



THE DOCTOR FLYS IN

A flying visit to Westbury Primary

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PERCY'S PREDICAMENT

Parading peacock needs a new home

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SPRINT CAR SENSATION

Just 16 and heading to the top

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Meander Valley Gazette

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November 2018

Meander Valley Gazette Your independent community paper



Photo by: Mike Moores

Rafting the rapids

Lucy Karafilis is one of the first to take on the rapids with new adventure tourism business, Meander Wilderness Experience. Story on Page 6.

\$20 million tourism boost for valley?

By Sharon Webb

MEANDER VALLEY Council will submit plans for a four-day walk across Tasmania's central plateau to the State Government in January in response to its call for the next world-class walking experience.

The Premier and Minister for Parks, Will Hodgman, recently announced that the government will invest up to \$20m to deliver Tasmania's next iconic

multi-day, hut-based walk. Based on a draft by Councillor Rodney Synfield, the council's submission is tentatively called The Great Traverse Trail, which would be accessible to disabled people.

It proposes a track with two starting points on the northern slopes of the Great Western Tiers: at Western Creek and at the Huntsman, south of Meander.

The two trails join

up south of Mt Ironstone before continuing across the Central Plateau, through the Walls of Jerusalem National Park, before reaching a destination at the Fish River car park near Lake Rowallan.

Cllr Synfield will work with council officers on a submission complying with government criteria.

"Cllr John Temple has agreed to provide photographs specified in the criteria," he said.

The council maintains the proposed trail would "pass through a variety of stunning world class features": mountains, cliffs, high plateau country, waterfalls, lakes and rainforest.

Existing terminating tracks between Western Creek and the Huntsman would be connected via the new trail.

The two person-wide track is proposed to have no steps between Western Creek and the Fish

River car park, making it accessible to wheelchairs or modified quad bikes. Three huts for overnight stays would be needed along the track.

The call for a new iconic walk follows a report maintaining that current Tasmanian destinations including the The Overland and Three Capes Walks are in danger of being 'loved to death'.

Premier Hodgman said the walks had cap-

tered the world's attention: "They are a major drawcard for visitors to go beyond our major cities and tourist attractions and spend more time and money in regional communities."

Meander Valley Council believes construction and maintenance of a new track in the area would result in a jobs flow-on to local businesses from guiding and accommodation services.

The Great Traverse Trail submission will be brought to the December council meeting for endorsement.

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Future Flying Doctors?

Grade 6 students from Westbury Primary School eagerly participate in a simulated patient treatment on the life-sized replica.

Photo by: Mike Moores

WESTBURY PRIMARY School students got a first-hand look at how the Royal Flying Doctor Service (RFDS) operates all over Australia.

The RFDS brought its interactive aeromedical simulator to the school - a life-sized replica of the fuselage of a flying doctor aircraft.

The replica included a cockpit, complete with avionics and a propeller flight simulator.

And for students interested in the medical side, the simulator is fully equipped with stretchers, oxygen, suction, and communications.

Simulator presenter Tom Ryan said, "Students climbed on board, strapped them-

selves in and rescued a patient by landing our aircraft in the Outback."

"We use real-life stories to teach students about the unique nature of the Australian landscape and people's relationship with it in everyday settings."

The RFDS online education program was developed to help primary school students understand the significant contribution the organisation has made to Australia's history and its relevance to all Australians today.

Since launching in Tasmania in 2012, the simulator has visited more than 50 per cent of primary schools in the state.

Westbury IGA expansion

By David Claridge

WESTBURY LOCALS will gain in many ways with a new IGA now in the early stages of construction.

In what will be a \$5 million project, local contractors will be hired to help build it. Due for completion by July 2019, shoppers will benefit from a wider range of products.

Westbury local Judy Fellows has had a 30-year involvement with the William Street IGA and will own and operate the new supermarket.

"There's simply not enough room at the current William Street store to hold all of the product our customers are

after and while we try to get in what we can, we sometimes have to suggest a trip out of town to visit a larger IGA supermarket," Ms Fellows said.

"By having a larger product offering we hope to make it easier for the people of Westbury to live their day-to-day lives in the town and we hope it will bring more people in from surrounding towns to come and do their shopping here."

Tasmanian Independent Retailers CEO Grant Hinchcliffe said the development would be a win for Westbury, with the nine-month construction phase set to create employment for up to 20 to 30 local tradespeople.

"This investment shows a real commitment to Westbury and will help the close-knit community by creating local jobs.

"There will also be numerous flow-on benefits for other businesses in the area as local contractors will be used during construction and more people will be inclined to carry out their shopping in the town centre after the supermarket opens."

As published in other media, at a recent meeting between Meander Valley Council members the issue was raised regarding electronic signs planned for the supermarket, noting that they won't conform to the heritage streetscape of Westbury.

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Top honour for Tanya

CONGRATULATIONS TO Tanya Barrett of Deloraine & Westbury Medical Centre who has been awarded 2018 Tasmanian Practice Manager of the Year by the Australian Association of Practice Managers (AAPM).

Nominated by fellow practice manager from the Prospect Medical Centre, Tanya received her award at a Practice Manager's conference in Canberra.

"Oh the conference in Canberra, it was fabulous," shares Tanya.

Conference attendees were treated to a host of keynote speakers, workshops, state breakfasts, technology and best practice exhibitors as well as a gala dinner where the presentation of awards took place.

Tanya's work at Deloraine & Westbury Medical Centre involves managing 19 admin and nursing staff and eight doctors as well as implementing policies and procedures that keep the practice running smoothly, legislation compliance and budgeting.

"I enjoy my job, it's not difficult to come to work each day. I think probably my favourite part is working with all the oth-

er team members, I get a lot of enjoyment from that," comments Tanya.

During the four and a half years that Tanya has managed the Deloraine and Westbury Medical practice she has implemented a number of new systems to the practice.

Tanya is particularly happy with the new staff education program that encourages and tracks staff training to ensure the highest standards in both professional development and compliance with current legislation.

The initiatives Tanya has launched in the area of health and well being for staff members and community involvement are also a source of pride.

"We all get together and decorate for RSPCA cupcake day, we recycle printer cartridges, we sponsor sunscreen for Toddle Inn Childcare, we sponsor the Community Directory in *Meander Valley Gazette* and we sell Lyons Christmas cakes and puddings," says Tanya.

Practice owners Dr Johannes Schonbom and Mr Goran Mujkic agree with the panel that chose Tanya as the top practice manager in Tasmania for this year. "She



Tanya Barrett, Tasmanian Practice Manager of the year for 2018.

Photo by: Mike Moores

is our number one asset at the practice and we are extremely pleased to see her rewarded for what she does at Deloraine & Westbury Medical everyday" says Dr Schonbom.

Tanya adds "I couldn't do my job without the wonderful work of everyone else here, this award really belongs to all of us."

Tractor rodeo

THE APEX Club Of Deloraine is again hosting its annual tractor pull on the weekend of the 8th and 9th of December 2018.

Featuring local modified and vintage tractors plus mainland modified tractors, it is anticipated that it will

be another action-packed weekend featuring fun, food and entertainment for the whole family.

Raising money for Give me five for kids and the wider Meander Valley Community, this year's tractor pull hopes to draw larger crowds and give more back to the community that supports it.

Focus on the future

By Sharon Webb

VICKI MACKRILL has left her job at Prospect High to take up the plum position as principal of the biggest school in Tasmania: Launceston College.

As Prospect principal for two years she laid the groundwork for her successor Lee Barker to establish options for year 11 and 12 students to stay at the school.

But she sees her biggest achievement as creating a point of difference for parents and students choosing Prospect High.

"When I went there I expected a large school of 700 students, many of them challenging students, and traditional dark, cold buildings," Ms Mackrill said.

"Instead I found 400 students, most of them respectful, and a calm orderly environment. The teachers were committed to supporting students to be the best they could be and the school was in the middle of an \$8.5m building project.

"My big question was: Why aren't more students attending Prospect?"

Ms Mackrill knew that West Launceston Primary School students had a choice of high schools: Prospect or Riverside. And almost all were choosing Riverside. Lots of Summer-

dale Primary students were choosing St Patricks College.

"We worked on a point of difference so people could understand what it had to offer. We focussed on the vision of the school, using our motto 'Preparing students for a world of their time.'"



Vicki Mackrill

Prospect students gained the opportunity to work on projects related to things going on in other schools in the area, making connections with Hagley School's food and fibre offerings and Summerdale Primary's Stephanie Alexander kitchen garden.

"We began two classes of agriculture studies, with chooks, a garden area and aquaponics," Ms Mackrill said. "We also hooked strong-

ly into digital technology to entice students to be more engaged, taking school trips to Japan to see the Mitsubishi robotics factory and to Silicon Valley. It's exciting to think that a former Prospect student now back in Tasmania has been working in the US space industry and we've made connections with her."

Prospect High was Ms Mackrill's first secondary school appointment after being principal in primary schools for many years. But her work as co-ordinator of the cluster of schools in the Brooks High area made her interested in taking the unusual step of moving into a secondary school.

Launceston College is a very different move, with 1,400 students and an established reputation. After one term in the job, Ms Mackrill is still on a learning curve.

"I believe the challenge for the college is to keep moving into creating new opportunities for students; in a successful environment it's just as difficult to grow and maintain success," Ms Mackrill said.

"Anticipating the new Education Act of 2020 stating that all students should go through to years 11 and 12, in coming years an even more diverse range of students will be attending Launceston College and we will need to provide them with appropriate opportunities."

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In My Opinion...

By Joanne Eisemann
Managing Editor

COULD THE person who started the rumour that the only way for Tasmania to have economic growth is by growing the population, please stand up!

The idea that growing our population to 650,000 is going to make a significant change in the income of small businesses or the bank balance of the state seems to me a little far fetched.

