



THE LILYDALE PROGRESSIVE

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Progressive Deadlines for 2007

Articles for inclusion can be left at the Lilydale Pharmacy or e-mailed to lily_progressive@yahoo.com.au by the following dates:

2007

July 20th

August 24th

September 21st

October 26th

November 23rd



Tas Regional Arts – Lilydale

I love the lantern walk!!! What a shame that Lilydale can't be lit up like that every night during winter. (Any ideas of how this could be done?) The lanterns in the trees and the coloured cones on the fence posts are delightful and bring a 'fairylend' atmosphere to what is arguably the most looked forward to night of the year for many in the community.

Another successful, fun and very cold Lantern Walk was held on Friday night. The count was **160 participants** of all ages with assorted scarves, beanies, gloves, coats and uggies very much to the fore. Some very pretty lanterns were seen; the lanterns appear to be getting more 'designer' each year, which is great to see.

The workshop on the Village Green attracted some new participants, who came along to paint some of Jenny Scott's pre made lanterns.

It is very pleasing to see new comers to the community coming along to the Walk, a great way to meet 'the locals'!

Nothing just happens: preparation, organisation and willing helpers are all part of a successful event. The Lantern Walk has always been supported by the community at large (for which we are very grateful) however, there are organisations and people who are gold stars!

Judy Arnold once again (I think Judy has been at every Walk) played guitar and sang at the fire drums, thank you Judy for your participation.

The Lions Club prepared and oversaw the fire drums and this year very kindly held a sausage sizzle for the walkers and

helpers. This was greatly appreciated and a great idea.

The Lilydale Fire Brigade who provide the safety precautions without which the Walk would be uninsurable.

The Tasmania Police – our local officer comes along each year to help with safety.

Members of the Branch who provide the 'where with all' – setting up the lights in the trees, cones, providing the hot drinks, taking it all down again.

This is a fun event for all. For the children who are obviously delighted to be out in the dark (sometimes for the very first time) for the family members who take the time and trouble to bring the children along, for the members of the supporting organisations and individuals who give their time and for the Branch members.

May the Walk Continue to Grow!!

Ed: This year's lantern walk was my first as a participant. For many years I've driven past and seen the twinkling lights on gatepost and tree and thought how beautiful they make our town look. This year with the later starting time I was able to join in with the other walkers, my jam jar lantern in hand, muffled against the cold in my long coat and woolly gloves, I marched to the beat of the drummer along the main road, round the corner, up Station Rd and back through the School grounds to the Courthouse. What a fantastic opportunity to be part of a REAL community event aimed specifically at the little people in our area. After a warming drink of hot chocolate and a sausage (plus the chance to warm cold fingers and toes by the bin fires), it was back in the car and off home, and all finished before 7pm!!

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Letter to the Editor

KEEP LILYDALE CLEAN!!!

It has been noticed that household garbage is being placed in the wire bins in the main road of the Lilydale township. This results in an accumulation of rubbish deposited and therefore overflows onto the main road and down the street. This is extremely untidy and reflects badly on the town and local residents in general and is especially an eyesore for tourists who come to see our painted poles.

Please, please, please do your bit. Keep our town tidy and pick up any rubbish you see lying in our streets. Also encourage everyone to use their council rubbish bins or the Lilydale tip if excess rubbish builds up at home.

Concerned locals.

Mary Walsh Centre

We are missing our dear friend Mavis who is currently absent due to a fall. We wish her a speedy recovery and hope she is back with us again soon.

Since meeting "Paddy", an orphaned pademelon cared for by Trish (new Day Centre Assistant), we have included in our craft production a knitted sleeping bag for baby animals. Hazel produced the first one and we would welcome any oddments of 8ply wool you may like to donate for our knitting projects.

We will be making children's Christmas boxes for the Samaritan's Purse again this year. All are welcome to take part in the fun of decorating boxes and packing them with goodies for this worthwhile cause. Donations of shoeboxes and suitable items for inclusion (toiletry items, stationary items etc.) would be gratefully received, please contact the centre on 6395 1316

Heather keeps us entertained with her delightful tunes and the singing keeps us warm too. For fun and friendship community singing is hard to beat and has attracted a few visitors who like to join us for a sing-along.

We attended Aldersgate Village's afternoon tea and Walking Stick Display on Tuesday 5th June where we were fed, entertained and provided with a chance to catch up with other friends, old and new.

Whilst it is cold outside we are cosy and warm at the centre and with Debbie's lovely winter food to warm us we are doing rather well for ourselves.

We express our sincere thanks to the kind people who joined in our "Dining With Friends" event this month. Whilst our numbers are few, we intend to hold this event each month, as it is a good way to

encourage visitors into the centre, providing social stimulation for our members. If you, or someone you know would like to be invited please give us a call, 63951316. We can promise a warm welcome, a nice warm environment and a hearty warm meal (main course, served with vegetables, dessert and tea/coffee all for \$7.00).

Our "Season's Quilt" is currently being "quilted". Thanks Jennifer Smyth and Norma Bardenhagen for urging us on. We would love to have it finished for entry in the Launceston Show.

As I write we are just farewelling Jennifer Story, Rebecca (daughter) and Abby (grand-daughter) who visited this morning. It is lovely to see a baby dressed in hand knitted garments. Abby is beautiful and "hasn't she grown!"

Later this month we plan to visit the Eco-Centre in Scottsdale. Next month "Best for Less" will show winter clothing, especially undergarments and night wear at the centre.

