



## Leisure Gardens' Morning Tea Success for Cancer Council

Grindelwald Leisure Gardens' Morning Tea attracted 100 people who enjoyed a wonderful array of sandwiches, scones, cakes and slices, all prepared and baked by the Leisure Garden residents.

The success of this event has gradually increased every year and this year a record was broken with over \$2000 raised for the Cancer Council.



Jenny Dewis, Sheila Foskett, Elaine Till, John Neibuur, Margaret Chalk and Rosaline Thwaites

Jenny Dewis from the Leisure Gardens has been involved with this money raiser for six years although the event was started a couple of years earlier. "This year was the best ever as we doubled last years donations. We also had a trade table for the first time which raised about \$900. With the donations and the trade table the total takings were \$2,222.35 to be exact."



Table was laden with sandwiches, scones slices and cakes

## Jottings from the Chair



The GRG has had a pretty hectic couple of months with the various volunteer projects that are taking place around the area. The access bridge to the Isle of Shalom is now complete with just another coat or two of painting to be done when the weather becomes more friendly: as you know, paint refuses to stick when the air temperature is very low. There is also some painting to be done on the barbecue hut on the island and we will also get to this job during the warmer months. A couple of our volunteers have commenced the task of installing drainage and culverts around the walking path. We are grateful to the West Tamar Council for the excellent job they did in resurfacing much of this walkway but with the extra wet winter that we are experiencing there are parts where the water is not draining sufficiently and this is causing the pathway to be waterlogged. It is these areas that are being targetted for the drainage work and if you have walked around the lake lately you might have noticed the difference made by the new drains and culverts.

The volunteers recently decided that all regular busy-bees would cease for a period over the colder, wetter months. You might remember receiving an email and invitation to a lunch time barbecue that took place after the last scheduled Saturday morning busy

bee of the season? This event was to celebrate the work that had already taken place in the area as well as to give you the opportunity to come along to the Isle of Shalom and see some of the improvements that have been made both to the island and the lake surrounds in general. Quite a number of residents turned up to this inaugural event and everyone had a relaxing time meeting neighbours and having a barbecue lunch prepared on the newly renovated barbecue. Older residents might remember the way the barbecue used to smoke the place out during cooking, well this doesn't happen now because the grate has been modified somewhat and the smoke does what its supposed to do and goes straight up the chimney.

This event marked the beginning of a 'winter break' for the volunteers and the busy bees but we are planning to recommence these activities sometime at the end of September or the beginning of October when the weather improves. If anyone is interested in donating a couple of hours every now and again to the worthy cause of community, feel free to come along to the next busy bee – an email will be forwarded to everyone in the Spring.

Until next time.

"We started early on the morning making sandwiches and baking scones and had the whole community of the estate helping in one way or the other. A multitude of prizes were also donated for the raffle by the residents with a couple coming even from outside the village."

"We were actually quite worried when the Examiner put this event in the paper the day before as we would not be able to have more than 100 people in here but luckily we did not have more so we were able to cope."

Former television personality Steve Titmus made the official address on behalf of the Cancer Council and he stressed the importance of early tests available on many cancers.

The Morning Tea invitations by mail box drop to Grindelwald residents has made this event one of the important social events in Grindelwald where residents from the general estate mix with the Leisure Garden residents.



Guests above and below enjoying Morning Tea



## THE DEPARTMENT OF THE ENVIRONMENT

What's happened to the bridge over the dam wall near the Edelweiss reception centre? You might be asking that question if you have recently walked around the lake and noticed that the bridge has been demolished and the slip wall has been lowered. As you know Lake Louise belongs to the Tamar Valley Resort and the owner of the resort is responsible for the lakes general safety and environmental footprint. Prompted by the recently devastating floods up in many parts of Queensland the Federal Department of the Environment was tasked to survey all water catchments areas around the country to assess their vulnerabilities in the event of a "one in one hundred thousand year" flood. Lake Louise has been surveyed and a report was forwarded to the owner of the lake with a number of actions required. Amongst these actions were the removal of the trees from the dam wall; the removal of the bridge over the spillway and the widening of the spillway to allow quick outflow of waters should a catastrophic event occur.

A meeting was arranged between the resort owner's representative and the Grindelwald Residents Group together with interested community members and the area was inspected with the trees along the top of the dam wall being marked (you might have noticed the fluorescent orange paint?) for removal.