Especially when you consider that we are barely keeping up with basic needs like health care for the population we have now and, in some cases, failing miserably.

It may surprise you to know that Tasmania, with a population density of 7.24 people per square kilometre, is the 4th most populated state in Australia.

Personally, I much prefer the idea of keeping our population where it is and instead focus on learning to celebrate Tasmania's uniqueness, thereby growing our economy in a more effective

way. To my mind population growth is selling our state far too cheaply.

Surely some of those brilliant minds out there are creative enough to come up with a way of growing the economy without having to jeopardise the lifestyle we all enjoy.

How about taking a leaf out of the book of Bhutan (one of the least densely populated countries on the planet at 18 people per square kilometre). Bhutan charges people a minimum fee of \$200 per day (off season) and \$250 per day during the peak season to visit.

For that fee, all basic needs are provided by a licensed tourist operator; visa, guide, transport, accommodation, food, entrance fees to attractions and, if visitors want a more upmarket or adventurous experience, they can pay extra.

The Bhutanese government takes 30% of the daily fee paid by tourists and uses it to fund free health care, free education, poverty relief and infrastructure for its people.

sporting facilities into the future, in an affordable manner.

I find it a great shame that the Gazette chooses to present material in a way that creates indignation in the community, rather than to inform its readers of the complexity of the issues that we all – councillors, residents and businesses – grapple with on a regular basis.

Cr. Deborah White

HAS ANYONE else had a "breakthrough moment" with the wafer thin toilet paper at the public toilets in Deloraine? Then just when you thought your day couldn't get any crappier, there's no soap at the basin.

A.R. Trounson – Needles

I WAS quite dismayed to read in the October Gazette that Meander Valley Council has submitted an expression of interest to locate a new high security prison in the Deloraine/Westbury area.

Why am I dismayed? Firstly, Council has demonstrated a high handed attitude in its lack of community consultation.

Secondly, considerable effort and expense has been invested in promoting this area as a prime tourist destination and I fail to see how the construction of a high security prison will further enhance the appeal of the valley to would-be visitors.

Thirdly, I hate to think what a prison in the area will do for property values. One only has to look at property values around Risdon to see what could happen to our highly desirable residential area.

James Urquhart

Debate on firearms shop

By Sharon Webb

A QUAMBY Brook resident has applied to build a modified 12.2m shipping container to store guns and ammunition he plans to sell to local farmers as a home business.

Mr Ben Griffiths wants to establish Griffiths Guns and Ammo on his 9.3 hectare home block at 180 Wandilla Road, Quamby Brook.

Some Meander Valley councillors last month expressed concern at the proposal, although council's role was simply to approve the reduced setback of the building and the business plan still needs Tasmania Police approval.

In response to Mr Griffiths' application, council passed a motion to write to the Minister for Police, Labor and Greens spokespeople seeking a review of the Firearms Act 1996 to require community consultation before issuing licences to sell firearms and ammunition, including at Quamby Brook.

Cllr Deb White said community questions about selling arms from such a secluded location were reasonable.

And Cllr Rodney Synfield said he believes that particular land use does not comply

with home-based business definition in terms of storage of hazardous munitions materials and the bushfire act.

But mayoral candidate Cllr Andrew Connor maintained, "It's not our concern what might be coming out of it [the shipping container]".

Cllr Michael Kelly said he was comfortable with the proposal. "There's a long way to go with the [permit] process.

"There's a lot of hype around this but having it out in the country is a perfect fit. It's a business and we shouldn't be pulling it to pieces."

Guns and ammunition cannot be posted but according to the home-based business definition, Mr Griffiths can sell directly from the premises.

In the business outline submitted to council, Mr Griffiths says he knows there is a high demand locally for firearms and ammunition. "Farmers find it hard to travel into Launceston and other areas where there are gun stores ... Through talking to locals there is already interest and a need for the business."

Mr Griffiths manages three 600 acre farms locally and 20 plantation properties.

sharon.webb@meandervalleygazette.com

Spiralling suicide concern

By Sharon Webb

MEANDER VALLEY'S suicide rate is spiralling according to councillors demanding the return of three health workers dumped two years ago by the Federal Government.

In a submission to the Australian Senate, Meander Valley Council maintains removal of the workers and resources providing mental health prevention programs has caused increased suicides and deteriorating behavior from people with mental health problems.

The submission maintains that after 12 years of success, the workers' removal has had a "grave impact on the well-being of communities".

Shocking submission facts include:

- Eleven suicides since the workers were removed in December 2016;
- At least two previously supported clients gaoled;
- Many examples of deteriorating behavior among previously settled clients;
- Loss of contact with vulnerable residents.

The Senate submission was instigated in September by former Councillor Bob Richardson. Councillors met representatives of local health service providers to gather the necessary information.

In Cllr Richardson's September motion to make a

submission to the Senate committee on regional health services he said mental health trends in the municipality were "disturbing".

"These three (preventative) health positions had a positive effect on health in the Meander Valley over many years... The Coalition Government instead offered un-needed funding for diabetes education," he said.

Councillors pull no punches in the hard-hitting submission, criticising the lack of mental health nurses and youth workers, minimal psychologist access and only one hard-pushed social worker.

"Meander Valley ... had services and staff in place which provided a broad range of activities and interventions and impacted positively on community morale across all ages," they say.

"Removal of these services has resulted in a rapid deterioration in its mental health status as evidenced by a spiralling suicide rate."

The submission maintains GPs are the first resource for people with mental health problems – but doctors "lack the capacity to provide ongoing programs and counselling to patients and tend to rely on medication as a main management option."

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A question of confinement

Hayley Manning asked Deloraine & Westbury locals: What are your views on council's bid to build an adult prison near the Ashleigh Detention Centre?



"Yes – I suppose they have not got one close enough."
Marrian Smith, Deloraine



"Yes. As long as they keep them in."
Gerald Richards, Elizabeth Town



"No Comment."
Dave Andrews, Deloraine



"No. It would be an unattractive site that you would see from the highway both ways. It needs to go somewhere secluded like Risdon."
Ally and Isabel (baby) How



"Yes. Something worth looking into. It is under utilised. It would have made an 'awesome' facility for refugees. It would create jobs."
Natalie Keane, Deloraine



"I would not mind. People still need to see their family."
Noreen O'Sullivan, Deloraine



"I am in favour of it. They have to go somewhere and they are not causing any problems."
Gary, Westbury



"Yes. I have not got an issue with it. We need jobs in the area but we do need public transport."
Mike K, Westbury

Cars and coffins

By Hayley Manning

A SOLID crowd of car enthusiasts and over 300 unique vehicles spread over the Village Green in October, for the Rotary Club of Westbury Car Show. President of Rotary and organiser of the event, David Lee, said he initiated the fundraiser, now in its fourth year, to replace their long-held annual Fun Run.

"We encourage anything on wheels – old or new, they are all special; we even had a pedal car at this one," he said.

Paul 'Piercer Paul' Anderson said car shows on the mainland tend to favour specific models, whereas the Westbury one offers something different to look at, with varied models and vintages.

"You can satisfy 97 per cent of the people when you hold a car show like this," he said.

Paul has owned his 1973 HQ Holden utility for five years, but said it was silver with orange GTS stripes and a tradesman tray before it was painted

black, modified and the tray extended to nine-foot long to display a skeleton bride seated in an open coffin.

The tattooist of 35 years says the theme goes with his character.

"Since I was young I have always thought outside the box."

The \$4,500 donated this year will be distributed by the Rotary Drought Relief Fund to drought-stressed farmers.



Piercer Paul and skeleton bride

Blackstone Market

THE BLACKSTONE Heights Community News Association is holding a market day on Saturday 8th December at Blackstone Park from 9.00am till 1.30pm.

Local arts, crafts, goods and plants will be on sale as well as a yummy selection of multicultural food and drinks.

Entertainment will include Zorb balls, Lazer tag, Jumping Castle, music, pony rides and vintage cars.

For more info see Blackstone Community News Facebook page.

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Rafting the rapids

By Hayley Manning

A MEANDER resident has just launched an innovative river sled business and he couldn't be happier!

Meander Wilderness Experience owner, Daniel Wickham, moved to Meander with his family seven years ago. He had been working at the Education Department for the past six and a half years but wanted to return to the small business world in a bid to show his children that there is another way of earning an income, besides working for someone else.

"I have always just loved being a business owner. I have fleshed out so many potential ideas from a caravan park to a chicken farm but there were half a million things to do and a lot of money required," he said.

Dan's previous small business experience helped him

get through the seven months of planning and many obstacles that fell his way. "I met so many amazing people and had the best fun ever."

Dan has conducted several test runs with friends, family and professional river guides, including his friend and mentor Nathan Welch, (who has paddled 6,500 km's down the Amazon River), to ensure safety and provide a framework for the level of experience his guides should have.

After a test run, Dan received positive feedback from Nathan who said: "I think you have got something here," and the other guides who were amazed at the "vibe on the river."

And Dan couldn't agree more. "This is a beautiful part of the world that people would not ordinarily see."

See front page for picture...

Hall, heart of Mole Creek

By Lynne Staff

MOLE CREEK Memorial Hall is the largest community hall in the Meander Valley. A memorial to those who died or served in World War 2, it was dedicated on 25th October, 1947.

In its heyday, the Hall was the heart of Mole Creek, with family gatherings a weekly event.

Ken Philpott and Ross Quick, two of the many Mole Creek community members responsible for the hall refurbishment, both expressed a desire to see the Hall become the heart once again.

Six years ago, when Ken Philpott became President of the Mole Creek Memorial Hall Committee, the Hall was used for funerals and not much else.

Today, the Hall boasts a fresh coat of paint, beautifully polished wooden floors, improved kitchen facilities, a comprehensive audio-visual system, public-address system and wi-fi facilities set up by Ross. Using generously donated timber, an enormous mobile data projection screen was built by Ken.

