by dropping in to the Meander Valley Life Office or download one at meandervalleycommunity-directory.com.au (scroll to the bottom of the home page).

Foxy Ladies providing beds

ROTARY CLUB Deloraine held a Foxy Ladies High Tea fundraiser on 12th August. Ladies were encouraged to wear furs and to parade and give the history behind their fur. It was a very successful afternoon, with the patrons getting into the theme and it was good to see some gentlemen attending as well.

Patrons enjoyed delicious high tea fare with champagne, wine, tea and coffee. They were entertained by Roy Axelsen on the piano and jazz items were performed by Pat Wood's son Ben and his musician companion.

The High Tea was held to raise funds to purchase a second Hi Low bed for Deloraine Hospital. With the assistance of a grant through the Bendigo Community Bank, Rotary Deloraine is now in the process of purchasing the bed.

Earlier this year, the Rotary Club had made the decision to buy the first Linet Image 3 bed. This is a universal bed with excellent design features. It is ideal for patients who are at a high risk of falls, due to cognitive impairment



Foxy Ladies chat and drink tea

following a stroke or who have dementia or delirium.

The bed can be adjusted to just 28cm above the floor, which significantly reduces the risk of falls from bed, especially at night. The bed also features a specially designed frame to reduce pressure in the pelvic and sacral area when using the sitting position.

Staff are very happy with the bed's performance and features, and patients have also been very satisfied with the bed.

the water and sewerage companies, water and sewerage assets were purchased by ratepayers. Those assets and their associated liabilities, were transferred to the antecedents of TasWater. After that transfer, local government ceased to incur any cost relating to water and sewerage.

However, the new arrangements include the payment of \$20 million in dividends to local councils over seven years from the 1st of July 2018 onwards. Thereafter local government will receive 50% of the "profit" from the new water body. It is clear therefore that water charges will have to be inflated to produce "dividends" and "profit". Who will pay these inflated charges – the ratepayers that provided the funds for the water and sewerage facilities in the first instance.

In the 21st century in one of the most affluent countries on the planet, clean water and hygienic waste disposal are surely a fundamental human right. Those services should be delivered on a cost recovery basis – not a price calculated to maximise government revenues. We have recently witnessed the effect of the need to maximise government revenue on electricity prices – dramatic increases in energy prices.

Recent reporting indicates that median household income in regional Tasmania is less than \$40,000 per year. This means that half of the households in the regions are attempting to get by with less than \$40,000 per year. No doubt some of those households would include families with children. For such folk,

the cost of living is a significant issue. The travails of ordinary folk are of no interest to the plutocrats.

Bernie Lee, Deloraine

DESPITE CLAIMS to the contrary the Meander Residents and Ratepayers Association (MARRA) is alive and well, and in its 12 months of operation has attracted more than 70 members.

MARRA was formed in response to a wave of discontent in the Meander community, following the Meander Valley Council's decision to allow religious group Teen Challenge the lease of the former Meander School (at a peppercorn rent) for use as a drug rehabilitation centre for women and their children.

MARRA members believe that such an institution is totally adverse to the cultural values of a small rural village, and hopes to reclaim the school as a community asset. During the year the group has worked on a proposal entitled "Meander Commons" that if adopted could encourage a new era of learning and social interaction in Meander.

A colourful brochure of the proposal was presented to around 40 members at last month's Annual General Meeting at the Meander Hall.

At the meeting MARRA president Bodhi McSweeney congratulated members for their ongoing commitment and achievements throughout the year.

The Meander Commons brochure will be launched in the near future.

Marguerite McNeill

EST. 2013

Meander Valley Gazette

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Letters In...

THE DESIGN of the new arrangements with respect to water and sewerage is fundamentally flawed. Those arrangements have been planned with little regard for affordability. Reporting of the new structure includes

frequent references to "business", "profit" and "dividends". Government revenues (both state and local) have formed a disproportionate influence in the design of the new water body.

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Sent to scent

Rozsa, (registered name Dual Ch. (T) Kenoz Rozse Gold (AI) TSD.), a Hungarian Vizsla, owned by Pat Hallam of Prospect Vale and handled by Chris Pontin of Hillwood, demonstrates the enthusiasm for finding the track layer that earned her the title of Tracking Champion this year. Photo by: Jan Collett

By Jan Collett

MEANDER VALLEY is boasting three new champions. These champions have four legs, waggy tails and noses that know best.

Hungarian Vizsla, Rozsa, owned by Pat Hallam of Prospect Vale; Rottweiler, Poppy, owned by Ang Fry of Carrick; and German Shepherd, Belle, owned by Jan Collett of Golden Valley achieved their Tracking Champi-

on titles during this year's tracking season.

Tracking is a canine sporting discipline in which dogs are challenged to use their primary sense, the sense of smell, to track persons who have walked a designated route. The person sits at the end of the 'track', waiting to be found.

The handler has no knowledge of where the person has walked, and must allow their

dog to sniff out that person's scent. The dog then follows the trail, after being presented with an article of clothing such as a sock (that contains that person's unique odour).

Sport Tracking is one of many disciplines recognised by the Australian National Kennel Council (ANKC). Titles are awarded at various levels through to the ultimate prize of Tracking Champion.

Any breed of dog from Affenpinschers to Weimaraners are capable of tracking. Meander Valley has seen a plethora of breeds such as Daschunds, Dobermanns, Border Collies, Welsh Corgis, Rottweilers and Retrievers achieve titles.

Most recently, Chester, an Italian Greyhound, (handled by Jacquie Cullen of Westbury), achieved his Tracking Dog Excellent title at a trial

held at Elizabeth Town.

Tracking has been going for about 20 years, according to Pat Hallam, (who was first attracted to help with the sport at her local dog club).

Pat has trained 3 Tracking Champions in the past 12 years. "I first went over to Victoria and did a weekend workshop to learn how to do it."

She adds, "our first trials were held over one day and combined with an obedience trial; we had about 8 tracking entries. Our last trial down at Ross saw 49 entries."

Ang and Pat both note how much they learn from their dogs, reading body language and how much they teach them. "Tracking teaches you to trust your dog," says Pat.

Ang Fry was doing the show scene and decided there must be a bit more for her dogs to do. After doing an Endurance Test, she was invited along to give Tracking a try about 7 years ago and got hooked. "If tracking went 12 months a year, I'd give some of the shows a miss," she said.

Sport Tracking dogs can start their career at any age but the younger the better. Sport Tracking does not prepare a dog for 'real life' situations (such as search and rescue), as that involves much more intense training and commitment. Tracking dogs and their handlers form just as much of a bond; and learning to 'read your dog' is paramount to doing well in sport tracking.

The Tasmanian Dog Training Club in Launceston run a tracking course each year, commencing in April. Trials are held from the end of May through August, keeping to the cooler months to avoid heat and snakes.

Ang and Pat both note how much they learn from their dogs, reading body language and how much they teach them. "Tracking teaches you to trust your dog," says Pat.

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Deb Wace and Pip Stanley work together on an arrangement of pressed plant material. People of all ages are invited to attend events in this year's Festival of Creative Ageing. Photo by: Mike Moores

Pressing invitation to creative ageing

by Hayley Manning & Nadine Ozols

A TWO-DAY workshop was held by Hobart based Botanical Artist, Deborah Wace. This was part of the Meander Valley Festival of Creative Ageing to invite elders to revive their creative skills.

The first workshop saw participants enjoy a social bus trip to Kanangra and the Deloraine Community Garden. Edible plant specimens were collected such as kale leaf and herbs. Then morning tea at the Raspberry Farm and a search for more plant matter from the impressive gardens that surround the restaurant.

The assembled bounty of flowers and leaves were then placed between sheets of paper in plant presses. These were hand-made by Deloraine Community Shed volunteers, for participants to keep as a memento or save for future use.

