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Editorial

NEWS FLASH!!!!

After many months of trial and error you will now be able to view the Progressive Online. As from this issue the Progressive will be available as a PDF file to either download to your computer or if you wish you can join our e-mail newsletter and have the Progressive e-mailed to you once a month. Be the first with the latest Lilydale News!

If you'd like to see the Progressive Online just go to: www.lilydale.tco.asn.au/progressive

and then click on the picture of the progressive. (You'll need a copy of Adobe Acrobat Reader to be able to view the file on your computer).

If you'd like us to send you out a copy of the Progressive each month as an e-mail attachment send an e-mail to: progressive@austarnet.com.au and we'll add you to the mailing list. (Please note each PDF copy of the Progressive is about 950kb in size).

Well onto other things. Congratulations to the Parents & Friends at Lilydale District School for a very successful trivia night last night. I, along with over 100 other people had a lot of fun (wracked my brains and came up wanting on more than one occasion!) , trying to answer some pretty tough questions. (Even the 1st place getters only managed 64 out of a possible score of 100, so I don't feel too bad with our tables' modest 44!)

Hmmm better start studying now for a rematch in two years time. It's strange the types of information that stick in your mind. I've never really been one to keep up with current affairs and yet I could recite lines of Shakespeare, my

geography skills are woeful , and we won't even talk about my knowledge in the field of sports (abysmal is the word that springs to mind). It all boils down to what you are most interested in I suppose, I mean you only have to look at me to know I read a lot more than I exercise ;-)

Anyway, a great night was had by all and I'm sure everyone is looking forward to the next Trivia Night.

At the beginning of August I was lucky enough to attend a conference in Hobart for the Tasmanian Communities Online (The Access Centres). Once again it was a great opportunity to meet with other people doing the same things we are doing and to swap notes so to speak. But I think one of the major experiences I get each year at the conference is the opportunity to meet with some outstanding people from rural and regional areas who are doing amazing things in their districts to combat issues such as isolation, or economic downturn in their communities. We had the mayor of Flinders Island speaking to us on the isolation issue and I can tell you I'm not going to whinge anymore about how badly off we are here, after hearing some of the things the people of Flinders have had to cope with over the years. We also had a speaker who described the problems the community of Bridgewater/Brighton had coped with and how they had solved some of the urban problems they'd faced. Very uplifting and encouraging stuff. It gave us all some renewed inner strength to go back to our communities and forge ahead to strengthen the ties that bind everyone who lives in a small rural community. To enable us all to make a stand and help each other grow.

I've learned
that we don't have to
change friends if we
understand that friends
change.



UPHOLSTERER

Stephen Griffin
6395 1323

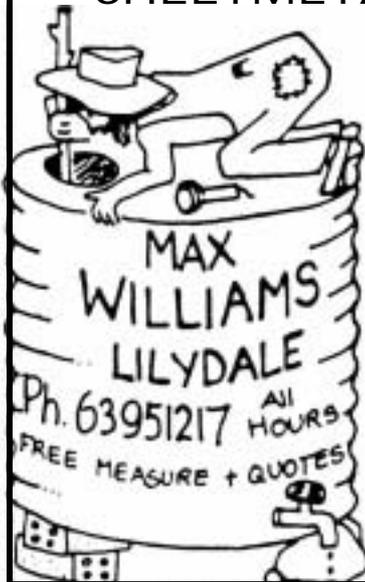
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Letter to the Editor

Dear Jayne,

Once again the Public Liability issue is front-page news with the Elphin Sports Arena in danger of closing its doors. Yet another casualty of the ongoing saga on insurance.

It is pleasing that the Government is trying to help out some Organizations by covering short falls in premiums for this year, but that is not the answer in the long term. What happens next time their insurance comes due?

The Industry blames rising costs etc on "September 11th" and the HIH failure, let's take September 11 firstly. As you know, we were writing letters to Politicians back in July 2001 alerting them to the problems being faced by community groups and urging action to be taken, September 11 has compounded the problems, not instigated them. As for HIH, why should we all be paying for the greed and mismanagement of this company anymore than the 4% levy already imposed on new policies.

Premiums are only part of the problem, admittedly a major concern, (Tasmanian Regional Arts insurances cost \$10,000 this financial year, double), you also have the ridiculous situation of groups fundraising to pay their insurance premiums!!! However, it is the increased regulations and duty of care requirements that are being implemented; that are causing great concern to Community Groups.

Lilydale has already lost its well-supported and beneficial Tai Chi group; activities in other groups will certainly be curtailed, what has happened to the humble cake stall? Catering is the mainstay of many groups, new regulations are coming out in December on food handling, another fundraiser in jeopardy. Professional Indemnity insurance is another area of great concern, which could affect our Community.

