



# 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](mailto:lily.progressive@gmail.com)

by the

following dates:

**2009**

July 24th

August 21st

September 25th

October 23rd

## Focus on the Window

It appears that there is some confusion in the community re the 'square on a pole', outside the piece of land on which the Sunday market takes place.

I was asked to write an explanatory article to supply the answer to the questions. As is always the best option when confronted with questions, I went to the expert.

What you see is indeed a 'square on a pole', but if you look outside the square (pardon the pun) it does what it was always intended to do, be a WINDOW ON MT. ARTHUR.

Clever really, stand behind and look through the 'window' and Mt. Arthur is framed, a fitting tribute to this sometimes brooding, always spectacular feature, dominating our landscape. Whimsical, probably, but why not.

The window was an integral part of the streetscape for Lilydale designed by Niall Simpson, (Landscape Architect Parks & Recreation Department, LCC) as part of the North East road upgrade, jointly funded through the Department of Infrastructure, Energy and Roads Transport Division, Department of Transport & Regional Services & Launceston City Council in 2002/03.

An extract from the concept plan reads: 'frame views to, and provide interpretation of significant features influencing the development of Lilydale, e.g. Mt. Arthur, Bardenhagens and war memorial.'

The street furniture, (rubbish bins, seats) and traffic calming areas which define the entrances to the town were also part of the same project.

At the time, the trees lining the Main Road, were also part of the discussion, their state of health being one concern.

Mr. Simpson said that some residents have been in contact recently and the subject of the trees has again been raised, with no decisions made at this stage, but the matter will be revisited in the future. Consultation with the community would precede any final decision.

So, there you have the answer. Next time you are going down to Bardenhagens, or just for a walk along the footpath, have a look through, and see how the 'square on a pole' really does transform into a 'Window on Mt. Arthur'.

My thanks to Mr. Niall Simpson for his help with the article.

Carol Charlton

## Editorial

It's coming up to that time of the year again when many of our local community groups are holding their AGMs. Volunteering as a Committee member for one of these groups is one way to ensure their continued existence.

### Did you know:

- Each year around 34% of the adult population of Australia volunteer.
- Almost two thirds of those who volunteered in the last 10yrs were asked by someone (35%) or because they knew someone involved (29%).
- They were rarely recruited by the media with only 5% doing so as a response to a media report of an advertisement.
- Over half of volunteers (52%) reported that at least one of their parents had done voluntary work compared to 23% for those whose parents had not volunteered.
- The top reason for volunteering was 'Helping others or the community' 57%, followed by 'personal satisfaction' at 44%, and 'to do something worthwhile' at 36%.

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## Lions Club of Lilydale

The Lions Club members have been busy with arranging various activities planned for the next few months. The club provided a free sausage sizzle for the Arts Council Lantern Walk on Friday 19, which was enjoyed by all the members. This is becoming a keenly anticipated feature on the Lilydale Lions calendar, and we really enjoy giving back to the community that support us in our endeavours.

The club will have a stall at the CWA Markets on Saturday 27 Jun, where you will be able to purchase our famous Moo Poo for all your gardening needs. If you need some at any other time, ring Stephen on 6395 1323 to order your big \$5 bags.

Our last membership drive has left a few spaces available for new members. For those new residents of Lilydale, joining Lions is a great way of getting to know the community and getting involved. Call Barry on 6395 4233 or any other Lions Member.



## Lilydale Football Club

Now that we're over half way through the NEFU footy season Lilydale's position remains unchanged on top of the ladder in the seniors, reserves and under 16's. But as we all know footy's a funny game and anything can happen. Only 1 game separates 1st and 2nd in all grades and Ringarooma's percentage in the reserves is better than ours. We just need to take one game at a time. Last month the Demons had wins over Bridport, St Helens and Scottsdale, though Scottsdale rezzies gave us a run for our money and the under 16's didn't play against St Helens due to their grades 9/10 Queensland trip which would most likely have been a close one.

In our first encounter against Branxholm in Round 4 the Under 16's and reserves won easily but in our second encounter in Round 10 things were quite different. In the under 16's scores were even at half time. They breed them big and tough in Branxholm and made our fellas look pretty little. Didn't matter though, we outplayed them in the last quarter led by a great snap for goal by Jay Lockhart to win by 18 points. The Lilydale reserves had a shock first loss of the season to the Branxholm Wanderers by 34 points and even though Jakkson Hutchinson, Matt "Old Dog" Zurbo and Jonathon Quill tried their hearts out there did look to be a bit of G and D missing. The team is depleted through replacement of senior players out injured though so we will bounce back stronger than ever I'm sure.

Then, the long awaited rematch in the seniors with our only winning rival Branxholm didn't disappoint. On a dismal kind of day, but thankfully the rain kept away, Lilydale came out flying. Brendan Hawes, Connor and Jake Tuckerman and Thane and Drew Bardenhagen did their jobs magnificently well. But Branxholm always looked threatening and in the last quarter the

Wanderers hit the lead. Then in the dying moments when we were behind and knew the siren would go at any minute Nick Venn booted the winning goal to take the game by a point. I reckon the club song could be heard all the way to Lilydale that afternoon.



## Fitness Group

It has been great, to see new people joining us every Tuesday.

There is a young energetic qualified instructor, to look after you.

We have a lot of fun and it is always a good work out. So come along, bring your partner or a friend.

The venue is the fitness room in the Lilydale District School gymnasium.

Every Tuesday night from 7 to 8 pm. We start at 7 sharp. Cost per Person \$ 5

See you there.



## Lilydale Neighbourhood Watch Report

We had a good roll up to welcome our new Police Officer, Terry Otis, to our meetings. This was very heartening to see some new faces at the meeting.

Terry spoke briefly about himself. He is originally from California up in the desert region. He came to Tasmania in 1996 and joined the Police Force. He has served at Hobart, Hamilton and New Norfolk. He is looking forward to being here in Lilydale and meeting the locals. Welcome to our district, Terry.

