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AT LOCAL SCHOOL**

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YOUR OWN
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Meander Valley Gazette

Free every month

April 2022

Meander Valley Gazette *Your independent community paper*



Successful ride a win for rural Tasmania

▶ **Thirty riders rode over 370km in three days in this year's Active Farmers' Ride for Resilience, raising well over their targeted funds.**

RURAL COMMUNITIES in Tasmania will benefit from Active Farmers' successful Ride for Resilience, which surpassed fundraising targets despite the challenges of Covid.

Active Farmers will be able to invest more into mental and physical health outcomes for farming communities after more than \$70,000 was raised through the event, which involved 30 riders covering over 370km in three days.

Active Farmers CEO Ginny Stevens said the event would continue to build on the

success of this year's ride.

"Our vision at Active Farmers is to build stronger and more resilient farming communities by improving physical health, mental health and connectedness," Mrs Stevens said.

"This ride showcased exactly that! Not only did it raise awareness of our vision, but we have raised approximately \$76,000, which is well above our initial target of \$50,000.

"I'm absolutely wrapped with how the event went and how the funds raised will help

Active Farmers continue to grow and innovate."

The peloton was slightly less than first anticipated due to Covid isolation requirements, but those that did take part covered the Northern Midlands, Meander Valley and East Tamar.

They were led by Ride Ambassador and Paralympic champion Michael Milton and former professional rider Will Clarke who has swapped his bike for boots as a farmer in the Midlands.

"Riders commented how great it was riding with Will

Clarke and how down to earth and patient he was given a lot of the riders were far less experienced than he is," Mrs Stevens said.

"Michael Milton was an inspiration to all. He spoke at the dinner on Thursday night and had the whole room hanging onto every word," Ms Stevens said.

"Then to see him out on the Tassie roads for three days, and tackling some pretty good climbs and elevations was amazing. He said that the ride into Tamar Ridge Cellar Door

at the end of the event was the second worst finish to a charity bike ride he has done, but to watch him do it after riding 86km in the lead up to it, and how he zig zagged up the drive is something I will never forget."

For more details on Active Farmers in your community and to stay up-to-date with planning for the next ride, visit the website.

Fundraising will continue until the end of April and donations can be made via – www.activefarmers.com.au/ridetassie2021

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Meander Valley Gazette

This newspaper is published by Meander Valley Connect Inc, 21 West Parade, Deloraine 7304. ABN 89 090 614 412.

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Home delivery

If you live in the Meander Valley municipality and are not receiving the *Meander Valley Gazette* each month, you may have a 'No junk mail' notice on your letterbox.

Call or email to get your free 'Please deliver *Meander Valley Gazette*' weatherproof sticker.

Website and digital editions

Every month, the stories from the latest edition of the Gazette are posted on our website. Current stories can be read online or readers can search for older stories they may have missed.

All editions of the Gazette are available to be downloaded as PDFs from the web archives free of charge.

Please note

While every care is taken, the producers of *Meander Valley Gazette* cannot be held liable for any publication errors in written material or advertisements. The opinions expressed, whether by paid advertisement or editorial content, do not necessarily reflect the views of this newspaper. Some material may be abbreviated due to lack of space.

From the Gazette

ARE YOU OUR NEXT EDITOR?



Meander Valley Connect is looking for someone to take on the role of Editor of the Meander Valley Gazette.

About the role:

Working closely with the administration and production team, the Editor is responsible for the journalistic content of the Gazette.

We aim to provide the Meander Valley with informative and engaging content.

The primary responsibility of the role is writing and sourcing the material for our monthly editions, and managing volunteer contributors.

About the applicant:

- Experienced in journalistic writing
- Strong communication and interpersonal skills
- A proven eye for detail along
- Fact checking and critical thinking skills
- Prioritizing and meeting deadlines
- Residence and activity in the Meander Valley community is advantageous

This is a part time position with remuneration to be negotiated based on experience.

For enquiries or to apply, email general@meandervalleygazette.com with your resume and cover letter

Letters to the Editor

DEAR EDITOR,

What a beautiful feeling, to acknowledge how rare and precious the values of our neighbours (the World Heritage and National Parks of the Great Western Tiers and plateau) - that those values include "tranquillity and isolation from unnatural noise" and it is there.

I probably haven't noticed before but I sure would if it was gone, thanks.

*Laura Mckew,
Western Creek*

DEAR EDITOR,

Further to my opinion piece in the March issue of the Meander Valley Gazette, I would like to inform

readers that just days before the commencement of a mediation process, the Kentish Rifle Club have withdrawn their appeal against the Meander Valley Council's planning decision not to allow a rifle range on the top of Maggs Mountain. The decision was made on 25 March.

Mediation was due to commence on 29 March via TASCAT. Needless to say that many people, the MVC, the Mersey Mountains Action group and I, as well as other objectors to the appeal are delighted with the decision.

*Deborah Lynch,
Western Creek*

Opinion editorial

Consultation outcomes, please!

Linda Poulton

IN SEPTEMBER last year, Premier Gutwein announced that the Ashley Youth Detention Centre site would be considered for the Northern Regional Prison.

More than six months have passed, and, here in Westbury, we are no closer to knowing what the decision on the Brushy Rivulet reserve, just up the road, will be.

The consultation process on the future use of the Ashley site ended three weeks ago. WRAP has been informed that public input into the process was limited.

We have therefore written to the Northern Correctional Centre asking for an update on the outcomes of the consultation process.

Everyone has waited far too long to know what the Government plans to do in our municipality, and the silence is deafening.

We urge everyone interested in the outcome to write directly to the Northern Correctional Team, pressing them for a date by which we will know the result.

After seven months, we have a right to know what our region's future holds.

MEANDER VALLEY GAZETTE SCHEDULE 2022

EDITION	ADVERTISING BOOKING DUE	AD ARTWORK DELIVERY	EDITORIAL DEADLINE	PUBLICATION DATE
May	Monday April 18	Friday April 22	Friday April 22	Thursday May 5
June	Monday May 16	Friday May 20	Friday May 20	Thursday June 2
July	Monday June 20	Friday June 24	Friday June 24	Thursday July 7
August	Monday July 18	Friday July 22	Friday July 22	Thursday August 4
September	Monday August 15	Friday August 19	Friday August 19	Thursday September 1
October	Monday September 19	Friday September 23	Friday September 23	Thursday October 6
November	Monday October 17	Friday October 21	Friday October 21	Thursday November 3
December	Monday November 14	Friday November 18	Friday November 18	Thursday December 1

Editorial enquiries: editor@meandervalleygazette.com **Advertising enquiries:** advertising@meandervalleygazette.com
Phone: 6286 8216 **Website:** www.meandervalleygazette.org **Find us on Facebook and Twitter**

Biology farming event a huge success

A BIOLOGICAL farming roundtable (BFR) event held in Deloraine in March drew a capacity crowd with attendees from a variety of enterprises across the state.

