



THE LILYDALE PROGRESSIVE

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Editorial

Have you ever wondered whatever happened to all those recommendations that were made at the Peter Kenyon Workshop almost two years ago. Well I have, and in fact, just recently at a meeting of the committee members of the Lilydale District Progress Association we tackled just this issue.

We got out the Lilydale Rural Needs Assessment report and had a good hard look at where we were in relation to where we wanted to be at this time. The news isn't all bad. In fact, I don't think we've done too badly.

There were 5 major things people wanted to see happen in Lilydale:

1. Build on the Village Streetscape:
 - Complete the Village Green (fingers crossed this should happen by Xmas.)
 - Develop a streetscape proposal for the Main Street (Launceston City Council are currently in the planning phase of this point.)
 - Design & install motivational entrance signs to the township (Tas Regional Arts & Launceston City Council accomplished this last year.)
2. Develop Youth & Child Facilities:
 - Establish a Youth Committee (hmm need to do a bit more work here!)
 - Enlist the support of young people on community groups (Congratulations to Landcare on this point.)
3. Improve the Tourism appeal of the town:
 - Establish a quality information feature in the Village Green (It's on the drawing board and on the way).
 - Review the content of visitor information brochures (Thanks to Tas Regional Arts—Lilydale and the Launceston City Council we now have lovely Lilydale brochures.)

- Establish an Internet presence for Lilydale (Anyone want to lend a hand to the Access Centre on this one?)
- 4. Enhance the Heritage appeal of the town
 - Carry out a Heritage Audit of the town (Perhaps the History Group could look into this one with help from National Trust and Tasmanian Heritage Council)
 - Record an oral history of the town (We have the facilities to do this and I know there are people out there interested in this, let's try and get together and make it happen.)
 - Develop a heritage walk around the town (maybe after the heritage audit this could be the next step.)
- 5. Develop more community involvement, cooperation and leadership
 - Write regular news articles that promote the positives of community activities (Hey what is the Progressive all about!)
 - Carry out a community skills audit to encourage greater involvement in community activities (We really need to know who has what skills and is willing to share those skills with the rest of the community!)

So as you can see we really haven't done too badly over the past couple of years. Now is the time to get stuck in on finishing these projects and ensuring Lilydale continues to be the vibrant, caring community it is so well known for.

If you'd like to help out with any of these projects drop a line to the Editor and we'll try to get some groups together to focus on some of the unfinished aspects of the report.

Until next month!

Jayne

I've learned
If the only tool you have is a hammer, you tend to see every problem as a nail.



UPHOLSTERER

Stephen Griffin
6395 1323

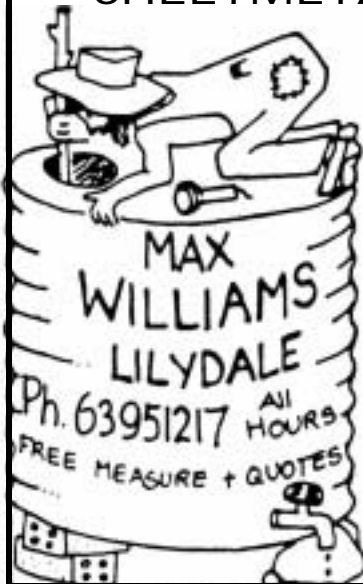
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Lilydale District Progress

Association

Well it's here again time to hold the AGM for the Lilydale Progress Association!

The year has been quiet don't you think, we have only started to build the Village Green with a great deal of community and Launceston City Council help. Lets hope that we can complete the project for a Christmas opening.

The road access to the North East Tasmania through Lilydale will now happen, after many long meetings involving many people putting in long hours to represent the community view. The result will mean that there will be a few changes in Lilydale, for the better I hope. The streetscape will be improved making the town more appealing for the residents and visitors. Better traffic management will mean a safer town in which to work and play. Better and safer roads will bring more people to the place in which we live, lets make them welcome when they arrive.

Our much promised T V transmitter for ABC and SBS finally started transmitting and hopefully every one gets the picture. All we need now is better mobile phone reception in the black spots around the area, and the commercial channels to go onto the Brown Mountain Transmitter to make it really good, oh not forgetting the improvement of the speed of access to the internet and that would be most excellent indeed.

Water once again has proved to be a real talking point for some members of the community. If you have a problem with Lilydale's water or any other problem to do with water please bring it up with the Lilydale Water Committee. This committee is a sub committee of the Lilydale District Progress Association, and has a close working relationship with the Launceston City Council and the council officers. They will work to fix most problems, after all water is our most valuable resource and our most wasted.

These are only a few of the thing that have happened over the last year, do you have any or have you had any input on these or other matters? If you do want to have your say, to make your voice heard at a local level come to a Progress Association Meeting and have your say and put what you think out there for discussion. I for one will welcome, with open arms and mind, new ideas, views and opinions.

Our AGM will be within the next 6 weeks so keep your eyes open for the notice.

TTFN Graeme Arnold

President LDPA

Tasmanian Regional Arts—Lilydale

We really did work hard at the State Conference! Camp Clayton is a marvellous venue for these types of events, so if you have the need for a conference venue, with good accommodation, catering and workshop facilities you might like to consider Camp Clayton. 6 representatives from Lilydale attended the Conference, enjoying the various workshops and especially the Christmas In Winter dinner on Saturday night!

