



THE LILYDALE PROGRESSIVE

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Editorial

Well the weather is really on the change (I never know what to put on in the mornings, the only certainty is to take an UMBRELLA along wherever you go) and it's full steam ahead with the Village Green. It's been great to see the workers out in force, moving bricks and soil, digging holes and laying foundations. I see the brick walls are now in place and don't they look great. By the time the project is finished we'll have a unique addition to the Lilydale landscape that will certainly turn the heads of our visitors!

It's wonderful to see how many local groups and residents have been involved in this project in one way or another. From parents, grandparents and kids, we've had input from all ages. Just goes to show what can be achieved if we all pull together! Once the shelter, the paths and the central feature are finished we can really celebrate a project well completed. Then it's up to us where we focus our energies next. What should the next great Lilydale project be?

A Gymnasium? Performing Arts Centre perhaps? How about a walking track to the Falls? (I know I don't do much walking but I do see quite a few people exercising by walking from Lilydale to the Falls). Whatever the next project the key to its success will not be how much money it takes to do it but the willingness of each and every one of us to support it in any way we can, and not to rely on 'the other guy' doing it.

As is so often the case in small communities it is often the same gallant few who carry on year after year despite enormous odds. The Lilydale PCYC is a perfect case in point. Should we as a community be willing to see this group die, or should we fight tooth and

nail to ensure its continued existence, for both ourselves and our kids.

Whatever happened to the Gymnasium? Rumour has it that the Education Dept have reneged on their promise to provide the school with a gymnasium (despite the fact that they have approved over \$600,000 in their budget to upgrade the existing facility in Scottsdale). Perhaps we should all get together and try and get something done about this.

I must admit I feel like I've been hibernating lately, but now that Spring has arrived (with a vengeance) it's time for me to shrug off my winter lethargy and get moving again. I look around the gardens and see the daffodils and rhodos in bloom and it makes me feel alive again. If only the rain would hold off for a bit I might even consider going out and actually doing some GARDENING (yes I can hear you all gasping in horror, 'what Jayne with her hands in the soil not on the keyboard?' unbelievable but true, well at least the thinking about it part).

I usually get the improvement bug around springtime each year too, and I look around the house and think 'hmm maybe this room would look better if that desk was over there or this couch was moved here, and my wouldn't it look better if it was painted pink, blue, yellow, purple etc etc etc.' Bryan usually just shakes his head and mutters under his breath (he's put up with a lot of changes over the years, poor boy).

But enough of all that. I've got my next couple of months planned, how about all of you? What are you going to do to with your time? Gardening? Spring cleaning? Redecorating the back bedroom? Restoring the verandah? Spending time with family and friends? Whatever it is I hope you enjoy it and that in some way it improves Jayne your life.

I've learned

that our background and circumstances may have influenced who we are, but we are responsible for who we become.



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Letter to the Editor

The Landlords Nightmare

After renting out our home to tenants over the last 7 years, we now understand why some houses are left unoccupied for years!

We had one excellent tenant, 2 others who were okay, but our last tenants left owing us 7 weeks rent!

These same tenants broke our front and back door locks! They also left a huge mess, and much of their property behind, effectively preventing us from renting our home out to other would be tenants.

After giving these people plenty of time to remove their belongings from our property, we then took repossession of our home.

If others are considering renting out their property to tenants, our advice is to first ask your would be tenants to supply you with an up to date self-credit check.

This step will help to avail much of the hassle and expense that we have been put through because we were not aware of it until recently.

J. & D. Arnold

Tasmanian Regional Arts—Lilydale

Mountain Festival

Sunday 6th October, 12.30- 4.00 p.m.

Activities taking place outside and inside the Memorial Hall and the Court Room. Come along and take part, something for all ages:

- ♦ Sausage Sizzle
- ♦ Decorate the Mountain
- ♦ Pavement Chalk Art
- ♦ Myths for Mugs
- ♦ Postcard Exhibition
- ♦ Mountain Scenes from the Internet
- ♦ Gillian Robnik, Mountain Water Colours in the Exhibition Room, Old Court House.



Don't miss out, bring the kids along for a bit of fun.

Philomena Hali - Mud Dyeing & Printing Workshop
 Wednesday 6th - Thursday 7th November.

Philomena is a textile and fibre artist from Alice Springs, conducting a series of workshops in Tasmania funded by the Regional Arts Fund. We are very fortunate to have been offered a two day workshop in this most natural craft.

The workshops will be held at the Mt. Arthur Community Centre over a two day period. Get in early to book your place, contact Carol 63 95 1263. A materials list will be sent out to you on receipt of your workshop fee. Look for posters in the usual windows! But don't leave it till the last minute to book!

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Lilydale Police Citizens Youth Club Inc

The LPCYC Committee is seeking expressions of interest from the local community concerning the introduction of new activities. As many would know the main stay of the Club has been Boxing, however, over the past couple of years the number of boys training has declined. As our Committee is made up mostly of those who have or have had children competing at Boxing Tournaments the desire to be available every week to oversee activities is no longer there.