The array of dried and

pressed plant matter was laid on tables at the Rotary Pavilion, ready for the creative process (of arranging and adhering to cardboard). The completed works will be mounted and framed ready for an exhibition that will be on show from the 16th – 20th October at the Rotary Pavilion, Deloraine.

The Festival of Creative Ageing provides a week of 25 art and health based sessions, workshops and exhibitions (which follow the theme of Seniors Week – the great outdoors). The program encompasses a dynamic range of activities, that aim to provide something to suit all interests and tastes. All activities are held within Meander Valley.

This is the second festival, which aims to be an annual event. Although the festival is targeting creative ageing, there is an open invitation to everyone in the Meander Valley to participate.

Copies of the program are available by dropping into the Meander Valley Life Office, 71 Emu Bay Road Deloraine. Or download one at meandervalleycommunitydirectory.com.au (scroll to the bottom of the home page).

To see more of Deborah Wace's botanical artworks, head to this year's Craft Fair and visit her stall at Venue 5, the Community Complex.

Events include:

Wine and Cheese Evening 6.00pm Monday 16th Oct at Grenoch.
Sketching with Robert Gower no experience required, 10.30am Tuesday 17th Oct at Grenoch.
No Song Left Unsung 2.00pm or 3.00pm Tuesday 17th October at Marakoopa Caves.
Grand Story Time 11.00am Wednesday 18th Oct at Westbury LINC.
Art of Brewing Workshop 1.30pm Wednesday 18th Oct at Kanangra.
Big Picnic Seniors Week Luncheon 12noon 19th Oct at Rotary Pavilion.
Creative Spring Play 10.30am Friday 20th Oct Westbury Day Centre.
Long Table Dinner 6.00pm Friday 20th Oct at Kanangra, \$30.00pp for two courses.

MEANDER VALLEY - GET INVOLVED

Lions Club of Hadspen South Esk is holding a High Tea on 22nd October at the Hadspen Recreation Hall, Clare Street at 2.00 pm to raise funds for Kidney Health. Come along for pop up shops, a raffle, a Lucky Door Prize plus more throughout the afternoon.

Limited \$25.00 tickets include a glass of champagne at the High Tea. Buy them at the Hadspen Post Office or by calling Jenny Tripptree on 0447 610 480 or Dianna Newell on 0400 314 179.

Gardenfest - 11th and 12th of November is on again at Entally House, Hadspen. Celebrating its 10th birthday the annual spring fest is full of flower & plant displays plus arts & crafts, entertainment and tasty food & drinks. Parking available. \$5.00 entry fee.

The Westbury Maypole Festival at the Westbury Village Green on Saturday 21st October 2017 is proudly hosted by West-

bury Primary School. The event is from 9.00am to 2.00pm, entry is free. There is something for everyone with jumping castles, fair games, live entertainment, food stalls and much more.

The event celebrates the 130th Anniversary of Westbury Primary School at its current location. As part of the Maypole Festival, the Westbury and Districts Historical Society will be launching a publication, *The History of Westbury Primary School*.

They will also have a photographic display at the festival, with further memorabilia on display at their history rooms on Lyall Street. If you have any photos or memorabilia from Westbury Primary School (such as school uniforms, certificates or school books), the Maypole Festival Committee would love to hear from you. Contact Amanda 0467 097 791 or Eva 0407 317 040.



IT SEEMS strange that while farmers on the East Coast of our small island were suffering from a severe lack of rain in late September, the West and North were "enjoying" quite wet conditions.

This is excellent weather for spring pastures, but not so good if we want to get on with our spring vegetable sowing.

A look at the sowing list for October shows that the only seeds which cannot be sown this month are broad beans. The list does include dwarf and climbing beans, but in our cool districts it is advisable to wait until the soil is warmer in November. Autumn sown broad beans should be setting pods by early October.

Raspberries - By September, canes should have been

lifted and divided and replanted with plenty of old manure, some potash, and a layer of straw between the rows. Any old fruiting canes from last season which missed the pruners can now be detected, as they have no budding shoots, so can be cut off at ground level.

Geraniums - Cranesbills, the true Geraniums - as distinct from the frost tender Pelargoniums - begin flowering in September/October. *Geranium sanguineum*, the Bloody Cranesbill, pictured, (so called because the deeply cut foliage turns blood red in winter), makes a good ground cover on a dry sunny bank. *G. pratense*, the Blue Meadow Cranesbill, disappears over winter, but sends up single stemmed flowers of pure blue or white in late spring.



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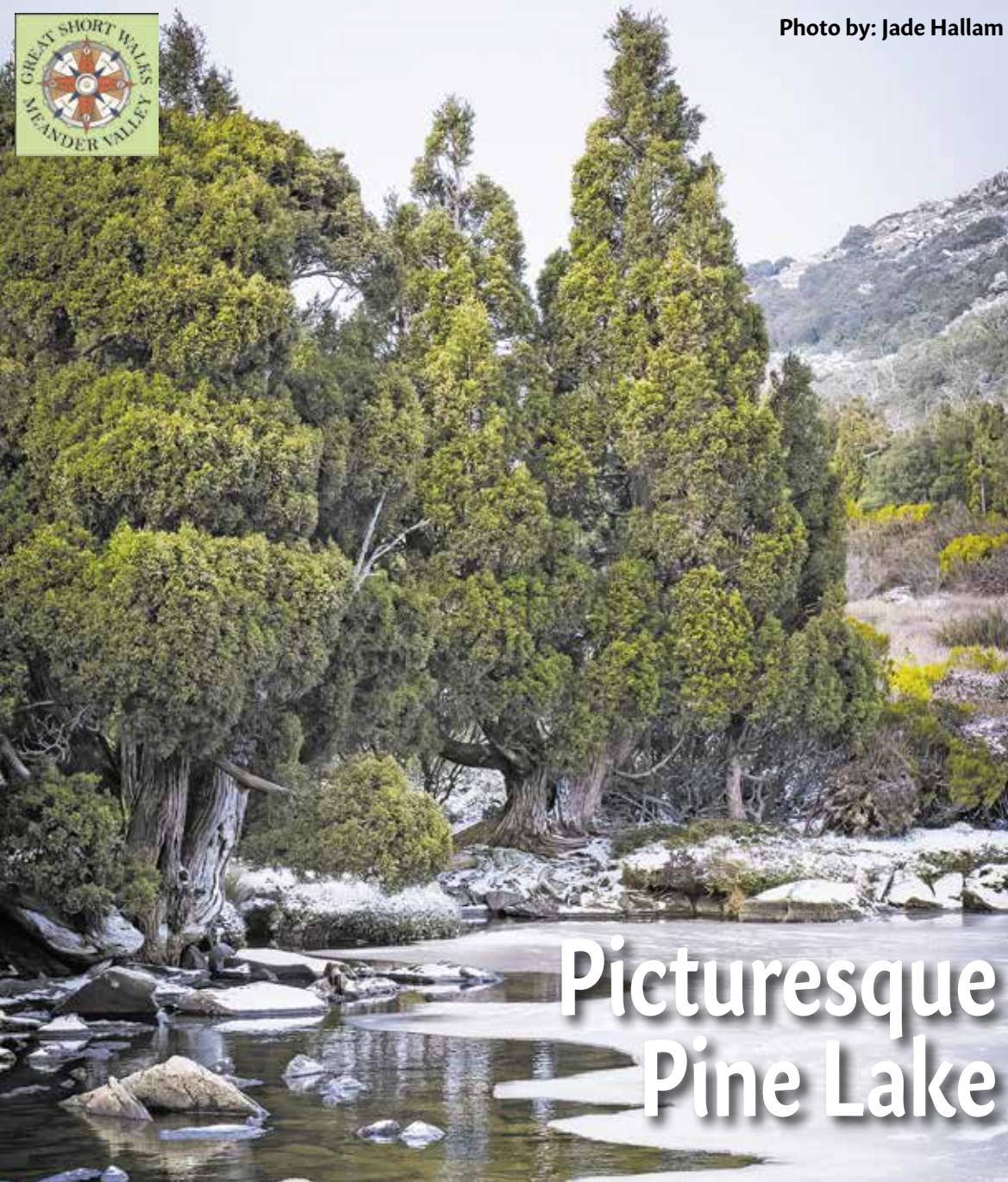


Photo by: Jade Hallam

Picturesque Pine Lake

By Tara Ulbrich
WHENEVER MAINLANDERS visit, I take them to Pine Lake. My advice is the same, year round. Dress like you're going to the coldest place in Tasmania. It's not. But I want them to be prepared. This is a mandatory walk for all guests because the setting offers a ready experience of Tasmania's other worldliness.

