


>> **IN THIS ISSUE**

Mayor race heats up

SPORTDisc golf lands in Richmond

FEATURECatholic Education

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FEATUREDental Health



COUCHING THE HOMELESSNESS ISSUE

Clarence City Council has drawn attention to the impact of homelessness through a range of National Homelessness Week initiatives, including the free 'Off the Couch' event held at the Rosny Skate Park.

FULL STORY ON PAGE 8

Clarence Deputy Mayor Heather Chong, Tyson Montgomery from the Housing with Dignity Reference Group, and homeless people advocate Kate Kelly on the couch, as 15-year-old skater Aneka Lewis flies by



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Council News

CLARENCE CITY COUNCIL

Key decisions from the council meetings:

4 July:

- Approved a development application for a one-lot subdivision in Tranmere and refused an application for two multiple dwellings in Rokeby.
- Entered into a lease agreement with Telstra for the telecommunications tower in Acton Park.
- Resolved to review all council's master plans in progress and develop an order of priority, timeframes for completion, and appropriate resourcing levels, as well as method for public reporting on progress.

25 July:

- Voted in favour of crediting all ratepayers for the missed recycling and green waste service. This credit will apply to the ratepayer account and be deducted from future rate payments.
- Approved development applications for the demolition of the existing dwelling and construction of a new dwelling in Howrah, and an application for seven multiple dwellings (one existing, six new and outbuilding) in Warrane.
- Adopted the Active Lifestyle Strategy 2022-2032 and the Community Wellbeing Strategy 2022-2032.
- Adopted the Aldermen Statement of Expectations and Aldermen Issues Resolution Procedure. Council also authorised investigation of establishing a voluntary register of Aldermen who hold a working with vulnerable people ID card.
- Voted to allow elected members to choose to be referred to as 'alderman' or 'councillor'.
- Voted in favour of officers developing an options paper to guide and inform council's role in addressing homelessness in Clarence.
- Carried a motion to request the General Manager to seek service level agreements with other government utilities enabling council to remove graffiti on infrastructure.

A meeting was also held on Monday 15 August with key decisions to be reported in the next issue.

Upcoming council meeting dates:

Monday 5 September at 7pm. Members of the public are now able to attend council meetings subject to compliance with State Government COVID-19 regulations and council requirements. Due to maximum density limits associated with COVID-19, we are only able to accommodate a maximum of 12 people in the public gallery.

Members of the public wishing to attend should still register via the online booking system at www.ccc.tas.gov.au/councilmeetingbookings. If you are unable to access the internet or experience issues with the booking system, you can contact our Corporate Support team on either 6217 9523 or 6217 9524 who will be able to register for you.

Deputations/public question time:

If you wish to make a deputation, please contact the Corporate Support team on 6217 9523 or 6217 9524.

Questions on Notice are to be submitted in accordance with council's Public Question Time procedures (see council's website for information). Questions without notice may be asked in person at the Council Meeting or as a temporary measure during ongoing COVID-19



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restrictions may be provided in writing to clarence@ccc.tas.gov.au by 4pm on the day of the meeting to be read out during the relevant section of the agenda.

WORKS: AUG-SEPT 2022*

Roads and footpaths

- Pothole repairs various locations as per inspections.
- Guidepost replacement continues throughout the municipality.
- Construction of footpath on South Arm Highway between Horsham Road and Oakdowns Parade.
- Icy Creek Lane, Lauderdale – road upgrade including kerb and gutter.
- Pavement upgrade Lauderdale Fill Station.
- Road reconstruction Amelia Street and Derwent Avenue, Lindisfarne (between Wellington Road and Oliver Avenue).
- Pavement reconstruction Carrum Close, Howrah.

Drainage

- Minor drainage works as required.
- Stormwater maintenance – various locations.
- Constructing open drain adjacent Saxon Drive, Acton.
- Stormwater improvements Spitfarm Road, South Arm.

Parks and Reserves

- Elevated work platform tree work – various locations.
- Park maintenance as per established maintenance schedules.
- Soft bark replacement in all parks.
- Upgrade of gravel walking tracks within the municipality.
- Lindisfarne Oval irrigation and drainage currently under construction.
- Social Heart Park landscape upgrade to existing playground- Clarendon Vale.

Natural Area Management

- Maintenance of walking tracks in natural areas and Tangara Trail.
- Maintenance and management of natural areas as per the various Natural Area Management Plans.
- Maintenance of tracks as per Safety Audit.
- Fuel reduction and heap burns as required in natural areas as conditions allow.
- Fuel reduction/fire break clearing program.
- Clarence Coastal Trail – upgrade between Seven Mile Beach and Roches Beach.
- Clarence Coastal Trail – track upgrade around Mays Point.
- Waverley Flora Park – installing hazard reduction fencing at clifftop sections in proximity to formal walking tracks within the park.
- Timber steps onto Bellerive Beach from Alexandra Esplanade are scheduled to be replaced in mid to late August.

Facilities

- Seven Mile Beach (Day Use Area #1) – construction of a new DDA compliant public toilet.
- Clarence Aquatic Centre mechanical services upgrade.

*Start dates may be delayed due to COVID and staffing resources.

Community News



Mayoral candidate Heather Chong, right, with running mate James Walker

Deputy declares for top job

CLARENCE Deputy Mayor Heather Chong will run for the top job at October's local council elections, with Councillor James Walker to run as Deputy Mayor.

Ms Chong, who has been on the council since 2009 and Deputy Mayor since 2018, said she believes in stability, prudent financial management, and sensible borrowing for the future.

"Clarence must plan now for our future 20

and 30 years forward," she said.

"With 191 kilometres of coastline, we know that climate change will impact our community and need to prepare for that now."

Mr Walker, who was first elected to council in 2012, has decided not to contest the upcoming Franklin by-election sparked by the resignation of former State Government Minister Jacqui Petrusma.

"I am committed to the City of Clarence and want to continue to serve the people of our municipality with Heather Chong as our Mayor," Mr Walker said. "Heather will make a tremendous Mayor of Clarence. She has a strong understanding of the budget and the issues that are affecting our community."

Ms Chong (Labor) and Mr Walker (Liberal) have previously represented different parties in state elections, but

Ms Chong says the pair's differences make them a great team for Clarence.

"Our differences are our strength," she said. "Not all of the 61,000 people in Clarence think the same – but we need to represent them and understand their issues and what they want to achieve living in Clarence."

Ms Chong and Mr Walker have been endorsed by outgoing Mayor Doug Chipman for Mayor and Deputy Mayor respectively.

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REGULAR MONTHLY FEATURES

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NEXT MONTH: SCHOOL HOLIDAY FUN feature

JUST A LITTLE
Reminder

**DEADLINES FOR
SEPTEMBER 2022**

Editorial/Advertising:
Thursday 1 September

Press Ready Material:
Monday 12 September

Vote 1 for a Better Clarence

Dear Clarence resident,

Decisions at the local level are just as important as those made at a state and federal level – they must encourage a strong local economy that generates jobs and pays for the services we all deserve and need.

As we all battle the rising costs of living expenses, now is the time for strong and effective leadership of our Council with a focus on delivery of core services: roads, rubbish collection, local parks, sporting and community facilities, whilst keeping rates as low as possible.

To achieve this, I have assembled a team – **the Better Clarence Team** - a dynamic, experienced and diverse team with the skills necessary to refresh and build a positive future for our city.

In October, for a better Clarence, please VOTE 1 – **the Better Clarence Team**.

Yours faithfully,



Alderman Brendan Blomeley MBA FAICD FIML

The Better Clarence Team

Brendan Blomeley for Mayor & Alderman



Brendan is a highly qualified and proven leader with extensive professional and political experience. Having served on Council for more than 12 years, Brendan has a strong track record of delivering for the Eastern Shore, having successfully lobbied for the introduction of the Derwent River Ferry Service and the establishment of a new Clarence Headspace, to help improve access to mental health services for our young people.

As we all battle rising cost of living expenses, Brendan will provide the strong and effective leadership required to ensure Council delivers core services well, whilst keeping rates as low as possible.

Allison Ritchie for Deputy Mayor & Alderman



Allison's proven experience in government, business and the NFP sectors make her the ideal candidate to inject new leadership and a fresh "people focused" approach to all operations of the Clarence City Council.

Allison is currently the General Manager of the Hobart Police and Community Youth Club and prior to this, served as the Labor Member for Pembroke for 8 years, including as Minister for Planning and Workplace Relations.

Growing up on the Eastern Shore, Allison intimately understands the needs of the Clarence community and is well known for her exceptional work ethic and ability to deliver genuine outcomes. Allison is also the founder and President of child protection lobby group "People Protecting Children" and the President of Boxing Tasmania.

Noelle Harb for Alderman



Noelle operates her own successful Small Business Coaching & Mentoring practice, helping small business owners identify their strengths to optimise their performance and leadership.

Having been in the corporate arena for over three decades, Noelle brings a wealth of knowledge and understanding to the youth and wellness areas.

Noelle's enthusiasm for local government, coupled with her life experiences offers a true connectivity to the Clarence community.

Kaye McPherson for Alderman



Kaye is a proud Tasmanian Aboriginal woman that grew up and has continued to live at Risdon Vale since the 1960s. Kaye has science degrees from the University of Tasmania, a Graduate Diploma in Archaeology from Flinders University and is also an Historical Geographer.

Kaye is the President of Manuta Tunapee Puggaluggalia Historical and Cultural Association; Cultural Custodian and Spokesperson for the Lia Pootah Aboriginal Community, President of the Bowen Society and is a writer of cultural, historical and dual heritage books and academic articles and books about colonial history.

Kaye has a keen understanding of the need for green spaces; preserving remaining historical buildings and is an active advocate for people with disability.

Anthony James for Alderman



Anthony is a highly qualified business manager and researcher with a Bachelor of Business degree and postgraduate degrees in Research and Public Sector Management.

The majority of Anthony's career has been in project management, business development, organisational change, program management and service delivery – all skills that will be highly valuable to the City of Clarence.

Anthony is currently working to deliver support services to NDIS clients – a role assisting people in need that he finds incredibly rewarding.

Community News



GARDENING IN AUGUST

Have you ever thought about growing your own potatoes? As long as you plant so that the flowers are not affected by frosts, they are a relatively easy-care crop.

Give them a sunny position out of strong winds, and it is best to use certified seed to avoid diseases.

Plant the potatoes (either whole or cut into pieces with at least two eyes) into rows about 30cm deep, which have had a light dressing of cow manure or blood and bone, and lime.

When the plants are about 10cm tall, hill up around the plants with soil. This can be done about every two weeks until flowering has finished. It will stop your potatoes from going green and encourage more potatoes to form.

Pinkeye potatoes can be harvested while still in flower, while other varieties can be harvested when flowering has finished and the plant is dying off. It is best just to remove the potatoes as you need them, as they keep for some time in the ground.

PLANTING IN AUGUST

Vegetable Seedlings	Seeds	Herb & Flower Seedlings
Cabbage	Broad Beans	Dianthus
Cauliflower	Peas	Pansies
Broccoli	Radish	Viola
Lettuce	Snow Peas	Sweet William
Onion	Spinach/Silverbeet	Carnations
Leeks	Swedes	Alyssum
Celery	Potatoes	
	Sweet Peas	

OTHER JOBS FOR AUGUST

- Remove dead flower heads from bulbs and give them a feed of general-purpose fertilizer. Leave the leaves to die down naturally, as this will make the flower for next year.
- Spray with a copper-based spray for curly leaf on peaches and nectarines as buds swell.
- Do not be too quick to prune frost-damaged shrubs in areas that get late frosts. Wait until all chance of frost has passed, then prune and feed to promote new growth.

HAPPY GARDENING



New remand centre now open at Risdon

TASMANIA'S first facility designed specifically for people held on remand has been officially opened on the Risdon Prison site.

The 156-bed Southern Remand Centre is a modern, purpose-built correctional facility that not only provides secure accommodation for those not yet convicted or who are awaiting sentencing, but also improved facilities for staff.

The new Centre will allow remandees to be housed separately from sentenced offenders, in line with best practice operational guidelines.

With a strong focus on rehabilitation, the Centre is designed as a therapeutic and rehabilitative space that maintains the strict security and safety requirements essential at a correctional facility.

Remandees will have access to health, legal and welfare services, work, education, therapeutic programs, religious observance, recreational activities and other services.

Construction work supported about 130 local trade jobs, with the Centre now providing 56 permanent jobs including operations, therapeutic and correctional roles.

The new facilities are part of the State Government's investment of more than \$415 million in major new upgraded infrastructure projects for the Tasmanian Prison Service.

Attorney-General Elise Archer officially opened the Centre on 6 July, and said it was "a landmark day for Tasmania".

"As Minister for Corrections and Rehabilitation, I am very proud to be delivering these new much-needed facilities, and I look forward to seeing the positive flow-on effects that will come from our significant investment," she said.

Recruitment for the Tasmanian Prison Service continues in record numbers, with 23 officers completing training in July and another 21 commencing.

Four recruit schools will be completed by the end of 2022 - the most ever delivered in the Tasmania Prison Service in one year.

"Since 2016 we have delivered almost 300 additional Correctional Officers to the Tasmania Prison Service with a total of 370 expected by the end of this year," Ms Archer said.



Elise Archer officially opens the new Southern Remand Centre at Risdon Prison, pictured above

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HEATHER Chong
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Written and Authorised by Heather Chong, 331 Fingerpost Rd, Richmond, 7025



Exercise physiologist Rajina Giri, enrolled nurse Belinda Limb, physiotherapist and Clinical Pilates instructor Amanda Robertson and GP Amy Lim at Your Health Hub in Bellerive

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physiologists, dietitians, a clinical psychologist, allied health assistant and podiatrist.

Podiatrist Sam Leitch said the diversity of professions located under one roof is a real asset to the Eastern Shore community.

"We often have referred to Your Health Hub as a one-stop hub for the Eastern Shore community's medical and allied health needs," he said.

"It is well documented that multidisciplinary approaches to healthcare are very successful.

"This collaborative model of care promotes discussions between multiple practitioners to deliver the best possible outcome for each client."

Physiotherapist and Clinical Pilates instructor Amanda Robertson complements her client consults with low-impact exercise classes that run on-site.

"For some people our on-site exercise classes help with a specific problem, whether that is back pain, neck pain or arthritis, but for others the classes are used as a form of prevention and are a chance to maintain strength, flexibility and overall fitness," she said.

"The classes are often a gentler alternative to a gym and a stress-free space for people who may be experiencing difficulties.

"During my classes I offer different alternatives to each exercise so everyone can scale the workout to meet their needs.

"We know that moving and exercising is a great way to help manage chronic pain and any ongoing physical issues."

Amanda works closely with Tania Harris, Your Health Hub's chronic disease management nurse, to meet the needs of people suffering from

chronic health conditions.

The nurse's role in chronic disease management is to provide integrated person-centred primary health care to clients who are either at risk of developing, or have been diagnosed with, a chronic condition.

"I set up care plans for patients at the request of our general practitioners and send them onto allied health professionals like Amanda," Tania said.

"This convenient model of care brings ease to our patients that are experiencing chronic health conditions."



YHH podiatrist Sam Leitch



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Tipalea CEO Scott Spanton under Tricky Walsh's installation 'The Firmament'. Pic by Brad Harris

Glebe Hill Village open

THE highly anticipated \$40 million Glebe Hill Village retail centre - the first new neighbourhood shopping centre in metropolitan Hobart in more than a decade - has been officially opened.

A day of on-site celebrations was held on 6 August, with an official ribbon-cutting ceremony followed by a Family Fun Day featuring entertainment, activities, workshops, giveaways and performances by local schools and community groups.

Constructed at the intersection of the South Arm Highway and Pass Road by developers Tipalea Partners, the 5,900 square metre Glebe Hill Village is based around a Coles supermarket and also includes 18 other specialty shops and services including a medical centre, dentist, pharmacy, post office, newsagency, florist, barber, bakery and bottle shop.