We will be assisting the Lilydale Players when they hold their performances on Friday August 16th and 17th. See you at the Lilydale Memorial Hall for some good home grown entertainment.

The Valley Voices performed at Linda Kalasim's 100th Birthday party last week and will again sing at another 100th. The popularity of the Choir is not surprising when you hear them perform.

The Branch is gearing up for the Mountain Festival Day on Sunday October 6th. We are planning activities for all members of the Community, we would love to receive lots of 'myths'. Our good friends and supporters, Lilydale Fire Brigade will be having a sausage sizzle to tempt you with the smell of onions wafting, so put aside the Sunday, wander into Lilydale and come up to the Memorial Hall.

Members are eating lots of fish, getting ready for the Quiz Night, (maybe it would be better to read the encyclopaedia).

Remember, August 16/17, Lilydale Players at the Memorial Hall.

Mountain Myth

Other places have their myths and legends; tales of giants, witches, wizards, cave legends and historical folk-legends. Some legends were believed in and some touched the life of ordinary people.

So how about a folk-tale about Lilydale's icon – Mount Arthur? Can you create a myth about our mountain during International Year of Mountains?

Folk-tales are not just fairy tales for adults. Enhance our culture. Put pen to paper. Produce a poem or prose about a curious, superstitious Mt. Arthur myth or maybe you have a story with a rational explanation!

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This month we are featuring witches and dragons from our gift shop range so check out our counter display.

After our recent successful teddy bear feature we still have a good range in stock all of which are reasonably priced.

Remember we take lay bys from our gift range without any time limits, so now is a good time to put aside an item for that special present at Christmas.

You would be surprised at the amount of mail we receive incorrectly addressed, we try our best to find the addressees but if we cannot the mail is returned to sender after 30 days, a lot of this mail does not have a return address therefore it goes to the dead letter office. The message with this is that you should always put your return details on the back of your parcel or letter and by doing this the article can be returned to you if the mail cannot be delivered to the addressee.

LOOKING FORWARD TO SEEING YOU THERE!!!

A black and white illustration of a dragon, shown in profile facing left. It has a long, curved neck, a small horn on its head, and a long, thin tail. The dragon is standing on its hind legs.

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Lilydale Online Access Centre

Our recent Photo-enhancing workshop was an unqualified success. The students had a great time and have now learned how to preserve those irreplaceable old photos. We will be holding further workshops in the near future. If you are interested please contact the Centre and speak to Jayne. (Groups of five are needed to fill workshops).

Anyone interested in computer graphics is cordially invited to join our new Paint Shop Pro Users Group. We hope to hold regular sessions at the Centre once a month on a Saturday afternoon. Ring the Centre and talk to Jayne if you're interested.

The Access Centre has become a hive of activity recently (due mostly to the capabilities of our new equipment), so if you'd like to come along and use the Centre please make sure you give us a call to book a time. This will ensure you are not disappointed when you just pop in and there are no pc's available to use.

Access Centre Opening Times

Monday	closed
Tuesday	3 pm—7 pm
Wednesday	9 am—2 pm
Thursday	3 pm—7 pm
Friday	2 pm—7 pm
Saturday	9 am—12 noon



Ph/Fax: 6395 1129 to book your one hour session.

E-mail: lilydale@tco.asn.au Web: www.lilydale.tco.asn.au

Proverbs:

Examine what is said, not who speaks.
Do nothing and you will make no mistakes.
Beware the anger of a patient man.
Behold the turtle, he gets ahead only when he sticks his neck out.

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Lilydale Landcare

Lee Adamson of the Tamar Valley Weed Strategy and members of a Green Reserves Team have started the important task of weed mapping at Merthyr Park. Some of the weeds being targeted are Blackberry, Montpellier Broom, Gorse and Spanish Heath. The weed map created will help us in our war against these escaped garden plants gone wild in our bush.

In the meantime, a working *bee* will be visiting Merthyr Park soon to help us with some planting. It would love for you to drop by and lend a hand. The details will be available soon. We hope to see you there!

P.S: **YOU ARE INVITED** to our Annual General Meeting (including a **delicious free supper**) at the Mount Arthur Centre on Friday 16 August at 7:30pm.

Mary Walsh Centre News

During this month we have experienced low temperatures, with cold winds and some frosts to make us feel like staying in bed a bit longer. Now that we are a month past the shortest day the daylight hours are increasing, which is very pleasing, and it is also pleasant to see the spring bulbs putting in an appearance, and it will not be long before we are enjoying the blooms once more. Some of the bulbs are highly scented and the perfume enjoyed by many people.

At present as we approach the 22nd July, there is much excitement because one of our original clients Linda Kalasim will be 100 years of age. Linda is a very well liked and loved person and celebrations are planned for the 23rd of the month (Tuesday).

Well the 100th birthday has now passed, and was a day of excitement and pleasure for Linda and her relatives and friends at the Day Care where Linda was a foundation member. The Mary Walsh Day Care started in July 1988, and during the time there Linda has won the hearts of the other clients and staff, being easy to get on with, and her love of music. Although she has disabilities her mind is still active. Alas the parting of the ways has come and Linda is now moving to South Australia where she has relatives, and will be looked after over there. We wish Lynda and her daughter well, and some day we hope to meet again, and there will be no partings over there in the land that is fairer than day. There were many congratulations read out at the birthday from the Queen and others of importance.

