

Meander Valley Gazette

Your independent community newspaper

VOLUME 10, ISSUE 11 NOVEMBER 2023

FREE EVERY MONTH

Westbury hosts art award exhibition



► After an evening shower of rain, Hagley Garage has never looked so good as captured in oil by Brad Quinn, winner of the 2023 Meander Valley Art Award.

THE 2023 Meander Valley Art Award Exhibition opened at Westbury Town Hall before a crowd of 100 people on 27 October.

Opened by Mayor Wayne Johnston, 50 diverse works were exhibited by local artists across the three main categories of Painting, Digital art and Upcycled art.

The primary Meander Valley Art Award, with prize money of \$3000, was taken

out by Brad Quinn for his oil painting *Hagley Garage*.

Created from recycled piano materials, Ron Johnson's entry *Bird over Quamby Bluff* won the \$1000 JustWaste Upcycled Art Award.

The Western Tiers Distillery Digital Art Award \$1000 was presented to Joy Kachina for her digital print *Keeper of the Culture*.

The last major award, Essence of the Valley Award,

was won by Gerry Jensen for her entry *A Moment* depicting sweeping views across the valley.

The Encouragement Award was won by Garry Billing for his rendering of fields under the sun, *Dayspring Meandering*.

Judges Lynne Hasenken and Robyn Fletcher also commended two works: bucolic *A natural presence*, in oil by John Doyle, and the highly atmospheric *In Quamby's*

Presence a watercolour by Pauline Winwood.

The judges were also impressed by four other diverse works: *Invasive* by Michaela Boon, *The Old Barn* by Ruth Kemp, *Deloraine River Walk* by Trish Richers and *Golden Valley* by Rachel Cole

This year's featured artist was Damon Fox whose curious, upcycled *Psychles* were on display.

Many attendees were

convinced the bikes were unrideable, but unfortunately lack of space prevented Damon putting on a performance.

The annual Award is sponsored by the Meander Valley Council, ARTS Deloraine and the Launceston Art Society.

The exhibition is open daily at the Westbury Town Hall until 12 November, 2023.

► **MORE PHOTOS PAGE 3**



► **REVIEWING MEANDER VALLEY FLOODS, ONE YEAR LATER - PAGE 3**



► **THE SHOW GOES ON, FORTY-THREE YEARS AND COUNTING - PAGE 8**



► **LOCAL SUCCESS AT NATIONAL COMPETITION - PAGE 15**



DETAILS

The Meander Valley Gazette is an independent newspaper, printing and delivering 9,500 copies to all homes and select businesses in Meander Valley every month. The Gazette is also online so users can browse the complete archives and read the latest articles and newspapers.

Our mission is to be a trusted record of community news, views, and issues affecting the lives of the people in Meander Valley and to build and enrich social connections within our community.

Towns and suburbs in the Valley include Blackstone Heights, Bracknell, Carrick, Chudleigh, Deloraine, Elizabeth Town, Exton, Golden Valley, Hadsen, Hagley, Jackeys Marsh, Meander, Mole Creek, Parkham, Prospect Vale, Reedy Marsh and Westbury.

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Voices, voices, voices

The voices of MVFM

THERE ARE quite a few voices to be heard on the Meander Valley Community Radio.

For a start, there are all the local presenters, some of them with their own program (such as Philip and Bloss) and sometimes with a partner (Chris/Dave and L.J./Bea).

Then there are our mainland presenters (Steve and Mark).

Quite a few of our sponsors make their own presentations, while other sponsors and community groups ask "station people" to do the speaking (such as Linda and Noelene).

Government agencies usually provide the station with a finished product ready to broadcast.

And, of course, there are all the local people interviewed to give first-hand information about events in the valley community.

The station will always welcome other people who are interested in voicing 'promos', station IDs and 'tags'.

Just contact the station on 0477 195 026 or call in to the office at Deloraine Creative Studios, 59-61 Emu Bay Road, Deloraine.

The accompanying program guide indicates the programs which are curated by local presenters.

Most of these programs may be heard in the evenings and over the weekend.

The station broadcasts 24/7 with the 'non-local time' being for a huge line-up of 'easy listening' music.

So, tune in to 96.9 at any time.

Regular local programs

Sunday

- 8am Praise in the Valley with Philip
- 10am Nick's Weird, Wonderful, Wacky Wecords

- 12pm The Journey with L.J. and Bea
- 1pm Sunday Jazz
- 3pm Classical Time with John
- 6pm Global Grooves with Bloss
- 7pm Take it Easy with Nick
- 9pm Praise in the Valley with Philip

Monday

- 8am Air News Tasmania
- 10am Jazz, Jazz, Jazz
- 12pm Air News Tasmania
- 7pm The Eclectic Show with Eddie
- 9pm Cogwebs and Strange with Julia and Gordon

Tuesday

- 8am Air News Tasmania
- 10am Jazz, Jazz, Jazz
- 12pm Air News Tasmania
- 7pm Classical Time with John
- 8pm The First Australian Music Show with Steve

Wednesday

- 8am Air News Tasmania
- 10am Jazz, Jazz, Jazz
- 12pm Air News Tasmania
- 7pm Nick's Weird, Wonderful, Wacky Wecords

- 8pm The Live Archive with Paul

Thursday

- 8am Air News Tasmania
- 10am Jazz, Jazz, Jazz
- 12pm Air News Tasmania
- 7pm New Country Tracks with L.J.
- 8pm Classic Country
- 9pm Cogwebs and Strange with Julia and Gordon

Friday

- 8am Air News Tasmania
- 10am Jazz, Jazz, Jazz
- 12pm Air News Tasmania
- 6pm Take it easy with Nick
- 8pm The Liffey Lounge with Chris and Dave
- 11pm Music and Mirth with L.J.

Saturday

- 10am OZ Country with Gene
- 11am Classic Country
- 1pm The Eclectic Show with Eddie
- 4pm The Liffey Lounge with Chris and Dave
- 5pm Stuck in the 70's
- 6pm The Sixties at Six
- 7pm Raised on Rock with Mark
- 9pm Saturday Night Groove



Platypus Diary

Joy Kachina

THIS MONTH the Meander River is alive with several large male platypus all looking to breed with our local female platypus.

The Male of the species is one of the world's few venomous mammals.

Equipped with sharp stingers on the heels of its hind feet, the male platypus can deliver a strong toxic blow to any approaching foe.

The Males can be seen tracking along the river's surface moving from one burrow to the next leaving

their scent to ward off other males.

They are also seen surfing up and down the weir.

As I was waiting quietly one morning looking for the Platypus coming downriver, one popped up right next to me travelling up the spillway! Photographed here is one of our huge males affectionally known as Fatso making his way over the concrete culvert.

He is magnificent! See all our Meander Platypus Meanderings at #platypuswhisperertasmania or my blog at www.joykachina.com.au

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- Commonwealth Home Support Programmes
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- DVA Nursing
- Allied Health Services such as Physiotherapy but not limited to Podiatry, Occupational Therapy and Nutritional Advice.
- Rural Medical Beds
- Independent Living Units
- Community Health Programs
- Domestic Assistance
- Personal Hygiene
- Social Support and Outings

Toosey Aged Care, Health & Wellbeing Services
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 W: toosey.org.au

Valley artists celebrated

► STORY ON FRONT PAGE.



► John Doyle, Dr Craig Zimitat, Brad Quinn, Mayor Wayne Johnston, Joy Kachina, Gerry Jensen, and Ron Hohnson.



► Brad Quinn and his winning entry, 'Hagley Garage'.



► Carlene Bullock, Launceston Art Society and Gerry Jensen, winner of the Essence of the Valley award.

Review of the 2022 floods

MEANDER VALLEY residents heard from staff of Council Council staff and staff of service organisations who supported the October 2022 Flood event and recovery.

The purpose of the meeting was to share learnings about the flood response/recovery, proposed changes for the future and to increase situational awareness and preparation for future flood events.

Attendees heard from MVC General Manager, Jonathan Harmey who explained the changes in council operations to 24/7, and roughly \$3m damage to infrastructure and over 3 months lost progress on scheduled works.

Director of Infrastructure, Dino De Paoli indicated that the advanced warning of the flood allowed some planning of signage, sandbagging and door knocking of properties

affected in 2016.