"It has raised the bar for neighbourhood shopping in Hobart, bringing high-quality retail combined with variety and convenience to the surrounding community, and it's been wonderful to see the immense support from local residents," Tipalea Partners CEO Scott Spanton said.

"The project also delivered a significant boost to local employment at a critical time, generating more than 1,000 jobs throughout COVID and into the recovery phase - including more than 300 on-going jobs within Glebe Hill Village's retailers."

Mayor Chipman said the long-awaited shopping centre was a significant asset for the expanding local community.

"The village has been designed to benefit the wider community in a range of ways and will provide a significant benefit for the growing area of Clarence Plains, which we predict will grow to a population of more than 20,000 people and become a satellite city in its own right in another 10 years' time," he said.

"This development will help ensure we have more infrastructure and services in place to meet the needs of this booming area."

Glebe Hill Village was constructed by Tasmanian contractors Fairbrother over a 15-month period.

It has been hailed as the state's most connected and sustainable retail centre, with a suite of hi-tech features including a smartphone app, a full solar array, free wireless phone charging and Wi-Fi, air quality monitoring, smart bathrooms that monitor water usage, and EV chargers.

Glebe Hill Village also features the works of several Tasmanian artists, with Allan Mansel, Tricky Walsh, Tom O'Hern and Sydney-based Lara Merrett commissioned to transform the centre into an engaging and creative space.

Networking after 5 with Business Eastern Shore

BUSINESS Eastern Shore presented another lineup of fascinating guest speakers at its monthly information and networking event, Business After 5, at the Bellerive Yacht Club in July.

Island Berries Tasmania founder Andre Richardson shared the story of the establishment and growth of his business, from selling products off the back of a truck to going into large-scale production and supplying Australia's big supermarket chains.

Telling the audience that "quality always sells", Mr Richardson said having a quality product was key to his success, along with efficient manufacturing processes and solid business relationships.

Stacey Joseph from the Tasmanian Chamber of Commerce and Industry promoted the benefits of Business Eastern Shore membership that are provided through the Tasmanian Chamber Alliance.

She reminded BES members that they can access the TCCI's expert human resources and industrial relations advice twice each year, a service which normally costs \$99 per call.

This, and other membership benefits, are outlined on Business Eastern Shore's website at www.businesseasternshore.com.au.

The event was MC'd by Business Eastern Shore chairman Nick Nermut, who also paid tribute to outgoing Business Eastern Shore's treasurer Angela Gosden, who is moving interstate after making a substantial contribution as a member of the organisation's board.



Stacey Joseph from the TCCI speaks at Business After 5

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Community News



Community members enjoy dessert at the recent Think Pink Luncheon

Rokeby thinks pink

THE Rokeby Neighbourhood Centre shone a light on mental health at its inaugural Think Pink Luncheon last month.

More than 40 people gathered at the centre on 20 July, dressed in pink for an afternoon of food, games and prizes designed to raise awareness about mental health stigma in the community.

“The Think Pink Luncheon was a

chance to reconnect with others in the community and create a safe space to talk about mental health,” Rokeby Neighbourhood Centre manager Cate Clark said. “We want the centre to be a place where people feel comfortable to speak about mental health.

“This is a place of understanding and acceptance for many who have struggled with mental health

challenges.” Clarence Deputy Mayor Heather Chong joined in on the festivities, alongside Alderman Brendan Blomeley and Senator Catryna Bilyk.

“Getting the subject of mental health out into the open is so important and it was wonderful to have a conversation around mental health with good food and great company,” Councillor

Chong said. “Special thanks to Cate and her sisters for opening up about their sister Samantha and her battle with mental health.” Open to everyone, the Rokeby Neighbourhood Centre offers a range of mental health programs in conjunction with not-for-profit mental health service provider Wellways and has an on-site outreach worker.

Community wellbeing day encourages good choices

HUNDREDS of people turned out for a recent touch football carnival and community health and wellbeing day run by Deadly Choices and the Karadi Aboriginal Corporation.

Deadly Choices is a national organisation that empowers First Nations people to take care of their health. The Goodwood-based Karadi Aboriginal Corporation

has a Deadly Choices team that works with the Tasmanian Aboriginal community to ensure they can access healthcare and empower them to make positive life choices.

Labor Member for Clark Ella Haddad attended the event to see first-hand how the initiatives were educating and supporting young local

indigenous children.

“It was a great day to be a part of, and inspiring to see the work that Deadly Choices and the Karadi Aboriginal Corporation are doing for young palawa Tasmanians,” Ms Haddad said.

“Deadly Choices encourages First Nations people make the best choices for their health and wellbeing, while

empowering them with the tools they need to succeed.

“Sport and community connection are two of the cornerstones of health and wellbeing and it’s great to know that organisations like Karadi and Deadly Choices are working so hard to improve health outcomes for Tasmanians.”

Couching the issue of homelessness

WITH a quarter of all Tasmanians who are experiencing homelessness aged between 12 and 24, there was a strong focus on young people during this year’s National Homelessness Week.

Thirty percent of people experiencing homelessness are staying temporarily at other people’s homes, or ‘couch surfing’.

Clarence City Council drew attention to the impact of homelessness through a range of initiatives, including the

‘Off the Couch’ event at Rosny Skate Park on 4 August.

The council partnered with a number of key service providers to present the free event which featured skateboard demonstrations and competitions, music, giveaways, food and drinks, staff from a range of housing services and homelessness organisations sharing information, and a panel of guest speakers giving personal insights into their lived experiences with homelessness.

Clarence Deputy Mayor Heather Chong said the council was extremely concerned about the rise of homelessness across Hobart and has been proactively looking into practical ways to help.

Last year the council created 100 backpacks full of essentials and critical service information to help those sleeping rough. It is currently working to arrange shower facilities at Clarence on the Bay for people sleeping rough in the Kangaroo Bay area.

“It is deeply concerning to see such a rise in homelessness in our city and it really saddens me to hear of the high percentage of our young people experiencing this hardship,” she said.

“We have already taken steps to see what practical assistance we can offer to people who are sleeping rough in our municipality and council is actively engaged in researching ways in which we can ease the pressure for people facing housing hardship in Clarence.”

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September	17th
October	15th
November	19th

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Community News

Council replaces vandalised trees

CLARENCE City Council has replanted some semi-mature eucalypts at the site of last year's tree vandalism in Bellerive, reinforcing council's commitment to revegetating the area.

Last year 11 eucalyptus trees along the Bellerive foreshore - 10 of which were threatened species - were poisoned, with council issuing a \$10,000 reward for information leading to the prosecution of the perpetrators.

"Clarence has many significant areas of coastal and bushland reserves and it has been fantastic

to see the outpouring of support since the horrible act of vandalism that occurred here last year," Clarence Mayor Doug Chipman said.

"Clarence is home to many protected and threatened species of flora and fauna and at council we are fully committed to revegetating and protecting our special natural areas.

"I would like to extend my sincere gratitude to the community groups who work so hard and volunteer their time to care for Clarence's precious coastal

vegetation. Thank you."

Since the vandalism, council has put significant measures in place to reduce the likelihood of similar offenses, including the recent adoption of council's Tree Policy and the installation of signage encouraging the public to report information to Crime Stoppers.

Council will continue to remove any unsafe dead limbs from the tree trunks of the original trees, which will remain in place to provide a habitat for native wildlife and perching opportunities for birds that frequent this area.



Clarence City Council workers Andrew James and Sam Berry and Clarence Mayor Doug Chipman at the site of the Alexandra Esplanade tree poisoning

Have your say on new cultural policy

EASTERN Shore artists and community art organisations are being encouraged to write submissions to help shape the Australian Government's new national cultural policy.

The government is currently consulting with artists and creators across Australia as it develops a national cultural policy that

will bring drive, direction and vision back to the arts industry.

"This is a really great opportunity for local artists and community art groups in Tasmania to have their voices heard as the Australian Government formulates its renewed national cultural policies," Federal Member for Franklin Julie Collins said.

"The Albanese Labor Government is re-engaging with the sector and putting a new spotlight on the arts and its importance to Australia's national identity."

Labor Senator for Tasmania Catryna Bilyk said the new cultural policy will "recognise that the arts should be valued for more than just its economic

contribution—that it tells people's stories, enriches our life experiences, brightens up public spaces, and helps shape our national cultural identity".

Any locals with an interest in arts, entertainment and culture are encouraged to make a written submission via www.arts.gov.au by 22 August.

Edmunds up for Pembroke

LOCAL Clarence Councillor Luke Edmunds will contest the upcoming Pembroke Legislative Council by-election.

Mr Edmunds, 40, lives in Bellerive with his wife Anna and three young children Olive (7) and twins Eli and Thomas (5).

Mr Edmunds, a journalist, was elected to the Clarence City Council in 2018 and has a strong track record on the council including:

- Standing up for

dog owners to deliver a fair council dog policy

- Fighting for the future of the public Rosny Golf Course when the council wanted to close it
- Opposing the State Government's unfair Bin Tax waste levy hit on household budgets
- Delivering a new inclusive play policy to make playgrounds more accessible
- Improving

transparency on the council including introducing live-streaming

"I'm passionate about where I live and am very excited to be able to campaign as Labor's local candidate for Pembroke," Mr Edmunds said.

"I've worked with so many other locals in my time on the council and would love the chance to take that representation to another level.

"Through my work as a local councillor I know people are worried about housing and cost of living pressure.

"As a parent reliant on under-resourced public health and education I know how important it is that those systems and their workforces are supported.

"Over the coming months I'll be working hard to earn the support of Pembroke voters so I can continue to work on behalf of locals in the State Parliament."



Labor candidate for Pembroke Luke Edmunds

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Community News

Reducing wood smoke this winter

CLARENCE City Council is encouraging residents to take a few simple steps to reduce toxic wood smoke this winter – protecting your health, helping your neighbours breathe easier, improving air quality, and saving you money.

Tasmania has regulations aimed at improving air quality by placing controls on backyard burning and smoke emitted from domestic wood heaters, which increases significantly during the colder months.

Clarence Mayor Doug

Chipman said council was committed to ensuring air quality remains high throughout winter.

“While we all want to stay warm throughout these chilly months, it’s also important to consider the impact our fires might have on those around us, including community members with chronic conditions such as asthma,” he said.

Top tips for reducing smoke while staying warm include keeping your fire burning brightly and never letting it

smoulder; only burning dry, untreated wood; keeping the air vent fully open for 20 minutes after you add wood; and only burning solid fuel.

Council will continue to regulate wood heater and the ‘Environmental Management and Pollution Control (Smoke) Regulations 2019’ legislation, and may issue infringements for non-compliant burning, as well as for smoke regulation compliant burns that cause an environmental nuisance – an offence

under the ‘Environmental Management and Pollution Control Act 1994’.

Before undertaking any burning in your backyard, check for any fire bans, alerts or permit requirements by visiting the Tasmania Fire Service website (www.fire.tas.gov.au) or calling 6173 2740.

More tips on assessing the efficiency of your wood heater or fireplace, as well as how to plan a safe and controlled burn, can be found at epa.tas.gov.au

Hayley is making green nappies more colourful

HAYLEY Klop bought her first cloth nappies when her daughter Issy was sixteen months old, after learning that a baby wearing disposable nappies sends 700kg of waste to landfill every year.

Reluctant to outlay a lot of money all at once, Hayley bought half a dozen of the cheaper international brands of cloth nappies.

But then in 2019, she decided to try making them herself.

After studying YouTube videos during lockdown, in May 2020 Hayley started sending some of her prototype nappies out to the online community for feedback. Her new business,

Indie Cloth, was born.

Featuring colourful digital prints of dolphins, astronauts, sunflowers and galaxies, Indie Cloth waterproof nappy shells work similarly to regular nappies, but have a built-in pocket so absorbent inserts can be stuffed inside the lining.

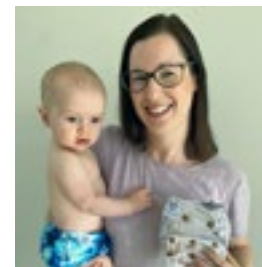
“There’s a bit more work in cloth nappies,” Hayley said, “but it’s not as daunting as it seems. And it’s much less of a chore when they are beautiful or fun.”

Parents can spend up to \$4000 per child on disposable nappies. But all the modern cloth nappies their child will need can cost less than \$300.

“Even if you only use

one cloth nappy a day, and the rest disposable, you’re still saving more than 300 nappies a year from going to landfill,” Hayley said.

Hayley has been chosen by Clarence Climate Action as this month’s Climate Champion. You can find out more about her nappies at indiecloth.com.au

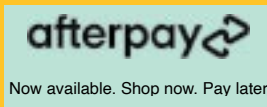
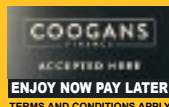


Hayley Klop with baby Axel modelling Indie Cloth nappies

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Community Support Grants

Grants of up to \$1,500 available for not-for-profit groups and organisations. Applications close 15 September 2022.

Partnership Grants

Not-for-profit groups or organisations based in Clarence or a group based outside of Clarence with a project, event or activity bringing direct benefits to Clarence can apply for grants of up to \$15,000. Applications close 1 October 2022.

For grant guidelines and application forms visit www.ccc.tas.gov.au/communitygrants.

For further info call 03 6217 9572 or email grants@ccc.tas.gov.au.



Clarence... a brighter place

We're helping to prevent bushfires around the state

With bushfire season fast approaching, TasNetworks and our authorised contractors will be entering properties across Tasmania over the coming weeks, to clear trees growing too close to TasNetworks-owned powerlines.

If you see trees growing too close to powerlines, please report them to TasNetworks by visiting tasnetworks.com.au or by calling 1300 137 008.



Powering a
Bright Future



Community News



Education Minister Roger Jaensch and principal Kelly Dyer with Sorell School students

Sorell school taking shape

PROGRESS on the multi-million redevelopment of Sorell School is continuing, with wall cladding and sheeting underway and site services now in place.

The redevelopment will feature a mix of new and refurbished buildings, creating contemporary Kindergarten to Year 12 learning facilities for the fast-growing communities in the Sorell region.

Education Minister Roger Jaensch said the \$25.75 million redevelopment is one of 38 education capital projects and programs the Government is delivering.

“The Tasmanian Liberal Government knows education is the single most powerful driver for improving social and economic outcomes in our State and that’s why we are providing students with modern, up-to-date learning spaces to support their education and development,” he said.

A new separately funded Child and Family Learning Centre (CFLC) will also be constructed on the school site once enabling works are completed as part of the school redevelopment. It is expected to be completed in late 2023.

“These exciting projects will bring enormous benefit to the Sorell area, during construction and into the future,” Mr Jaensch said.

“Funding for the redevelopment is part of our Government’s \$250 million capital investment program in the 2022–23 Budget and Forward Estimates.

“Our continued investment in education infrastructure provides vital improvements to student learning environments, as well as growing the Tasmanian economy through additional jobs during planning and construction.”



Meg Gilby and Anne Blythe-Cooper

Grant helps secure Bellerive history

THE Bellerive Historical Society has used a government grant to renew its image, including upgrading its website, purchasing a new computer and using updated software to keep its vast array of historical records secure.

The Society received a \$2,893 grant from the Australian Museums and Galleries Association (AMaGA), which is administering the Australian Government’s Culture, Heritage and Arts Regional Tourism (CHART) program.

The \$3m CHART program aims to support community cultural, heritage and arts organisations in regional Australia as they recover from the impacts of COVID. The program promotes participation in, and access to, Australia’s arts and culture by developing and supporting cultural expression and sharing stories of community and historical significance.

At the Society’s July meeting, members were entertained by guest speaker Anne Blythe-Cooper, who spoke about local musician, teacher and choral director Lucy Charlotte Benson (1860-1943).

Possibly Australia’s first “Lady Conductor”, Lucy was the eldest of 12 children born to Bellerive Institute donor Thomas Westbrook and Fanny Lempriere, who were married in 1859 and lived at an Eastern Shore property called ‘Roze’.

Lucy, whose great-granddaughter Meg Gilby also attended the meeting, was still the organist at St. Mark’s Church in Bellerive at the age of 83.