At the end of October we intend to windup the Boxing Training and at present cannot foresee the Club reopening in 2003. As we are affiliated with the Tasmanian Police Citizens Youth Clubs any new activities would have to be approved by them to retain coverage of Public Liability Insurance.

All gear owned by the Club including eight ball tables, kanga cricket set, table tennis tables, moveable basketball hoop and boxing training equipment would be available for anybody or organisation wishing to takeover activities. For many years activities have been twice weekly (Monday & Wednesday) 6 – 8pm. Those expressing an interest should be advised that all activities have to be overseen by one or more adults and as mentioned above any new activities must be approved by our governing body – Tas. PCYC; present committee members would be pleased to continue helping until the Annual General Meeting in late March 2003 and probably thereafter on an occasional basis.

The Lilydale Police Citizens Youth Club has been a part of the Lilydale Community for more than 20 years and provided varied activities for 100's of local children during that time. We feel it would be a terrible loss to the area if we should be forced to close at the end of the year. Please if you share our concern for the local youth put forward your ideas and become involved with the PCYC.

For details regarding financial position, constitution and any other relevant information please contact either Russell Forsyth at the Lilydale Police Station 63 95 2050 or S. Griffin 63 95 1323.

This Month's Frog Joke

Q: What do Alexander the Great and Kermit the Frog have in common?

A: Their middle name.

Q: What has more lives than a cat?
A: A frog -- it croaks every night!



Lilydale Post Office and Gift Shop

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A big thank you to the majority of mail delivery customers who have endeavoured to keep their wheelie bins clear of their roadside postal boxes. With all our rough weather lately, this has not always been an easy task.



With October now upon us, this is the month Australia Post has set aside as Stamp Collecting Month. This year, in October, post offices feature the Magic Rainforest. Call into the Lilydale Post Office to view the attractive first day covers and Magic Rainforest stamp packs, as we are sure that both adults and children alike will delight in this new issue.

Many new good value gift lines are now also displayed in the Lilydale post office. This a golden opportunity to layby for Christmas or purchase that special birthday gift for your loved one. From solving an Agatha Christie mystery puzzle to wine picnic carry sets, the range is extensive and selling fast.

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Lilydale Online Access Centre

What a busy time it's been here over the past month or so. That's great for the Centre and it keeps me very busy as well, but it does mean it is becoming more and more essential these days to ring if you want to come down and use the facilities. Remember for Registered Users the cost is only \$1 per hour, and financial members (only \$5 per year) can book for 2 hours at a time. Also if you want to get into digital graphics, our Paint Shop Pro Users Group is meeting regularly on the first Saturday of every month from 12-3pm.

Access Centre Opening Times

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



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

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

Lilydale Neighbourhood Watch

This was our AGM meeting and was attended by 17 people, which is very pleasing. All the Office Bearers were re-elected to the same positions as last year. A vote of thanks was given to the Committee for their work during the past year and also to the Tas. Fire Service for allowing us to use their premises for our meetings, to Brian for opening up for us and to the people who provide supper each meeting.

Our general meeting was then held. A sub-committee was elected to make arrangements for our 10th Anniversary plans later in the year.

We had a very good Guest Speaker, Troy Walker, from the 'Night Shepherds Security' at our meeting. He spoke on his work with security dogs which covers the whole state. He also brought one of his dogs, 'blade' with him. He had a total of 8 dogs, each trained especially for specific work. He has worked for 12 years with these types of dogs and has been a dog handler in the narcotics role for 4 years. The dogs can cost as much as \$15,000 each. In narcotics, the success rate with these dogs is 98% and 100% for finding narcotics in cars. People can be convicted on the use of a "dogs nose". Troy will train dogs for personal protection. I can't mention all that Troy spoke on but it was a very informative evening.

There was no Police report and no suspicious incidents reported.

The next meeting will be on October 10th at the Fire Station at 8 p.m. Please note change of starting time because Day Light Saving will be on.

The Information Board opposite the Swimming Pool has been vandalised. This, sadly will not encourage tourists to visit our lovely area.



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Lilydale Retirement Units

The Board of Management had its first meeting on Monday September 9, 2002, at the Old Court Room

At its short meeting after the AGM last month, it was decided to break away from the usual rule of meeting in the evening and take the daring and innovative leap to meet together at lunchtime. We are lucky that most Board members are able to attend during the day, with only the occasional apology expected due to work commitments.

It was good to discover that 'meeting and eating' works well, even though the overhead heaters in the Old Court Room tended to dry out our sandwiches rather quickly.

Of a necessity the first Board meeting was quite lengthy, due to the discussion of organisational and administrative details; however subsequent meetings should be compact, concise and considerably shorter.

The Board of Management is eager to begin in-depth discussions on the use of the vacant land opposite the Units, in Station Road, and 30 minutes of each Board meeting will be dedicated to planning for the development of this valuable asset.