Following this meeting and agreeing that the removal of the trees were an overreaction to this particular situation, a GRG committee member contacted a West Tamar Councillor and conveyed our concerns that the unnecessary removal of trees from the dam wall would detract from the overall beauty of the area. This contact resulted in another assessment taking place and the surveyors decided that the trees along the top of the dam wall were not a threat to the integrity of the dam and they would not need to be removed after all. Apparently Lake Louise is only about two meters deep at its deepest, so as can be imagined the catchment is quite shallow and really does not present a great and ongoing threat to the environment.

So, thanks to a bit of common sense and a very helpful West Tamar Councillor, the trees will remain but the bridge over the spillway, alas, had to go. There is no plan at this stage to replace the bridge with one of more appropriate design but to compensate this the owner of the Tamar Valley Resort has agreed to re-establish the walkway further down the stream from the spillway by resurfacing it with gravel. This pathway was overgrown and unusable but has re-emerged due to the efforts of our team of volunteers over many weeks.

Why not take a walk around the lake and inspect this new pathway that meanders amongst the trees next to the Edelweiss car park?



## Steve Solomon - Health Guru

Profile by Sally Lahra

I first met Steve Solomon when he ran a vegetable growing course in Exeter a few years ago. The course was packed with enthusiastic gardeners and 'would be' ones and Steve certainly got our attention with spending the first lesson mainly on deficiencies on the human health, teeth and locality of inhabitation. The more isolated the people were, the healthier they seemed to be due to the fact that they grew most of their food themselves.

Health and good soil are Steve's mantra. He would like to make everyone more healthy and alive by urging us to reduce the amount of food that is bought from shops and utilising the area around our homes for a food producing patch.



Steve Solomon

***"I understand plants and so I write  
how-to-veggie-garden books"***

So, Steve, how did you end up in Australia?

"In 1985 I sold my seed company in Oregon and was then able to travel and look around at different localities and countries. Through my web site Soil and Health I had earlier corresponded with an Australian lady on the internet over a few years and eventually she turned up in the USA and we hit it off. I came to Tasmania in 1998 with her. Whilst in the USA I had written books, such as "Growing Vegetables West of the Cascades" and wrote "Gardening When It Counts" when I was living in Tassie."

"After gardening in Grindelwald for a few years, I wrote my "Growing Vegetables South of Australia". This book has been quite successful when measured on a Tasmanian scale."

This book must be the only gardening book available in Australia that actually deals with growing vegetables particularly around Launceston and particularly in Grindelwald and Rosevears, as this is where Steve lived (and lives) when he wrote the book. For twenty Australian dollars the book can be purchased from Steve's doorstep or have it posted to your address for \$25.00.

Steve is at present working on a new book on soil fertility and human health together with Michael Astera who is a farm advisor for organic market gardeners. The distance of their location does not worry them, they are both Americans originally, Michael is presently situated in Santa Margarita Island off Venezuela. Michael will explain the chemistry and the technique to deal with the mineral part of soil and Steve is to write the introductory chapters and deal with the making of compost and the organic matter. "I will be invalidating every single agricultural system that is popularly believed by everybody", says Steve.

A few years ago Steve's relationship with the Australian lady whom Steve followed to Tasmania broke up and Steve built a new house in Grindelwald. He gardens a quarter-acre year-round veggie garden which provides more than half the total calorie intake of two adults in the form of fresh vegetables and also supplies a weekly box to seven or eight local families.

Many of us may bake a loaf of bread every now and then. Steve does not believe in buying flour for his baking from the shop so he buys it biodynamically grown from Exeter farm supply and grinds it in his "Whisper Mill".

"Making our own flour is crucial. When you mill the wheat, the oil is exposed to oxygen. It starts to go rancid. Wheat germ oil is highly reactive, it goes rancid in only a few days and rancid oil of any kind is bad for your health. The taste of bread that is made from freshly ground seed is so much better. I use three quarters of rye and the rest wheat and I normally make four loaves at the time"

Steve now shares life with Anne, whom he married a few years ago. Anne is also a gardener, propagating and growing more ornamental plants. She also loves art and you may get a glimpse of her with her paintbrush and easel around Grindelwald.

The garden work plus almost daily yoga practice keep both Steve and Anne fit.