The set-up of the Evacuation centre was difficult, but will be better when next required.

Director of Works, Matthew Millwood described the affected buildings, including the Deloraine Works, Caveside and Deloraine pools, Squash court, etc.

Council will improve engagement with insurers for future events, and aim for payouts so that local supplies can address repairs in a timely manner.

It is also proposed that damaged infrastructure would be improved to future-proof them against possible similar events (e.g. the footbridge was raised 1m).

State Emergency Service Community Flood and Storm Resilience Planner, Duane Richardson spoke of new

resources available to model the risk and impact of floods across the state.

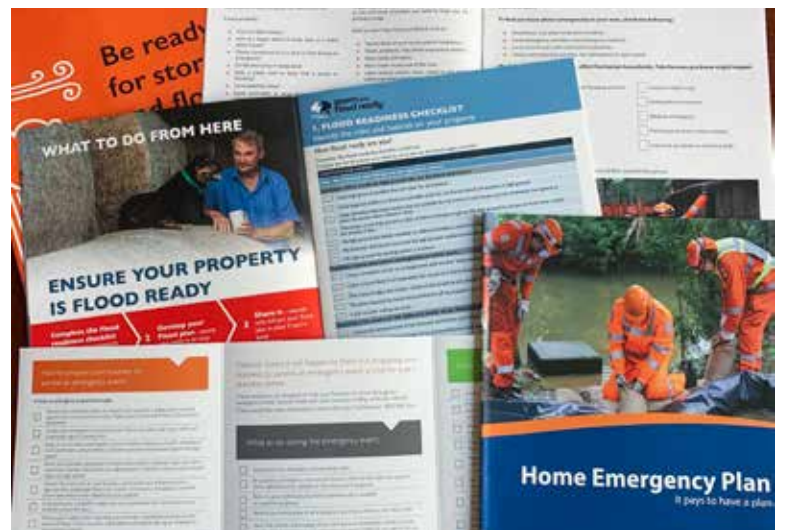
In 2016, the SES was primarily responding to events.

However with detailed modelling data, it can now be proactive in targeting resources to locations likely to be most affected by the event.

The TasAlert system has been upgraded as an integrated statewide system, and future upgrades may include 'geotagging' so that users get specific local information.

The SES has also prepared new resources for farmers and residents to plan their response to alerts.

Ami Alexis and Kim Brundle Lawrence, of Red Cross provided an overview RediPlan all-hazards emergency preparedness tool that can be used by people and households throughout Australia.



► SES emergency planning guides.

Lynee Watson, Anglicare Program Manager, Financial Resilience and Wellbeing N/ NW, provided an overview of how the organisation can provide post-flood support to people, particularly in budgeting and dealing with creditors and insurers, and access to emergency funds and grants.

Annette Dean, TasRecovery

(Department of Premier and Cabinet) referred to key learnings at the state level.

Also present were David Skipper (Chief Operating Officer) and John Clark (Dam Safety Engineer) from Tasmania Irrigation, who took time to clarify how the Meander Dam works and its limited capacity to impact on flood events.



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More support for hearing loss in state's north

THE SHEPHERD Centre, specialist provider for helping children with hearing loss learn to listen and speak is expanding its services to Northern Tasmania.

The Tasmanian Government is supporting the centre with an additional \$300,000 to bolster staff so it can meet growing demand and further support early intervention in children with hearing difficulties.

Minister for Disability Services, Jo Palmer, said helping Tasmanian children with hearing loss early could be transformative for the child and their family.

"It is also extremely important that these services

are available to Tasmanian families in regional and rural communities," Minister Palmer said.

The Shepherd Centre aims to ensure all Tasmanian children with hearing loss, regardless of their location, can access the necessary, specialised listening and spoken language therapy services they require.

Outcomes for children will be significantly improved, and the costs and burdens on families and Tasmania's health and education systems lessen as the centre's wrap-around and collaborative services are embedded within the health system in the North and Northwest.



▶ Regional Manager of the Shepherd Centre, Tiffany Slater, Eliza Cameron (in front), Deputy Premier, Michael Ferguson, former Minister for Disability Services, Jacque Petrusma, Minister for Health, Guy Barnett, Deputy Mayor of Meander Valley Council, Stephanie Cameron and son Bruce, Minister for Disability Services, Jo Palmer and CEO of the Shepherd Centre, Dr Aleisha Davis.

Landcare conference ideas to benefit Wildwood

**Chel Bardell,
Promotions Officer
Wildwood Landcare Group**

TWO MEMBERS of the Wildwood Landcare Group Committee recently attended the three-day Landcare Tas Conference, held at Spring Bay Mill, Triabunna.

The program of events included a diverse range of topics and presentations from skilled professionals and experienced Landcare participants.

President Peter Hansen noted ideas from several workshops that could be of interest in the ongoing care of the Wildwood.

Dr Jennifer Sanger spoke of the benefits and management of large trees, particularly if they could be located close

to a town, which could be considered for the Wildwood.

Land Information System Tasmania's ListMap program, who use LIDAR (Light Detection and Ranging) methods to examine land surfaces will be approached to include the Wildwood zone map into their database.

Information on cultural awareness will also be sought.

Treasurer Jaqui Stacey was particularly inspired by information on the collection, processing and storage of native seed.

The need for genetic diversity, and for the consideration of plants more adaptable to climate change, was discussed among delegates.

The establishment of a central Tasmanian seed

bank, and the recruitment of State-wide seed collectors, would greatly enhance native plant diversity and species adaptation across all Landcare groups.

The first Wildwood Landcare Group working bee was held on the 11th October 2023.

Twenty volunteers attended, planting out over 100 native trees, shrubs and grasses adjacent to the main pathway, and protecting them with staked tree-guards.

Plantings such as these will be on-going, to provide both land stabilisation, and optimal habitat for the many local species that inhabit the Wildwood.

The Wildwood Landcare Group is now a fully incorporated entity, and open



▶ Jaqui Stacey planting a native dogwood in the Wildwood. Photo by Phil Parés.

for membership.

A membership fee of \$10 a year for individuals, \$20 for families applies.

Your membership fee will enable the purchase of more native plants and other much-

needed items.

If you are interested in the Wildwood and would like to join in the huge task of reawakening it to its full potential, please contact wildwood@landcaretas.org.



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Deloraine Show features entertainment, races and agricultural competitions

THE COMMUNITY Bank Deloraine and Districts Deloraine Show is going ahead on Saturday, 25th November.

Our show promises to be a great day out with its winning formula for families looking for a fun, diverse and friendly atmosphere.

Chris Bayles will wow the crowd with his trail bike riding skills.

The Wheelie Bin race is back! It will see teams of two race to firstly assemble their wheelie bins and then push their partner in the bin through the course whilst racing against teams.

A mascot race will be sure to entertain the crowds as mascots from clubs and businesses race to be crowned Deloraine's fastest mascot.

Both races can be entered on the day at the Chilli FM kids tent and more details found on the Deloraine Show Facebook page.

The crazy bikes are back! Lots of fun will be had by young and old seeing who can ride all the different bikes.

There will be plenty of engaging entertainment to amuse the young and young at heart with SuperSillyUs Circus group, laser tag,

Deloraine Youth Group games and activities, interactive kids music activities from Deloraine Primary School and Chilli FM's Children's Fun Tent will provide activities for the little ones.

There will also be an array of amusement rides, show bags, pony rides and much more.

The Entertainment Area promises a lively atmosphere featuring music from a number of local young musicians including the Deloraine Junior and Development Band, Ross Clippingdale, Delttime Killers, Jason Taylor and Shakale



► Head along to the Deloraine Show for a day of family fun.

Mamas.

You can expect to see the traditionally, well supported exhibitions and competitions in sheep, beef, poultry, horses, heavy horse, home industries and wood chopping sections.

They are always big crowd pullers along with equestrian events in the main arena.

Gates open at 9am with entry Adults \$12, Children \$5; under 5-year-olds free.

Safeguarding our community volunteers

IT WAS a lively atmosphere inside the Deloraine Community Complex when people from a range of community organisations met with Council Community Wellbeing representatives to consider the challenges facing volunteering across the Meander Valley and explore solutions for the future.

