



THE LILYDALE PROGRESSIVE

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Progressive Deadlines

Articles for inclusion can be left at the Lilydale Pharmacy or e-mailed to:

lily.progressive@gmail.com

by the

following dates:

2009

April 24th

May 22nd

June 26th

July 24th

Editorial

June 1915

Dear Mum, how are you and everyone down on the farm. Guess I have a new brother or sister by now. I hope the twins are remembering to feed Blackie and not tease him too much. Has Dad got the back paddock plowed for the potatoes yet. This morning we got word of what happened at Gallipoli, must have been hell, glad I wasn't there. This may be my last letter for a while. We go over the top at first light tomorrow then we'll show the Huns a thing or two, fighting should be all over soon so we could be home for Christmas. It's getting dark so this will have to be all for now. Give my love to everyone and take care of yourselves. Your loving son Jack.

This could be typical of the letters written home by the Diggers during the first World war. As we now know the war raged on till an Armistice was signed at 11am on November 11th, 1918.

Many brave young men from Australia gave their lives so we may enjoy the freedoms we take for granted today. Those who returned home lived with nightmares of the horrors they had seen on the battlefield. Most of them didn't talk of what they had seen but kept it bottled up inside them till the day they died.

The men and women who fought to preserve our way of life during the second World war, Korea, Vietnam and all the other conflicts Australia has been involved with, also live with the nightmare of wars.

Anzac Day, April 25th, is the anniversary of the landing at Gallipoli Peninsular by the soldiers from Australia and New Zealand who, by their gallantry in the face of an overwhelming enemy, won the admiration and respect of all.

Today in all parts of Australia we gather for Dawn Services and again at 11am to remember them.

This is not a glorifying of war but paying tribute to the memory of the men and women who have given so much to protect our freedom.

Far from dying out these Services throughout Australia are attracting more people every year and hopefully this trend will continue.

I look forward to seeing you all at the Lilydale Services again this year.

Helen

RSL News

Anzac Day will be on a Saturday this year and the Dawn Service will be at the Cenotaph followed by breakfast at the Senior Citizens Club rooms.

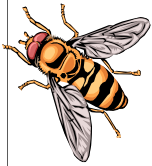
The club rooms will be open from 5am for a cuppa prior to the service. Then there will be an 11am service again held around the Cenotaph and morning tea being served at the Memorial Hall.

Our bus trip to Ross and Richmond was very much appreciated. Special thanks to Barry Jones who volunteered to be our driver for the day. The next trip will be advised in the next Progressive.



Our club is growing in numbers with three new members this month.

Our statewide raffle to be drawn in May is a car trailer plus its load of goodies and we hope to display it in Lilydale for several days. Tickets are available from Tom Dixon.

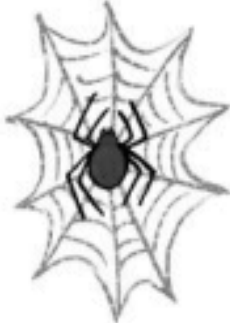


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Letter to the Editor

You may not be aware of the outstanding work for individuals and organisations done by Jayne Saddington of the Lilydale Online Access Centre in addition to teaching computer skills.

I have been a member of the School for Seniors for many years and have used Jayne to illustrate the topics taught there so that they could be displayed on the school's notice board. Everyone who sees them expresses admiration for her work so I have asked the digital photography group to take a photograph of the board so that it can be displayed at the Access Centre. I urge you to go and view it. Jayne may also show you some of the 64 illustrations she has done to date. I'm sure too that she would be happy to highlight activities and events in which you may be engaged. It all helps to make the Access centre a continuing source of community information and interest.

I'd like to recommend the School for Seniors. It provides courses that are run throughout the week by voluntary tutors who continue using their talents and skills for the knowledge and benefit of its members in a happy, social environment. This term there are 64 classes run by 66 tutors on a variety of topics so you would certainly find something to interest you.

Information can be gained by ringing Vicki Wilson at 6336 2829. The school is located at 8 High St, Launceston.

Why not join? You may even be happy to pass on your particular skill to the members.
Meg Wilson

Ed: Thanks for the kind words Meg, it's always been a highlight of each term for me to see what kind of new courses the School for Seniors has come up with, so we can create interesting flyers to help promote them.

Lilydale Fire Brigade

We are currently searching for new volunteer members. Our member numbers have reduced over the last year with people moving away from the Lilydale area.

Our current members are very capable and dedicated. They give up their own time to attend training and fires. After the recent tragedy and ongoing situation in Victoria, we as a brigade are concerned about our declining numbers. We also hope that a bit of national pride may inspire a few new people to apply.

We are currently looking for males and females 18 years and older, that live in or close to Lilydale, who are medically and (reasonably) physically fit, able to regularly attend brigade training and meetings at least once a month, be of good character and being capable of working in a group as a team. Training is every second Monday night from 7pm to 9pm. Personal protection equipment and national accredited training programs are all provided by Tasmania Fire Service.

Weedon Real Estate

66 George St, Launceston
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Weedon Real Estate have been selling Lilydale and District properties for well over 20 years and know what the area has to offer to prospective purchasers.

We have a local agent who lives and specialises in the district, so if you are thinking of selling or would just like to know what your property might be worth on to-days market why not call Tom Dancer on 0419 369 162 for a free no obligation appraisal.

We are still receiving enquiries from prospective mainland buyers.

If you are thinking of selling on a low key basis we have been successful in selling a number of quiet listings in the area.

Weedon Real Estate can offer you low selling costs and exposure on 3 Internet sites. Contact our local agent to discuss any of your Real Estate matters.

Please if you have any interest in becoming a fire fighter, call in at the station or contact any member of the brigade for any information. Being a volunteer fire fighter is giving back to the community that you live in. You might love it and become one of the many that have gone on to become permanent career fire fighters.

Also since the recent and ongoing fires in Victoria, I would like to remind people to be vigilant with the use of fire. There has also been a number of negative things said in the media about the stay and defend policy that Tasmania Fire Service promote. But if you follow the guide lines set out in the DVD "Bushfire Prepare to Survive", available free of charge, you have a great chance of protecting your family and home. It is all about planning and preparation. If you are not going to stay and defend, then leave early.