We will keep the community informed of plans for the future through a regular update in the Progressive.

Frea Peschar
Secretary

The Mary Walsh Centre News

At the Centre our numbers have been a bit low on some days, owing to the weather conditions being both cold and wet; but mercifully we have all survived a rather cold and windy winter season once again.

The cold weather has not deterred the spring bulbs from appearing in all their beauty to cheer us on our way; as we hold their beauty our spirits are lifted in grateful thanks to their Creator, for they do serve a purpose in brightening many lives.

The generation which we here at the centre represent often need something or somebody to brighten our lives as we face the future.

Many of our staff are having birthdays this month, and we do wish them every happiness, both for the occasion and also the year ahead. They all do their very best for us, so we say God bless them and keep them.

We are glad that Sue is feeling better and is with us again, she has been busy preparing boxes of gifts for under-privileged children. This has meant a busy round of shopping for suitable gifts as well as making some, and also the decorating of the boxes to put the gifts in. We realize the gifts are only a drop in the ocean, because of the millions of needy children in the world today.



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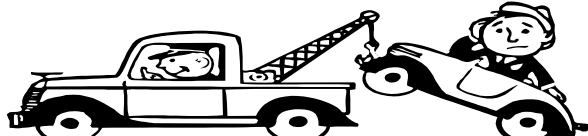
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Lilydale Landcare

Lilydale Landcare Association

We are receiving enquiries about native plant species that can be planted in the Lilydale District. It is great that people are planting Tasmanian native plants. There has been more interest since the Tamar Natural Resource Management Strategy has funded property owners to fence off creeks to help native vegetation to grow.

The "Understorey Network" is alive and very active again with an enthusiastic, knowledgeable new committee. Excellent field days and workshops are held, especially during spring, where we can learn so much about the value of planting our own native species.

The wild flowers are showing their beautiful colours at Merthyr Park so why not take a walk and have a look. You may like to join a working bee to help plant at the reserve or to assist with removing invasive weeds.

We appreciate the support of the Tamar Region Natural Resource Management Strategy especially Sara Canham's work with us as a Demonstration Site. This helps to lift the profile of the project and is a positive promotion for Lilydale.

For information please contact 63 95 4493

Lilydale Football

For the first time in a number of years, the Lilydale Football Club did not have a team playing for a Premiership, but we were still represented on Grand Final Day. 12 of the Club's youngest players had a quick game at half time of the Seniors match and they sang the Club song loud and clear at the end. The Club is proud of its young players and also wish to thank the parents who made the effort to get them to Scottsdale. Unfortunately we were not so prepared as Ringarooma, who put in an almost 100% effort to be there in force. For Lilydale the game was over far too quickly, but hopefully the boys learnt something and will benefit from the experience.

While the Club did not have a good Finals series, the Seniors and Reserves, both eliminated in the 1st semi-final and the Under 16's in the Preliminary Final. Lilydale still has the School Team to cheer for, they have made their way into the State Final of the High School's Knockout Competition and the club wishes them all the best for their big game at North Hobart. This competition has been a big thing for the North East with Scottsdale High also making the State Finals in their division.

The School system is completely separate from the NEFU and Clubs, but a lot of boys play for both teams. The success of the School teams is causing a rethink by the NEFU Junior Football Sub-Committee to the extent that next year the combined games should be played earlier in the season leaving the end of the year free for the school games, that way one can lead on to the other and will not overload players with too much football at the end of the year. It may take a bit of trial and error to get things right, but with a bit of common sense should benefit all parties.

Club Best and Fairest

The leading vote getters in the Clubs count were

Seniors		Reserves	
Steven Buchanan	99	Justin Spicer	35
Martin Smith	39	Brent Pinner	28
Scott Brockett	38	Phillip Chick	28
Lee Betts	25	Cullen Dwyer	25
Rodney Deacon	25	Paul Hinds	20

Under 16's

Lane Dwyer	85
Todd Hawes	57
Brendan Hawes	54
Cade Haines	41
Tony Betts	31

A complete list of trophy winners and donors will be posted on the NEFU's website after the clubs presentation night. A list is given to the Progressive, but space is not always available for a club our size with over 30 trophies awarded each year. This year the club is combining the old system of a Dinner with the Presentation evenings of the last couple of years. You

can come early for the Dinner, bookings required to Sue, or you can come along later and just pay a small fee for the music.

Annual General Meeting and Election of Office Bearers.

This AGM could be critical in deciding the Club's future, the last couple of years have seen a steady decline in the number of committee members and volunteer workers with the result the club is starting to lose its efficiency.

Lilydale Football Club has the responsibility on maintaining and improving the facilities at the Recreation Ground in addition to running a Football Club. The club committee has been out of balance for the past few years. We have had a number of practical people, who were good with their hands as can be seen by the big improvement to the Club's facilities. There has however been a decline in the clubs administrative ability at a time when it is becoming more expensive to run the club and an increase in legal obligations.