Lilydale-Karoola Red Cross

The August meeting will be held at the home of Margaret Mills, 16 Rowley Hill Road, Turner's Marsh on Wednesday 28th August at 11. a.m. All welcome.

Meals-on-Wheels. These meals are available to anyone who requires them. We now have three clients again and are asking for volunteers so that we can start the Roster again. If you could spare one hour approximately once a month or thereabouts for this worthwhile cause, please contact:

Margaret Mills on 63 95 4411 or
Billie Parry on 63 95 4173

HOUSEHOLD TIP:

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Simply cross out the names and address of people you don't know.





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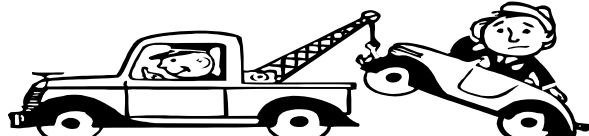
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Lilydale Football Club

With 4 games to go at the time of writing, Lilydale's Seniors, Reserves and Under 16's have all made the finals but it looks as though the best they can all do is a third or fourth spot. Having so many young players at the Club the potential is there to do better, all they have to do is click and if they stay with the Club, next year should be better.

The NEFU is lucky to have a group of people who see the young players coming up through the under age teams as the future in football and are prepared to work on this. The sub-committee formed this year have a second round of Representative games coming up at Scottsdale on the 11th August, ideas of the Under 10's playing half-time matches during the Finals are also being considered and will form a basis to work on in the future.

To make all this work for the benefit of the Lilydale Club more assistance will be needed around the teams, the signs are there that Clubs will need better records and it is too much to expect the Coach's to do everything. The latest in the Insurance saga is that the AFL is looking at taking out some sort of cover, they already do this with Auskick, estimating the numbers involved and taking out a Policy to cover the lot. We can only hope that out of the mess something sensible, workable and affordable evolves.

Club Diary August:

- 3rd Winnaleah vs Lilydale at Winnaleah
- 4th Training at Scottsdale 10.00 a.m. for Combined games – see August 11th
- 10th Lilydale vs St. Helens at Lilydale (Last home game)
Evening function – Dean Bounday "One Man Band"
- 11th Combined games at Scottsdale
10.00 a.m. NEFU Under 12's vs Tamar Valley
AFL Auskick (Formerly Tamar Mini League)
2 Under 12's games to be played at same time.
11.30 a.m. NEFU Under 14's vs Georgetown NTJFA
1.00 p.m. NEFU Under 16's vs Georgetown NTJFA
It is expected that the Georgetown team will also include Players from other NTJFA Clubs.
- 17th Ringarooma vs Lilydale at Ringarooma

Final Series:

- August 24th 1st Semi Final at Winnaleah
- 31st 2nd Semi Final at Scottsdale
- September 7th Preliminary Final at Scottsdale
- 14th Grand Final at Scottsdale

Game times for Finals:

- Under 16's 10.00 a.m except Grand Final start 9.30
- Reserves 12.00 Noon except Grand Final start 11.45 a.m
- Seniors 2.00 p.m. all Finals

August 24th Evening, Lilydale Club Best and Fairest vote count for Under 16's, Reserves and Seniors. Club Rooms 7.30 for 8.00 p.m. start

The Club plans to return to the old style Annual Dinner and Presentation of Trophies – proposed date 5th October.

Neighbourhood Watch Report

This month we had 15 people attend our meeting and this is quite good. There was not a lot to discuss at this meeting so it was quite a short meeting.

Police Report

There were no reports of offences happening in our area, but there was concern of dog attacks. There has been a number of dogs in the Lilydale area running free and chasing livestock. As a result the Launceston City Council has been notified and "on the spot" fines shall be issued to any owners for offences that include, having unregistered dogs, failing to have effective control over dogs, having a dog at large etc. any injury, destruction and subsequent costs resulting from the dogs activities shall be claimed against the owner of the animal. In the case of an unregistered dog the owner shall be deemed to be the person who ordinarily keeps the dog.

Neighbourhood watch has been operating in our area for ten years this year and many of you would have noticed all the good work that has been done in the area in that time. We need your support to keep the crime rate down and have proved that this does work because when we first started we were having a large number of crimes weekly but that has dropped considerably in the ensuing years. KEEP UP THE GOOD WORK

Our annual meeting has been postponed until September 12th because a number of Zone Leaders will be away.

Next meeting will be on August 8th at 7:30 at the Lilydale Fire Station.

Community Quiz Challenge

By now you may have heard about the community quiz challenge organised by the Lilydale District School P&F Association for Friday 23rd August. Local organisations might like to enter a team for their group or groups may wish to enter privately. Dr Frank Madill will M. C. on the night, cost is five dollars per person (maximum of 8 per table) and it commences at 7:30 pm sharp!

Tea/coffee and a light supper will be provided, BYO alcohol. Soft drink and chips for sale on the night. For enquiries to book a table, phone Leslie on 63951167. First prize for winning team is \$150 cash plus their name engraved on a trophy.

(PS remember at the last School's quiz night we had a boxer shorts competition-why not come prepared in case we have another!)