Make sure that you clear a defensible space around your home. This space should be at least 50 metres to provide a buffer zone, so your house does not burn down. Have the correct equipment and proper clothing. Shelter inside the house, while the fire front passes. Then when you think it safe, go outside and extinguish any flames. Most people die from radiant heat or get trapped in vehicles, when they panic and flee in cars at the last minute. We must not forget the fire weather and conditions in Victoria on 7 February were severe and extraordinary. Please, this could happen here. Our thoughts are with all those affected by the Black Saturday.

A couple of our fire fighters have signed on to travel to Victoria with other TFS members to assist with their bushfire emergency. By the time this has been printed, hopefully our members would have been and returned safely.

If you light any fire, even during the permit period, no matter how small, please still register it with Tasmania Fire Service by ringing 1800 000 699. This stops the brigade from attending fires unnecessarily. This happens regularly and can be easily reduced by calling TFS.

To have a burn off within any Launceston City Council area you must have a permit from the council to make smoke under the environmental by-laws. This is at no cost, but without it the LCC will prosecute. Please contact LCC on 63233000 prior to any burn off. You must have a Launceston City Council permit to make smoke, or a fire permit will not be issued by TFS.

For more information about fire permit system or the free DVD simply call

1800 000 699 or go to the TFS website:
www.fire.tas.gov.au.

If you are interested in joining the brigade please attend any Monday night at 7pm. Or for further advice or information contact Brigade Chief, Gavin STORAY, on 63951360.

Lilydale-Karoola Veterinary Service

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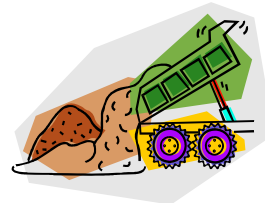
Come in, browse and reminisce - it's surprising what you might find - all welcome.

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lilydaleantiques@aapt.net.au

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Change your Smoke Alarm Battery

Reminder from Tasmania Fire Service and Duracell, to change your clock, change your smoke alarm battery at the end of Daylight Savings on Sunday 5 April 2009.

You should install a smoke alarm in each room where people sleep and in all paths of travel to exits, such as the hallway and the living area. For around \$5 a battery it is the cheapest life saving investment to protect the home and family. TFS recommend the use of long lasting alkaline Duracell battery to ensure your smoke alarm's effectiveness until the end of Daylight Savings next year.

Only a working smoke alarm saves lives. Every home should have smoke alarms installed. They provide early warning of fire, giving people more time to get out.

For more information go www.fire.tas.gov.au

Lilydale Neighbourhood Watch

Quite a few turned up for this meeting including Inspector Scott Flude from the Launceston Police Station.

Last month's guest speaker was very interesting and a good report on his topic was received.

Inspector Flude spoke on the "Graffiti Task Force" operating in Launceston now. The clean-up in the North has been fairly successful. About 1000 photos of graffiti have been taken in the CBD alone. The task force members have spoken to a number of youths in the area and have recognised some of their individual work. 32 people were charged with graffiti type offences before Christmas and many of these are under 18. About a third of these youths end up doing a lot more serious crimes when they are older. The task force are trying to divert them by imposing work orders for them to clean it off. Many businesses and the Council who have large blank walls are trying to get these youths to paint decent murals on these walls where they can be appreciated. As it is now it is a huge cost to the Community to clean up this inappropriate graffiti.

POLICE REPORT:

As our report was not in the Progressive last month, some of these crimes happened during that time.

- On 6th February some trespasses were found in the Lilydale Pool. Const. Storay advised that permission was needed for attendance after hours. A fence and a seat were broken. Investigations are still going on.
- Between 16th and 19th January, unknown persons entered a quarry off South Retreat Road where a number of machines were siphoned of their diesel. A shipping container was also entered and a number of items were removed. Police are investigating this matter.
- On the January long weekend 400 litres of diesel were stolen from a property on Yonderover Road.
- On the same weekend several signs were stolen in the Lebrina area.

- Between 13th Dec and 12th Jan about 50 CDs, still in their unopened cases were stolen from a house in Doaks Road. A suspect is being investigated.
- On 11th and 12th February a house in O'Tooles Road was burgled and a vast number of items were stolen including a Viking lawn mower, Stihl chainsaw, wheelie bin, electric BBQ, tools and a large quantity of Royal Doulton china as well as a number of other items. The CIB are investigating.
- The 2 boys involved in the motor-bike accident in Excalibur Road mentioned at the last meeting were both hurt. One is in the RHH in Hobart and is in a very bad way with severe brain injury and will have to be retrained to speak and walk again. The other has a badly broken leg.

We are expected to have a new Police Officer in Lilydale in about 5-6 weeks. Lindsay and Diane Godfrey were presented with a gift from our group tonight in appreciation for all they have done for us during their stay in the District.

Diane has been our Secretary for some time now and her work has been much appreciated. Thank you Diane and Lindsay. We wish you well in your new adventures.

Next meeting of the NHW will be on April 9th at the Fire Station at 7.30 pm. Our Guest Speaker is Jean Dalkeith from the Red Cross. Please note new starting time. Everyone welcome.

Mary Walsh Centre News

A summer picnic in the Launceston City Park was held in late February. The weather was delightful, sunny and warm, yet cool in the shade. The food Debbie had prepared was delicious. The only thing missing was the little train, which we had hoped to ride.

We walked through the John Hart Conservatory viewing the cool ferns, colourful coleus leaves and wonderful fecund smell.

We send greeting to our friends Harvey, Lexie and Heather who are still ill. We hope you will be returning soon.

Last week we sent a birthday message to Wendy's friend Adeline who will be turning 106 next month!!

Jacqui read aloud, from notes provided by Irma, on recognizing and responding to the symptoms of stroke. We found this very interesting and it may save the life of a friend.

Nine local people attended "Dining With Friends" and enjoyed succulent roast lamb, served with vegetables and followed by Apple Sponge. The food was delicious the atmosphere warm, friendly and inclusive. If you would like more details about our "Dining with Friends" programme, we would love to hear from you. Perhaps you would like to bring a friend along and introduce them to our happy group of diners. Phone 63951316.

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Friends from Way FM, Ellena, Margaret and Anthony visited the centre sharing some heart-warming stories and many laughs. Margaret and Jacqui led us in singing.