Facilitated by Sharon Wright, Volunteering Tasmania project coordinator Advocacy and Impact, the Safeguarding Volunteering workshop provided an opportunity to share ideas, network and collaborate.

Participants (representing 15 local volunteer-involving organisations) shared the core challenges their respective organisations faced, explored practical solutions to trial, and began forward planning to safeguard volunteering in the

community.

"The informal style of the workshop allowed for sharing and networking, open discussion, prioritising issues, discussing solutions and an opportunity to be part of planning for the future," said a workshop participant.

Tasmanians are feeling the pressure of a declining volunteer workforce, said Volunteering Tasmania chief executive officer Shirleyann Varney.

"It is estimated that without significant strategic intervention and investment in the systems that support volunteering, by 2029, there will be a 42% gap between the demand for and supply of volunteers in Tasmania," she said.

"While COVID-19 shone a light on a declining volunteer workforce, research

demonstrates that formal volunteer participation has been decreasing for years, exacerbated by a chronic and systemic lack of understanding, recognition, and resourcing.

"The realities of an under-resourced volunteering industry are harsh and present significant, avoidable risks to community members, industry, and government.

"Council and participants recognise the need to address volunteering challenges now, with more flexible and different ways of volunteering to be identified and promoted.

"Without this, Meander Valley risks a depleted volunteer workforce to support essential services in the community and in turn, this could reduce people's sense of belonging, connectedness and feeling supported," said Ms

Varney.

Volunteering Tasmania will continue to work with Meander Valley Council's Community Wellbeing team and identified key community organisations over the coming 12 months, through the Safeguarding Volunteering Project, to strengthen

volunteering across Meander Valley.

If you're interested in finding out about volunteering opportunities in your community, head to the Volunteering Tasmania website: www.volunteeringtas.org.au



SENATOR
WENDY ASKEW

LIBERAL SENATOR FOR TASMANIA

Please contact me if I can be of any assistance.

📍 46 Cameron Street, Launceston TAS 7250

☎ 63318501 ✉ senator.askew@aph.gov.au

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Authorised by Senator W.Askew, Liberal Party of Australia, 46 Cameron St, Launceston TAS 7250.



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Meander Valley Council wrap – October 2023

THE COUNCIL Workshop held on 26 September included presentations regarding the Role of a Planning Authority, an overview of the Greater Launceston Plan, the review of Swimming Pools and from the Apex Club Deloraine.

There were also updates related to the Regional sports facility plan, the Westbury RV Dump Point and Gulf Road embankment repairs.

COUNCIL MEETING 10 October 2023

In response to questions from the public, Council advised that preliminary plans and potential locations for the Westbury dump point are underway; new tourist signage is being developed for the Westbury Bicentenary. Council is assessing options for ongoing management and tender processes for the Deloraine Caravan Park, and is committed to a transparent approach.

In relation to questions about climate change, the General Manager advised that Council has a Climate Change Mitigation and Adaption Policy (2020) states that it will, "within the limits of its capacity, work with governments of all levels, neighbouring regional councils, industry and the community to reduce greenhouse emissions

and manage the economic, social and environmental risks from climate change."

To date Council has conducted audits of Council buildings' efficiency, replaced street lights with alternative LED bulb technology, implemented electric vehicle charging points in Westbury and Deloraine, and installed solar panels at Prospect Vale Park.

Council has also undertaken a range of sustainability practices primarily in relation to waste management.

Council has not considered divestment in fossil fuels, consistent with its current Investment Policy.

There was no mention of any specific Climate Action plan or integrated approach to climate adaptation.

In response to questions from the public, Council advised that it anticipated an update on the Northern Correctional Facility at the next Council Workshop and that discussions were continuing regarding local event signage under the new Westbury signage on the highway.

Council endorsed the Northern Tasmania Sports Facility Plan.

Council noted the Financial report for the period ending 30 September 2023 and the July-

September Quarterly report for performance against the 2023 Annual Plan.

Most of the 53 projects in place for the last quarter were progressing according to schedule (32% had achieved outcomes, 50% were in progress and 16% were pending).

Of note: construction of Deloraine Squash Courts was on track.

There were 29 projects yet to commence according to timelines.

Community Grants

Council approved recommendations of the Grants and Sponsorship Fund Committee for allocation of \$22,204 in community grants:

- \$3000 to Deloraine Dramatic Society and Western Tiers Film Society for safer stage platforms at the Performing Arts Centre;
- \$3000 to for Deloraine Community Band for new instruments;
- \$500 to Dragon Boating Deloraine Inc for flotation vests;
- \$3000 to Kentish Regional Clinic for CORES Suicide response training;
- \$2120 to Deloraine House Body and Soul Youth program;

- \$2000 to Prospect Park Sports Club for painting of change rooms;
- \$3000 to Rapid Relieve Team's Food box project;
- \$3000 to Westbury Cricket Club for protective screens;
- and \$2584 for Session Players Tasmania's Celtic Music Weekend.

Additional funds were distributed as an Establishment grant of \$250 to Wildwood Landcare; a Reimbursement grant of \$2500 to Carrick Park Pacing Club for facility upgrades; a sponsorship grant of \$500 to Launceston Show Youth Art Awards; \$2,250 for individuals to attend interstate and international sporting events and \$2500 to Launceston Carols by Candlelight.

Planning matters

Two applications were considered in the Planning Authority meeting.

Application (PA\23\0227) for four units on land located at 1 East Street, Carrick was approved.

All four community representations raised concerns about the impact of development on the historic English Elm tree on the property commemorating Carrick residents who died in WWI.

Planners noted that "the tree

is not formally heritage listed or otherwise given protection in the planning scheme or other legislation." The permit notes include advice that care should be taken to minimise disturbance to the tree's root zone of the Elm Tree located on 17 Meander Valley Road.

Application (PA\23\0233) for a two-lot subdivision on land located at 81 Farrells Road, Reedy Marsh was approved.

Discussion centred around vegetation mapping and the presence of threatened species *E. ovatum*.

It was noted that vegetation issues would be addressed in any future building application.

In the Closed session, Council considered a contract for flood reconstruction of Gulf Road, Liffey, budget adjustments and Delegation to Purchase Land.

This report is not an official Meander Valley Council communication. It aims to present salient elements of the proceedings and documents tabled at the last council meeting.

Full details may be found in the Agenda and Draft Minutes published on the Council Website, or from your local councillor.

The accuracy of minutes is subject to ratification at the November 2023 meeting.



Looking for purposeful local employment?

Working in aged care might not be for everyone – it's hard work and requires plenty of genuine compassion and resilience. But for those with the passion to help others, it can be a wonderfully rewarding and purposeful career pathway.

Aged Care Deloraine is a large employer in the area, currently employing over 120 staff. We are a not-for-profit community-based organisation committed to the wellbeing of our residents and the wider community. To serve the community to the best of our ability, we rely on a committed team of employees and volunteers who make a real difference in the lives of our residents every day.



We have recently added additional shifts to our rosters to improve the quality of care and services and have plans to add more. This means we have further employment opportunities and we need suitable people to join our team.

If you want a job that enables you to give back to the community and the individuals (our residents) who have given so much to us – consider working in aged care.

We are currently recruiting for Registered Nurses, Extended Care Assistants (Carers), Cleaners and Catering Assistants and have vacancies for casual and permanent positions.

Applications for employment can be emailed direct per the email below.

The art of Up-Psychles

DAMON FOX was born in 1972 in Saskatoon, Saskatchewan, Canada. His teenage years were spent in Launceston and Hobart, tearing around the streets learning to do tricks on his bikes.

He was always fascinated by what he could do on a bike on flat ground, rather than on ramps.

The mental and physical challenge of "trial and error" – focus and persistence – in making the bike perform always appealed greatly to him.

He reckons "it's easy to ride a bike off a gutter or ramp, but it takes skill to ride a bike and spin on the front wheel with the back wheel in the air" (or

vice versa).

It's no wonder he became a professional BMX Rider (flatlander).

Eventually artistic performance on BMX bikes became circus performance.

Circus performance led to experimentation with bikes and inspired his up-cycling of bicycles to create "psychles." Damon toured Tasmanian festivals like Frectangular and CircusFest with his creations, offering children and adults the opportunity to "ride the unrideable."

Damon's rideable art combines innovation with his love of a challenge, bikes and circus.