Community feedback indicated that the Hall needed major work to be equipped to meet the future needs of Mole Creek. Mole Creek Market assisted the

Committee in raising funds. Local people and businesses provided additional donations or goods.

Ken emphasised how generous the donations were. A successful grant application to Meander Valley Council covered approximately two thirds of the overall cost, with the remaining third financed through the Committee.

The Hall is now the chosen venue for weddings and birthdays, with the thriving local market held twice each month.

Film nights are sponsored every month, complete with popcorn and lollies. "Just like a good old-fashioned theatre ... kids everywhere and they love it!", says Ken.

Seventy people attended the *Peter Rabbit* film night. Ross said it was very satisfying to see so many families enjoying themselves.

Post-refurbishment, Ken's vision is for the Hall to be used for all sorts of events. A perfect example is the 30th Anniversary of the Tasmanian Mountain Hut Preservation Society, at which 250-300 people were expected. Increasing possibilities include business training and concerts, and the Hall is now part of the Small Halls Tour, where mainland bands play in small halls around Tasmania.



Percy the Peacock is looking for a home.

Photo by: Kate Harvey

Percy needs a nest

A MYSTERIOUS new resident has been strutting in gardens near Parsonage St and Kanangra in Deloraine.

The story goes that this beautiful Peacock turned up at the Our Lady of Mercy School in early September.

Attempts to find out where he came from have been fruitless, and while

residents have been enjoying the spectacle and the company of this friendly bird they would like to see him have a more suitable home.

If you know someone who has lost a peacock or someone who would like one, ask them to contact Our Lady of Mercy primary school.

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Photo by: Jade Hallam

'A mantle of green spreads on seemingly every surface', along the Bastion Cascades walk.

A beautiful secret chasm

By Tara Ulbrich

IT'S A SECRET chasm with falls that both plummet and step down vertical cliffs. Plant life reaches high and the creek bed is sliced by vertical trunks, uprooted and wedged by rock.

A mantle of green spreads on seemingly every surface and overarching this spectacle are massive, curved rock ledges, reducing the scale of a walker's presence to minuscule.

People speak about preserving isolation and locking away access to sensitive areas. I want to remind them that humanity is not a blight on nature. We belong to nature. We are part of the web. The sensitivity also belongs to us.

My companions and I sit at the base of these falls, sipping a thermos of hot tea, taking photos, shifting between silent awe and sharing spotted details. A luminescent purple fungus, a twisted tree fern curls around a cheese-

wood trunk, birdsong calls to us from high above.

We simultaneously experience a sense of humility and the importance of doing no harm. Our responsibility is to exchange the sensory pleasure of passing through this forest with the obligation to leave no trace. Stepping on the carpet fall of pepper scented sassafras I imagine the white flowers continuing to drop, covering our footprints.

Bastion Cascades is a comfortable four-hour return. Although mostly walking in rainforest across a southeast face, good shoes are required and be prepared for some scrambling up wet rock. The route is found on a barely marked sidetrack off of the Meander Falls Road. I am going to trust you to do your own research to find the track and trust you to respect the place while you're there.

A brewer's list for Christmas



By Karl Gammler

NOW IS a good time to start thinking about having some quality beer ready for Christmas – two weeks in the FV (fermenting vessel) and a minimum of two weeks in the bottle.

Bottle-conditioned kit

beer does improve with time. Between 6 weeks and 3 months it's generally at its best.

Here are some tips to help improve a basic kit (extract) beer:

1. Keep a diary/journal – This is the most important thing you can do. I never had consistent results until I started writing things down.

2. Only use quality ingredients/fermentables. Use a recognised brand of extract and try to use at least half light dried malt in your mix.

3. Temperature control. Most ale yeasts won't develop unwanted flavours and esters when fermented between 18°C–22°C. Aim for 20°C.

4. Seek out a quality yeast.

Use more than 1 packet if only using supplied kit yeast.

5. Increase fermentation time – Allow 2 weeks for your yeast to fully ferment out and clean up after itself when fermenting at lower temperatures. Be patient – really good beer takes time – your hydrometer will tell you when it is ready to bottle or keg.

6. Be clean. Unfortunately, there is no way around this step. Cleaning and sanitising will become second nature, but there are some things you can do to minimise labour time.

7. Gain knowledge, seek advice, ask questions, read books, watch videos. I have been brewing for over 15 years and I am still learning every day.

The most common mistake with budding beginner brewers is to just use sugar when mixing and then ferment at warm temperatures and bottle after 1 week. There's no shame in it, we've all done it. After all, this is how the instructions told us to do it. (In Germany, it's actually illegal to put any sugar in beer.)

This method will give you something drinkable, but chances are, it will also have that cidery, home-brewed twang. This method most benefits the makers of the extract, as you will be buying one tin a week instead of one a fortnight.

If you need more than one batch every two weeks, get a second fermenter. One batch and it will have paid for itself, by not buying store-bought commercial beer.

Light dried malt or liquid malt extract will improve your beer enormously, along with a longer ferment at lower temperatures and by using adequate quality yeast. Some dextrose is fine depending on the tin and the style of beer you are brewing.

Some dependable ratios are: 800gLDM/300Dex for ales, half and half for lighter styles. Cut your final volume down a bit as well, between 19 – 22 litres.

Experiment! Half the fun is creating your own recipes. But don't forget to write things down! It's too easy to make that one spectacular batch and then forget your exact ingredients and technique when you try to repeat the recipe.

Continued on Page 9...



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Meander Valley man Karl has a long history in working with metal.

Photo by: Hayley Manning

Connecting with colour

THE 2018 Meander Valley U3A art exhibition 'Colourful Connections' will showcase paintings and mosaics created by emerging and returning artists during 2018.

Held at Deloraine Creative Studios, Emu Bay Road Deloraine, the exhibition will open on Saturday 8th of December at 4.30pm. Drinks and snacks will be provided and all are welcome to attend.

The exhibition will open daily from 10.00am – 4.00pm until 23rd December 2018.

Agfest 2019

APPLICATIONS TO exhibit at Agfest 2019 are now open.

All applications are submitted online.

To access the online system go to www.agfest.com.au

A brewer's list

Continued from Page 8...

For help with all your brewing needs, try Andy at Brew By You, 120 Invermay Road. Little John's Brewing and Fast Homebrew (both on YouTube) also give in-depth advice and tips.

Recipe for Boag's XXX Ale (red) clone:

Ingredients: 1 tin of Black Rock Draught, 500g LDM, 500g dextrose.

Method: Mix to 22 litres with a good quality ale yeast (Fermentis US 05 will be sufficient). Let it go for 2 weeks at 20°C.

This kit does turn out quite a bit darker than the original XXX but it tastes surprisingly similar. If you choose to increase the malt ratio or use Light Liquid Malt it becomes closer to Boag's Wizards Smith's Ale.

Good brewing!

Buddhism is to drop the functioning mind entirely, so when I'm working on the anvil, it is automatic – you don't need the functioning mind and in that respect it's very therapeutic."

From scalpels to fire irons

By Hayley Manning

STANDING IN his long leather apron and stirring a red-hot forge, Karl the Blacksmith shares some memorable snippets from his working life.

Despite always having the desire to be a blacksmith, Karl says he began his working career as an apprentice surgical instrument maker at Brisbane's Princess Alexandra Hospital. The study requirements during the five year course were akin to that of a medical degree. "We had to learn Latin terminology, anatomy, bones, physiology and biomechanics. It almost drove me nuts."

On completion of his apprenticeship, Karl was confronted by unforeseen challenges when he entered the workforce.

"It was instilled in me as an apprentice: it didn't matter how long I took on the job, it had to be perfect for the operating theatre. Perfect. It [the instrument] couldn't fail under any circumstances. So, of course, the foreman would be onto me with a stopwatch saying: 'You've been two hours on that...what are we going to charge the customer?' I couldn't adapt to that."

Karl says the market dropped off in Australia when everything became mass-produced and disposable. However, Karl notes that Delacroix-Chevalier in France have remained dedicated to the design and manufacture of surgical instruments, although they are often still disposable items.

"Surgeons can order a spe-

cialised instrument made from magnificent stainless steel and it will be used once then thrown in the bin, because it is cheaper to throw it away than sterilise it in the autoclave" he said. "It is an unbelievable waste."

Karl picked up a decent pay and learnt some animated aspects of the Italian language working as a bricklayer's labourer for many years, until he finally took up the ancient art of blacksmithing; a trade that has long been shrouded in mystery due to some of the earliest known folklore tales based on the devil and hellfire. But it wasn't all bad news for the blacksmith. Their masterful production of weapons and tools of torture were a guarantee of protection during the Spanish Inquisition.

According to Rural Youth Events Manager, Selena Flanagan, Karl the Blacksmith was a crowd favourite at the Agfest Heritage Display for 25 years.

"Karl showcased traditional blacksmithing with skills that are both futuristic and creative," Ms Flanagan said.

Unfortunately, he was forced to retire from Agfest last year due to a knee injury that prevented him transporting his workstation and all the other heavy equipment required for the three days on site. But he says he managed to avoid any major harm to himself over the years, unlike a fellow blacksmith he met at Agfest whose thumbs were "as flat as frogs."

"Don't think too hard Stevenson...you'll hurt yourself." Karl says he often reflects on the words of wisdom imparted by his grade four teacher.

"The essence of Zen



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Above: The Honourable Jacquie Petrusma MP takes a walk along the Kooparoona Niara Cultural Trail with Greg Murray.

Kooparoona Niara delivers a cultural experience for the Minister

Minister for Aboriginal Affairs, the Honourable Jacquie Petrusma MP took a stroll along the banks of the Meander River recently to experience the Kooparoona Niara Cultural Trail.

today, in fact my mother used to season roast lamb with it," he said.