Please have a good think about giving a helping hand, think of the benefits of having a local football club and what it would be like without one. The club has managed to exist without subscriptions or signing fees being charged to Junior Players and would like things to stay that way.

Diary

October 5th: Annual Dinner and Trophy presentation night. Music included in cost of Dinner – In Club Rooms or come along later.

October 9th: Lilydale High School vs Sorrell at North Hobart (as far as know at the moment)
Grand Final of AFL High School's Knockout Comp. also Scottsdale High vs New Town High

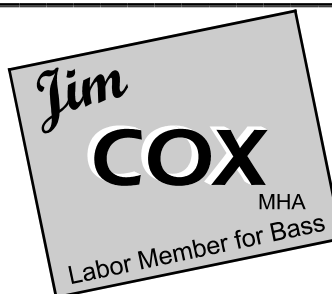
October 30th: Annual General Meeting and Election of Office Bearers. In Club Rooms 8 p.m.



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We Need to Feel More

- We need to feel more to understand others.
- We need to love more to be loved back.
- We need to cry more to cleanse ourselves.
- We need to laugh more to enjoy ourselves.
- We need to establish the value of honesty and fairness when interacting with people.
- We need to establish a strong ethical basis as a way of life.
- We need to see more than our own little fantasies.
- We need to hear more and listen to the needs of others.
- We need to give more and take less.
- We need to share more and own less.
- We need to realize the importance of the family as a backbone to stability.
- We need to look more and realize that we are not so different from one another.
- We need to need to create a world where we can all peacefully live the life we choose.
- We need to create a world where we can once again trust each other.

Tasmanian Tiger I nformation

see

Buck and Joan Emberg's

Website

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Village Green

The weather really gave us a workout over the past month or so. If I hear another person say 'nice drop of rain we're having' – lookout! Every time we planned to do something, it rained with all the holes filling with water and the ground becoming soggy.

Despite this, we were able to hold at least one good working bee and to move towards getting all the individual sections of the site clearly defined. Hopefully, by the time you read this, we will have poured the footings for some of the posts for the shelter and installed brick edging around other lawn and garden areas.

Again, another of our local tradesmen has contributed his time and expertise at no cost. Bricklayer Les Arnold devoted two full days towards constructing the two sitting walls between the toilet building and the footpath – Thanks Les! Within the next week or so, the walls should be capped with timber, making them suitable for people to sit on.

Earlier in the month, we received a presentation on the proposed central feature concept from the two artists employed under a special grant by the Lilydale Branch of Tasmanian Regional Arts. The concept, which is based on a typical back yard, was displayed in Bardenhagen's Supermarket window and presentations were made to meetings of some local organisations. Overall, the majority of comments have been very favourable, particularly after people have had an opportunity of having the concept personally explained to them. If you would to discuss the concept further, or to receive more details, please contact Carol on 63 95 1263.

Apart from keeping up the work on all parts of the site, with the view of hopefully completing the majority of the project by Christmas, our main priority is to finish the toilet block end of the site so that it can be used. With this in mind, we will continue to schedule working bees and look forward to any help which may be offered. Please keep a lookout for details which will be displayed on chalk boards at the site and at the front of the Post Office.

Strom Charlton
Project Co-ordinator

I Believe:

- ♦ that just because two people argue, it doesn't mean they don't love each other and just because they don't argue, it doesn't mean they do.
- ♦ that two people can look at the exact same thing and see something totally different.
- ♦ that even when you think you have no more to give, when a friend cries out to you, you will find the strength to help.
- ♦ that credentials on the wall do not make you a decent human being.

Community Quiz Challenge

The Challenge organised by the P & F of Lilydale District School was held on Friday 23rd August and raised approximately \$1,600 for the School.

Arts Council, Lilydale Lions, CWA, Lebrina Fire Brigade, Lilydale Players, K-4 Staff, Parent Club, Library/Access Centre, Mt. Arthur Centre and the Bus Drivers group were some of the group/community teams represented while Jim's Mowing and Bardenhagen's Supermarket entered 'business' teams, the rest being friends getting together as a team.

The winning team was the "Mixed Bunch" comprising K. Coleman, K. Hawes, S. Hawes, J. Livingston, D. Williamson and P. Williamson. Challenges on the night included Famous Faces, Heads and Tails and Catch Phrases (who was the School staff member who had his hands on his wife's bottom instead of his own during heads and tails?)

Thank you to our sponsors, helpers, markers, school students, staff and parents for donations of food, Frank Madill and Mark Howlett and last but definitely not least the competitors who supported us. Start studying for the next quiz challenge.



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Over 3 years as deputy Mayor I have worked honestly and true to both the former Mayor & the present Mayor.

I took over the role of acting Mayor for 3 months last November at a very sad, difficult time for Launceston.