The event was sponsored by NutriSoil and included a number of presentations from key speakers about the role of biology in improving soil health, which the 90 people present found extremely beneficial.

NutriSoil director Nakala Maddock said the event was jam-packed with information from a variety of speakers, and a visit to Tasmanian Agriculture Company was a great way to end the day.

“We were thrilled with the number of people who attended; it was great for everyone to be able to hear from an internationally respected microbiologist in Walter Jehne.

“Walter has decades of research under his belt and has specialised in the role of soil microbes in plant and soil function.

His presentation was about the brilliant world of soil biology.

“It is pretty amazing the influence which microscopic organisms have on hydrological cycles and weather patterns,” Mrs Maddock said.

Following Mr Jehne, Mrs Maddock enlightened the



► Locally esteemed agroecologist Robin Tait speaks to the large crowd at Tas Ag Co.

audience on the science of vermiculture for next-generation agriculture and how to use their biological stimulant in a farming system.

NutriSoil’s vermiwash contains many different compounds, including very high numbers of bacteria (particularly bacterial decomposers), fungi, bioavailable minerals, hormones, enzymes, antimicrobial peptides, mucus (from worms), proteins and vitamins, to list a few.

All play a role in creating an environment for healthy plant growth and in turn healthy soils.

After a presentation from Sam and Steph Trethewey on their ‘beyond sustainable’ farming model, the group headed to Tas Ag Co’s Dunorlan property to see first-hand the farming methods employed to rebuild soil health.

“The Tretheweys use a combination of multispecies

cropping, time-controlled rotational grazing and biological stimulants on their property.

“This helps them capture and store carbon dioxide to improve soil health, plant health, cattle health and planet health.

“We had highly esteemed local agroecologist Robin Tait on hand to talk people through a soil assessment.

“The improvements to soil

health and water infiltration on the property were obvious,” said Mrs Maddock.

Mrs Maddock said NutriSoil loves meeting with their farmers and bringing new information to farming communities when food and fibre producers face increased input prices and customers want sustainably produced food.

Carrick crash fatality

A MULTI-VEHICLE crash on the Bass Highway on March 25 claimed the life of a man in his 50s and left another fighting for his life.

Emergency services were called to the accident at Carrick at 6:20am where a truck, a motorcycle and three other vehicles were caught in

the pile-up.

The driver of the truck was uninjured, however, occupants of two of the other vehicles sustained non-life-threatening injuries.

The motorcyclist died at the scene, and another was airlifted to the Royal Hobart Hospital in critical condition.


Representatives from the National Heavy Vehicle Regulator are investigating the incident.

Anyone with information or relevant dashcam footage, is asked to contact police on 131 444. Information can be provided anonymously.



► The accident occurred just outside of Carrick and is under investigation.

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I grew up in the Meander Valley region.
I fight every day to create greater opportunities for our community.

Senator Helen Polley

Authorised by Senator Helen Polley, Suite 101, 287 Charles Street, Launceston TAS 7250.

Winterfire returns in July 2022

WINTERFIRE, ONE of Arts Deloraine's signature events, will be held on July 16 2022 at the Deloraine Showgrounds.

Since its inception in 2015, it has been a community celebration alleviating the long, dark and cold winter nights with an evening of community warmth, fire and light.

Arts Deloraine has a burning desire to ensure that this continues as a community-focused and supported event.

Individuals, groups and organisations within the Meander Valley are welcomed to participate and contribute to creating an exhilarating Winterfire 2022.

The call is out for expressions of interest, ideas and concepts from individuals, groups, organisations, performers, entertainers, musicians, artists, photographers, fire twirlers, and market stallholders to enhance this celebration and entice broad community involvement to contribute to the creation of a memorable event.

Please email your expression of interest to the Project Coordinator, Louise Middleton, at louise.j.middleton@gmail.com by April 29, or to discuss ideas and participation, call Louise on 0431 522 440.

In late March, Arts Deloraine held its Annual General Meeting with a new executive and committee election.

After a decade or so, the committee farewelled Diana Tuleja serving as President and other roles on the management committee and welcomed local musician John Summers as the new President.

He brings a long history of experience in the Arts sector, having served as President of the Goldfields Arts Board (1989-1995), played an integral role in the rejuvenation of the West Australian Arts Council within the Arts Council of Australia, where he was an alternate Director (1992-1995).

Peter Rigby, elected as Secretary, joined him, and local accounting identity Zsuzsanna Handelsmann was elected

as Treasurer.

The management committee includes local artists Louise Middleton and Margaret Tabor, joined by Annie Robinson, Shirley Mighall, Jane Phillips, Janet Morely and Craig Zimitat.

Kerry Dunleavy continues as Social Media Officer promoting AD on Instagram and Facebook.

Together with local artists and gallery owners, current and former members are invited to attend our Strategic Planning workshop, which will be held in early May.

Look out for the email invitation.

Members are also welcome to attend monthly Management Committee meetings held on the first Thursday of the month at the Empire Hotel, commencing at 5.30 pm.

If you are interested in joining the Arts Deloraine, membership forms are available at the Visitors Centre, Deloraine.

They are also available via email from artsdeloraine@gmail.com.



Easter fundraiser to support kids in need



THIS EASTER, Woolworths is encouraging customers in the Meander Valley to help a family in need by donating to the Easter Fundraising Appeal in support of St Giles.

100 percent of funds raised will help St Giles to support vulnerable kids to thrive, with access to the latest equipment services focused on physical and intellectual impairments.

Running in-store and online from March 30 to April 19, 2022, customers at Woolworths Deloraine can support by simply adding a \$2 Easter egg-shaped token to their shop or by making a Round Up donation at Woolworths self service check-outs.

Woolworths Store Manager, Tracie Woodward said: "Thanks to the support of the Meander Valley community we will be able to provide support to over 4000 children in need each year and are excited to do so for the next three years."

"The Easter Fundraising Appeal is a great example of how working together as a community we can collectively make a big difference to the lives of many people across Tasmania."

The local Meander Valley community has always provided generously to the Woolworths Easter Fundraising Appeal with the efforts applauded by both

Woolworths and St Giles. St Giles Chief Executive, Andrew Billing, said: "With the ongoing help from Woolworths and the support and generosity from our community, St Giles is able to change lives and provide children across Tasmania access to the specialist equipment they need to thrive."

"Together we are making a difference to the lives of so many kids and families who need our help." Last year Woolworths customers helped raise more than \$52,000 during its Tasmanian Easter Fundraising Appeal, so the aim is to raise even more this year.