His psychles create mental challenges for the rider.

The inexperienced rider approaches a psychle with a sense of comfort and familiarity:

"Yes, I can see the seat, handle bars, pedals and wheels.

"But, why is the seat in front of the handles? Why are the wheels such an odd shape? How do I even get on this thing?"

The rider picks the bike up and realises everything is not what it seems.

You will often see Damon riding one of his double decker dragsters with over-sized chopper handlebars up Emu Bay Road.



► Damon with one of his monster creations. Photo by Craig Zimitat.

Proposed fire levy changes

MANY TASMANIAN farmers, businesses and residents in rural and regional areas may see their rates significantly increased as a result of State Government reforms of emergency services funding.

Changes in the draft Tasmania Fire and Emergency Services bill, proposing a new

property-based levy and to remove the insurance based levy, are the first reforms since the 1979 merger of urban and rural fire brigades.

The proposed property-based levy would be calculated using the Assessed Annual Value (AAV) multiplied by a relevant land classification

rate, which could see farmers and other larger landowners disproportionately affected.

Police, Fire and Emergency Management Minister Felix Ellis said the changes were necessary as the current system was unfair, unsustainable and failed to provide adequate funding for

fire and emergency services.

He noted that local councils collect the fire levy from rate payers according to rates and levies for households and businesses that vary for each council.

Councils are concerned about the potential significant increases in the proposed Fire Service levy.

The Local Government Association Tasmania estimated two to six fold

increases in the levy based upon use and location.

The draft Tasmania Fire and Emergency Service Bill aims to enact the merger of the State Emergency and Tasmania Fire services into the Tasmania Fire and Emergency Service, under the command of a single commissioner.

Submissions can be made online www.fire.tas.gov.au/reform/the-bill-have-your-say until Friday 1 December, 2023.



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Meander Valley Council

Working Together

DELORAINÉ CARAVAN PARK EOI

Council is calling for expressions of interest (EOI) from community focused groups, to register their interest in managing the day-to-day operations of the Deloraine Caravan Park, located at West Parade, Deloraine, on the banks of the Meander River.

Ideally situated in the heart of Deloraine, this is an opportunity for a community group, with a focus on tourism, to provide a future vision for the site and its facilities.

Council is encouraging applications from community not-for-profit groups who can demonstrate their capability and experience with an operation of this nature.

Applications are to be submitted on or before 9.00am Friday 17 November 2023. To receive an information pack and to lodge an application, please email ogm@mvc.tas.gov.au or phone (03) 6393 5300.



The show goes on, forty-three years and counting

THE LITTLE Theatre was crowded with Tasmanian and a few interstate actors at the recent 43rd Festival of One Act Plays, unique in the fact they are written, directed and acted by talented Tasmanians from across our state with a few interstate actors in the mix.

The stellar Deloraine Dramatic Society crew have once again hosted the warm and welcoming festival, with this year acknowledging the 42-year commitment from Mrs

Patricia Woods as the (now retired) Festival Creator and Director.

The baton has been officially handed to the dedicated long term Deloraine Dramatic Society member and actor, Mr Fritz Robinson.

Audiences were to treated to one liner belly laughs, heart rending pleas, historic tellings, musical moments and outrageous accents.

Overall humanity was reflected at its best, worst and

funniest.

Eleven plays were performed over Friday and Saturday evenings with a matinee session on Saturday afternoon, closing with a string of awards to deserving participants.

This year's adjudicator was Ms Deb Morcom B.Ed. BPA (Music), ADPA (Theatre). One of Deb's many qualifications and experiences was successfully managing the Tasmanian Performing Arts

Centre for 10 years.

At the Saturday evening's After Party, awards were presented by Fritz Robinson and Deb Morcom.

The Geoff and Patricia Woods Perpetual Trophy for BEST PRODUCTION was won by Square Pegs who presented *Just Law* and *Impersonating an Egyptian*.

The Deloraine Dramatic Society was well represented amongst the Award winners.

Greg Burgess won the

Award for Best Actor, Best Monologue and Encouragement Award for Best Script for *The Queen and I*.

The Deloraine Dramatic Society Inc won the Award for Best Sound Effects for *The Book Biz*.

The award for BEST SPONTANEOUS MOMENT was for "Hercule Foucault..." by Scrambled Prince Theatre Co. and Deloraine Dramatic Society Inc.



► Book Biz written by Greg Burgess, presented by Deloraine Dramatic Society.



► The Festival of One Act Plays 2023 award winners.

ADVERTORIAL

Cyanide in sunflower seeds?

Keith Swift,
Wholesome House Deloraine

RECENTLY, A customer - we'll call her Maggie - expressed alarm because she'd read that sunflower seeds contain cyanide.

Knowing only part of the story she affirmed that she would never eat them again! But wait, there's more.

It is also found in: sesame and chia seeds, seeds of apricot, apple, pear, cherry, prune, blackberry, elderberry,

raspberry, cranberry, strawberry, plum, and peach.

It's in maize, sorghum, millet, cassava, macadamias and many legumes.

In fact some 1200 other foods contain cyanide too! My goodness, Maggie will certainly be doing it tough to remove all cyanide from her diet!

So, what's the deal?

We are talking about nitrilosides. These are healthy, harmless nutrients, and Maggie will be doing her health a serious disservice if she tries

to eliminate them.

Also called amygdalin, each molecule contains sugar, benzaldehyde, and cyanide, and these are tightly chemically bound together.

There is just a single enzyme, beta-glucosidase - found in cancer cells - that can unlock the molecule, releasing a unit of cyanide and one of benzaldehyde in the process.

The former will kill the cell. The latter was discovered in the 1980's to be a potent anti-cancer agent and a

powerful painkiller.

Meanwhile, the sugar acts as a bait, a food attracting the cancer.

Normal cells contain the enzyme rhodanese which neutralises cyanide, forming a "double barrelled" protection.

Amygdalin has been used in treating cancer for over a century in Russia and since the 1960's in the West.

As a natural substance it cannot be patented.

It is now illegal to import it into Australia or, since 2015 even to sell raw apricot kernels, the most potent source of amygdalin.

Amygdalin has an

impressive record. Over the years, tens of thousands have lived and thrived for decades after receiving terminal diagnoses and been given weeks or months to live.

Life testimonies disparaged as "mere anecdotes" have been overshadowed by selected statistical studies.

We hold in the shop a wealth of information on the evidence for and the benefits of amygdalin, its clinical trials, case studies and the many prominent mainstream professionals who advocate for it.

How may we serve you today? Phone 6362 3551.

Wholesome House: for all your Christmas cooking and entertainment needs!



Who are we?

For some 34 years Wholesome House at Deloraine has been the Meander Valley's go-to for wholefoods. These are foods - fresh or dried - that have undergone as little processing as possible thus retaining their natural qualities.

From the bins:

Buy as little or as much as you need! Bring your own kitchen canisters if you prefer.

- Flours (30 kinds!)
- Mixed fruit
- Mixed Peel
- Dates
- Scroggins
- Nuts (many kinds)
- Chocolate coated nuts & nibbles
- Sweet nibbles
- Savoury nibbles
- Huge range of herbs & spices
- Gluten-free biscuits
- Glace apricots, peaches, pineapples and more

... and of course our huge range of breakfast cereals, groceries and all sorts of fancy treats, personal products, regular groceries and high quality supplements.

How may we serve you today? Call us now on 6362 3551 or visit us at 66 Emu Bay Road, Deloraine.



Our World Heritage asset

**Mark Flanigan, President
Great Western Tiers
Tourism Association**

THE TASMANIAN Craft Fair is upon us once again.

It really has become part of the fabric of life in the Meander Valley.

Over the years several art activities have sprung up around the Craft Fair.

It all contributes to our designation as a 'Creative Community'.

At The Empire you can find the "Upstairs Downstairs Exhibition" by Niecy Brown and Kath Willmott.

Over at Art As Mania there is a new exhibition as part of the Arts Trail Tasmania.

And let's not forget the WOAD (Windows on Art Deloraine) shopfront show in the participating businesses along Emu Bay Road.

What these have in common is a focus on landscape.

Landscape is important.

In artistic terms it depicts where we live.

It often helps us develop a sense of place.

The images that we carry in our heads of a place contribute to our feelings of belonging.