I will continue to work for the betterment of Lilydale

May I ask for your VOTE 1 for both positions

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Are you over 50 and overweight – and maybe not quite as physically active as you would like to be? If the answer is yes, then you are a prime candidate to join about one million other Australians with diabetes.

Just last year a national Australian study – *Diabetes, Obesity and Lifestyle* – indicated the alarming fact that a quarter of Australians over the age of 25 have problems with the way their bodies handle glucose.

Maybe we know our blood pressure level, perhaps even our cholesterol level, but do we know our blood glucose level – our BGL? Glucose is our body cells' major source of energy; while insulin is the hormone our body produces to enable the glucose to enter the cells. If we can not produce enough insulin, or the insulin we do produce is not effective, then diabetes is the result.

Diabetes is classified into two main types – Type 1 and Type 2.

Type 1 diabetes usually occurs in childhood or young adulthood, and is one of the most common childhood diseases in developed countries. It is thought to occur when the body's immune system attacks and destroys the insulin-producing cells in the pancreas gland. Because the body stops making insulin, people with this form of diabetes need daily insulin injections. Symptoms of Type 1 diabetes usually occur abruptly and are quite noticeable – they can include excessive thirst and urination, unexplained weight loss, weakness, fatigue and irritability. However Type 1 diabetes represents only about 10-15% of all cases of diabetes.

By far the majority of cases of diabetes are Type 2 – insulin is still produced by the pancreas, but for some reason it does not work effectively.

Type 2 diabetes usually occurs in adults over the age of 50, but increasingly it is occurring at a younger age. If you have a close relative with diabetes, you are at greater risk yourself. Lifestyle factors, such as an unhealthy diet and lack of exercise, are known to make Type 2 diabetes more likely. With Type 2 diabetes the symptoms sometimes go unnoticed or might be misdiagnosed. For Type 2 diabetes the symptoms can include any of those for Type 1, but they can also include blurred vision, more frequent skin infections, sores and wounds which are slow to heal, and tingling and numbness in the feet. The good news is that, when detected early, treatment is simple and straightforward. It might just involve regular exercise, some slight changes to eating habits and possibly medicine (tablets or capsules) taken orally. Occasionally, insulin injections may also be needed.

Uncontrolled diabetes poses a serious threat to our health and wellbeing. Complications involve blindness, kidney failure, limb amputation, increased risk of heart disease and stroke, and impotence in men. It is the blood glucose level which needs to be controlled in diabetes. High levels of blood glucose cause all the complications. If your doctor has diagnosed diabetes then you probably have a blood glucose measuring machine. It is important for you to take regular measurements so that you can stay in control of your diabetes. There is a diabetes nurse educator who comes to Lilydale regularly. Ask us at the Pharmacy or see the notice in the window. Diabetics have access to subsidised test strips for blood glucose machines through Diabetes Australia. We are unable to provide these subsidised products directly, as our pharmacy is too small for Diabetes Australia. There about 60 registered diabetics in our area. However, we can supply you with test strips on a prescription, at normal prices (\$3.60 for pensioners or \$22.40 for others). There are regular specials offered for upgrades of your glucose machine and we can get these for you. We can help with information and guidance for any of your diabetes needs.

The newly revised Self Care fact card on diabetes will tell you all you need to know about the different types of diabetes, the signs and symptoms, the effects that might occur and some simple management strategies.



Vet Talk

by Lilydale-Karoola Veterinary Service

"Parvo"

Canine Parvovirus is a viral disease that many people have heard of but often know nothing about. It is one of a group of viral diseases normally included in your dog's vaccination programme.

There are a number of different species-specific parvoviruses (the name means "small virus") including one that causes reproductive problems in pigs and one that causes panleukopenia in cats.

Canine parvovirus was unheard of until the late 1970s and the disease was thought to have developed by mutation of the cat disease panleukopenia (feline enteritis). This cat disease had never affected dogs before.

At that time it was rapidly fatal as no dog had any immunity to it at all and there was an epidemic of it in many areas. Since that time Canine Parvovirus has become much less common as there is a good vaccine and many dogs are now vaccinated.

Parvovirus causes an acute haemorrhagic gastroenteritis that can be fatal in many cases. In young puppies it can cause sudden death from heart failure. The virus also suppresses the immune system. Symptoms include bloody vomiting and diarrhea, depression, dehydration and death. Treatment is symptomatic, as there is no antidote for the virus. Fluid therapy with an intravenous drip, often for several days, is the mainstay of treatment but some animals may still die.

Parvovirus is very infectious and affected dogs have to be isolated. In the right conditions the virus can survive for as long as 12 months in the environment well after the dog has died or recovered. Affected dogs that recover can shed the virus for some weeks after recovery and so are still infectious to other dogs. Many common disinfectants do not kill the virus.

Vaccination is still the best prevention. As pups are the most susceptible temporary vaccinations at around 8 weeks are the time to start and of course it is usually combined with Distemper and Hepatitis vaccine. Talk to your vet about the best course of vaccine to suit your pet and circumstances.



