



## Don't forget Our Sundowner

on Friday 20 May  
6.00 pm to 7.00 pm

At Edelweiss  
by Lake Louise

BYO finger food to  
share and soft drinks

Meet your neighbours  
in the beautiful sur-  
rounds by the lake!

## Volunteers Needed

Can you spare a couple  
of hours on Saturday  
morning?

Grindelwald residents are  
conducting regular property  
maintenance around Lake  
Louise on Saturday mornings  
from 9 to 11 am. Just turn up  
at Edelweiss area with some  
basic gardening tools or  
phone for further details:

Bob 0419 589 878  
or Eric 0419 729 293



What were Grindelwald volun-  
teers doing on Isle of Shalom?  
Read more on page 2

## Jottings from the Chair

*"As Chairperson of the Grindelwald Residents Group I am happy to be involved with a group of neighbours who are as equally charged as I am to ensure that our community continues to enjoy their environment."*



The Grindelwald Residents Group is formed to help strengthen our community and to protect the integrity of Grindelwald in the present and into the future. Our first community social event was the GRG Sundowner which was held at the end of November and it was a great success. So successful that the GRG Committee agreed unanimously that similar events should take place. And it is to this end that I can tell you that a Sundowner will take place about twice a year. The next one is planned for May 2011 with the Christmas Sundowner again being in mid November 2011.

We are very fortunate to have the support of both the West Tamar Council and the Tamar Valley Resort. The West Tamar Council have been very generous over the last few months by upgrading the walking path around Lake Louise (which was no small task) and this has been most welcome and certainly appreciated by those who regularly use this walking path for both exercise and pleasure. Mr Les Williams from the Tamar Valley Resort has offered the community the use of both the Isle of Shalom and the Edelweiss reception centre for some of our future functions. This is good news inasmuch as it will allow the Grindelwald community to have some access to these areas that were closed to us previously.

On a serious note I wanted to talk about GRG General meetings which should include as many Grindelwald residents as possible. The very first meeting of

the GRG was the inaugural meeting which took place at the Resort in August 2010. At this meeting residents got the chance to meet members of the GRG committee and put forward any suggestions.

We have the first AGM coming up in August of this year and it is hoped that you will be able to attend this meeting that will take place at the Tamar Valley Resort seminar room. The date and time for the AGM have been well advertised but the GRG will ensure that everyone is reminded a few weeks beforehand.

The current committee members are all willing volunteers who very much enjoy dedicating some of their time to the Grindelwald Community. There is a regular 'busy bee' occurring in various areas as well: during the warmer months we have been volunteering on Friday nights between 4:00PM and 6:00PM but as it is getting darker earlier and the weather is turning cooler we are now volunteering on Saturday mornings between 9:00AM and 11:00AM.

Some of our projects so far have been the cleaning up of the Isle of Shalom, weed eradication, pruning, rabbit extermination and bridgework, and around Edelweiss where general cleaning up and safety checking is taking place. I hope you will be able to take an opportunity to check out what the volunteers are doing and it would be great if you had a couple of hours to spare every now and then to come and help out.

Until next time

## Meet Mr Les Williams - Owner of Aspect Tamar Valley Resort

By Sally Lahra

Someone said that the first four qualities an entrepreneur needs are creativity, imagination, confidence and energy. When you meet Mr Williams you are convinced he must have all these four qualities and much more as you could not talk to a more down to earth and less pretentious person.

Originally from Cairns, Queensland, Mr Williams has been involved in accommodation and tourism properties since leaving school. Since the mid 1990's, Mr Williams has been operating resorts which at present include Aspect Central Resort Cairns, Whiterock Leisure Park Cairns, Bohemia Resort Cairns and Cairns Sunland Leisure Park.



Mr Les Williams and Aspect Tamar Valley Resort

Before his Foundation Leisure Group purchased the Grindelwald Resort, Mr Williams says his family always had liked Tasmania. "Even before we made the trip across, we always had a liking for the environment and surroundings of Tasmania. And when myself and my wife first saw Grindelwald we realized how special that part of the world was."

***"When myself and my wife first saw Grindelwald we realised how special that part of the World was ."***

Mr Williams is married to Tania and they have a family of five girls and one boy. "All girls came first and boy last. The oldest is now in University at Bond on the Gold Coast doing a joint Business/Law degree and the youngest has just started grade one."

Being a family man as well as a businessman, Mr Williams recognises the importance of a family friendly atmosphere in his resorts.

"Our vision generally remains unchanged since the founders, Mr & Mrs Roelf Vos, established the Resort: to offer our guests World Class Resort accommodation and recreational facilities in a unique tranquil setting".

Mr Williams is constantly looking to improve the resort facilities. Apart from the original facilities which include an indoor heated swimming pool, sauna and spa, gym, tennis court, golf course and "Putt It" mini golf course, many additional activities have been introduced to make the resort even more family friendly.