The tour ended at the Yarning Circle, a traditional meeting place.

The Trail was a finalist in the 2018 Local Government Association of Tasmania Awards.

Encompassing a central fire pit, the Yarning Circle has been used for a number of community events including a celebration of the winter solstice.

Escorted by local Aboriginal Greg Murray, Minister Petrusma was introduced to a myriad of native bush tucker plantings, creative mosaics and animal sculptures cast in bronze.

"It's wonderful to see that the Cultural Trail and the Yarning Circle have created a sense of place for the entire community," Greg said.

"I can definitely see why the Trail was a finalist in the Local Government Awards. It is a wonderful way to showcase native plantings and the many artworks inspired by Tasmanian Aboriginal culture," Minister Petrusma said.

The Kooparoona Niara Cultural Trail hosts a NAIDOC Week event and, each year, attendance continues to grow. It is now one of the largest NAIDOC celebrations held in the state.

Along the Trail, Greg Murray described some of the plant species and their significance. "The Tea Tree for instance was commonly used as a decongestant and the native mint was used in a similar way as it would be

"I encourage anyone visiting Deloraine to take the time to immerse themselves in the visual stories of the Tasmanian Aboriginal people while taking in the beautiful sights of the Meander River," Minister Petrusma said.

Share your life saving power with others

For every minute a person waits for defibrillation, the chance of survival decreases by 10%.

St John has developed a national register to record the details and location of defibrillators. Once your defibrillator is registered with St John, its location will be made available by the St John AED website and through the St John Resuscitate iPhone app. Visit www.aed.stjohn.org.au to register.



Do you need a defibrillator for your community? Applications are now open for the Community Defibrillators Fund. Visit www.dhhs.tas.gov.au or phone 6777 2825 for more information.

New Tasmanian Planning Scheme: Meander Valley's Local Provisions Schedule on public exhibition

In February 2017, the State Government brought into effect the Tasmanian Planning Scheme. This new scheme will eventually be applied Statewide and aims to achieve consistent planning rules across Tasmania.

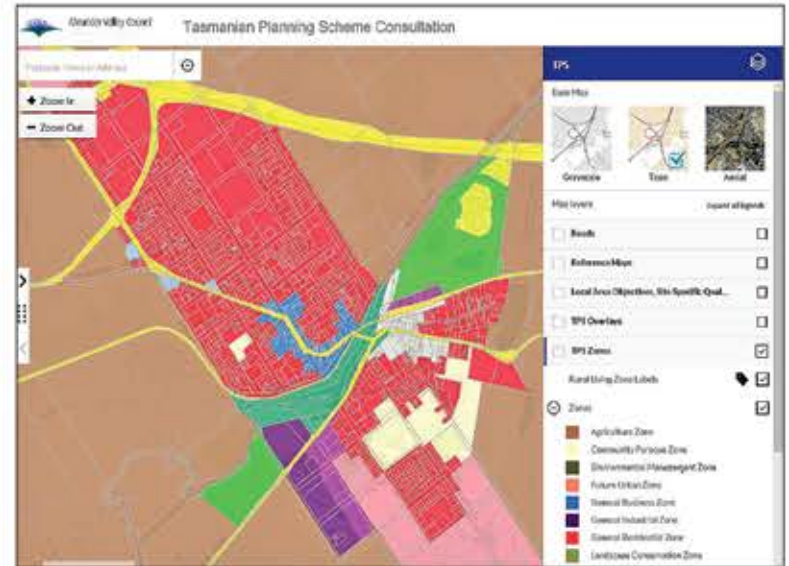
The Tasmanian Planning Scheme will replace the Meander Valley Interim Planning Scheme 2013.

The Tasmanian Planning Scheme is made up of two components, comprising the State Planning Provisions and the Local Provisions Schedule.

The Local Provisions Schedule is that part of the planning scheme that only relates to a specific Council area and allows for planning rules that cater for qualities of a local area that are unique. Some elements of the Meander Valley Interim Planning Scheme 2013 are also approved to be transitioned into the new scheme.

The draft of the Local Provisions Schedule for Meander Valley is currently open for public representations and can be viewed at:

Meander Valley Council
26 Lyall St, Westbury
8:30am - 5pm,
Monday to Friday



Above: The Local Provisions Schedule can be viewed online by visiting www.meander.tas.gov.au - see the Latest News items.

Tasmanian Planning Commission
Level 3, 144 Macquarie Street, Hobart.
9am - 5pm,
Monday to Friday

Or online by visiting www.meander.tas.gov.au see Latest News.

Representations must be submitted to Meander Valley Council by 21 December 2018 in order to be considered.

Council's planning officers are available to discuss any aspects of the new Tasmanian Planning Scheme or the Draft Meander Valley Local Provisions Schedule.

Phone Council on 6393 5300 to make an appointment.

Council will also be holding some after-hours, public 'drop-in' information sessions at Westbury, Deloraine and Prospect Vale in the week beginning 19 November 2018.

Times, dates and locations for these sessions will be advertised.

It is important to note that under the new Tasmanian Planning Scheme, rules for use and development will be different to those that have been in place under the current planning scheme.

Meander Valley Council encourages residents to have a look at the documents on display and contact Council's planning officers if they have any concerns.

Call for local knowledge as flood modelling gets underway

Flood modelling provides us with valuable information about flood behaviour and collecting data from past flood events is an integral part of the modelling process.

Council has recently been successful in securing funding through the Natural Disaster Resilience Grants Program, a joint initiative of the Australian and Tasmanian Governments. The funding will enable Council to undertake flood modelling of the Quamby Brook in Westbury.

By undertaking the study, Council and emergency service authorities can

better understand the flood flow characteristics that are particular to Quamby Brook.

Council will soon be undertaking survey work ahead of the modelling process.

Gathering local information such as recollections of past flood levels or photos will assist Council in more accurately calibrating and building the flood model.

If you are a resident of Westbury and have information on past flood events that have occurred in Quamby Brook, Council would like to hear from you.

To contribute information to the flood model, phone Duncan Mayne on 6393 5309 or 0428 106 425 or email duncan.mayne@mvc.tas.gov.au



Above: Morris Moving Home (detail), by Karolina Smith

Art award open for entries

Entries for the Great Western Tiers Art Award are now open for local artists. This year's theme is "out of the blue". The Award is non-acquisitive, with a main prize of \$1,000, four additional award categories and no commission on sales.

Entry forms are now available from Council or www.artlas.org.au. Applications close 1 February 2019 with works being required by 26 February 2019. GWATA is kindly supported by Great Western Tiers Tourism Association and Deloraine & Districts Community Bank.

Footpath improvements create better connectivity



Above: Access improvements underway on West Parade in Deloraine

Access to the Train Park and West Parade in Deloraine will be safer with footpath improvements well underway.

The extension to the footpath will provide safer connectivity for pedestrians walking from the Train Park to the intersection of Emu Bay Road and West Parade.

The improvements also provide links to the public ame-

nities, the bridge as well as facilitating disabled access.

With the completion of the Kooparooka Niara Cultural Trail and additions to the playground, the area is well utilised by residents and visitors all year round.

The work, which included alterations on the rail bridge embankment is expected to be completed by early November.

2019 Festival of Small Halls to be celebrated with Scandinavian flair



Above: Mayor Craig Perkins with performers Claire-Anne Taylor and Small Glories at Rosevale Hall in January 2018

Council is delighted to announce a special community concert to be held on Thursday 10 January 2019 at the Meander Memorial Hall.

The show will feature top Scandinavian, all-female folk trio, Fru Skagerrak, and nationally acclaimed singer songwriter, Liam Gerner.

This extraordinary event is part of an Australia-wide tour and comes together through a partnership between Council and the Woodford, Illawarra and Cygnet Folk Festivals.

It promises to be a rare evening of music and song in a beautiful rural setting.

It will be the third annual Festival of Small Halls to be held in Meander Valley with previous concerts at Chudleigh and Rosevale attracting capacity audiences.

Bar and barbecue from 5.30pm, show starts at 7pm.

Tickets are limited and subsidised so secure yours as soon as you can.

Available now from Council's Westbury office. Tickets are \$15 for adults, \$10 for children under 12 years, children under 5 years are free.

For tickets, phone 6393 5300 or book online at www.festivalofsmallhalls.com



Australia Day Awards Nominate Now!

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
- Volunteer Services Recognition Awards

If you know someone who deserves such an award, complete the nomination form available at www.meander.tas.gov.au

Nominations should be received by 4pm, Friday 16 November 2018.

For more information contact Merrilyn Young on 6393 5317



New bridge for Roseburn Road

The replacement of the bridge on Roseburn Road has been completed. The existing single lane timber structure was due for renewal and has been replaced with a new dual lane concrete bridge as part of Council's capital works program.



Get Prepared by using your mobile

Keep your emergency plan close at hand with the Get Prepared mobile app from Australian Red Cross. The app is a great tool to establish a quick and easy network of support and make a plan using a range of preparedness actions.

To download the app or for more information visit www.redcross.org.au/getprepared

Community car provides valuable service to the community

Recently, the Deloraine Community Car Committee held its Annual General Meeting. Figures obtained in the Deloraine Community Car Annual Report have highlighted the significant support this service and its volunteers provide to the community.

In the 2017-2018 financial year the 14 volunteer drivers for the Deloraine Community Car travelled an astounding 100,795km.

The vehicle is on the road for 269 days a year, which equates to travelling an average of 374km a day.

Deloraine Community Car (2017-2018)

Volunteer Hours.....	2152
Vehicle Trips.....	1208
Individuals Utilising the Service.....	224
Kilometres Travelled.....	100,795



The 2018 Hard Waste Collection will be undertaken from 12-16 November.