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Day for Ukraine at local school

OUR LADY of Mercy Catholic School recently held a Day for Ukraine and raised much-needed funds for the Caritas Australia Emergency Appeal for Ukraine, which provides families with emergency food, water, shelter and hygiene support.

This appeal has been very generously supported by local businesses, raising more than \$2000.

Mr Pat Coleman was overwhelmed by the generosity of local businesses when he approached them for donations saying, "many of our local businesses were thrilled to be able to support families in Ukraine".

Principal Ms Mary Bennett said, "Our students are aware of the war in Ukraine and were keen actually to do something to assist families and other children.

"Our teachers have been working with all our children on ways that they too can be active peacemakers in their own family, our school

and community."

On the day, a votive focal point was set up in the Holy Redeemer Catholic Church, and all children were invited to light a candle from the school candle, add it to the votive space and spend some quiet time in prayer and reflection as led by their class teacher.

Many families donated supplies for the fundraiser, which students in Grades 3 - 6 used to make blue and yellow cupcakes and jelly cups; students sold these during their lunch break to raise funds for the appeal. Students also wore solidarity ribbons.

Caritas will provide essential emergency response, including basic food and hygiene kits and access to clean drinking water and fuel to vulnerable households to survive the cold weather conditions.

You can support the Caritas Emergency Appeal for Ukraine by donating online at www.caritas.org.au/donate/emergency-appeals/ukraine



▶ Anna Maclaine, Oliver Johnston and Riley Scott enjoying items from the stall.



▶ Astryd Johnston selling cupcakes.



▶ James Badcock placing a candle in the votive space. Photos by Paul Mannion, Deputy Principal.

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VOTE 1

PETER WHISH-WILSON

FOR THE SENATE

LIZ JOHNSTONE

FOR LYONS

Authorised by Debra Rees, Tasmanian Greens, 298 Argyle St, North Hobart, TAS 7000.

THE GREENS

Community rallies behind family in need

IN WEETAH, not far from Deloraine, a family of three and their dog has been living in a tent and a caravan with no basic amenities for four years.

Edward Whiteside, who is undergoing treatment for aggressive lung cancer, and his sons Shamus (12) and Jasper (14) have no electricity, no running water, no vehicle and no basic amenities.

Bush rats are attracted to the family's food in the van, which in turn attracts snakes.

The boys are no longer comfortable sleeping in the van due to the risk of snakes and sleep in the tent despite very low overnight temperatures.

Snake catcher Bert Bannister was called to the property to tackle the situation and was blown away by what the Whitesides were dealing with.

When Bert told his daughter Tamika about the conditions this family has been living in, she decided to utilise her connections in the community to make a difference in their lives.

After going to Weetah and meeting Edward for herself, Tamika launched a GoFundMe page, Tamika wrote an impassioned plea for donations.

Thanks to Tamika's action and the kindness of strangers, the fundraiser has reached

over \$35,000 dollars and gained the attention of Housing Minister Michael Ferguson.

"I found this story very disturbing and immediately sought further information so we can help the family," he said.

"I understand that Housing Tasmania was not aware of this family or their circumstances, and believe that the family had not as of

yet requested assistance."

Mr Ferguson has personally spoken to the family and has connected them to the Housing Connect support team.

"I am truly hoping that suitable housing will be secured via our government and then this money can be spent on essential items for their home, and getting the boys back to school," Tamika said.

"While Edward is having treatment, we will continue to raise awareness and funds and once he is back on deck we will then move forward with withdrawing the funds."

The goal has been stretched to \$40,000 dollars. If you are interested in donating, go to www.gofundme.com/f/desperate-help-needed-for-local-homeless-family



► An unwell man, his children and their dog have been living in dire conditions just outside of Deloraine.

Jen
Butler MP
Your Local Member for Lyons
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Tasmanian Labor
jen.butler@parliament.tas.gov.au



For local knowledge & extensive experience selling property in the Meander Valley, be sure to talk to Lee and Kellie before listing your home.



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COVID-19 information resource launched

THE DEPARTMENT of Health has launched the COVID-19 Surveillance Report, a weekly report that provides the Tasmanian public with extensive information about the current epidemiology of COVID-19 in our state.

The report is compiled and published by Public Health, and sets out detailed information with maps, graphs and tables and is available to read here: www.coronavirus.tas.gov.au/facts/tasmanian-statistics/

weekly-report

The first issue provides an overview of the COVID-19 pandemic in Tasmania up to and including 26 March 2022 and includes data on:

- new confirmed cases
- active cases
- total cases
- age and gender of cases
- source of infection
- hospitalisations
- testing
- confirmed cases by Local Government Area (LGA) and

Health Region
• vaccination.

The publication of a weekly Surveillance Report is a tool for sharing historical and up-to-date information about the pandemic in Tasmania with the public.

While Tasmania has been publishing the daily tile with daily case numbers, the new weekly Surveillance Report provides much more detail about characteristics, distribution, and trends

in COVID-19 cases across Tasmania.

The report also builds on existing information provided on the Tasmanian coronavirus website.

Commenting on the publication of the weekly COVID-19 Surveillance Report, Director of Public Health, Dr Mark Veitch said:

“We were keen to develop a more detailed information resource that would give the public a more informed view

and understanding of many aspects of the pandemic across the state.

“The weekly Surveillance Report enables the public to better understand the current risks posed by COVID-19, and the reasons for policy decisions. It also provides locally and personally relevant information that many people may find helpful to inform their own choices and actions during the pandemic.”

Campfire restrictions lifted in Tasmania’s national parks

AS OF March 18, the Tasmania Parks and Wildlife Service (PWS) lifted campfire restrictions in national parks and reserves.

The restrictions were in place as an important requirement over the bushfire season to prevent the risk of campfires escaping and spreading rapidly in nearby areas, along with also being an effective measure to assist protect and keep our communities safe. The restrictions were first

introduced on 18 December 2021.

PWS State Fire Manager Katy Edwards thanked visitors to national parks, reserves and crown land for their cooperation this summer.

“PWS appreciates all visitors who have followed and adhered to the campfire restrictions. Our priority was to ensure that everyone had a safe and enjoyable summer,” Katy said.

“We recognise that campers

enjoy a campfire over the cooler months and that the lifting of restrictions will be welcomed by visitors as the seasons change.

“However, we ask that visitors please continue to be mindful that campfires can easily escape and start a bushfire. If you light a campfire, you are legally responsible for ensuring that it is safe, does not escape, and is completely extinguished before you leave the area.”



Visitors are reminded that campfires can only be lit in areas where signage indicates they are permitted.

Campfires must be at least three metres away from overhanging branches, stumps, logs, trees, leaf litter and other

flammable materials and a water source of at least 10 litres should be close by.