Pine Lake is found thirty minutes from Deloraine. Take the Lake Highway south out of town and head up through fern forests. The road winds around Quamby Bluff and opens out with views to Projection and Drys Bluff to the east and Mother Cummins to the west. Here one is struck by the vastness of Kooparoo-na Niara (the Great Western Tiers). Its Aboriginal name means 'mountains of the spirits'. Climbing on, note a sign indicating the highest point of the Lake Highway - 1210m. Further, on the right hand side is the lake, easily identified by the interpretive boards.

The walk is half an hour, give or take the amount allocated for sitting at the platform and looking into the glassy waters. The track there is boardwalk and thus suitable for pram or wheelchair access. But take it slowly, not just because it can

Left: Pine Lake, a picture of beauty throughout all seasons and in all types of weather.

be slippery, but also because it is worth savouring the setting of the dramatic ancient Pencil Pines. Pause for the delicate sphagnum moss, pineapple grass and cushion plants, wondrous examples of Alpine diversity. Moving along the decking provides a sense of gazing from above, like the endemic Black Currawong alerting the presence of an intruder.

The surface is often covered with a layer of ice. In colder times people have donned skates and enjoyed a spectacular rink.

Locals have shared many childhood memories of this lake. The surface is often covered with a layer of ice. In colder times people have donned skates and enjoyed a spectacular rink. I imagine the wind sweeping woollen scarves out behind them and snow piling in marshmallow mounds. I wouldn't recommend skating now but I would recommend you visit soon. As part of Tasmania's World Heritage Wilderness Area, it's a rugged place, one that takes you to another realm altogether. And besides, after all that cold, it's an easy descent back to Deloraine where no less than seven venues have a hot coffee waiting for you.

Spring Fashion Show

MEANDER VALLEY is building a connection with the mountainous country of Nepal, through the local Days for Girls group which meets to manufacture and assemble re-usable hygiene kits that enable Nepali girls to regularly attend school and go on to further education. This breaks the hopeless cycle of poverty, exploitation and early marriage for so many deserving girls.

Donations support the efforts of dedicated volunteers, and hundreds of the

finished kits are personally distributed in Nepal by volunteers. Dr Lois Beckwith provides hygiene training to the girls. The team also visits orphanages, and supervises a program assisting Nepalese ladies to run small businesses manufacturing these products.

Two annual major fundraisers are held for the purchase of materials - the Rotary Tasmanian Craft Fair, and the Deloraine Spring Fashion Show.

In 2016, talented mod-

els strutted their stuff to a crowded house, in a program that showcased the new season's fashions. The afternoon was so much fun that it is happening again on Saturday 14th October. This year, the Nepalese community is joining in with a traditional dance segment. Doors open at 1:30 pm with lucky door prizes and raffles. The Parade begins at 2:30. Tickets are \$15.00 for adults or \$5.00 for students and include a luscious all-you-can-eat Devonshire Tea. Will MV Gazette's garden columnist Nell Carr reprise her role of nonagenarian catwalk star? You'll have to attend to find out!

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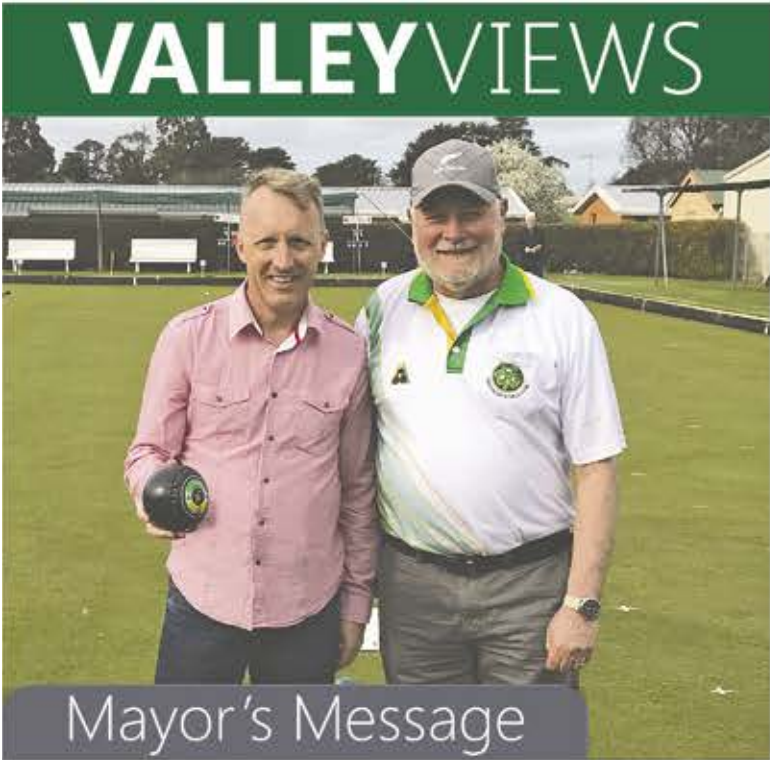
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Above: Mayor Craig Perkins is first on the green with Westbury Bowls Club President Barry Roberts.

Mayor's Message

Last month, nominations opened for the 2018 Voluntary Services Awards.

Council is seeking nominations for individuals who have undertaken over 1000 hours or 3000 hours of service or have performed acts over and above normal volunteer work.

If you know of someone in Meander Valley that deserves recognition for their services as a volunteer, I urge you to nominate them. It is a wonderful opportunity for us to say thank you. Nomination forms are available on Council's website.

Recently, the Westbury Ladies Probus Club celebrated its 25th anniversary. The Westbury Ladies Probus Club promotes companionship, friendship and fun for people over 55 years of age. The club helps to create a connected community and reduces social isolation. I congratulate the Club on reaching this significant milestone.

If you would like to join the Westbury Ladies Probus Club, meetings take place at the Westbury Town Hall Supper Room on the third Thursday of the month from 10am. There are guest speakers, trips and morning teas. New members are always welcome.

With the warmer weather approaching there are many opportunities to get out and about and a number of exciting community events are scheduled during October and November.

The Meander Valley Festival of Creative Ageing begins on 16 October and runs for five days, incorporating a range of workshops and

exhibitions that promote engagement in a wide variety of creative art forms.

The Rotary Club of Deloraine is holding a Spring Fashion Show on the 14 October at the Rotary Pavilion on Alveston Drive. This show is in support of school girls in Nepal - a very worthy cause and a great day out. Tickets can be purchased (\$15 adults, \$5 students) from Seppenfelts, B'Tahchee Fashion or at the door on the day.

The Tasmanian Craft Fair will once again transform Deloraine from 3 November and be sure to get along to Pearn's Steam Spectacular on the long weekend too.

This year marks the 100th anniversary of the Battle of Beersheba. A commemorative event will be held in Westbury on the 31 October and I encourage all of you to go along and commemorate the sacrifices made by twenty-one light horsemen from the Westbury district.

