



## New Year's Eve Party

All who attended the New Years Eve social held at the Edelweiss reception centre had a great time. The GRG committee organised the night for the Grindelwald Community and over sixty people were able to be there where a very convivial time was enjoyed.

The committee provided funds for decorating the venue and also for the many door and spot prizes that were awarded throughout the night to some of the party goers. It was a Rock and Roll themed evening and there were prizes for the best dressed and prizes for the best dancer as well as many others. And there were some impromptu floor shows as well as floorshows that were very well rehearsed.



The music was by way of a disco with all equipment on loan from one of the GRG Committee members.

No one was left out because as soon as anyone was seen to be sitting on their own for any amount of time they were corralled back onto the dance floor (whether they liked it or not) for more exercise.

The Grindelwald Community who were asked to bring their own everything provided all refreshments and nibbles. The nibbles were set up on the tables around the venue and everyone just shared everything.

One of our neighbours provided a fabulous cake in honour of their birthday and so huge was this cake that it easily was able to allow a piece for everyone.

The GRG are planning more social events such as this one and we hope that you will be able to come along. We'll keep you all advised.

## Jottings from the Chair



Well here we are again with another edition of the Grindelwald newsletter 'The Echo' and I hope you will find it an interesting read. This edition of our newsletter is the first for 2012.

For the Grindelwald Residents Group, 2011 was a very full year with many community volunteer programs being undertaken with great success. Of course the walking path around Lake Louise was one of the first jobs our volunteers completed and we were very proud that we were able to create appropriate drainage so that the pathway could be used at all times of the year. Then there was the upgrading of the bridge that leads onto the Isle of Shalom where many hours of volunteer time were spent repairing and painting: some new lighting is in the process of being installed and I might be able to report more about that in the next issue of our newsletter. The little pier adjacent to the bridge has also been spruced up a great deal with repairs and painting but I think the local birdlife believe this pier is solely for them to use as a resting perch and toilet: it doesn't take too long before the guano needs to be removed again. And of course the island itself has had a major facelift inasmuch as our volunteers have taken many hours to keep the weeds down and bring the old barbecue shed back to life with some repairs, cleaning and painting: some of you may have seen the difference to the island when you have been to one of the many barbecues that take place there on "Volunteer Fridays". The gate at the bridge is locked in order to dissuade vandals from entering the area and trashing the facilities as has occurred in the past.

A big thank-you to all the GRG Volunteers without whom none of this work could have been achieved. The GRG Volunteers have been undertaking all kinds of tasks throughout the year from pruning trees, digging ditches, clearing away undergrowth to carpentry and plumbing work.

Undoubtedly they will be pleased to know that the work is not complete and there will be more work scheduled for 2012.



**Edelweiss Function Centre  
by Lake Louise**

And of course throughout the year, the Tamar Valley Resort has been most generous in their support in the form of paint and other materials used on the various projects, as well as donating their venues, free of charge, for GRG social functions and our inaugural GRG AGM that took place in August. A very big thank-you to the Resort Owner Les Williams and to many of his staff for their assistance throughout 2011.

The past year culminated in a GRG New Year's Eve social event at the Edelweiss Reception venue on Lake Louise. And again this venue was very kindly made available, free of charge, by the Tamar Valley Resort. This was a Grindelwald Community event and everyone on our contact list was invited to come along and welcome the New Year with friends and neighbours. If you were able to make it on the evening you will know what a great time was had by everyone.

There are plans for other social events for the Grindelwald Community during 2012 and hopefully you will be able to make it to some of them. The Grindelwald Residents Group was primarily created to take care of Grindelwald by strengthening the community and helping to plan for a responsible future. In order to achieve this it is necessary to invite input from the entire community and it is at these social functions that ideas are shared. Please try and make it when get-togethers are planned so that all of our voices can be heard.



**More photos of the New Years Party on the back page**

## Thinking About the Future

By Steve Biddulph

### Dear fellow "Waldians"

Our home village is an interesting place to think about community. From that amazing if slightly quirky vision of a pretend Swiss village, there really are the elements of a real village, which of course was a sustainable model of life for thousands of years.