I urge all the community groups to start writing to local Members, both State and Federal and Local Government representatives, asking for information on their position on Public Liability and other Insurance issues, before we are all reduced to holding tiddly winks evenings as our major community activity!!

We should be concerned for the younger members of the Community especially, to make sure that their sporting and cultural futures are not jeopardised. Once a group folds, an event cancelled once, fund raising stopped; it will be too late.

Regards,
Carol Charlton

Ed: Here, here Carol, we all need to act before it is too late. Otherwise there will be nothing left.

Tasmanian Regional Arts—Lilydale

First up, congratulations to the Lilydale Players on their fine performances on Friday and Saturday night at the Memorial Hall. The whole cast threw themselves into their parts (some literally) and provided us with a night of fun and laughter. The polished production was indicative of the tremendous amount of effort put into the rehearsal and staging of these performances, thanks Players once again.

October 6th is not so far away now, we hope that you are polishing up your verse and prose skills and coming up with some good myths, legends or poetry about our own Mount Arthur. The activities will be centred on the Memorial Hall and Old Court Room, with "footpath art" being a major feature in front of the venues. Gillian Robnik will be exhibiting in the Gallery room at the Court House on the 5th/6th October in support. A travelling Postcard exhibition of Tasmanian Mountains will also be on display. Ever wanted to decorate a mountain? This will be your chance, probably your only one! There will be a taste of Tasmanian operating over the lunch period (O.K, a sausage sizzle) and music in the street, so put the date in your diary. Don't be shy, get those thoughts down on paper.

If anyone knows how the mountain was named could you please let us know! Also any old photos, or information about the mountain would be appreciated.

Contact Frea Peschar 63 95 1364,
Carol Charlton 63 95 1263.

Preliminary work is going ahead on the central arts feature for the Village Green.

Lilydale District Progress Association

Over the last month things have been busy in the community and progress association with working bees, agm's, quizz nights and other events. It is good to see people working together on community projects and enjoying each others company whilst improving our village.

Although the Village Green is a long way from completion I think we are in the home straight, and I look forward to the opening, hopefully in December. My main objective in joining the Lilydale Progress Association was to see the completion of the Village Green and I will continue to work towards that goal, but not in the position of President of the Lilydale District Progress Association Inc as I will not be standing for that position again.

There are a number of vacant committee positions, so I encourage you to put yourself forward and work towards a better and stronger community.

Regards Graeme Arnold TTFN



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Christmas is fast approaching and for those customers who have loved ones overseas, now is the time to send off Christmas gifts by SEAMAIL. You will need to have them a ready for posting at the Lilydale Post Office by the first week in September to arrive at their overseas destination in time for the Christmas season.



You also may not be aware that there is an alternative to Airmail postage and of course less expensive. Most customers are aware of Airmail and Seamil overseas postage, however, there is an Economy postage rate which incorporates postage by both sea and air for most overseas ports.

The following is an approximate guide of the length of time for overseas parcel delivery. This does depend on the country of destination -

Airmail	3-10 days	Economy Air	3-6 weeks
Seamil	6-8 weeks		

You also need to allow extra time for delays in the Christmas period. Don't forget our NO DEPOSIT LAYBY system is always available, so that if you see a particular gift that you like, put it on lay by before it is snapped up, as there are no rain checks on these items. Many customers are already lay bying for Christmas, to make sure that they have the gift for someone special when the time arrives.

If you need assistance with packaging your parcel, please ask for assistance at the post office counter, as many types of packaging, wrap and cards are readily available for your selection.

LOOKING FORWARD TO SEEING YOU THERE!!!

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Remember that your local agent has had over 14 successful years selling rural, suburban, business and farm properties and has won a number of sales awards.

Lilydale Online Access Centre

Just a short note this month. Don't forget you can now view the Progressive Online at www.lilydale.tco.asn.au/progressive. Also for those interested we will be holding regular sessions for a Paint Shop Pro Users Group on the first Saturday of each month starting this month on the 7th September.

The sessions will be held from 12-3pm and are open to anyone who would like to learn how to use this versatile program a little bit more. As there are only 5 computers available if you wish to take part in or find out more about the sessions please contact Jayne at the Access Centre and book your space. I think we'll all have a lot of fun learning together, and who knows we might even get some budding digital artists! Cost will be \$1 per hour (provided we have 5 participants).

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



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Lilydale Landcare

On Friday 16 August we had our Annual General Meeting at the cozy Mt Arthur Centre. Natalia Rodriguez helped us to celebrate the International Year of Mountains with a presentation on her Outward Bound 'Summit to Sea' experience. It was an enjoyable evening ending with a delicious light supper.

Thank you to all who attended, and thank you to the following elected office bearers who will be working to help carry the Lilydale Landcare Group forward for another year.