Only items registered with Council can be placed out for collection.

Area Collection Days

Monday 12 & Tuesday 13 November
Prospect Vale, Blackstone Heights, Hadspen, Rutherglen, Carrick, Bracknell and surrounding areas

Wednesday 14 & Thursday 15 November
Westbury, Exton, Hagley and surrounding areas

Thursday 15 & Friday 16 November
Deloraine, Meander, Mole Creek, Chudleigh, Kimberley and surrounding areas

Hard Waste Collection Guidelines

- Registered items must be placed out on the nature strip in front of your property by 6am on your scheduled collection day or no earlier than the day before.
- Each item placed out for collection must not weigh more than 40kg and must not be longer than 1.5m in length.
- The total volume of items must not exceed 3m² per property.
- All items must be able to be safely lifted by two people.
- All items that have doors must have their doors removed. This includes cupboards, fridges, freezers and washing machines. Once removed, place the doors next to the item for collection.
- Window panes and any unbroken glass must be wrapped for safe collection.
- Lawn mowers must be empty of petrol and oil.
- Carpets and linoleum must not exceed 1.5m in length and must be rolled and tied.
- No hazardous or prohibited items are to be left out for collection.

For more information on how to prepare your registered items for collection visit www.meander.tas.gov.au



General Enquiries

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

Customer Service Office

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

[meandervalleycouncil](https://www.facebook.com/meandervalleycouncil)
www.meander.tas.gov.au



Photo by: Mike Moores



L-R Isabel Shapcott, Pearl Maya and Heather Ewings all had their work published as part of Tasmania's 'People's Library' project.

Happy snappers

By Hayley Manning

THE MOLE Creek Photographic and Visual Arts Group have donated the \$200 proceeds from their 2018 calendar to the Trowunna Wildlife Sanctuary.

Member of three years, Keith Cole, said the not-for-profit Group enjoy their hobby while raising funds for a worthwhile cause in the community.

"We hope to make the donation to Trowunna a regular thing, as every little bit helps with animal conservation," Keith said.

The Photographic Group share a passion for learning and sharing, with a little bit of good-natured competitiveness thrown in. They have regular outings in and around Mole Creek and 'attend an 'informal' meeting once a month. New members are most welcome. Please visit them on Facebook for further information.

Deloraine's three literary divas : The world of macro

DELORAINE WAS well represented in the People's Library project. Three local writers were chosen out of the hundred statewide to have their work published as part of the project.

A range of genres was represented from fiction to reference to poetry, all written, and donated, by Tasmanian writers. Isabel Shapcott revisited folk fiction. Heather Ewings' book is speculative fiction and Pearl Maya wrote a collection of short stories.

"It is a great chance for a wide variety of Tasmanian

voices to be heard," commented Ms Ewings. "Some books were written by people who are avid writers, others by people who were writing their first."

The launch was held in Hobart, and the Library project remained on display for a month that included public readings and discussions as well as being a space for the public to come and browse.

"Being commercially published in Australia can be really challenging," added Ms Shapcott, "and this

was a great opportunity for people to contribute a book that didn't have to fit into a commercial stereotype. Everyone has a story to tell and this was the chance to do just that."

There were over 180 projects offered to the People's Library and the list was whittled down to 115, 15 more than the project organisers originally planned.

Not available for sale, the entire collection of books will be available for loan through the Launceston and Hobart libraries.

FOR THOSE who have been enjoying the short walk photos in the Gazette each month by Jade Hallam, you may be interested to pop into Pixels Gallery during November to check out her equally inspiring series of macro images.

Jade loves to photograph flowers, but fungi are her favourite. From May to August she is always on the lookout for an interesting specimen.

World of Macro, Kooparooka Niara, is on show daily for the month of November at Pixels Gallery in the Deloraine Online Access Centre.



Fairy Helmets by Jade Hallam.

Twelve Times He Spoke

A THOROUGHLY Tasmanian play written, performed and directed by three Tasmanian men, will come to Deloraine's Little Theatre on the 15th November.

Twelve Times He Spoke is a one-man play written by award-winning Irishman Finegan Kruckemeyer, who moved to Hobart in 2004 and has had 86 commissioned plays performed on five continents and translated into six languages. His work has enjoyed seasons in 200 international festivals, including at the Sydney Opera House.

The play's only performer, Guy Hooper, moved to Hobart with his family in 2007 and has appeared in many productions there including plays for the Tasmanian Theatre Company and Blue Cow Theatre.

Director Ben Winspear

is the only one of the three born in Tasmania. Married to actor Marta Dusseldorp (*Janet King, Jack Irish*), the two have become a power couple of Australian theatre, performing together in TV's *A Place To Call Home* and on stage in *Scenes From A Marriage*.

Twelve Times He Spoke premiered at the Theatre Royal in June this year, telling a man's story through 12 speeches.

It begins simply enough, mapping the twists and turns of one man's unremarkable life. But the course he has charted is not the one that unfolds and he ends up in places – some quite dark – that were never part of his plan.

The play, commissioned by Guy Hooper, Blue Cow Theatre and Tasmania Performs, has been lauded.

Hobart theatre director Robert Jarman said: "In just 75 minutes he conjures an entire life, encompassing some 50+ years of a man's journey from boyhood to maturity. It is a marvel of storytelling imagination, technical/structural proficiency and heartfelt compassion.

"And beyond all that, it has something profound to say about the way we live our lives; about the direction our lives take, the choices we make, and how we cope when things go off the rails. It is actually a helpful play."

Twelve Times He Spoke is presented by Arts Deloraine and is suitable only for ages 16+.

15th November, 7.30pm The Little Theatre, Deloraine, Cost: \$25.00 adults, \$20.00 Arts Deloraine members. Tickets: The Alpaca Shop, Deloraine; www.trybooking.com/yrxs



Actor Guy Hooper performs.

Photo by: Tony McKendrick

Binging beats the blues : Wayne takes the rein at a canter

By Matilda Page

DO YOU ever have one of those lazy days where all you do is lie in bed and binge your favourite television show? By "binge" I mean watch multiple episodes of a TV show straight after one another. Well, so do young people. Some may believe the stereotype and think that's all they ever do, but there could be reasons behind this.

I talked to several young people from the Meander Valley area, asking them if they have ever "binged" a show. This is what they said:

"Binge watching isn't really a thing for me... I only binge watch very rarely. Like when I'm having trouble sleeping or in a really bad mental state. Binge watching TV shows kind of takes my mind off of what's going on in life and puts me in a better mood."

I'm sure everyone has experienced something similar to this, and we all have our own ways of dealing with emotions and anxiety. For some, watching a TV show is their way of dealing with it. It could also be considered

that binge watching is healthier than taking medication to calm anxiety.

Another teen said that "sometimes it's easier to sit down and immerse yourself in a really good show than try and socialise." A few others said that usually it's a really good show and they just can't, or don't want to, stop watching. One also said she did it as procrastination, something I know we are all guilty of doing.

A college student commented in regards to why young people binge watch shows saying, "with all the pressure felt by students, they somewhat rebel against the attitudes of their parents, teachers... and rather than doing their homework, [they] binge watch Netflix shows for six hours straight."

Sites such as Netflix are an escape for young people, whether it be from school, friendship issues, family circumstances... With the fast pace of society, there is additional stress felt by young people than those of a decade ago, which is why our generation are so fixated on binge-watching our favourite shows."

WELCOME TO Meander Valley's new Mayor, Wayne Johnston.

Receiving a massive 40.4% of first preference mayoral votes, Wayne received almost twice as many votes for position of mayor than any of the

five candidates, the closest being Susie Bower receiving 25.88% of first preference votes.

Mike Kelly was returned as Deputy

Mayor with 50.08% of first preference votes.

55.81% of eligible people voted in Meander Valley, slightly below the state average of 58%.



New Mayor, Wayne Johnston.

For these reasons, or others, young people binge watch TV shows. It may not let us develop social skills; however, like some young people have said, binge watching can help to calm anxiety and escape from the pressures of life. Some adults may not realise that there are deeper reasons, but hopefully you do now.

Bruschetta puff tart

By Wai Lin Coultas

DRAWING INSPIRATION from the Italian Bruschetta of grilled bread topped with tomatoes, veg, cured meat or cheese, along with olive oil and salt, and marrying it to the Australian love for savoury tarts yields a speedy recipe where the puff pastry needs just one easy bake – perfect for a quick refreshing energy-packed yet deliciously nutritious lunch during another busy day in late spring!

Ingredients

- 1/2 sheet square raw puff pastry, kept cold
 - 50g Mount Gnomon ham*, thinly sliced
 - 100g asparagus, quickly blanched in salted boiling water and drained after fibrous ends are broken off
 - 1 egg, beaten and seasoned with salt and crack black pepper
 - 100g baby Roma tomatoes, each sectioned into 8
 - 7 pitted Kalamata olives, sliced
 - 1/2 leaf iceberg lettuce, roughly chopped
 - 1 sprig fresh Thai basil, leaves roughly chopped
 - 5 sprig tips fresh Thai basil**
 - 1 sprig fresh tarragon, leaves roughly chopped
 - 1 sprig fresh marjoram, leaves roughly chopped
 - Mount Direction Olives' Lime Agrumato olive oil***
 - Iodised salt
 - Crack black pepper
 - Vintage Cheddar cheese
- * Chosen for its intense savoury flavour and healthy pink firm texture.
 ** Can be swapped with any basil.
 *** Only real limes are used by the producer; giving a power-packed natural citrus flavour.