Last month I had the pleasure of joining both the Deloraine and Westbury Bowling Clubs on the green as they opened for their respective seasons. Whilst my bowling at Westbury wasn't bad, I'm not sure they will chase me for selection given my less than perfect action!

Meander Valley plays host to a wide range of sporting clubs, many run by dedicated volunteers. As we head into the summer sports season consider supporting a local club. Many hold 'come and try days' and these are a great way to meet new friends and support the community.

Mayor, Craig Perkins



Above: Cr Ian Mackenzie joins Maree from EPA and Council's Environmental Health Officers at Bracknell Primary School to learn about how to share healthy air.

There's something in the air at Bracknell

If you were in the vicinity of Bracknell Primary School last month, you may have noticed something in the air!

As part of an awareness campaign for World Environmental Health Day, students and their parents were invited to attend an 'Only Share Healthy Air' event which focused on backyard burning and smoke emitted from wood heaters.

Coordinated by Council with help from the Environment Protection Authority and the Bracknell Rural Fire Service, the event included a practical demonstration of correct burn-off procedures and a fire truck tour.

Students learned about particles in the air and the adverse affects they can have on our health.

"It's important that only dry, seasoned wood is burnt in your wood heater, as smoke can contain toxic particles." Council's Environmental Health Officer, Durga Gopala-Krishnan said.

The same applies to backyard burning. Burning off green waste, treated materials, rubber and household rubbish can be toxic for you and your neighbours.

"Backyard burning is only permitted on certain block sizes and must comply with a number of regulations, including some put in place by the Tasmanian Fire Service.

If you are unsure of the regulations and how they apply where you live, contact Council before you decide to burn anything in your backyard," Durga advised.

As a general guide, only unpainted, untreated wood, dry vegetation, paper, pellet fuel, charcoal, coal and peat should be burned in a controlled backyard burn.

Residents are reminded that in addition to Council regulations, the Tasmanian Fire Service may have further restrictions in place as we head towards summer.

Prevailing weather conditions, wind speed and direction are also mitigating factors as smoke drift may affect your neighbours.

For more information see Council's website or visit www.epa.tas.gov.au

Information on current fire ban alerts and permit advice can be found by visiting www.fire.tas.gov.au

Residents find a great read at Hadspen

A new street library has been installed on the community noticeboard at Hadspen. Inspired by local resident Nikayla Jones, the street library has received overwhelming support from the community.

"I'm an avid reader, but as a new mother to twin girls it was difficult to get to the library. I found myself going for many walks and a street library was a great solution. I approached the Council with the concept and now we can go for a walk and pick up a book on the way," Nikayla said.

A street library is a place where books can be freely deposited, exchanged or taken to be read by all members of the public.

The unit was constructed by Nikayla with help from

her father's business, 'Optimo Awnings and Powdercoating'. The Lions Club of Hadspen South Esk donated funds towards material costs and Meander Valley Council worked on obtaining approvals and ensured the street library's installation was accessible and complemented the community noticeboard to which it is attached.

"This is a wonderful example of what can be achieved when we work together as a community. A street library can play a significant role in encouraging good reading habits for the young and the act of taking a book and giving a book fosters positive community connections. Nikayla's proactive approach to this initiative is commendable" Mayor Craig Perkins said.



"I am very thankful to the Lions Club of Hadspen South Esk, Optimo Awnings, Meander Valley Council and the Hadspen community for their support in getting the street library installed and operational," Nikayla said.

The new Hadspen street library is located on Winifred Jane Crescent, at the entrance to the shopping precinct.

Council's proactive approach to sport and recreation

After a lengthy consultation period, Council recently completed a review of its Recreation Facilities Pricing Policy.

The policy seeks to ensure that the community has equitable access to sustainable facilities that provide a range of recreational, cultural and educational opportunities.

The review identified that a need to access venues for women's sport is a nationally growing trend. This has led to a higher demand, particularly during peak times.

"Council understands the

importance of providing a variety of access options for both men and women's sporting teams and concessions have been introduced to support this aim," Mayor Craig Perkins said.

Council was also aware of the need to remain consistent with pricing schedules to ensure that active participation in sport is encouraged.

"Junior sporting clubs promote lifelong healthy exercise habits, team building, self-confidence and participation. They are the foundation of the future success of sporting clubs throughout Meander Valley

and are often run exclusively by volunteers.

We have recognised the health and wellbeing benefits these clubs provide and want these to continue to grow," Mayor Craig Perkins said.

Policy changes include an increase in the concession for junior participation and a general reduction in the facility usage charge across the municipality which brings it in line with other municipal areas across the state.

The review was adopted at Council's August meeting.



Australia Day Award Nominations

On Australia Day, Council recognises the exceptional voluntary contribution of its community members with the presentation of Australia Day Awards. The Awards are presented in the following categories: Citizen of the Year, Young Citizen of the Year, Community Event of the Year, Sports Award, and Volunteer Services Recognition Awards. If you know someone who deserves such an award, complete the nomination form available on Council's website at www.meander.tas.gov.au

Nominations should be received by Friday 17 November 2017. For more information contact Merrilyn Young on 6393 5317.

Drugs Don't Discriminate • Community Forum

A community forum for young people, parents, youth workers and interested community members. Presentations by Glen Munso and health and police representatives.

7pm-9pm, Thursday 19 October 2017 • Western Tiers Community Club
33A Parsonage Street, Deloraine. Entry is \$5, refreshments are provided.
For more information contact Patrick Gambles 6393 5334

Council committed to Westbury Recreation Ground upgrade

Meander Valley Council has committed up to \$5m for the development of a new community facility at the Westbury Recreation Ground.

Work will commence on the development of concept designs presented by a number of Councillors at the September meeting.

"It is envisaged that the

upgrade will incorporate multi-purpose and shared use spaces that will accommodate the needs of a variety of sporting club users, spectators and community groups," Mayor Craig Perkins said.

The focus at this stage will be to refine the design which includes a sports pavilion, change rooms and a

function centre - a process that Council will undertake in-house as much as possible.

"The Recreation Ground has been an integral part of Westbury since its acquisition in 1884 and any capital works undertaken will aim to enhance this historic, recreational site," Mayor Craig Perkins said.





~Invitation~

Commemorating the Battle of Beersheba Centenary

Westbury
Tuesday 31st October 2017

11am Westbury General Cemetery
Graveside commemorations for the Westbury District 3rd Light Horsemen buried in this cemetery. A free courtesy bus will leave the Westbury RSL at 10.45 am.

12.30pm Westbury Cenotaph
Commemorative Service and unveiling of the Light Horse silhouette.

This is a community event as we come together to remember the men from the Westbury District who were proud members the 3rd Light Horse. A light luncheon will be served in the Westbury RSL clubrooms from 1pm onwards. No formal RSVP is required.



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Backyard burning is only permitted on certain block sizes and must comply with regulations. If you are unsure, visit www.meander.tas.gov.au/woodsmoke or phone **6393 5300** before burning anything in your backyard.