Lilydale-Karoola Veterinary Service

a branch of Scottsdale Vet Service

Main Rd, Lilydale Ph: 6395 1271

ALL HOURS

Ron Harris BVSc MRCVS, QDAH

Marion Welch BSc BVMS

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Sally
& Staff



Gardening Tips:

- Z Prune your spring flowering shrubs and trees straight after flowering to direct their growing energy into next season's branches. Shorten over-long canes of abelia, kolkwitzia, may (spiraea), summer lilac or buddleia (pictured above) and weigela by at least a third.
- Z Shear azaleas with hedge clippers into a compact, dome shape.
- Z Prune hibiscus taking last season's growth to 15cm, just above a pair of buds; wait a little longer for exotic, woody Hawaiian hybrids.
- Z Feed shrubs after pruning with complete fertiliser. Camellia japonicas are different: prune in bloom, before new leaf shoots open (this loses some flowers). Compromise by picking lavishly while in bloom, each with a good length of wood, then tidy tree by removing excess branches pointing towards centre, and the usual dead wood and spindly growth. Cut just above a leaf-bud pointing in chosen direction. Try a layered effect, so there is clear separation between branches at different levels.
- Z Camellia sasanquas look good shorn as a hedge, grown as a two-dimensionalespalier on a wall, or clipped into a dome.
- Z Prune spring flowering climbing roses after blooming and tie up new long growth on creepers like wistaria and jasmine.
- Z Control ivy on house walls; it can cause serious, expensive damage to pipes and house structure. Clip to promote new green growth.
- Z Annuals planted now give months of marvellous colour. Plant versatile groundcovers for foliage contrast, in rockeries and bark gardens, for spilling over retaining walls and to choke weeds. Weed control is vital.



Hello from the Mt Arthur Centre

Hello everyone,
at the Mt Arthur Centre this month we will start by having our regular monthly working bee on Sat. 5th Oct from 10am till 2pm.

General maintenance, cleaning out the tank (possibly installing a new tank), sanding and varnishing the large kitchen table and mulching trees which were put in at our Demonstration Day two weeks ago are on the list. BYO lunch or something to share and get to know your neighbours.

The University students have started our straw bale building 'practice' room!! They work on it every Thursday from 10am till 4pm. If you are interested in seeing what we are up to please feel free to come along. If you would like to help in some way let me know and I can keep you informed when the bales go up and rendering starts etc. Also if any 'practitioners' in the district would like to make use of the prac room (massage, counseling, meditation, reiki, tutoring or anyone wanting to hire the room) please let me know and we can discuss your needs. We hope to have it finished early next year.

A Gestalt training weekend will be held from Fri 11th to Sun 13th Oct. The trainer is Barbara de Cambra an experienced psychotherapist and trainer from Hobart who owns and directs 'Inner Vision', a company offering professional development for people from all disciplines through a personal development approach. Please phone Barbara for more details on 6295 0414.

Our weekly meditation group has changed it's day from Thursday to Friday. If you're feeling tense and in need of relaxation, give yourself a special treat and come and try meditation. No previous experience necessary, just the ability to listen to a tape! Fridays from 10am till 11am. \$3.00 per session. For more information please phone Pat on 6395 6200.

The homeschool group will meet at the Centre on Mon 7th Oct from 12pm till 3pm. For more information please phone Jo on 6334 6960.

Nairn Walker will be holding a three day workshop for people who would like to learn how to facilitate support groups. The program is called the Student Assistance Support Group Facilitator Program but is not just for students. It will be run from Weds 16th Oct to Fri 18th Oct. The flyer with more information will be at the PO or you can phone the Centre for more details.

We are gauging interest in having a yoga class to be run weekly at the Center by a Hatha yoga Instructor. If you are interested please phone the Centre and let me know.

That's all for now. For any details or more information please phone, 6395 1201.

Cheers, Maggie.

C.W.A. Notes

Christmas is rushing towards us – yet again. Great to have Deseree back with us at our September gathering after a long absence.

During the morning we were able to view a sketch of the proposed centre piece for the Village Green, certainly striking and different, and sure to be an eye catcher for tourists/passers by to stop and spend more time in our town, as well as locals to pause and take a break.

State Conference at Strahan is over – Lilydale was awarded the Best Branch report for the State.

Roll call was for Christmas boxes for the Samaritan's Purse – after much cutting, pasting and filling, 9 boxes were completed and a bag full of extra goodies sent to help complete more boxes.

Because of the public liability insurance fiasco, our catering for a train trip on 23 October was cancelled. Glad to say it is now on again, the tourists from West Australia will come by bus and lunch at Lilydale.

October meeting on the 2nd will be over by the time the Progressive is issued – beginning with a luncheon when Tupperware products will be used to cook the meal – meeting to follow.

November meeting will be on the 6th. Before that, a group luncheon in Launceston featuring Scandinavian food will be on the 17th October – and dish will be the ocean trout won in a raffle at the Strahan Conference. Till next time – take care – 'see' you then.