Instructions

1. Pre-heat oven to fan-forced 190C.
 2. Using blunt edge of a knife, lightly score a 1 cm border round all sides of puff pastry lying on baking paper-lined tray.
 3. Lay first ham and then asparagus within the border; covering puff pastry within before brushing border with seasoned beaten egg.
 4. Bake in oven for 25 to 30 minutes till pastry has crisped, puffed and browned.
 5. Meanwhile toss tomatoes, olives, lettuce, chopped basil, tarragon and marjoram with olive oil, salt and pepper.
 6. Top tossed mixture over asparagus baked pastry; generously shaving over with cheese, garnishing with basil sprig tips then serving immediately.
- Serves 1



Bruschetta puff tart, perfect for a quick meal.

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Rotary Club of Deloraine

TERTIARY SCHOLARSHIP

The Rotary Club of Deloraine invites those students commencing Tertiary education from the Deloraine and Westbury districts, to submit applications for a Tertiary Scholarship being offered by the Club, to the value of \$3,000.

Written applications outlining academic record, intended study programme, and other relevant information to be forward to Stephanie Johnston by 14th January, 2019.

Interviews of short listed applications will be held late January/Early February 2019.

Please post applications to -
 Rotary Club of Deloraine
 Attention: Stephanie Johnston
 P.O. Box 85
 Deloraine Tas. 7304

More information can be made by contacting Stephanie Johnston on 0417 373 076.

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Vision for venison

By Lorraine Clarke

THE HUMBLE district of Mole Creek was recently visited by a world-class foodie.

Alex Atala is a Brazilian with 70,000 Facebook followers, an ex-punk rocker and DJ turned world-class chef and restaurateur. He owns the São Paulo restaurants, D.O.M., Dalva e Dito and Açogue Central, where he fuses fine dining with wild and wonderful native ingredients from the Amazon basin.

He didn't set out to be one of the world's top 10 Chefs, but his restaurant has 2 Michelin stars, and was voted 4th in the world in 2012. Atala has his own TV show and writes cookbooks. He came to Tasmania with his sous-chef Brendan this month in a tour organised by Tourism Northern Tasmania, seeking to taste local produce in its natural environment.

"Hats off to whoever organised the tour and brought Alex Atala here," said Springfield Deer Farm owner Michal Frydrych, who believes our future lies in getting international exposure for Meander Valley's superb foods.

Michal cooked for and with Atala in the rustic setting of Springfield Deer Farm. He barbecued his own free-range organic venison, cooked a local kangaroo mini-roast and spiced up King Island wallaby with native pepper berries. Michal also used Stephens' Honey, and preserves made by Deloraine's Amble Inn, because his vision is not only about Springfield, but

embraces regional foods.

Michal, who has won two prestigious delicious Produce Awards, was somewhat daunted at cooking in the presence of such an illustrious epicure. He confessed that he had never roasted kangaroo this way before, but Alex put him at ease by saying, "Michal, let me help!" Alex is keenly interested in all local products, and willing to use anything.

People are preaching paddock-to-plate, but very few understand it

"Personally, I'm an olive oil, garlic and lemon man," said Michal. "I want people to taste the venison."

Alex immediately requested some Springfield venison to take to the \$250 per head Chromy's Dinner where he was guest chef that night.

Michal also took venison to TAFE where Alex was doing a cooking demonstration.

"Local chefs are scared of venison," said Michal. "They don't know what to do with it. We need to change people's mental approach. It's about educating the chefs. Showing them where free range venison is produced, how it is prepared." Michal is delighted to arrange a one-on-one farm visit for professional chefs wishing to learn how to prepare venison.

"People are preaching paddock-to-plate, but very few understand it." They come to Springfield Deer Farm and see the fallow deer herd free-ranging on the side of a



Michal Frydrych (L) cooks venison with world famous chef Alex Atala.

Photo by: Chris Crerar

mountain overlooking Mole Creek, where they have the best life before being harvested in their prime, under stress-free conditions, on-site at Michal's licensed abattoir.

Springfield Venison is sold at the monthly Deloraine and Mole Creek Markets, and farm gate sales by arrangement. Froggie's Bakery makes venison pies, Westbury's Gourmet Butcher and Casalinga in Launceston produce venison smallgoods. Deloraine Deli and the Empire Hotel feature venison on their menus.

Michal recently returned from his sell-out stall at Flavours of Tasmania held in the Great Hall of Parliament House in Canberra, where he was among many other Tasmanian food producers showcasing our superb gourmet fare ranging from bottled water through beers, wines and spirits, seafood, chocolates, smallgoods, dairy, condiments and, of course, venison.

Senator Eric Abetz has organised this annual event for over 15 years and developed it into the go-to social event in

Canberra, an unmatched promotional opportunity for Tasmanian producers. This year it was attended by over 500 international ambassadors, business and community leaders and parliamentarians.

"Hardly anyone in Canberra knew where Meander Valley is," said Michal, who has a fervour for putting Mole Creek on the tourist and foodie map. He is impressed that our parliamentarians are doing so much to promote our area as a source of the finest quality organic produce.

Deloraine show 72 years young : Eat to cheat ageing

FOR 72 YEARS, Deloraine Show has provided a great day out for families. This year will be no exception with new attractions to entice young and old.

Woodchopping is back, featuring local favourite Daniel Gurr (World Rookie Champion 2018) in the tree-felling competition.

'Gomez and friends' exotic birds make their first time appearance at Deloraine. Gomez and Morticia, red-tailed black cockatoos; Cyril, a South American macaw; and Daisy, a spectacular red Vosmaeri Parrot will be sure to draw a

crowd with the chance to get up close and grab a photo with these avian beauties.

The young and adventurous can battle it out in the rodeo



Dougal Folder 7 years with Gomez and friends. Exotic birds is a new attraction at the 2018 Deloraine Show. Photo by: Sophie Folder

ring on a mechanical bull.

The show will also see the launch of an inaugural Instagram competition.

Entrants need to share their pictures of the day on

Instagram, tagging @deloraineshowsociety and using #Deloraineshow2018 hashtag. Categories include - 1: Families enjoying the show, 2: Animals and 3: Mechanical bull action shot.

The Deloraine and Districts Community Bank Pet Parade will provide fun for children, with loads of prizes to be won. The entertainment area promises a lively atmosphere with 'Keep the Beat' interactive drumming, music from the Deloraine Big Band and Junior Band and Dance Connections demonstrations.

Always big crowd pullers, you can expect to see the traditional, well supported exhibitions and competitions in the Livestock, Heavy Horse and Home Industries sections, along with Equestrian events in the Main Arena.

By Beryl Pearn

AFTER A busy schedule which included speaking engagements overseas and on the mainland, Ngaire Hobbins, a qualified dietitian specialising in ageing and brain health, and author of books including *Eat to Cheat Ageing*, presented in the Meander Valley at the Westbury RSL club.

She's been described as "an engaging, informative speaker, able to relate easily to lay and professional audiences" and the nearly ninety people who attended her talk would agree.

The capacity crowd were treated to Ngaire's talk titled 'Have your cake and eat it too'. Ngaire said that with longer life expectancy, what in the past might have been regarded as adequate nourishment for older people, no longer applies. With many people now living well beyond seventy years of age, seniors need to work to equip their bodies for

perhaps an extra twenty years of life. She emphasised the need for people over sixty-five to maintain muscle through exercise and a protein rich diet, saying that for older people, protein should form part of every meal.

The talk was organised by Meander Valley U3A (MVU3A) and made possible with sponsorship from Meander Valley Council and Deloraine & Districts Community Bank® Branch of Bendigo Bank. Those who attended are keen to learn more about this important topic, so the MVU3A Committee is investigating how it might be able to organise a return visit by Ngaire.

MVU3A is a voluntary organisation in which members share skills, knowledge and fun in a range of courses and activities.

To contact MVU3A, email meandervalleyu3a@gmail.com, or telephone 0484 758 466.

Welcome to Green Door gastronomy

By David Claridge

A NEW Westbury business has taken off, wowing locals and visitors alike with an Irish theme, offering a new

diversified level of café and restaurant experience.

Aptly named the Green Door, the café, restaurant and apothecary has impressed with their desire to use local

stock and make products in-house.

Café owners, Nick and Hayley Brazendale, have been amazed by the positive feedback they've received since they opened just over a month ago.

At the Green Door we make everything in-house and use local, spray free, organic produce

"We bought the building about six months ago. After doing a lot of research about Westbury we found that it has a long Irish history, most people in the 18th and even 19th century were even talking in gaelic." Hayley said.

"Our restaurant was built by an Irish couple in the 1840's, we wanted to make our business relevant and about Westbury.

"At the Green Door we make everything in-house and use local, spray free, organic produce.

"My mother, Julie, is a Patisserie Chef, she makes all the cakes and desserts.

Eventually they want to grow their own produce for the kitchen and have applied for a liquor licence.

Local music artists have been coming in to perform and weddings and parties are already filling their diary.

They also host cookery classes, artisan perfume making, art classes and, on the 4th December, a Christmas wreath making class.

The Green Door has an active Facebook page which already has 600 likes as well as many five-star ratings and wonderful reviews.

Little laneway, big audience

By Pearl Maya

THE LITTLE Laneway Fringe Festival was back with a bang over the long weekend.

Featuring local artists, as well as some that had travelled as far as Hobart, the audience was treated to a wide range of talent from various forms of music through to storytelling, even burlesque.

"It was a great weekend of entertainment," said program organiser Kate Jeffree, "and we are so pleased that not only the performers gave us their best, but the crowds were there to support them."

The crowds were a mixture of locals and visitors alike with some coming for whole days, and others stopping in between Craft Fair activities,

or to see favorite performers.

"I really would like to thank all of those who helped make the Festival a success, especially those who volunteered their time. Like many events that happen in our town, it wouldn't have been possible without those who give freely of their time," continued Ms Jeffree.

"In addition, major sponsors Alfred and Isabel from Seppenfelts and Mark and Amanda from the Empire Hotel also need a big thank you."