Date Claimers

- A Spring Fashion Show, Rotary Pavilion 14 October
- The Meander Valley Festival of Creative Aging 16-20 October
- Festival of One Act Plays, Little Theatre 20-21 October
- Westbury Maypole Festival, Village Green 21 October
- Battle of Beersheba Centenary, Westbury 31 October
- Tasmanian Craft Fair, Deloraine 3-6 November
- Pearns Steam Spectacular, Westbury 4-6 November
- Westbury Agricultural Show 11 November
- Gardenfest, Entally House 11-12 November



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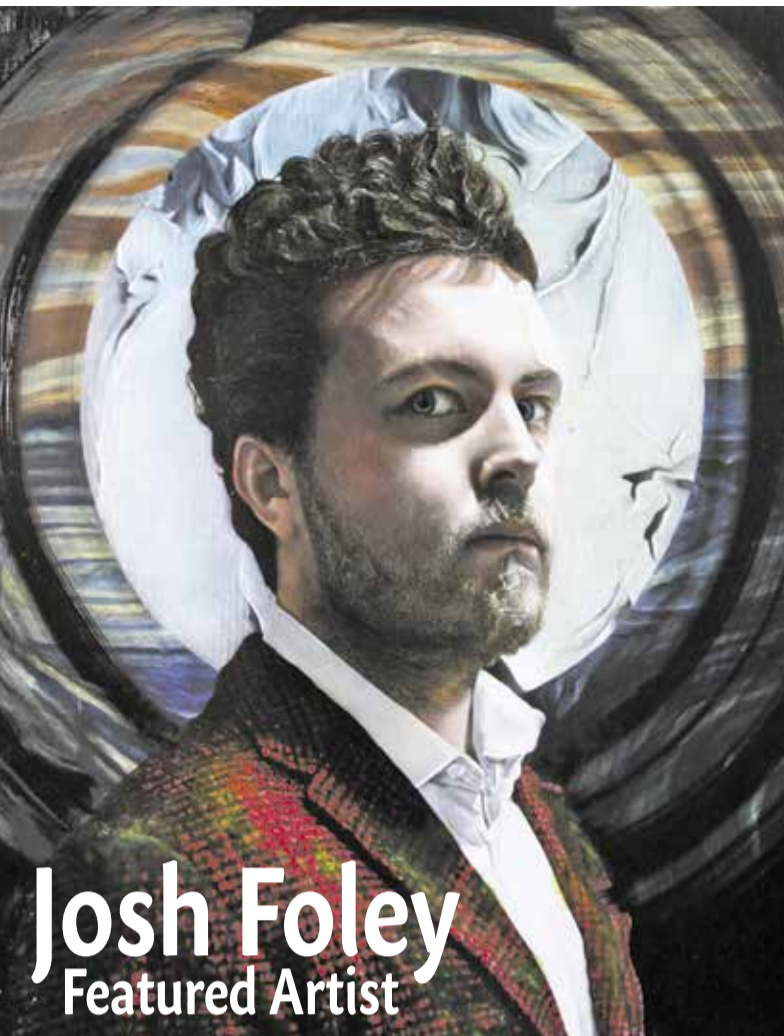
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Josh Foley
Featured Artist

Josh is a talented landscape and portrait painter.

IN NORTHERN Tasmania Josh Foley's major claim to fame is winning the Glover Prize for landscape painting in 2011. In southern Tasmania, he could be known arguably in future years as the guy who painted the splashy four-storey wave that wraps a Derwent-side Taroona High School building. This year, Josh will be the Featured Artist at November's Tasmanian Craft Fair in Deloraine. Another notch in the belt of a home-grown artist who seems determined to absorb

A WESTBURY dad and daughter team will front up two of the new taste sensations at this year's Tasmanian Craft Fair.

For sweet-toothed patrons, John Wisby from Swirlies Gourmet Icecream will be serving up berry icecream and brandy baskets with icecream, berries and chocolate.

And Jo Da Silva, from Sailor Food Truck, will cater for the fish and chip freaks with her salt 'n pepper calamari and beer battered flathead & chips.

Sailor Food Truck is brand new, having had its first outing a few weeks ago on a Friday

the State's history and landscape for translation into his creative style.

"The Glover gives artists great exposure to the art-loving public and winning it surprised me. I would have been happy just to get into the exhibition because I'd failed to do that on six previous occasions," he said.

The back story of his winning work is deceptively simple: as Josh tells it. Living next door to the Quarry Rd site in West Launceston, he was intrigued by its growing hoard of 14 trailers and other junk and decided to paint it.

In his hands, this urban junkyard location, named after Launceston Mayor Henry Gee (who watched supply ships coming up the Tamar from there), became a brown hut

night at Rotary Park in Deloraine - with Dad alongside in his Swirlies Gourmet Icecream van. "We had 165 customers and sold out in two hours," Jo said. "We hope to do it every Friday."

Not to be outdone, John plans to serve up a Craft Fair special - strawberry with Tasmanian peppercorn.

"The customers choose their berry - strawberry, raspberry

or blueberry - and I blend the berries with vanilla icecream on the spot," he said. Craft Fair director Tim Biggs said organisers aim to cater

nestled in a swirling multi-coloured texture of hills and river. The work described by the Glover judges as "standing out as unlike any of the other works" in that year's prize. Earlier this year the historical thread appeared again when Josh created a multi-media installation. Exhibited during 'Ten Days on the Island' with work by three other artists at Patterdale, the homestead of colonial artist John Glover.

The installation was a different creative step for him. His work from his 2017 intermittent residency at the Woolmers Estate (Longford) will also be different.

"I've immersed myself in the history of Woolmers, interpreting it in paintings and video," Josh said. "I'm experiencing a

week in each season there, and the work will be exhibited in the opening of their new centre next year."

As someone whose creativity seems enmeshed with growing up and living in the Tasmanian environment, UTAS-educated Josh sees advantages in being located away from the world's big cities.

"Having a sense of isolation can help ideas germinate," he said.

"Being in Tasmania can be challenging logistically and to find audiences, but it's an interconnected place these days. Living here, I can develop a more unique voice."

This Craft Fair special feature compiled by Sharon Webb.

Creative Craft Fair Delights



Delicious food

for all food tastes, with food for those who want to try something new - and food for those who just want the good old favourites

such as hamburgers and pies.

New food opportunities at this year's Fair include: **Haddo's Hot Dogs** - gourmet hot dogs (including vegetarian) from Adelaide: get them at the Showground.

Yodel Yums - German-style doughnuts with choc centre or chocolate, raspberry or caramel topping: get them at Rotary Park.

Raw Dealer - cakes (pictured) and slices free from gluten, dairy, soy and refined sugar, including white chocolate and berry, chocolate and peanut butter, and coffee flavours: get them at the Community Complex.

Swirlies Gourmet Icecream - berry icecream, brandy baskets and toasted waffles with berry icecream: get them at the Community Complex.

Sailor Food Truck - salt 'n pepper calamari, beer battered flathead & chips: get them at the Community Complex.

THERE'S A SECRET code in Kate Piekutovsky's art that only her friends and family know.

Her very feminine-stylised etchings are grey, their unpredictable, sometimes aggressive lines created with nitric acid on steel plates. But in each one a surprising pop of scarlet leaps out: a pair of shoes, a dress, an umbrella.

That code red, according to Hobart-born Kate, who has been selected as the Emerging Artist at the 2017 Tasmanian Craft Fair in Deloraine, reveals her second home.

"It's a symbol of Poland," she said simply.

"My parents moved to Australia 30 years ago, away from communism and a difficult life, and I grew up in a mixed Polish/Australian culture.

"Even in Renaissance paintings, red spoke of love, blood, war, emotions; for me it was putting a sense of that Polish homeland into the work."

Inextricably bound with that patriotic identifier is Kate's statement about 'home' through her work. She grew up in the Hobart suburb of Taroona and inevitably romanticised her depiction of the Polish homeland.

"Everything I do is about the home, belonging and identity," she said.

"I grew up with a beautiful, romanticised version of Poland, and a lot of my work is based on this. I was drawn to etching by my parents who showed me etchings by the German Renaissance artist Albrecht Dürer. At an early age

I saw art in the Louvre and the Vatican, and was influenced by European history."