President:	Stella Rodriguez
Co-vice President:	Gillian Robnik
Co-vice President:	Christopher Strong
Secretary:	Gillian Robnik
Treasurer:	Karen Murgatroyd
Merthyr Park Co-ordinator:	Kerryal Cordell
Assistant Merthyr Park	
Co-ordinator:	Natalia Rodriguez
Public Officer:	Mike Armes

P.S: We need you!

There will be a Working Bee and BBQ at Merthyr Park (Tamar Region Natural Resource Management Strategy Demonstration Site for 2002) with Sarah Canham on Saturday 28 September starting at 10am. Your help would be greatly appreciated. So come along and enjoy a FREE BBQ LUNCH with us!

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Mary Walsh Centre News

The winter months are almost gone, and the warmer days are beginning to brighten us up. We look around at the Wattles in bloom, also the Daffodils, Primroses, Violets, Daphne and other spring flowering bulbs and shrubs.

The ladies at the Day Care continue to knit bandages and teddies. Sue is still on leave but will be back again soon to take control of the craft and keep everyone occupied in this worthwhile work. We do hope that her troubles will soon be gone, especially the pain.

We have heard news that Linda Kalasim has settled in at her new home in South Australia. We are glad to know this as she is dear to us all. There are few people so placid and easy to get along with. She was a lover of music and was easy to please.

We welcome our new committee but hope there will not be too many changes in the running of the Day Care as old people are not happy with too much change in their way of life

Mary Walsh Centre Inc

The inaugural meeting of the new Mary Walsh Centre Inc association was held on Tuesday 23rd July at the Mary Walsh Centre.

The management committee comprising:

President & Acting Treasurer: Paul Griffin
 Vice President: Tom Dancer
 Secretary: Helen Chick
 Minutes Secretary: Frea Pescher
 Committee: Dianne Morgan
 Committee: Steven Grutzner
 were elected for the coming 12 months and we look forward to fulfilling our new roles.

We would like to thank all who attended the meeting and showed support for our Centre.

The Centre has now been in operation 2 days a week for approximately 14 years and during this time has benefited many local residents who are looked after by the caring staff. The people at the Centre are always ready to receive visitors and make them welcome so please feel free to drop in for morning or afternoon tea, or just for a chat.

Words of Wisdom:

We could learn a lot from crayons: some are sharp, some are pretty, some are dull, some have weird names, and all are different colours, but they all have to learn to live in the same box.





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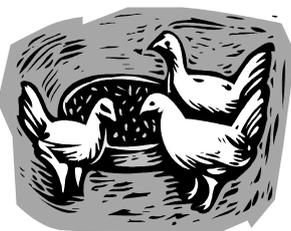
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Handy Hints:

Chook Tip:

Thinking of keeping chooks? Try building a smaller portable chook yard, this then can be moved around; stops the ground from getting muddy, and spreads the chook manure automatically!!



Gardening Tip

The main task this month is to plant, water and feed spring flowering annuals to ensure a spectacular display over the next few months. Keep beds well weeded or mulched, and ensure adequate water is given during this vital growing period.



Repot container plants now before their growth period. Apply complete fertiliser garden-wide. Use a pellet form if you have lots of groundcovers and seedlings to help prevent leaf scorch.

Lilydale Football Club

With the end of the roster games, the Club did slightly better than predicted in the last Progressive. The Under 16's finished second with the Seniors and Reserves both finishing in third place.

For the second successive year, our Under 16's also had the NEFU Best and Fairest winner with Lane Dwyer polling 39 votes from the Umpires.

NEFU - Best and Fairest

Seniors

Jason Hall (Branxholm)	20	Also won last year
Mark Bosworth (Scottsdale Crows)	18	
Jed Rowe (Winnaleah)	16	
Stephen Buchanan (Lilydale)	15	
Also best on ground		
K. Gillies (Ringarooma)	15	
Martin Smith (Lilydale)	12	

Reserves

R. McGowan (St. Helens)	18
M. George (Bridport)	12
K. Prehn (Bridport)	11
G. Joseph (St. Helens)	11

James East with 7 votes was Lilydale's best

Under 16

Lane Dwyer (Lilydale)	29
David Flood (St. Helens)	26
Daniel Roozendaal (Bridport)	22
Zac McDougal (Bridport)	17

Lane gained votes consistently throughout the season (12 out of 16 matches) whereas Danial Roozendaal got votes early and Zac McDougal gained most of his towards the end of the year.

The presentation of trophies will be back to the old system with a sit down, catered dinner. The cost of \$20.00 will also cover music, buy your own drinks. People who come along later will be expected to pay a small fee towards the cost of the music.

Club Best and Fairest votes will not be available until the next Progressive, it is always interesting how the spectator's votes compare to the Umpires.

It is now a case of waiting to see how the Club goes in the Finals, all three teams are capable of winning their way into the Grand Final but there is a degree of evenness in the top teams that will depend a lot on the best team on the day.