There were no suspicious incidents this month.

**POLICE REPORT** (some of these dates are a bit old but are still on this month's report)

1. Between 1/12/08 and 9/3/09 offenders have entered onto the premises on Lilydale Road and removed 2 ladders and a drill. The drill was in the garage at the rear of the premises and it was noticed it was missing when the victim went to get the ladders to fix the roof. It appears the thefts happened at the same time frame. Lilydale Police are investigating.
2. Between 10 am and 3pm on 25 April 09 entry was gained to a residence on Lilydale Road via an open bedroom window at the front of the house. \$400 in cash was removed from the top drawer of the bedside table, then \$380 was taken from a wallet, doonas were removed from 2 beds, and picture frames were knocked onto the floor from a hallway table. It is thought that the offenders left via the entry point. A 15 y.o. person has been interviewed and charged over the incident.
3. At approximately 4 pm on 26th April a stealing occurred at a property on Underwood Road. The suspects stopped their vehicle outside the front gate, entered the property and went to the rear where

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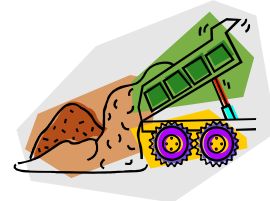
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there is an open shed/undercover area where the property was kept. Stolen were 2 scythes and army ammunition tins. The property has been recovered and returned. Launceston CIB investigating.

4. At approx. 4 am on 27th April unknown offenders stole a quantity of magazines that had been delivered to the supermarket on Main Road, Lilydale. A quantity of the property has since been recovered at the Falls and Lebrina. It has been tested for DNA. Lilydale Police are investigating.
5. On May 30/31 3 assaults occurred at the Lilydale Football Club. A father and son have been charged on 2 accounts each by CIB.
6. Four youths have been interviewed and charged regarding 12 Motor Vehicle stealings including the one mentioned in last month's report.

### Guest Speakers coming up.

July 9th. - Michael Ferguson

August 13th - David Cleaver

The August meeting will be our A.G.M. and we would like as many people as possible to attend.

Our next meeting will be on July 9th, at 7.30 pm at the Lilydale Fire Station. All welcome.

## SOUL FOOD CAFE and Stone Soup

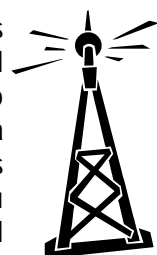
Soul Food Cafe was held after the Lilydale Lantern Walk. 'Stone Soup' is a fable collected by the Brothers Grimm and one of the many and varied contributions to the evening. Soul Food Cafe was enjoyed by all, it was cold but the warmth of the performances and enthusiasm for the talent in the area made all the difference. Special thanks to Alan Cordell for providing the 'vessel' (and his p.i.n. number! ) and David for the professional sound system. It was great to meet and chat with people living in the area - we truly are our most valuable asset.

If you would share a special talent, a story, poem, prayer, act or just be an enthusiastic audience for others who are taking the first steps in public speaking and performance come along to the next community event (check the Post Office door) and give your little bit of seasoning too. The community can only taste better for it!

Thanks again to everyone who showed.

## Poor TV Reception?

This seems to have been a problem for some time, and the Lilydale Progress Association is keen to sort it out. A formal community complaint is being addressed to the Australian Communications and Media Authority, and we need the contact details of other people affected by this issue. If you would like to have a say, please call Lazlo Borbas, on 6395 2048.





## New Air Monitoring Station

What? Where? Michelle O'Byrne apparently officially opened the Lilydale Air Monitoring Station in mid May. Did anybody see her? Does anybody know where it's located?

## Mary Walsh Centre News

We have been very busy in our efforts to meet the new Foodsafety Standards required by government We would like to thank all of our group members for their support and special thanks to staff. We are getting there!

Decorated lanterns were created, tried and tested before making their way to Ian Scott's trailer where they, along with other tea light lanterns contributed to the special Winter Solstice event, the Lilydale Lantern Walk.

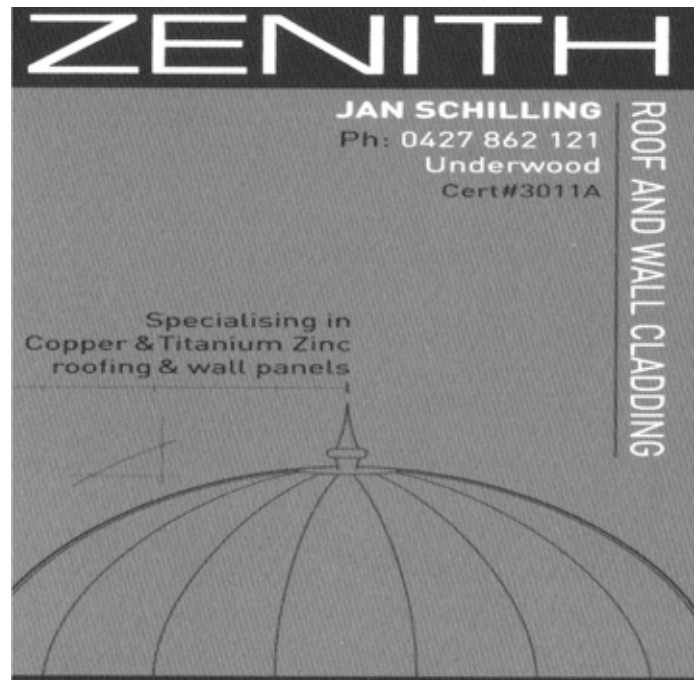
Heather was able to join us for an afternoon of singing and very fine singing it was too. Wendy and Jacqui were harmonizing well and together we just about raised the roof! Thanks Heather, we look forward to you coming again on 16th June.

Maureen and Norma celebrated their birthdays this month and we all enjoyed some cream cake.