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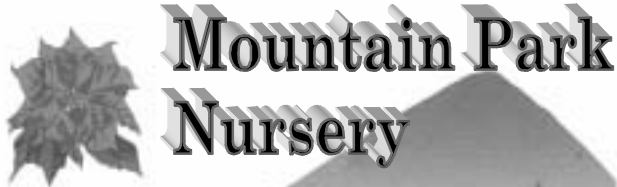
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RSL News

At a special meeting held on Sunday 21st July, a new Constitution was approved so that an application for Incorporation could be processed. Mr. Tom Denny was confirmed as Club Patron and the following Committee members were duly elected to serve until the first Annual General Meeting of our new Association scheduled for February 2003.

President – *Tom Dixon*; Sen. Vice President – *Peter Leonard*; Jnr. Vice President – *Alan Cordell*; Secretary – *Sue Watson*; Treasurer – *Strom Charlton*;

Members: Paul Griffin, Amanda Olson and Ron Reid.

It is very encouraging to see not only the increase in the number of Affiliate Members joining the Club (we now have 17) but also to see them willing to serve on our committee. We would also welcome the membership of any past or present serving members, who may be living in the district.

Lilydale Equine Endurance

Riders Association

The Lilydale Equine Endurance Riders Association (LEERA) is a group of dedicated endurance riders, who are holding endurance rides in the local area of Lilydale, through our beautiful rainforests and foothills.

Our first ride is to be held on the 13th and 14th of December, 2002, following a 10 year absence. As a new endurance ride we hope to have a large contingent of competitors and being in our summer season look forward to some great weather to enhance our scenic views. The ride base will be at the Lilydale Football grounds and it is envisaged to run from Lilydale to Lone Star and return. The ride name will be the *Lone Star Ride* and it will be a 40km-training ride and 80km competitive ride.

Furthermore, Leera has planned to hold an Endurance Seminar on the 17th August 2002, 10.00am at the Lilydale Football Grounds. Cost for the seminar will be \$5 per person. We would like to invite new and current competitors to share knowledge, experience and general information on all aspects of the sport of endurance riding.

It is planned that Claude Filleul, Jim Reilley and Cecil Lockhart will be providing information on pre-ride preparation, rules and regulations, training, feeding and vetting. There will be an interaction period where people can gain feedback from the presenters. There will be a sausage sizzle available at lunchtime.

For any further information please contact Scott Payton 63951406 ah, Tim Matthews 63954395 ah or Deanne Flanagan 63951206 ah.

Lilydale Playgroup:

Wow, what a great place to live Lilydale is, and what a great bunch of people at Lilydale Playgroup. We had our working bee recently and were inspired by the generosity and goodwill of our local community.

Scott and Leigh Arnold (saw millers) donated all the timber for our new fences and Stuart Garwood personally delivered it. Rob Patterson gave us fittings at local mates rates. Paul Denholm donated galvanised fence posts and Chris Dean, the school groundsperson concreted them in. We had a small group of stalwart supporters on the day, truly buzzing like bees and we were pleased with our achievements but of course there is still more to be done. We hope to see some less common faces helping out at Stage 2.

Membership has levelled out a bit, typical in the cold wet weather. Inside the hall we have tidied up and rearranged everything. The school have donated some suitably sized and therefore safe tables so we are able to have a range of activities inside in the warm so don't be put off coming by cold weather.

Playgroup is a great way for children to socialise and make friends before they start school and a great support network for adults too. Come along and see the new parent general information booklet prepared by Dallas and Rachel.

Cheers!

Rachel Denholm and Kerrie Maddock (Committee)

Playgroup times: 10 – 12 a.m. Tuesdays - \$2 per family.
Anglican Hall, Station Road.

CWA Notes

With winter well under way, we are now looking forward to spring bulbs and blossoms, and longer days.

Belated congratulations to Linda Kalasim on her 100th birthday, a marvellous achievement.

When public functions, such as fundraising and catering, are held, we are covered by a CWA state insurance for public liability.

Another bundle of garments, as well as 12 bunny rugs have been given for the Baby Box.

Two members attended a Strategic Planning Day in Launceston – when future directions were discussed. Like many organisations we need an occasional overhaul.

Ideas for a fundraising function are still coming forward, possible time being February 2003.

A goodly sized carton of groceries was collected for the

City Mission in July, this will continue at the August meeting. This will be on the afternoon of the 7th at Norma's. Discussion will be on the agenda for State Conference which will be at Strahan on 2, 3, 4, September. Because of this, September meeting will be on the 11th, a week later than normal.

Words of wisdom:

"Copy the kettle – though up to the neck in hot water, it still continues to sing".

Dorothy Story

Quotable Quotes:

The only time the world beats a path to your door is if you are in the bathroom.

If God wanted me to touch my toes he would have put them on my knees.
Bill Carbone



Village Green

Whilst the Amenities Block is very close to completion, inclement weather has interfered with outdoor works over the past few weeks. However, we are ready to move and during August, we should see further development of the site. We are still aiming for completion before Christmas.

We would like to assure those members of the Community who have offered to assist, that we have not forgotten or ignored your kind offer. With some of the small works, such as the internal painting of the toilet block etc, it was simply not practical to involve too many. However, now that we are about to get involved with outdoor work which will be more of a physical nature, you will receive a phone call asking to assist.

We are really trying to schedule a number of tasks on a given day or weekend, so that we can then organise a good size working bee, where we can hopefully end up with a sausage sizzle or similar. We really cannot automatically assume that the weather will be suitable on a planned day, but will have to "wing it" so to speak.