The Club's Under 10's could feature on Grand Final Day a series of half time matches are planned and if there is enough interest from Players (and parents) Lilydale will be there.



Club Diary September

- 1st: Break up Under 13's and Under 10's
Training for Seniors and Reserves if they get
past the 1st: Semi Final.
- 7th: Preliminary Final – Scottsdale
Under 16's 10.00 am
- 14th: Grand Finals – Scottsdale from 9.30 a.m.
Possible under 10's game, half time Reserves or
Seniors

October

- 5th Annual Dinner and presentation of trophies
6.30 p.m in Club Rooms
- Towards end of month, Annual General Meeting and
election of Office Bearers.

Neighbourhood Watch Report

Our attendance was down this meeting due to so many
being away on holidays etc.

As this is our branch's 10th anniversary this year we have
decided to have a special evening in December to cele-
brate it. Certificates will be presented to the Zone
Leaders who have been attending the meetings
regularly for that period. More about this at our next
meeting.

Police Report.

On Saturday 27th July damage was done to several
windows at the Lilydale District High School and some
paling fencing was also destroyed.

Value of all this was about \$2000 or more. If anyone at
all knows more about this crime they can report to
Const. Russell Forsythe. Information will be treated
confidentially.

On the same weekend some road signs disappeared
from the North Lilydale Road. Anyone knowing
anything about this can also contact Russell.

Suspicious Incidents

On 14/7 neighbouring houses in the Turners Marsh area
have had people riding bikes acting suspiciously. If any-
one has seen anyone riding bikes in this area could they
please report it to the Lilydale Police
Officer.

Over the last 2 weeks occupants of several vehicles have
been leaving their rubbish on the side of the road at the
Turners Marsh turn off from Lilydale Road.

ANNUAL GENERAL MEETING

As so many Zone Leaders were away for our August
meeting our A.G.M is being carried over to September
12th at 7.30 p.m. at the Lilydale Fire Station. Everyone is
welcome to attend.



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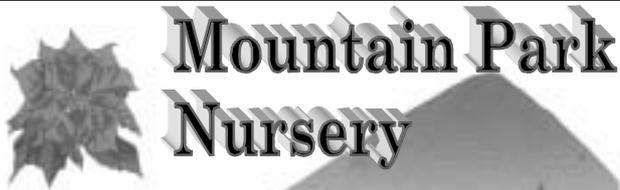
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Lilydale Retirement Units

Thank you to members of the community who attended the AGM. New members were welcomed which will broaden the involvement of the Community in the Units.

The following were elected to the Board for the year 2002/2003.

President:	Carol Charlton
Grounds/Maintenance:	Graeme Arnold
Vice President:	Paul Griffin
Welfare:	Julie Livingston
Secretary:	Frea Peschar
Residents Representative:	Eunice Finan
Treasurer:	Maureen Poke

A very enjoyable afternoon tea was held at the Units on Sunday afternoon, so that Residents and Board members could get to know each other.

Board meetings will be held on the 2nd Monday of the month, at 12.30 p.m. in the Old Court Room.

Every three months, a members' meeting will be held, to keep all members up to date with the activities of the Association. Members will be advised of the date and time.

Anyone interested in joining the Association can contact the Secretary on 63 95 1364.



Lilydale History Group

The AGM of the Lilydale History Group was held at the Old Court Room on Sunday 18th August.

Office bearers for the coming year are :

President: David Brown
Vice President: Jack Wilson
Secretary: Helen Chick
Treasurer: Jessie Brown

It has been decided that meetings will no longer be held on a Sunday afternoon.

We will instead be meeting on the third Friday of the month at 7.30pm during Daylight saving and at 8.00pm during the Summer months.

New members and visitors will always be most welcome.

If you have any photos or Historic information you would like to share with us, or would like more information please contact Helen on 6395 2060.

Village Green

A well attended working bee on Saturday 10th, resulted in a considerable amount of work being carried out on several sections of the project. Footings were poured for sitting walls along the front boundary near the takeaway and also leading up to the amenities block. Brick edges were laid around the two lawn areas and the painting was finished inside the toilets. The toilet block will be opened to the public as soon as all of the plumbing and associated fittings have been installed.

A backhoe was used to remove as much as possible of the old bitumen so that we could establish some levels. The remainder of this work should be completed by the time you read this. At the same time, footings for the shelter were dug & they are in the process of being boxed ready for the pouring of the concrete.

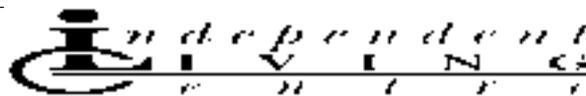
All in all a very successful & productive day, which was complimented by a sausage sizzle provided by the Lions Club of Lilydale. - Thank you Lions - it was greatly enjoyed and appreciated. Also a very special 'thank you' to all of you who attended and helped make the day a success.