Valda Gee presented her bright and colourful winter woolies, knitted for the Guardian Angels Knitting project. If you are a knitter, willing to knit for this worthwhile cause and would like a copy of the Guardian Angel Knitting Book or further details please contact the centre, 6395 1316.

The "Bowls Ladies" entertained us with panache! Their programme included Mary accompanying herself on guitar, a new fairy song by Joyce as well as some old favourites. These ladies are an inspiration and make aging look like something to look forward to! You GO Girls!

Today we watched the rain as we played various games in the comfort and warmth of the centre. Don Smith has



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inspired others with his love of Ludo! I'm not saying who won though.

Trish and I have been working on the Winter programme. There will be further details next month.

In July we have planned a Poetry Session on the 2nd. Bring a favourite poem to read or recite.

Heather will be here for singing on the 16th June.

## Tasmanian Regional Arts (Lilydale Branch)

### 2009 Lilydale Lantern Walk

The 13th Lilydale Lantern Walk has come and gone, and what a night it was! Although cool, the evening stayed fine as some 180 Lantern walkers made their way around the lantern trail. On arrival back at the Old Courthouse, everyone was treated to a great sausage sizzle, hot drinks and a sing-along under the heaters.

As the days grow longer, sincere appreciation for making the evening such a success goes out to Jenny Scott for the lantern making workshop at the Village Green the previous Saturday, John Ralph for piping the walkers around the trail, tail-end-Charlie Zane Robnik on the kettle drum, Constable Terry Otis for traffic calming, the Lilydale Fire Brigade for lighting the back trail, Lilydale Lions for a great barbecue and the heaters, the ladies with the drinks and, last but not least, Dave Buchanan and his guitar. Thank you also to Ian Scott and his band of helpers who helped make this iconic event a growing success.

Prizes for the best decorated properties along the trail went to Anita Robnik, Charlie and Muriel McDonald, and Debbie Wearne at the Village Sampler. Without our supporters, Crickhollow Pottery, Providence Vineyard and Lilydale Antiques these prizes could not have been awarded. It is good to see residents along the lantern trail getting into the spirit of the occasion.

### Where are the Hookers in Lilydale??

Several places are still available at Jo Wilde's TRA Latch Hook Rug making workshops on Saturday and/or Sunday, 18/19 July next. Venue is the Old Court House, and cost is \$35 per person. (This is a valuable workshop, which is being heavily subsidised by the Lilydale Branch.)

And don't forget the concurrent 'Happy Hookers' rug exhibition in the Old Courthouse Annexe, between 10 and 4pm each day on the weekends of 11/12 and 18/19 July. Entry by gold coin donation.

This is a rare opportunity to see a truly remarkable display of superb Tasmanian craftwork – don't miss it. Contact Ian Scott on 6395 1048 for full details.

### Upcoming Events

Planning is well underway by the Branch for regular 'hands-on' workshops for a variety of interests, including pottery, Chinese brush painting, art and craft workshop (make your own Christmas cards), a



## The Lollydale Shoppe

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Inside Yummies

Well are we all frozen yet? Winter sure has hit with a vengeance – so what I think is everyone needs some chocolate to make you feel warm and cuddly inside. Besides, we all *know* chocolate is good for you!

For those who have been asking for chocolate covered coffee beans, they have finally arrived. Yum! Chocolate and coffee – my two favourite things!

Don't forget Lollydale also stocks an assortment of lovely cheeses and dips – most from Tassie, of course.

In the gift area, there are some lovely and pretty new gift lines as well as some cute baby presents.

Come and make your selection from the lolly jars – where you can select as much or little as you wish.

Chat to you soon,  
Norma, David & Gaelene

Christmas pantomime and a Christmas craft stall. Watch this space for details.

### Next Meeting

Will be at 7.30pm on Tuesday, 14 July 2009 at 231 Golconda Road, Lilydale. Come along and see what this dynamic group is up to!

## Community Club News

On Friday 25th May, "Live in Lilydale" was staged for the second time. Compered at the very last minute by the versatile John Alford, performers such as the Buchanans, Nicola and Amalia on violins, Pat Wilson, Carmencita, with her masked dance and duo Alan and Jacqui, contributed to a varied and colourful programme, which was warmly and generously received by the local audience. By the end of the evening some of the younger community members were already buzzing with ideas for future concerts.

If you've never been to one of our concerts do consider attending the next one to be held later this year. You will be touched, maybe even to the point of jumping up yourself!

Special thanks to Dave and Carlos for their impressive performance as sound crew and to all who made it happen! A big thankyou needs to go to Dee Alford, for her vision in developing the idea for these concerts and her huge work behind the scenes.

Unfortunately, due to a clash with the Lantern Walk, the "Long, Short Film Night" has been postponed until September. Look out for more details.

If you are a community member who has been involved with making a short film that would be suitable for family audiences or would like to participate in some way with this event, please phone 6395 1561.

## Lilydale Senior Citizens Club

In 1973 the Seniors first met in the R.S.L. building which we are still using today. We will be celebrating our birthday on Tuesday 7th July from 1.30 pm onwards invitations have gone to Beaconsfield, George Town and Northeast Seniors plus our patron Sue Napier. We have recently got a few new members which makes it a good day on Fridays.

We have two carnivals this month Deloraine and Perth, then Lilydale has one on August 5th. in the main hall.

The pennant team is quiet thrilled as we have won 4 games in Division1. As there are only 4 games left we hope to manage another 1 or 2, before the end of the competition.

Our A.G.M. will be held in the club rooms on August 11th. at 1.30pm. ALL WELCOME.

Come along and have a cuppa with us on Tuesdays or Fridays you will be made most welcome. See you all next month. Robyn East

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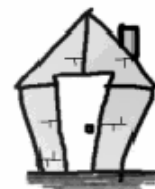
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## CWA Notes

Everyone is invited to our soup and sandwich lunch, Dutch auction and games afternoon on 13<sup>th</sup> August. More details next month. We hope everyone will enjoy the occasion as much as the same event two years ago.