Dorothy Story

Lilydale /Karooia Red Cross

The October meeting of the Lilydale /Karooia Red Cross will be held at Carol Charlton's home, 1837 Lilydale Road, Lilydale on Wednesday 30th. October, 2002.

We are still in need of volunteers to deliver Meals on Wheels. These are delivered on a Thursday and take approximately one hour.

So if you have an hour to spare approximately once a month we would be very happy to hear from you.

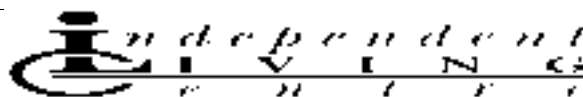
Please ring Margaret Mills on 63 954411 or Billee Parry on 63 954173.

BOOKCHAT GROUP

The next meeting will be on Monday 21st October, commencing at 7.30 p.m. at Julie's. The theme for this month is something relating to Tasmania, e.g. fiction/non-fiction book, magazine/newspaper article etc.

Why not come along and share your books and ideas with others over coffee and cake.

Enquiries phone Julie 63 95 1272 or Sue 63 95 1455



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

Recreation

A current definition of recreation is 'a freely chosen activity that brings about feelings of satisfaction, fulfilment and a sense of belonging to one's local community'.

Everyone has basic feelings, needs and desires to have fun, relax, socialise and participate. This may be a quiet activity such as reading and craft or a more physically engaging activity such as basketball or swimming. It can be a solitary activity, or a group of people interacting and engaging in the same recreational interests. Whatever activity a person finds satisfying or enjoyable is a worthwhile activity in the form of recreation.

Involvement in specific recreational activities is dependent on a person's interests, motivational level, physical and cognitive abilities, as well as the level of support or training provided. Whatever a person's age or disability, it is important to consider opportunities for recreation or leisure.

People with disabilities participate in various levels of recreational activities worldwide. To enable activities to be achievable, safe and accessible for different age groups and disabilities, adapted techniques, equipment and new recreational interests are available.

When choosing an activity consider the following which may impact on the adaptation required, the time of the day the activity is performed or the technique used:

Physical abilities – upper and lower limb range of movement, strength and endurance in sitting or standing.

Cognitive abilities – learning capacity, concentration span, memory recognition.

Sensory function – vision, hearing, tactile, taste, smell.

Communication level – verbal, non-verbal, signing, communication device.

Motivation – What motivates the person to be involved in an activity? What does the person enjoy doing or want to participate in?

Medications – these have different effects on people. i.e. alertness or drowsiness.

Energy Levels – Some people have more energy to participate in the morning or later in the day.

Time allocated – What/How much time is available per day/week to participate?

Support – What level of support is needed to perform activities, from family, friends or carers, with transport, planning, supervision or assistance.

For further information or specific details contact:

The Independent Living Centre Tas

Phone: 6334 5899

Or 1300 651 166 (for the cost of a local call)

Fax: 6334 0045

Address: 46 Canning Street, Launceston

Email: ilc@ilctas.asn.au

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

Lynda Reilly Occupational Therapist

COMMUNITY NOTICEBOARD

Lilydale – Karoola Catholic Church.

The Lilydale – Karoola Catholic Church will be holding a **Cake Stall and Trade Table** after Mass at St. Annes Church Lilydale on Sunday 27th. October, 2002 at approximately 9.45 a.m.
All Welcome.
Proceeds in aid of Church Funds.

Lebrina Garden Luncheon

Will be held at John & Dulcie Williams
25 Pipers Brook Road,
Thursday 7th November, 12.30 p.m.
Charge \$8.00 Trade Table
Proceeds St. Andrews Church
Everyone welcome

Lilydale District School Parent Club Presents

"A Country Garden Walk"
Saturday 2nd November
Limited, Pre-sold tickets available
Ticket Price is \$15.00

Ticket price includes transport to, between and from all gardens, entry to 5 local gardens, barbecue lunch, afternoon tea and hot drinks.

Cold drinks will be available for sale.

Nursery plants available for sale at our last stop.

Bus departs Main Street at 10.00 a.m Sharp
If you are interested in a delightful day out,

Please Contact:

Mrs. Maree Arnold on 63 95 1429
Mrs. Janet Hammersley on 63 95 4141
Mrs. Judy Arnold at Lilydale District School

N.B. Because of the sensitive nature of our destinations, tickets will be available to adults only.

Interested in local history?

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

Do come along and say hello on the 3rd Friday of the month, meetings are open to the interested public from 7.30 pm in Winter and 8pm in summer

For further information: Write to:
The Secretary, Lilydale History Group,
PO Box 3, Lilydale, 7268
Email: lilydale_history_g@tasmail.com
Telephone Helen on 6395 2060
Website at: www.lilydale.tco.asn.au/history



Lilydale Baptist Fellowship

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

Contact David or Jessie Brown on 6395 1245

Everyone very Welcome

Exhibition

You and Your Friends are Invited to View

"MOUNTAIN MAGIC"

Works on Silk and Paper

By

GILLIAN ROBNIK

Venue—Old Courthouse Gallery, Lilydale

Saturday October 5th and Sunday October 6th

This Exhibition will be complimentary to the

Tasmanian Regional Arts-Lilydale

"International Year of Mountains" Day

Sunday 6th October

Exhibition will continue on Saturday 12th and

Sunday 13th October, Hours as Above.