Lilydale Neighbourhood Watch

This meeting was attended by 14 people.. Our guest speaker was Rachel Smith, who with her daughter Alex from Lebrina, told us about their 12 months in Thailand. Rachel and her husband worked as English teachers. Rachel told us of the culture, the food and the people. She brought some photo albums along for us to look at as well. Her talk was very interesting.

We are still waiting on word from DIER about the intersection of Lilydale Road and Pipers River Road.

There was no crime reported for the month of May which is really good.

With winter well and truly here it is time to be aware of the sections of our roads that are affected by ice and to drive accordingly.

Our next meeting on Thursday , 12th July at 7.30pm will be addressed by Mr Peter Gutwein.

All welcome.

Children's Science Exam Answers

Q: Name the four seasons.

A: Salt, pepper, mustard and vinegar.

Q: Explain one of the processes by which water can be made safe to drink.

A: Filtration makes water safe to drink because it removes large pollutants like grit, sand, dead sheep and canoeists.

Q: How can you delay milk turning sour? (brilliant, love this!)

A: Keep it in the cow.

Weedon Real Estate

66 George St, Launceston

(03) 6331 3566

The Lilydale district real estate market has been relatively busy over the last couple of months with our local agent selling 10 properties.

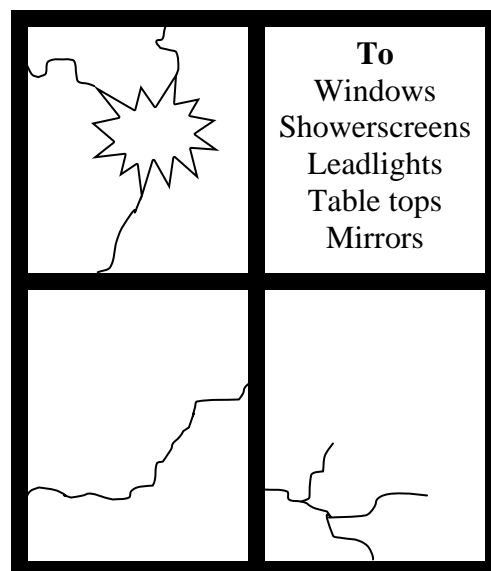
Weedon Real Estate have been servicing the area for around 20 years and know what the district has to offer for prospective purchasers.

If you are thinking of selling or would just like to know what your property may be worth on today's market call our local agent Tom Dancer on 0419 369 162 for a free no obligation appraisal.

Commission sales have become quite expensive over the last few years but we can offer low fees along with free newspaper and internet exposure.

Due to the increased volume of sales, listings are URGENTLY required.

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Lilydale Football Club News

Following two weeks with no football, we travelled to St. Helens to gain 3 more wins. This continues our winning streak, being no losses for all 3 teams for the season. The Seniors won by over 15 goals, Seconds by 10 goals and Under 16's - 10 goals. We need a good hard game for all teams to see how our players handle a pressure game as all teams have not been pushed to the limit so far this season. It is now the half way mark of the season and hopefully all players have their eye on the big picture as all teams have the opportunity to go all the way.

A home match day is a long hard day for our small committee and they would appreciate a little more help from some more willing workers, even ½ hour help or one small job makes all the difference as people do not realise how much work is to be done to keep everything running smoothly, especially when the game is followed by a social function at night. Then there is the clean up the next day with special thanks to Tiger Pollard and Arthur and Mrs. Siggins for cleaning the grounds and around the clubroom each Sunday and to Mandy Hammersley, Sharee Lockhart and Annette Hawes for cleaning the clubroom during the week.

After a successful day last year we are having a games day on 28th July, consisting of 4 teams, Lilydale Left, Lilydale Right, Lebrina and Bangor, so all interested competitors please put your name on the board in the clubrooms. Some of the games will be - throwing basketball through hoop, skipping with long rope, wheel barrow races, bike races, 3 legged race and egg and spoon race with uncooked eggs! Hopefully, we have ironed out a few more problems from last year to help things run more smoothly. There will be no tug-o-war as we cannot find a rope strong enough to

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hold our eager competitors after breaking the rope last year.

The club is holding a golf day for our footballers at Lulworth Golf Club on 19th August. All players will have their entry fee payed for by the Club and a free BBQ will follow back at the football clubrooms with the footballers cooking the BBQ. Bar will be open. At the BBQ, we are having guest speakers, Dale Chugg from George Town Football Club and Shayne Stevenson from the Tassie Hawks to give a serious talk on football, hoping the players will pick up some good information that might help them with their own game. The talk will be followed by a question time. Trophies for the golf day have been donated by Graham Arnold and will be presented at the BBQ.

Wanted: The club is seeking a person to help Debbie and Keith with first aid, in particular with rubbing down players before and during the game. If you are interested in doing a first aid course the club will assist you. If you can help please contact David Walsh 0418 128 877.

Roster

7 th July	Lilydale v Crows
14 th July	at Bridport
21 st July	at Winnaleah
28 th July	Bye

Social Events

7 th July	Karaoke Night
7 th July	Under 16's game York Park
8 th July	Under 12's and 10's game Scottsdale
28 th July	Games Day

The way the roster falls this year has made it a bit more difficult to arrange games for the Club's juniors but when it all comes together as it did when Bridport came to Lilydale a couple of weeks ago it makes it all worth while. 3 games at once across the ground with almost 100 children (boys and girls) involved is a good way to start a day at the Footy. We will be able to do it again when we go to Bridport and hopefully something similar can be done when the Scottsdale Crows come to Lilydale.