Thank you to all who supported the 'end of financial year' market on 27<sup>th</sup> June. What a variety of stalls, really good to see the hall bustling with activity. We had very good support from many people who came along to help with the heavy work, setting up, clearing away, all very much appreciated, we can assure you.

A donation has been forwarded to the Examiner Winter Relief Appeal.

This year, State Exhibition will be held in the south of the state at Lindisfarne, 30<sup>th</sup> July – 1<sup>st</sup> August, always a wonderful display of hand craft and home industries.

Group President, Mrs. Jennifer Axelsen from Deloraine will attend our next meeting, 1<sup>st</sup> July at the Old Court Room, starting a little earlier, 9.15 for 9.30 am. Roll call will be an item (home produced) to sell in the Launceston C.W.A shop. Lilydale branch now subscribes – we recommend this shop to all, the variety of cooking, preserves, craft is quite surprising and the quality first class.

Till next month, take care – oh, a little health tip, should you be unfortunate enough to get swine flue – you will know because you will come out in rashes – it's easily cured just apply a little oinkment!  
Cheers.

**ED:** Oh dear, oh dear, oh dear!

## Adult Riding

Adult riding is having a break for the winter months. But will be back in September. Watch the Progressive for more information.



## Technology through the Ages

### Technology of the Twenties

There were many inventions and new technology developed during the 20's, but possibly the one that had the greatest impact before the turn of the next decade was Radio. It soon became a staple of peoples lives, providing entertainment, news, and new ideas. Another very important invention also started to impact peoples lives, that was the uses of airplanes, apart from as a weapon of war, Air Mail would provide some of the impetus and investment needed to improve stability and provide a practical use, as a by-product, the airplane became used as a means for entertainment, with stunts at fairs. Man realized he could push the bounds by attempting previously unthought-of of ideas, a good example is Charles A. Lindbergh crossing the Atlantic Ocean by himself in an

airplane. It was during the 20's that automatic vending machines began to appear to dispense soft drinks.

### 1920's Inventions

Aerosol Sprays: 1926 - Norway by Erik Rotheim  
Antibiotics: 1928 - England by Alexander Fleming  
Colour Television: 1927 - Scotland by John Logie Baird  
Frozen Food: 1924 - USA by Clarence Birdseye  
Hair Dryer: 1920 - Germany  
Hearing Aid: 1923 - England  
Iron Lung: 1928 - USA by Philip Drinker  
Liquid Fuel Rocket: 1926 - USA by Robert Goddard  
Quartz Timekeeping: 1927 - Switzerland by Hans Wilsdorf from England  
Sticky Plasters: 1920 - USA by Earle Dickson  
Talking Pictures: 1927 - USA  
Television: 1923 - Scotland by John Logie Baird  
Ultracentrifuge: 1923 - Sweden by The Suedberg  
Videophone : 1927 - USA

### Period Leading up to the 1920's

You can not talk about the 20's without mentioning "The Great Pandemic" from 1918 - 1919, this influenza epidemic was a global catastrophe (also known as Spanish Flu) which is believed to have caused the death of over 40 million people worldwide. This is one of the main reasons governments round the world are still so concerned with "Bird Flu".

## Did You Know?

**Spiral staircases** in medieval castles are running clockwise. This is because all knights used to be right-handed. When the intruding army would climb the stairs they would not be able to use their right hand which was holding the sword because of the difficulties in climbing the stairs. Left-handed knights would have had no troubles except left-handed people could never become knights because it was assumed that they were descendants of the devil.

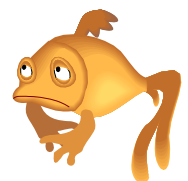
**Clans of long ago** that wanted to get rid of their unwanted people without killing them used to burn their houses down -- hence the expression "to get fired."

**Anise** is the scent on the artificial rabbit that is used in greyhound races.

**Abdul Kassem Ismael**, Grand Vizier of Persian the tenth century, carried his library with him wherever he went. The 117,000 volumes were carried by 400 camels trained to walk in alphabetical order.

**A pregnant goldfish** is called a twit.

**Duelling** is legal in Paraguay as long as both parties are registered blood donors.



**The original fifty cent piece** in Australian decimal currency had around \$2.00 worth of silver in it before it was replaced with a less expensive twelve-sided coin.





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Winter is upon us once again and traditionally we have sold many properties during these months and we do not believe this trend will change in the near future. We are experiencing an increase of buyer enquiry to our office for country lifestyle real estate and due to many recent sales in this area we are eager to rebuild our listings. If you are thinking of selling or having difficulties in selling please give us a call and discuss your real estate needs.

### **We currently have buyers looking for the following properties:**

- Patrick is looking for land only, with a minimum of 50 acres. Suitable to run stock within 30 minutes of Launceston, must have water, price is open.
- Trudi has up to \$400,000 to spend on a 2-3 bedroom home on at least 5 private acres. Would prefer open plan home with character and even alterative power.
- Local family are wanting a 3 bedroom, 2 bathroom home on small acreage within 30 minutes of Launceston up to \$400,000.
- Sam is hoping to purchase a 4 bedroom, 2 bathroom home on small acreage with a second dwelling. Will look in most areas and price ranges up to \$600,000.
- Matthew wants to purchase up to 20 acres with a 3 bedroom home up to \$320,000 or land only to \$200,000. Interested in Mount Direction to Pipers River areas.
- We have several buyers wanting a holiday home in Bridport around \$250,000. Also buyers wanting a 2-3 bedroom home in most areas under \$200,000

## **MY REPUTATION IS YOUR GUARANTEE**

We received top class, outstanding, professional and friendly service from two wonderful people; Sharon and Wayne. We were always kept up to date with what was happening with our property sale. We did not expect to get anywhere near the price that was quoted, but within a month Sharon and Wayne had proven us wrong and sold our property at a price that we were ecstatic with. We would have no hesitation whatsoever in recommending Sharon and Wayne to anyone. Thanks for the brilliant service.