Let's face it, the Meander Valley is a special piece of landscape.

As you enter it at Hadspen it is hard to get the feeling that you are in a valley at all.

The Meander River has cut a wide, open, and fertile plain.

As you move westward and upstream the valley becomes more distinct - flanked as it is by the Great Western Tiers/kooparoonia niara.

The Great Western Tiers/kooparoonia niara are hard to miss.

They dominate the

landscape of the Meander Valley.

They hold great meaning for local aboriginal people and for the wider community.

The Great Western Tiers/kooparoonia niara make up the northern edge of the Tasmanian Wilderness World Heritage Area which was declared in 1982 after much controversy.

Located at the very western end of the Tiers, around Western Bluff is the Mole Creek Karst National Park.

The Park was added to the World Heritage Area in 1989.

It contains over 450 caves and sink holes.

For the geology buffs amongst you the limestones that make up the caves were created from sediments and reefs laid down in a shallow acidic ocean 450 million years ago.

That's long-term tourism planning for you!

Several of the short walks in the Tourism Associations' strategy to make Meander Valley the short walks capital of Tasmania draw on this spectacular landscape and are located along the Great Western Tiers/kooparoonia niara and around the Mole Creek caves.

These include Meander Falls, Quamby Bluff, Westmorland Falls, Liffey Falls, Fern Glade Walk, Higgs Track and Warners Track.

The Mole Creek Karst National Park is an important tourism asset in its own right.

Managed by about 15 staff, in an average year the Mole Creek caves attract about 55,000 people.

Unfortunately the Caves, as an attraction, have been badly impacted by Covid restrictions and last year's bad weather.

Visitation to the caves

is down 40% on pre-Covid numbers.

This was largely caused by the need for social distancing, the resultant small tour sizes and damage associated with the October '22 floods.

Fortunately, tours are again able to be run with larger numbers and visitation has increased by 12% in the last year alone.

It is still a good idea though to book ahead.

The story isn't so good for the Fern Glade walk.

It has been closed since the floods and won't be open until December.

It is easy as locals going about our day-to-day lives to take an asset like the caves and the World Heritage area for granted.

But in addition to being fabulous natural areas they are an asset to our local economy.

Not everyone gets to live in such a wonderful landscape.

Nor do many tourism focused communities have such a natural advantage.

Our Short Walks Capital strategy is designed to take advantage of these world class environments while protecting the things we love.

Other businesses in the valley are also tuned in to the importance of these landscapes.

Check out the tiling in the toilets at the Western Tiers Distillery in Westbury.

While you are there try the Dry's Bluff Gin - it is very special.

One last word: the closing date for the photography competition has been extended by a month to the end of November.

So, get cracking! Go to our website at www.greatwesterntiers.org.au to apply.

TANIA RATTRAY MLC INDEPENDENT MEMBER FOR MCINTYRE

Your full-time,
independent
Legislative Council
Member
representing the
Meander Valley
community



Contact details Mobile: 0427 523 412
Office phone: 03 6350 5000
Email: tania.rattray@parliament.tas.gov.au

ADVERTISMENT

JOBS, HEALTH, COMMUNITY.

Rebecca White MP

Labor Member for Lyons

6212 2225
rebecca.white@parliament.tas.gov.au

Authorised by REBECCA WHITE,
33 COLE ST, SORELL

Tasmanian Labor

upcoming workshops at art as mania

Lampshade Making	November 4th	11:00 - 3:00
Cat Mat	November 8th	10:00 - 3:00
Paint & Sip	November 12th	10:00 - 2:00
Dreamscaping	January 20th	10:30 - 12:30
Learn to Knit	May 9th	10:30 - 12:30

20-22 Emu Bay Road, Deloraine 0488 137 315
artasmania.com contact@artasmania.com



Bookings essential. For detailed information and registration options, visit our website. Workshop room available for hire. Contact us for availability and rates.



"I asked for help."

Carer Gateway's free counselling really helped me cope with hard times.
Oli - Carer

Young Tasmanian Oli cares with pride for their wife Realm, who suffers from multiple chronic health issues.

Through Carer Gateway, Oli was able to access several lifechanging services, including in-home assistance, counselling and a young carers' retreat.

Care2Serve is the local, Tassie team providing Carer Gateway services in an environment that advocates respect and support for everyone, including the LGBTQIA+ community.

If you are a carer and would like help too, contact us.

Support is free, inclusive, and confidential.

#caringwithpride

Call 1800 422 737 (press 1)
or visit carergateway.gov.au



Exhibition of state-wide art



► Sponsors of the Art Trails Tasmania Art Exhibition: Andrew Johnston (Board Member of the Community Bank Deloraine & Districts), Amanda Flanigan (The Empire Hotel), Katie Blandford (Bank Manager, Community Bank Deloraine & Districts), Belinda Stinson (Art Trails Tasmania), Laura Window (Art as Mania), Mark Flanigan (The Empire Hotel).

THE 4TH Annual Art Trails Tasmania Art Exhibition opened at Art as Mania, Deloraine on 26 October, 2023.

More than 45 artists from across Tasmania, inspired by Tasmania in a variety of ways, including abstract, representative and botanical illustration.

Over 100 works of art, across a range of mediums including textiles, sculpture, mixed media, watercolour, oil, acrylic and ceramics are on show until Sunday 12th November.

Jaelyn Poke was the Overall Winner and awarded the

Empire Hotel Accommodation Prize for Cradle Mountain Trails, The Art as Mania Prize was awarded to Felicity Foot for Calm Highland River, whilst the Spreyton Picture Framing Prize was awarded to Anita Parker for Swan Bay in Winter.

The Creatively Belle Prize was presented to Helene Boyer for In the Bower of the Blue Love Creeper.

"The exhibition has doubled in entries this year and it is wonderful to see so many talented Tasmanian artists entering such a broad range of works," says Belinda Stinson of Art Trails Tasmania.

Each artist and their work is celebrated on the Art Trails Tasmania Facebook and Instagram pages.

"Having the support of sponsors such as the Community Bank Deloraine and Districts, The Empire Hotel, Art as Mania, Creatively Belle and Spreyton Picture Framing makes the world of difference for enabling these artist-led, grass roots creative events.

"I am so thankful for the encouragement and backing," Belinda said.

So you wanna be a professional artist?

Dr Richard Dunlop Art Forum

DURING A gap year, I have made some contributions to the Gazette which I hope have pointed out the richness of art in our Valley.

A certain level of knowledge about art was also assumed.

I was asked recently by the Gazette's editor to write a final article for the year on the subject of how someone might become a professional artist if interested, so here goes.

You don't need to go to university. Rover Thomas didn't. Nor did Picasso.

Unlike any other occupation almost, in art there is no prohibition to entry. Anyone can call themselves a professional artist, and do.

Fred Williams, tiring of such, declared that "no-one should be able to call themselves a professional artist until they have made at least 300 mature works", but who listens to Fred anymore? As I see it, you can create a

career out of thin air, some knowledge and skills, and luck.

There are only a few rules that can be summarized as follows: work hard every day to ensure that your work eventually looks effortless and an audience can 'read' your language, and stay away from art dealers who exhibit Cluster B personality traits.

Make things that are interesting to other people and which a 'society' may eventually enjoy and place some value upon, rather than send to the hard waste after (or even before) your passing.

Embrace technology (especially a website presence) but don't take yourself or the industry too seriously, as it's all made up by people with different intersecting alignments and aspirations, and you may or may not come into any of those orbits.

That's life. Make the things you want to make anyway. That's it in a nutshell.

www.richarddunlop.com.au

PROPOSAL TO UPGRADE EXISTING MOBILE PHONE BASE STATION AT WESTBURY WITH 4G/5G TECHNOLOGY

Telstra plans to co-locate onto an existing telecommunications facility at 50 Deviation Road Westbury, Tas 7303 (RFNSA No. 7303002).

- 1 The proposed facility consists of:
 - Installation of six (6) new panel antennas (each is no more than 2.8m long) on the new mounts
 - Ancillary works including six (6) new Remote Radio Units (RRUs), six (6) new Tower Mounted Amplifiers (TMAs), junction boxes, feeders, cable trays, fibre, and electrical cabling.
 - Internal work in the existing equipment shelter.
- 2 Telstra regards the proposed works as Low-impact Facilities under the Telecommunications (*Low-impact Facilities*) Determination 2018 (*"the Determination"*) based on the description above.
- 3 In accordance with Section 7 of C564: 2020 Mobile Phone Base Station Deployment Code, we invite you to provide feedback about the proposal.