Anne has written a book about Lucy titled ‘Leading Amateurs’, which is available for \$80.

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(L-R) Patsy Saunders, Sheena Sims and Jenni Bond prepare for next month's exhibition at TMAG

Guild stitches up 50th anniversary

THE Hobart Embroiderers’ Guild will celebrate 50 years of stitching with an upcoming exhibition at the Tasmanian Museum and Art Gallery (TMAG).

Since starting back in the early 1970s, the Hobart Embroiderers’ Guild has been connecting local creatives for the past half-century.

And with the guild now running a fortnightly session for children along with its twice-weekly sessions for adults, a new generation of stitchers are taking up the intricate craft.

“Every second Saturday we run the Hobart Embroiderers Guild for Young Stitchers (HEGYS),” guild member Patricia Ayres said.

“They don’t bring in their iPads, phones or any form of technology - they just sit and stitch.”

Patricia is pleased to see such a promising group of young embroiderers here in Hobart.

“The guild offers aspiring stitchers a place to come and develop their skills and connect with like-minded people,” she said.

“Embroidery has been a way of life for many of us at the guild.

“We have built life-long friendships and a space where everyone is welcome.”

Jenni Bond has been a member of the Guild for nearly 20 years and says it has been absolute joy.

“I was taught to stitch by my grandmother sitting by the fire during the war in England and this love for the art is something I have carried with me for my entire life,” she said.

“In my professional life I would always have something on the go, but it was when life slowed down that I re-discovered the art of embroidery and began learning all the complicated stitches.

“It has been absolute joy spending my time here and learning from all these talented women.”

From September 9-11 TMAG’s Bond Store will host the guild’s 50th anniversary exhibition, with visitors able to explore an array of works made by guild members over the past two years. Handmade pieces and embroidery products will also be for sale.

“In today’s age of throw-away fast fashion, the things we make are really heirloom pieces,” Patricia said.

“Every piece that we make takes time and dedication, and people value them.”

The Hobart Embroiderers’ Guild
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Community News

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Country Women's Association Lindisfarne members at the honey tasting with mascot Buzzy the bee

CWA ladies make a buzz

THE Country Women's Association (CWA) created a buzz in Lindisfarne at its first honey tasting event last month.

"We are always brainstorming and thinking of new ways to engage with the local community and invite them into the store," Lindisfarne CWA vice president Shirleen Kremmer said.

"Tasmanian made and owned Heritage Honey has always been a crowd

favourite at the CWA Lindisfarne branch so we thought why not host our very own tasting."

On 16 July honey was served on freshly made pikelets and customers were greeted by the store's very own bee mascot, Buzzy.

"The tasting was a huge success - in just four hours we had sold more than 20 one-kilogram tubs of honey," Shirleen said.

"Over the course of the day more than 100

people came into the store and 30 or 40 of those would not have normally come in."

In operation for more than 80 years, the Lindisfarne CWA has been a lifeline for women and children in the community who are struggling.

"Every year the Lindisfarne CWA hosts a number of fundraising initiatives that help with our mission of supporting women and children,"

Shirleen said.

"We are heavily involved in the Warrane Mornington Neighbourhood Centre, offer care packages to new mothers who may not have a lot, and welcome anyone who may be struggling and requires extra support."

CWA Lindisfarne is located on 35 Lincoln Street and is open Thursday and Friday 10am – 1pm and Saturday 9am – 1pm.

New Sorell bypass reaches milestone

THE ongoing upgrade of the Tasman Highway has reached a major milestone, with the opening of the new Sorell Southern Bypass on 20 July.

Running between the Tasman Highway near Curtain Lane on the southern side of Sorell and the Arthur Highway near Nugent Road, the Sorell Southern Bypass will greatly improve travel times between Hobart's CBD and the southern beaches and Tasman Peninsula.

With roundabouts to help maintain traffic flow and a speed limit of 80km/h, the bypass will ease the travel burden for workers, businesses and families and help

unlock Hobart's regional potential.

Because of cold weather, the bypass has opened with a temporary road surface which will be replaced by a final seal in the summer months when the weather is better for long-term sealing works.

The 2km-long bypass forms part of the \$349.5 million South East Traffic Solution, jointly funded by the Australian and Tasmanian governments under the Roads of Strategic Importance initiative.

When all components of the South East Traffic Solution are complete, there will be a consistent four-lane highway between Sorell and the

Hobart CBD.

Tasmanian Infrastructure and Transport Minister Michael Ferguson said the bypass provides a faster, more efficient link between the Tasman and Arthur highways, reducing traffic congestion in Sorell.

"The bypass works also provided employment for 48 people, providing a much-needed jobs and economic boost at a critical time for the state," he said.

Federal Member for Lyons Brian Mitchell said the bypass will help transform the centre of Sorell for shoppers and locals.

"This is a long-awaited project that the

Australian Government is pleased to have helped deliver," he said.

Federal Infrastructure, Transport, Regional Development and Local Government Minister Catherine King said the Australian Government recognises how vital upgrades like the Sorell Southern Bypass are for commuters, families and entire communities, "as it keeps people safe and well connected".

The opening of the Sorell Southern Bypass follows the opening of the overpass at the new Hobart Airport Interchange in early May. Final works on the interchange will be completed in early 2023.

Discounts and concessions guide for 2022/23 out now

THIS year's Tasmanian Government Discounts and Concessions Guide offers more than 90 different types of concessions, with everything from council rates to health services and vehicle registration included in the 2022/23 edition.

Free copies of the Guide will be available from 30 August at Service Tasmania, libraries, councils and various other Government offices. More than 500 organisations across the state will receive copies of the Guide for wider community distribution.

Community Services

Minister Nic Street recently launched the online version of the Guide, which is now available at www.concessions.tas.gov.au

"Concessions are available across Government programs and departments, with a focus on providing

tangible support for people with a disability and their carers, as well as seniors, veterans, widows, sole parents and students," he said.

"I encourage all Tasmanians to head to the website and, if eligible, take advantage of the concessions being offered."



(L-R) Hobart Women's Shelter CEO Janet Saunders with MVP program facilitator Helen Hudson

Women's shelter program helps prevent gender-based violence

THE Hobart Women's Shelter's Mentors in Violence Prevention (MVP) program is seeing great results as the pilot project reaches the half-way mark.

Delivered in partnership with Engender Equality, Women's Health Tasmania and the Women's Legal Service Tasmania, MVP is a leadership program that empowers participants to confront, interrupt or prevent violence.

Hobart Women's Shelter CEO Janet Saunders said the program gives people the chance to explore and challenge the attitudes, beliefs and cultural norms

that underpin gender-based violence.

"It is a really good opportunity for local people in the community that are wanting to make a difference," she said.

"The six-hour workshop discusses what family violence is, what some of those red flags are and how to be an effective bystander.

"We look at different scenarios and really encourage discussion around issues such as sexual assault, harassment, consent, family violence and gender equality."

Since receiving a grant from the Tasmanian Community Fund (TCF) in 2020 the program has trained 570 participants

from right across the state.

"The grant has been pivotal in delivering this program," Ms Saunders said.

"The generous funding is allowing us to spread this message state-wide and develop communities that are talking about family violence.

"We want everyone who completes a workshop to walk away with an increased understanding and a greater sense of confidence of how to be an effective bystander

"The results we are seeing are incredible. Ninety-eight per cent of participants said their understanding of family violence had increased

and that they would be more likely to intervene in violent situations."

Many communities are calling for additional workshops as the program enters its second stage of delivery.

TCF Chair Sally Darke said the program's success so far is an indicator of how important it is.

"It's great to see a community centred project take shape to equip people to tackle a prevalent issue in our society," she said

"Our communities are evolving, and the TCF is committed to enabling projects and programs that meet the changing needs of our communities.

"Improving community wellbeing and health is certainly one of those areas."

To register for upcoming workshops, go to trybooking.com and search 'Mentors in Violence Prevention'.

Drug report shows changing attitudes



Alison Lai
Alcohol, Tobacco and other Drugs Council Tasmania CEO

THE recent release of the Australian Government's report into community attitudes and perceptions towards drugs has raised a number of surprised eyebrows.

Yet for those like myself who work in the alcohol, tobacco and other drugs sector, the results of the Australian Institute of Health and Welfare's report were not surprising.

Rather, the report provided further evidence of what we have been saying to government for some time now - that community attitudes towards drug use have changed, and Tasmanians want to see more contemporary, health-based responses introduced.

We were not surprised that in 2019 more than 80 per cent of people living in southern Tasmania believed that possession of cannabis for personal use should not be a criminal offence.

Community attitudes towards cannabis have changed significantly over the past 10 years.

Support for health responses, rather than criminal ones, to the possession of illicit substances like ecstasy and heroin for personal use was higher in southern Tasmania than in most other regions of the state, with more than 60 per cent supportive of pill testing health services.

More than half of those in southern Tasmania were supportive of referral to treatment or education programs for those found in possession of illicit substances like heroin and amphetamines for their personal use.

But we knew that this change was happening.

In the past three years since this research was collected, we are confident that perceptions have continued to evolve, and the reasons why will be varied.

Generally, many are beginning to realise that the 'war on drugs' is an outdated approach and that criminalising drugs plays a key role in making them more dangerous.

I also believe that there is an increased awareness across the community that there is simply no stereotype when it comes to drug use.

Everyone reading this will know someone who uses drugs and would want that person to be treated with compassion and respect if they chose to seek support, regardless of whether it's for alcohol, tobacco, pharmaceutical medications or an illicit substance.

The findings of the AIHW report couldn't come at a better time, with the Tasmanian Government in the process of finalising the Tasmanian Drug Strategy 2022-2027.

I hope that this research provides the Tasmanian Government with the confidence that the Tasmanian community is ready to talk about different approaches to responding to drug use.

A government with the confidence to sit down and have an honest conversation about drug use at the grassroots with our community, will give everyday Tasmanians the confidence to have their own.

Alison Lai is the CEO of the Alcohol, Tobacco and other Drugs Council, the peak body representing community-managed organisations delivering specialist alcohol, tobacco and other drug programs and services across Tasmania.

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Local Government Review focused on better services and outcomes for all Tasmanians



The Hon Sue Smith
AM, Chair of the Local Government Board

THIS week saw the release of the Local Government Board's 'Stage 1' Interim Report on the Future of Local Government Review.

The Tasmanian Government has asked the Board to comprehensively review the role, function, and design of local government in Tasmania so that councils can deliver the best possible community services and outcomes in the future.

Stage 1 of the Review commenced in January and was all about community engagement

and fact finding, and we have been encouraged by how the local government sector, stakeholders and the broader community have engaged in a genuine and positive way.

Our Interim Report outlines what we have learned so far and sets out an overall vision for the future of the sector we hope the Tasmanian community can and will rally behind.

Now we want to hear from the community if we have got that vision right. To help, we have developed an online engagement portal where the public can explore the Report, respond to our consultation questions, and share their views on the future role of councils. You can access the portal at www.engage.futurelocal.tas.gov.au

And now to address the 'elephant in the room' - council amalgamations.

The Board is

approaching the Review from the perspective of improving council capability, rather than through the narrow lens of 'cost efficiency' alone.

That is not to say that there may not be better or more efficient ways of delivering some services. We think there are likely to be a range of areas where greater scale economies could deliver better value and higher quality services.

The Board remains open to all options at this stage, including the potential for fewer, larger councils.

But we do not want to focus all our attention on council amalgamations as the only possible pathway to reform, nor pretend mergers will be the 'silver bullet' to address all the challenges.

We also want to consider new and innovative service consolidation and resource

sharing models which could deliver a better balance between local responsiveness and service efficiency.

Ensuring that all our councils can deliver on the things that matter most in an effective, efficient and sustainable way will require a re-set in our thinking and a collaborative effort to design a system that can deliver that vision.

So, in Stage 2, let's keep working together to shape the future of local government.

The Hon. Sue Smith AM is the Chair of the Local Government Board. Sue is a former councillor, mayor, and President of the Local Government Association of Tasmania. Sue was the first female President of the Tasmanian Legislative Council, serving from 2008 to 2013.

To learn more, visit www.futurelocal.tas.gov.au



Winemakers Anna Pooley and Justin Bubb at Pooley Wines near Richmond

National award for Pooley

POOLEY Wines near Richmond has become the first Tasmanian vineyard to be named Winery of the Year at the prestigious Halliday Wine Companion Awards.

“It has long been a goal of ours to be in the top 10 best wineries in Australia and to take out the top prize is just outstanding,” Pooley Wines managing director John Pooley said.

“My team have been exceptional in their focus to produce the highest

quality grapes and wine and we have now been rewarded for this.”

The judging panel of ten wine specialists tasted more than 8,000 Australian wines as they searched for consistency in quality, style, colour, aroma and taste.

“We had been on the radar of a number of panellists in the leadup to this year’s awards,” Mr Pooley said.

“In 2021 we won best Riesling in Australia, and in 2022 scored 99 out of 100 on our

Jack Denis Pooley Pinot Noir.”

Established in 1985, Pooley Wines started as a hobby project with seven rows of pinot noir grapes and ten rows of riesling, planted on the family’s 16-hectare farm at Cooinda Vale.

“The business started as a hobby for my late parents who in their mid-seventies knew nothing about wine or grape growing, and together as a family we started teaching ourselves,” Mr Pooley

said.

“During the ‘50s and ‘60s a lot of people believed you couldn’t grow wine grapes in Tasmania because of the cool climate.

“But over the past 30 years local winemakers have been experimenting, learning and improving cool climate varieties.

“Tasmania is now one of the best cool climate grape growing regions in the world and the home of a various world-class wines.”



Tasmanian Fine Food Awards Committee chairman Rodney Wyker presents the Champion Coffee award to Oomph Tasmanian Gourmet Coffee owners Andrew and Monique Dykes

Putting some Oomph! into Fine Food Awards

Oomph! Tasmanian Gourmet Coffee has had a spectacular year, taking out the Champion Coffee title at the 2022 Royal Tasmanian Fine food awards - the first Tasmanian-based roaster to win the award in more than 10 years.

Their popular Santorini blend not only snagged the top award, but also received a gold medal in the Cappuccino/Milk Based - Traditional Blend category. A silver medal in that same category was awarded to another Oomph! success, with their café favourite blend Java Jo clinching the prize.

Independent local and interstate coffee judges make up the panel that awards the sought-after medals.

The results were an exciting achievement for Oomph! Tasmanian

Gourmet Coffee and its new owners Monique and Andrew Dykes, who only took over the Mornington-based business from previous owners Roger Woolley and Sue Dart in December 2020.

Over the past twenty months, Monique and Andrew have steadily grown the business, attracting more retail and wholesale customers to the Oomph! brand.

“Many customers have been with Oomph! for years and we truly thank them for their ongoing support,” Monique said.

“We’re also excited to welcome all our new customers, particularly during recent times when the impacts of Covid have really hit the local economy hard.”

Coffee bean sales are available direct

to the public at the Oomph! warehouse. Just follow the delicious scent of roasting beans to find them at 2/123 Mornington Road, Mornington.

There are five different coffee blends on offer, with a range of strengths and flavours guaranteed to meet the caffeine needs of all coffee lovers! Try the award-winning Santorini and Java Jo blends for yourself.