The most recent addition for water fun activity is a very popular Aqua Bubble, adding to the choice from Pedal Boats, Paddle Kayaks, Canoes to Pedal Cars, Double Pedal Cars and Mountain Bikes along with the largest Tasmanian lakeside Jumping Pillow.

In the past few weeks the resort has also introduced a new Day Spa catering for beauty and wellness for guests as well as the local residents.

The resort is also well known as a quality service provider to the conference market and Mr Williams is next planning to enhance these facilities in the Resort.

As a group of Grindelwald residents we are also striving to enhance our unique surrounds and feel privileged to have a World standard facility like Tamar Valley Resort on our doorstep.

## What were Sheridan, Violet, Snowball, Toenipper and Sonic doing on Isle of Shalom?

By Eric Lahra

They were invited guests, highly qualified in their profession and arrived with their skilled support team to help GRG members. But let me start from the beginning.

After our GRG volunteers were finalising weed clearing on Isle of Shalom another problem was identified. The island was overrun by rabbits and the grounds were littered by rabbit burrows.

We had to find a way to try and eliminate them from the island. After consulting experts, we learned that Myxomatosis does not work in a confined area like a small island; we did not want to consider poisons and shooting was out. How about ferrets?

We decided that the safest and most humane way to eliminate the rabbits would be with the help of ferrets. After contacting the local Ferret Breeders' Society, we were told that most ferrets these days are kept as pets. They are fed well, used to a good life, often too fat

and lazy to run after rabbits.

However, after several more enquiries we were able to locate Sally and Brendan Bond near Devonport with hunting ferrets who were willing to give them a run and help us out.

The Bonds arrived early on a Sunday morning with family friend Shane Flude, four lovely children and their five ferrets: Sheridan, Violet, Snowball, Toenipper and Sonic.

The Bonds explained the course of action to us. The ferret is led into a rabbit burrow. If it returns within 10 seconds it means that the burrow is empty. If the ferret doesn't return immediately, it means that a rabbit or rabbits are there and all burrow holes need to be quickly secured by nets to prevent them escaping. When the rabbit is chased by the ferret, it springs out from the burrow, gets tangled in the net and within

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## Solomon's Soil

### - Vegetable gardening in Grindelwald



Why I live in Grindelwald: (1) civility; (2) the rich red almost stone-free red krasnozem soil beneath my own two adjoining quarter-acre building blocks; (3) the superior potentials this community has to create significant food self-sufficiency because most Grindelwaldians also have the same krasnozem soil I use, even if yours is rockier than mine is. I know most of you agree with me on the first point, you probably live here for a similar reason.

Regarding (2) I reckon most Aussies have no problem with cheerfully allowing me to be the sort of harmless nutcase who would buy a suburban block primarily because of the soil it offers. But (3) significant food self-sufficiency? What's that all about, and who cares anyway, when there is so much food available at the bottom of the hill in Legana.

Most upscale Grindelwaldians have no problem affording to shop at Woolies. At least not this year we don't. However, economic conditions can change radically. And quickly. Soon there may be a global financial collapse that would make it difficult for most of us to make ends meet. Imagine these conditions arising over the next year or so: we experience severe, ongoing inflation in most prices whilst at the same time unemployment soars, the All Ords falls to 2,000, bank deposit interest motive to grow a big food garden, rates drop to around 2% p.a. AND most large traded companies are forced to eliminate or greatly reduce their dividend payouts. In circumstances like this many living here would discover a powerful motive to grow a big food garden.

Thing of it is, no matter if the future brings crisis or business as usual, we should have already found non-financial reasons to grow a big garden, and those reasons have much to do with health. The industrial foods being offered us are largely imitation foods. I can provide

#### About the Author:

*Steve Solomon who is known for his books on vegetable gardening in the U.S.A. and Australia moved to live in Grindelwald 13 years ago. He has a large garden where he grows most of his food and is a popular speaker on sustainable and healthy living.*

*Steve has agreed to write a regular column for the Grindelwald Echo to help us grow our own vegetables in the soil and climate he has intimate knowledge of.*

*Read his profile in the next issue of the Echo.*



much evidence to support this assertion and if you care to challenge me about it I will. Careful measures of the nutritional content of fruits and vegetables have been made periodically by the United States Department of Agriculture going back to the 1950s. They show that the average nutritional content of food of all types has declined by about half in the last half century.

The reasons for this decline are (1) the general and broad decline in soil fertility of commercial farmlands and (2) the intention behind the production of that food . . . being profit for the grower instead of health for the consumer. So the producers of industrial foods choose to produce ever-larger bulk yields that incidentally contain ever-less nutrition.



