

Brighton's programs endorsed with local government accolade

ALIVE AND KICKING!

BRIGHTON Council has received yet another strong endorsement of its community programs winning this year's 'Delivering Excellence for our Communities Award' presented by the Local Government Association of Tasmania.

The recognition is for the municipality's Brighton Alive initiative, which has provided the community with more than 50 events including a range of social, educational and sporting programs over the past three years.

The accolade follows Brighton winning the Community of the Year Award for 2008, as well as the Tidy Towns and Active Towns awards in 2007.

With events such as the annual Christmas Pageant, Anzac Day ceremonies, Street Cricket, the

'Best You Can Be' Personal Growth Competition and a Health Expo, Brighton Alive has brought enormous benefits to the 15,000 residents living in the municipality, bringing together disparate parts of the community.

Mayor Tony Foster said the latest award recognised Brighton's very strong commitment to its community.

"Through Brighton Alive, we work together as a community to bring a fantastic selection of community events throughout the year from wonderful sporting events to stunning arts and cultural activities that everyone can enjoy.

Brighton Alive was established in 2006, when there was a general concern that local recreational activity was not well organised and



not addressing the needs of the community.

These concerns led to the creation of Brighton Alive, which brought together residents, schools, Tasmania Police and government representatives – their common goal being to enhance local community capacity.

Cr Foster said that Brighton Alive, as a collective, worked to provide sustainable programs.

"An example of this is the re-establishment of the Riverside Community Nursery which now

provides employment for four staff and programs for more than 50 families per week," he said.

"Brighton Alive is an evolving project, but continues to add enormous benefit to all of our community.

"It also provides an invaluable template for developing the project through the wider community of Tasmania.

"We have been successful in seeking more than \$1 million in grants for concepts the collective has formulated. These grants help

ensure the projects are ongoing.

"Importantly, through Brighton Alive, there has been a reduction in duplication of programs and gaps in programs such as parenting programs due to improved communication and coordination.

"Brighton Alive never stops learning or improving and its early and ongoing successes with the local community have been enormous.

"The State Government's Stronger Community Task Force and other councils have viewed Brighton Alive as a model to replicate.

"Programs such as Core of Life, a teenage pregnancy education program, and a music creation concept called the Hip Hop Program are just two of the many

Brighton Alive initiatives that could be adopted by other councils.

"Brighton Council believes that Brighton Alive now provides a template for other councils in Tasmania and interstate to develop similar programs to enhance the lifestyle and well-being of members of their communities.

"This really is testimony to the hard work that our community puts in to make sure everyone is involved in what is going on.

"It really is a big thank you to all Brighton Alive members who coordinate, communicate, consult and cooperate to make sure that the events that are of interest and enjoyment for the community are organised and happen.

"Congratulations and well done to everyone involved."



Rhea Ahlanu who is regional president of the Penguin Club at the workshop with Robyn Gray, of Bridgewater, facilitator Leiz Moore and Mina Gericke, of Honeywood.

Tapping into power of positive thinking

A WORKSHOP focusing on encouraging Brighton residents to think positively during difficult times was held at Pontville in May.

The Positive Thinking in Negative Times workshop was sponsored through Brighton Council's community grants program.

Twenty-seven women participated in the workshop which was presented

by Leiz Moore.

It challenged participants to review the effects of stress and negativity in their lives and to keep life's issues in perspective.

Strategies for dealing with stress were discussed and the rules for being a human being as well as the 'joy' of stress were interesting concepts that the audience also considered.

Feedback from the workshop, which aimed to engage participants and to have some fun, was positive and everyone said the day was valuable to them in some way.

"We certainly had fun and got to network with some really interesting people," said Rhea Ahlanu, regional

Continued Page 2



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COUNCIL MEETING DATES & TIMES

The following meetings are scheduled for July 2009 at the Council Offices, 1 Tivoli Rd, Gagebrook.

The public is welcome to attend.