### **CRAIG & KELLY MARSHALL**

Just a note to say thank you both personally for selling our property at Lalla. We had used two estate agents prior to employing your services and wished we had chosen you first. You kept us up to date, showed true professionalism, were always cheery and positive, and of course, **SOLD OUR PROPERTY**. Without doubt, you both were the best and we would not hesitate to recommend you to anyone wishing to sell their property. We both wish you and your team the best for the future, and a big thanks again for all your work and help to make our sale successful. We will cherish the wonderful folder with memories of our home that you made for us and to top it all, you got the high price we were seeking.

### **RAY & CHARMIE JOHNSON OF BELMONT, VICTORIA**

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

# Your health matters Lilydale Pharmacy

We keep Shower Stools (\$99)  
Shower chairs (\$119)  
and many other aids to make  
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We are a NDSS supplier of needles and strips  
for people who have diabetes

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Colin and Helen Denney.  
Phone 63951 336**



**Health Solutions**  
from the Lilydale Pharmacy

## Vitamin D

Vitamin D is essential for the development and maintenance of bone; for the normal functioning of most of our body cells; and for calcium absorption from the intestine. Vitamin D affects so many of our body systems that it is now considered to be more like a hormone than a vitamin.

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.) There is increasing evidence that low levels of Vitamin D can worsen heart disease, type 2 diabetes and autoimmune diseases (e.g. multiple sclerosis). A blood test can determine your Vitamin D level.

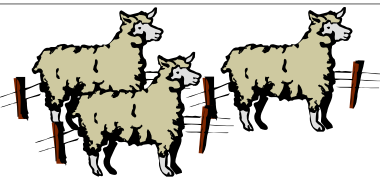
People most at risk of vitamin D deficiency are:

- 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.
- Busy people who work indoors and rarely go outside.
- Babies of vitamin D deficient mothers.
- Those with liver or kidney disease, or malabsorption disorders (e.g. coeliac disease).
- People who live great distances from the equator (e.g. Tasmanians)

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. Dietary sources only provide about 10% of the daily requirements.

Fair skinned people need to expose their face, hands and arms to the sun every day 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.

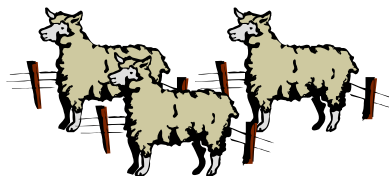
To be most effective Vitamin D supplements should be taken with Calcium, because of a likely combined deficiency. A daily intake of 1000 to 2000 units of Vitamin D is appropriate. For those with a mild to moderate deficiency, supplementation with 3000 to 5000 units per day for at least 6 weeks is



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Fuller



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Excavators  
Rotary Hoes  
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Farm Tractors

Ph: 6395 1131  
for information

recommended. 'Ostelin' capsules and 'Ostevit D' tablets are available in 1000 unit preparations. 'Ostevit D + Calcium' has the daily requirements of both Vitamin D and Calcium. Most other preparations contain less than 1000 units of Vitamin D.

Women over 50, and men over 70 are at risk of osteoporosis and need 4 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.)

## Lilydale Online Access Centre

**FarmPoint - [www.farmpoint.tas.gov.au](http://www.farmpoint.tas.gov.au)**

FarmPoint is a web portal that provides information and ready access to everything a Tasmanian farmer needs to know to manage their business and property successfully.

On the Home page you can customise some of the content to provide information relevant to your location. For instance, by clicking on the drop down arrow beside location under the Weather heading you can choose the location closest to you for your weather display. You can choose Devonport, Hobart, Launceston, Strahan, St Helens or Swansea. The latest forecasts for today and tomorrow for your chosen location will display on the home page and the computer will remember this location the next time you visit FarmPoint.

You can make FarmPoint your home page by clicking on a link on the home page, you can adjust the size of the text to make the pages easier to read, and by registering a username and password with FarmPoint you can subscribe to receive email alerts about new information on the site.

FarmPoint has links to an enormous amount of information from Crops and Pastures to Regulations and Guidelines, Community Services to OH&S, Farm business and trade to Grants and funding, latest weather information to the latest farming news. Simply click on the links on the home page to access a wide variety of other websites.

Another feature is the calendar of events, which shows upcoming events within the next week and links to more information.

So if you are a farmer, hobby farmer or simply need quality information about farming why not check out the FarmPoint website.



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Main Road, Lilydale  
**6395 1365**

SPECIALISING IN ALL YOUR HAIRCARE NEEDS

### OPENING HOURS

MON 10-5PM

TUES 9-5PM

WED 9-5PM

THUR- 12-7PM

FRI 9-5PM

SAT BY APPOINTMENT

9-12PM

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**63 95 13 65**



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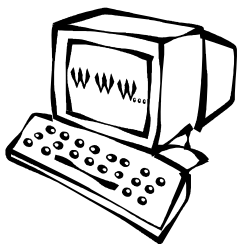
- Locally owned & Operated
- Reasonable Rates

**Call 0419 154 475**

After Hours 6395 4430    1481 Pipers River Rd, Karoola

## Lilydale Online Access Centre Opening Times:

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](http://www.lilydale.tco.asn.au)

Email: [lilydale@tco.asn.au](mailto:lilydale@tco.asn.au)

### Don't forget our other sites:

Lilydale community website: [www.lilydaletas.net](http://www.lilydaletas.net)

Links to lots of health sites: [www.hart.org.au](http://www.hart.org.au)

Our new community history website:

[www.lilydale-memories.synthasite.com](http://www.lilydale-memories.synthasite.com)

Lilydale Community Forum: [www.lilydaletas.net/forum/](http://www.lilydaletas.net/forum/)

## On a Lighter Note

### Bad & Worse

Doctor: I have some bad news and some very bad news.