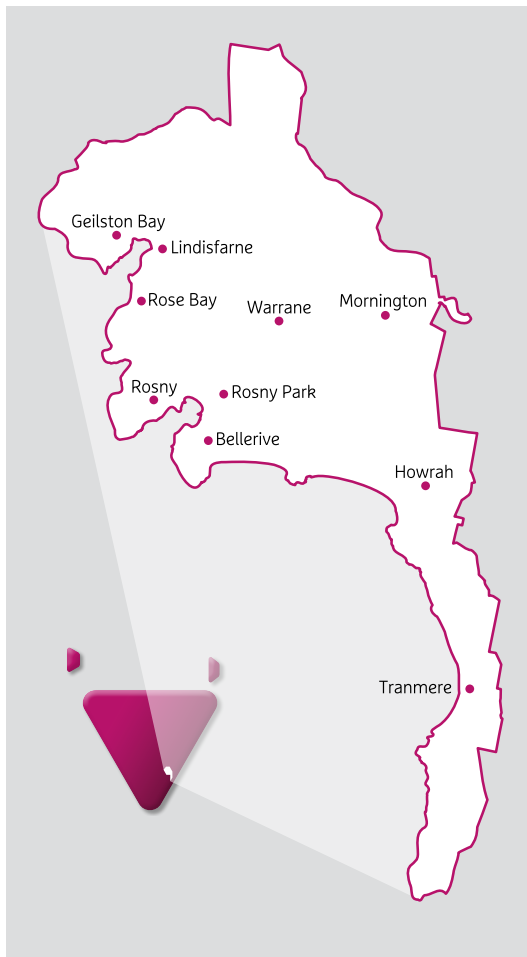
“We provide outstanding coffee at a competitive price, backed up by exceptional customer service and support,” Monique said.

“Come and visit us at Mornington soon. We look forward to sharing our award-winning coffee with all Eastern Shore residents and welcoming you to the Oomph family.”

Pembroke early voting is now open.

If you can’t vote on polling day, Saturday 10 September, Pembroke electors must vote early.

For more information go to tec.tas.gov.au



Your division.



Your voice.



Local coffee roaster based on the Eastern Shore, just off the Mornington round-about

Coffee bean sales direct to the public

Wholesale and business subscription opportunities available

2022 Tasmanian Fine Food Awards

Champion Coffee

Gold Medallist

Silver Medallist



Our Award-Winning Coffee is available at 2/123 Mornington Road, Mornington



oomphcoffee.com.au

6244 3079

Rustic, rural Clayfield your homestead away from home

HISTORIC Clayfield Homestead is the perfect weekend getaway to help you switch off from the outside world, offering an authentic Tasmanian farm stay experience just a short drive from the familiar comforts of home.

Situated on a sustainable working farm in the homely hamlet of Bishopsbourne - only 20 minutes outside Launceston - Clayfield Homestead overlooks lush green paddocks and enjoys sweeping views of the picturesque Great Western Tiers.

Built in the 1820s, the original homestead boasts beautiful timber features, a classic wood fire and light-filled bedrooms.

Spread across two levels, the rustic country accommodation sleeps up to 21 guests comfortably, making it the ideal getaway for big groups looking for a true Tasmanian farm stay experience.

Fully self-contained, the property has all the homely comforts needed for one night or one week.

Whether you want to cook up a storm in the fully equipped kitchen, head out to a local eatery or take it easy and enjoy in-house catering, there is an option for every occasion.

Hosts Angela and Malcolm Cresswell offer an array of catering options including grazing platters, breakfast hampers and barbeque packages, all featuring locally sourced produce from the region.

Surrounded by beautiful English gardens and livestock, Clayfield is the perfect escape all year round: snuggle up by the fire in winter, wander the gardens in spring, sit on the deck with a Tasmanian wine in summer, or watch the leaves fall from the trees by the window in autumn.

Clayfield offers something for everyone, whether you want to kick back with a book in the clawfoot bath, play board games by the fire, watch the sun go down from the timber deck, or go and explore the local townships.

Nearby you can explore world-class mountain bike trails, wonderful walks, award-winning restaurants, antique stores, golf courses, wildlife sanctuaries, art galleries and local markets.

If you are looking for an idyllic retreat to take in some fresh air, wind down and re-connect with loved ones, Clayfield Homestead is perfect for you.

Angela and Malcolm would be delighted to welcome you. To find out more and make your booking today, visit clayfieldhomestead.com.au



Clayfield Homestead, in tranquil Bishopsbourne



Banjo's Rosny production manager Scott Jones with a limited-edition Butter Chicken Pie

Family friendly Lindisfarne Banjo's celebrates first year

BANJO'S Rosny is celebrating its first year of business under new local owners Robbie and Anita Iles.

The Iles family are local to the area and set about really pushing a community focus for the store from day one.

Employing Eastern Shore local Scott Jones as production manager, the store has been able to take the famous Banjo's quality to another level thanks to Mr Scott's expertise as a pastry chef.

The store now has a lot of local faces with Mr Iles utilising local employment services such as BEST (formerly SERDA) to build his team with a real local feel and with a focus on family, community, quality and service.

"The store has a real family atmosphere now," co-sales manager Nikki said.

"It's not unusual to pop into the store and spot Robbie, Anita and their four children enjoying breakfast or to spot production manager Scott, his wife Sammy and their three boys enjoying a hot chocolate before school."

Banjo's Rosny has taken on a number of sponsorship arrangements in its first year, most notably its sponsorship of the RSPCA and the Eastern Shore Jets Netball Club.

It is also a major sponsor of the Southern Football League, Richmond and Sorell cricket clubs, the Sorell Football Club, the South East Suns Women's Football Club and the South East Junior Giants and Clarence Junior football clubs.

"We feel that giving back to the community and being a good corporate citizen is something we can all be proud of," Scott said.

Banjo's Rosny is open from 6am - 6pm seven days a week, and will commence opening at 5am from September 5.

Clayfield Homestead

Bishopsbourne - Tasmania

The Perfect Spring Getaway

Sleeps 16+ guests

Surrounded by stunning views of lush farm lands

Just 20 minutes from Launceston

Backdrop of stunning vistas and views to the mountains

Truly unique location

Clayfield is a hidden treasure that awaits you.

Find out more at: clayfieldhomestead.com.au

Butter Chicken PIE

Get one Indya!

LIMITED TIME

Banjo's

Lindisfarne Rosny Shoreline Sorell

'39 Steps' shaping up to be a complete Lark

FOUR actors will play more than 100 roles in the theatre adaption of 'The 39 Steps' this August.

Adapted from Hitchcock's 1935 classic 'film noir', the play moves heavily into the comedy 'homage' aspect of not only Hitchcock's adaptation, but of the entire spy thriller genre.

The Hobart Repertory Theatre Society's version promises to be a fast-paced and fun journey through a weekend in the life of main character Richard Hannay as he is drawn into a fiendish and intriguing web of spying and murder, entirely by chance.

With Jared Goldsmith taking on the role of Hannay and Jean Ivey, Andrew Gregson and Jeff Keogh playing all the other characters, the show journeys from London to Scotland and back in the early 20th century.

For local director Jack Lark, 'The 39 Steps' marks his final work in Tasmania before embarking on a course at the famed Royal Academy of the Dramatic Arts in London.

Mr Lark's background is in musical theatre, most recently the critically acclaimed 'Old Man and The Old Moon', and he hopes to bring some of the pace and rhythm required for a musical to 'The 39 Steps'.

"For a show like this, timing is everything," he said.

"From the technical requirements of multiple costume and set changes, to the pace of the show and most critically the humour, everything has to happen at the right moment. Which frequently for poor Mr Hannay, is exactly the wrong moment."

The production will be the third of Hobart

Rep's four plays at the Playhouse this year, after successful seasons of both 'Peter Rabbit' and 'Go Back for Murder'.

"This year is all about fun for both us and the audience," marketing convener Ben Armitage said.

"The 39 Steps' is the kind of play where you give a young, exciting and up-and-coming team some room and support and watch them bring a level of joy and energy to the stage that reinvigorates the entire industry."

The show runs from 12-27 August, with both evening and matinee performances.

Tickets are available now from www.playhouse.org.au



Director Jack Lark and actor Jared Goldsmith rehearsing

**4 actors
130 characters in
100 hilarious action
packed minutes!**

Hobart Repertory Theatre Society
by arrangement with ORIGIN™ Theatrical on behalf of
Samuel French a Concord Theatricals Company proudly presents

John Buchan's The 39 Steps

adapted by Patrick Barlow directed by Jack Lark

a parody based on the famous spy thriller by
Alfred Hitchcock

12 - 27 August
Bookings at playhouse.org.au
or The Playhouse Theatre Box Office
See website for opening hours or call 6234 1536

THE PLAYHOUSE THEATRE
106 Bathurst Street, Hobart

Heather & Christopher Chung Rob Valentine MLC

HJC serving hot, free jazz

IT'S hot, it's free, and it's back: the Hobart Jazz Club will deliver its 18th annual Hot August Jazz Festival in North Hobart on 28 August.

The totally Tasmanian event continues to grow and grow, with almost 280 musicians performing across 12 venues this year, all within walking distance in the North Hobart CBD.

"The festival promises to deliver something for all jazz tastes, with jazz genres from traditional

and mainstream through to funk and modern," Hobart Jazz Club president Kaye Payne said.

The event opens at noon on Sunday 28 August in five venues (including the official opening at The Queens Head) and wraps up at the Republic Bar at midnight.

Jazz fans can expect to see everything from duos through to big bands performing throughout the day and night at venues along

Elizabeth Street and up Burnet Street, all within walking distance.

"This event is a showcase of Tasmanian Jazz talent with a mix of new and seasoned performers," festival coordinator Christine Bailey said.

"Hot August Jazz has proven to be a starting point for many young musicians. It gives them the opportunity to perform professionally in front of an audience while also having the chance to see the



The Spike Mason Quartet is just one of the dozens of acts performing at Hot August Jazz

experienced players do their thing."

Presented by the Hobart Jazz Club Inc with support from the Hobart City Council, Hot August Jazz 2022 will run from noon to

midnight on Sunday 28 August. Programs will be available a week before the event at the venues and online at www.hobartjazzclub.com

Entry to all venues

is free, but organisers encourage patrons to support the businesses by purchasing food and drink where available.

COVID regulations apply (see the program for details), and

your patience when queuing at venues is appreciated.

For more information, phone Kaye Payne on 0412 825 967 or Christine Bailey on 0438 722 137.

18th annual

Programs at hobartjazzclub.com

HOT AUGUST JAZZ

Sunday August 28 **FREE** **noon to midnight**
12 venues in North Hobart



TasPorts community grant program supports use of Hobart's waterfront

AFTER launching its Community Grant Program in early 2022, TasPorts has been offering grants up to \$5,000 to local projects, initiatives and events that benefit local communities surrounding Tasmanian commercial and community ports.

As TasPorts' largest community asset, the Hobart waterfront hosts many large events every year, and TasPorts is there to support them.

Hobart-based youth

dance company DRILL was awarded in-kind support to present its upcoming performance 'dissolving labels' at MAC 02, TasPorts' premier event venue.

DRILL General Manager Cathryn Williams said there was no way it could afford to perform in a space like MAC 02 without the support.

"We were really interested in the space for this particular performance, so we decided to make a hire

enquiry," she said.

"Straight away, TasPorts made us aware of the Community Grant Program it was launching, and the rest of the process was seamless."

This winter saw a number of festivals return to Hobart's waterfront including the iconic Festival of Voices, which received an in-kind grant from TasPorts for operational and marketing support for its 2022 program.

In August, the biennial

Australian Antarctic Festival will also return for a five-day program of exhibitions, tours, displays and lectures. Over the duration of the festival, 8,000 Adélie penguins, painted by Australian and International school children from 150 schools, will be displayed at MAC 02 in a giant penguin rookery.

"Thanks to TasPorts' Community Grant Program, the ever-popular penguin rookery will return for this year's

festival," Australian Antarctic Festival media manager Daryl Peebles said.

"School children and festival visitors alike will be greeted by thousands of penguins drawn by children from as close as Albuera Street Primary School to as distant as regions in Europe."

TasPorts' Community Grant Program also provided funding to Sprout Tasmania to assist with its first online Cross-Pollinate forum, which explored

changing perspectives for the agricultural community in Tasmania, both on the farm and in business. As facilitators of Tasmania's exports, TasPorts supports initiatives to contribute to increased resilience and opportunity in the agriculture industry.

Across the first two grant rounds of 2022, TasPorts has awarded \$50,000 in funding and \$15,000 of in-kind support to 13 organisations to support a variety of projects

across Tasmania.

TasPorts Group Executive Kate Dean said the organisation had a long and proud history of supporting community events and initiatives across Tasmania.

"Our organisation is proud to play a major role in contributing to the Tasmanian economy, and each year supports a number of initiatives and events that benefit the communities located near our port operations," she said.

SET SAIL WITH OUR HELP

The Community Grant Program allows us to give back by supporting organisations, groups and events that benefit communities surrounding our port operations.

Grants up to \$5,000 are available, as well as in-kind support for venue hire fees and civic banner installation.

For further information, please visit tasports.com.au/grant-program



COMMUNITY
GRANT
PROGRAM



Community
Grants Program

Contributing to local communities has become part of everyday life here at Hobart Airport.

We are inviting Tasmanian charities to apply to have their project considered as part of our Community Grants Program.

We've got up to \$5000* for projects that make a difference to Tasmania's environment or communities.

For more information, visit hobartairport.com.au and help us, help others.



Connecting
Communities

*Terms and conditions apply. See website for details.

HBAB169

Need help turning your big idea into a small business?

HAVE you got an idea for a business? Where do you go from here?

The Workforce Australia Entrepreneurship Facilitator program, delivered by Business South in the Greater Hobart and South-East Tasmania, can support you on your journey through the maze to self-employment.

An Australian

Government initiative, the program offers free, practical and confidential guidance and support on all aspects of starting and running a small business – from registering business names, website domains and your ABN through to financial, marketing and strategic advice.

“When you’re playing with the idea of starting a business, it can be

really overwhelming if you go online and search for support,” Entrepreneurship Facilitator Sharon Harvey said.

“The advantage of our program is that we offer the opportunity to sit down and talk to a real person, brainstorm your idea and talk through the things you need to consider.

“Once we understand

where someone’s at in their small business journey, based on their needs we can do further one-on-one mentoring with them or refer them to other relevant programs and services, remembering our services are completely free.”

The Entrepreneurship Facilitator program offers one-on-one mentoring in-person

or remotely; referrals to other relevant support programs and services; and monthly free workshops and information sessions.

In August 2022 we have some great topics on offer - FREE, online and in-person.

What you need to know when getting started in small business

Topics will include things to consider before you start out; how to assess your business idea; the basics of planning and marketing; and how to best set yourself up for success.

De-mystifying the market scene

Are you looking to start selling at markets? Or already doing it, with little success?

Coffee and connections

Network and meet fellow small business owners in various locations across southern Tasmania.

Bookings are essential. For more information or to book your FREE place in the program, go to www.businesssouth.org.au, phone 0455372023, or email sharon@businesssouth.org.au



Business South offers one-on-one mentoring and guidance

WHAT'S ON IN AUGUST

Access free events to guide you on running a successful small business!

• Starting up a Small Business

Discover the fundamentals with launching a bright business idea.

• Demystifying the Market Scene

Looking at selling your products at markets? Find out what it takes to be successful.

• Coffee & Connections Power Hour

Meet fellow business owners to discuss ideas, challenges and build your network!

Workforce Australia
Self-Employment Services

Delivered by Business South



For full details and registration, visit www.businesssouth.org.au or call 0455 372 023.

Bookings are essential.



Which ear wax removal option is best for you?

EAR wax is a normal bodily process that protects our delicate ear drums. It is a natural secretion in the ear canal that helps maintain our ear health. It protects against infection and provides lubrication of the skin in your ears.

However, ear wax can also accumulate and cause discomfort. Blocked ears can be painful and give you a temporary hearing loss.

At Ability Hearing and Balance, we offer the latest earwax micro-suction procedure by our fully qualified audiologists. Earwax suction is a fantastic alternative to ear syringing, which can

cause dizziness and ear drum perforations.

With suction, our audiologist has a clear view of your ear canal through a specialist microscope to ensure your safety during the procedure.

Audiologists are trained in identifying abnormalities in your ears and will assist you with further medical referrals if need be. We also provide a quick hearing check after the procedure to ensure that your hearing is back to normal.

Often patients are referred to us by doctors for earwax suction when there is a suspected infection. We are able

to perform a specialized test called tympanometry following suction to check whether an infection may be present.

Some of our clinics also have a video otoscope onsite so that we can take pictures of your ear drum to show you exactly what we are looking at. All in all, the audiologist is fully equipped to provide you with a comprehensive picture of your ear canal health.