For more information on campfires and Fuel Stove Only (FSO) Areas visit the PWS website: www.parks.tas.gov.au

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RAY WILLIAMS
VOTE 1 FOR SENATE

For a fresh and realistic alternative, Vote 1 Ray Williams for the Senate

A Vote 1 for Ray Williams for the Senate will see him push for:

- Creation of a new Commonwealth Postal Savings Bank to provide full banking services to hundreds of country towns where the big four banks have closed their branches
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- Increased employment and farm success by working with farmers to further develop statewide irrigation infrastructure and encouraging “buy local”
- Support for deer farmers' businesses, and licensed hunters' rights.

Check out our policies at www.shootersfishersandfarmers.org.au or call Ray on 0418 124 171

Authorised by Ray Williams, 14 Circle St, New Norfolk 7140

“I encourage anyone who has experienced family or sexual violence to share your story anonymously”

HEARING LIVED EXPERIENCE SURVEY 2022

The Tasmanian Government is developing a third Family and Sexual Violence Action Plan. We are listening to the voices of victim-survivors.

“My name is Mary Knowles and I am a survivor of family and sexual violence. I had to change my name and the names of my children, cut ties with my family and friends and move to Tasmania - just to stay alive. Family and sexual violence can have lasting impacts, affecting physical and mental health and decisions we make every day. If you're aged 18 years or over, please share your story to help ensure we have the systems, services and culture in place to end the violence. We all have the right to feel safe.”

To complete the survey, scan the QR code or visit www.safefromviolence.tas.gov.au

Safe at Home Family Violence Response and Referral Line 1800 633 937
Statewide Sexual Assault Crisis Line 1800 697 877 | In an emergency always call 000



“It has been an extraordinary privilege to represent and advocate on behalf of the McIntyre electorate.

I'm here to listen and talk about what matters most to you.

I am available to you any time as your full-time Independent Legislative Council Member.”

The Legislative Council Election will be held on Saturday, May 7 2022. Your number one vote at this election would be greatly appreciated. Pre-polling will be available. Voting is deemed compulsory.

Tania RATTRAY

Independent Member for McIntyre Legislative Council

Please vote **#1** and re-elect Rattray Saturday, May 7 2022.

CONTACT DETAILS

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Office - 6350 5000

Facebook - [TaniaRattrayMLC](#)

Website - www.parliament.tas.gov.au/lc/Rattray/rattray.html



GENEROUS DONATION TO AGED CARE DELORAINE STAFF

It fills me with absolute pride to share that Aged Care Deloraine recently received an extremely generous donation from a resident's family, in appreciation of all the hard work and effort our staff undertake to provide excellent quality care to our residents.

The anonymous donation was made specifically to provide a staff bonus to all employees. Each of our 123 employees received \$500.00 inclusive of super.

The staff were thrilled with this surprise and amazed by the generosity of the donor, commenting on how nice it is to feel appreciated.

We are all extremely grateful to the donor.

Nadine Ozols
CHIEF EXECUTIVE OFFICER

The decision to move into aged care may be a daunting one, but with the help of our team, it can be a seamless transition into a better life.

Call us today to see how we can help.

AGED CARE DELORAINE INC

Phone. 6362 8300 Web. agedcaredeloraine.org.au

Rich rump rolls

Wendy Hays

WHEN DRIVING through the towns of the Meander Valley, I am rather saddened to witness abandoned buildings that once housed busy butcher shops.

Maybe the demise of the town butcher is due to the population eating less meat, an increased consumption of takeaway food and the proliferation of one stop and shop supermarkets? However, the local butcher has a lot to offer.

Where else are you greeted by name, get a quality product delivered with brisk, personal service and, can have a bit of a chin wag about local goings on? I can't think of anywhere else where purchases are still tallied on scraps of paper and hygiene and presentation are of equal importance.

Butchers seem to be eternally optimistic and cheerful despite the physicality of the work and long hours on the job.

Visiting the local butcher also does wonders for the self-esteem as all females seem to be addressed as "young lady" regardless of their age.

If we want our local butchers to survive and thrive, it is important to support them when we can.

I'm sure you will be treated warmly by your local butcher when you request the thinly cut steak required for this month's recipe.



Steak Rolls in Savoury Sauce

Ingredients

- About 750g topside or rump steak – ask the butcher to cut it thinly
- About 4 rashers of bacon – rind removed
- 3Tb. plain flour seasoned with salt and pepper
- 60g butter
- 3/4C water
- 1 beef stock cube
- 1/4C red wine vinegar
- 1/4 - 1/3C red wine
- 1 – 2 ts finely grated lemon rind
- ½ C tomato juice or canned tomatoes or a couple of Tb. of tomato paste mixed with water
- 3 Tb. plum jam
- Fresh mixed herbs

Method

- 1 Cut the steak into squares that are approximately 7cm

and trim the rind from the bacon.

- 2 Roll the steak pieces around pieces of bacon to enclose the bacon.
- 3 Secure rolls with a tooth pick.
- 4 Roll the rolls in seasoned flour.
- 5 Melt the butter in a frying pan until hot then fry the rolls until brown. Remove.
- 6 Add the stock cube, water, wine, tomato, lemon rind, vinegar and jam to the pan and stir until smooth.
- 7 Place the steak rolls into the sauce and simmer gently uncovered until the meat is tender and cooked.
- 8 Allow some of the liquid to evaporate to thicken the sauce.
- 9 Taste test and add a little brown sugar if the flavour of the vinegar is too strong.
- 10 Serve over mashed potato.

This recipe freezes successfully and can be made using your slow cooker.

KEEPING AREAS CLEAR FOR WATER METER READERS

FROM SNAKES and bees to trees and garden beds, TasWater's meter readers face a number of hazards

when they come out to take readings at properties throughout the year.

As the people on the ground customers see, TasWater is shining the light on meter readers through a new social media campaign.

TasWater Meter Reading Coordinator Heath Johnson encourages property owners to ensure their water meters are kept clear, as it can help mitigate these hazards.

"Our meter readers can come into contact with a range of different hazards each time they do a read," he said.

"Spring is when we are more commonly dealing with snakes in the meter boxes, while in autumn bees and wasps are a

big nuisance.

"We encourage property owners to help us out by ensuring their water meters are kept clear, so no bushes or flowers are growing over the meters.

"This is not only to ensure we can easily access them but also results in less bees or wasps in the area."

Although water meters are installed to be read by TasWater, knowing where your meter is situated is also useful for our customers.

"We encourage our customers to find where their water meter is in on their properties, so in the event of an emergency, such as a broken pipe inside the home, you will be able to shut down the supply of water quickly and efficiently potentially averting serious damage," Mr Johnson said.

"This will also allow for customers to check their own usage and even query their bill if needed.

"We would also like to remind customers to inform us of any meter issues they might have, for example broken lids, so we can ensure they remain safe not just for our staff but for customers too."