By the way, some volunteers who have provided their names could not actually be contacted or simply were not available for the working bee. As we pointed out before, you are not forgotten and there will be many other opportunities to help. We also suggest that everyone keep an eye out for notices on the chalk board at the front of the site. We would be particularly pleased to receive offers of assistance during week days as quite often, preparation work can be undertaken by one or two people to prepare for an upcoming working bee.

The two artists who have been engaged by Tas. Regional Arts, Lilydale Branch to design and construct the central feature have been working towards a special presentation to a cross section of the community on 29th. August. They will be presenting their ideas and concepts and inviting comments and suggestions. Hopefully, reaching the final concept will not be a prolonged process, so that the actual work can be programmed.

Realistically, work on all areas will now need to be stepped up a bit if we are to achieve our target of completion before Christmas. Hopefully, the weather will be kind to us and allow us to maintain continuous progress.

Strom Charlton - Project Co-ordinator.



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

Bathroom Gadgets: There is a wide range of equipment available that can help people with physical limitations to more easily use the bath, shower or toilet. These items can sometimes prevent the need for costly alterations. There is also equipment available that can facilitate the user to be more independent in the activities of bathing, showering or toileting.

Bath: A bath board or a transfer bench may be useful to assist a person who may have a shower over a bath, or only a bath, to transfer over this high edge. The person can then remain sitting, and use either a hand held shower attached to the taps or a flexible hand shower attached to the shower rose outlet or if they wish to stand then use appropriately positioned rails to help them rise into standing, a non slip bath mat or anti slip bath treatment are very useful.

Shower: Depending on the size of the shower, and the users ability there are a range of either shower stools or shower chairs available. These have height adjustments to the legs for raising or lowering the seat, and may or may not have arms, to accommodate a wide range of users. For the person who will then undertake showering whilst seated, a flexible hand held shower hose is helpful.

Toilets: One of the most common difficulties people experience is transferring on or off a toilet seat due to the toilet being too low. Ways of solving this are to use a raised toilet seat, over toilet frame or grab rails.

Rails: Rails are available in a range of lengths, some are angled, and some with a slip resistant surface or coating.

The type of rail to be installed in a bathroom usually depends upon where the adjacent wall is in relation to either the toilet, bath or shower, and where the studs are located for stable anchoring of the rail.

Taps: Lever style taps are usually easier to turn on and off. Other types of taps available include ones with a timed flow to cut off at a certain time, hands free or electronic sensor taps. There are also tap levers that may be foot or knee operated.

Showering/Dressing Equipment: There is a range of small items that can help make the activity of showering or dressing easier, and may even help a person to manage this task independently. Sometimes an item such as a soap mit or a button hook can make all the difference to enable a person to be as independent as possible.

There are items available to help put shoes and socks on, including shoe horns, sock and stocking aids, elastic shoe laces.

With a lot of the equipment available for use within the bathroom, it is recommended to consult with an Occupational Therapist to help you identify the particular features that may be suitable for your own situation or environment.

The Independent Living Centre Occupational Therapists are available to provide information and advice with regards to personal care equipment, installation of grab rails, and information about techniques to manage the task of dressing or showering. For further information or specific details contact:

The Independent Living Centre Tas

Phone: 6334 5899 Or 1300 651 166 (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

Lilydale Pharmacy



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Helen and Colin Denney.
Phone 63 951336



Eftpos & credit cards

HEALTH NOTES

From the Lilydale Pharmacy

OSTEOPOROSIS

When we are young broken bones mend fairly easily. However, as we get older fractures resulting from even simple accidents can result in serious long-term illness, even death.

The problem is osteoporosis.

Modern medicine has been highly successful in helping us live longer, but long life comes at a price. More older people means more people with osteoporosis. Incredibly, the number of people at risk is expected to double over the next 20 years.

So osteoporosis is a condition we should all know about. Even if we are not personally affected, it is almost certain someone in our family will be. With osteoporosis, the bones become brittle and break easily. The separate parts of the word describe the condition perfectly – osteo means bone and porosis means porous, like a sponge.

The condition is caused by a change in the body's bone-building cycle. After about the age of 30, even if we are fit and healthy, we lose old bone faster than we replace it with new bone; so the bones gradually become thin and weak and thus more easily broken.

Statistics indicate that in Australia nearly 50% of women and 30% of men will have an osteoporosis-related fracture during their lifetime. This year more than 17,000 Australian women will suffer a hip fracture – about half this number will become disabled, one-in-four will require long-term nursing care as a result of this fracture, and one-in-five will die from associated complications.