There is nothing more annoying than waiting for your hearing test or hearing aid adjustment appointment, only to be told your ears are full of wax and be sent back to the doctor for wax

removal.

Ability Hearing and Balance Audiologists have more than 20 years of experience in wax removal techniques. If you show up for a hearing test with blocked ears, we will remove it prior to testing.

Not only will our audiologist remove the earwax from your ears, we also advise on the best management plan to keep your ears healthy so they don't block up again!

Health fund rebates and pensioner discounts apply. DVA Gold Card Tasmanians can access earwax suction for FREE. Call 1300 327 776 to make a booking.



Ability Hearing audiologist Mr Nick Modrovich provides earwax micro-suction at our Rosny Park bus mall clinic



Earwax Suction & Hearing Aids

- 20 years of experience - Accredited Audiologists
- Tasmanian Owned & Operated
- Obligation free 14 day hearing aid trials
- Everyday Discounted Prices on Hearing Aids
- *FREE hearing aids for eligible Pensioners

*Conditions apply under Australian Government Hearing Services Program



Mr Nick Modrovich
Clinical Audiologist



**GLENORCHY
NORTH HOBART
ROSNY PARK
KINGSTON
LAUNCESTON**

5 Star Reviews
★★★★★

CALL 1300 327 776
www.abilityhearing.com.au



HERC's nationally accredited training provides students with the skills and knowledge needed to kick-start their career in the healthcare industry.



Course starts in September

CHC33015 Certificate III in Individual Support (Ageing)*

- Are you considering a career in Healthcare?
- Experience a flexible training course with online and practical simulation based training
- A perfect pathway into the aged care industry or on to further study with HERC's Diploma of Nursing

Already have your CHC33015 Certificate III in Individual Support? Contact us to discuss completing the CHCSS00098 Individual Support – Disability Skill Set. Fully funded places available.



Register your interest at herc.tas.edu.au

FREE TRAINING AVAILABLE*
for eligible candidates through the state government
*LIMITED SPOTS AVAILABLE

HERC is the training division of the Australian Nursing and Midwifery Federation Tasmanian Branch. HERC proudly delivers accredited training delivered by ASQA Registered Training Organisation with ANMEC (Australian Nursing & Midwifery Education Centre), RTO Code 40064. This arrangement enables HERC to deliver ANMEC's CHC33015 Certificate III in Individual Support (Ageing) and HLT54115 Diploma of Nursing. Skills Tasmania subsidies available. The JobTrainer Fund is a jointly-funded initiative of the Australian and Tasmanian Governments.



Practical, engaging training with HERC

IN 2013, the ANMF Tasmanian Branch established the Health Education and Research Centre (HERC) in Hobart to provide accessible, high-quality training for health professionals.

HERC has contributed to the ongoing needs of residential aged care by training extended care assistants in the Certificate III in Individual Support (CHC33015). This is the entry level qualification for workers in the ageing, community, and disability sectors.

HERC recognises it has been a tumultuous time for the health profession over the past few years, since the World Health Organisation (WHO) declared COVID-19 a pandemic on 11 March 2020.

In the thick of it all, healthcare workers were, and still are, providing frontline care day in, day out. The WHO praised

their commitment and professionalism throughout the pandemic, describing them as "extraordinary people performing extraordinary work".

In Tasmania the situation has been no different. The Australian Nursing and Midwifery Federation (ANMF) Tasmanian Branch has been advocating on behalf of members in public, private and aged care health care services during this challenging time.

The organisation believes professional development in a supportive environment is the key to ensuring the health and welfare of nurses, midwives and care workers now and into the future.

The Certificate III in Individual Support (CHC33015) through HERC uses evidence-based practice to support the principles of a person-

centred approach. It engages learners to deliver care that places the client at the centre of service with inclusive decision-making and informed client choices about activities of daily living.

This course is delivered over 16 weeks of intensive study (not including any applicable holiday periods) in HERC's training rooms at 182 Macquarie Street, Hobart.

The course runs three days a week (9am - 3pm), including one day each week in the HERC SIM lab; with students to also undertake at least one day per week of self-directed learning, and four weeks of full-time supervised clinical placement (160 hours).

This qualification can be a pathway into the Diploma of Nursing with HERC, to study and become an Enrolled Nurse.

'Hotel' Bisdee a unique respite experience

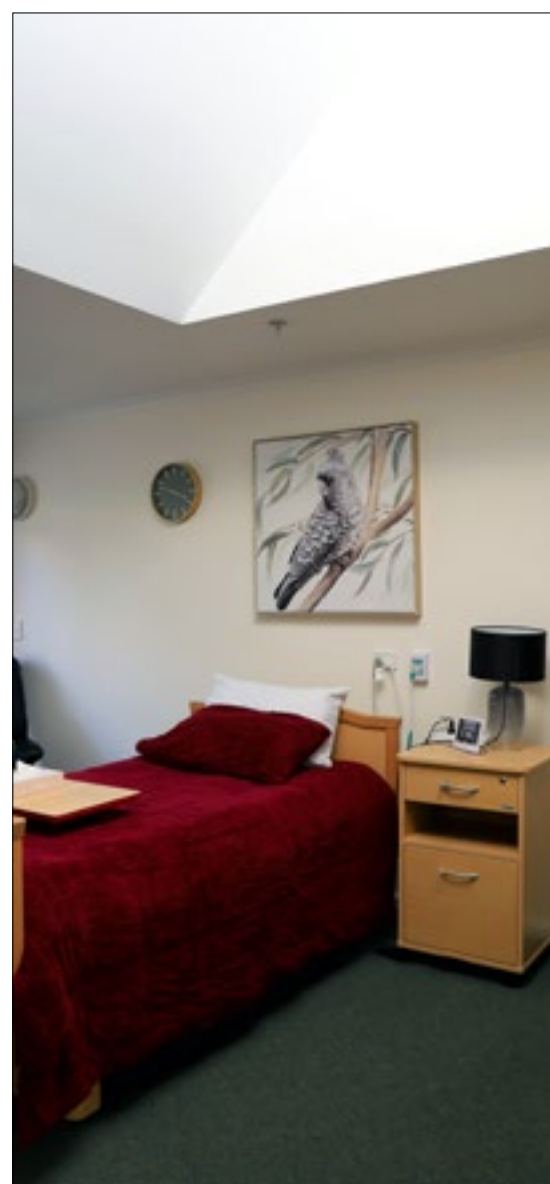


RIET DeWilt stayed for five nights at 'Hotel' Bisdee recently while her family holidayed in Queensland.

The 84-year-old said she would have been fine by herself at

home, but wanted her daughter to have peace of mind and enjoy her holiday knowing that Riet was safe.

'Hotel' Bisdee is a unique model of respite accommodation



built within the Bisdee Community Centre at 20 Windsor Street, Glenorchy.

Technically it is 'cottage respite', which means it has only a few guests at a time.

The program has been designed specifically for short-term stays, to assist families and carers to take some time off for themselves and recharge.

Guests enjoy 24-hour personal care and activity programs including lunch outings, art, exercise and more, if they want to join in.

Riet visits the Bisdee Community Centre (or 'day centre', as it is

known) at least three times a week and has done for eight years. She used to catch the bus there and now the Centre collects her from home for the day.

The Centre is open for day respite seven days a week from 7am. 'Hotel' Bisdee operates 24/7 for respite care, and guests are welcome to join the day centre group to participate in the activities.

Riet proudly showed off her room at 'Hotel' Bisdee.

"These are nice rooms, aren't they?" she said.

"It's clean here, comfortable. The

bathroom is huge! The staff are very caring and take time to answer questions."

Riet was enthusiastic about returning to stay at 'Hotel' Bisdee in the future.

"Oh yeah! It's just like a holiday you know, with bus tours, lunch outings and making friends," she said.

"I've always called Bisdee my second home anyway!"

Contact the Community Centre for bookings, fees and subsidies. Phone 6277 8820 or email enquiries@glenview.org.au

Glenview Home Care for You



David asked us to organise for him to go out one day a week to give his wife a break.

"David really looks forward to his outings with Scott."

Kathy, his wife says they've been life-changing for her too."

Like some help with cleaning, gardening, cooking? Want to join a fun activity or outing? Need a lift to and from appointments?

Simply get in touch and we will organise for trusted and trained Glenview staff to help you to continue to live your life independently and comfortably in your own home.



For bookings, fees and subsidies contact Kelly on 03 6277 8800 admin@glenview.org.au

Riet loved her first stay at 'Hotel' Bisdee, while her family took a quick holiday

Exquisite hand-made rugs weave into Bathurst Street

FOURTH generation rug weaver Khalid Shah Sultan is sharing his love and knowledge of the ancient artform in his new Bathurst Street store.

In the late 1800s Khalid's great-grandfather followed the Silk Road. Beginning in Persia, he made his way through countless towns, villages, and cities before finally settling in Kashmir.

"It was a time of great migration, and the King of Kashmir at the time was calling for people to come and practice rug weaving in the region," Khalid said.

"My great-grandfather went on to set up a rug factory in Kashmir, where he taught my grandfather and then my father and uncles the art of weaving."

Khalid's great-grandfather was a master of the trade, and Khalid is working to continue his legacy and build the appreciation of this centuries old artform.

Khalid had held exhibitions in Tasmania before opening his Bathurst Street store, The Tasmanian Rug Gallery, and the response he received was always very positive.

"We could see a gap in the market for high quality, artisan rugs and decided to open the store and share this incredible art form with the Tasmanian community," Khalid said.

The Rug Gallery Tasmania proudly holds one of the largest stocks of silk rugs, knotted Persian, and Oriental rugs in Australia, with a collection of beautiful artisan pieces from across the Middle East, including Iran, India, Kashmir, Turkey, Afghanistan, and Persia.

"Some of the wools are sourced from high altitude mountains of Kashmir," Khalid said.

"The sheep are grazed around the tree line of the mountains and because of the climate and the altitude they have very fine wool, making the pieces of very high quality."

Khalid personally hand-picks some of the pieces from countryside Kashmir, made by families that have been practising the art of weaving for centuries.

"Skilled weavers from the middle east can often be exploited by agencies," Khalid said.

"The precision, time and

effort put into each rug is astounding.

"So, I have made it my top priority to ethically source all of our rugs directly from the weavers to support them in their craftsmanship.

"Some of the rugs can take up to two years to make, with each rug being made up of millions of knots that are each done by hand.

"A lot of the rugs are also dyed with organic colours that are derived from plants and organic materials.

"This is how rugs from the middle east were originally dyed.

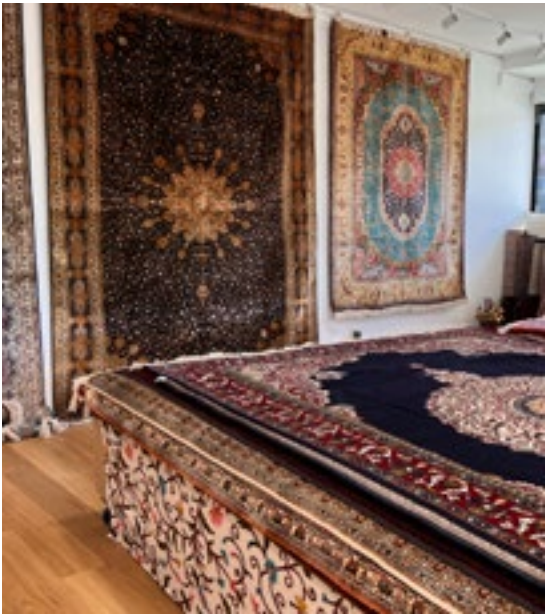
"We are so glad to stock pieces that are organically dyed and showcase the long history of rug weaving."

Khalid and his family are excited to be sharing these incredible works of art with the Hobart community and can't wait to help create alluring and inspired spaces in your home.

To view The Rug Gallery Tasmania's extensive collection head to 126 Bathurst Street, Hobart or check them out on Facebook.



Ahsan Khan and Muhammad Humam at the Tasmanian Rug Gallery



Stunningly *beautiful*
handmade rugs
from Iran, Kashmir, Turkey
and other exotic locations of the east.

Our mission... to help to create alluring and inspired spaces in your home. We have gorgeous collection of Persian and Oriental wool and Silk rugs you would have never seen before. We directly source our rugs from the weavers and proudly have one of the largest collection of Persian rugs in Australia.



126 Bathurst Street

Come and see for yourself!

Discover The Rug Gallery
Tasmania on Facebook!



Ten Lives
12 Selfs Point Road, New Town
Open
Mon - Sat 10.00 - 4.00
Sun 10.00 - 2.30
6278 2111
tenlives.com.au

ADOPT



Bonnie 1Year Old Female #17556

Bonnie is a sweet 1 old girl who may take a little while to get to know you, but has a wonderfully, vibrant personality once she's settled in.



Sheba & Tapani 7 Months Old Male

These two cuties are a bonded pair looking for a home together. Tapani is very social and smoochy, and loves to play. Sheba is sweet, gentle and quiet. They both love to cuddle and can't wait to meet you!



Ricola 1Year Old Female #15773

Equally independent as she is smoochy, Ricola is happy to find a quiet spot to have a snooze or zoom and play with toys. She will hop up on your lap or bed for a cuddle when she needs a rest.



Tiggy 12 Years Old Female #18252

Tiggy would love nothing more than spending the rest of her life curled up on a window ledge, catching sunrays. If you're looking for a gentle, quiet companion, then Tiggy is your lady!

You can find out more about these kitties along with all of our kitties available for adoption at tenlives.com.au

Every cat has a story.
Are you part of it?

#ADOPT

@tenlives.com.au

Pet Talk



Robyn Trigge displays some of the handbags she has made from materials sourced from op shops

A lifetime of memories are material for Robyn's upcycled handbags

Rich East – Ten Lives Cat Centre

ROBYN Trigge makes one-of-a-kind handbags out of fabric she finds in op shops, and I got the opportunity to meet her at her home in Tea Tree.

After a chance conversation with a Ten Lives Op Shop volunteer, Robyn discovered that large quantities of fabric and unsaleable clothing sat in bins at the Argyle St Op Shop, overlooked by customers.

Having developed an interest in recycling, she took the opportunity to use the fabric to create something new. Robyn's

skill and eye for detail is applied to each bag she makes; each lined and featuring recessed zips, bag feet and inside pockets.

She had lined up the bags, which she refers to as 'the ladies', on the table, each one sporting its own unique character and embellishments.

"I do a different front and back because that way you get two bags in one, you can reverse it," she said.

As Robyn told me, there's a lot more to each piece of fabric than meets the eye.

When Robyn's mum passed away in 2016, they had to clear out

her unit in Brisbane. Her mum grew up at the end of the depression, so it was only natural that she was reluctant to throw anything away.

Robyn found it heartbreaking disposing of her belongings.

"These were things mum had valued and loved," she said.

"She wasn't rich, but it meant something to her."

It was from that experience that Robyn's interest in upcycling developed. Since retiring last year, Robyn has reengaged her hobby of sewing and put that interest into practice in the bags she creates,

which combine recycled and new materials.

"The beautiful thing about these bags is that the pieces from the Ten Lives Op Shop give it character," she said.

Much of the material such as placemats, doilies and quilting fabric that arrive at op shops is from people who were in a similar situation to Robyn in 2016, and it means a lot to her that she can show that it can be upcycled into something beautiful and usable.

"It makes the relatives feel better, and it honours the person who had kept it for all those years," Robyn said.

Robyn hopes that her projects will inspire others to think about recycling, and where their fabric comes from.

"Modern fabrics aren't as good," she said.

"You don't have to go to big stores. The cheap stuff just doesn't

compare for durability."

Robyn encourages other sewing enthusiasts to visit their local op shop to see what quality fabrics can be brought to life once more.

Robyn's handbags have been available in stores around Hobart but are currently available from her direct. Robyn also makes custom designs and can be contacted on 0415063716.