We have just completed our Autumn Activity Programme, which includes Easter Activities (chocolate making, egg blowing and decorating, Easter bonnets and Hot Cross Bun Morning Tea).

On Thursday 23rd April Darian will make the centre's wreath for the Anzac Day service. Please ring the centre if you are interested in learning how to make this simple environmentally friendly wreath. We would welcome your company.

Lilydale Online Access Centre Ebay

Launched in 1995, eBay started as a place to trade collectables and hard-to-find items. Today eBay is a global marketplace where businesses and individuals can buy and sell practically anything, it has now grown to become the world's largest Market place.

It processes more transactions than any other company in the world and within this guide are some of the recent figures published by the company.



- eBay is an ever evolving and expanding force with a global presence in more than 33 markets.
- The collection of sites boasts in excess of 157 million registered users
- In the second quarter of 2006 US\$13 Billion worth of transactions closed on eBay and this figure is growing!
- That equates transactions totaling more than US\$1,500 every second.
- At any given time there are more than 50 million items available for sale on eBay
- More than 2 billion individual adverts are placed on eBay every year.
- As of June 30, 2005 the most expensive item sold on eBay was a private business jet for US\$4.9 million dollars
- There are estimated to be more than 3,000 people that derive a full time income from eBay Australia
- More than 32,400 regional Australians generate a part time income selling on eBay
- Around 12,500 Stay-at-home parents in Australia supplement their incomes from eBay
- More than 5,500 Australian retirees sell on eBay for extra cash.

Ebay Tips for New Users

Although eBay is a great place for buyers and sellers to come together and trade almost anything, eBay can be a bit scary to new users who aren't used to buying items online from strangers or buying at auctions. Here are a few tips for making your eBay experience a good one:



The Lollydale Shoppe

1974 Main Road Lilydale
 ☎ 6395 1156
 inside Yummies

Easter is fast approaching us all.

In Lollydale I have a beautiful range of Earnest Hillier Easter eggs, bunnies and bilbys, all in white, milk or dark chocolate, gift boxes with lots of little eggs and with lots of big eggs; bunnies wearing their Easter bow-ties with eggs at their paws; baskets and gifts for all.

So when you pop in to Yummies for the milk or that special hamburger, come up to the end and have a look at what Lollydale has to offer you. There are even more surprises than I've written about.

Also, just arrive is a very nice display of gift cards for all occasions. Come in and browse.

Chat to you soon,
 Norma

Learn how to effectively search and browse: eBay includes thousands and thousands of items, which can sometimes be overwhelming when you're trying to find what you're looking for. Learning when to search and when to browse can be helpful. Searches are best for when you have a specific item you're interested in such as a door handle for a Honda Civic or a lead rein for a pony. Did you know you can save a search? If there's something you regularly search for, save the search, and eBay will email you when new items matching your search are listed. Browsing is very useful if you just enjoy window shopping and stumbling on a possible bargain.

Before buying an item, review the feedback that other buyers have left for a seller, and learn about PayPal, eBay's preferred way to pay. Learning about a seller's past trading experiences will help you decide if this is a person you feel you can trust. Learning about PayPal before you buy will make your PayPal buying experience easier.

Review eBay's rules and policies: To create a safe and fair trading environment for all eBay members, eBay includes rules and policies for all members. Learn more about why eBay has these rules and policies in place and what happens if you violate them. Don't forget if you bid on an item you are entering into a legally binding contract with the seller to pay for the goods.

Use the powerful tools in My eBay: My eBay can help you track and manage all your eBay buying, selling, messaging, account information, preferences, and more.

Learn how to get the help you need when you need it: eBay includes many tools for getting help including online help, eBay Learning Center, Community Help Boards, glossary and more.

Lilydale Online has a short workshop to help you **Get Started on Ebay**. If you'd like to book a session to learn more about eBay contact the Centre. Cost for the

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- How to bid and buy on eBay
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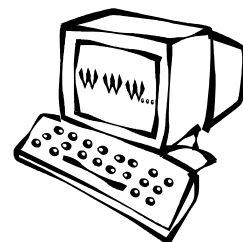
Tuesday: 2-6 pm

Wednesday: 9 am-1pm

Thursday: 2-6 pm

Friday: 2-6 pm

Saturday: 10 am-12 noon



Ph/Fax: 6395 1129

To book your one hour session.

Web: www.lilydale.tco.asn.au

Email: lilydale@tco.asn.au

Don't forget our other sites:

Lilydale community website: www.lilydaletas.net

Links to lots of health sites: www.hart.org.au

Our new community history website:

www.lilydale-memories.synthasite.com

Lilydale Community Forum: www.lilydaletas.net/forum/

Karoola Hobby Nursery

1065 Pipers River Road, Karoola 7267

Sitting in the picturesque Karoola Valley, with Mount Arthur in the distance, is Karoola Hobby Nursery.

All plants are of excellent quality, living outdoors in local conditions. There are plants for all areas of the garden - full sun, part sun and full shade.

A variety of native trees & shrubs is available such as various-coloured Bottlebrush, Green and Purple Hop Bush, Black Peppermints, Esk River Pines and some ground cover and screening shrubs.

Deciduous trees include Japanese Maple, Dawn Redwood (as seen at Hollybank Forest), Chinese Elm, Silver Birch, Red Alder and a non-suckering poplar variety called Populus (a wonderful tear-drop shape).

Garden favourites include Lavender, Conifers, English Box Hedge, pink and purple Hebe and a range of potted colour such as Dwarf Carnations, Salvia, Seaside Daisies, Rock Daisies and some Sun Flowers are still available.

Potted and boxed herbs include Basil, Parsley, Italian Parsley, Thyme, Dill, Chives, Sage, Oregano and Mint.

A range of plants, fruit and vegetables is also available at our Lilydale Village Market stall (held fortnightly).

Think of gearing up for Autumn - a great time to plant when the rain comes - or you may consider giving a plant as a lasting gift.

New plants are being added to the range all the time and we propagate what we can.

Karoola Hobby Nursery is open Tuesdays and Wednesdays from 9am to 2pm, or when the wheelbarrow of plants is at the front gate. If you would like to browse at a time more suitable to you, call Barney on 6395 4413 or 0418 524 064 to come and have a look.