The Lilydale Progressive—September 2002

As individuals, we are at greater risk if we are thin or of small build, if we have a low calcium intake, if we have a family history of osteoporosis or if we do not exercise regularly. Drinking alcohol to excess and smoking also speed up bone loss, and certain medicines, taken long-term, can also have this effect. To help prevent osteoporosis, we need to:

Be active. Regular weight bearing exercise such as walking, dancing and jogging. Weight bearing means you stay on your feet – not swimming or weight lifting.

Stop smoking,

Drink alcohol only in moderation. Nor more than 4 standard drinks per day for men and 2 standard drinks per day for women.

Eat enough calcium – at least 1000 milligrams per day. Dairy foods are the best source of calcium – try the low-fat varieties of milk, yoghurt and cheese if you are concerned about excess fat or cholesterol levels. You will need about 3 cups of milk or yoghurt each day, or 100g of cheese, or 3 tins of sardines, or 6 cups of cooked spinach, or 66 slices of bread, or 1.25 kg of dried fruit, or calcium tablets each day. Calcium absorption is hindered by salty and take-away food, coffee, tea and fizzy drinks. Your body can only absorb 500 mg of calcium at a time so spread your intake throughout the day.

See your doctor if you are concerned about osteoporosis. Bone density tests can be done, and there are medications available to treat osteoporosis.



Label Classics

On a hotel-provided shower cap in a box:

'Fits one head.' (Obviously not for Tasmanians)

On packaged Bread Pudding:

'Product will be hot after heating.'

On a string of Chinese-made Christmas lights:

'For indoor or outdoor use only.'

On a bag of chips:

'You could be a winner! No purchase necessary. Details inside.'

On a hairdryer:

'Do not use while sleeping.'



Book Chat Group

The next meeting of the Bookchat Group will be held on Monday 23 September 2002, commencing at 7.30 p.m. at Julie's.

The theme is something 'strange' e.g. a strange story, strange event, a book with a strange ending etc.

Enquiries phone 63 95 1365

Vet Talk

by Lilydale-Karoola Veterinary Service

We often get asked about the best time to spay or castrate a dog. Our reply is generally to perform the operation at around 6 months of age before a bitch is likely to come on heat. In most cases this is the most suitable time but there have recently been some changes in this view by some sections of the veterinary profession.

Welfare organisations are always very keen to reduce the unwanted pet population and prefer to adopt out pets that have already been desexed, as do breeders of pedigree animals who are selling pups that are not up to show standard to pet homes. In recent years some vets have been desexing these animals as young as 8 weeks to fulfill this preference. This is still a controversial practice as studies into the long-term health effects of the loss of sex hormones at such a young age is still not known. Studies have been done on these animals up to about 5 years of age and no problem has been seen yet but only time will tell if that remains the case.

Spaying can be done at any age after 6 months but should not be performed when the bitch is on heat. It is useful to remember that spaying a bitch before about 18 months aids in the prevention of breast cancer but does not help if it is done later.

Castration will help treat aggressiveness and wandering in male dogs but has best results when the dog is reasonably young and the behaviour is not too ingrained. Operating before these behaviours start is a better idea.

Allowing your bitch to have puppies before she is spayed should only be considered if that is what *you* want – it is not necessary for the bitch's health. If you decide you want pups you will have to wait till the bitch is at least 18 months old which means avoiding pregnancy for at least one heat and making sure she is bred to a suitable dog of your choice.

For the majority of pet owners a bitch on heat for about 3 weeks is a bit of a problem and a male dog starting to wander will surely get run over, so getting their pets desexed at months of age is the best idea.



Lilydale-Karoola Veterinary Service

a branch of Scottsdale Vet Service

Main Rd, Lilydale Ph: 6395 1271

ALL HOURS

Ron Harris BVSc MRCVS, QDAH

Marion Welch BSc BVMS

Martina McPeace BVSc



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EFTPOS

Pr oP: Mar k & Tynaha Lee

Hello from the Mt Arthur Centre

Dear All,

We have two special events coming up at the Mt Arthur Centre this month.

On Saturday 7th September we will again be working with the Tamar Region Natural Resource Management team, the Clough family and community members at our second Demonstration Site Day. You will hopefully receive an information flyer in your mail. Please come along and find out what we are doing for the environment and enjoy the free lunch. Start is at 10am. Finish at 1.30pm.

Ever had the feeling you're not being heard? Ever wondered why we're told "you just don't understand - you're not listening!!" when we thought we were? To help us with this common dilemma Helen Bindoff, a clinical psychologist has offered to share her expertise with the Lilydale community. The Centre will be holding a 'listening skills' workshop on Saturday 28th of September starting at 11am and finishing at 3pm. Helens talk will look at improving relationships with partners, children and friends by discovering ways we can overturn common blocks to listening, so that those close to us can feel a real sense of 'being heard'. The workshop will be interactive and will require people to practice while we are there. A light lunch and handouts will be provided.