REQUESTS FOR FURTHER INFORMATION AND/OR COMMENTS SHOULD BE DIRECTED TO:

Wannan Bao

☎ 0459 449 531

✉ telstra.submissions@ugllimited.com

📍 Level 9, 40 Miller Street, North Sydney NSW 2060

By 5pm, Monday 20 November 2023

Further information is available from www.rfnsa.com.au/7303002



Crackers for crackers

Wendy Hays

CHARCUTERIE BOARDS are bound to be popular again this coming festive season.

One way that you can reduce the cost of making these is by making your own crackers.

This month's foundation and inexpensive recipe can be varied by the addition of or topping with a number of other ingredients.

You can experiment with adding some fennel, caraway or poppy seeds or chilli flakes to the dough.

Alternately, the unbaked crackers can be topped with parmesan cheese, salt flakes or crushed, dried herbs.

These crackers will keep successfully in an airtight container for a number of weeks.

Seed Crackers

Ingredients

- 1 C plain flour
- 1/3 C plain, wholemeal flour
- 2 Tb. each of black and

- white sesame seeds
- 1 Tb. fresh, finely chopped herbs of your choice (optional)
- 1 ts. salt
- ¼ C good quality olive oil
- 1 ts. sesame oil
- ½ C cold water
- Extra olive oil for brushing and topping ingredients of your choice

Method

- 1 Preheat an oven to 180C and line 4 oven trays with baking paper
- 2 Using a knife, mix all the ingredients together in a small bowl to make a soft, pliable dough.
- 3 Divide dough into at least 3 pieces and roll each piece on a lightly floured surface as thinly as possible.
- 4 They should be almost paper thin or a little thicker if they are to be used for dipping.
- 5 Cut into strips or rounds then gently lift onto the lined oven trays.
- 6 Brush very lightly with the



extra olive oil.

- 7 Sprinkle with any other ingredients if using.
- 8 Bake for about 20 - 30 minutes until crisp and starting to brown around the edges.
- 9 Allow to cool fully on the tray.

At the movies with the Western Tiers Film Society

Clare Andersen

Our November film, 'Broker', features a baby box - a safe place where mothers can anonymously leave their babies without fear of prosecution, or the stigma of being a single mother.

The first baby box was installed in Germany in 1950, and there are now baby boxes in over a dozen countries.

In South Korea, a Pastor who had cared so well for his son born with challenges, and his neighbour's disabled granddaughter, started finding babies abandoned in front of his church.

In 2007 the Pastor began the Korean baby drop box.

With a temperature-controlled chamber built into the wall, and bell that alerts staff, it enabled unwanted newborns to be taken in without parents having to identify themselves.

Poor single women were often desperate to hide their identities, as checks show if a woman had had a child and given it up, affecting marriage prospects and work.

Operators at adoption agencies required a woman's written consent, but often received no data - so looked the other way at the baby

box.

There is now a law requiring all adoptions to be court approved, banning adoption agencies accepting undocumented babies, and giving children the right to trace their birth parents.

The controversy surrounding baby boxes in South Korea centres on whether or not they encourage abandonment.

As of 2023, over 200 baby boxes have saved the lives of over 1,900 babies.

It is possible by 2025 when the parliament is due to ratify the Hague Adoption Convention, aimed at ensuring that inter-country adoption only occurs when in the best interests of the child, that baby boxes will be banned in South Korea.



BROKER

NOVEMBER 11
2022 R, Drama Korea, 129m,
Director: Hirokazu Koreeda

The owner of a laundry shop volunteers at a local church and with his friend, occasionally steal infants dropped off in the baby box

by mothers who cannot care for them.

They are effectively illegal 'brokers', selling on the adoption market.

Turmoil unfolds with the surprised arrival of an infant's mother who wishes to ensure a good home is found for her child.

What follows is a journey of mother and brokers to find the right couple and building an unlikely family of their own.

Director Koreeda looks to question judgement of this 'child trafficking', circumventing legal adoption bureaucracy.

Is it better for a baby to enter the Korean foster system than to be sold to a family who will love and care for it? "Broker" doesn't directly address the question of foster system versus brokers, as much as let it hang in the air, reflecting how we will judge the characters moving forward.

"... the stage is set for a quietly eccentric road movie that appears to be about the nature of families, but is really about the yearning for intimacy in the modern world of alienation." - Top Critic 02/2023

Rotten Tomatoes Critics 94%/Audience 84%

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

Jen BUTLER MP

Your hardworking Member for Lyons

jen.butler@parliament.tas.gov.au

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Ph: 03 6324 2070

Shop 9 Cove Hill Fair, Bridgewater
PO Box 51, Bridgewater TAS 7030
Ph: 03 6212 2150

Tasmanian
Labor



Authorised by Jen Butler - 7A Wellington Street, Longford 7301

Meander Valley Council Volunteer Awards 2023



Each year, Meander Valley Council recognises those who have made outstanding contributions to the community through the presentation of Australia Day and Volunteer Awards.

If you know an individual, organisation, event or volunteer program that is making a difference and deserves to be recognised, consider nominating them for an award.

This year's categories are:

- MV Citizen of the Year 2023
- MV Young Citizen of the Year
- MV Lifetime Contribution Award 2023
- MV Community Event of the Year 2023
- Contribution to MV Sports Award 2023
- Contribution to MV Arts & Culture Award 2023
- MV Exceptional Volunteer Award 2023

Nominations are now open and close at midday on Monday 27 November. Visit www.meander.tas.gov.au/community-awards to nominate now.

Councillor

Ben Dudman

You're Better
with Ben



ben.dudman@mvc.tas.gov.au

0447 935 137 BenDudmanTas

Authorised by Ben Dudman, 105 Meander Valley Rd, Westbury.

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Places are limited, so bookings are recommended

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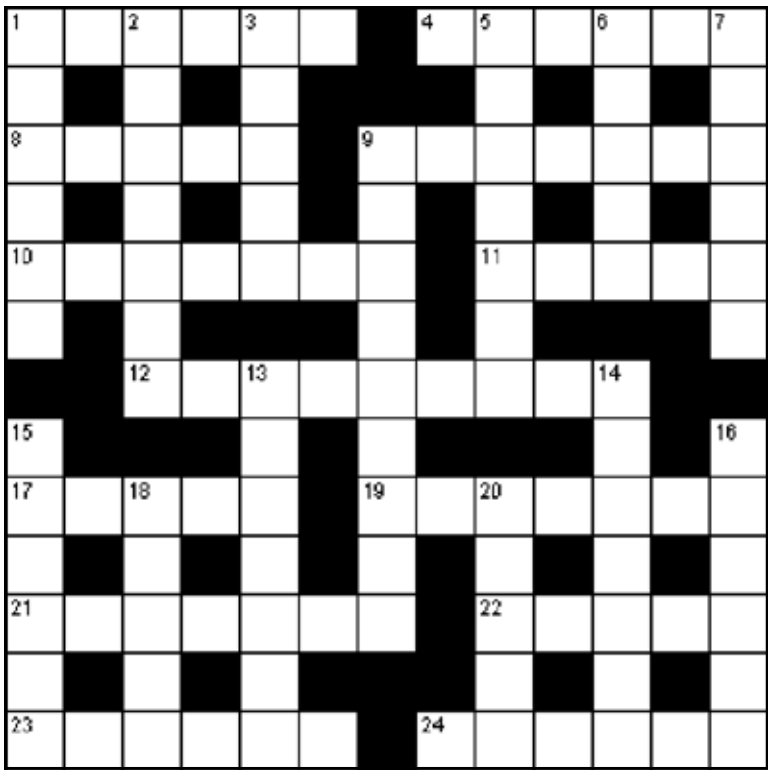
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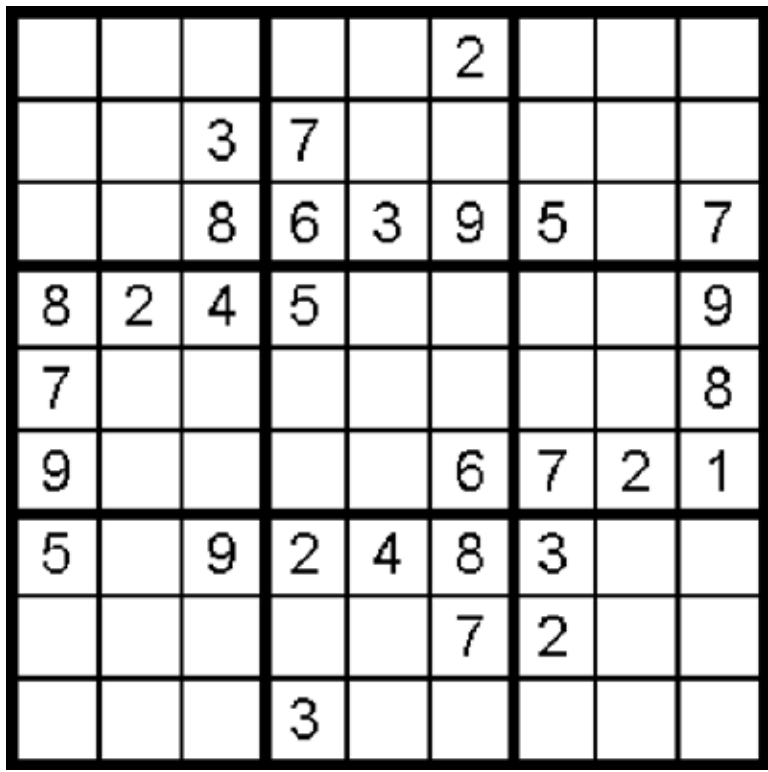
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deloraine.oac
@education.tas.gov.au
21 West Parade
Deloraine