You may get a call the night before or even early on the day, but do not feel pressured if you cannot make it then – there will always be another day. Finally, please keep an eye on the chalk board located at the front of the Village Green. We will be advertising working bees etc; there with as much notice as possible.

Strom Charlton

Project Co-ordinator

Vet Talk

by Lilydale-Karoola Veterinary Service

Conjunctivitis?

Runny eyes are a common occurrence in pets and are often a concern for the owner who sometimes ask their vet about getting ointment for "conjunctivitis". It is a bad idea to try treating an undiagnosed eye problem except with the most basic therapy such as using saline to clean the discharge away.

Discharge from eyes can vary from excessive tearing through to pus or mucus. Normal eyes don't weep.

The eyes need to be examined in their entirety and the condition of the cornea, eyelids and orbit need to be ascertained with reference to the discharge. Here are a few things that can be confused with conjunctivitis:

Dry Eye Syndrome: This is where tear production is reduced or even absent. It is very common in Cocker Spaniels and generally produces a tacky purulent discharge. This is a very painful condition and needs to be treated with lubricants before blindness ensues.

Corneal ulcers: These are usually a result of trauma and are very painful. They may need surgery to temporarily close the eye to allow it to heal. Generally you see excessive tearing – an indication of eye pain.

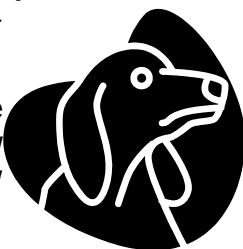
Ingrowing hairs: These are lashes growing on the inside of the lid that rub the eye. They can be very hard to see.

Entropion: This is usually an inherited defect in such breeds as the Rottweiler and Golden Retriever and is a condition where the eyelids roll inwards and rub the eye. Again, the eye is painful so tends to tear excessively.

Foreign bodies: Common during the grass seed season. These pets initially show pain and excess tears but the eye soon becomes infected and the discharge changes to pus.

Therapy for these different conditions varies of course and the wrong treatment can even make the problem worse. A classic example would be using a cortisone ointment prescribed for some other condition in an eye with a corneal ulcer- it will make the ulcer worse.

Eyes are fairly fragile things; make sure your pet keeps them healthy by getting any problem accurately diagnosed as soon as possible.



Lilydale-Karoola Veterinary Service

a branch of Scottsdale Vet Service

Main Rd, Lilydale Ph: 6395 1271

ALL HOURS

Ron Harris BVSc MRCVS, QDAH

Marion Welch BSc BVMS

Martina McPeace BVSc



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Karlene,
Sally
& Staff



Hello from the Mt Arthur Centre

The Mt Arthur Centre had its inaugural AGM at the Centre on July 10th. It was a pleasure to see 22 people attending. We were very lucky to have 4 of the architecture students from the University as our guest speakers and they were excellent, speaking on the topic of Designs for the futuristic Mt Arthur Centre. (60 students made plans and models the 1st semester of this year). 5 new board members were elected and we welcome them 'aboard'!! (We now have a very keen board of 9 members).

For the second semester of the year 20 architecture students will be engaging in the design and building of the straw bale 'prac' room at the Centre. We are very excited about this project and invite all community members to become involved at any level they feel comfortable. In about 6 weeks our regular 1st Sat. in the month working-bees will be concentrating on the building of the room. Watch out for details in the Progressive, school newsletter and post-office.

We are very pleased to be able to offer the Centre as a place for people to meet and get together for a variety of reasons. We would like to invite anyone interested in the Rural Mental Health Plan to contact the Centre. Rosemary Boote is the new project coordinator for this plan and would like to meet with as many people concerned about this issue (either clients or carers) as possible. She would like to discuss how we can work together to provide equitable services to rural areas in regard to Rural Mental Health. If for any reason you would prefer to speak to Rosemary privately, this can also be arranged.

Events coming up.

Our monthly working bee. 10am till 3pm. Hail rain or shine. Jobs this month include, the erection of a handrail on the outside steps. Cleaning out of our water tank and varnishing the kitchen table.

A two day Community Development Course run by Tony Kelly from Queensland - Tues August 20th and Weds, August 21st. Cost is \$80.00 waged and \$40.00 unwaged. Please contact Ruth Macleod to book. An extensive three weekend Gestalt Course run by Barbara DeCambra from Hobart - 1st weekend workshop will be held Fri August 30th, Sat 31st and Sun 1st Sept. The cost is \$600.00 for the three weekends. Please ph the Centre for more details.

A two day professional and personal development course facilitated by St Luke's Innovative Resources (Wayne McCashen, Bendigo) and hosted by the Mt Arthur Centre in conjunction with the Launceston City Council. The course is called 'From Strength to Strength'. On Tues 29th Oct and Weds 30th Oct. Cost is \$198.00 and includes morning tea, lunch and afternoon tea both days.

The Lilydale Progressive—August 2002

To book or enquiries please ph the Centre.

Stressed? Anxious? Need to talk? Need someone to listen? Two trained support group workers are offering their services for a 6 week support group, meeting at the Centre in a safe, confidential environment. Every Tues (starting Tuesday 6th August) between 1pm and 2pm. Cost is a gold coin donation. This may be a mixed group or male or female group, depending on the interest shown.

For information regarding any of the above, please contact the Centre on 6395 1201. Don't forget to call in for a cuppa!

Cheers for now, Maggie.