The cost will be \$25.00. Helen will donate all the proceeds to the Mt Arthur Centre. Thank you Helen!! (For those with financial difficulties who would like to come, please let us know so we can work something out).

For more details about these two activities or any other enquiries, please phone the Centre on 6395 1201. Don't forget to try our Thursday meditation group or call in for a cuppa sometime.

Regards, Maggie.

C.W.A. Notes

Our August meeting numbers were down, with two away on mainland holidays and sickness amongst members, however, we managed to have lively discussion.

We've managed to put together a team for the School Quiz Night, no doubt we will make all the other teams feel good!

Baby Box is suddenly rather short of items, some members are busily knitting to fill this need.

The Proms Concert outing was very much enjoyed by all those who attended. Hopefully it will be an annual event.

TYCC TAXI VOUCHERS

Providing and encouraging the use of safe transport options.

The Tasmanian Youth Consultative Committee (TYCC) is made up of 15 young people from a variety of backgrounds and all regions of Tasmania. They work in co-ordination with young people, the business sector and local and state government. TYCC's aim is to consult, inform and act on issues which impact upon young people.

TYCC has recently developed a project to provide young people with a safe alternative to walking home late at night in Launceston. With local support, the TYCC Taxi Voucher System has been created so people can prepay their taxi fares and carry a voucher, thus ensuring a safe passage home. The vouchers will be sold in \$5 and \$10 values from a variety of city and suburban outlets.

Central Cabs & Taxi Combined Services are fully supportive of the project which will be administered by Mission Employment through the Federal Government's Work for the Dole Scheme.

The project is also supported by the Youth Network of Tasmania, the Office of Youth Affairs and the Northern Youth Coordinating Committee.

Visit the website:
www.ynot.org.au/tycc

Call (03) 62 36 9093
Or Anglicare (03) 63 34 6060



October meeting will begin with a luncheon, Tupperware will be used for preparing lunch – anyone is most welcome, far as we know now, at Margaret Hanstein's home. No obligation to buy.

September meeting will be on the 11th, starting in the morning to assemble shoeboxes for distribution to under privileged children via the Samaritan's Purse. Lunch shared, followed by meeting when 2 reports will be given

State Conference held at Strahan
Strategic Planning Day held in July.

This meeting will be held at Jean Wilson's. Good to see Deseree back in her own home again.

Thoughts on grandchildren:

A grandchild is God's compensation for age.
It is the hours you never had time to give before.

A grandchild is love personified in one small package.
A grandchild is God's way of saying the world must go on.

"See" you next time.

Dorothy Story 63 95 6142

About Mt Arthur

Report from MAEMG (Mt. Arthur Environment Management Group Inc.)

Rehabilitation plans are continuing and we hope to have further scientific involvement and advice to support the project. MAEMG has incorporated a Waterwatch group as part of the environmental management of the mountain.

Waterwatch at Mt. Arthur has now been recording for six months. There are six sites on Second River beginning 9km up Doaks Road with further locations following the river down through North Lilydale and along Second River Road. The last site is at Bangor just before Second River merges with Pipers River. There are numerous Waterwatch Groups within the North-East and the assessment of Second River provides an enhanced overall survey of water systems from Mt Arthur to Mt Victoria.

Testing is done monthly and can include measurement of pH, turbidity, water flow, micro and macro activity and the presence of various chemicals.

You are invited to a film evening following our AGM on Friday, 27th of September, 7pm at the Mt. Arthur Centre.

The films being shown are:

Paper Tiger an internationally acclaimed 2002 film production by the BBC featuring North-Eastern Tasmania.

Shelter, the Tasmanian Landcare Award winning film for 2001.

The premier screening of a film featuring the unique Freshwater Crayfish of Northern Tasmania.

Supper will be provided and drinks will be available. Please contact Simon on 63951158 or Feli on 63951420 for any further details.

Hoping to see you there

Quotable Quotes:

Dare Mighty Things

Theodore Roosevelt

"In the battle of life, it is not the critic who counts; nor the one who points out how the strong person stumbled, or where the doer of a deed could have done better.

The credit belongs to the person who is actually in the arena; whose face is marred by dust and sweat and blood, who strives valiantly; who errs and comes short again and again, because there is no effort without error and shortcoming; who does actually strive to do deeds; who knows the great enthusiasms, the great devotion, spends oneself in a worthy cause; who at the best knows in the end the triumph of high achievement; and who at worst, if he or she fails, at least fails while daring greatly.

Far better it is to dare mighty things, to win glorious triumphs even though chequered by failure, than to rank with those timid spirits who neither enjoy nor suffer much because they live in the grey twilight that knows neither victory nor defeat."

