

Passion for food wins fans

CHLOE ROSS

A BENDIGO-born chef is breaking the mould and winning over a legion of fans in the cooking world.

Tony Panetta started his apprenticeship in a small Italian restaurant in Bendigo before spending eight years at Yuroke venue Aitken Hill.

In November Mr Panetta was appointed as executive chef at Melbourne Convention and Exhibition Centre (MCEC) after joining the team in October 2010 as sous chef.

The centre claims to have the biggest kitchen in the southern hemisphere.

Mr Panetta has held onto his regional Victorian roots, regularly attending farmers' markets to scout out the best seasonal produce and embracing an open-door policy for local suppliers.

This has resulted in MCEC's list of Victorian farmers, dairies and producers increasing by 10 per cent during the past six months.

"I'm passionate about the farm to fork story we tell and I want our visitors, many who are new to Melbourne, to enjoy a true taste of Victoria at MCEC," Mr Panetta said.

"I'm fortunate to work with an incredibly skilled team of chefs and together our focus is creating memorable food and wine experiences,



Tony Panetta

regardless of size and scale, using the best local ingredients."

His personalised approach has won the confidence of some of Melbourne's most celebrated chefs, including Philippe Mouchel, Michael Lambie, Mark Best, Nicky Riemer and Darren Purchase.

"Tony's experience, passion, creativity and use of local suppliers has really shone through and he is a huge asset to the kitchen team and our business," MCEC chief executive Peter King said.

"For most international visitors MCEC might be their first taste of Melbourne and Tony, along with the team, produces quality dishes that represent the venue and Melbourne globally as one of the culinary capitals of the world."



Picture: JIM ALDERSEY

Church worth the pane

WHEN the Anglican parish of Bendigo North moved from its home at St John's Anglican Church to St Luke's in White Hills, the stained-glass windows went with them.

The two arched windows, dedicated to the memories of Benjamin Robbins and Sylvia Hampson, took three months to relocate to the 150-year-old church.

The Reverend Willy Maddock, pictured, said the transfer had not been straightforward because the original frame was slightly too big for the new space.

"It was very time-consuming," she said.

"It is highly labour intensive doing anything with stained glass, (but) people are thrilled."

Book details policeman's stress disorder battle

FORMER police officer Paul Horner is visiting Bendigo tomorrow to talk about his book *Jack Knife: The Crashing of a Policeman*.

The book was released at the end of last year after Mr Horner resigned from New South Wales Police after a battle with post-traumatic stress disorder.

"(It is) primarily the story of my policing career, the jobs

I did and rank and responsibilities I had," he said.

Mr Horner began his policing career at Mt Druitt in western Sydney, an area renowned for being the busiest and most violent in Sydney.

From there he also worked at the Cabramatta, Bourke and Byron Bay stations. He worked as an officer for 11 years.

Mr Horner said that since the release of the book, he has received messages of support and understanding from police officers all over Australia.

He will be at Quarry Hill Primary School tomorrow night for a presentation that starts at 6pm.

The presentation will cover Mr Horner's career and certain aspects of his

book and will aim to increase awareness of PTSD.

"I never wanted to leave, I medically discharged but the reality is despite not wanting to leave, if I had've stayed, I'd be dead for sure," Mr Horner said.

"I talk about how important police are to the community and when they are discharged how the community is missing out."

Mr Horner will have signed copies of *Jack Knife: The Crashing of a Policeman* available on the night.

Copies are also available by contacting Zeus Publications on (07) 5575 5141 or by visiting www.zeus-publications.com.

For more information, email crumbshorner@hotmail.com

IN BRIEF

Learn how to stop putting off

BEATING procrastination will be the focus of a workshop at Bendigo's Catholic Education Centre tonight.

Cognitive behaviour therapist Jim Young will speak about the effects of procrastination on people's lives, their relationships, career prospects and self-esteem.

Workshop participants will explore some of the physical, psychological and behavioural aspects of putting things off.

Mr Young is a senior counsellor at La Trobe University Bendigo and has extensive experience in education, management and various senior clinical roles in public and private organisations.

For more information or to register for the event, phone Rachel Wells on 5434 3922.

Midwife reappointed

A BENDIGO midwife has been reappointed to a national health board.

Bendigo Health's Lynne Geri was an inaugural member of the Nursing and Midwifery Board when it formed in 2009 and the Australian Health Workforce Ministerial Council has reappointed her for her second term.

Ms Geri will serve as a practitioner member of the board for another three years.

Racetrack reopens

THE course proper at the Benalla racetrack will reopen today ahead of a planned return to racing at the troubled track next month.

A series of structural problems with the racing surface, the latest in March, have cost the club most of its meetings this year.

But extensive remedial work has repaired the holes that appeared at the last meeting and an inspection of the track by stewards yesterday gave it the all-clear for jump-outs.

Official trials are scheduled for August 21 and the first race meeting is due on September 11.

Repairs have also been completed at Hanging Rock, Wanagaratta and Ararat.

Wanagaratta flood damage repairs are also finished and racing will resume on September 2.

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