Ten Lives Op Shops are located at 1717 Channel Highway, Margate; 222 Argyle Street, North Hobart; and 37 High Street, New Norfolk. Our Op shops provide much needed funds for the Centre to help care for and rehome the unwanted cats and kittens of Tasmania. See how you can get involved at tenlives.com.au



One of Robyn's amazing handbags

ENFIELD KENNELS & CATTERY

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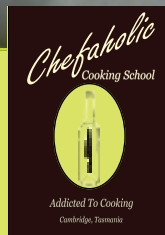
We look after your prized dogs and cats, and give them a holiday whilst you are on holiday!

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Health & Lifestyle



Chefaholic Cooking School and Catering

A PADDOCK TO PLATE COOKING EXPERIENCE FOR ALL

RIGATONI WITH ROASTED VEGETABLE SAUCE

Ingredients

- 4 ripe tomatoes
- 1 large capsicum, quartered and seeds removed
- 1 small head of garlic, excess papery skin removed
- 1 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- Salt and ground black pepper
- 500g rigatoni
- 100g sundried tomatoes
- 100g small black olives (no pips)

Method

1. Preheat oven to 180C. Place the tomatoes, capsicum and garlic in a baking pan. Brush with the oil and bake for 30 minutes.
2. Set the vegetables aside to cool slightly. Squeeze the garlic out of its shells and peel the tomatoes and capsicum. Place in a food processor with the vinegar and process until the mixture is almost smooth but still has some texture. Season with salt and pepper.
3. In a large saucepan of boiling salted water, cook the pasta until al dente. Drain.
4. Meanwhile, heat the sauce in a saucepan. Add the sundried tomatoes and olives and cook until heated through. Add the pasta to the sauce and mix well.
5. Serve immediately.

Enjoy

For further information please contact:

E: chefaholic.tas@gmail.com

P: 0407 175 720 or 0448 820 367

www.chefaholiccookingsschool.com



Walkers at the Overland Track's Waterfall Valley Hut

Thriving on the Overland Track

Jo Cordell-Cooper

I'M a big fan on planning a challenging hike as a motivator for improving fitness, but there is another element to surviving a big hike that you may not be aware of.

With multi-day hikes comes many nights either camping or sharing a hut, and the Overland Track huts cater for up to 36 people so it is important to understand the unspoken etiquette of doing so.

Here are my five top tips for enjoying not only the hike, but living in close proximity to your fellow adventurers:

First, leave your portable speaker at home. Nothing will make you less popular than playing music at a shared campsite or along the route.

Instead, enjoy this opportunity to switch off and enjoy the sounds of nature. If you need to listen to music pop your earphones in and test them prior to your hike for 'noise leak'.

Secondly, know your gear. I'm going to be specific here – let's talk sleeping mattresses! Light and comfortable mattresses come in many thicknesses - with some even boasting a 'R-value' warmth rating - and have a range of ways of inflating.

Rather than being seduced by all this, do your research regarding the quietness of the mat. While this might seem a little crazy there's a few inflating mats that sound like crunchy chip packets or squeak like rubber on rubber – these are overly noisy and make every wriggle or roll-over a nightmare for all within the hut. I've been really happy with my Exped mattress.

Another essential courtesy is around bedtime - hikers are notoriously early to bed and rise. Starting

a rowdy game of cards or loud conversation is not appreciated by those weary from the day's hike so read the room, and if your fellow hikers look like they are heading off to bed and you are wide awake, well that's the perfect time to listen to your audio story or meditation app.

Another example of hiking courtesy comes under the heading of bodily functions. Essentially, keep your windy moments to the outdoors and even be courteous there. No one wants to walk through that. Enough said.

Snorers are particularly unpopular, although we all understand snoring cannot be helped. I've met a few very courteous souls who had stayed up late knowing that they snore and this has given fellow hikers the chance to get off to sleep.

Finally, it is worth mentioning that huts contain few tables and seats so if you are cooking at the table be a courteous person - cook, eat, wash up, and let the next group have the same comfort around preparing food.

I have met some of the most wonderful and interesting humans while hiking. Sleeping in a hiking hut can bond you quickly and intimately for life but this depends on being courteous and respectful of each other. There is much to enjoy about sharing a hut!

Jo Cordell-Cooper offers Friday Night Hikes on the Eastern Shore, and half days hikes on weekends for those needing a little support to get started and gain confidence hiking in the bush.

Download your free hiking fitness resources from www.jocc.com.au/hiking or phone 0409 862206 for more information.



Healthier private health cover

GIVING your health cover a health check of its own will ensure it meets your needs and provides value to your family, whatever its size, shape or situation. And with COVID's impact on our health and lengthening hospital waiting times, health cover can be an important safety net.

What should you check?

It may seem complex, but the key details to check in reviewing your health cover are:

- Does it include what you need without lots of things you don't need?
- Are the fees still providing good value?
- How does the fund manage 'the gap'? At HCi, we offer Access Gap arrangements to minimise your out-of-pocket expenses

- Can you easily claim costs back from your fund?
- Do you get other benefits from your fund? For example, at HCi, we offer health programs and old-fashioned service at no additional cost to our members

- Does your cover protect you from the Medicare Surcharge Levy at tax time?
- Can your cover include your children beyond 18? HCi family policies cover children for six years longer than most other funds.

Did you know that many health insurance comparison sites only review funds that pay to be included or that give the site a commission on a sale? Doing your own research can give you more confidence, won't result in any sales

follow-ups, and means no hidden fees paid in commissions!

What if your cover 'fails' its health check?

If your existing hospital, extras or combined cover does not meet your needs or provide the best options for you, change to another fund! HCi has a range of affordable health cover options to suit most people – and we'll even manage the switch from your old fund for you to make it easy.

No additional waiting periods apply when you switch to equivalent or lower cover, so that needn't be a factor in choosing to switch. Upgrading your cover (within or between funds) may have additional waiting periods for certain types of cover.

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Easy to:

- ✓ Switch
- ✓ Claim
- ✓ Understand

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Get a quote today

COMMUNITY CALENDAR

If you would like to inform the community of any events you have coming up in the Community Calendar, contact editorial@easternshoresun.com.au.

A

ATHLETICS FOR MASTERS

Tasmanian Masters Athletics has changed to its winter season. Cross-country and road running for the over 30's from April to September at various locations. Website: <https://tasmastersathletics.org.au> Phone 0402 314 079 or email tasmasterssec@gmail.com

AUSTRALIAN ARMY CADETS

With the Australian Army Cadets, you will experience friendship, camping and adventures while learning leadership, management skills and much more. If you are aged 13-17 years old, register your interest today. Go to www.armycadets.gov.au or email 63acu@armycadets.gov.au

B

BELLERIVE BLUFF LAND & COAST CARE GROUP

Join our first Sunday of the month or Monday working bees, from 10am – noon. Phone Graeme on 0467 514667 or Tassie on 0417 516176 and help us care for our coastline.

BELLERIVE COMMUNITY ARTS CENTRE

Our members meet on weekdays at 17 Cambridge Road, Bellerive. Groups include painting and drawing, needlecraft, textiles and threads of all types, card making, artist's books and basket making. Visitors are welcome. Check our website or call secretary Lynne on 0407 470 214 for more information.

BELLERIVE HISTORICAL SOCIETY

Meetings are held at 7.30pm on the first Wednesday of each month, from February to November, at the Howrah Community Centre, 9 Howrah Road. New members are welcome, or just visit a meeting to listen to a guest speaker. For more information visit www.facebook.com/bellerivehistory or phone Mike Geard on 0400 974 056.

BEREAVED PARENTS' SUPPORT GROUP

Our free group is run by a bereaved mother and is open to people who have lost a child at any age, for any cause and regardless of whether the loss was recent or not. Grandparents and adult siblings are eligible too. The evening meetings are in the McDougall building in Ellerslei Road, Battery point on the second Tuesday of every second month at 7:30pm. Social gatherings occur in the months in between on a Sunday afternoon. Freecall 1300 064 068 for dates and details.

C

CLARENCE CITY BAND

The Clarence City Band is based at the Lindisfarne Community Activities Centre. The band caters for all tastes and ensembles and provides a development program for members of the community to learn a musical instrument. For more information, visit www.ClarenceCityBand.com.au

CLARENCE CLIMATE ACTION COMMUNITY GROUP

A local community group working towards positive climate solutions, with the view that together, people can make a better future. For more information, visit clarenceclimateaction.org or the Clarence Climate Action Facebook page.

CLARENCE COMMUNITY KNITTING GROUP

Knit and crochet for friends, families and charities. Clarence Integrated Care Centre, Bayfield Street, Rosny. Wednesdays 10am-12 noon. Phone Romana Sanders 6244 4736.

CLARENCE COUNTRY

Held every Tuesday night from 7pm until 10pm at the Howrah Community Centre, Howrah Road. Listen and dance to a great resident band and walk-up singers. There are door prizes, raffles, spot dances and lucky number cards. Entry fee is \$4. For more information, visit Clarence Country Facebook page or email clarence.country@gmail.com

CLARENCE WALK AND TALK GROUP

Meet at Clarence Integrated Care Centre, Bayfield Street, Rosny. Monday and Wednesday from 9:30am. For Wednesday walks, phone Dot Batt on 6244 6276/0400 607 355. For Monday walks, phone Ainslee Walker on 0412 333 171.

CLARENDON VALE NEIGHBOURHOOD CENTRE

The Clarendon Vale Neighbourhood Centre hosts the Clarence Plains Growers and Crafters Market on the third Saturday of every month. The market is held at the Grace Centre, 11 Ralph Terrace, from 10am-2pm.

CLASSICAL AND MUSIC THEATRE SINGING LESSONS

Singing lessons for children from six years of age. Phone 0407430902 for details.

COAL RIVER VALLEY GARDEN CLUB INC

The Coal River Valley Garden Club Inc meets on the fourth Monday of the month from January to November at the Richmond Football Club Rooms, Richmond War Memorial Oval, Victoria Street, at 7:30pm and includes guest speakers, trade table and supper. New members always welcome. For more information, phone 6260 2727.

CREW FITNESS

Crew Fitness is a not-for-profit community fitness group that offers bootcamp and high-intensity interval training. Classes run for 45 minutes from Monday until Friday at 6am and on Saturdays at 7:45am. It is based out of the Lindisfarne Sailing Club. New members are welcome.

D

DANCING

Looking for dance partner, female needed aged 35-45 for lessons and socials in Ballroom, Salsa and Tango. For more information, phone 0412 699 748.

E

EDITING

Wanted: someone with excellent writing skills who has a little time on their hands to do some book editing. Payment negotiable. Phone 0458800492.

EASTERN SHORE BRIDGE CLUB

The Eastern Shore Bridge Club has relocated and now meets at the Clarence Uniting Church in York Street Bellerive on Tuesday evenings at 7pm. If you are interested in learning to play bridge or wish to join the walk-in sessions, phone John Cummings on 0423 187 588. All levels are welcome.

EASTERN SHORE MAHJONG GROUP

Love to play Mahjong? We're looking for new members to join us. Come along to the Rosny Library in Bligh St from 1-4pm on Thursday afternoons. The cost each week is \$5. Some playing experience is essential. Our group uses 'The Mahjong Player's Companion' by Patricia Thompson and Betty Maloney. Bring along your own cup, tea bag or coffee for afternoon tea. Please contact Sue on 62445021 for more information.

EASTERN SHORE NEEDLEWORK GROUP

Meets at the Sunshine Centre, Howrah Road, Howrah. They meet on Monday from 9am to 12:30pm, Wednesday from noon to 3:30pm, and on Saturday from 12:30pm to 3:30pm. Contact for Monday and Wednesday is Ailene on 0418 425 843, and contact for Saturday is Marianne on 0408 487 445.

EASTSIDE REPAIR CAFÉ

Need a household item repaired for free? Every last Saturday of the month between 2-4pm visit the Warrane Mornington Community House, 150A Bligh St, with your broken items. Volunteers will be there to help you fix your clothing, crockery, cutlery, garden tools, furniture, toys, jewellery, gadgets and more. Don't throw it, repair it! Contact Katie on 0499 078 490 or email eastsiderepaircafe@gmail.com

F

FITNESS

Your greatest wealth is your health. Learn about "looking after yourself" by attending the monthly informal get-togethers presented by All About Fitness. Entry is by gold coin donation (and includes a cuppa). Please book early as seating is limited. To enquire, email paul@allaboutfitness.net.au or phone 0417 836 988.

FITNESS IN THE PARK

Free group fitness sessions in parks across Clarence, open to all. For details, go to www.liveclarence.com.au/fitness-in-the-park

FORCETT COMMUNITY HALL HANDMADE AND FARMERS' MARKET

The Forcett Community Hall is holding a Handmade and Farmers' Market on the third Sunday of each month from 10am to 1pm. There will be a range of local produce, craft, art, baking and plants. The hall is located at 699 Arthur Highway, Forcett – about seven kilometres south of Sorell.

G

GENTLE SQUASH FOR SENIORS

An aerobic fitness program designed for over 55s to improve hand-eye coordination, reflect, health and wellbeing in a friendly environment. Equipment provided. First session free, \$6 a session. Afternoon tea provided. Every Friday from 1:30 to 3pm at Eastside Squash, 69 Cambridge Road, Bellerive. For more information, phone John on 6244 6539.

H

HOBART MINIATURE STEAM LOCOMOTIVE SOCIETY (HMSLS)

Located at Flagstaff Gully, the HMSLS operates a miniature railway. They cater for people with a passion for railways or an interest in any aspect of model engineering. New members are always welcome. For more information, visit www.hmsls.com.

HOBART MODEL AERO CLUB INC

Radio controlled, fixed wing and rotary aircraft at Kelly Field on the Richmond/Campania Road. Flying every day from 9am until early afternoon, weather permitting. Instruction available and visitors most welcome. For more information, phone Barry Gerrard on 0417 032 901, email bgerrard@bigpond.net.au, or visit hobartmodelaeroclub.org.au.

HOWRAH SCHOOL FOR SENIORS

Meeting at Howrah Community Centre every Friday, 10am-12 noon. Guest speakers, varied activities and occasional bus trips. Phone Brian on 0438 77 99 69 for enquiries.

J

JUSTICE OF THE PEACE

Do you need a JP? The Tasmanian Society of JPs and Service Tasmania has a Justice of the Peace on duty at Service Tasmania, Rosny Park every Tuesday from 9:30am to 4 pm. At other time, go to www.tsjpi.asn.au and click 'Find a JP'.

JUST US (SENIORS)

Sing for fun. Small group rehearsing Friday mornings at private home from 10am to noon. Sharing our enjoyment while performing for the senior community on the Eastern and Western Shores. New members welcome. For more information, phone 6243 5930 or 6249 8168.

L

LAUDERDALE CANAL MODEL BOATING

The Lauderdale Canal Model Boating group meets at the Northern Terrace in Lauderdale each Saturday morning from 9am, weather permitting. A wide selection of model boats can be seen most Saturdays and everyone is welcomed. Help and advice is freely available and you can try to operate the free have a go boat. Come along and see the models sailing, and maybe you will be encouraged in taking up the hobby and joining the group. For more information, phone Randall at 6287 7158.

LINDISFARNE COMMUNITY LIBRARY

Come along and have a look at our library. Lots of books, including fiction, non-fiction, large print and a section of Tasmanian books. Hours are Monday to Friday 10am to 2pm and Saturday 10am to noon. Members is \$7 yearly, books may be borrowed for up to four weeks. For more information, phone Diane on 0400 043 297.

LINDISFARNE RIVERSIDE ARTS CHOIR

Lindisfarne Riverside Arts Choir Inc meet at the Activity Centre on Lincoln Street every Thursday night at 7pm. All welcome. For more information, phone 0408 326 544.

LINE DANCING

Join Boots and All Line Dancing (a Buaacan Community House program) on Tuesdays, Thursdays and Saturdays at Tolosa Hall (148 Tolosa Street, Glenorchy). Tuesdays, Beginner 10-11am (\$3), Improver 11-11:30am (\$2). Thursdays, Beginner 9:30-10:25am (\$3), Beginner 10:35-11:30am (\$3), Improver 11:30-noon (\$2). Saturdays, Beginner 1:30-2:30pm (\$3). First time dancers are welcome at any Beginner class. Emphasis on having fun. For more information, phone Sue on 0417 503 429.