Garden Notes

from Barney at Karoola Hobby Nursery

It's Time to Get Out in the Garden

The excellent rain we had in the second week of March has offered us a great start to the Autumn season. There is also a good chance of reasonable rainfall forecast for the first half of April (Central north 28-day rainfall forecast from eldersweather.com.au).

With summer heat hopefully past and the potential for more local rainfall, this offers us all the best time to plant natives, trees, shrubs and conifers. When planting in Autumn, the soil is still warm and this helps transplanted plants continue through their growth cycles. It is also a good idea to continue mulching newly planted plants to retain moisture, however you should remove mulch during the wetter winter period from plants which don't like too much moisture.

Things to do in Early Autumn;

- Prepare your garden beds with lots of organic material in readiness for planting spring bulbs
- If you are growing tulips, hyacinths and Dutch iris, don't forget to put them in the crisper bin in the fridge in early autumn and leave them there until late Autumn when the soil temperature has dropped
- Prepare garden beds for sowing sweet peas
- Give mature hedges a trim. This will save doing them again in spring – a great time saver
- Mulch azaleas, camellias and daphne with decomposed cow manure and feed them with a granular fertiliser

In the veggie patch;

- Plant chives, cress and mustard from seed
- Put in seedlings of broccoli, cabbage, broad beans, peas and cauliflower

- Sow root veggies such as beets, carrots, turnips, Swedes, and artichokes.
- Consider planting spinach, silverbeet and rocket

Lilydale Taekwondo

Flanagan and Chugg Taekwondo have recommenced classes in the Lilydale Memorial Hall.

Our general class is action packed and suitable for students of all ages and fitness levels, teaching self discipline, fitness and Taekwondo skills in a friendly atmosphere.

Tiny Taekwondo classes are designed to teach the basics of Taekwondo in a fun and friendly atmosphere to children aged from 4 to 7. Students learn self respect and confidence as well as self defence. Beginners are welcome.

Flanagan and Chugg Taekwondo run classes in 18 different locations around the state which are taught by a highly trained team of professional black belt instructors. As well as teaching Taekwondo we also hold tournaments and some great social events!! Our first tournament of the year will be the Club Challenge on the 28th of March and in October we will be hosting the Tasmanian Open ISKA Comp. During February we held a training morning and bbq at Royal Park to raise funds for the Victorian Bushfire Appeal. We raised a total \$1200 which will be given to the Red Cross to aid survivors.

Lilydale Class Schedule:

Tiny Taekwondo: Wednesday 5.30 – 6.15pm

Children and adults: Monday and Wednesday 6.30 – 8.00pm

Any questions? Visit our website flanaganchugg.com.au or phone Judy 6344 4363 or Cathy 6395 1101.



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Health Solutions
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Sleeping problems in adults

Some people need a lot less sleep than others. The average is 8 hours but the range is 4 to 10 hours sleep at night. About a third of all adults have sleeping problems.

Sleeping problems can be caused by many things;

- Pain: Try taking pain relievers before bed.
- Cramp: Try massaging legs or taking magnesium tablets before bed.
- Sleep Apnoea: (a condition that causes a person to stop breathing for short periods while sleeping). This needs medical assistance and perhaps a sleep apnoea machine to use while sleeping.
- Snoring: This can be a sign of sleep apnoea or nasal constriction requiring medical investigation.
- Stress, depression, anxiety or worry: Finding ways of resolving issues and treating depression will resolve the sleep problems.
- Having daytime naps: This usually means that that you wont need as much sleep during the night, so you may need to go to bed later or get up earlier. If you want to sleep longer at night, then avoid the day time napping.
- Not enough physical exercise: Try regular gentle exercise ,walking or gardening, but not within an hour or so of going to bed.
- Comfort: Make sure the bedroom is not too hot, cold, stuffy, noisy or light. The bed should not be too hard, soft or lumpy.
- Food/drugs: In the evening avoid caffeine (tea, coffee, cola, energy drinks) nicotine, alcohol. A very empty or very full stomach may reduce sleep.

Lilydale Post Office & Gorgeous Gifts

1975 Main Road, Lilydale, Tasmania 7268
Props. Tom & Chris Dancer • Phone/Fax-(03) 6395 1177



Easter time is upon us once again. Why not call into the Lilydale Post Office and select an unusual Easter gift for your special someone from the gorgeous range available. Adult and children's gift ideas are now in stock with mugs containing an Easter egg only \$3.95. Gumnut pixies with chocolate egg, egg cups with spoon and Easter egg, cuddly teddies and bunnies with chocolate eggs are all available, with many, many more novelty gift ideas to choose from. Easter cards are also in store for only \$1.00.

So hop into the Lilydale Post Office and Gorgeous Gifts to grab an Easter gift before they are sold out.



SEE YOU THERE!!!

- Getting up in the night to go to the toilet disturbs sleep: Reduce the number of evening drinks. Older men may have prostate enlargement which results in frequent night time visits to the toilet. This condition can be treated successfully.
- Over-stimulation in the evening: by working, exercise, TV or radio can cause sleep problems. try relaxation therapy in the evenings. Progressive muscle relaxation is performed by focusing on each part of the body separately, and gradually relaxing and allowing to become heavy. Mental imagery can be used to focus on a pleasant image and retaining it for as long as possible while breathing evenly. Yoga and Tai Chi can be very helpful.

If you wake up coughing or wheezing you may need to see your doctor.

What can help you sleep?

Have a calming bedtime routine such as; a warm (but not hot) bath, a warm milk drink and light snack, listening to peaceful music, reading for a while and/or slow deep breathing.

If you are unable to fall asleep within 20 minutes of going to bed, get up and only return to bed when you feel sleepy. If you wake in the night and can't get back to sleep within 20 minutes, get up and only return to bed when you feel sleepy. Write down your worries or problems and decide to deal with them in the morning. Do something relaxing or repeat your calming bedtime routine. It may take several weeks of this program to establish a good sleeping habit.

Only use your bed for sleep and sex. No work or TV in the bedroom.

Sleeping tablets have a limited role in managing sleep problems. They can be quite effective at inducing sleep, but they can cause dependence. If used every night you may find that you can't sleep without them, and gradually you need to take more tablets to give you a good sleep. If used only occasionally, they can be very helpful by giving you a good night's sleep. This is the best way to use sleeping tablets – only sometimes.