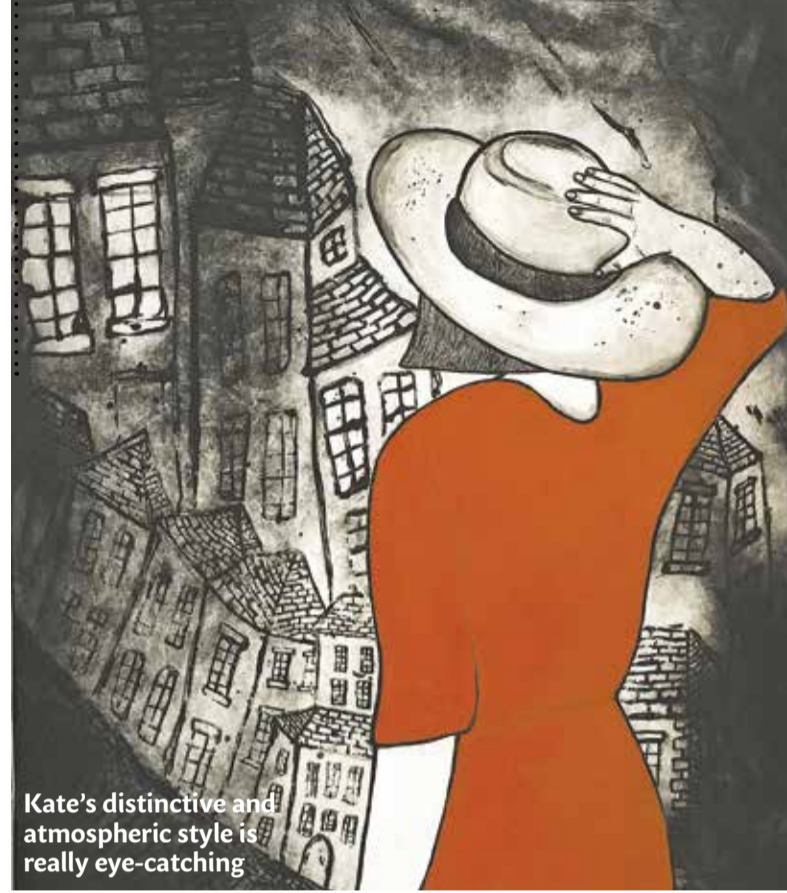
"I was obsessed with Poland. Then I realised how much I love Tasmania and the influences of nature, plants and flowers came into my work. I understood that I have two home connections."

"Exploring the concept of how we create a connection with home, I've designed and made ceramics, prints, clothing, cushions and jewellery. I've expanded to creating digital fabrics, creating the idea of home and homeland within my work."

Visitors to the Tasmanian Craft Fair will see the seamless bonding effect of these two homelands in Kate's work. The merging of the influenc-

Kate Piekutovsky

Emerging Artist



Kate's distinctive and atmospheric style is really eye-catching

es of her loving Polish family culture with an Australian environment.

"I grew up in Taroona and really belonged there. I still have the friends I made at Taroona Primary, my parents still live there, my brother

has just bought a house there and I'd like to have a family there too.

"Rather than Tasmania's beaches and bush, which I love, I believe it's that strong sense of home and belonging that's visible in my work."

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Tasmanian Craft Fair

Deloraine

3-6 November 2017



Change to Traffic Conditions

The Rotary Club of Tasmania advises that during the Tasmanian Craft Fair from 3rd to 6th November, the following restrictions will apply.

The speed limit will be reduced to 40km from 8.00am to 5.00pm on Meander Valley Road from Bonneys Creek to the bridge and on East Parade/Highland Lakes Road until after the Deloraine Showgrounds.

In addition, traffic controllers will be directing traffic at the eastern end of the bridge (near the Meander Valley Performing Arts Centre).

We will endeavour to facilitate traffic movements to keep waiting time to the minimum and thank Deloraine residents for their patience.



tascraftfair.com.au

All funds raised go to local, national and international Rotary projects.





Brooke Thornbury from Rosny College will exhibit this work entitled *Muse* at the inaugural Tasmanian Young Artist Awards to be held at Deloraine Creative Studios for the month of November.

PIXELS to display local talent

PIXELS IS a new gallery opening soon inside the Deloraine Online Access Centre. It will be a gallery with a difference, as works will be displayed across 6 digital screens.

The first exhibition running for the month of November is Mole Creek photographer Leanne Osmond's 'Along the Way' series. Taken in Meander Valley, it includes images of sunrises, fog-filled landscapes, frolicking lambs, rainbows, frozen icicles, spider webs, autumn colours and much more.

Describing her interest in photography Leanne explains "I first took an interest in photography at age 10, when my grandmother gave me my first camera, a Kodak Instamatic.

My love of nature was further encouraged by many nature walks with my uncle over the years, but it wasn't until 2005, when I bought my first digital camera, that I found the perfect outlet to express my love of nature."

Leanne has appeared as a guest on the TV programme *Postcards*, which showcased a number of her stunning misty landscape images. Leanne's

work is also featured in the 2017 Bureau of Meteorology's 'Australian Weather Calendar' and has been featured in a number of council calendars.

Her images have appeared in the *Sydney Morning Herald*, *Gardening Australia* and other magazines, as well as been used on the front cover of a tourism magazine, a book about the Adelaide Hills, and also on numerous business websites.

"If visitors wish to purchase any of the photos or digital artworks they can be printed in a number of different sizes on a choice of archival quality paper or canvas," explains gallery manager Joanne Eisemann.

Equipment for the gallery space was enabled by a grant from the Department of State Growth's Community Infrastructure Fund, and will be used for a number of other purposes including computer training, the promotion of local events and live streaming to enable online gaming.

PIXELS will be open 10.00am - 4.00pm Monday to Friday, 10.00am - 3.00pm on Saturdays and 10.00am to 1.00pm on Sundays from 1st November.

Youth art inaugural awards

THE TASMANIAN Craft Fair and The Rotary Club in Deloraine are holding an inaugural exhibition of artworks by talented young artists within Tasmania's schools, from 1st to 30th November at the Deloraine Creative Studios in Emu Bay Road.

The Tasmanian Young Artist Awards have been launched to provide encouragement and exposure for Tasmania's young artists and will showcase their work to an audience in the thousands.

The works of art are inspired by this year's theme

of "Contrasts", and will be judged by Carol McLean from the Deloraine Creative Studios and Launceston artist Josh Foley.

The winners of Tasmanian Young Artist Awards will be announced at the exhibition's opening on 2nd November, starting at 6.00pm for 6.30 pm. One award winner is selected from the years 7 to 10, with the other from years 11 to 12.

The Rotary Club has ambitions to make it an annual event through its Youth Services, should this year's event prove successful.

Students enjoy a classical treat



Over one hundred children from Deloraine Primary School, Our Lady of Mercy Primary School and a small number of home schoolers were treated to a concert from internationally renowned pianist Roman Rudnytsky, when he recently toured Tasmania. At Gallery 9 in Deloraine, children listened to pieces by Haydn, Schubert, Beethoven, Chopin, Debussy and Liszt.

Tassie - no ordinary island

NO ORDINARY ISLAND, is a contemporary Tasmanian collection of art, craft and design featuring emerging artists who have departed from

the ordinary but not from the island. Curated by Alice Holder the exhibition is on show during the Craft Fair and can be viewed at Venue 5.


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Tim Schmidt is the president of Industrial Hemp Association of Tasmania, and a local hemp farmer.

By Emma Hodgekinson

GROWING HEMP seeds in the Meander Valley is set to flourish, due to changes in the law regarding the human consumption of hemp products.

Industrial Hemp Association of Tasmania president, Tim Schmidt, has been growing hemp on his Meander Valley Farm for five years. He looks forward to planting another successful crop as the warm weather approaches.

The plant has many different uses. The fibres can be processed into fabric to make clothing and bags. The hurd, (hemp wood) can be used to make animal bedding, mulch, and insulation. The most common use for the seed is crushing it into oil to make skincare products. However, the seed has many more benefits when ingested.