Lebrina Brigade Best

At the recent Tas Fire Service's Annual Chiefs Conference, Lebrina Fire Brigade was awarded the "Battered Branch" as the Best Vegetation Tanker Brigade in Tasmania for 2002. Similar awards were given to other brigades of different sizes.

Lebrina was originally selected to represent the North East District and was assessed against similar sized brigades from the other two districts in the Northern Region. On being chosen as the best within the region, Lebrina was then re-assessed against Bagdad from the south and Stowport/Natone from the north west.

Although only a small brigade with an old tanker unit, Lebrina was selected for its efficiency, its state of preparedness and level of training and its involvement in the community. The assessments included practical fire fighting on different scenarios including a chemical spill and a motor vehicle accident as well as associated fires.

Brigade Chief, Mark Wilson, said that the brigade members' ability to adapt quickly to unexpected situations is the main asset. All incidents are dealt with as a team and members' individual skills and experience are used as much as possible.

He also thanked the community for their support and the firefighters for their dedication.

4th Officer, Christine Hawes, who was representing the Brigade at the Conference, accepted the award from the Chief Officer, John Gledhill.

A dinner to celebrate the win will be held in conjunction with the Brigade's AGM this month. Past members and supporters from the Lebrina community are welcome to attend. Contact Christine or Kim for details.

Lilydale Retirement Units

As you are probably aware, the decision has recently been made to separate the Day Care Committee and the Retirement Units Committee. The new Mary Walsh Centre Incorporated was formed on July the 23rd.

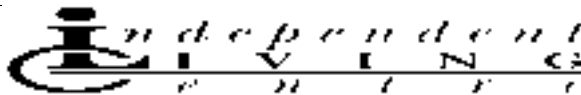
Please rest assured that this will not affect the functioning of the Units in any way and the present sub committee are still actively working on the Units behalf.

The Lilydale Community rightfully and understandably has a "sense of ownership" over the Units. Rightfully, as over 20 years ago, many of you started contributing towards the buildings and have done so generously in one way or another to this day. Understandably, because a community that cares for its own in the manner that Lilydale has, by providing for the retirement needs of its seniors, has ownership, which is borne out by the continued interest shown in the Units by the Community at large.

Since the original four units were built, times and circumstances both of funding, government requirements, etc have changed. The complex now boasts 8 units and in January 2001, the land opposite (the block behind the Caltex) was purchased. As you can realise, this is now a very valuable asset held on behalf of the community, development of the land in the foreseeable future will further add to this asset.

The Associations' membership will be open to all residents of the Lilydale District, a working Board of Management will be elected at the AGM of the Lilydale Retirement Homes & Day Care Incorporated to be held on Tuesday 13th August, 2002 commencing at 7.30 p.m. at the Mary Walsh Centre. A new constitution & name change is currently being worked on & will be put forward for approval at a later date. The present sub committee is acting as a caretaker and steering group whilst we are in the transitional phase. Many residents have lived in the District all their lives, others now have chosen to become residents of Lilydale - each is part of the Lilydale Community. Would you please consider becoming a member and be involved in the challenging and interesting times ahead for the Units. For instance, we will be looking at the future development of the land opposite the Units in the very near future. We are fortunate that members of the Community have already indicated that they are prepared to serve on the Board of Management. A special resolution will be put at the AGM to reduce the numbers on the Board from the present 10 to 7. Membership of \$2.00 will be accepted on the night, or you might like to contact me on 63 95 1263.

Thank you,
Carol Charlton on behalf of the Units Sub Committee.
You can contact Frea Peschar 63 95 1364 Graeme Arnold 63 95 1441, Carol Charlton 63 95 1263.



Free Advice on Equipment and Techniques to Help you with Everyday Tasks

Bathroom Planning

Either yourself or a family member is now finding the bathroom more difficult to use. The bath is more difficult to step over, the toilet is harder to get on or off, a wheelchair commode needs to be used in the shower or over the toilet, and there isn't the space available.

So where do you proceed from here?

Firstly consult your Occupational Therapist. They will need to know:

What are the users functional capabilities, now and in the future?

What degree of assistance do they require?

What is the current bathroom layout?

What limitations are there: space, financial, property ownership?

The Occupational Therapist can consult the Australian Standards for public buildings:

AS 1428.1 - 2001, AS 1428.2-1992, AS 4299 - 1995

Whilst there are no regulations for bathroom design when building or renovating a private home it would be advisable to consider the recommendations made in the Australian Standards.

To enable wheelchair access to a bathroom that includes a toilet, handbasin, bath and stepless shower, the ideal size for this would be 2800 x 2100mm minimum.

To provide an ensuite bathroom with shower, washbasin and toilet, that is wheelchair accessible then a space of 2400 x 1900mm minimum is required.

Doors

For wheelchair access into the bathroom, the recommended door width should be 800mm minimum, however if the hallway outside the door is less than 1200mm wide, or a power wheelchair or angle turn is required then a wider door might be more suitable.

The door should slide, or open outwards if space within is limited, and a D pull handle is recommended.

Shower:

Size

The minimum size required for a shower is 1160 x 1100 mm, however it is recommended that this size be increased if an attendant is required to assist with the showering task. It is also preferable that the shower is two-sided, open on two of its adjacent sides. This enables the shower area to be used for general circulation, provides for greater opportunity for a carer to assist in the shower, as well as making the shower controls able to be reached by the assistant.