Long ago my own delicate constitution *compelled* me to abandon the supermarket or face serious illness. Since nutrient dense food can't be routinely purchased, I discovered I must grow most of my own diet, year-round. A food-garden lifestyle has worked for me for the past 30+ years. I am confident that most of your health problems are similarly caused by an

overall, ongoing nutrition shortage. And I am confident that if you also grow much of your food and do it in a way that makes that food become nutrient dense, then your health will improve, your attitude toward all of life will improve, there will be more genuine smiles on the faces of my neighbours . . . and Grindelwald life in every respect will become better. And thus I will be writing this column, to encourage and hopefully, inspire you.

There isn't much you can do about food gardening this late into autumn except to consider starting a new garden or to enlarge/improve the existing garden. To that end, I offer this service: I will consult with anyone in Grindelwald, at your house, at no charge, about your food garden, existing or proposed. Feel free to ring me at 6330 1113. And if you want an unescorted look at my garden, simply peer over the fence at No. 6 Berne Court.

#### Planting Calendar

Mid-May to end of May, the thing to watch is the falling soil temperature.

I can not know how warm the soil will still be when this newsletter comes out. If it still be warm enough to sprout seeds you can sow the ones listed below. If the soil is really cold, then only the onion family crops will shoot.

Garlic  
Shallots  
Bulbing Onions  
Spinach  
Lettuce  
Rocket  
Cover crops of blue lupine, broad beans



There will be no more chance to sow seeds until mid-late August.



#### What were Sheridan, Violet, Snowball..... continued from page 2



Sally Bond with two of the ferrets

seconds it is put to "greener pastures".

The rabbits by now were disturbed by the sudden influx of people and were restlessly running around. Several GRG members were present to see if help was needed and we quickly secured the gate leading to the bridge with chicken wire to keep them from escaping from the island to private properties surrounding Lake Louise.

**"The ferrets could not wait to get to work fast enough and in no time at all rabbits started springing out of the netted burrows. The end result for the morning was 16 dead rabbits and five tired but happy ferrets."**

We all found it fascinating to see these little creatures in action. Our sincere thanks to Sally, Brendan, Shane and the children for such a successful day.





## Danger in Your Garden

### Jack Jumper

by David Broughton

A recent incident when I had to call the ambulance to attend my partner John who received a sting from a Jack Jumper bite which caused an anaphylaxis reaction prompted me to remind our community that these poisonous little insects are prevalent.

Allergic reactions to stinging ants are a widespread cause of anaphylaxis here in Australia where the Jack Jumper ant is unique, although there are other species of ant that also cause occasional allergic reactions such as the Green Ant in Queensland and the introduced South American Fire Ant.

Jack Jumper ants are widespread and found in most areas of Australia with research showing that there is some interaction between ant colonies and human habitats. They live underground but well established nests can form massive mounds above ground. Usually they are difficult to find and may be present under a rock with the entrance surrounded by a pile of fine gravel with a couple of 'sentry' ants at the entrance

#### What is a Jack Jumper Ant

Jack Jumper Ants share a genus with the Bull Dog Ant which grows to around 15-25 mm long, whereas the Jack Jumper ant is around 10-15 mm long and often displays jerky, jumping movements.

You may also know these ants as Hopper Ants or, if you are from South Australia, Skipper Ants. The pesky little Jack Jumper ant has a black body and orange/brown jaws/pincers and limbs.



#### Bite or Sting?

Like bees and wasps, Jack Jumper ants do not bite. Instead, they grasp the victim in their jaws (in John's case the knuckle of his index finger), and then bend and sting with their tail. These ants are very aggressive and typically walk with a hopping motion. They can also jump onto their victim from surrounding vegetation, often 'hunt' alone and will stray away from the nest and, at times, find their way into people's houses.

#### Anaphylaxis is the most severe type of allergic reaction.

Anaphylaxis occurs after exposure to an allergen (such as foods, insects or medicines), to which a person is already extremely sensitive. It results in potentially life threatening symptoms, including:

difficulty/noisy breathing  
swelling of tongue  
swelling/tightness in throat  
difficulty talking and/or hoarse voice  
wheeze or persistent cough  
chest tightness  
abdominal pain, nausea, and vomiting  
confusion, loss of consciousness  
and/or collapse  
pale and floppy (in young children)

In some cases, anaphylaxis is preceded by less dangerous allergic symptoms, such as:

swelling of face, lips and eyes  
congestion and watering of the nose and eyes  
hives or welts on the skin  
headaches, anxiety, flushing

#### Emergency Action Plan

It is important to establish an action plan in case you or someone close-by suffers an anaphylaxis reaction: it could mean the difference between life and death. In our case, I recognized immediately that there was a problem and instantly called for an ambulance. The emergency operator dispatched the closest vehicle and stayed on the line to ascertain further information. All ended well after a few hours in the A&E at the LGH.



### Calendar of Events

Residents "Sundowner"  
Friday 20th May 2011, 6 pm  
at Edelweiss Function Centre

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

#### 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

Doctor, doctor, I can't stop  
singing "The Green, Green  
Grass of Home".

That's what we doctors call  
Tom Jones' Syndrome.

Oh, really? Is it common?

It's not unusual.