Steve wants to point out a workshop in September on vegetable growing where he will be one of the speakers.

"Growing Vegetables to Survive", a full day workshop in Longford and Grindelwald on 21 September. Speakers Ken Atherton, Herbal Pharmacist, David Stephen, Past Australian Gardener of the Year and Steve Solomon. \$50/head. Please ring 6391 1799 for details.

## Solomon's Soil

### - Vegetable gardening in Grindelwald



## The Soils of Grindelwald

By Steve Solomon

Most Grindelwaldians living atop the hill are fortunate to have Red Krasnozem soil although those favouring white carpets may not agree. On the slopes going down Atkinson's Road, along much of Mountain View Crescent, and down Waldhorn Drive there are found an assortment of less desirable soils.

Krasnozem soils are quite different than most other Tasmanian soils, which are in a class called podosols. Abundant rainwater leaches (flows through) Tasmanian soils, gradually transporting and depositing a layer of relatively pure clay that usually starts 200-400 mm below the surface and usually goes to bedrock, whilst the topsoil is often loamy and/or sandy. Really old podosols will have lost all their loam topsoil and will have become pure clay. Krasnozems are deep soils that usually develop from wind blown silt in sub-humid climates (grasslands). Ours atypically formed in a humid climate; I theorize this is because the basalt it develops out of decomposes rapidly. Krasnozems do not form a clay subsoil so they facilitate root penetration to great depths and are capable of supplying crops with a great deal of moisture. Our Krasnozem usually has a foot or so of loamy brownish topsoil and then it starts becoming more and more clayey (and red), but not pure clay or even half clay, at least not half clay until you get several meters down. So it makes highly productive agricultural soil.

The main differences in the red soils of "upper" Grindelwald seem to be in the amount of and size of rocks. Some blocks around Alpine Crescent are so stony that it is hard to find a bit of soil deep enough to push a spade into. Some have only occasional stones, sometimes these can be quite large. I would say that on the average, most soils around the Crescent average one-quarter to one-tenth rock. It is not necessary to remove all rocks from your garden. The ones below the depth

you routinely dig pose no problem unless you have a huge floating boulder that prevents your crops from rooting deeply.

Our red soil naturally tends to hang on to both mineral nutrients (fertilizer and lime) against the leaching force of winter rains. It also holds to organic matter; it is normal to find red soil grass paddocks with organic matter content in excess of 6%, which is a gracious plenty and then some for vegetable gardening.

Our red soil can become hard and airless after being pounded upon by rain all winter. The worst possible way to remedy this is by incorporating large quantities of manure and/or compost because this task puts you on a treadmill that has to be repeated yearly. Overly applying organic matter also massively lowers the nutritional quality of the food you're growing. The next best method is to incorporate beach sand, and that's BEACH sand, not sharp sand or builders sand because beach sand consists of round polished balls that loosen soil, not make concrete out of it as often happens when mixing sharp sand into clay. It takes a lot of beach sand to remediate hard compacted red Krasnozem soil; a one time only layer 5 cm thick that is dug into the top 25-30 centimeters of topsoil. This will have a relatively long-lasting (your lifetime, if not 100 years) effect. But there is an easier way: simply increase the amount of calcium in your garden relative to the amount of magnesium in it, and your soil will loosen by itself. This means that you should avoid using much dolomite lime, which is half Mg. And when making up my COF recipe, in the majority of years it is perhaps better to leave out the dolomite lime and double the amount of ordinary ag lime.

Red soil is not fertile enough by itself to grow



most kinds of vegetable crops. The easiest way to build fertility and simultaneously, to bring the amounts of calcium and magnesium into a favourable balance is to amend your soil with Complete Organic Fertilizer. You can buy it (and the bulk ingredients to make it on a larger scale than a few kg at a time) at the Exeter Farm Supply. Inspirations Nursery also sells bags of premixed COF. What our vegetable gardens need is simple: COF before each crop at about a half litre per square meter; one bag of mushroom compost dug into each square metre of bed, once a year (or a similar quantity of other well-finished compost). NO MORE.



The photograph is a typical profile of stoneless red Krasnozem soil on Tasmania. Notice that the colour changes to red and harder to notice in this photo, the clay content increases as you go down.