The organising committee are hoping that the Little Laneway Fringe Festival will now become a bi-annual event with one event held over the Easter weekend and the other on the Craft Fair weekend of each year.

Home grown honey is best

By Chere Kenyon

FAKE HONEY? "Bound to happen," says local honey producer, Shirley Stephens of R Stephens Apiarists Pty Ltd.

Capilano, a respected honey company, has come under fire when testing revealed some of its products are contaminated with 'fake' honey.

Capilano imported honey because the Australian beekeepers couldn't supply honey at the prices they were willing to pay.

"Capilano lost faith with a lot of the wonderful beekeepers of Australia by paying them a pittance for their honey. Less than \$5.00 in a kilo in most cases. You cannot keep bees at that price,"

says Shirley, going on to say "the Australian Government is lax in its looking and testing," This is despite the Australian Honey Bee Industry Council pleading with the Government to do more testing.

Even local businesses have had some fallout because of this issue. Shirley said that they may have to add the word 'pure' to their honey labels.

"What goes out of here is pure honey. Why would you ruin nature's number one product by fiddling with it," she said. "Our market depends on the customer being able to pick up the jar of honey knowing that behind the label they can trust the product."



Photo by: Mike Moores

Nick and Hayley Brazendale have recently opened the 'Green Door' café restaurant and apothecary in Westbury.

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Hattondale fete

HATTONDALE FARM at Carrick will be the location for the annual Garden Fete conducted by the Friends of the Clifford Craig Foundation on Saturday 24th November 2018.

Every year "the Friends" hold a Fete in the gardens of a Northern Tasmanian property. 'Hattondale Farm' will offer the opportunity for the public to wander through several acres of picturesque gardens, ponds and river frontage at this private residence on the Liffey River near Carrick.

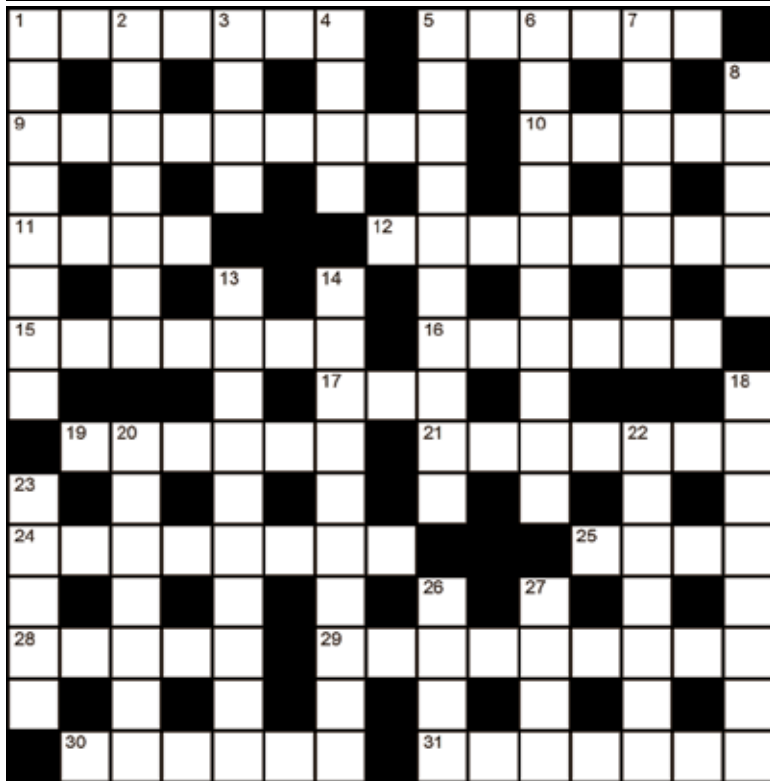
The Friends of the Clifford Craig Foundation are a group of voluntary people who raise funds for the medical research program at the Launceston General Hospital.

The Garden Fete will include a variety of stalls, ranging from homemade cakes to plants, trash and treasure and books, as well as jewellery, handpainted cards and paintings, and a whole lot more!

Refreshments will be available in the guise of Devonshire Teas, Sausage sizzle and sandwiches. There will also be cool drinks available.

Entry is \$5.00 per person. Children under 16 go free.

Crossword



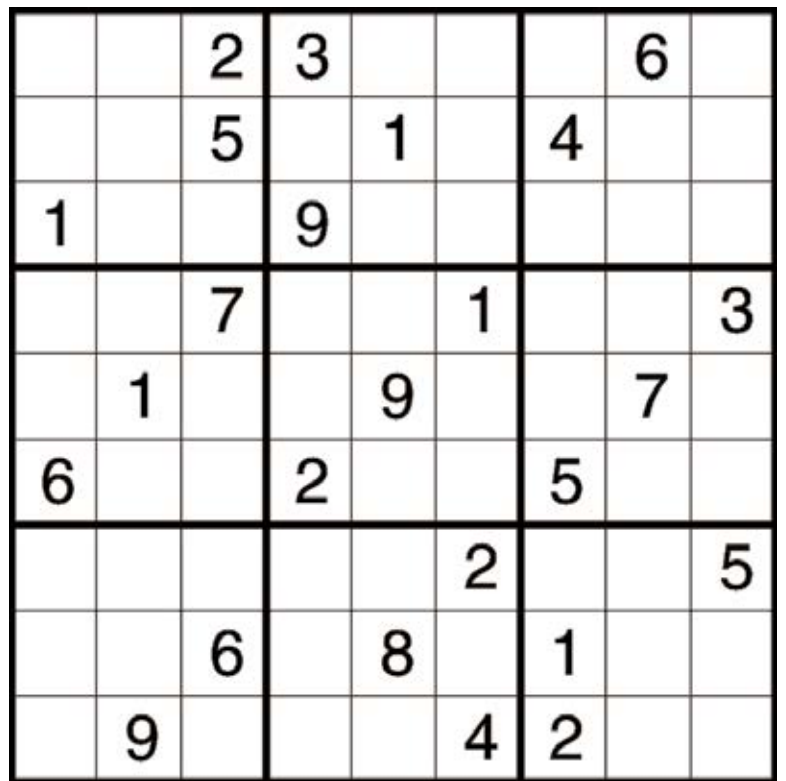
Across

- 1 Clap (7)
- 5 Priest (6)
- 9 Benefit (9)
- 10 Unwarranted (5)
- 11 Floor coverings (4)
- 12 Rounded mass of steamed dough (8)
- 15 Seedless raisin (7)
- 16 East Mediterranean democracy (6)
- 17 Involuntary muscular contraction (3)
- 19 Dusky (6)
- 21 Least difficult (7)
- 24 Knockout punch (8)
- 25 Sicilian volcano (4)
- 28 Compel (5)
- 29 Dutch master (9)
- 30 Work over (4,2)
- 31 Soon (7)

Down

- 1 Scaremonger (8)
- 2 Crucial (7)
- 3 "Black Beauty" author _____ Sewell (4)
- 4 Faculty head (4)
- 5 Biased (10)
- 6 Statue-maker (10)
- 7 Bygone (3-4)
- 8 Prevail (5)
- 13 Legislative assembly (10)
- 14 Ricketty vehicle (10)
- 18 Furtive (8)
- 20 Edge of the road (7)
- 22 Permanently inactive (7)
- 23 Fly-by-night (5)
- 26 Yuletide (4)
- 27 Group of three (4)

Sudoku



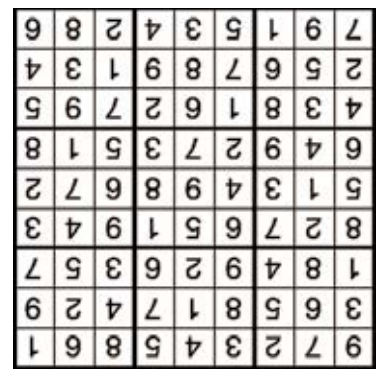
©2018 Syndicated Puzzles

How To Play: Each row must contain the numbers 1 to 9; each column must contain the numbers 1 to 9; and each set of 3 x 3 boxes must contain the numbers 1 to 9. Best of luck!