Hemp seeds are not dangerous to consume as it

Hemp: the wonder crop

contains little or no tetrahydrocannabinol (THC), (the psychotropic cannabinoid found in Marijuana that causes psychoactive reactions). This means that hemp seeds are safe for human consumption. Until recently, hemp was classified as illegal to consume as a cannabis-based plant, despite its low THC levels.

Now the seeds can legally be used in foods and they have many different applications and benefits.

Now the seeds can legally be used in foods. They have many different applications and benefits, (flour, oil and cereals, or it can be eaten on its own). It is rich with vitamins and minerals, protein, healthy fats. It contains more omega 3 than fish oil. It can also decrease your risk of heart disease, help keep your skin healthy and is one of the easiest foods to digest. Hemp seeds also have a delicious, nutty flavour.

Mr Schmidt recommends that consumers purchase Australian grown hemp seeds. They are grown in a safer environment and at a higher quality compared to

overseas production.

“Growing hemp here in Meander Valley is great because of Tasmania’s soft climate. Also, Australia as a whole has some of the best food safety in the world,” says Mr Schmidt.

“What we’re looking to produce is a top-quality product that is recognised for its safety, health, cleanliness and its benefits for the consumer.”

Hemp’s growing season is short in Tasmania due to the short-lasting summer, and

wet weather. This doesn’t affect the product’s quality.

“We don’t start planting until November. By then the farm is dried out enough and then we harvest it in March,” says Mr Schmidt. “Our aim is to produce a unique Tasmanian top-quality product.”

Mr Schmidt’s hemp seeds are distributed to Fair Foods, where they can be purchased at www.fairfoods.com.au. The website has more information and recipe ideas.

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Relaxation is only a touch away with Phuong's Asian massage practice. Photo by: Mike Moores

Phuong Cao Asian Relaxation

By Lorraine Clarke

WHEN WEARINESS sets in, injuries or illness strike, or when pampering is in order, there's nothing more soothing and restorative than a massage from a trained professional. Phuong Cao's soothing hands relieve pain and stiffness from aching muscles and joints. Her clients are rapturous in their praise for her skill.

Phuong grew up in a small Vietnamese village near the mountains. Here, she worked with her family on a rice farm, and in their agricultural chemicals business. For many years, she massaged family, friends and other villagers when they needed pain relief and relaxation.

"In Vietnam my father had a minor stroke with numbness in his legs," said Phuong. "I helped him with relaxology massage. My grandmother worked hard all her life, she had sore shoulders and a bad back. I helped her a lot by giving her a massage almost every day. When I was unable to come, she would send somebody on a motorbike to bring me to her house."

Eventually, Phuong was able to formally study massage in Ho Chi Minh City (Saigon). About 10 years

ago she came to Meander Valley on holiday, and since then, always longed to come here to live. Four years ago she realised her dream when she returned to Deloraine. She loves our mountains and farming districts which remind her of home, but is not so fond of our cold winters!

Phuong Cao's soothing hands relieve pain and stiffness from aching muscles and joints.

She has worked on local farms, and in her spare time enjoys sewing her own clothes, and growing vegetables, (especially the Asian varieties that are becoming more popular here).

Phuong spent 2 years studying for her Certificate IV in Relaxation Massage at Evolve College in Launceston. "When people are sore or injured, I want to help them have less stress and pain."

Phuong is available for Asian Relaxation Massage sessions most days by appointment. She works from a room in Seppenfelts Emporium in Deloraine, and has also travelled to Launceston when requested. Phuong can be reached on 0456 715 775.

ton and surrounds including Prospect Vale.

The figures show that super funds are holding \$14.12 billion of lost super, with a further \$3.75 billion of unclaimed super held by the ATO. People living in Tasmania have around 46,000 lost and unclaimed super accounts worth \$216 million to find.

\$21 million postcode

AS AT 30 June 2017, there are over 6.3 million lost and ATO-held super accounts with a total value of around \$18 billion across Australia.

The highest loss for any postcode area in Australia, of nearly \$21 million, is in the 7250 postcode of Launces-



The Bass Highway junction at Christmas Hills Raspberry Farm has been classed as a Black Spot for drivers. Image courtesy of Google Maps.

White - Christmas present

LABOR LEADER Rebecca White has committed to upgrading road infrastructure at Christmas Hills on the Bass Highway.

"For a number of years this part of the Bass Highway, has been recommended as an area that requires work, to improve road safety and reduce crashes and trauma.

"It has been identified as a funding priority by the RACT, and the upgrade has the support of local businesses and residents.

"The work at Christmas Hills will specifically involve the installation of a centre holding bay. This will allow traffic exiting Christmas Hills and turning right to safely enter Bass Highway.

The risk associated with traffic travelling downhill will be minimised. The installation of traffic islands may also be required."

Bittersweet sale

By David Claridge

ON A cool September day in Westbury, people gathered at the town hall. Many media outlets were also present as something was about to happen that is rare in Australia.

A property in Mole Creek was being auctioned by the council after years of seeking several thousand dollars in rates from the Beerepoot family. The owners refused to pay because, in their opinion, the land belonged to God and the council should seek the money from him.

Cameras and recorders were positioned around the room. As the auction began a first bid of \$20,000 was made. About six minutes later the hammer fell at the small amount of \$120,000, far below the estimated value of the property.

An anonymous phone bidder won the auction.

Meander Valley Mayor, Craig Perkins, watched from the background, making sure that things went to plan. Afterwards, Cr Perkins answered the media's questions.

"After many years of trying to seek the repayment of the rates, (as we are required to do by law), we were required to take action to sell the property to recover them," he said.

"The owners acknowledged that we would auction their home. They were reaffirming that their land was owned by God.

"Hopefully there is a lesson learned here and they start to pay the rates on their properties in Chudleigh."

The Beerepoot's currently own two other properties in Chudleigh, including the Melita Honey store and honey farm. Their outstanding rates were mysteriously paid before the auction date.

From the auctioned price, the council will recoup the money owed in rates, pay any fees related to the auction and any other outstanding mortgages while the Beerepoots will get what's left.

The real estate office involved in the sale of the Mole Creek property was contacted for comment about updates on the process, but they declined to answer any questions.

Bringing in the harvest

UNDER THE umbrella of Deloraine House, the Meander Valley Harvest Helpers (formed this past year) has connected volunteer pickers with tree owners. The harvest is shared equally between the two and a third going to the co-op (for its emergency care and community meals,

amongst other programmes).

Eleven harvests of 1,058 kg of fresh fruit and nuts were completed. If you cannot harvest your own fruit or nut trees, or wish to be a volunteer picker, or want more information, call Deloraine House on 6362 2678 or Nan Preston on 6302 3377.

Mersey & Forth to boost Australia's energy?

ARENA and Hydro Tasmania have completed scoping the first two projects that will form part of the larger *Battery of the Nation* initiative.

Pumped hydro storage from Tasmania has the potential to make a far greater contribution to Australia's energy market.

An assessment process is


now underway to identify the final key zones & locations. There are 11 potential sites in the 'North West', which includes the Mersey & Forth River catchments.

A final shortlist will be completed by the end of 2017.

For further information, visit <https://arena.gov.au/blog/hydro-tasmania/>

Guy Barnett MP

State Liberal Member for Lyons



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Steam engines a plenty at this year's SteamUp in Westbury

Full steam ahead

Pearns Steam World will be celebrating their 30th birthday at this year's Steam Up to be held over the November long weekend (4th, 5th, 6th Nov from 9.00am - 4.00pm). On show will be 100 years of Henry Ford cars and tractors. People are invited to bring along their own Ford car or tractor to be part of the show.