Patient: Well, might as well give me the bad news first.

Doctor: The lab called with your test results. They said you have 24 hours to live.

Patient: 24 HOURS! That's terrible!! WHAT could be WORSE? What's the very bad news?

Doctor: I've been trying to reach you since yesterday.

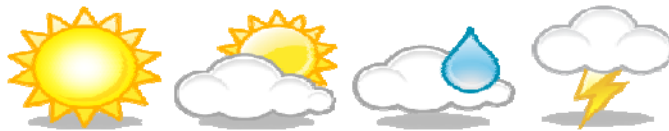
### Fish Tank

Two goldfish were in a tank, one turned to the other and said "So, how do you drive this thing then?"

### Four Letter Surgery

Jerry is recovering from day surgery when a nurse asks him how he is feeling. "I'm OK but I didn't like the four-letter-word the doctor used in surgery," he answered.

"What did he say," asked the nurse. "OOPS!"



## Lilydale Weather

Updated local weather details, thanks to Ian Scott.

### Wind Max (km/hr)

8/11/08: 60.1      31/12/08: 46.4      22/1/09: 72.3

12/2/09: 56.8      3/3/09: 42.1      25/4/09: 61.2

24/5/09: 49.3

### Rain (mm)

Nov 08: 142.4

Dec 08: 91.1

Jan 09: 2

Feb 09: 10.8

Mar 09: 94.7

Apr 09: 132

May 09: 18.6

### Max Rain in day mm

8/11/08: 57.4      13/12/08: 40.4

21/2/09: 8.2      15/3/09: 37.8      25/4/09: 55.4

2/5/09: 10.3

### Min Temp (°C)

16/11/08: 1.6

4/12/08: 2.8

2/1/09: 3.8

13/2/09: 7

27/3/09: 6.1

28/4/09: 1.8

31/5/09: 2.1

### Max Temp (°C)

12/11/08: 28.4

23/12/08: 29.3

30/1/09: 41.3

17/2/09: 31.5

13/3/09: 28.7

18/4/09: 24.9

4/5/09: 21.6

### Humid Max (%)

88/11/0: 97

6/12/08: 95

24/1/09: 91

21/2/09: 93

16/3/09: 95

25/4/09: 96

26/5/09: 95

### Min Press (Hg)

8/11/08: 28.35

30/12/08: 28.42

22/1/09: 28.44

7/2/09: 28.58

4/3/09: 28.56

26/4/09: 27.98

15/5/09: 28.41

### Max Press (Hg)

2/11/08: 29.41

21/12/08: 29.23

26/1/09: 29.34

19/2/09: 29.62

30/3/09: 29.58

1/4/09: 29.48

31/5/09: 29.84

Don't forget David Holt's interesting website as well.

The address: [www.members.westnet.com.au/naspl](http://www.members.westnet.com.au/naspl)

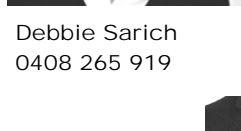
[ljhooker.com](http://ljhooker.com)

**LJ Hooker**

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Debbie Sarich  
0408 265 919



An extremely busy month of sales finds us urgently seeking lifestyle and acreage properties for our growing list of mainland and local buyers.

We are your area specialists for the Tamar Valley; Deb has lived in the area for over 20 years and prospective Vendors and Purchasers can be assured of a high level of service and communication throughout the sale process.

Our approach is relaxed and friendly, and our appraisals are honest and obligation free so why not talk to us today to find out how to get the whole LJ Hooker team working for you.



LJ Hooker Launceston 183 Charles Street Ph: 03  
6334 9111 Fax: 03 6334 9199 Email:



# LILYDALE DISTRICT SCHOOL SNIPPETS

Phone: 6395 0100

Fax: 6395 1492

Email: [lilydale.district.school@education.tas.gov.au](mailto:lilydale.district.school@education.tas.gov.au)

## LIBRARY CELEBRATIONS

The Very Hungry Caterpillar celebrates his 40<sup>th</sup> birthday at Lilydale. First published in 1969, *The Very Hungry Caterpillar*, written and illustrated by Eric Carle, is still a favourite with children. Students from Kindergarten to Grade 2 are involved in several activities to celebrate this special anniversary.

This week students have contributed to our caterpillar display. They have sequenced the events in the story by colouring and threading the various foods eaten by the caterpillar and depicting his metamorphosis into a butterfly. Eric Carle has a wonderful website that is well worth a visit, [www.eric-carle.com/home.html](http://www.eric-carle.com/home.html).

Jennie Bales

Teacher Librarian



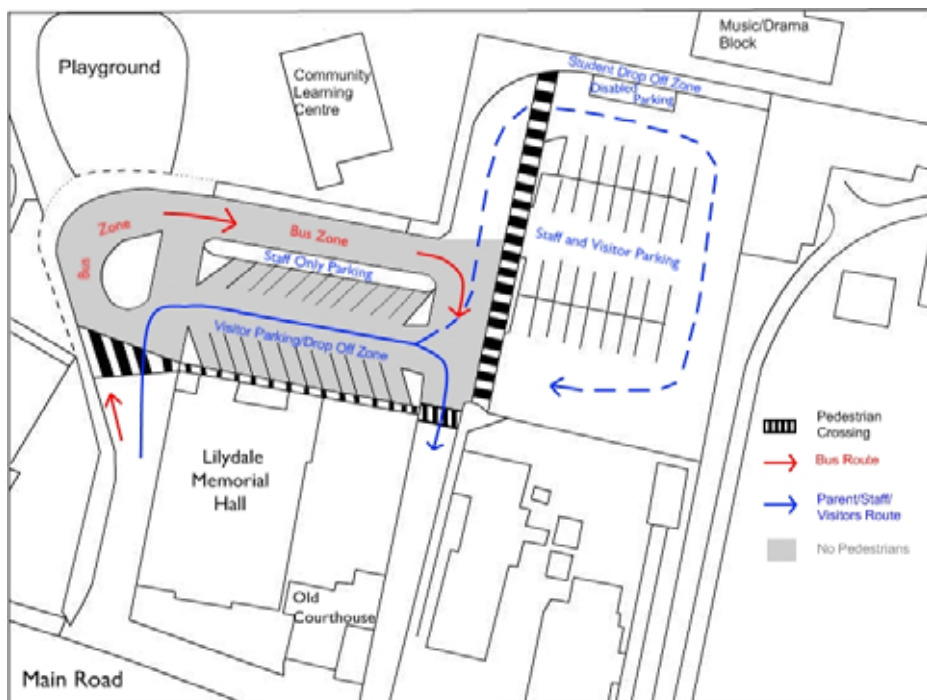
Kindergarten children have been working hard on the alphabet, name writing, counting, fine motor skills and gross motor skills and social skills, all helping to prepare them for future schooling.