Curtain

Shower curtains provide greater flexibility for the use of the shower, but should be weighted on the bottom edge to prevent the curtain being drawn into the shower.

Floor Area

To have a level access shower floor, one without kerbs or hobs is to enable either a wheelchair user, or a person with limited strength, mobility or visual impairment safe and easy access. To prevent water escaping the shower and onto the adjoining floor, the shower floor should slope away from the entrance, and towards the shower waste outlet.

Floor Surface

Slip resistant flooring is recommended for all of the bathroom floor surfaces.

Rails

Horizontal and vertical grab rails should be installed so as to provide support for a person standing to shower, or to assist someone to stand up or sit down from a shower seat. They should be installed where it would best assist the user. A height of 800mm - 810mm may be suitable for most seated and standing shower users. Rails should be between 30 - 40mm outside diameter at a minimum length of 600mm.

Shower Fittings

A hand shower with flexible hose on a sliding rail should be installed, this will allow the user to shower when sitting or standing, and be able to adjust the height and angle of the shower head.

A range of shower chairs/stools are available for those people who need to be seated whilst showering.

Handbasin

Handbasins should be wall mounted allowing knee access with an adjacent bench top for toiletries. For ambulant and wheelchair users a height of 770 to 800mm is recommended.

Taps

Lever or capstan type handles with a quarter turn operation or electronic sensor taps are an option.

Toilets

When selecting a toilet pan and cistern, consideration should be given as to whether a self propelled shower/toilet chair is to be used over the toilet. This is because sufficient space is required for the wheels and the push bars to enable the wheelchair to be rolled over the toilet pan.

For an ambulant person consideration needs to be given to the toilet height and nearness of the walls for positioning rails.

Toilet frames, toilet seat raisers, toilet surrounds and grab rails are some of the equipment that may make it easier for those who have difficulty getting on or off the toilet.

Ventilation

Extractor fans and heaters should be installed if possible to help the user maintain a comfortable body temperature and keep the bathroom area dry.

Bath

If retaining the bath, then one with level edges all around is advisable to support a bath seat if required. The height of the wall of a bath should not be less than 460mm.

Grab rails should be installed vertically to assist transfers in and out of bath and for stabilising whilst standing to shower. Horizontal grab rails can assist sliding transfers. The bottom of the bath should be flat and slip resistant.

A hand shower with flexible hose on a sliding rails should be installed, this will allow the user to shower whilst sitting or standing.

A range of bath lifts are available which can assist a person to transfer in and out of the bath.

Assistive Equipment

Aside from the layout and circulation space of the bathroom, there is a wide range of equipment that can help to enhance access to either the toilet, shower or bath. There is also a wide range of equipment for use within the activity of toileting or showering that can make these tasks easier to manage.

For further information or specific details contact:

The Independent Living Centre Tas

Phone: 6334 5899 Or 1300 651 166 (for the cost of a local call) Fax: 6334 0045

Address: 46 Canning Street, Launceston

Email: ilc@ilctas.asn.au

Alternatively visit our website where you can also search out more information on equipment from the database: www.ilctas.asn.au

Lynda Reilly, Occupational Therapist

COMMUNITY NOTICEBOARD

Lilydale Senior Citizens

The annual general meeting of the Lilydale Senior Citizens Incorporated will be held at the Clubrooms on Tuesday August 6th at 2 pm

Eileen Evans, Public Officer

Lilydale District Progress Association

The AGM of the Association will be held at **7.30pm on Tuesday 3rd Sept, 2002** in the Old Courthouse Complex, Main Rd, Lilydale.

Current & New members very welcome

TUESDAY 13TH AUGUST 2002 AGM LILYDALE RETIREMENT HOMES & DAY CARE INC.

at the **MARY WALSH CENTRE 7.30 P.M.**

Acceptance of Audited accounts 2001-2002
Special Resolution: To amend the composition of the Committee
Election of new Board of Management, Retirement Homes.

New members very welcome.

Lilydale History Group

The 2002 A.G.M off the Lilydale History Group will be held at 1pm on Sunday August in the Old Courtroom, Main Rd, Lilydale. All positions are declared vacant and the election of Office bearers for the coming year will take place. Subs of \$5.00 are now due and all members must be financial members of the Lilydale District Progress Association which at present costs \$2.00.
Helen Chick, Acting Secretary. Phone 6395 2060.

Lilydale Landcare

YOU ARE INVITED to our Annual General Meeting (including a **delicious free supper**) at the **Mount Arthur Centre on Friday 16 August at 7:30pm.**

Interested in local history?

Lilydale History Group meets monthly in the old courtroom at the **Old Courthouse Complex, Main Road, Lilydale.**

Do come along and say hello on the 3rd Sunday of the month, meetings are open to the interested public from 2.30 to 4 pm.

For further information: Write to:

The Secretary, Lilydale History Group,
PO Box 3, Lilydale, 7268

Email: lilydale_history_g@tasmail.com

Telephone David or Jessie: 6395 1245

Website at: www.lilydale.tco.asn.au/history



Lilydale Baptist Fellowship

The Lilydale Baptist Fellowship meets in the Day Care Room (Cnr Main Rd and Lalla Road) each Sunday at 7.00 pm.