Inexpensive Entertainment:

1. At work, put decaf in the coffee maker for 3 weeks. Once everyone has gotten over their caffeine addictions, switch to espresso.
2. Buy a television set exactly like your neighbours. Then annoy them by standing outside their window and changing their channel using your identical remote control.
3. During rush hour, sit in your parked car and point a hair dryer at passing cars. See if they slow down.
4. Fool other drivers into thinking you have an expensive car phone by holding an old TV or video remote control up to your ear and occasionally swerving across the road.
5. Putting just the right amount of gin in your goldfish bowl makes the fishes' eyes bulge and causes them to swim in an amusing manner.
6. When the money comes out the ATM, scream "I won!" "I won!" "3rd time this week!"



COMMUNITY NOTICEBOARD

Lilydale District Progress Association

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

Current & New members very welcome

The Annual General Meeting of the
Lilydale Memorial Hall Committee
will be held on Thursday 19th September 2002 at 8
p.m. in the kitchen of the Memorial Hall.

All Welcome

Enquiries to Jeff Sims 63 95 1359

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)



Calling all BOOK LOVERS

If you are interested in becoming a member of a local
Book Chat Group to share ideas and introduce others to your
favourite titles and authors please contact

Julie Livingston 63 95 1272 or

Sue Ames, at the Lilydale Hair Salon

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

Lions Needs You

WE NEED MEMBERS. ANY AGE OVER 18 MALE OR FEMALE

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Phone: Amanda Olson—6395 4347

Stephen Griffin—6395 1323

Lions Club of Lilydale



Prayer Community

A number of people joining together for prayer

Last Monday of each month

7.30 pm—8.00 pm in the Old Library



Non Denominational – Everyone Welcome

Lilydale Community Library

Opening Hours:

Tuesdays: 3.00-7.00 pm

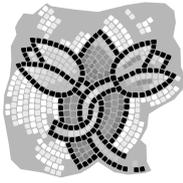
Fridays: 2.00-7.00 pm

Saturdays: 10.00 am—12 noon

Ph/Fax: 6395 1110

web: www.statelibrary.tas.gov.au





September 2002



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Progress Association AGM TOCHC 7.30pm	4 CWA Lions Falls Farm 7.30 pm	5	6	7 Paint Shop Pro Group Access Centre 12 noon
8 Retirement Units TOCHC 12.30	9	10	11	12 Neighbourhood Watch AGM Fire Station 7.30pm	13	14
15	16	17 Tas Regional Arts 7.30 pm	18 Lions Falls Farm 7.30 pm	19 Memorial Hall AGM Hall 8 pm	20 History Group TOCHC 7.30 pm	21
22	23	24	25	26	27	28
29	30	Day Care 9am-3pm Senior Citizens 1.30pm Lilydale Play-group		Day Care 9am-3pm		

This Month's Recipe

Cheese & Spinach Pancakes

You'll need

250g cooked, drained English spinach, chopped
 1/2 cup ricotta cheese
 1/4 cup grated cheddar
 Freshly grated nutmeg
 1/4 cup grated parmesan
 1/2 tsp paprika
 1/2 fresh breadcrumbs



Batter

1 cup plain flour
 1 egg

1 1/4 cups milk
 Butter, for cooking

Cheese sauce

2 tbsp butter
 1 3/4 cups milk

1/4 cup plain flour
 1 cup grated cheddar

Here's how

1. Put the spinach, cheeses and nutmeg in a bowl and mix well.
2. To make the batter, sift the flour and a pinch of salt into a bowl. Add half the milk and the egg. Whisk until smooth; add the remaining milk. Heat a teaspoon of butter in a frying pan and pour a thin layer of batter. Cook the base until golden, then flip. The batter should make 8 pancakes.
3. To make the cheese sauce, melt the butter over low heat, stir in the flour until smooth and cook for one minute. Remove from the heat and add salt and pepper and the grated cheese.
4. Preheat the oven to 180C. Divide the filling among the pancakes, roll up and put in a greased ovenproof dish. Pour cheese sauce over the pancakes. Mix the Parmesan, paprika and breadcrumbs together and sprinkle over the sauce. Bake for 30 minutes, or until golden brown.

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Wanted

I am on the lookout for a reasonably priced second hand fibreglass or similar pond. Size or shape is not that important, nor is its condition as long as it safely holds water. If you have one you no longer need, or know of someone who may, please give Strom Charlton a ring on **63 951 263**

Looking to rent or buy 3 or 4 bedroom house in the Lilydale area. Good references, ready to move in August or September.

Mon-Fri 9.00 - 3.00 **63 83 4866** or other times **0407 805329**



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WYNYARD TULIP FARM DAY TRIP: Monday 14 October includes Devonport Towel Factory \$25.00 pp (coach and entry to farm).

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

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

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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 18 September

**For Itineraries/Bookings or Further Information please call.
Jill & Mick Barrett, Barrett's Coaches, 5 Cameron St, Scottsdale
Phone (03) 6352 3301**