Along with Kindergarten, we also coordinate the Early Learning programs which include Parent/Child (3-4yo), Minor Magics (2-3yo), Twinkle Tots (1-2yo) and Baby Buddies(0-1). The aims of these groups are to develop children's love of books and their pre-literacy skills through stories, songs, games, activities and fun. If you know of children in the community in these age groups please invite them to join us. Details are available at the school office.

Miss Larissa Catlin—Kindergarten Teacher

## REVAMP OF OUR SCHOOL ENTRANCE

Our development work on the front entrance to the school is nearing completion. The key purpose behind this project is to make our front entrance as safe as possible for everyone, especially our students. With this in mind, the new design separates bus traffic from cars and all vehicles from pedestrians. It is therefore very important that all students, staff, parents and visitors comply with the new directions for traffic flow, as indicated on this map. Some key points:



- The grey zone is strictly off-limits for pedestrians
- The parking bays next to the bus zone are restricted to **staff parking** so that children aren't dropped off there (which would mean they would have to walk across vehicular traffic)
- The bus zone is strictly for buses only
- Parents dropping off children may do so in the parking bays in the 'Visitor Parking/Drop Off Zone', or they may drive around the main carpark to the designated 'Student Drop Off Zone'
- Parents and other visitors may park in either the '**Visitor Parking/Drop Off Zone**' or in the '**Staff and Visitor Parking**' zone.
- Apart from designated parking zones all other areas are '**No Parking**' zones
- All pedestrians are to keep to designated footpaths or pedestrian crossings. All adults are asked to use these crossings when delivering children to or from their classrooms.

**We ask everyone – drivers and pedestrians - to exercise extreme caution at all times**

# Community Notices

## POSITION VACANT

Do you have a passion for cooking and putting smiles on plenty of cold and hungry faces?

Do you enjoy shopping, organizing and working in a busy but very rewarding environment just for the love it?

Lilydale Football Club requires a volunteer Canteen Manager for season 2010. The position requires the organization and running of the canteen every home game which is about 8 Saturdays a season. The applicant must be honest and reliable and able to work well with a team.

All those interested please contact club president Rob McLelland on 0419 971 136 or come along to the footy and see for yourself.



## Upcoming AGM's

### Lilydale District Progress Association AGM

Will be held in the Memorial Hall Supper Room at 7.30 pm on Tuesday 4th August 2009.

Interested parties please send nominations for positions to Kathryn Scott, Tom Dancer or Annette Waddle. Come along and find out what your Association has been doing this year. All welcome.

A general meeting will follow the AGM.

### Lilydale Neighbourhood Watch AGM

Will be held in the Lilydale Fire Station at 7.30pm on Thursday 6th August 2009. All welcome.

### Mount Arthur Environment Management Group (MAEMG) AGM

Will be held in the Courtroom at 7.30pm on Friday 7th of August 2009. All welcome.

### Lilydale Senior Citizens AGM

Will be held in the Senior Citizens Club Rooms at 1.30pm on Tuesday 11th August 2009. All welcome

### Lilydale Retirement Units AGM

Will be held at Unit 7 Marion Court at 7pm on Tuesday 11th August 2009.

## Been elected onto a Committee?

New to the Position? Not what sure what your responsibilities are?

Adult Ed currently have a new course called How To of Governance for Community Organisations.

The course covers fundamental issues and compliance needs for community organisations. If you would like to express an interest in this course please call Adult Ed on 6336 2802



## Lions Needs You

WE NEED MEMBERS.  
ANY AGE OVER 18 MALE OR FEMALE

*A fun way to meet and help the community*

Phone: Barry—6395 4233 (AH)

Lions Club of Lilydale

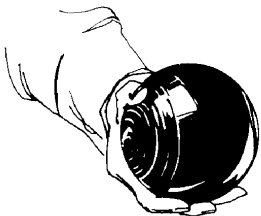
## Lawn Bowlers

Ladies and Gents are invited to come and join the fun at the

### Lilydale Bowls Club

Ladies play 11 a.m – 3 p.m  
Thursdays

Gents play 1 p.m – 5 p.m  
Saturdays



No experience necessary.  
For more information  
phone Jan 6395 1105 or  
Shane 6395 1204

## 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



## Classifieds

### For Sale

Butternut Pumpkins from \$2.50 each  
Phone 6395 4119

**Wanted to buy** - 3 or 4 feet slasher and a grading blade for a small tractor, with 3pt linkage, reasonable price, ph. 0413-085-763