Contact David or Jessie Brown on 6395 1245

Everyone very Welcome

Lions Needs You

WE NEED MEMBERS. ANY AGE OVER 18 MALE OR FEMALE

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Phone: Amanda Olson—6395 4347

Stephen Griffin—6395 1323

Lions Club of Lilydale



Prayer Community

A number of people joining together for prayer

Last Monday of each month

7.30 pm—8.00 pm in the Old Library



Non Denominational – Everyone Welcome

Lilydale Community Library

Opening Hours:

Tuesdays: 3.00-7.00 pm

Fridays: 2.00-7.00 pm

Saturdays: 10.00 am—12 noon

Ph/Fax: 6395 1110

web: www.statelibrary.tas.gov.au





August 2002



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Day Care 9am-3pm Senior Citizens 1.30pm Playgroup 10-12		1 Day Care 9am-3pm	2	3 Footy: Winnaleah vs Lilydale
4 History Group TOHC 1-4 pm	5	6 Progress Association TOHC 7.30pm Senior Citiz AGM 2pm	7 CWA pm Lions Falls Farm 7.30 pm	8 Neighbourhood Watch Fire Station 7.30pm	9	10 Footy: Lilydale vs St Helens
11 Footy: Scottsdale combined games	12 Book Chat Group 7.30 pm	13 Retirement Homes AGM 7.30pm	14	15 Day Care 9am-3pm	16 Landcare AGM 7.30pm	17 Footy: Ringarooma vs Lilydale LEERA Endurance Seminar 10 am
18 History Group TOHC 2-3 pm	19	20 Tas Regional Arts 7.30 pm Community Development Course Mt Arthur Centre	21 Lions Falls Farm 7.30 pm	22 Day Care 9am-3pm	23 Community Quiz Challenge 7.30 Memorial Hall	24 Footy: Best & Fairest 7.30pm 1st Semi Final
25	26	27	28 Red Cross 11 am	29 Day Care 9am-3pm	30	31 Footy: 2nd Semi Final Gestalt Course Mt Arthur Centre



Lilydale Players

Play Evenings

16th and 17th August 2002
7pm for 7.30

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Book Chat Group to share ideas and introduce others to your
favourite titles and authors please contact

Julie Livingston 63 95 1272 or

Sue Armes, at the Lilydale Hair Salon

The Story Tellers Creed:

I believe that imagination is stronger than knowledge,
That myth is more potent than history,
That hope always triumphs over experience,
That dreams are more powerful than
facts,
That laughter is the only cure for grief,
And I believe that love is stronger than
death.



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1/2 PAGE	\$50	PER ISSUE
FULL PAGE	\$100	PER ISSUE
CLASSIFIEDS:	\$1	PER ISSUE

Chocolate Hints:

- If you've got melted chocolate all over your hands, you're eating it too slowly.
- Chocolate covered raisins, cherries, orange slices and strawberries all count as fruit, so eat as many as you want.
- The problem: How to get 2 pounds of chocolate home from the store in a hot car.
The solution: Eat it in the parking lot.
- Diet tip: Eat a chocolate bar before each meal. It'll take the edge off your appetite, and you'll eat less.
- If calories are an issue, store your chocolate on top of the fridge. Calories are afraid of heights, and they will jump out of the chocolate to protect themselves.
- If I eat equal amounts of dark chocolate and white chocolate, is that a balanced diet?
Don't they actually counteract each other?
- Chocolate has many preservatives.
Preservatives make you look younger.
Therefore, you need to eat more chocolate.
- Put "eat chocolate" at the top of your list of things to do today. That way, at least you'll get one thing done.
- A nice box of chocolates can provide your total daily intake of calories in one place.
Now, isn't that handy?



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HOBART CASINO/SALAMANCA DAY TRIP: Saturday 24th August depart Lilydale 7.30am, \$10.00pp with minimum 4 hrs at Casino. If you would rather spend the entire day at the market etc, cost is \$25.00pp—bookings essential, minimum numbers required.

ANNUAL WYNYARD ROTARY CLUB MUSIC HALL PRODUCTION: Burnie Civic Centre Saturday 10th August overnight accommodation at Waterfront Motel Wynyard, travel via Sheffield return via Penguin market \$125.00pp incl Sat lunch, DBB, tickets to show and coach travel.

PENGUIN MARKET 25 AUGUST: depart Lilydale 8.00 am \$25.00pp coach only enjoy a leisurely day undercover browsing the high quality produce and craft taking in the scenery of the North West.

FLORIADE 2002: departs Saturday 14 September, 8 days \$1450.00pp TS all inclusive itineraries available now.

23 DAY QUEENSLAD TOUR: departs Wednesday 25 September \$4400.00pp TS all inclusive itineraries available now.

ANNUAL MELBOURNE SHOPPING TOUR: departs Saturday 2nd November returning Wednesday 6th November, includes Victoria Market, factory outlets and city shopping \$720.00 TS—itineraries avail.

DELORAIN CRAFT FAIR: 2nd November \$15 pp (coach only) depart 8.30 am from Lilydale

PLEASE NOTE OUR COUNTRY CLUB CASINO, LAUNCESTON free bus will now be the **THIRD WEDNESDAY** of the month, departing Lilydale 11.15 am and returning from the Casino at 4.30 pm—bookings essential. Next Trip 17th July

For Itineraries/Bookings or Further Information please call.

Jill & Mick Barrett, Barrett's Coaches, 5 Cameron St, Scottsdale

Phone (03) 6352 3301