## What to do in the food garden this month

Clean beds of remnants of overwintering crops;

Spread a THIN layer (5-7mm) of compost and COF and dig it in;

### After Mid-August

Sow peas, lettuce, spinach, onions, mustard greens, broad beans, tomato seedlings indoors

### Early September

Pepper and eggplant seedlings indoors, broad beans.

### All September

Sow beetroot, silver beet, peas, lettuce, English spinach, onions, broccoli, cabbage, cauliflower and other frost-hardy spring crops.

## Grindelwald SUNDOWNER

The Edelweiss Reception centre was the venue for the most recent GRG Sundowner held on Friday 20<sup>th</sup> May. There were about forty Grindelwald residents in attendance plus members of the West Tamar Council. Many people brought contributions for the table, which everyone shared and enjoyed. The venue was very generously provided free of charge by the owner of the Tamar Valley Resort.

The GRG will be hosting the next Sundowner later in the year when the weather is warmer and this time the event will be held on the Isle of Shalom. Further details will be made available a little closer to the time and it would be great if everyone could make it for an hour of community time with our neighbours.

## Turbo Chooks

by Lorraine Greenacre

The Tasmanian native hen (*Gallinula mortierii*) is a rooster sized flightless bird which the locals call 'The Turbo Chook' but it is not related to the domestic chicken. It belongs to a group of waterfowl (the Gallinules).



This bird stands only half a meter tall but legend credits it with a speed in excess of 50kph. It uses its wings when running fast to help it to balance.

Although they cannot fly, they are very good swimmers.

When they sense danger they often flick their tail to warn others and if chased will seek the shelter of grass or reeds.

Now endemic to Tasmania, the native hen once occupied large areas of south eastern Australia.

Their disappearance from the Australian mainland is most likely attributable to the introduction of the fox and the dingo there.

Native hens are a familiar sight throughout much of Tasmania, along river flats, in marshland and open paddocks. Farming since European settlement has in fact appreciably extended their range. Populations thin in highland areas though some do exist at altitudes of over 1000m, and they are scarce too in the densely forested southwest corner of the state.

Tasmanian native hens have an extensive vocal repertoire. For an open living flightless bird communication is important, and 14 separate calls have been recorded.

### Breeding

They breed from July to December and typically lay around 5 eggs although 9-10 is not uncommon. Birds will usually breed once per year, however in good years, with high availability of food, two broods may be produced.

The nest is a rough, flattened grass mattress, among taller grasses and is usually built close to water, or on damp ground.

As well as the primary nest, nursery nests are constructed with the purpose of roosting with chicks at night and as hiding places in case of predators.



When fighting, opponents jab and grasp at each other hard with their bills especially around the head and neck. This can escalate into a series of vertical leaps, 75-150cm high, and include grappling and violent ripping with toes and carpal spurs until the victor noisily chases the loser beyond the territory boundary with a screaming cackle. During such chases defenders often flap their wings to gain extra speed and a wing may be held vertically to assist in executing tight turns.



## GRINDELWALD CARVINGS

You might be wondering what was happening with the carvings project. Some of the GRG Committee met with various 'arts' people recently and were put in touch with a wood carving artist who is willing to conduct a workshop up here in Grindelwald for those community members who would like to learn the art of wood carving. The West Tamar Arts group has advised that a sculptor/artist would charge \$600 for a two-day workshop plus \$100 fee for the Arts group to cover their involvement. Clearly then, if ten people were interested in taking this workshop it would mean a fee of \$70 would be required. Please let us know as soon as possible if you are interested and we will try and make the necessary arrangements and let you know what will be required. I imagine the normal safety equipment such as sturdy footwear; gloves and safety eyeglasses would be essential, plus some tools.



### Calendar of Events

**Annual General Meeting**  
Sunday 21st August 2011,  
3 pm at Tamar Valley Resort  
Geneva Room

**Sundowner**  
Isle of Shalom  
Spring—Date to be advised

### Grindelwald Residents' Group (GRG)

Patron: Cr. John Watson  
Chairman: Robert Wilson  
Secretary: David Broughton

Contact GRG by email:  
davarn@internode.on.net

### You've got to laugh

*This blonde went to the Pizza place and ordered a pizza. The pizza guy asked her if she wanted it cut into six or twelve pieces.*

*"Oh, six, please," she said. "I could never eat twelve pieces."*