Some herbal preparations like valerian and chamomile may help with relaxation and sleeping.

Senior Citizens

The State Titles of indoor bowls were held at Deloraine with 15 mats in play. Lilydale entered 1 team in Division 1 and another in Division 2 both teams came home with a trophy. Our carnival is coming up on April 1st we hope to have 18 to 20 teams.

Our annual barbecue is being held at Gravelly Beach on 29th March and we are hoping to have a good turn up. It was a good gathering at Ravenswood on Wednesday 15th March with Lilydale Division 2 team coming out the winners, and our Division 1 team in a tie with



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2008 registered A1 rams
2006 registered A1 ram

Advantages:

- Suit small landholdings
- Self shedding (No shearing or crutching)
- High percentage of multiple births
- Excellent mothering instinct
- Low percentage of body fat
- No horns
- Ideal for organic lamb production

For more information or a fact sheet contact:
Windrush Wiltipoll Stud, Underwood

windrush@aussieb.com.au

Ph 03 63951406 Mobile 0427110568

North-East. Our Fridays are becoming popular with 18 to 20 players coming from as far away as Scottsdale.

Our life member Hazel is in the L.G.H. we all hope she makes a speedy recovery.

Our next meeting is April 14th at 1.30.p.m. in the club rooms. Come along and have a cuppa with us.

See you all next month
R. East

Lilydale District Pony Club



The Lilydale Pony Club is enjoying remarkable growth and enthusiasm from all the new young and old members. Don't be left behind - come and ride at our adult or junior rallies.

Adult Riding

WHEN: 19th April, 2008
TIME: 10 am sharp
WHERE: Karoola Football Ground, Pipers River Road, Karoola
COST: \$40.00 (Yearly Membership/Affiliation with Pony Club Association of Tas)
\$25.00 per ride (to cover instructors, ground hire etc)

For enquiries and bookings, please contact:
Jayne Blyth - 6395 4380 or 0419 844 520

Lilydale Playgroup

We have started off the year with some new faces at Lilydale playgroup which has been lovely.

We are situated in Station Rd just behind the Little Anglican church and meet on Wednesdays now, from 10am to Noon. Cost is \$3.00 per family with adults drinks and biccies provided.

Our playgroup has a casual and relaxed atmosphere and the outside area sandpit and toys are a big hit. If you are new to the area or not we would love to see you!

Enquiries Bec 6395 2084.

Lilydale Bowls Club

The members of the Lilydale Bowls Club wish to thank all local, and not so local, businesses and individuals for their donations towards fundraising efforts and for helping to make our recent Ladies Carnival such a great day! This was very much a joint effort and many members contributed to it's success.

Please keep a watch out for future events such as our FAMILY FUN DAY which will be very soon and will provide an opportunity for you to get a group together and join us at the club to try this fascinating sport.

Don't forget, you are very welcome to join us at the club to spectate and chat in our pleasant rooms.



Town's Shearing

townsshearing.com.au

Sharon Fahey & Wayne Riethoff

Sharon and Wayne are well known in the Real Estate industry having spent a number of years successfully marketing and selling in both city and country areas.

Working as a team, they are among the most experienced country Real Estate Consultants in the industry with particular expertise with large rural holdings as well as lifestyle hobby farms, acreages, residential homes and subdivisions.

The backing of Launceston's No 1 Real Estate company "Town's Shearing" guarantees the highest level of marketing and success for the many people who entrust the promotion and marketing of their property to them.

If you have a property which may suit their many registered buyers or would simply like an update of the value, give them a call.

And don't forget to ask about our No Cost Advertising Campaign which means that you can choose to pay nothing for marketing whether we sell your property or not.

Town's Shearing Real Estate, 58 Elizabeth Street, L'ton



Sharon Fahey
0409 188 249



Wayne Riethoff

...that's **why** more and more people are choosing Town's Shearing

LILYDALE DISTRICT SCHOOL SNIPPETS

Phone: 6395 1231

Fax: 6395 1492

Email: lilydale.district.school@education.tas.gov.au

Healthy Habits for Life Launch

Recently we have received a grant for a program called "Healthy Habits for Life". Funded by the Australia Government's Healthy Active Australia Community and Schools Grants, the focus is to build community understanding of the importance and benefits of healthy and active lifestyles. The launch of this project was held at the School Grade 3-6 Swimming Carnival on Thursday 12th March 2009. Parents and members of the community were invited to attend and participate in activities that took place throughout the day.

Students enjoyed a Fruit Salad Bar and water station, Apple bobbing games, a visit from the Big Apple and the Eat Well plate and parents were given recipe ideas for cooking with their children.

Activities also included under the grant allocation that are underway in planning are:

- The Community Fitness Trail, the installation of a range of outdoor fitness equipment to complement our existing oval, community gymnasium and fitness centre.
- Raising Healthy and Active Kids, a program to support parents in raising healthy and active children.
- Healthy Breakfast Club, where the existing program will be managed more effectively and sustainably.
- Healthy Canteen providing support for continuing development with the School's Health and Physical Education curriculum

Project Officers

Kim Wilson and Miriam Robinson



Parent/Child sessions



Parent/child sessions are for children beginning Kindergarten in 2010 and commenced in the Kindergarten at Lilydale District School on Friday 13th March.

This year 2 sessions will be held each Friday.

- **Session 1: 9.00am -10.30am**
- **Session 2: 10.30-12.00pm**

A fee of \$2.00 per week is charged for each family. Please bring a drink and a small snack for your child. All Children must be accompanied by an adult who stays with them and is responsible for them during these sessions. Younger family members are also welcome.

For any queries please contact Larissa Catlin (Kindergarten Teacher) at Lilydale DHS

Swimming Carnival

Here at LDS March is the month of Swimming and Water Safety both indoors and outdoors. Students in Grades 7-10 work through a water safety unit in their health lessons followed by swimming opportunities in their PE lessons.

2009 provided us with fantastic weather for both the Senior and Junior swimming carnivals which were held at the local Lilydale Pool on Wednesday the 11th and Thursday the 12th of March. Students at both carnivals were supported by a large number of family and friends. This may have contributed to the large number of records that were broken, particularly during the junior carnival.