While TasWater is working to install more water meters that can be remotely read, it will take about

15 years to renew the entire state's fleet which consists of more than 218,000 meters.

"Having clear and direct access to meters will reduce the number of estimations we are required to do when we cannot collect an actual read," Mr Johnson said.

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SUSIE BOWER
LIBERAL CANDIDATE FOR LYONS

A Strong Local Voice for Lyons!

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SusieBowerLyons

Authorised by PCoulson, Liberal Party of Australia, 105 Invermay Road, Invermay TAS 7248

TOOSEY
Caring for our community

Toosey offers Meander Valley and Northern Midlands community residents and others from surrounding areas the opportunity to stay close to their families and friends and to age in the community they have lived and worked in during their life.

Services offered to the community include:

- Residential Care
- Respite Care
- Day Centre
- Home Care/ Commonwealth Home Support Services/ DVA Nursing
- Rural Medical Beds
- Toosey Catering and Meal Delivery
- Independent Living Units
- Allied Health Services such as podiatrists, physiotherapists, exercise physiologists, hydrotherapy and music therapy are available by appointment.

Contact reception
Phone 6391 1202
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Raised on rock

The voices of MVFM

MEANDER VALLEY Community Radio has listeners and streamers all over the world, and they also have a regular presenter who lives in a strange, exotic place – well, Geelong.

Mark O'Neill was born in Connecticut, US, and then moved to Victoria in 1998. He started broadcasting his rock music program while still living in New York in 1990.

His earliest music memory is of Franke Valli with The Four Seasons, and then it was the Beach Boys, Buddy Rich, the Beatles and the Rolling Stones. Mark's mother loved Elvis and country music, and Mark soon learned to do so. He

managed to attend two of Presley's concerts.

On the other hand, Mark's father was into hard rock, Led Zeppelin for instance, and listened to a good deal of 1950s music. One of the sources of amusement among Mark's young friends was that Mr O'Neill senior listened to more up-to-date music than his son. They said, "Mark is a stick-in-the-mud, but his father is soooooo cool."

But they made the most of living in New York. The cool dad also introduced young Mark to other genres of music – they attended opera performances in one of the great opera houses of the world, for instance.

Nowadays, living in Australia and making a rock music program, Mark

has little time for listening to a lot of "new stuff". His listening audience is vast; he broadcasts from 40 Australian stations, and this number will increase, probably including some in the US. He says that Covid restrictions gave him the chance to expand.

Some years ago, Mark almost moved to Tasmania ("the cooler temperatures sound good to me") and declared that his next visit outside his home state will be to this "soooooo cool" state.

Mark's MVFM program may be heard on Saturdays from 7 pm to 9 pm.

And what is his program called? Perhaps something related to his upbringing would be suitable. Oh yes – "RAISED ON ROCK!"



Patsy Crawford scribbling away

JAMES BOND is in danger of becoming quite silly.

I may be plummeted from a hidden trapdoor into a deep pool of threshing sharks for saying that but let's call a spade a card on a baccarat table.

James looks more shaken and less stirred as time goes by. Bond, in his many manifestations, has had a damned good run.

But we who over the years have travelled the high roads of Monte Carlo and the ski slopes of St Moritz with him have to admit his tuxedo

is metaphorically moth-eaten these days, and his plot-lines battle to achieve credibility.

The Bond film franchise has become Midsomer Murders with bespoke tailoring.

Take away the high-powered cars with heat-seeking missile accessories, the luxurious compounds tunnelled into mountainsides and the yachts big enough to enclose Flemington race-course, and what do you have? Complicated murders and characters straight out of the DCI Barnaby playbook.

Nothing surprises anymore.

Back in the dark ages of Sean Connery, Q would hand James a fountain pen

that doubled as a poison dart gun, and we'd shout ooh-aah, that's clever.

Now Q farms out pens that, with the flick of a thumbnail, turn into anti-tank weapons, and we say ho-hum.

If M ordered James to blow up the Vatican, we'd take it in our stride.

We're still getting a classy lot of Whitehall policy wonks and hiss-boo villains though.

Being in a Bond movie would be the best fun, even for actors as top of the range as Rory Kinnear and Ben Wishaw. These two could wipe everyone off the stage. The last time I saw them together was in a production of Shakespeare's Richard 11.

Kinnear was a muscular

Bolingbroke, Wishaw a wispy Richard and swirling around them was the cream of English acting.

In more recent James flicks, Kinnear gets to play an MI5-ish chap who appears every so often to report to M and not have any important lines.

Wishaw is Q, once again playing it wispily, doling out boy's toys and warning James that if he presses the wrong button on his Saville Row jacket, he'll obliterate London.

It's a living and a darned good one, and whenever the pair want to get stuck into serious stuff, they always can nick off to the Old Vic and spruik glorious Shakespeare.

But as terrific as the casts have been and as bonkers

as the plots have become, the biggest winner in all this has been Shirley Bassey. She roared into James's life in 1964, singing Goldfinger (brilliant).

In 1971 it was Diamonds Are Forever (brilliant), then Moonraker (so-so).

At the recent BAFTA awards, she belted out two numbers and sounded as strong as she did back then. She's 85, I kid you not. Her hair was jet black, her skin glowed, and her voice was magnificent.

If James got knocked out and Qs pens didn't work, Shirley could always be brought on as a secret weapon.

One blast from that big voice would stop Dr No in his tracks.



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At the movies with the Western Tiers Film Society

Clare Andersen

APRIL 9 THE FAREWELL

2019 PG, Drama/Comedy, China/USA, 100m Director Lulu Wang

Scoring 2020 Movie of the Year at the AFI Awards USA, The Farewell is based in part on director Wang's life experiences.

It follows a Chinese-American family who upon learning their

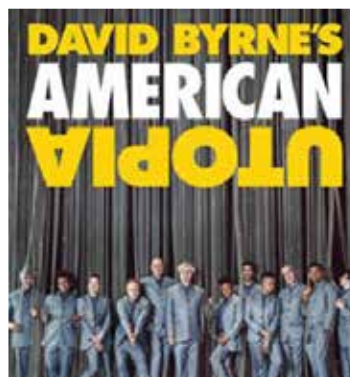
grandmother (Nai Nai) has only a short while left to live, decide not to tell her and arrange a family wedding gathering.

In lying the family bears the emotional burden of the diagnosis, rather than Nai Nai herself - a practice of collectivism that differs from the individualistic values common in Western culture.

'A profound meditation on young vs. old and East vs. West, [The Farewell] looks to bridge a generational and cultural divide... through reconciliation and understanding.'

02/2021 Strange Harbor.