While participation and enjoyment would appear to be the main aim in starting the development of young footballers the NEFU has been able to arrange combined games on a regular basis over the last 3 years.

This year the NEFU Under 16's play the NTJFA on Saturday 7th July, 4.00 p.m. on York Park as a curtain raiser for the Devils vs Sandringham game. Congratulations to Beau Tuthill, Shane Bardenhagen, Kevin Avent, Sam Wilson and Jackson Hutchinson for being selected in the representative team. It will be a good experience for them to play on York Park in front of a large crowd. Well done boys.

The following day, Sunday 8th July, the under 12's and Under 10's play Tamar Valley Auskick starting time 10.00 a.m. at Scottsdale.



Lions Club News

Our annual changeover dinner will be held in early July in conjunction with the Lions Club of Bridport at Bridport. Most of our members will be attending – it will be the first changeover dinner for (relatively) new members Colin and Margaret Pryce of Lilydale.

Members took part in the annual Lantern Festival on 21st June and helped to keep the fires going to keep everyone warm. It was a truly magical sight to see the lanterns and lights.

A recent donation was made to Lilydale District School towards the costs of running the Breakfast Club during the school week.

Bagged cow manure is still available, especially for spring planting needs. Phone Stephen 63 95 1323 with your order or contact any member. Cost is \$4.50 per bag.



(Tas Regional Arts Lilydale would like to thank members of the Lions Club for their continued support of the Lantern Walk. Their valued assistance is fundamental to the success of the Walk. A lovely surprise last night was the 'sausage sizzle' which the Lions Club provided for the walkers (and workers).

Thank you very much).

Senior Citizens News

Our club days are Tuesday and Friday afternoons. All Seniors are welcome to come along for a friendly chat and afternoon tea, give us your ideas for any activities you are interested in and bring a friend.

Two teams travelled to Ravenswood this last week for their carnival, wonderful day with great company. Our 2 pennant teams stayed on for their game that night.

We are still second on the ladder, a big thank you must go out to our team manager, as a report every Friday is issued to each player on the progress of the teams.

Our next Carnival will be at Perth early July so we hope we can bring a winner home.

Our AGM will be held at our club rooms on Tuesday 31st July at 1.30 p.m. all welcome.

Next meeting will be 3rd July at 1.30 p.m. at our rooms.

See you all next month.
Robyn East

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Health Notes from the Lilydale Pharmacy Vitamin D

Vitamin D deficiency is an emerging public health issue and can lead to bone pain and muscle weakness. It also increases the risk of osteoporosis, falls and fractures. Osteoporosis is a condition where the bones become fragile and brittle, and break more easily than normal bone.

Vitamin D is essential for the development and maintenance of bone, and assists calcium absorption from food in the intestine.

The main source of vitamin D is from exposure of the skin to sunlight. Food sources are limited, but include oily fish, liver, eggs and some foods that have been fortified with vitamin D. It is difficult to obtain enough vitamin D from diet alone.

Fair skinned people need to expose their face, hands and arms to the sun for 10 minutes in the summer (before 10am or after 2pm) and 30 minutes in the winter (at noon). People with dark skin need 3 or 4 times more exposure. Sunscreens will block the vitamin D production in the skin. This is obviously going to be a dilemma for some people who are at high risk of skin cancer or are highly sun sensitive. These people may need to take a vitamin D supplement.

People most at risk of vitamin D deficiency are

- The elderly. (As the body ages, it becomes less good at making vitamin D and new bone).
- Those in residential care or who are housebound. (Many of these people do not spend enough time outside in the sun).
- Naturally dark-skinned people. (the pigment in their skin shields the skin from UV rays)
- Those who cover their skin for cultural or religious reasons, or to protect against skin cancer.
- Babies of vitamin D deficient mothers.

A multi-vitamin supplement would suit someone who had a diet rich in calcium (lots of milk, yoghurt or cheese), but rarely went outside, or needed to avoid the sun.

Fish oil capsules are a good source of vitamin D.

A calcium/vitamin D supplement ('Caltrate Plus'), would be suitable for an older person who did not have a diet high in calcium and was rarely exposed to the sun.

Women over 50, and men over 70 are at risk of osteoporosis and need 3 serves of dairy products each day, to get enough calcium to prevent osteoporosis. (1 serve is equal to 250ml milk, or 1 tub of yoghurt or 1 slice of cheese).

A high salt intake causes the kidneys to excrete calcium from the body, so a low salt diet will retain more calcium in the body. A low salt diet is difficult to achieve because 2/3 of salt intake comes from manufactured foods like bread, cereals, spreads and flavourings. Salt-reduced manufactured products need to be used to successfully reduce your salt intake. (A low-salt diet will also lower your blood pressure.)

Skills Centre

Over the last several years Lilydale District School has been negotiating with a range of stakeholders on exploring possibilities for the old Library/Courthouse building. This process slowed a little due to transitions of Principals at the school and also due to changing funding opportunities.

The school has submitted a funding application to the federal Department of Science, Education and Training for sufficient funds for this wonderful community facility to be upgraded. Through ongoing negotiations with several community groups, the submission, if successful, would see the Magistrate's room left untouched (in deference to its heritage value) while the Library would house the online access centre. The foyer and kitchen would be improved and an additional room (roughly similar in size to the library room) would be added across the back of the building. The

attached plan is a concept drawing only for funding purposes – not to be considered as *the* plan.