Enquiries: Gillian—63 95 1414 (evenings)

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



Prayer Community

A number of people joining together for prayer

Last Monday of each month

7.30 pm—8.00 pm in the Old Library



Non Denominational – Everyone Welcome



October 2002



Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1 Progress Association TOCHC 7.30pm	2 CWA Lions Falls Farm 7.30 pm	3	4	5 Paint Shop Pro Group Access Centre 12-3pm Football Dinner	6 Mountain Festival & Exhibition 12.30-4pm
7	8	9 Footy: LDHS vs Sorell	10 Neighbourhood Watch Fire Station	11 LDHS Wine Tasting 6.00 pm	12	13
14 Retirement Units TOCHC 12.30	15 Tas Regional Arts 7.30 pm	16 Lions Falls Farm 7.30 pm	17 CWA Group Luncheon	18 History Group TOCHC 7.30 pm	19 Lebrina Hall Spring Market 8.30-2.30pm	20
21 Book Chat 7.30pm	22 Mary Walsh Centre 7.30 pm	23	24	25	26	27 Cake Stall St Annes Church
28 Football AGM 8 pm	29	30	31			

Lilydale School Farm

Invite and welcome all community members to our official launch of the 2001 vintage,
Mount Arthur – Pinot Noir,
Mount Arthur – Chardonnay

**When – 11th October,
6.00 – 7.30 p.m**

**Where – Lilydale District School Oval
Lilydale Community Memorial Hall (if wet)**

Cost - \$5.00 at the door
(includes wine tasting, nibbles and a ticket in a lucky door prize)

Orders welcome
Cash, cheque and eftpos available
(Children under 18 must be accompanied by an Adult).



Lebrina Hall Committee

Extend an Open Invitation to all

**Come to our Spring Market
October 19th 8.30 a.m – 2.30 p.m**

Local Produce - Hot food available - Craft and second hand goods - Enter the raffle and win
1st Prize: Lebrina's own Sir Prize Chef will feed you and 3 others a delicious 3 course meal fully waited upon in your own home



For stalls and further details contact
Lisa P.M. 6395 6363 Between 7pm – 9pm daily
See our historical photographic display and purchase a copy – A huge variety

LILYDALE DISTRICT PROGRESS ASSOCIATION INC
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Positions Vacant:

Handyman Wanted – Part Time
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Casual on-call Handyman – for Marion Court Retirement Units. For details re conditions and remuneration please **contact Carol Charlton on 63 95 1263**

Person skilled in office/computer work for two days per week at the Mt Arthur Centre. This is a voluntary position at present but will become a paid position when funding becomes available.

Please phone Maggie for more details. 6395 1201

Wanted:

Wanted urgently, empty super or feed bags for the Lions Club **Contact 63951323 or 63954193**

Wanted for College Art Students

Small jars or Baby Food Jars, must be clean and have lids.
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WYNYARD TULIP FARM DAY TRIP: Monday 14 October includes Devonport Towel Factory \$25.00 pp (coach and entry to farm).

TASMANIAN YOUTH BIG BAND: Country Club Casino Monday 14 October depart Lilydale 6.30 pm—Adults \$37.50, Concession \$32.50 (entry & coach) bookings essential.

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

HOBART CASINO/SALAMANCA DAY TRIP: 9th November depart Lilydale 7.30 a.m. \$10.00 pp if 4 hours spent at Casino or \$25.00 pp if you wish to spend the day shopping etc.

CHRISTMAS GET AWAY— DON'T SPEND THE FESTIVE SEASON ALONE: Join us for four days of fun and adventure tour includes Stephen's Honey, Cradle Mountain, Western Explorer Road, Arthur River Cruise and more—\$625.00 pp ts

RIVERDANCE DEC: Sat 25 January 2003, 2.00 pm show \$100.00pp (coach and entry) depart Lilydale 8.30am—immediate bookings required to enable purchase of tickets

5 DAY TOUR IN PARADISE—FLINDERS ISLAND departs April 2003 \$1100.00 pp ts itineraries available.

PLEASE NOTE OUR COUNTRY CLUB CASINO, LAUNCESTON free bus will now be the THIRD WEDNESDAY of the month, departing Lilydale 11.00 am and returning from the Casino at 4.30 pm—bookings essential. Next Trip 16 October

For Itineraries/Bookings or Further Information please call.

**Jill & Mick Barrett, Barrett's Coaches, 5 Cameron St, Scottsdale
Phone (03) 6352 3301**