I've always been interested, and in fact quite concerned, about the future, and the changes that are inevitable in how we live on this earth. As a young biology student forty years ago, learning about overpopulation and resource depletion, and then with the growing shortage of oil affecting world politics so hugely in recent decades, and of course the climate changing so markedly in our lifetime, with the floods, fires and famines that are already taking place. The loss of the Russian wheat crop last year, and the huge drought now afflicting the US, all unprecedented.

I see this as both a warning, and a responsibility - since in my belief system we are here in this world to care for each other and all living things as best we can. Of course, local community is where this has to begin.

I am a bad community member, or at least I have been in the past, working all over the place and only coming home to rest and raise a family. And my family likes peace and isolation, perhaps a trait that brings many to Grindelwald with its big gates and long drive-ways. But that doesn't mean we aren't friendly or caring. I love my neighbours and hope they always stay around. Its really Greendelwald down this end of the avenue.

My thoughts are that food and resources sharing is a big part of how community is built.

In Burnie there is an organization called Produce to the People (you can Google it) which shares surplus food and gets it into drop off centres so low income families can get healthy vegies and fruit at little or no cost.

There are kids in low income families who literally never see a fresh vegetable or fruit, only eating junk food, and this impairs their health and intelligence.

Almost everyone knows the tendency of our fruit or cabbages or cucumbers to suddenly all come at once, and being able to share the excess or trade if needed, would be an excellent thing.

Another level is preserving, making chutneys, jams, sauces, which is the long traditional way of getting those nutrients, like the lycopenes in tomato sauce that prevent cancer and mop up free radicals, during the long winter months. Those skills matter and older people often are good at this side but haven't the energy or space to grow things.

The basis of community is that everyone brings something different and valuable, and the interchange makes life rich and fun. There are always differences, but that's part of the development

Another level of course would be community gardens, or perhaps more needed in our kind of residences, shared mini tractor with slasher, backhoe, and similar implements for occasional use. But even informal help of many kinds can grow, its an organic thing, and will find its own form. Its likely that there will be a lot of poverty and dislocation through world economic



Artist's impression of picture book setting of early Grindelwald

collapse, affecting people right here in Tasmania. How to keep our hospitals and schools and towns running without funds will be rather like the challenges of World War Two, for austerity and sacrifice and creative ways to get by. It might be good for us.

### Some New Year Blessings

- May you get a clean bill of health from your dentist, your cardiologist, your gastroenterologist, your urologist, your podiatrist, your psychiatrist, your plumber and the ATT.
- May what you see in the mirror delight you, and what others see in you delight them. May someone love you enough to forgive your faults, be blind to your blemishes, and tell the world about your virtues.
- May you remember to say "I love you" at least once a day to your spouse, your child, your parent and your siblings.
- And may we live in a world at peace and with the awareness of God's love in every sunset, every flower's unfolding petals, every baby's smile, every lover's kiss, and every wonderful, astonishing, miraculous beat of our heart.

(Supplied by Wendy Wilson)

### You've got to laugh

*A woman came home to find her retired husband waving a rolled up newspaper round his head.*

*'What are you doing dear?'*

*'Swatting flies - I got 3 males and 2 females'*

*'How do you know what sex they were?'*

*'Easy - 3 were on the beer and 2 were on the phone'*

## Solomon's Soil - Vegetable gardening in Grindelwald

By Steve Solomon



### Friends and Neighbours,

This month's article is a personal letter from me to you, sharing important news about improvements in our own garden. This spring I did something unusual for me, something I had never before done. I got a soil test and remineralized my garden per the results of that test. The test indicated that despite three years of receiving complete organic fertilizer per my recipe, despite regular additions of high quality organic matter (mushroom compost at one bag per square metre per year plus the compost made from the garden's own waste), despite all that . . . my soil came up seriously short in sulphur, potassium, zinc, copper and phosphorus. It has a small excess of calcium and more organic matter than necessary (10+% when 6% would have served fine). So I put in a different bunch of carefully weighed and uniformly distributed powders on my beds, and off the year went.