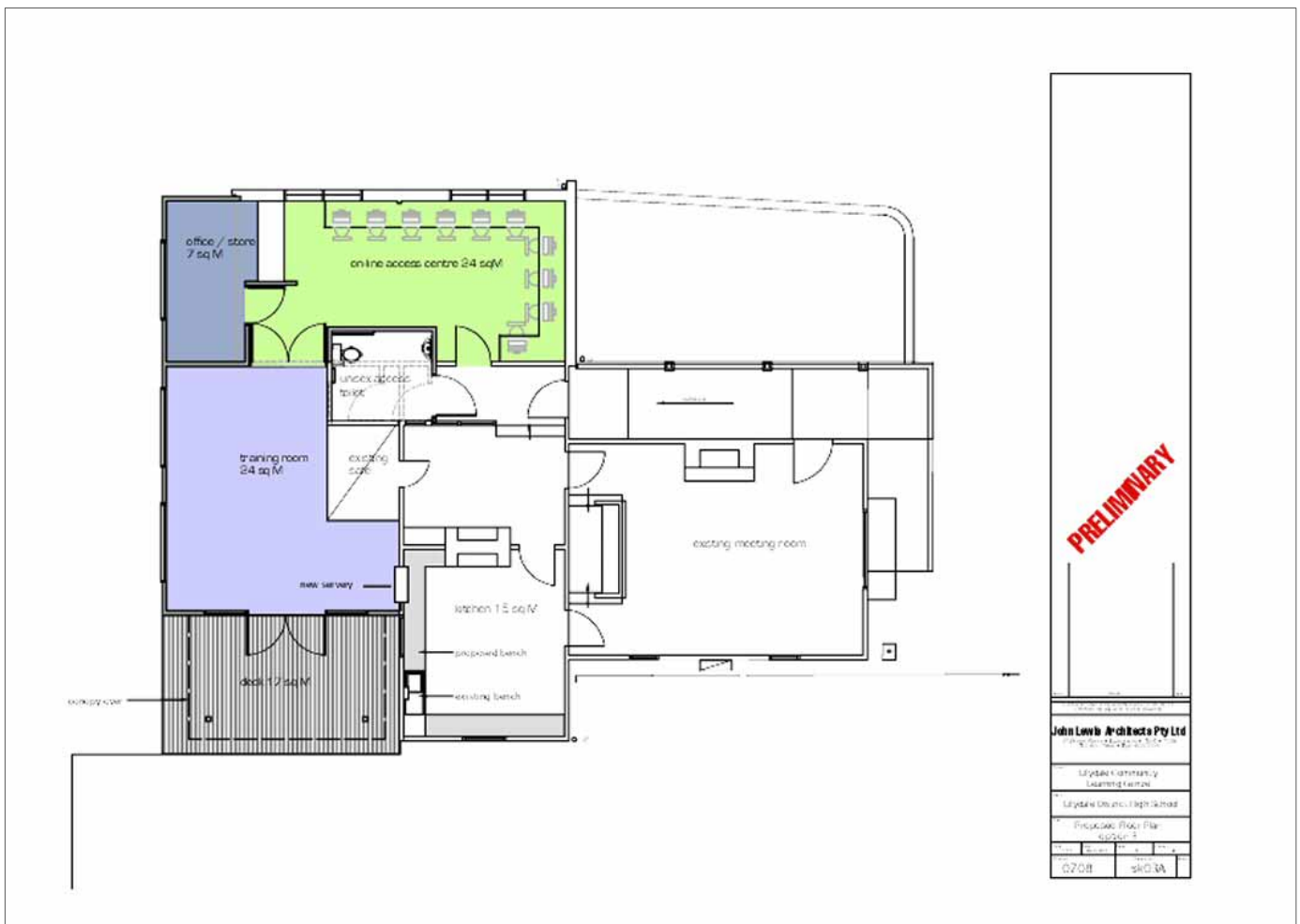
Our purpose for doing this is to secure Commonwealth funding to preserve and develop this community asset and make it more accessible to community use. The school would offer adult learning courses and would work with other groups who may wish to utilise the facility.

We don't expect to know the outcome of our submission for several months yet. We propose that, if successful, the refurbished building would be administered by a board of management comprised of representatives from appropriate stakeholders. Please contact me at the school (6395 1231) if you have any queries.

Greg Morgan
Principal

Lilydale District Pony Club

The AGM is on Thursday July 19th, 7.30 at the Lilydale fire station. The annual fees will be set at this meeting. Pony club rallies are usually the first Sunday of each month at the Karoola recreation ground. The next ones are 1st July and 5th August. This is a good time to join pony club, so phone Janice 63951450 or Jo 63956191 if you would like to join.



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Lilydale Online Access Centre

Congratulations to our 3 E-learners who have now started their course. Don't forget another E-Learn course will be available in September so if you want to learn some new skills make sure to put your name on our waiting list. (First in best dressed)

We've been printing advertisements for the Visitor Information Board at the Village Green for local businesses. If you'd like the centre to print an ad for you come in and discuss your requirements with Jayne. We can design, print and laminate your ad in A4 or A3 sizes. Costs for printing and laminating are:

A4 ad - 5.50

A3 ad - 7.50

Planning for next years activities is in full swing at the Centre. Taking some of the fantastic ideas from our brainstorming session in May we hope to be able to offer a number of new and exciting workshops, open days and training opportunities to our clients. Keep your eyes peeled for more information in upcoming Progressives.