Critics 97%/Audience 87% Rotten Tomatoes



BONUS APRIL 30 AMERICAN UTOPIA

2020 M, Music Doco, USA 135m Directors Spike Lee, David Byrne

Receiving critical acclaim at its world premiere in Toronto, American Utopia is a 2020 American concert film directed and produced by Spike Lee, from a screenplay by former Talking Heads vocalist/songwriter David Byrne.

The film is a live recording of the show's 2018 Broadway performance and adapted from the touring show that supported the album of the same name, featuring selections from that album, as well as songs from throughout Byrne's career.

Byrne performs alongside eleven musicians, all performing with wireless or portable equipment. *'Unmitigated musical joy. This is a thinking person's show, so a person without the mind or heart of a philosopher-dreamer probably won't understand or appreciate it. High-planned ideas presented in a wonderful theatrical way, highlighted by David Byrne's signature weirdness.'* 1/2022 Audience view. Critics 98%/Audience 86% Rotten Tomatoes

For information about the WTFS, email them at westerntiersfilmsociety@gmail.com or call 0418 389 868 for a membership application and program

Growing your own chook food



SPROUTS

By sprouting grains, you can scientifically increase the nutritional value, improving gut health and providing a higher energy content.

You can use any grain such as wheat, barley, oats, maize, triticale and peas, or you can make a mix.

I use seed raising trays, which are approximately 30x30cm trays, one without holes and one with.

Day 1: soak grains in cold water

Day 2: place grains in the drainage tray and rinse well. Leave to drain, then place back in a dry container. If wishing to add peas, do it now because they need less time.

Day 3: place grains in the drainage tray, rinse and drain

well; add the peas, and mix well. Then place them back into the original container.

Day 4-5: repeat steps 2 and 3.

Day 6: the sprouts are ready to use!

Sprouts can go mouldy; to reduce this spray with a diluted solution made with cider vinegar at least once a day - 65ml of cider vinegar to 1 litre of water or 1 1/2 teaspoon to 100ml of water.

Smell the sprouts daily. If they start to stink, they should not be used because they have grown harmful bacteria.

The most likely causes are not draining correctly or bad air circulation.

SUNFLOWERS

Every year I grow a bed of sunflowers in the veggie patch.

Not only are they great at attracting bees, but they are a great winter energy booster for your chickens, especially when moulting.

Sunflowers are ready to harvest when the middle part of the flower starts to go brown.

Rub off the tiny flowers and the seeds are below.

Cut the stem off around

30-60cm below the flower head and hang in the shed to dry - away from rodents! Remove the seeds by rubbing them, and they will fall out store the source in a container that is dry.

Or you can simply place the whole flower head in with the chooks.

Warning: do not over feed, as sunflower seeds have high fat content and can cause health issues. In winter, a handful of sunflower seeds per three chooks is sufficient. The rest of the year, a handful for nine chooks is ideal.

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Maze is also rich in dietary fibre and carbohydrates.

Maze may need cracking, my chooks don't have a problem, but bantams might; hand cracking operators are available online.



Or another way is to boil up the kernels and put them through a meat mincer and allow them to dry and mix in with the rest of the feed.

GREENS

Silver beet and kale are both great to grow as they produce over a long period and in large quantities over winter when green feed is scarce.

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Brian Mitchell MP

Your Federal Member for Lyons

For assistance with all federal matters, please feel free to contact me on (03) 6398 1115 or email me at Brian.Mitchell.MP@aph.gov.au



Authorised by Brian Mitchell MP (A.P. Tasmania)
53B Main Road Perth Tasmania 7300



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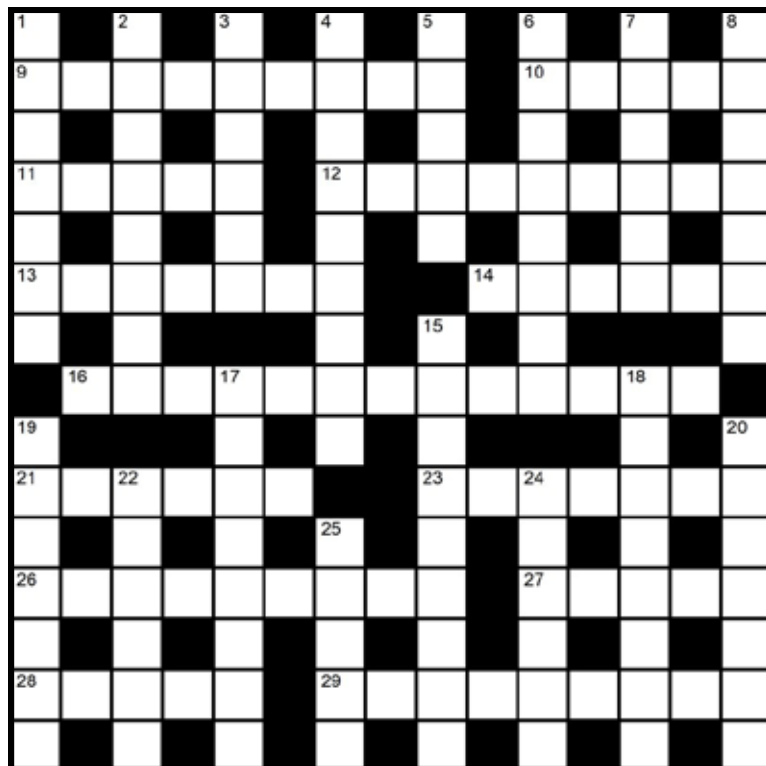
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Crossword