JULY 2009

Parks & Recreation Committee

Tuesday, July 14 - 5.00pm

Finance Committee

Tuesday, July 14 - 5.15pm

Planning Committee

Tuesday, July 14 - 5.30pm

Ordinary Council

Tuesday, July 21 - 5.30pm

Agendas available for viewing at the Council Offices four days before each meeting and they are also available online at www.brighton.tas.gov.au

Meetings dates and times are subject to change. Any changes will be advertised in *The Mercury*.

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November: October 26. December: November 23.



Green Point Plaza.

Planning under way for major centres upgrade

IF you noticed a group of people walking around Bridgewater in late June, clipboards and cameras in hand then be assured that they were working on progress.

This is the type of progress that will see positive change come to Bridgewater's two commercial areas – Green Point and Cove Hill shopping centres and the areas surrounding them.

Brighton Council has engaged planning and engineering consultants Aurecon and urban designers Inspiring Place to review the appearance, design, traffic and infrastructure issues around Bridgewater's commercial centres and to

develop a master plan that will ultimately propose an improved physical appearance and function within the study area pictured.

The plan will consider the long-term development futures of the Shopping Centres, integration with the Bridgewater High School, open space areas, linkages to the river, streetscapes and the views of local residents.

Integrating the commercial centres with the proposed redevelopment of the school environment will be a critical outcome of the master planning process as will reviewing development opportunities around the shopping centres and improving the safety of

pedestrians and drivers who use the local paths and roads that connect these facilities.

During the next three months, the consultants will meet with the local community and seek feedback on their ideas and concepts.

Equally, the community's ideas and comments will also be critical in the development of the improvements and the overall well-being of the Bridgewater commercial and educational precincts.

If you would like to contribute to this project or for more information contact Rob Higgins, Brighton Council's planner on 6268 7000 or email on RobH@brighton.tas.gov.au



Cove Hill Shopping Centre.

STEPS has presence in Brighton

STEPS, a statewide employment service provider, is coming to Brighton municipality.

STEPS has been operational in southern Tasmania for 25 years and its new Federal Government contract now covers southern Tasmania, including Brighton.

Choosing the right employment service provider is important.

You can advise Centelink which organisation you would like to work with but

if you don't make a choice then Centrelink will randomly allocate a provider for you.

STEPS has been directly involved in Brighton community for many years supporting:

- Seven breakfast clubs.
- The Jordan River Service (Bridgewater and Gagebrook Community Centres and Pete's Shed) as a member of the board.
- The resources for the Jordan River Festival.

- The community garden and nursery and ensuring it remains in community hands. (Riverside Community Garden and Nursery is in Eddington St, Bridgewater).

- The establishment of an early years program for parents and their children funded by the Smith Family.
- The re-establishment of the learner driver mentoring program (Top Gear)
- The building of affordable houses.

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Power of positive thinking

From Page 1

president of the Penguin Club.

"We are really grateful to Brighton Council for its support for this workshop which has allowed local women to brush up on their positive thinking skills and be challenged to get more out of life."

Group 15 Green Point

will also hold a one-hour workshop entitled I've Drawn a Blank on July 27 at 7.30pm.

This mini-workshop will focus on getting your ideas together for making a presentation.

Women interested in attending this free workshop can contact Shirley on 6263 6222 or Sandra on 0408 124 440.

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Brighton community programs deliver excellence

IT was with huge pride that I recently received, on behalf of our community, the Delivering Excellence for our Communities Award presented by the Local Government Association of Tasmania.

The award recognises the fantastic efforts and achievements of our community in delivering programs and events that benefit the whole of the municipality, through Brighton Alive. Brighton Alive was established just three years ago to address an organisational void in recreational and other activity in the Brighton municipality.

A MESSAGE FROM The Mayor

At that time it was clear that because we are split into distinct areas – Brighton and surrounds, Old Beach, Bridgewater, Gagebrook and Herdsman's Cove – that little was done to promote and encourage local events and programs for our community.

Brighton Alive was formed from meetings between residents, police, sport and housing representatives and other key stake-

holders to ensure more structured coordination and promotion of community events and programs.

In three short years we have much to celebrate. As a result, we are now very proactive, while at the same time fulfilling our social responsibility as a community.