Centre Opening Times:

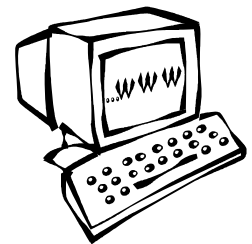
Tuesday: 2-6pm

Wednesday: 9am-1pm

Thursday: 2-6pm

Friday: 2-6pm

Saturday: 10am-12noon



Ph/Fax: 6395 1129

to book your one hour session.

Web: www.lilydale.tco.asn.au

E-mail: lilydale@tco.asn.au

Don't forget our other sites:

www.lilydaletas.net - Lilydale community website

www.hart.org.au - Links to lots of Health sites

Lilydale Post Office & Gorgeous Gifts

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



New gift lines have arrived at the Lilydale Post Office and Gorgeous Gifts has a great selection of gift ideas for that hard to buy for person. There is currently stock of horse/draft horse/rooster mugs that sold out immediately last time that are now on display again priced from \$8.95.

Extremely eye catching ceramic rooster/farmyard rustic tiles with cork backing, ideal for teapots or hot casserole dishes both square and round design are also now back in stock. Jam dishes, spoons, soap dishes and many other items all individually hand decorated for a gift that is a little bit different.

So hurry into the Lilydale Post Office and Gorgeous Gifts before you miss out.

SEE YOU THERE !!!!!



C.W.A News

Our meeting on the 6th June was held at the Courthouse and was attended by all members.

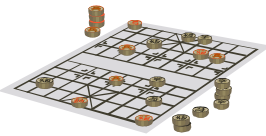
An invitation was received from East Launceston branch to attend a Group Get Together day on the 22nd June. Four members will attend.

A letter was received from Karen Brooks thanking us for the interest shown to her in her illness.

A donation was sent to State Office for this years state project, which is Diabetes and Arthritis.

Our branch has participated in the "Memories are Made of This" quilt. Dorothy Story has embroidered a patch featuring a log truck. This project is progressing well and when finished will probably be displayed in the Tasmanian Museum in Hobart.

Please mark on your calendars the **19th July**. We are holding a **FUN GAMES DAY** to be held at the Senior Citizen's Club rooms at 11.30 a.m. Lunch will be soup and sandwiches and slices. Table games and a Dutch auction will follow. Bring along your 5c pieces. Cost will be \$5.99. We look forward to seeing you.



Members are lunching at Barnbougle on the 28th June. We are celebrating our last 2 branch birthdays and the birthdays of 4 members.

Next meeting is 4th July, 1.30 p.m at the courthouse and roll call is the birthday basket. Come along and join us.

"We will never see what lies ahead if we keep looking back".

Need to Advertise your business?

Low cost 24 hour per day 365 days per year advertising space is available on the Lilydale Visitor Information Board at the Village Green please contact Sue Hall 6395 1351. If you've already indicated you'd like to advertise please get your ads in to Sue as soon as possible. If your business is not in the main street, visitors to our town are unlikely to hear about you if you're not on the board. Advertising on the board and in the Progressive is the best way to reach a large market of both local residents and visitors. Both these forms of advertising are low cost and effective.

Costs are:

A4 - First year fee \$10 - Annual Fee \$10

A3 - First year fee \$20 - Annual fee \$10

If you haven't got the time to create your own ad the Lilydale Online Access Centre can help with design, printing and laminating. Call Jayne on 6395 1129 to discuss your requirements.

Classifieds

Advertise your unwanted items here for only \$1



Conifers (3) for hedge, windbreak feature in garden. Advanced but need to be removed. \$20 each

Red spoiler with light - New \$100

Eurohunter rug and neck rug 6'3" \$130

Gold fish \$2

Roosters: Some ready to kill \$10 each

Or others still to finish off \$5

Desk with pull down front (useful for phone, hall) \$40

Phone 6395 1276

Whole grey pumpkins \$2 per Kg average \$6.

6 gladi corms \$2

Crinum Bulbs \$2

Rabbit Ear Iris (Blue and White) 2 for \$2

Mixed Canna Lilies 4 for \$2

Red and Yellow Princess Lilies \$4 each

Tetra day lilies 2 for \$2

Pink Dicentra (Bleeding Heart) \$4 piece

Pineapple Lily White and Red 3 for \$2

Solomons Seal \$2

Indoor plants \$2 each

Phone 6395 4119

Frig and Freezer, Frigidaire \$100 ono

Good order

Phone after 5 p.m. 6395 1175

Two DVD/CD players (Panasonic and LG DV276 - the LG is brand new in carton) \$100 ea.

Brother 685-MC Facsimile and message machine with cartridges (uses plain paper) \$85

Lexmark Optra E310 laser printer (B&W): \$120

Epson Stylus Colour 400 bubble jet colour printer: \$75

Denon PMA 560 stereo amplifier 100 watts/channel as new condition \$150

All in good condition and working order

Contact: Providence Vineyards 6395 1290



Wanted

A Lilydale couple require a dance instructor to give them regular evening lessons in their home, Doaks Rd, Lilydale.

Please call Katrina on 63 95 1242.