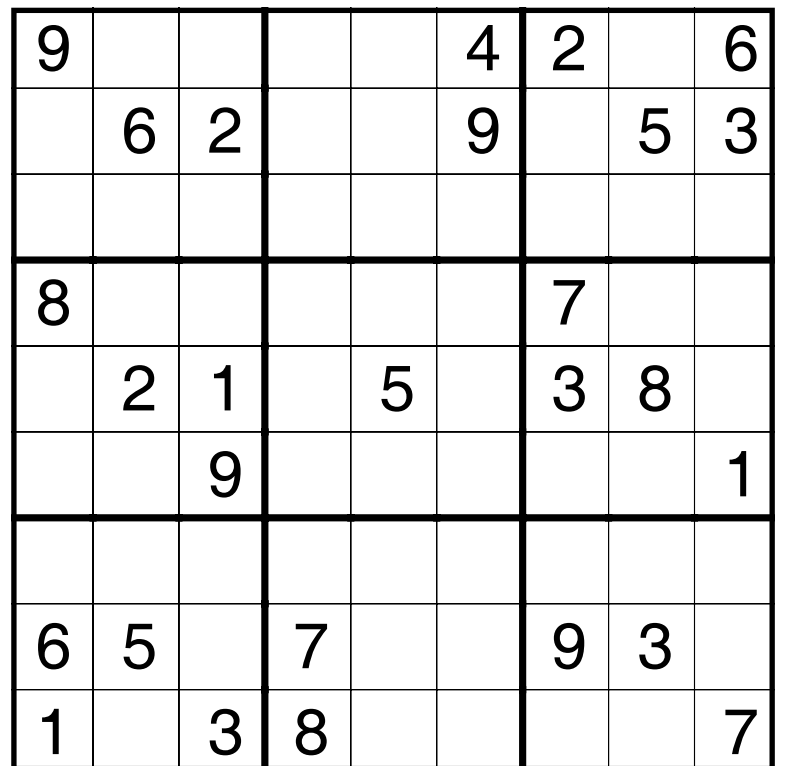
Across

- 9 The Wompoo ---, aka the Wompoo Pigeon (5,4)
- 10 Musical drama (5)
- 11 Highway connecting Wagga Wagga and Monash (5)
- 12 An essential of civilized society (4,2,3)
- 13 Up for grabs (2,2,3)
- 14 Queensland city (6)
- 16 It once housed a leper colony off Queensland (7,6)
- 21 Lacking praise (6)
- 23 Calls briefly (5,2)
- 26 Found in beehives (9)
- 27 Provide with funds (5)
- 28 Fill up your car here (5)
- 29 Tactic (9)

Down

- 1 Away from the workplace (3,4)
- 2 Commuter area (8)
- 3 Fabric connector (6)
- 4 Fire-struck Paris cathedral (5,4)
- 5 Notorious bushranger (5)
- 6 What 5 Down was forced to do several times (2,2,4)
- 7 Trader (6)
- 8 Auto cleaner (3,4)
- 15 Backwater (9)
- 17 "Idylls of the King" poet (8)
- 18 Steep drop (8)
- 19 Sideboard (7)
- 20 NSW mountains (7)
- 22 Guard (6)
- 24 Followed orders (6)
- 25 Accepted standards (5)

Sudoku



© 2022 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 April 2022 solution



Sudoku April 2022 solution

7	4	5	2	9	8	3	6	1
2	3	6	1	4	7	8	5	9
8	9	6	5	6	3	4	7	2
1	2	6	7	8	4	9	3	5
4	4	8	3	6	5	9	1	7
5	9	7	3	1	2	6	4	8
6	9	3	7	8	2	1	5	4
3	1	5	6	2	8	4	7	9
4	3	5	8	1	7	9	6	2
9	8	7	5	3	4	2	1	6

Meander Valley Gazette is looking for contributors, writers and photographers to help keep our community newspaper up to date and in touch with events and activities in the Meander Valley. Call 6286 8212 or email editor@meandervalleygazette.com.



Events diary

Become a sponsor of the Meander Valley Gazette. Your company logo could go right here. Call or email us for details.

NOTE that events listed here may be cancelled or changed after publication, especially if they are affected by Covid-19 restrictions. If you have an event you wish to publicise, email the details to advertising@meandervalleygazette.com and we will add them to the list.

DATE	EVENT OR BUSINESS	DETAILS
Mon-Fri, 10am-4pm	Community House	Deloraine House, 112 Emu Bay Rd. Call 6362 2678 for advice on a wide range of services & programs.
Mon-Fri, 9am-5pm	Community Health Centre	Westbury Community Health Centre & Centre. Call 6701 2150 for health & community services.
Mon, 11-11.30am	Story Time At Deloraine Library	Term 4, 11 October to 16 December. Deloraine Library, 2-4 Emu Bay Road, Deloraine. 6701 2180.
Mon, 1-1.30pm	Story Time At Westbury Library	Term 4, 11 October to 16 December. Westbury Library, 33 William Street, Westbury. 6701 2189.
Every Tues, 10am-12 noon	Hadspen Playgroup	School term. Uniting Church Hall, cnr of Clare & Main St, Hadspen. Contact Andrew Keena 6393 6324.
Every Tues, 10-11.30am	Happy Hands Art Time, 1-5 Year Olds	School term. Deloraine Seventh-Adventist Church Hall, 4445 Meander Valley Rd.
Every Tues	Hidden Talents Craft Group	10am-12 noon. Deloraine Gospel Chapel, 46 Parsonage St, Deloraine. All welcome.
Every Thurs, 10-11am	Chat Westbury Play Gym, 0-5 Year Olds	School term. Westbury Sports Centre, Franklin St. \$3.50 per child (under 12 months free). 1st visit free.
Every Thurs, 7.30-9.30pm	Alcoholics Anonymous Meeting	Westbury Uniting Church Hall. cnr William and Dexter Sts. Contact phone 0409 931 727.
Every 1st Fri, 7-9pm	Celtic Nights @ The Empire	The Empire Hotel. 19-23 Emu Bay Rd, Deloraine. Table bookings recommended. 03 6362 1029.
Fri 8 April	Eddie Tuleja Live @ The General Store	7 - 9pm Wandering Trout, Mole Creek
Sat 9 April	Liffey Valley Market	9am - 1pm Old Liffey School, Liffey
Sat 9 April	The Farewell	7.30pm Little Theatre, 2 Meander Valley Rd, Deloraine
Thurs 14 April	Pete Hay & Bert Spinks - A Tasmanian Map	5.30 - 7.30pm Trowunna, Mole Creek
Fri 15 April	Neil Gibson Live @ The General Store	7 - 9pm Wandering Trout, Mole Creek
Sat 16 April	Mole Creek Market	9am - 1pm Memorial Hall, Mole Creek
Sat 16 April	Westbury Market	9am - 1pm Anglican Church, Westbury
Sat 16 April	Gordie Tentrees & Daniel J Townsend	3 - 5pm Marakoopa Cafe, Mole Creek
Sat 16 & Sun 17 April	Little Laneway Easter Extravaganza!	2 - 8.30pm Empire & Seppenfelts, Deloraine
Thurs 21 April	Pottery workshop for beginners	10am- 3:30pm Art as Mania, 20 - 22 Emu Bay Road, Deloraine. \$75, booking essential. 0488 137 315.
Fri 22 April	Scott Mainwaring Live @ The General Store	7 - 9pm Wandering Trout, Mole Creek
Sat 23 April	Avocado Seed Carving Workshop	10am - 12 noon Great Western Tiers Visitor Centre
Sat 23 April	Huon Pine Chopstick Workshop	1 - 3pm Great Western Tiers Visitor Centre
Fri 29 April	Delilah McGill Live @ The General Store	7 - 9pm Wandering Trout, Mole Creek
Sat 30 April	American Utopia	7.30pm Little Theatre, 2 Meander Valley Rd, Deloraine

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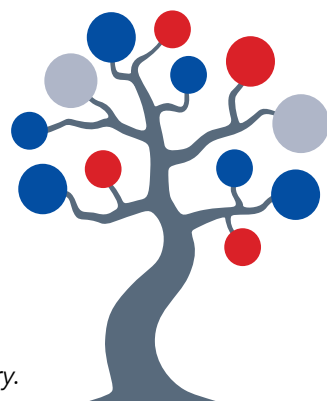
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Taking the next step in Deloraine

TWO OF Tasmania's most experienced Tai Chi Instructors are combining their talents to offer interested students a one day course in Deloraine, entitled 'Taking the Next Step.'