Lilydale Lions Club

Teddy Bears Picnic

Well we managed to confound the weather gods and hold a very enjoyable Teddy Bears Picnic at Hollybank on Sunday 1 February. If the comments of the children were anything to go by, the games, rides and activities were thoroughly enjoyed. A special appearance was made by Humphrey B. Bear, who happened to be in the woods at the time, and he joined in the sack races, story time and pass the parcel. He wasn't very good at sack racing though.



Humphrey B. Bear welcomes a young Lilydale resident to the Teddy Bears Picnic

The day would not have been successful without the support of a number of Lilydale residents and organisations. Special mention must go to the Lilydale Fire Brigade for their efforts with the popular sausage sizzle, the Bridport Lions who provided a Merry Go Round free of charge, and the lone Harley Rider who provided his trusty steed for the enjoyment of all. Of particular note was the Jelly Bean Guessing competition. The winning number was 1564 Jelly beans, with the winner missing the exact amount by just 6. We suspect this 4 month old, mathematical genius may have had some help from his parents.

With the devastating bushfires in Victoria, the club decided to send all proceeds for the day to the Appeal for victims. With a significant donation from the Door of Hope organisation, the club was able to send \$2550 to the appeal, which is to be matched by the Tasmanian Government. So \$5100 was raised from a very enjoyable day for a very worthy cause.

Lions and the Bushfire Appeal

You may be interested to know that Tasmanian Lions Clubs have raised more than \$250,000 for the appeal to the middle of March, with the Governments dollar for dollar offer concluding at the end of March and the final total expected to top \$300,000. That is more than any other state Lions organisation, and is a great indication of the generosity of Tasmanians in their time and money.

Community Audit

As reported in the last edition of the Progressive, the Lions Club of Lilydale is in the process of planning its activities for the next 5 years. If you would like to assist us in this endeavour, please take a short time to provide us with ideas, projects and tasks that may be able to become part of a Lilydale Lions five year plan. It could be the provision of equipment, installing infrastructure or conducting activities. Ideas should not be limited by the difficulty of the task, or the organisation responsible. Lion's members themselves may not be able to do the job, but we may be able to provide expertise, enthusiasm and the wherewithal to gain funding for the project, or to assist in its achievement. Some ideas that have already been suggested are a cycle/walk way between the town and Lilydale Falls, and decorating the town for Christmas. The limit is only determined by our collective imaginations.

Any one with ideas can forward them to us (PO Box 97 Lilydale). It is hoped that you will take this opportunity to assist us in providing improvements for our district.

Cycle/walk way to Lilydale Falls

One of the catalysts for the Community Audit was a suggestion for a cycle way or walk way between the town and Lilydale Falls. The club approached Launceston City Council recently, and was given a favourable hearing. The Council has stated that they will conduct a feasibility study into this proposal as a first step to providing such a facility. If the study's outcome is positive, then the Club may be asked to co-sponsor the project. This is a positive step, but just a first one in what may be a long process. We will keep you posted.

Economic Stimulus Package

Remember, if you buy electrical goods with the payment, the money goes to China, a car and it goes to Japan, Korea or Europe, and any cheap and nasty stuff it goes to Taiwan. Keep it in Australia and buy Lilydale Lions Cow Manure. We are in the process of taking delivery of a new load of cow manure so if you need to provide winter food for your garden, especially for planting those spring bulbs, give Stephen a call on 6395 1323. Keep the money in Australia, spend locally, buy Australian.

Lilydale Football Club

Lilydale Footy Club had a hugely successful auction on a beautiful sunny Saturday 14th February. The committee and proud supporters of our mighty club want to say a huge thank you to all those who donated, purchased and supported us on the day. In particular we would like to thank our auctioneer, Greg Harris, for his terrific vocal chords. The funds raised are invaluable to continue running and improving our club throughout the year.

Our season kicks off fairly tamely with a bye up first on 28th March 2009. Then our first game gets underway 4th April 2009 against Ringarooma at Ringarooma. Can't wait for that one.

The under 10's and under 13's have started training for the season Tuesday afternoons at 3.30pm. Meanwhile the seniors, reserves and under 16s are training hard under the guidance of coaches Clinton Parker, Greg Nutting and Trevor Avent Tuesdays and Thursdays from 6pm. All interested players are welcome to come along and have a run.

Keep an eye out on the Village Green notice board for local footy details.

Roster:

April 4 **Ringarooma** v Lilydale
April 11 Easter
April 18 **St Helens** v Lilydale
April 25 **Lilydale** v Branxholm

Thanks again Lilydale for all the support.

RIP Max Nutting



Red Cross News

Our local branch held a Raffle in aid of the Victorian Bushfires Appeal which was drawn on March 1st and all 6 prizes went to local residents and have been delivered. All the prizes were donated by our members and a grand total of \$1043 was raised which included some personal donations from Lilydale people. Thank you to those residents.

Proceeds from the 'Sausage Sizzle' at Bunnings Warehouse on Mar 6th which raised \$806 were added to this amount giving a total of \$1849 forwarded to the main Red Cross Appeal. No costs or expenses were deducted and this was a fine effort by our small local branch.

New members- male or female- would be very welcome.

Enquiries to Sec. Barbara Wayne, Tel 63 95 2042.

MEALS ON WHEELS are available to anyone in our district. Phone the co-ordinator, Billee Parry on 63 95 4173 .

The Tasmanian Regional Arts, Lilydale Branch

was saddened by the news of Strom's sudden death. Strom was our secretary, Carol's, husband.

Strom was an active supporter in the past to our Branch.

I remember in particular all the preparation work, sanding and undercoating Strom did on all the hydro poles prior to their being painted.

The thousands of hours that Carol gave to the community, Strom was there to give her support.

He will be missed.

Our heartfelt condolences to Carol, sons Brett and Mark and families

Bernadine Alting, Committee member

Doctor, Doctor

After discovering her young daughter playing doctor with the neighbours boy, the angry mother grabbed the boy by the ear and dragged him to his house and confronted his mother.

"It's only natural for young boys and girls to explore their sexuality by playing doctor at their age." the neighbour said.

"This is not about sexuality!" The mother yelled. "He took out her appendix!"

LILYDALE PROPERTIES WANTED URGENTLY

Thinking of selling, if so please call me.