Brighton Alive supports a range of sports and recreational events, including surfing, fishing, boxing, football and cricket. More than 6000 residents have participated in these events over the years.

Because we have been able to reduce barriers such as transport, many children have had their first

experiences of such activities as going on a plane, visiting a beach and catching a fish. More than 1200 people attend events annually, including musical theatre dinners, comedy nights, dances and film nights provided by Brighton Alive arts committee via a non-profit cost structure accessible to everyone.

Recent program highlights have been Dining with Friends, a monthly meal provided to local people which has grown to 160 people in just three months; the Health and Well-being Program, introducing health and well-being programs to the community; the

Women Only Gym; and the Best You Can Be, which is an annual rewards program.

None of this would have happened without the commitment and dedication of a lot of people but in this instance I want to pay particular tribute to the untiring efforts of our community liaison officer John Klug and our sport and recreation officer Ben Curley.

Two remarkable young men. John inspires me as I see the outstanding job he does to make sure that activities and events really do happen. He is driven by a committed responsibility to our community's social well-being.

Knowing John he probably will be a bit embarrassed by me saying this but I am very pleased that John, and all the team at Brighton Alive, have been recognised in this way.

On behalf of the community I thank all those hardworking people at Brighton Alive. You are truly deserving of this award. Well done to all.



Tony Foster
Mayor

Work set to start on primary schools upgrade

By ANDY BENNETT*

EARLIER this month Deputy Prime Minister Julia Gillard announced that schools in the Bridgewater area will receive a total of \$6.5 million under the second round of the Federal Government's Building the Education Revolution Primary Schools for the 21st Century program.

This is a wonderful result that will see extensive refurbishment of existing facilities and construction of new buildings at our primary schools and the new middle school.

At Gagebrook Primary, plans are well advanced for the development of a renovated library, a technology studio and an applied learning centre.

At Herdsman's Cove Primary, funding will be used to renovate the library, upgrade the school hall and

improve facilities for the early years program.

At East Derwent Primary, there will be significant improvements to the multi-purpose hall and the library and renovations to create more flexible learning spaces.

Funding allocated to the middle school development will be used to build a multi-purpose gymnasium.

Plans for the primary school improvements are being finalised and the tender process for engaging building contractors will begin in the last week of June. Building work will begin as early as the end of July.

For more information about what is happening at your child's school, please contact your local school principal.

We are developing our plans for the educational programs in the Bridgewater and Southern Midlands



Much-needed funding for Herdsman's Cove Primary: from left, principal Carolyn Brown, Learning Federation manager Andy Bennett, education consultant Mike Middleton and acting principal Chris Gee.

Learning Federation.

On June 15 a workshop was held with all the staff from federation schools to continue developing plans for the education program that will be delivered in the federation.

Information gathered at the workshop will provide strong input into what is called the Educational Concept Brief.

The brief will define what learning programs the federation will offer and organisational arrangements and will have a major impact on the design of buildings and facilities.

While the brief will continue to develop, a strong

working outline should be completed by the end of July.

Community advisory group

In the last edition of the Brighton Community News we advertised for expressions of interest in joining a community advisory group.

The group, which will be chaired by Brighton Council community liaison officer John Klug, will collect feedback and provide advice at crucial stages in the development of the federation.

For example, the group will give advice about plans to establish, locate and build various services. The group will also advise on the need and means for further consulta-

tion with the community.

The group will be vital as the pace of development increases over the next 18 months. If you are interested please contact me, Andy Bennett, at Bridgewater High School on 6262 5500.

A website is being created to provide more information about the federation. The website will be up and running by the end of the month.

The web address for the project will be www.education.tas.gov.au/basmlearningfederation

*Andy Bennett is the manager of the Bridgewater/Brighton Learning Federation.

First concert brings Civic Centre to life

By SHIRLEY WILLIAMS*

THE Brighton Civic Centre came alive recently when the Brighton arts committee hosted its premiere concert in the 120-seat auditorium.

The concert opened with our very own local college student Sarah Everett singing three of her own compositions, including *Anyhow*, which won her the Wakakirri songwriter's contest.