**Wanted to buy** - Pop top van wanted for local buyer. Please contact 6395 4411.

# What's on in July 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

**LG** = Lilydale High School Gym, Main Rd, Lilydale

**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

**VG** = Village Green

## 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

0419 964 317

Allison King Ph: 0419 316 964

W	1	Karoola Play - KH, 10am L'dale Play - AC, 10 am Badminton - LG, 7pm CWA • Lions - 7.30 pm
T	2	Mary Walsh Centre - MWC, 9-3
F	3	Senior Citizens Bowls - SC, 1.30pm Badminton - LH, 7.30pm
S	4	Footy - Lilydale v Winnaleah (Lilydale) Miss Lilydale competition, Lilydale Club Rooms, 8 til late
S	5	Pony Club - KO
M	6	Valley Voices - UC, 7.30 pm
T	7	Senior Citizens Birthday - SC, 1.30pm Active Fitness Group - LG, 7pm
W	8	Karoola Play - KH, 10am L'dale Play - AC, 10 am Badminton - LG, 7pm
T	9	Mary Walsh Centre - MWC, 9-3 Neighbourhood Watch - FS
F	10	Senior Citizens Bowls - SC, 1.30pm
S	11	Footy - Bridport v Lilydale (Bridport) Happy Hookers Exhibition - TOCHC 10-4
S	12	Happy Hookers Exhibition - TOCHC 10-4
M	13	Valley Voices - UC, 7.30 pm
T	14	Senior Citizens - SC, 1.30pm Active Fitness Group - LG, 7pm
W	15	Karoola Play - KH, 10am L'dale Play - AC, 10 am Badminton - LG, 7pm Lions - 7.30 pm
T	16	Mary Walsh Centre - MWC, 9-3
F	17	Senior Citizens Bowls - SC, 1.30pm Badminton - 7.30pm LH
S	18	Footy - Lilydale v Crows (Lilydale) Trivia night, Lilydale Club Rooms Happy Hookers Ex & Workshop - TOCHC 10-4
S	19	Happy Hookers Ex & Workshop - TOCHC 10-4
M	20	Valley Voices - UC, 7.30 pm
T	21	Senior Citizens - SC, 1.30pm Active Fitness Group - LG, 7pm
W	22	Karoola Play - KH, 10am L'dale Play - AC, 10 am Badminton - LG, 7pm
T	23	Mary Walsh Centre - MWC, 9-3
F	24	Senior Citizens Bowls - SC, 1.30pm
S	25	Footy - St Helens v Lilydale (St Helens)
S	26	
M	27	Valley Voices - UC, 7.30 pm
T	28	Senior Citizens - SC, 1.30pm Active Fitness Group - LG, 7pm
W	29	Karoola Play - KH, 10am L'dale Play - AC, 10 am Badminton - LG, 7pm Red Cross - 11 am
T	30	Mary Walsh Centre - MWC, 9-3 Uniting Church Social Afternoon - UC, 1.30pm
F	31	Senior Citizens Bowls - SC, 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**

#### 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

## International Cuisine: Anglo- Indian

### Mulligatawny Soup

- 2 finely minced garlic cloves
- 1 tsp tomato paste
- 1/2 Cup unsweetened coconut, shredded
- 1-1/2 tbsp curry powder
- 1 tsp ground cumin
- 2 peeled medium garlic cloves
- 7 cups low-sodium chicken broth
- 2 medium onions, chopped
- 1/4 tsp cayenne
- 1/4 cup all purpose flour
- 2 medium carrots, peeled and chopped
- 3 tbsp unsalted butter
- Plain yogurt
- 1-1/2 inch piece of fresh ginger, peeled and grated
- 1/4 cup water
- 1 medium celery rib, chopped coarse
- Salt and ground black pepper
- 2 tbsp minced fresh coriander leaves



Blend 2 tsp of the ginger, 2 peeled whole garlic cloves, and 1/4 cup water in a blender until smooth. Set aside. Melt the butter until foaming. Add tomato paste and onions. Fry stirring occasionally, until the onions are soft. Add the coconut, stir and cook 1 min. Add the remaining 2-1/2 tsp ginger, garlic, cumin, curry powder, flour, and cayenne. Stir well, add the chicken broth whisking the mixture constantly, add carrots and celery. Increase heat and bring to the boil. Cover and reduce heat, cook until the vegetables are tender. Add set aside garlic and ginger and blend all together until smooth. Add salt and pepper to taste. Garnish soup with a spoonful of yoghurt and chopped coriander.



# BARRETTS



BARRETT'S COACH TOURS & ROSES TRAVEL INVITE

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

#### **JOHN FARNHAM - LIVE BY DEMAND CONCERT - 25<sup>TH</sup> SEPTEMBER 2009**

Bookings essential. Limited seats, Cost \$189.00 per person coach travel & show.

#### **MELBOURNE SHOPPING SPREE - 10<sup>TH</sup> OCTOBER 2009**

Our flight leaves 9.05 am Saturday the 10<sup>th</sup>. Upon arrival at Tullamarine you will be met by Barretts Coaches. First stop Myer Good Buy Centre where they have savings of 30 – 60% off original Myer retail prices on footwear, fashion, and home ware. Then onto Victoria Market followed by Direct Factory Outlet Centre which houses over 80 outlets under the one roof. Following our shopping spree we head to Port Melbourne where we join "The Spirit" for an overnight voyage to Devonport arriving Sunday morning. The coach offers huge luggage bins for storage of purchases which would be impossible to transport if travelling via air both ways. Cost \$350.00 per person twin share **excluding airfare to Melbourne**, to secure cheapest flights book early to avoid disappointment.

#### **VAN DIEMANS - WYNYARD TULIP FESTIVAL - SUNDAY 11<sup>TH</sup> OCTOBER 2009**

Come see this fantastic display of our own home grown tulips. Coach departs Scottsdale at 7.30am via Lilydale. Cost \$40.00 pp includes luxury coach, morning tea & tulip farm entry.

#### **EVANDALE & INVERESK MARKETS - 17<sup>TH</sup> OCTOBER**

How about a day out at the Evandale and Inveresk Farmers market. \$15.00pp

**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