Advance Notice

The Lilydale Arnolds

Family Reunion and Book Launch

Sunday August 5th, 2007

Enquiries - contact Betty Viney 6382 6142

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Lantern Making Workshop

Thanks to Tas Regional Arts Lilydale participants at the Lantern Making Workshop created unique and colourful lanterns for the Lantern Walk.

Lucy and her cat lantern.



Nicola & Amalia making an owl and elephant paper lantern



Nicola putting the final touches on her lanterns ready for the big night.



What's on in and around Launceston in July

4th - Launceston Regional Outlook Conference, Launceston
21st - Ravenswood Community Festival, Ravenswood

Sport:

7th - Tasmanian Devils v Sandringham Zebras - Round 13, Launceston
7-14th - National Under 18 Girls and Boys Basketball Championships, Launceston
15th - Hyundai A League Preseason Competition - Melbourne Victory vs Adelaide United, Launceston
29th - Tasmanian Devils v North Ballarat Roosters - Round 16, Launceston
29th - Hawthorn v Kangaroos - AFL, Launceston

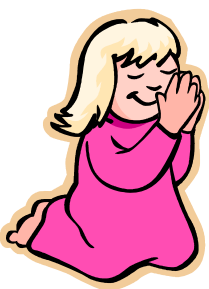
Markets:

1st - Launceston Esk and Farmers Market, Launceston
8th - Launceston Esk and Farmers Market, Launceston
15th - Launceston Esk and Farmers Market, Launceston
22nd - Launceston Esk and Farmers Market, Launceston
29th - Launceston Esk and Farmers Market, Launceston

Entertainment:

1st - High School Musical, Launceston
1st - The Great Dying: extinctions that changed life on Earth, Launceston
1st - Noticing Nature, Launceston
4th - Ross Noble - Fizzy Logic, Launceston
18-21st - Hay Fever - by Noel Coward, Launceston
18th - Classical Triple Bill, Launceston
28th - Romance of the Cello - Launceston, Launceston

Kids In Churches



A Sunday school teacher asked her children as they were on the way to church service,
"And why is it necessary to be quiet in church?"
One bright little girl replied,
"Because people are sleeping."

A wife invited some people to dinner.
At the table, she turned to their six-year-old daughter and said,
"Would you like to say the blessing?"
"I wouldn't know what to say," the girl replied.
"Just say what you hear Mommy say," the wife answered.
The daughter bowed her head and said,
"Lord, why on earth did I invite all these people to dinner?"

Psychic Readings

Leannan Russell is a gifted Clairaudient Intuitive, who combines natural psychic abilities with indepth knowledge of palmistry and tarot, to provide insights and answers to your past, present and future connections.

Leannan has worked with the public throughout Australia and New Zealand for over 20 years. She is a Healer of Spirit, a Practitioner of Reiki I & II, and conducts Physic Development classes through Adult Education in Northern Tasmania.

Leannan will be conducting readings on Tuesday July 10th and 17th at the
Whispering Wisdom Gift Shop

Bookings are essential and can be made by contacting Carolyne on 63951344, 63268869, or 0439 016500.

House for Rent Lebrina

5 bedroom - ensuite
Close to bus stop
\$220 per week



Ring Jim
6395 1230

Must have references

UPHOLSTERER
 Stephen Griffin
 6395 1323

Mobile: 0419 951 323
 Brown Mountain Rd
 Underwood

For all types of furniture upholstery. Extensive range of fabrics and vinyls available.

Free Quotes—No Obligation

Lilydale Antiques and Old Wares

Buying and selling fine antique furniture, collectibles and memorabilia, paintings and prints, jewellery and unusual old (and not so old) wares.

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

Open Friday to Monday - 10 am to 5 pm
 1976 Main Rd, Lilydale - opp the PO
 Contact Ian or Jillian on 6395 1007, or
 lilydaleantiques@aapt.net.au

WILLIAMS BODYWORKS

DOES YOUR CAR NEED

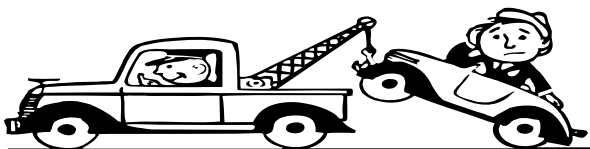
- = Panel Beating =
- = Spray Painting =
- = Chassis Work =
- = Car Detailing =

Insurance or private repairs. See Col for a free quote.

*With over 20 years experience in smash repairs
your car will look like new!*

Cnr Whites Mill and Lilydale Roads

Phone 6395 1391



Recipe of the Month

Spinach Pie

Ingredients:

- 4 sheets filo pastry
- Olive oil spray
- 250g spinach, cooked and well drained
- 250g low-fat fresh ricotta
- 2 eggs
- Pinch of ground nutmeg
- 4 green shallots, ends trimmed, thinly sliced
- 3 large handfuls of fresh mint, chopped



Method:

1. Preheat oven to 180°C. Place the filo sheets on a clean work surface. Cover with a dry tea towel, then a damp tea towel (this will prevent the filo from drying out).
2. Spray a round 20cm (base measurement) quiche dish with olive oil spray to lightly grease.
3. Place 1 filo sheet in the prepared dish. Spray lightly with olive oil spray. Continue layering with the remaining filo, turning each filo sheet and spraying lightly with olive oil spray between layers.
4. Combine the spinach, ricotta, eggs, nutmeg, shallot and mint in a bowl.
5. Spoon the mixture over the filo in the dish.
6. Fold over the edges to enclose the filling. Lightly spray with olive oil spray.
7. Bake in oven for 30 minutes or until golden. Cut into wedges to serve

Small Business Field Officers

About the program

Small Business Field Officers are part of the Australian Government's *Building Entrepreneurship in Small Business* Program. *Small Business Field Officers* foster the growth of small business across Australia by improving their capacity to access information and advice on Australian Government, State and Territory programs, services and information, as well as local small business issues such as regulatory requirements.