I would be happy to come and talk over your real estate needs.

I have great knowledge of the Lilydale area, after having gone to school, played football and lived in the area for many years.

Feel free to call anytime to discuss your real estate requirements.

I am looking forward to working with you



Bill Long
0419 577 553

Community Notices

Experiencing the Lilydale Village Market

The Lilydale Village Market is in the main road of Lilydale, a central meeting point where locals gather around a cup of organic coffee, a kebab or a real wood fired Italian pizza made with organic dough and fresh mozzarella.

The locals are joined by those from around the area, by those from Launceston and by all those tourists passing through who can look at Alpacas, buy real good fresh-unofficially organic- veggies, all sort of plants, juices, jams, honey, flours, all ... without spending a fortune.

The atmosphere is different from other markets; coloured flags are around the market ground, tango music can be heard from the street and when you come in your attention is attracted by the dragon on the top of the chimney of the wood fired oven. The smell of pizza stops most... yes it's a real pizza.. made on the spot... yes the wait can be long... but what you eat is real; the dough is made in the morning; nothing is frozen and the spirit is really Italian... yes olive oil and herbs from the garden... order the pizza first and while you wait you can visit the other stalls...the juice, oh... the local football club is selling wallaby kebabs... better to buy one while waiting for the pizza. Ohthose colors, ... those flours, amazing!... a local Thai woman brings her harmonic colourful compositions in the market...cordials and fresh local water. .keep going anticlockwise ... beautiful plants grown locally and... look at the veggies.. ...she looks very busy...she is selling everything at once... and then the shed/studio hosting an art exhibition.

This studio is active during the week as well; there are yoga and meditation classes, tango lessons and Balinese dance. During the Market is full of curious people looking at the exhibition. And... just outside the studio just in the corner the well organized coffee area... tea and coffee served in real cupsIt's easy to seat here, have a drink...and if the pizza is ready it's a good spot from where it's possible to observe everything else under the umbrella in good company of the hosts. More products attract the attention especially the organic garlic, the alpacas in the corner of the market ground and all sorts of little stalls.

There is also a stall with herbal therapy Going around they sell more jams, chutney, honey and jewellery. There is also wine just in the middle of the market and more seats and umbrellas where people are eating and drinking...while other are still waiting for their pizza....

next market dates: 12 April, 26 April 2009

www.lilydalevillagemarket.blogspot.com

Catholic Easter Celebrations

- Reconciliation** Friday 3rd of April at 7pm
St Anne's Church, Lilydale
- Palm Sunday** Sunday 5th of April at 9am
Sacred Heart Church, Karoola
- Holy Thursday vigil** Wednesday 8th of April at 7pm
St Anne's, Lilydale
- Good Friday** Friday 10th of April at 12noon
Sacred Heart Church, Karoola
- Easter Sunday** Sunday 12th of April at 9am
St Anne's, Lilydale



The Rhododendron Reserve; Past, Present and Future

Come and hear guest speaker Margy Dockray talk about this Reserve and her plans for access to the public again in the future.

Tuesday 7th April, 730pm in the Old Court House. Progress Association meeting to follow.

A REMINDER.....until further notice

STAGE 1 WATER RESTRICTIONS ARE IN PLACE ON THE TOWNSHIP OF LILYDALE

Area 1: 2am - 2pm - no restrictions
2pm - 2am: No garden sprinklers, or car washing. Hand watering of gardens only.

- Main Road between Lalla Road and Doaks Road
- Station Road between Main Road and the railway line
- Doaks Road between Main Road and the Recreation Ground

Area 2: 2am - 2pm: No garden sprinklers, or car washing. Hand watering of gardens only.

2pm - 2am: no restrictions

- All other properties on the Lilydale water supply outside Area 1

For more information please call
Customer Service Centre
6323 3000



What's on in April 2009

Bi - Weekly Calendar Events

Every 2nd Mon: *Fire Brigade Training*; 7-9 pm 6395 1260
 Every 2nd Sun: *Lilydale Market* 10am-2pm, Main Rd

Calendar Event Venues

AC = Anglican Church, Station Rd, Lilydale
FC = Footy Clubrooms, Doaks Rd, Lilydale
FS = Fire Station, Doaks Rd, Lilydale
KH = Karoola Hall, Karoola
KO = Karoola Oval, Karoola
LH = Lebrina Hall, Golconda Rd, Lebrina
MH = Memorial Hall, Main Rd, Lilydale
MWC = Mary Walsh Centre, Main Rd, Lilydale
SC = Senior Citizens Clubrooms, Main Rd, Lilydale
TOCHC = The Old Courthouse Complex, Main Rd, Lilydale
UC = Uniting Church, Main Rd, Lilydale

Lilydale Emergency Directory:

Fire: 000
Police: 000
Ambulance: 000
Launceston General Hospital: 6348 7111
Poison Information Service: 131126



Lilydale Medical Clinic: 6395 1455
 6395 1258 AH
Lilydale Pharmacy: 6395 1336

Need a Fire Permit, contact one of these people: LILYDALE

Brigade Chief - Gavin Storay Ph: 63951360 and 0429 022154
 2nd Officer - Dave Cleaver Ph: 0407 047 083
 3rd Officer - David Dornauf Ph: 0409 868 712
 Permit Officer - Murray Dolbey Ph: 0427 846 249

AUSTINS ROAD/ROWLEY HILL ROAD

Permit Officer - Richard Crabtree Ph: 6395 4142
 Permit Officer - Shane Coleman Ph: 0407 263 120

LOWER TURNERS MARSH/BANGOR/KAROOLA

Permit Officer - Jeff Tonkes Ph: 6395 4495 or 0418 368 351

LEBRINA

Chief & Permit Officer - Mark Wilson Ph: 6395 6179
 Permit Officer - Robert Hawes Ph: 6395 6270

PIPERS BROOK

Chief & Permit Officer - Peter Harley Ph: 6382 7181
 Permit Officer - Ian Sauer Ph: 6382 7179