Also on show will be tractors, tractions engines and much more. The museum is home to a collection of more than 200 pieces of equipment; some so rare they are of international significance. In the 1950's, the Pearn brothers (Jack, Verdun and Zenith) saw that the age of steam and threshing was

giving way to diesel-powered tractors and self-propelled headers. Visionaries before their time, the brothers decided to collect a representative sample of the steam engines operating in the state. When others sold their machines for scrap metal, the Pearn's purchased 12 engines and used their spare time to restore them. Entry \$10.00 adults and \$5.00 for children. More info at www.steamworld.com.au

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 7th October	Deloraine Showground Market	Deloraine Showground, Highland Lakes Rd 03 6369 5321 or 0409 695 321 for more information
Saturday 7th October 8.00pm	Ben Tomé Band October Bash	Bush Inn Hotel, Meander Valley Hwy, Deloraine. \$10.00
Tuesday 10th October 9.30am - 4.30pm	Carers Week Fishing & Day Out	Tiers Tryers Carers Group. Departs Deloraine House Phone 6362 2678
Wednesday 11th Oct 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 14th October 7.30pm sharp	WTFs - "Manchester by the Sea"	Little Theatre, 2 Meander Valley Rd. Deloraine US Drama 135min Rated: R Ph: 0418 389 868
Saturday 14th October 7.00pm	Fish Feast - Lions Club of Westbury	Quercus Rural Youth Park \$35.00 for Fish/Chips/Salad & Dessert bar Enquiries: 0409 936 234 or 6393 6237
Saturday 14th October 8.00am - 1.00pm	Car Boot Sale	Lions Club of Hadspen South Esk, Riverbank at Hadspen
Sunday 15th October 8.30am	Free Active Farmers class + breakfast	Group fitness class and breakfast suitable for all levels of fitness and experience Hagley Farm School Oval
Monday 16th - Sunday 22nd October	Meander Valley Festival of Creative Ageing	Various venues across Meander Valley. Refer to Seniors Week brochure for all events & contact numbers
Monday 16th - Sunday 22nd October	Seniors Week	Various venues across Meander Valley. Refer to Seniors Week brochure for all events & contact numbers
Tuesday 17th October 2.00pm - 3.00pm	Getting Smart with Smartphones	Deloraine Online Centre Booking recommended, drop-ins welcome. Call Anne-Marie: 0417 120 671
Tuesday 17th October 10.00am - 12.00pm	Safe & Secure using the Internet	Deloraine Online Centre, 21 West Pde, Deloraine Bookings: 6362 3537 Q&A session - have questions ready
Wednesday 18th October 11.00am	Grand Story Time	Westbury LINC, 33 William St. Westbury Enq: 6362 8300 Families, share a morning with elders
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 October 10.30am - 12.00pm	Springtime Creativity Workshop	Westbury Day Centre, 89 Meander Valley Rd - Pat Baines from Alzheimer's Tasmania - Bookings 6362 8300
Friday 20th October 1.30pm - 3.00pm	Springtime Creativity Workshop	Grenoch, 11 East Barrack Street, Deloraine - Pat Baines from Alzheimer's Tasmania - Bookings 6362 8300
Friday 20th & Sat 21st October 6.30pm	Festival of One Act Plays	Deloraine Little Theatre, Meander Valley Rd For more info Ph: 0409 568 291
Saturday 21st October 9.00am - 2.00pm	Westbury Maypole Festival	Westbury Village Green, Lonsdale Promenade. Free entry. Games, jumping castles, cake stalls & much more
Saturday 21st October 6.30pm	Tasmanian Ind. Country Music Awards	Country Club Tasmania, Prospect Bookings: www.tixtas.com.au Ph: 1300 795 257
Sunday 22nd October 2.00pm	Lions Club of Hadspen South Esk - High Tea	Recreation Hall, Clare Street, Hadspen Limited Tickets \$25.00 Ph: 0447 610 480; or 0400 314 179
Friday 27th October 6.00pm	Soup & Dessert Evening	St. Marks Parish Hall, East Westbury Place, Deloraine Entry \$15.00 RSVP 6363 6125 or 0407 534 878 by 22nd Oct
Friday 3rd November - Monday 6th Nov	Tasmanian Craft Fair	Various venues around Deloraine Free buses all weekend to all the venues
Saturday 4th, 5th, 6th November 9am-4pm	Pearns Steam World "Steam Up"	Pearns Steam World, Westbury - Bring your Ford Tractors & Cars to celebrate 100 years of Henry Ford
Tuesday 7th November 11.30am	Melbourne Cup 5 course Luncheon	Chudleigh Memorial Hall Bookings essential Ph: Sheryl 6367 8190 Prizes - so dress up!
Wednesday 8th Nov 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 11th November 7.30pm sharp	Western Tiers Film Society - "Elle"	Little Theatre, 2 Meander Valley Rd. Deloraine France Drama 130min Rated: R Ph: 0418 389 868
Saturday 11th & Sun 12th November	Gardenfest	Entally House 782 Meander Valley Rd, Hadspen 10.00am - 4.00pm For more info Ph: 6393 6201
Saturday 11th November 8.30am - 5.00pm	Westbury Show	Westbury Showgrounds, Lyttleton Street. Enquiry Ph 03 6392 2120 or Mobile 0427 922 124

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- 3 Pick up the phone and speak to our friendly team, who will guide you through the process and take your booking.

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AS WE AGE, we need different approaches to maintain fitness. Gino Fratangelo, (Meander Valley Council Recreation Officer), has designed a program to build knowledge about improving fitness and confidence and incorporate this into daily life.

A physical education and fitness teacher for thirty years, Gino's passion is to help people maintain their fitness levels as they age.

The program will be indoors and outdoors (weather permitting) at Westbury and Deloraine. Activities include hand-eye, foot-eye, stretching and postural exercises, use of out-

door exercise equipment and aerobic machines, strengthening exercises using dumb-bells and bar-bells, walking and safe lifting techniques.

Exercises will be appropriate to different fitness levels, building strength, balance and co-ordination using existing community resources.

The program mimics everyday activities, so participants can use the knowledge and confidence they gain while shopping, gardening, climbing stairs, driving, or walking the dog.

Meander Valley U3A offers this eight-week program in Term 4 on Wednesday

afternoons from 3.30 to 4.30 pm, starting 18th October.

Meander Valley U3A offers courses and activities for retirees who believe in a healthy physical, mental, emotional and social life. New members are always welcome.

For further information contact the Secretary at meandervalleyu3a@gmail.com or Marg Leedham on 0409 892 462. Alternatively, check out their Term 4 program by visiting U3A's website at <http://www.mvu3a.org>.

Gino Fratangelo guides Rosalie Young on a step machine at the Westbury Sport Centre



SPORT

Sirens roll the Rollers



Photo by: Mike Moores

Over 300 people gathered to watch the Sirens win the roller derby at Westbury.

By David Claridge

EARLY SEPTEMBER saw Westbury Sports Centre come to life with Roller Derby teams competing from across the state.

Hosted by the Devil State Derby League, women from four teams donned their roller

skates and helmets to play three matches.

Devil State Derby League member, Megan O'Donnell, (whose derby name is JP), was pleased with the turnout of the teams and the competition they brought.

"Every month we try to put on a scrimmage day in Westbury that

all leagues are invited to come to," she said.

"It is always fun to play other leagues in the state. We get along really well with all of them, but everyone wants to win.

Danielle Pretty, one of the head trainers for the South Island Sirens shared her thoughts on their winning match against the Van Dieman Rollers.

"We have played against them a few times before. They are a great bunch of girls with some really talented skaters. Last time they beat us, so we were chasing that one," she said.

"The team comes up from Hobart once a year but sometimes the girls travel up for scrimmages which is a good way to practice.

"It is really competitive but it is really great fun.

Roller Derby is a full contact sport that takes place on an oval track.

There are four blockers from each team on track at any time and one jammer for each team.

The jammer is the points scorer, and for each opposing player they pass a point is scored.

The goal is to get the most points while the blockers try to stop the jammers.

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