Small Business Field Officers provide practical and on-the-ground assistance for small businesses across Australia, particularly in areas of unmet need. The service was extended in the 2005 Budget until 30 June 2008.

What do *Small Business Field Officers* do?

Small Business Field Officers deliver free general advisory services to small businesses, providing a vital resource for the many small businesses who want to know where and how to access relevant information and support.

The availability of this one-stop service allows local businesses immediate and direct access to the full range of government assistance programs and information.

Owners and managers of small businesses have been informed about topics including business diversification, preparing for export, home-based business, e-commerce, taxation and finance.

How is the information given out?

Information is provided by the Field Officers in a variety of ways, including face-to-face contact, phone or email, newsletters, seminars, expos and field days.

Since the program commenced in 2003, (as Small Business Answers) more than two million contacts with small businesses have been reported.

Networks and relationships are also developed among business communities, with chambers of commerce, business enterprise centres and other advisory services involving each other to maximise program benefits.

Growing from the community

Small Business Field Officers provide both broad-based advisory and referral services, as well as harnessing local knowledge and experience to reflect the nature of the communities they service.

They work closely with local bodies in the community to complement and improve existing services, rather than duplicate successful initiatives that already exist.

Further information

AusIndustry has offices in all State and Territory capitals and across regional Australia. For contact details and for further information about *Small Business Field Officers*:

visit the AusIndustry website at www.ausindustry.gov.au

call the AusIndustry hotline on 13 28 46, or email to hotline@ausindustry.gov.au



Too True!!!

Two elderly gentlemen from a retirement home were sitting on a bench under a tree when one turns to the other and says....

"Slim, I'm 83 years old and now I'm just full of aches and pains. I know you're about my age, how do you feel?"

Slim says, " I feel just like a new born baby." "Yep. No hair, no teeth, and I think I just wet my pants.



Lions Needs You

WE NEED MEMBERS.
ANY AGE OVER 18 MALE OR FEMALE

*A fun way to meet and
help the community*

Phone: Amanda Olson—6395 4347
Stephen Griffin—6395 1323

Lions Club of Lilydale

Need Help with your weeds?

Quikspray Unit on Trailer

Available For Hire

- \$25 per day, Includes 200ltrs of mixed chemical
- 100m hose with radio controlled retraction
- Very easy to use

Contact Lilydale School Farm for bookings
6395 1478

In school holidays and weekends phone
Greg Duke 0407 882 595 or
Chris Strong 6395 1350 - 0427 951 350

Cook Wanted

3 -4 nights per week



Ring Jim at the Tavern
on 6395 1230

COMMUNITY NOTICEBOARD

You are invited to join Lilydale Branch C.W.A

For **SOUP - SANDWICHES - SLICES**
Followed by Dutch auction
and table games

Senior Citizens Rooms
Thursday July 19th
11.30 for Noon

A bargain at \$5.99
Raffle, spot prizes



R.S.V.P by 12th July to
Dorothy 63 95 6142

Interested in local history?

The Lilydale History Group meets from 7.30 pm on the 3rd Friday of May and August, and from 8pm in November and February, at the Old Courthouse, Lilydale. In months in which we don't meet we have informal group days or evenings where members of the public are most welcome to attend and discuss local history. Non-members are welcome to attend to discuss any aspects of the history of the district.

For further information: Write to:
The Secretary, Lilydale History Group,
PO Box 3, Lilydale, 7268

Telephone: Helen on 6395 2060 or
Tammy on 6395 6278

Email: lilyale_history_g@tasmail.com

Website at: www.lilydaletas.net/history



Lilydale Online Access Centre

Opening Hours:

Tuesday: 2-6pm
Wednesday 9am-1pm
Thursday 2-6pm
Friday 2-6pm
Saturday 10am-12 noon

Contact the Centre on 6395 1129

E-mail: lilydale@tco.asn.au or visit our websites

www.lilydale.tco.asn.au • www.hart.org.au
www.lilydaletas.net



Karoola Recreation Ground

Grand Opening of new kitchen

Everyone is welcome to come along
Starting at 1.30 p.m on
Sunday 15th July

Please bring a plate of food and BYO drinks
Coffee and Tea provided

Raffle:

1st - ½ lamb and vegies

2nd - ½ lamb and
vegies

3rd - Paint

(valued at \$150)

In aid of new fridge



YOUR LIBRARY

LILYDALE COMMUNITY LIBRARY
MAIN ROAD, LILYDALE

Phone 6395 1110

WE ARE OPEN

Tuesday 3.00 – 7.00
Friday 2.00 – 7.00
Saturday 10.00 – 12.00

Plenty to see and do

Books, magazines, videos, CD's, DVD's, CD Rom's,
junior reference materials, request an item,
free access to the internet.