LIONS CLUB OF CLARENCE

Committed to serve in the Clarence community. Meets at Lions Clubrooms at 10 Binalong Road, Mornington on the first and third Wednesday of the month. For more information, visit <https://clarence.tas.lions.org.au>

LUNCHTIME MEDITATION SESSIONS

Sit back, relax and be guided through mind-body relaxation. For anyone interested in meditating, including beginners. Provided as a free community service by the Brahma Kumaris Meditation Centre. Every Friday 12.30pm-1pm. Glenorchy Library, 4 Terry Street, Glenorchy. Enquiries 6278 3788 or email hobart@au.brahmakumaris.org

M

MASONIC MEMBERSHIP

If you are interested in finding out what Masons do, then Masonic Membership may be for you. Email your enquiry to lindisfarnelodge46tc@gmail.com Advise your name and contact phone, and we will respond.

MOVEMENT IN LINDISFARNE

Gentle yoga class on Wednesday from 11am to noon and Mat pilates class on Friday from 1-2pm at the Lindisfarne Community Activities Centre. Additional classes also run at the Warrane Mornington Neighbourhood Centre on Monday and Wednesday. For more information, phone Rhiannon on 0411 688 905 or email sunfloweryogapilates@gmail.com.

P

PICKLEBALL

Come along and try pickleball. Monday and Thursday 9.30-11.30am at the Clarence Sports Stadium, Loinah Crescent, Montagu Bay. Cost is \$6. All equipment provided. For more information, contact Jenny Kitchener on 0414 486 896 or majelaja2@yahoo.com.au

PITTWATER ART GROUP

Painting in all mediums. For more information, phone Gail Ellen on 0427 658 775.

R

ROKEBY NEIGHBOURHOOD CENTRE

Rokeby Neighbourhood Centre programs for 2022, all welcome. Monday: Clarence Plains Walkers and Knopwood Knitters. Tuesday: Sewing and craft and basis sewing. Wednesday: Dancing with Hiroko for \$10, and Be Connected Basis Computers. Every second Wednesday: Two-course community lunch. Every second Thursday: Basis Photography Group sessions for a gold coin donation. Friday: exercise group Staying Strong Living Well for a gold coin donation. Every second Friday: PINGO, cost is \$7.50 and morning tea is included. All programs are located at the Rokeby Neighbourhood Centre, 85 Tollard Drive, Rokeby. For more information, phone 6247 6778, email admin@rokebync.org.au, or visit the Rokeby Neighbourhood Centre Facebook page.

ROSNY MONTAGU BAY LANDCARE AND COASTCARE GROUP

Monthly working bees planting and maintaining native bushland usually held on the third Sunday of the month from 10:30am to 12:30pm. Locations vary, but are either in the Rosny Hill Nature Recreation Area or the Rosny Montagu Bay Foreshore Reserve. For more information, email rmbcareinc@gmail.com or phone John on 0419 826 052.

ROSNY NEIGHBOURHOOD CENTRE CRAFT CLASSES

Classes in painting, embroidery, paper craft and cards, beading, quilting, cooking and bear-making. Meets Thursdays from 9.30am at the Seventh Day Adventist church, 28 Rowena Rd. Phone Irene on 0407 489 833 or Kay on 62438060.

S

SHORELINE COMBINED PROBUS CLUB

The Shoreline Combined Probus Club meets at the Howrah Community Centre from 10am on the third Monday of each month. The morning consists of a meeting followed by morning tea, a guest speaker and/ or other activities, and an optional lunch out. Other activities include: walking group, movie night and social function. For more information email pv423392@bigpond.net.au or write to The Secretary, Shoreline Combined Probus Club, PO Box 777 Rosny Park, Tasmania 7018.

SOUTH ARM PENINSULA RESIDENTS ASSOCIATION

Bingo is held on the first Tuesday of each month at the South Arm Community Centre, 9 Calverton Place. Doors open 7pm, eyes down 7.15pm. \$15 plays 15 games. Cash prizes. BYO drinks and nibbles (alcohol permitted). Tea, coffee and snacks available for purchase. Fun night out supporting the community centre. Enquiries 0426821530.

SQUARE DANCING

Square dancing for beginners, couples and singles welcome. Currently being held in Bellerive; coming to Moonah. Fortnightly classes on Tuesday evenings. For more information phone Iris on 0418 543 308 or email iweatherburn@hotmail.com

ST MARK'S OP SHOP"

St Mark's Anglican Church at Bellerive has a wonderful Op Shop operating Wednesday and Friday from 9am –3pm. We sell fresh produce, plants, preserves, books, toys and general products. There is also a coffee shop on Fridays. Corner of Scott and Clarence streets, Bellerive.

SUPPORTING FACIAL PAIN SUFFERERS

Online meetings, emails, and phone chats support those with Trigeminal Neuralgia and other facial neuralgias. In future, face to face meetings will resume. For more information and support, contact support group leader Helen Tyzack on 0459 022 883 or newtyzack@gmail.com. Don't suffer alone.

365 SUPPORT FITNESS

365 Support Fitness run senior strength, balance and flexibility classes on Mondays at noon, Tuesdays at 9am, Wednesday at 12.30pm, and Friday at 9am and noon. They are held at the PCYC in Bellerive, with it costing \$8 a class. We understand the importance of strength, stretching and balance to keep your body and bones strong. For more information, phone 0407 967 961 or email 365fitness@gmail.com.

T

TAI CHI

Looking for an experienced Tai Chi instructor to facilitate a new park class at Montrose foreshore, mid-morning on a weekday. Please phone Anna on 0480 209 415.

TENNIS IN HOWRAH

Come along to one of our daily social tennis groups at the Sunshine Tennis Club. You're sure to find a group playing at your level, we're a friendly bunch. For more information, visit www.sunshinetennisclub.org.au.

THYLACINE LUTRUWITA

Thylacine lutruwita is a not-for-profit wildlife protection hospital and cat desexing clinic based at 553 Pass Road, Morning. They do cat desexing and a microchip for only \$49.99. For more information or to book an appointment, phone 6146 0699 or visit www.thylacinelutruwita.com.au.

TIME OUT CRAFT PROGRAM

Come and join in on Thursdays 9:30am to noon at Citywide Baptist Church, 400 Cambridge Road, Morning, for a range of crafts, morning tea and friendship. \$5 per session, working during school terms. For more information, phone Raie Semmens on 6244 2586.

U

U3A CLARENCE

U3A Clarence is a co-operative learning organisation for retired and semi-retired people, run entirely by volunteers. We offer a variety of courses including Painting, Clarence History, Trivia, The writers, Aspects of Geology, Poetry, Mah Jong, French for Beginners, Play Reading and more. We have three ten-week sessions each year, with classes held at Rosny Library between 9.30am and 1pm on Mondays and Wednesdays (with a 20-minute break for morning tea between sessions). More details and information about joining is available from www.u3aclarence.com.

W

WARRANE COMMUNITY GARDEN

The Warrane Community Garden hosts a monthly working bee on the second Sunday of the month 9am-12pm. Weekly mini-bees are on Friday between 10-12pm. All welcome. 18 Heemskirk St, Warrane. All are welcome. Please bring a cup, your garden gloves, and a favourite weeding tool if you have one. 0499 078 490 or visit <https://wmnc.org.au/community-garden> for more information.

WARRANE MORNINGTON NEIGHBOURHOOD CENTRE

Visit www.wmnc.org.au for up-to-date information about programs, services, events and the Warrane Community Garden. Mondays: Yoga 8:30am and 9:45am (\$5 per class), Computer Class 11am.

Tuesdays: Loui's Van 6:10pm. Wednesdays: Food Assistance from 8:30am, Yoga 9am, Community Lunch every second Wednesday 11:45am, Craft Group every second Wednesday 11am-1pm. Fridays: Wellness Workout 10:30am (\$5 per class). Second Sunday of the month: Community Garden Working Bee, 9am-12noon. All programs located at Warrane Mornington Neighbourhood Centre at 150a Bligh Street. For more information phone 6244 6346, email info@wmnc.org.au or visit www.wmnc.org.au

Y

YOGA AND PILATES IN HOWRAH

Back friendly yoga classes on Tuesdays at 5:30pm and Pilates at 7pm at the Howrah Recreation Centre. For more information, phone Jackie on 0467 197 499.

YOGA FOR BEGINNERS

Yoga classes for beginners are held at the Clarence PCYC (10 Scott St, Bellerive) from 1.30pm on Mondays and Fridays. The cost is \$10, phone 0407967961 for more in formation.

Catholic Education



Grade 1/2 students created an artwork based on the book 'The Art in Country' by Bronwyn Bancroft as part of NAIDOC Week

St Cuthbert's School celebrating diversity

AT St Cuthbert's Catholic School we were excited to recently celebrate NAIDOC Week, to acknowledge and celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

We were honoured to welcome Aboriginal Elder Uncle Rodney Dillon, who spoke to our students about the importance of being educated about our First Nations People and their culture.

At St Cuthbert's we recognise the importance

of celebrating the cultures, backgrounds and beliefs of all our students. Acknowledging all members of our school community enables them to feel included and represented.

Through our Kindergarten to Grade 6 learning programs we find ways to provide a diverse range of opportunities so ALL children can be their best, feel safe, and see themselves as a learner within our community.

Our pre-Kinder LUDO program will be launch soon, running five days a week (including school holidays)

from 6am - 7pm.

The program will set our children up for success, providing them with a range of learning opportunities that allow them to explore through play in and outside their classroom.

We are accepting enrolments across a number of classes throughout our school. To ensure your child is getting the best start in their learning journey, please phone our administration team on 6243 9864 or email enquiries to stcuthberts@catholic.tas.edu.au



Giving your child the best start in life

Ludo to Grade 6 – Enrolling Now

All are welcome / Tours on request

Phone **6243 9864**

26 Corinna Road Lindisfarne 7015

stcuthberts@catholic.tas.edu.au

www.stcuthberts.tas.edu.au

LOOKING FOR A QUALITY KINDERGARTEN FOR BOYS?

Early Years Learning at St Virgil's College provides a nurturing and caring environment for boys and their families, where creativity is cherished and students are encouraged to explore their sense of wonder and inquiry.

Join a tour of the Junior School on Monday September 5.

Contact us today to book your place at:
www.stvirgils.tas.edu.au/enrolments



ST VIRGIL'S COLLEGE

A Catholic boys school in the Edmund Rice tradition



Boys' education popular choice for early learning

BUSH kinder, mud days, wild and fun excursions, time to imagine and reflect, open-ended materials and activities and more! Kindergarten at St Virgil's College provides an experience like no other.

Led by Director of Early Years Learning (and much-loved early childhood teacher) Sandra Mazengarb and Learning Support Officer Heather Priest, the St Virgil's Kindergarten 'dream team' provides a nurturing and caring environment to welcome boys and families into the learning community.

The boys are often equipped with waterproof overalls and gumboots to best explore the natural environment, which is intrinsically treasured by all children and essential to the development and wellbeing of boys.

This was evident during the recent International Mud Day, where students celebrated connecting with each other and the earth by splashing, jumping and exploring the mud and bushland surrounds at the Austins Ferry campus.

Some jumped straight in, others took time to warm up, and others were content investigating insects and bark and finding sticks for the cosy campfire.

With Mrs Mazengarb's expertise, each boy's passions and preferred methods of self-expression and communication are identified, embraced and developed. A sense of belonging and mutual respect is fostered and staff intently listen to each boy's ideas and value their contributions.

The College ensures time is valued, which provides the boys time to discover, to

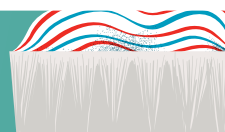
engage, to wonder and to inquire, problem solve and reflect.

With time and space they are amazed, fascinated and curious, and continue to develop their love of learning and build a deep understanding of their own learning through meaningful and reciprocal relationships with educators and with the world around them.



St Virgil's College Director of Early Years Learning, Sandra Mazengarb, is an expert in developing programs for boys

DENTAL HEALTH



Dentists of Tasmania's free smile makeovers

FAMILY business Dentists of Tasmania is your big city dentist just next door, offering a full range of services for everyone including dental implants, dentures, orthodontics, children's dentistry and cosmetic dentistry, just to name a few.

Dr Roger Puckridge and his wife Geraldine have been serving the Sorell community for more than 25 years, meaning locals don't have to travel to Hobart for the latest in dental treatments, technology and comfort.

An early adopter of modern technological advances, Dentists of Tasmania is not your typical small-town dentist.

We have the most up-to-date equipment and knowledge of all the procedures which maximise your comfort, safety and the speed and effectiveness of

your procedures.

Mastering the emerging technology has added an exciting new dimension to Dr Puckridge's skills, which he believes has contributed to the enthusiasm he has for the work.

"In the past five years, I've gone through this amazing transformation as a dentist," he said.

"I love going to work and most of my colleagues don't.

"For me, it's just about being confident, having the gift of the gab, and being trustworthy. And I like to treat patients as if they were a member of my family."

This year, Dentists of Tasmania is giving back to the community by giving away \$2000 worth of free dentistry each month to deserving people in the community to say thanks for their support.

So far, six lucky community



The team at Dentists of Tasmania

members have benefited from smile makeovers.

"Lots of people are doing it hard after COVID and can't afford to get the dental work done that they need," Dr Puckridge said.

"There are lots of deserving people out there and we wanted to give back to the community as a way of saying thank you."

With five dentists working at the surgery – Dr Puckridge, Dr Megan Von Keyserlingk, Dr Adib Kashani,

Dr Sahba Kashani and Dr Prabin Baral - Dentists of Tasmania always welcomes new patients and has staff able to assist in languages including Mandarin, Nepalese, Hindi, Punjabi and Farsi.

To make a booking, phone 6265 2009 or go to the new website www.dentistsoftas.com.au, which features lots of before-and-after photos and a full list of available procedures and indicative costs.



Dr Roger Puckridge



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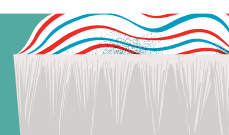
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DENTAL HEALTH



New Island Dental clinic at Sorell to widen local smiles

AS we just celebrated Dental Health Week in the first week of August, this is a perfect time to hammer home the key messages Australian Dental Association (ADA) advises to help us keep our teeth and smile for life.

1. Brush your teeth twice a day with fluoride toothpaste (for two minutes each time)
2. Clean between your teeth daily using floss or interdental brushes
3. Eat a healthy, balanced diet and limit sugar intake (not more than six teaspoons of sugar daily)
4. Visit your dentist every six months for check-ups and preventive care

According to the ADA, poorly promoted and funded dental schemes, long waiting lists for public dentistry, price rises in private health insurance premiums and the destructive forces of the pandemic have contributed to a dramatic decline in Australia's oral health.

During the pandemic, one in three people delayed their

dental treatments because of COVID related concerns and we are seeing the disastrous effects of this in people's dental health. So if you have been delaying or avoiding going to the dentist, Dental Health week is a perfect reminder for you to do so.

At Island Dental, we welcome the opportunity to examine your dental health and advise you of any problems that would require timely attention. We believe in early diagnosis and prevention of dental problems so that more invasive and expensive dental treatments can be avoided in future.

We encourage all our patients to come back regularly so that we can assess your oral hygiene maintenance, treat any potential issues at an early stage, clean areas of teeth which cannot be cleaned by home hygiene measures, and screen for oral cancers.

In addition to preventative measures, at Island Dental we offer a wide range of dental treatments including

extractions (including surgical wisdom teeth removal), root canal treatments, and all kind of restorative options. If you require replacement of missing teeth we can discuss options ranging from implants and bridges to dentures.

We also believe a good smile is as important as healthy teeth. Good smiles radiate joy, excitement, confidence, health and vitality. Your smile plays an important role in the happiness of your everyday life, and we can help you achieve this.