What a difference! First thing I noticed was that all the minor glitchy disease problems I'd been having over the years—vanished. No more garlic root rot or leaf diseases on any alliums. No more of whatever was killing most of the overwintering spinach plants I grew for seed. This spring I got 100% winter survival on that spinach, and big fat seed that'll be on offer at Inspirations and from Southern Harvest in Hobart. My parsnip seed crop yielded fat, odorous, resinous seeds, maybe double the usual density, which means stronger germination with longer storage life.

Then we began to experience improved flavour. Annie's five regular weekly food box customers reported that our food this year tastes even better than in previous. Markedly better! We noticed that, too. We also are getting fat. For years I have been generally "off" of food, not wanting to eat a lot. This new stuff makes me hungry. The body WANTS it. There's something really good in it. You should taste our zucchini splosh! Just zucchini, nothing else, steamed, then mashed, with butter. Richer flavour than most pumpkin soups.



Steve Solomon

I am not entirely sure I'm going to soon completely recover, but for decades I have had a health condition I call "the achies." At night my muscles ache and prevent me from sleeping. Since remineralization my achies are gradually fading. Of course, keep in mind that the vegies I grow make up more than half of everything we eat, 12 months/year so any change in them will quickly produce a change in us. Why are my achies vanishing? Because generalized inflammation is often caused by lack of alkaline minerals, the whole system becomes acidic and irritated. But our food now contains heaps more of these sorts of minerals and with this increased supply my body can neutralize the acidic materials it creates itself by digesting what are termed acid-forming foods.

Look folks, it really is true. HEALTH does really equal NUTRITION divided by CALORIES. Really really. Our remineralized soil is putting out a far higher nutrient-density, which we notice as flavour. Would not you like to experience the same? Well, you can. All you have to do is to first, grow a big food garden and second, grow it by proper remineralization of the soil. Neighbour, simply because you ARE a neighbour I am here to assist you with the remineralization bit. Just ask. No charge.



### What to Plant

#### February, first half of month

Sow brassicas for autumn/winter harvest—

cauliflower, cabbage, broccoli, kale, kohlrabi (too late for Brussels sprouts). Last chance to sow carrots and parsnips, spring onions, endive and escarole

#### February, all month

Sow salad greens—

lettuce, spinach.

Sow beetroot. Sow silverbeet.

#### March, first half

Sow brassicas for late winter/spring—

cauliflower, spring cabbage, broccoli.

#### March, all month

Sow salad greens —

lettuce, spinach. Sow mustard greens.

#### April, first half

Sow spring cabbage

#### April, second half

Sow overwintering bulbing onions, broad beans, begin establishing winter green crops like tic beans and blue lupins.



### Calendar of Events

Busy bee every second Saturday 9 am to 11 am. Meet at the bridge of Isle of Shalom. Bring the usual working implements and wear appropriate footwear. Next one is 16 March. Volunteers' BBQ first Friday of the month at 6 pm on Isle of Shalom. Please B.Y.O. everything.

### Tamar Golfers Fundraiser



The Tamar Tigers are a group of golfers who first got together about twelve years ago. At the time most of the members were from Grindelwald but even



though some of them have moved away from the area, they regularly return for a friendly game of golf with their mates. The Tamar Tigers 'tee off' at 7:30AM each Monday, Wednesday and Friday at the Grindelwald course and all are welcome.

Each Christmas the Tamar Tigers organise a lunch for themselves and their partners. The latest get together occurred at Tamar Cove in Beauty Point and during this event a collection of \$306.00 was raised and donated to the Cancer Council of Tasmania.

### New Year's Party in Pictures (Thank You to Tim Kump for the photos)



1) Tessa & John Chiarotto, 2) Rita & Christian Ramseyer, 3) Marleen & Charlie Tennant, 4) The Sisters Group performing, Debra, Julie, Sandrah and Lesley.

5) Roger & Judy Flowers, 6) Jane Doedens, Michael & Helen Armstead, Irene and Josef Meindl 7) Ross & Karen Mace 8) Wendy & Robert Wilson

9) Robert Wilson handing a prize to Tim Kump, 10) Robert Wilson, Helen Armstead, Lesley Kump and Kathy Logan amongst the dancers. 11) Fritz Solenthaler & Rita Bertogg, Hans & Maggie Bertogg, Rita & Christian Ramseyer .

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