Second in the lineup was Samuel Cole, a singer/songwriter and acoustic guitarist who filled in at short notice when singer/songwriter Amy Kendall had to withdraw for family reasons.

Samuel spends most of his time performing in hotels so our cozy auditorium was a new experience for him.

After a short interval we were entertained by the quartet Strings on Fire, who gave an amazing performance. Strings on Fire also accompanied the wonderful Sharon Prero.

Many young people attended the concert and thanks must go to Carolyn Brown and Natalie Howell who supported them on the night.

The concert epitomised just what the arts committee was set up to do.

Master of ceremonies for the evening John Klug took the opportunity to acknowledge Mayor Tony Foster for his original vision in planning the Civic Centre and in particular the auditorium.

The arts committee has had such unprecedented positive feedback from both the performers and audience that another concert has been planned for the near future.

More information on this can be obtained from John Klug on 6268 7035.

Brighton Arts Committee is an initiative of Brighton Council.

*Shirley Williams is a member of the Brighton Arts Committee.

Reminder about laws on tinting car windows

By INSP GLEN WOOLLEY*

TASMANIA Police is advising motorists of the legal requirements for window tinting.

Some vehicles have been seen around the Brighton municipality with very dark tinted windows.

The Vehicle and Traffic (Vehicle Standards) Regulations 2001, Regulation 45 state:

• For the windscreen of a motor vehicle there must be a minimum luminous transmittance of 75 per cent (for a motor vehicle built after 1971). This does not apply to the area above the highest point of the windscreen that is swept by a windscreen wiper or the upper 10 per cent of the windscreen.

• For side passenger windows of a motor vehicle

there must be a minimum luminous transmittance of 35 per cent. This does not apply to areas only for the carriage of goods – for example, the rear of a van.

As most windows have a tint from the manufacturer, police allow a five per cent tolerance for side passenger windows.

This provides for a 30 per cent minimum transmittance.

Bridgewater Police has a device to analyse the tint on windows and vehicles that have windows that exceed the minimum transmittance will be issued defect notices.

Traffic infringement notices can also be issued for this offence and the penalty is \$50.

Some motorists have indicated that they were not told of the legal limits when the tinting was applied;

however, reputable companies will inform you the tint you have selected does not comply with legislation.

Some companies even have customers sign a waiver from the company acknowledging this.

Motorists who receive a defect notice are required to remove the tint and take the vehicle to an inspection station before the deadline

provided on the defect notice.

The defect notice issued by police is sent through to the Department of Infrastructure, Energy and Resources and vehicles that are not presented for inspection may have their registration cancelled.

*Inspector Glen Woolley is divisional inspector at Bridgewater

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Everything is rosy at the nursery garden

By **CHELSEA BARNES***

Hi there from the Riverside Community Nursery!

Despite the cold and fog, the garden is in high spirits. Works are nearly completed on the art house where everyone has given a helping hand.

Look out for the opening as it should be a grand event with all involved coming along to enjoy the fruits of their labour.

Grow and Learn kids have been busy planting out the new garden which has been built from recycled materials.

It's the right time for garlic, onions, and coloured silverbeet to be planted.

We have also been busy trying to cover up the fences with creepers of all varieties so if you have been pruning and have any cuttings we would love to have a couple

of offcuts.

Just drop them in to Leah or myself.

We have also had a strong and energetic group of boys from Gagebrook and East Derwent Primary Schools who have started work on a huge derelict patch at the back of the orchard which will be turned into a 'Jurassic garden' also incorporating a butterfly sanctuary and frog habitats. Very exciting!

The high school groups have been busy little garden workers tending to communal patches and general garden jobs.

They really help to keep the place looking great.

Good Beginnings dropped in for a visit. We found the warmest place and potted up rosemary and sage finding that laughter is great for keeping the cold away!



Even the nursery's feathered friends are enjoying being in the spotlight.



There's always work to be done at the nursery and sometimes we have to call in the big guns!



Everyone is getting into the act of planting herbs and winter vegetables.

Come down to the nursery for a wander and see what we do. We would love to meet our fellow community gardeners.

**Chelsea Barnes is with the Riverside Community Nursery in Eddington St Bridgewater*



All of the programs encourage children to experience everything about their community nursery.