Search the State Library's catalogue on our website
at www.statelibrary.tas.gov.au

Free parking available

July 2007

Mon Tue Wed Thu Fri Sat Sun

1

2

3
**Lilydale Senior
Citz**
1.30 pm

4
**CWA
Lions**
7.30 pm

5

6

7
Footy: Lilydale vs
Crows

8
Pony Club
Karoola Oval

9

10
**Retirement
Units**
7.00 pm

11

12
**Neighbourhood
Watch**
Fire Station
7.30 pm

13

14
Footy: Bridport
vs Lilydale

15
**Karoola Rec
GroundB**
Kitchen Opening
1.30 pm

16

17

18
Lions
7.30 pm

19
CWA Games Day
Pony Club AGM
Lilydale Fire
Station 7.30pm

20

21
Footy: Winnaleah
vs Lilydale

22

23

24
**Mary Walsh
Centre**
7.30 pm

25
Red Cross
11 am

26

27

28
Footy: Bye
(Games Day)

29

30

31
**Senior Citizens
AGM**
1.30 pm

Every Monday: *Valley Voices: Uniting Church, Main Rd, 7.30 pm* **Every 2nd Monday:** *Fire Brigade Training: 7-9 pm 6395 1260*
Every Tuesday: *Day Care: Main Rd 9-3, Senior Citizens: Clubrooms 1.30pm,*
Every Wednesday: *Karoola Playgroup: Karoola Hall 10 am, Tai-Chi: Uniting Church Hall 9.30 am, Lilydale Playgroup: Anglican Church 10-12*
Every Thursday: *Day Care: Day Care Centre Main Rd 9-3 • Every Friday: Senior Citizens Bowls: Clubrooms 1.00pm*

Lilydale Emergency Directory:

Fire: 000

Police: 000

Ambulance: 000

Launceston General Hospital: 6348 7111

Poison Information Service: 131126

Doctor: 6395 1455

6395 1258 AH

Pharmacy: 6395 1336

Need a Fire Permit, contact one of these people:

AUSTINS ROAD/ROWLEY HILL ROAD

Permit Officer – Bob Smith Ph: 0428 954 194

Permit Officer – Shane Coleman Ph: 0407 263 120

LOWER TURNERS MARSH/BANGOR/KAROOLA

Permit Officer – Jeff Tonkes Ph: 6395 4495

0418 368351

LEBRINA

Chief & Permit Officer – Mark Wilson Ph: 6395 6179

Permit Officer – Robert Hawes Ph: 6395 6270

LILYDALE

Chief & Permit Officer – Kim Coleman Ph: 6395 1260

PIPERS BROOK

Chief & Permit Officer – Peter Harley Ph: 63827181

Permit Officer – Ian Sauer Ph: 6382 7179

PIPERS RIVER

Permit Officer - Andrew Francombe Ph: 6395 4391

0418 133 917

Permit Officer - John Hurst

Ph: 6382 7138

TURNERS MARSH/FINGER POST HILL

Chief: Leon King Ph: 6326 4363 0428 435 296

Allison King Ph: 6334 4106 0419 316 964

Bob Smith Ph: 0428 954 194

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@yahoo.com.au

Advertisers Please Note:

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

Clever Advertising

At an Optometrist's Office:

"If you don't see what you're looking for, you've come to the right place."

On a Taxidermist's window:

"We really know our stuff."

On a Front Gate:

"Salesmen welcome! Dog food is expensive!"

Outside a Muffler Shop:

"No appointment necessary. We can hear you coming."

In a Veterinarian's waiting room:

"Be back in 5 minutes. Sit! Stay!"

At the Electric Company:

"We would be delighted if you send in your payment. However, if you don't, you will be."

In a Restaurant Window:

"Don't stand there and be hungry, Come on in and get fed up."

In the front yard of a Funeral Home:

"Drive carefully. We'll wait."

And don't forget the sign at a Radiator Repair Shop:

Best place in town to take a leak



BARRETTS



BARRETT'S COACH TOURS & ROSES TRAVEL INVITE
YOU TO JOIN THEM ON THE FOLLOWING DAY TRIPS AND EXTENDED TOURS

16 DAY MARREE CAMEL RACE OUTBACK TOUR – DEPARTS 30 JUNE 2007

Spirit of Tasmania voyage, Orange World, Paddle Steamer, Historic Burra Township, Wadalata cultural centre, Pt Augusta, Woomera, Olympic Dam Copper Mine, Oodnadatta Track, Marree Camel Races, Leigh Creek, Strzelecki Track, Moomba Gas Fields, Innamincka, Cooper Creek Cruise, Cullyamurra Waterhole, Burke & Wills Dig Tree, Thargomindah, Euro Date Farm & Wines, Bourke Darling River, Cobar Tour, Cotton Gin at Hillston, Griffith and much more. \$3720.00 per person twin share. Last chance to book!

MELBOURNE MUSICAL – "PHANTOM OF THE OPERA" Saturday 6 October 2007

Fly to Melbourne on Saturday Morning spend the day shopping or sightseeing enjoy this popular musical show on Saturday night then return home on Sunday. Cost includes: Central City Motel (bed & breakfast), Show & airport transfers \$270.00 pp twin share. (Airlines will be included at time of booking. BOOK EARLY FOR THE BEST DISCOUNTED FARES.)

5 DAY FLINDERS ISLAND TOUR: Depart Mon. 22 October 2007 Join us on a tour of this paradise island. Our tour includes a fishing cruise with one of the island's most respected charter boat operators. The cost for this tour \$1326.00 pp twin share. Includes air fares ex L'ton., Motel Accommodation, boat cruise, all entries, coach tour of the Island Itineraries available. 03 6352 2186

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