CROSSWORD



- | | |
|---------------------------------|---------------------------------|
| Across | Down |
| 1 Vanquish (6) | 1 Reduce in rank (6) |
| 4 Explode (4,2) | 2 Established (7) |
| 8 Grieve over (5) | 3 Invalidate (5) |
| 9 US state (7) | 5 Like a lion (7) |
| 10 Small fish (7) | 6 Forgo (5) |
| 11 Boadicea's people (5) | 7 Serene, unruffled (6) |
| 12 Intrepid (9) | 9 Excellent (5-4) |
| 17 Made known publicly (5) | 13 Disrobe (7) |
| 19 One who settles disputes (7) | 14 Louis Armstrong nickname (7) |
| 21 Heartfelt (7) | 15 Stopped briefly (6) |
| 22 Very pale (5) | 16 One of the planets (6) |
| 23 Sleepy (6) | 18 One of the Beatles (5) |
| 24 Brooms made of twigs (6) | 20 Burn fiercely (5) |

SUDOKU



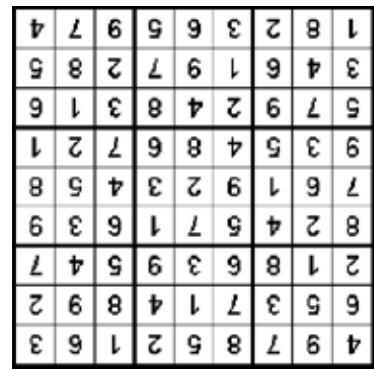
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HOW TO PLAY Each row must contain the numbers 1 to 9, each column must contain the numbers 1 to 9 and each set of 3 x 3 boxes must contain the numbers 1 to 9. Best of luck!

Crossword November 2023 solution



Sudoku November 2023 solution



EVENTS DIARY



Tuesdays	Hidden Talents Craft Group 10am-12 noon. Deloraine Gospel Chapel, 46 Parsonage St, Deloraine.	Friday 3, 7 to 9	Celtic Players Empire Hotel, Deloraine
Tuesdays and Thursdays, 9-12	Westbury Men's Shed Corner of King St. and Franklin St. Westbury.	Saturday 4 to Monday 6, 9 to 4	Steam Up! Pearn's Steam World, Westbury
Wednesdays, 7-9pm	Trivia Night Bolters, Prospect	Saturday 4, 9 to 1	Car Boot Sale & Maker's Market Great Lake Community Centre, Miena
Wednesdays, 1-4pm	Indoor Carpet Bowls Western Tiers Community Club	Sunday 5, 2 to 5	Raw Jam Empire Hotel, Deloraine
Thursdays, 7.30-9.30pm	Alcoholics Anonymous Meeting Westbury Uniting Church Hall	Tuesday 7, 12 noon	Melbourne Cup Lunch Chudleigh Hall, Chudleigh. Bookings 0407 810 150.
Fridays, 1-3pm	Cards (Crib, Canasta etc) Western Tiers Community Club	Friday 10, 6.30 to 9	Scott Lewis Live & Acoustic British Hotel, Deloraine
Fridays, 3-4pm	Tai Chi Western Tiers Community Club	Saturday 11, 9 to 1	Liffey Valley Market Old Liffey School
Fridays, from 8	Live Music British Hotel, Deloraine	Saturday 11 & Sunday 12, 9 to 1	Garage Sale Trail Meander Valley
Fridays, 7 to 9	Boogie Nights Wandering Trout, Mole Creek	Saturday 11, 9 to 5	Westbury Agricultural Show Westbury Showground
Saturdays, 6.30 to 8.30	Winter Festival Love Lucy Boots	Saturday 11, 4.30 to 9	Feed the Animal! Wandering Trout Taphouse, Mole Creek
Saturdays, 9 to 11	Parkrun Town Common, Westbury	Saturday 11, 7.30	Western Tiers Film Society <i>Broker</i> Little Theatre, Deloraine (2022 R, Drama Korea, 129m, Director: Hirokazu Koreeda)
Sundays, 1 to 5	Sunday at The Garrison Westbury RSL	Sunday 12, 11am	Friends of Great Lake AGM Great Lake Community Hall, Miena
Weekends, 1 to 3	Live in the Vines 3 Willows Vineyard, Montana	Thursday 16 - Saturday 18, 9 to 5	Fly Fishing Championships Central Plateau
ART AS MANIA WORKSHOP DETAILS ON PAGE 6.			
Oct 27 - Nov 16, 10-4	Meander Valley Art Award Exhibition Westbury Town Hall, Westbury	Saturday 18 & Sunday 19, 9 to 1	Garage Sale Trail Meander Valley
November 4-6, 9-4	STEAM UP! Pearn's Steam World, Westbury	Saturday 18, 9 to 1	Westbury Market St Andrews Church, Westbury
November 12, 17, 18, 19 and 25, Times TBA	Spring Foodies Carnival Love Lucy Boots, Westbury	Saturday 18, 9 to 1	Mole Creek Market Mole Creek Memorial Hall
Saturday 11, 18, 25, 2 to 4	Gin High Tea Bush Inn Brewhouse, Deloraine	Saturday 18 & Sunday 19, 10 to 4	Westbury Bicentenary Festival Westbury
Wednesday 1, 7 to 9	Trivia Night British Hotel, Deloraine	Saturday 18, 11 to 12	Animal Menagerie Pet Parade Village Green, Westbury
Friday 3 to Monday 6, 9 to 5	Tasmanian Craft Fair Deloraine	Saturday 18, 8 to 11	Trivia Night Bracknell Hotel
Friday 3 to Monday 6, 4 to 8	Little Laneway Fringe Festival Laneway between The Empire & Seppenfelts	Sunday 19, 4 to 6	TSO Live & On Screen Little Theatre, Deloraine
		Monday 20, 4 to 9	Fire Spin Jam Deloraine Riverbank
		Saturday 25, 9 to 4	Deloraine Show Deloraine Showgrounds

Running rampant - I wish I hadn't planted these!

The Exton Gardener

AS GARDENERS we all make mistakes in the plant choices we make.

We can get carried away by the latest showy release, pieces other people give us or just a plant not suited to our own garden's conditions.

My worst mistakes are the plants which run rampant and are a curse to try and remove or even control.

Here are my top five:

Bluebells

I know, they're lovely. I bought five bulbs.

The species usually available here is not actually the true English bluebell but the Spanish bluebell, *Hyacinthoides hispanica*, a much more robust and invasive species.

Once established, they will thrive in the roots of birch and other trees and grow from the tiniest bulb.