Suitable for everyone, although some Tai Chi experience preferred, Des Chan & John Hanna will help demystify the art sometimes referred to as China's gift to mankind.

"Tai Chi is becoming more and more popular due to its potential for dramatically improving health, but it's important that it doesn't become diluted and that the core of the art is understood and translated," said Mr Hanna.

"Learning Tai Chi is not just about remembering a form or set of movements, it's about empowering your body with a holistic operating system.

"Opening the body, releasing soft tissue tension and allowing the mind to saturate the fascia."

This workshop will be very

hands on. All aspects of the teaching will be taught through movement.

These are not intellectual concepts, they are intrinsically experiential.

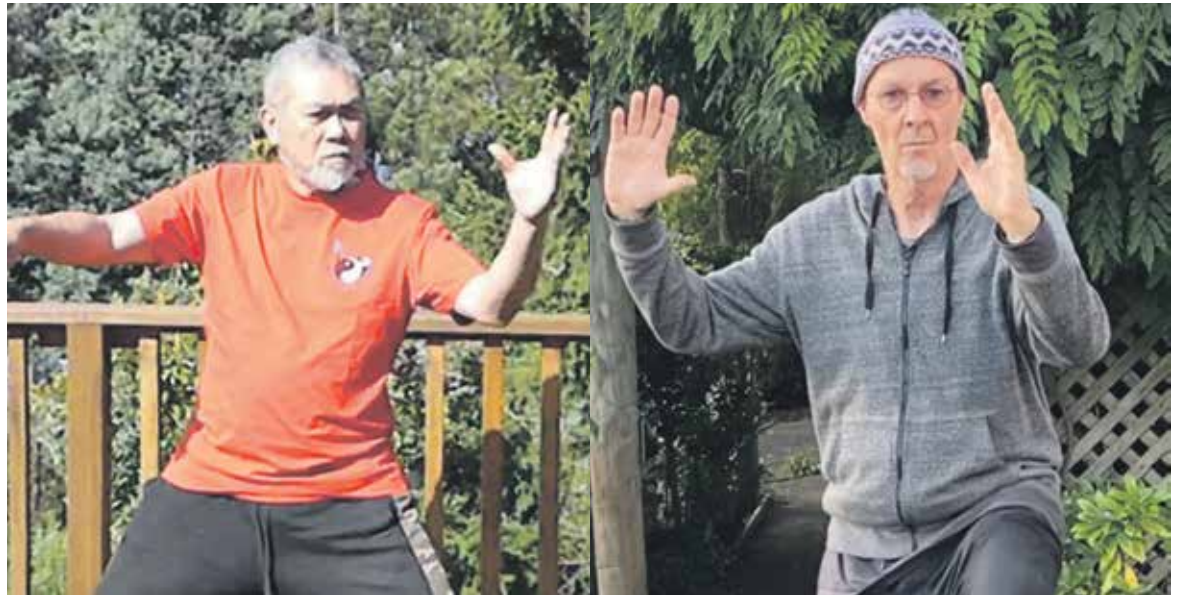
- Aspects covered will include:
- Building the Tai Chi Body
 - Structure and Release
 - Yin Yang Separation
 - The Concept of No Hands
 - Jin & Qi
 - Connectivity
 - Tai Chi Body Mechanics (safe practices)

Participants will also follow through a beautiful Qi Gong form.

"We will create a nurturing environment, with no contact and completely non-judgemental. Everyone is welcome," said Mr Hanna.

"Tai Chi is described as a humbling art but you still need to know who we are before investing your time and money on a workshop.

"Des has trained with some of the world's best Masters and in several styles. He has over 40



▶ Des Chan and John Hanna are bringing their combined Tai Chi experience to Deloraine.

years experience in the art.

"I was a member of the 1997 Australian Tai Chi team which competed at the World Championships in Rome.

"Fortunately in that same year I found a Master in Malaysia who's first words to me were, 'Lots of things not quite properly.'

"The rest is history, I

abandoned the dead-end path of competition and started learning the art of Tai Chi with Master Lim Lai Leong.

"Des and I train together regularly and have formed a close friendship. I'm really looking forward to combining and sharing some of our knowledge."

When: 10.30am-3.30pm

Saturday, April 23.

Where: Western Tiers Community Club, 33A Parsonage St, Deloraine.

Cost: \$65 (\$50 concession) payable on the day.

Bookings are essential as numbers will be limited.

Contact Judy on 0409 477 828 or email phillipharker@gmail.com to reserve your spot.

Sporting boost for Meander Valley under Federal Labor

A FEDERAL Anthony Albanese Labor Government will invest \$500,000 at Prospect Vale Park to upgrade change rooms and club facilities, bringing this busy community sporting precinct into the 21st century.

Soccer is one of the fastest growing sports in the country with more than 37,000 Tasmanians taking part every year.

Prospect Vale Park already hosts more the 3,500 players a year and with another 1000 homes to be built in the area over the next 10 years, it's clear this facility needs future-proofing.

"These upgrades under a Labor government mean players won't have to change in shipping containers, showers will be more private, and toilets and disability access will be improved," said federal Lyons

MP Brian Mitchell. "Labor's investment will bring amenities in line with modern standards and community expectations.

Shadow Minister for Sport and Tourism, Senator Don Farrell, said grassroots sport played a crucial role in Australian communities.

"Sport plays such an important role in our communities, in our connections with each other and in our physical and mental health," he said.

"Labor wants to ensure everyone has the chance to enjoy the benefits of sport.

"Investments like this one will also help build local community legacies, so the benefits of major events in Australia like the 2023 FIFA Women's World Cup continue to flow for decades to come."

Labor's \$500,000 investment will go towards funding key upgrades including: new changerooms, civil works (demolition, car park accessibility), new club rooms, an outdoor viewing area and an extension and refurbishment of canteen.

A federal Anthony Albanese Labor Government will also contribute \$8,000 towards equipment for the Deloraine Kangaroos Junior Football Club.

Labor's commitment will ensure every registered junior has a football to use at training, with the leftover funding to go towards new trainer's tables and whiteboards.

"This \$8,000 commitment might not seem important to some, but it's vital to keeping junior clubs like the Kangaroos going," said federal Lyons MP

Brian Mitchell. "Investments like this help to build community ties and will assist the club as it develops

a new generation of female juniors, laying the platform for future success in the growing women's game."

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Rebecca White

MP

Labor Member for Lyons

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