Crossword - November 2018 Solution



Sudoku - November 2018 Solution



Events Diary

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

Date and Time	Event	Details
Every day during November	'World of Macro' by Jade Hallam	Pixels Gallery, 21 West Parade Deloraine Open weekdays 10:00am-4:00pm Sat 10:00am-3:00 pm Sun 10:00-1:00pm.
Every day during November	Tasmanian Young Artists award exhibition	Deloraine Creative Studios, Emu Bay Rd, Deloraine open daily 10.00am - 4.00pm.
Sat 10th & Sun 11th November	11th Annual GardenFest	Entally House, 782 Meander Valley Rd. Hadspen 10.00am - 4.00pm More info Ph: Lorraine 0429 180 276.
Saturday 10th November 7.30pm sharp	Western Tiers Film Society "Frantz"	Little Theatre, 2 Meander Valley Rd, Deloraine PG-13 Germany Drama 114m More info Ph: 0418 389 868.
Saturday 10th November 8.30am - 5.00pm	Westbury Agricultural Show	Showgrounds, Lyttleton Street Westbury Enquiry Ph 03 6392 2120 Mobile 0427 922 124.
Sunday 11th November 10.45am	Armistice Day 100 years	Commemorations held at Cenotaph in Deloraine, Westbury (10.45am) & Carrick.
Thursday 15th November 7.30pm sharp	Arts Deloraine "Twelve Times He Spoke"	Deloraine Little Theatre, Meander Valley Rd, Deloraine For times & ticketing details www.tasperforms.com
Friday 16th November	Australia Day Awards Nominations close	Complete Nomination form available at www.meander.tas.gov.au or Contact Merrilyn Young on 6393 5317.
Saturday 17th November 1.30pm - 5.00pm	Longford Garden Club 50th Flower Show	Longford Town Hall, 67 Wellington St, Longford \$2.00 entry Ph. Mike on 6391 2550 for more information
Saturday 17th November 7.00pm - 9.00pm	Inaugural Meander Valley Memorial River Walk	Deloraine Train Park Candlelit walk around the River to remember those lost to suicide Ph: Bridget 0400 183 490
Saturday 17th November 9.00am - 1.00pm	Mole Creek Market	Mole Creek Memorial Hall, cnr Pioneer Drive and Caveside Road. Contact Ross Quick 0413 681 252.
Saturday 17th November 8.00am - 1.00pm	Westbury Market	Anglican Church Hall, 11 Lonsdale Prom. Westbury BBQ cooking breakfast, stalls. Ph: Rob Menzie 0417 931 619.
Sunday 18th November 10.00am - 4.00pm	Longford Garden Club 50th Flower Show	Longford Town Hall, 67 Wellington St, Longford \$2.00 entry Ph. Mike on 63912550 for more information.
Friday 23rd November 9.00am - 5.00pm	Pathways to Care	Deloraine House, 112 Emu Bay Rd, Deloraine Suicide Support Services Ph: Rod 0408 133 844.
Saturday 24th November 7.30am - 5.00pm	Deloraine Show	Lake Hwy, Deloraine Adults \$10.00, Children \$5.00, U5 free. Enq: Julie 0427 861 485 Family friendly and country style.
Saturday 24th November 10.00 - 4.00pm	Friends of Clifford Craig Annual Garden Fete	Hattondale Farm, 408 Bihopsbourne Rd. Carrick Entry is \$5.00 per person Children under 16 free.
Saturday 1st December 9.00am - 1.00pm	Deloraine Showground Market	Deloraine Showgrounds, Highland Lakes Rd, Deloraine Ph: 0409 695 321 for Bookings & Details.
Sunday 2nd December 2.30pm	Carrick Park Pacing Club - Harness Race meet	East Street, Carrick First race 3.00pm Santa for kids, Raffle, Free Entertainment, BBQ For more info 0400 635 070.
Tuesday 4th December 1.30 - 3.30pm	MV Diabetes Support Group	First Meeting Westbury Community Health Centre info Sheila Stevenson 0428 576 795 \$5.00 for afternoon tea.
Saturday 8th December 9.00am - 1.30pm	Blackstone Heights Market Day	Blackstone Park entrance off Kelsey Road, for more information see Blackstone Community News facebook page.
Saturday 8th December 8.30am - 4.00pm	Carrick Community Committee Garage Sale	Carrick Community Hall, Table inside Hall \$10.00, space outside \$5.00 Devonshire Tea, funds to Carrick Hall ph 6393 711.
Saturday 8th Sunday 9th December 11.00am	Apex Club of Deloraine Tasmanian Tractor Pull	Red Hills Memorial Park, Mole Creek Rd, Red Hills open 9.30am for 11.00am start \$15.00 per person U16 Free.
Saturday 8th December 4.30pm	Opening 2018 U3A Art Exhibition	Deloraine Creative Studios, Emu Bay Rd, Deloraine "Colourful Connections" runs for two weeks Ph: 0484 758 466.
Saturday 8th December 7.30pm sharp	Western Tiers Film Society "Just to be Sure"	Little Theatre, 2 Meander Valley Rd, Deloraine M Drama/Comedy France 100m More info Ph: 0418 389 868.
Sunday 9th December 11.00am	Quamby Fly Fishing Club Christmas BBQ	Fossil Park, Meander River Bring a dish.
Saturday 15th December	Parkham Christmas Party	Parkham Community Hall & Church. For more information Phone Kaylene 0499 554 316.
Saturday 15th December 9.00am - 1.00pm	Deloraine Showground Market	Deloraine Showgrounds, Highland Lakes Rd, Deloraine Ph: 0409 695 321 for Bookings & Details.
Saturday 15th December 8.00am - 1.00pm	Westbury Market	Anglican Church Hall, 11 Lonsdale Prom. Westbury BBQ cooking breakfast, stalls. Ph: Rob Menzie 0417 931 619.

30 years of close-knit village life

By David Claridge

A VIBRANT meeting room was filled with people at tables enjoying drinks, while a delectable aroma wafted from the kitchen where staff prepared lunch. For dessert, a couple of intricately frosted birthday cakes waited on display in the middle of the room.

The cakes were to celebrate a very special birthday. The 24th October marked 30 years since the Residential Village in Prospect first opened and the residents had gathered to celebrate the close-knit

community that has given them a new lease on life.

Director and Owner, Keith Pybus, oversaw the gathering with a smile. Keith has been the sole owner throughout and he expressed how the long journey of 30 years for the village has been a worthwhile venture, for what was possibly the first village of its kind in Tasmania.

"We prefer to call it a residential village rather than a retirement village because it puts less restrictions on people. The people own their own cot-

tages and live their own life within the community,"

"There is a 24-hour emergency service system and a mini bus that drives people to medical appointments and shopping centres.

"Thirty years ago, retirement villages were in their infancy. We started with 17 units, since then we have made several expansions to the site and today we have 80 people living here.

The village is currently having new buildings added, designed to accommodate 'in-house' carers.



L-R Marie Brearley, Shirley O'Connor and Robyn Radford celebrate the 30th Anniversary of the Residential Village.

On track for another Frost

Continued from Page 20...

Presently Tate and his racing team are very busy fitting out the new transport vehicle for the team and cars.

The huge articulated truck doesn't just hold two cars; there are partitions and shelves everywhere for spare parts, extra frames and sets of wheels and tyres. And, up front is a small lounge area complete with couches, TV, fridge and microwave for the crew. The van even has a

pop-up rooftop, which provides the crew with the perfect vantage point for viewing the races.

As far as his future in racing goes, Tate says, "Hopefully I'll get to race in America." Atop Tate's wish list is to race in the NASCAR series. As he says, "It's a big dream but we'll be right to get there."

His father Anthony says, "My plan is that within five years he'll be racing in America." And his mother Deb adds confidently,

"We'll make it happen."

I don't think there is any doubt that Tate will succeed in his racing future. And, with such a dedicated team at his side and such solid family backing, there is no reason to believe he won't achieve his ultimate goal to compete on the NASCAR circuit.

Further information on go-karting and sprintcar racing can be found on Facebook at AFR Anthony Frost Racing. You will also be able to keep up-to-date with Tate's progress and see pictures of the new transporter.

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OPPORTUNITY

COMBINED GARAGE SALE
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Calling a service or retail business?

Let them know you saw their ad in Meander Valley Gazette.

And 'Thank You' for supporting local businesses!

SPORT



On track for another Frost

At just 16 years old, Westbury young gun Tate Frost is holding his own on the national circuit.

Photo by: Mike Moores

By Danny Ross

I'M SURE most readers will know what a go-kart is and there are probably a few who would be able to describe what a sprintcar looks like.

But I wonder how many would know that Westbury is home to possibly one of the brightest go-kart and sprintcar talents the country has ever seen?

With around 300 starts under his belt and some 60 odd trophies on the shelf,

Tate Frost has had podium finishes against some of the best karters in the nation, if not the world, and is fast becoming the next car racing sensation in Australia. And he is just 16 years of age.

With a pedigree of car racers in his blood (his father Anthony and grandfather David were both racers in their own right), Tate is on track to surpass his forefathers' successes and become one of the best this country has seen.

Tate started go-karting

when he was 9 years old and had his first competition win a year later at Smithton. He now races throughout Tasmania and is a frequent competitor on many of the mainland tracks. Already he has picked up three Tasmanian Championship title wins and in 2016 Tate was awarded the "Tasmanian Karter of the Year" trophy after an outstanding season winning 24 races from 24 starts in his class.

In August of this year,

Tate competed in the 5th Round of the Australian Championship in Victoria and, after being placed in two heats, eventually finished 5th in a field of 36 in the Final. It should be noted that this field contained both national and overseas competitors including past champions.

Just last year, Tate started to race in sprintcar events and has already managed a podium finish in Hobart. The team is quietly confident the new season will bring Tate his

first sprintcar win.

Apart from exceptional skill and talent, Tate's success is in no small way due to the dedication of his racing team and especially the determined and resolute support from his family.

When asked about his plans for the immediate future, Tate says he'll be looking to become a mechanic when he leaves school at St Patrick's College in Launceston.

Continued on Page 17...

THE ART of swordplay is not some antiquated activity from old history books or restricted to Olympic fencers dressed in white, fighting desperately for a point.

In recent years, historic fencing clubs, re-enactment groups, and historic competition leagues have sprung up worldwide.

Fencing master Keith Beattie founded Prima Spada School of Fence in June 1995, as an historic fencing school, firstly in Queensland.

Keith has now set up in Deloraine, where he hopes to capture the imagination and passion of local sword enthusiasts and would-be musketeers.

Prima Spada tuition is available to students from 14 years to mature, beginners to advanced.

Keith promotes the study of fencing by offering a variety of options including Historic European Swordplay

and Modern (non-electric) Recreational Fencing.

Tuition includes combinations such as Rapier and Companion Weapons, Side Sword, Sword and Buckler, French Small Sword and Two-Hand Sword.

Modern fencing tuition in Foil, Epee and Sabre (recreational fencing) is also offered.

Prima Spada is unique in variety and expertise. Students learn specialised swordplay for the experience of modern sport from an ancient art.

Lessons are supervised and controlled in a safe and professional environment using Australian Sports Coaching principles. Qualified instructors are accredited by the Australian Academy of Fencing.

Prima Spada classes are held Monday evenings at Deloraine Performing Arts Hall. Call Keith Beattie on 0407 642 937, enquiries@primaspada.com.au.



Touché, mon ami!

Tiffany Barnett of Prima Spada in a renaissance-style fencing bout.

Photo by: Simon Boman