And they make such an untidy mess when they die off.

I've tried to get rid of them

in some areas but they still come up from the tiniest bulb.

Anemone

There are two types of anemone I have trouble with.

The first is *Anemone nemorosa*, the wood anemone, an early spring flowering ground cover.

It's totally delightful when it flowers, a carpet of white starry blooms, but then it dies off leaving a mess of yellowing leaves and then bare ground where nothing else will grow.

It grows from brittle twig-like rhizomes which, short of removing and sieving the topsoil, are impossible to completely remove.

The second type, the autumn flowering Japanese anemone, has spread through my clay bank with thin dead looking roots, again, impossible to remove completely.

I know they are a thing of beauty when they flower but I didn't want a garden full of them! When I was first gardening I was given a box of "pieces" from the kind ladies

of Exton.

The sheep got in before they were planted out, eating the lot! Discouraged, I threw the dirt onto the bare soil.

Next season it was a forest of Japanese anemones.

So I should have known better when I planted my clay bank!

Acanthus

My mother watched the garden next door being landscaped and planted with *Acanthus*, the oyster plant.

"They'll be sorry," she said.

They were, and so was I when I had to remove one growing in solid clay.

I dug and dug and painted roots with glyphosate and still it grew! In the end we just concreted over it! It's such a statement plant with leaves so beloved of the Ancient Greeks.

But it does thrive, has spikes on the stems and can seed everywhere.

Muscari - grape hyacinth

This is a "my mother did warn me" bulb.

"You'll never be without



▶ Japanese anemone.

them," she said, and she was so right! This is another thug, reproducing like oxalis from tiny bulbs.

Left to themselves they will take over.

Arum italicum

In this case it was my mother-in-law who warned me but I was so charmed by the delightful mottled leaves I planted one.

It hasn't spread from where it grows in the roots of a birch tree but seedlings are coming

up all around.

When digging them up you need to be sure to get the little "pip" - the corm from which they grow.

I'm told you can remove the leaves and then spray regrowth with a mixture of glyphosate and blackberry killer to discourage it.

For me, these are the worst of the worst.

You are welcome to grow them if you have the right place for any of these but I wish I hadn't encouraged them!

RETAIL & THERAPIES DIRECTORY

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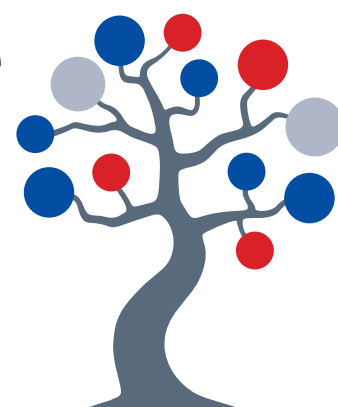
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Valley rower brings home national gold

Sandra Atkins

IN 2017 I was surprised to hear that Indoor Rowing was an international competition sport! And that it was included in the bi-annual Australian Masters Games held in Adelaide this year.

Men and women competed in 5-year age brackets in Lightweight, Open or Para groups across four events of 100m, 500m, 1000m and 2000m.

I was actually the eldest female (80 – 84 group), and as luck had it, I completed in a number of different teams and events.

The first event was the 2000m and everyone was making a huge effort to complete as it seemed a long distance.

I would have preferred the 500m event first up, but that was the afternoon event.

Unbelievably, I finished with a Gold in both.

I had been doing a lot of walking over the three days before the Games opened – walking all over the place looking for the Opening Ceremony.

Five different people gave me five different times or venues and my friend Jeanette

and I walked miles as a consequence.

I was telling one of their many volunteers how tired I was after so many misdirections.

She took us right down to the stage and we sat in the back row of the VIP seats. Wonderful.

Events on Day 2 started with the 100m sprint – I completed it in a personal best time.

The second event was the 1000m which I rowed to a plan and won.

Very satisfying.

After that, three women short of a fourth for a team event gave me their Team singlet and convinced me to join them.

They were happy for me to row first, because I would have been very slow to get on the rower midway with my hip and knee replacements.

I knew I would row much slower than everyone else, but I ended up doing a PB for the 500m, I was that exhausted.

We managed to win that Gold too, and by 7 seconds.

A great effort.

The noise in the room as the changes were made and the cheers and clapping made

even the slowest rowers try that bit harder.

It was a great atmosphere of friendliness, helpful advice, meeting others, and we all waited, on our rower, until each person had completed their distance.

The Paras were especially cheered on.

The presentations were all made immediately after each event.

One time I nearly missed out as I was still trying to get my breath back after my third row.

It was pretty obvious I was the oldest of the 'old ducks' and they soon learned I was from Tasmania too.

Lots of interest from hopeful visitors for next autumn.

I really would encourage more people to start rowing.

It is a great exercise, with no impact like running or skipping, and your fitness will improve week by week.

I count every pull of the handle, which is only 20 for the 100m sprint, and 100 pulls to make 500m.

I try to improve my distances each week.

This keeps me fitter for my horse riding and helps all



► Sandra Atkins took home a haul of medals for indoor rowing at the Australian Masters Games, held in Adelaide from October 8-14, 2023. Photo by Craig Zimitat.

my body stay supple - well as supple as it can be.

Being 82, various movements have become harder and I have to think before I act sometimes and I'm getting very frustrated when I've dropped that little box of tablets twice already!! I'm sure you can find a gym near you,

make a set date with two or three mates, so you do actually go and help yourself to live a more active life and even shed a few pounds at the same time.

The 2025 Masters are being held in Canberra.

It's certainly something to aim for, but that's a long way off.



► Jane Muller recently competed in the 2023 Bigham Cup.

Local success at national gymnastics competition

JADE MULLER, 12 years old of Dairy Plains, competed against Australia's best Women's Artistic Gymnasts in Level 7 at the 2023 Bigham Cup held recently in South Australia.

Jade was one of the successful 6-member Tasmanian team competing at the event.

Jade was placed fourth on the Beam and sixth in the All-Around in the Individual Competition and third on Floor in the Teams Event.

The Level 7 Tasmanian team was placed first on Bars,

first on Beam, second on Floor, third on Vault and also won the All-Around Trophy.

Tasmania won the Perpetual Trophy as Overall competition winners.

This trophy is awarded to the State/Territory who accumulates the most points across all events over the two days of competition.

This was an historic win for Tasmania as it was the first time Tasmania has ever won the Bigham Cup.

Jade has been doing gymnastics for four years,

training on a demanding schedule with the Devonport Gymnastics Club.

Next year she will be eligible for National Individual Qualification and compete at Level 8 in the National Individual and National Club competitions held on the Gold Coast.

Jade was proudly sponsored by Bendigo Bank Deloraine which contributed to the costs of attending the competition that is paid in full by the athletes and their families.

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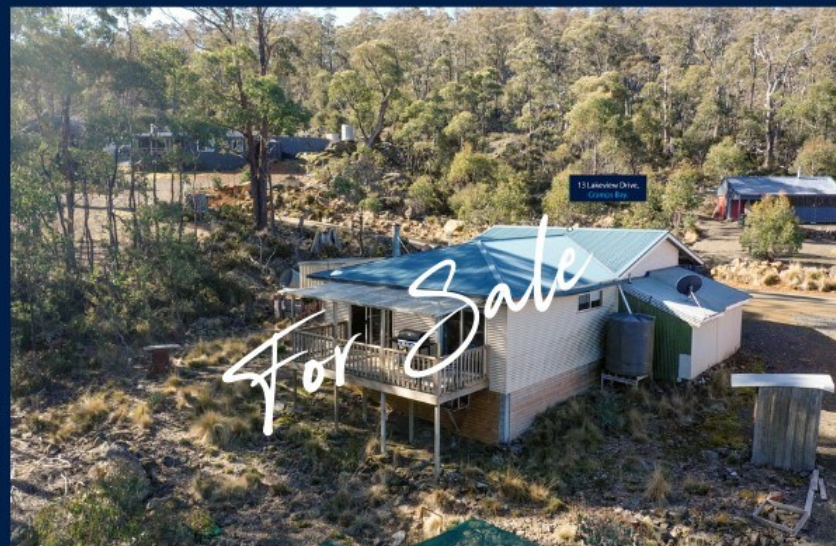
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