Our dentists are highly experienced in all cosmetic dental procedures and smile makeovers with veneers, teeth whitening and clear braces treatments. If you want to achieve the best smile you deserve, please contact us for an appointment.

To celebrate our Island Dental Sorell practice opening we are currently running promotions including free veneer consultations and half-price teeth whitening.

Our principal dentist, Dr Girish, has been a visiting



Dr Girish and the team at Island Dental offer dentistry for everyone

dentist on the east coast of Tasmania for more than four years, developing a large patient base in Swansea, Offord, Sorell and the Tasman Peninsula.

His reputation and commitment to the community gave us the confidence to open our second practice in Sorell recently, and the warm and welcoming response we have received from the local community has been overwhelming.

We are so chuffed to see the positive feedback, word-of-mouth recommendations and referrals we have received in the past few weeks.

We also connect with the community by providing employment for qualified dental professionals from the area, and establishing good partnerships with local businesses.

At Island Dental, our mission is to make dentistry accessible to everyone. To make dental visits physically accessible we chose to build our clinics in easily accessible locations with ample car parking, including disabled parking, at our doorstep.

To improve financial accessibility to dental care we offer multiple deferred payment options including Coogans Finance, AfterPay

and Smile Right.

If you hold a Senior Card, Health Care Card or Pensioner Concession Card you will qualify for a 10 per cent discount from your out-of-pocket expenses; and people on a low income may qualify for a no-interest loan scheme through NILS Tasmania.

We also bulk bill children up to 17 years of age who are eligible for Medicare CDBS scheme. And we are very proud of being the only private dental business in Tasmania that offers a mobile dental facility to service residents in aged care facilities.



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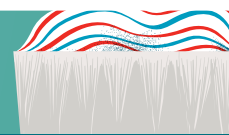
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Now open in Sorell!

DENTAL HEALTH



The importance of fluoride

THE Australian Dental Association (ADA) celebrates Tasmania's instrumental part in water fluoridation history this Dental Health Week.

"Fluoride in drinking water and toothpaste is one of the real success stories of public health this century," ADA spokesperson on fluoride Dr Michael Foley said.

"Prior to the 1940s tooth decay was rampant in Australia and there was little evidence on how to reduce it.

"But by the mid-1940s evidence suggesting that adding fluoride to drinking water helped to prevent tooth decay emerged from US dental studies.

"The studies found that high levels of fluoride resulted in the discolouration of teeth but reduced tooth decay.

"It went on to be investigated at a national level and eventually studies confirmed that one milligram of fluoride per one litre of drinking water was the perfect balance."

Tooth decay began to drastically reduce after the introduction of fluoridated water and word spread across the globe.

The Northern Tasmanian town of Beaconsfield had heard about the application of fluoride coming out of America and the towns municipal chemist and filtration officer Frank Gray was desperately searching for a solution to the increased dental issues in children living

in the town.

Mr Gray presented the promising evidence to the Beaconsfield Municipal Council and by 1953 Beaconsfield became the first town in Australia to fluoridate the towns water supply.

Naturally as water fluoridation became more mainstream some opposition developed.

By the 1960s sceptics claimed that water fluoridation caused acne, allergic rashes, backaches, boils, brittle bones, cancer, hardened arteries, heart disease, left-handedness, mottled teeth, paralysis, stammering, animal sterility, varicose veins and more.

Many of these concerns came from health professionals aiming to cause fear amongst the Australian population.

"The dean of the dental school at the University of Melbourne from 1955-67, Sir Arthur Amies, was opposed to fluoridation despite being a dentist," Dr Foley said.

"His prominent voice created doubt amongst the community and resulted in Melbourne not fluoridating its water until 1977, 24 years after Beaconsfield introduced it."

A decade and a half after the introduction of fluoride in Tasmania, a Tasmanian Royal Commission into the Fluoridation of Public Water Supplies was held.

"The Tasmanian Government wanted to

investigate the health implications of water fluoridation once and for all," Dr Foley said.

In 1968, the Royal Commission found in favour of fluoridation. This led to the passing of the Fluoridation Act 1968, which resulted in all of Tasmania's communal water supplies being fluoridated.

Fluoride reduces the process of demineralisation (where the enamel begins to dissolve) making teeth more resistant to decay; boosts recovery of weakened enamel by helping repair the early reversible stage of tooth decay; and slows the activity of bacteria that cause decay.

"We have 89 per cent of Australians accessing fluoridated drinking water, which is very high by world standards, and consequently on average Australians have really good dental health," Dr Foley said.

"By the 1970s fluoride was starting to be included in major toothpaste brands such as Colgate and Oral-B as an extra step to reduce tooth decay.

"We have gone from having widespread tooth decay in most western countries to a situation now where most people have very little tooth decay and water fluoridation is primarily to thank.

"If I put a filling in a primary school student's first permanent molar, over their lifetime that filling will need to be replaced five or six times.

"As dentists we would much prefer to see you irregularly for a routine clean and check than to perform drill and fill dentistry."

In addition to drinking fluoridated water, the Australian Dental Association has four key measures to ensure optimal oral health this Dental Health Week.

Dental Health Week is ADAs annual oral health campaign, and this year's theme is "love your teeth".

The campaign messages are:

1. Brush your teeth twice a day with a fluoridated toothpaste (for two minutes each time)
2. Floss once a day with floss or an interdental

brush

3. Eat a healthy, balanced diet and limit added sugar intake

4. Visit the dentist regularly for check-ups and preventive care

In conjunction with Dental Health Week 2022, the ADA Tasmania council provided more than 500 oral packs to various charitable organisations.

Toothbrushes and toothpastes were generously sponsored by Colgate, while the City Mission Hobart, The Association for Children with Disability (Tas) Inc, and The Launceston Benevolent Society were among the organisations ADA Tasmania

reached out to.

The ADA will also host an oral health education session for refugees, under the Red Cross Bicultural Health Program.

Dr Gavin Quek, co-chair of the oral health promotion committee, will also be volunteering with Loui's Van to promote oral health awareness and provision of oral packs to the homeless.

"One of our main goals in ADA Tasmania is to empower, educate and encourage the improvement of oral health for all Tasmanians," Dr Quek said.

For more information on free oral health resources go to teeth.org.au



Gavin and Shara, with donations to the Association for Children with Disability (Tas)

HOBART FM Radio

Presented by:



Kaye Payne

KAYE was born in Queensland and moved to Tasmania in 1992, becoming a Hobart FM listener shortly after.

In 2008 Kaye answered a request for volunteers to become part of the Hobart FM family, and for the past 14 years she has woken up listeners at 6am once a week as a Hobart FM breakfast presenter.

Kaye currently presents breakfast from 6 - 9am on Tuesday mornings, playing anything from classical through to country, jazz and today's modern grooves.

She loves music and loves to entertain - why else would you get up at 4.30am to volunteer your time on a cold and frosty morning?

"I can't think of a better thing to do," Kaye says.

"Hobart FM has a family of people who tune in. They give us a call and send us messages on Facebook, and we know their life stories almost as much as we know our own.

"I also like to promote live music here in Tassie, and play local artists as much as possible."



Monday

6am: Monday Breakfast with John Evans. 9am: Mandy's Monday Morning Mix. Midday: Lunchtime Classics with Rick Rae. 2pm: Monday Variety with Shirley

Niccole. 4pm: Reeling in the Years with Dave Batchelor. 6pm: Glenn's Country With Glenn Gillie. 8pm: Classic Ride with Melvin Freestone. 10pm: Music of Your Life overnight

Tuesday

6am: Wake Up with Kaye Payne. 9am: Bringing Back the Memories with David Carr. Midday: Beats and Ballads with Phil Williams. 3pm: Tuesday Drive with Mal Dennis. 6pm: Mostly Folk with Helen Morrison/Ross Sermons. 8pm: Late Nite Hits with Marg. 10pm: Night Owl Club with Ron Andersen. Midnight: Music of Your Life overnight

Wednesday

6am: Wednesday Breakfast with John Evans. 9am: Bright and

Breezy Mix with Kathy. Midday: Wednesday Lunch with Phil Tyson. 2pm: Showtime with Ron Andersen. 4pm: Revival show with Johnny Dallas. 6pm: Wednesday Jukebox with Robbo. 8pm: Country Jukebox with Russell. 10pm: Music of Your Life with Michael Holloway. Midnight: Music of Your Life overnight

Thursday

6am Breakfast with Craig Cracknell. 9am: Magic Music Mix with Tom Payne. Midday: Music of Your Life with Karina

Ceron. 2pm: My Collection with Ken Tanner. 4pm: Drive with John Evans. 6pm: Serbian. 7pm: Chinese. 8pm: Contrasts in Classic Jazz. 10pm: Greek with Benny. Midnight: Music of Your Life overnight

Friday

6am: Rise and Shine with Ria Walter. 9am: Songs and Stories with Brian Corr. Midday: Fridays with Mal Dennis. 2pm: My Favourite Music with Judi Forsyth. 4pm: Drive with Peter Johnston. 6pm: Good Times are Rolling with

Russell and Bob. 9pm: Rock On with Ray Kemp. Midnight: Music of Your Life overnight with Craig Cracknell

Saturday

6am: Mostly Old But Something New with Tim. 9am: Polish. 10am: Croatian. 11am: Greek. Midday: World Music with Amanda Sims. 1pm: Music of Your Life with Amanda. 3pm: Various Presenters present The Music of Your Life. 6pm: Kick Back with Kenny White. 9pm: Music of Your Life. Midnight: Music of Your Life

overnight

Sunday

6am: Chris Burrows Breakfast. 9am: German. 10am: Spanish. 11am: Irish Brian Corr. Midday: Italian. 1pm: Nepalese. 2pm: Dove c'e musica Italiana. 3pm: Movie Ticket Radio with Robert Ryan. 4pm: Music of Your Life with Tony Geeves. 6pm: Sunday Country with Bob and Russell Hevey. 9pm: Sunday Night Country with Wayne Crossin. Midnight: Music of Your Life overnight

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The Venn family - Russell, Michaela and Lavinia – playing the first hole at Richmond

Disc Golf lands in Richmond

DOZENS of people of all ages came out for a recent ‘come and try disc golf’ event at the Richmond Reserve, which could potentially house a new permanent disc golf course.

The Hobart Disc Golf Club set up a temporary nine-hole course for the public to test out on 10 July, at a possible site for a new permanent course next to the Richmond football ground.

Forty-three players tried their hand at disc golf and many Richmond locals came along just to watch, as they hadn’t seen the sport before.

Feedback was positive from spectators and participants alike.

“What a great sport!” Greg Ross said.

“As locals, we think this would be fantastic for the community.

“It’s a great experience for all ages and it suits the area with the bike, skate park and tennis courts.”

Event organiser Ollie Mundy-Castle said the trial was very successful, with disc golfers from as far afield as Burnie and Launceston making the drive down to play the course.

“Coinciding it with

the Richmond Village Market was great as people could play a round and then go and get a coffee and some lunch in the village before coming back for another round or two of disc golf in the afternoon,” he said.

The Hobart Disc Golf Club has been working with the Clarence City Council on potentially installing a permanent course in the reserve.

Designed as an easier beginner course, the new course would complement the existing one at Austin Ferry - the oldest (installed in 1985)

and toughest course in Australia.

“A permanent disc golf course at Richmond would be fantastic for the local businesses, community and visitors,” Ollie said.

“Our club would really benefit from a second course in Hobart for new players to discover the game.”

The Hobart Disc Golf Club holds a monthly social league at the Poimena Reserve Disc Golf Course in Austins Ferry. For more information on how to get involved, go to www.hobartdiscgolf.com.au



Clarence District Football Club Vice President Brendan Blomeley presents the Hon. Julie Collins MP with her Number 1 Ticket Holder certificate

Roos’ big birthday

PAST premiership players and long-time supporters gathered at Blundstone Arena on 6 August to help the Clarence District Football Club celebrate its 75th anniversary.

Founded in 1884 as the Bellerive Football Club, the Clarence District Football Club has been playing at Bellerive for more than 138 years.

In 1947 the club became known as Clarence.

It took 23 years to win a senior premiership, with the 1970 triumph a defining moment in the club’s history.

In 1979, in front of a crowd of almost 25,000

at North Hobart Oval, Clarence won their second premiership. The club went on to also win flags in 1981 and 1984.

Another remarkable run of success began in 1993, with Clarence winning 11 premierships over the next 18 seasons. The 1993 team was inducted into the Tasmanian Football Hall of Fame in 2009.

At the 75th anniversary celebratory lunch, Franklin Labor MP Julie Collins was acknowledged for her ongoing support of the club and was honoured by being named Clarence’s Number 1 Ticket Holder.



Van Diemen Dogs Lucas Walker, Jonathon Barwick and Joe Stone (back) prepare to take on Ramonas players Damien Seaton and Rachel Burke (front) in this year’s Reclink Community Cup

Reclink Community Cup returns to Queenborough

GREAT live music and fairly average Aussie Rules football will come together again this month when the annual Reclink Community Cup returns to Hobart.

Part of a series of events held across the country, the Hobart Community Cup is a family-friendly day out featuring the clash between the Van Diemen Dogs team of Tasmanian musicians

and the Ramonas squad of local media members, politicians, actors and other various hangers-on.

There’s also live music, crowd activations, and fun activities for kids.

The popular event raises much-needed funds for national not-for-profit organisation Reclink.

Reclink’s structured sport, art and recreation programs improve life outcomes for those

experiencing mental illness, family violence, homelessness, social isolation, gambling harm, unemployment, and drug and alcohol rehabilitation.

The 2022 Hobart Reclink Community Cup will be held at Queenborough Oval in Sandy Bay on Sunday 28 August. Gates open at noon. Tickets are available now via www.oztix.com.au

SUNSPORT



Crew Fitness president Matthew Bricknell, trainer Purdie Hudson and member Matthew Dennis

A NOT-FOR-PROFIT community fitness group based at Lindisfarne is going from strength to strength as it celebrates its first anniversary.

Crew Fitness began in the wake of the closure of a popular Eastern Shore gym last year, when a small group of gym regulars decided to start their own fitness group to fill the gap.

Run by a committee led by president Matthew Bricknell, Crew Fitness originally operated out of a church at Bellerive, but quickly realised they needed a more suitable venue and moved to the picturesque Lindisfarne Sailing Club.

Crew Fitness has

developed its own style of group fitness training suitable for all levels of fitness, which it presents in a supportive, fun environment designed to be more casual and less daunting than some commercial gyms.

After starting with just 15 members, the group has grown over the past year to now have about 45 members, mostly aged from their mid-30s to early 60s, who travel to Lindisfarne from as far afield as Lauderdale and Acton.

"Our members are driving past other gyms to come and train with us," Mr Bricknell said.

"It's because of the community we've developed. Yes we push

ourselves and train hard, but we also enjoy a laugh and organise social activities outside of the gym."

Incorporating circuit-style training, high intensity interval training and running-based sessions, Crew Fitness offers a range of full-body workouts designed to get your heart pumping with a combination of cardio, strength and core work.

Crew Fitness currently hosts 45-minute training sessions six mornings a week, with affordable pricing and no lock-in contracts. New Tuesday afternoon classes will also begin at the end of this month, and may expand to other days if

there's enough demand.

The group employs three trainers including Purdie Hudson, who loves the community aspect of Crew Fitness.

"Once we get new people in, they stay - it's not a fluid gym with lots of people coming in and out," she said.

"People are here because they want to be, not because we've locked them into some sort of contract. The members really drive it, and it's a great community of people."

Crew Fitness member Matthew Dennis, who commutes to the gym from Lauderdale, said members of other gyms often pay high weekly fees and feel pressured

to get their money's worth.

"It's more relaxed than other gyms - you can go as hard as you want, or you can back off a bit," he said.

"Because it's not driven by money, if you need to take a week off because you're injured or away, there's no pressure."

In an effort to attract new members, Crew Fitness will offer free 'come and try' classes at 7.45am on 27 August and 10 September.

To book your spot, or for more information on Crew Fitness' daily classes, phone 0437654068 or email hellocrewfitness@outlook.com

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