PIPERS RIVER

Permit Officer - John Hurst Ph: 6382 7138

TURNERS MARSH/FINGER POST HILL

Chief: Leon King Ph: 6326 4363
 0428 435 296
 Allison King Ph: 0419 316 964

W	1	CWA • Lions - 7.30 pm Karoola Playgroup - KH, 10am Lilydale Playgroup - AC, 10 am
T	2	Day Care - MWC, 9-3
F	3	Senior Citizens Bowls - SC, 1.30pm Badminton - LH 7.30 pm
S	4	Footy - Ringarooma vs Lilydale
S	5	Daylight Savings Ends Lilydale District Pony Club - KO 
M	6	Valley Voices - UC, 7.30 pm
T	7	Senior Citizens - SC, 1.30pm Progress Association - TOCHC, 7.30pm
W	8	Karoola Playgroup - KH, 10am Lilydale Playgroup - AC, 10 am
T	9	Day Care - MWC, 9-3 Neighbourhood Watch - FS
F	10	Good Friday 
S	11	
S	12	Easter Sunday
M	13	Easter Monday Valley Voices - UC, 7.30 pm
T	14	Senior Citizens - SC, 1.30pm Retirement Units - 7.00 pm
W	15	Lions - 7.30 pm
T	16	Day Care - MWC, 9-3 RSL Meeting - SC
F	17	Senior Citizens Bowls - SC, 1.30pm Badminton - LH 7.30 pm
S	18	Footy - St Helens vs Lilydale
S	19	Lilydale District Pony Club - Adult Riding, KO
M	20	Valley Voices - UC, 7.30 pm
T	21	Senior Citizens - SC, 1.30pm
W	22	Karoola Playgroup - KH, 10am Lilydale Playgroup - AC, 10 am
T	23	Day Care - MWC, 9-3
F	24	Senior Citizens Bowls - SC, 1.30pm Badminton - LH 7.30 pm Progressive Deadline 
S	25	Anzac Day - Dawn Service at Cenotaph 11am Service at Cenotaph Footy - Lilydale vs Branhholm 
S	26	
M	27	Valley Voices - UC, 7.30 pm
T	28	Senior Citizens - SC, 1.30pm Mary Walsh Centre - MWC, 7.30 pm
W	29	Red Cross - 11 am Karoola Playgroup - KH, 10am Lilydale Playgroup - AC, 10 am
T	30	Day Care - MWC, 9-3 Uniting Church Social Afternoon - UC, 1.30pm

Lilydale District Progress Association Inc
PO Box 3
Lilydale, TAS 7268

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The Lilydale Progressive is published monthly from February to December by the Lilydale District Progress Association Inc. Letters to the Editor (up to 200 words) and other copy may be left at the Lilydale Pharmacy. Articles may also be forwarded on floppy disk in any text format or via e-mail to:
lily.progressive@gmail.com

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When submitting a new ad please indicate in writing, how many times you want it to be published. Ads received without notification as to times and issues will be repeated, and charged accordingly, until a notice of discontinuation has been received. This is not a threat but a sincere plea to make the editor's life easier. If you are interested in advertising in the next issue of the Lilydale Progressive, please contact the editor to discuss your requirements.

Current Advertising rates:

1/6 page	\$20	per issue
1/3 page	\$30	per issue
1/4 page	\$25	per issue
1/2 page	\$50	per issue
Full Page	\$100	per issue
Classifieds:	\$1	per issue

Classifieds

Lost - Gold Watch, Man's square and thin with brown leather band.

Sentimental value to owner - Reward offered.

PH: 0418 131 584

Lost - 1 large golden inflatable Lindt chocolate bilby - almost 1 metre tall. Last seen tied up outside Lollydale. If you happen to know its whereabouts, Norma would be only too pleased to have it returned safe and sound. Contact Norma in Lollydale if you know its whereabouts. Phone: 63 95 1156

Tai Chi Exercise Classes

Come and experience the ancient exercise of Tai Chi in the Uniting Church Hall (behind Church)

All Welcome
9.30 Wed morning



BARRETT'S



BARRETT'S COACH TOURS & ROSES TRAVEL INVITE

YOU TO JOIN THEM ON THE FOLLOWING DAY TRIPS AND EXTENDED TOURS

Launceston Country Club Casino: Every 3rd Wednesday of the month

Departing Scottsdale Depot at 10.00 am Bridport depart 10.30 am Lilydale depart 11.15 am

Bookings essential. **Free of Charge Chance to catch up with friends or do some shopping**

3 Day Easter Tour 2009: Departing Friday 10 April 2009

Departing Scottsdale travelling down the East Coast to Triabunna where we enjoy a Seafood Banquet and Cabaret on Good Friday night, on Saturday we visit Salamanca Market and return back to North East via Midlands Highway on Sunday. Cost \$369.00 pp twin share. \$479.00 single Supp

Agfest: Departing Friday 08 May 2009

Coach travel departing Scottsdale 7.45am, picking up Lilydale & Launceston. \$25.00 pp Coach Only

Sabah - Malaysian Borneo Tours 2009

Discovering Borneo is offering an exciting opportunity to experience the natural wonders of Sabah in 5 star coach comfort. View orang-utans in tropical rainforests, stay in idyllic beachside resorts, this tour has it all. The tour is accompanied by an Australian War History expert to provide captivating insights into the fateful sufferings of Australian soldiers during World War 2. Discovering Borneo has carefully researched this amazing tour with an emphasis on comfort, culture and a memorable experience. Quality at an affordable price. Itineraries available in the office.

29 Day Outback & Savannah Gulf Tour Departing on Tuesday 23 June 2009

Touring Oodnadatta Track, Uluru, Alice Springs, Cape Crawford, Boona Boona Festival, Borroloola, The Savannah Way, Burke Town, Lawn Hill National Park, Birdsville, Quilpie, Menindee and lots more. Call our office for prices and itinerary.

ROSES TRAVEL, Licence No TAS043, NOW HAVE AN EXTENSIVE RANGE OF MAPS FOR SALE - TASMANIA AND INTERSTATE as well as camping guides (all States), holidaying with cats & dogs and travel diaries. DON'T FORGET WE CAN DO YOUR TT LINE BOOKINGS (no extra charges). International Travel Consultant available to assist you with all your travel requirements - visas etc. (Secure sites for credit card payment) Travel Insurance & Gift Vouchers also available.

PH 03 6352 2186 FAX 03 6352 2268 Email: barrettscoaches@hotmail.net.au