Museum, mountain and zoo cap off June holiday program

By **BEN CURLEY***

AS in previous years the Brighton Alive network held its school holiday programs for all school-aged members of the municipality during June.

The first week saw the ever-popular soccer clinics embraced by children in Old Beach and at Weily Park, with more than 30 children turning out for the Old Beach sessions and a further 100 children present at the Weily Park days.

These clinics were run by Dale Webster and volunteers from the Northern Suburbs Junior Soccer Association.

A barbecue and fruit were provided for all participants' lunches with children involved already asking when the next clinics would be held.

The second week of the holidays consisted of off-campus bus trips and the children again turned out in force.

The first day we made a visit to the Radio Astronomy Museum at Cambridge. Here the children had a tour of the facilities and saw the giant 26-metre telescope in action.

They then went through the museum and sat in the 3D theatre to watch great DVDs on space.

We then went to Richmond where we had lunch in the park and walked down to the river to feed the ducks and take in the scenery. The children were also treated to an ice cream and sweets from the local lolly shop.

We had planned a trip to the summit of Mt Wellington for day two but the radio report suggested that we stay away due to road closures and ice.

After some persuasion from the kids we decided to try our luck at reaching the top. An hour later we had reached the top and wondered what all the fuss was about.

The snow was thick and fresh and the snowballs were flying. It was great to hear some of the children comment on how they had never seen snow before – it makes the job all the more worthwhile.

It was a great day finished



The holiday program soccer clinics were a big hit.



In week two the group visited the Radio Astronomy Museum at Cambridge.



On Mt Wellington – some children had never seen snow before.

with lunch and the Montrose Bay Park.

The last day of the break before the kids had to start switching their brains back on for term two was a trip to Zoo Doo Wildlife Park at Tea Tree.

They started the day with a safari bus trip and came across some big birds, small horses and two very friendly camels.

They were then free to roam the park at their leisure and decide which of the animals were to hold their attention.

All then rushed to see the feeding of the star attractions of the park, the giant cats – two tigers and two lions.

I would like to thank all those who helped over the school holidays and volunteered their time, including Dale Webster and the Northern Suburbs Junior Soccer Association, Veterans Memorial Centre for the bus, and Lyn Smith, from the Gagebrook Community Centre.

**Ben Curley is Brighton Council's sport and recreation officer.*



Prisoner Support Program

Red Cross is currently developing a post-release prisoner support program to support prisoners exiting the justice system and their families. Volunteers in the community will work to strengthen prisoners reintegration into the community and their social inclusion following release.

Red Cross is committed to the most vulnerable in our community, be a part of the power of humanity

Can you volunteer? Contact Tracie Bowes today on 62 356 014

Free HARD & GREEN WASTE Collection Service

Tuesday 4 August 2009

Brighton Council is pleased to provide a free HARD & GREEN WASTE collection service to help residents dispose of unwanted items and green waste. **This service is free for residents who currently receive kerb side collection of rubbish.**

How to get the hard/green waste collected:

- Waste must be placed on the nature strip the night before.
- Items must be able to be lifted safely by two men.
- All hard waste items must not exceed 2 metres in length.
- All items such as tree branches & cuttings must be tied in 20kg or less bundles and a maximum of 1.5m in length and 20cm in diameter.
- Loose material must be bagged.
- Tyres will be collected (a maximum of **two** to be placed out for collection).
- Items such as rubble, soil, rocks and concrete will **not** be collected.
- Commercial waste will **not** be collected.
- HARD WASTE AND GREEN WASTE ARE TO BE KEPT SEPARATE.**
- Total volume of items must not exceed 2m3.

Please do not endanger Council staff by leaving broken glass, asbestos and chemicals out for collection.

If you have any further queries regarding the free HARD/GREEN WASTE collection service, please phone Brighton Council on 6268 7030.

Remember this service is available only to residents who currently receive kerbside collection.

Music program for all tastes in Coronation Hall

US singer/songwriter David Rovics is set to perform his songs of social significance at Coronation Hall in Bridgewater on Thursday July 23.

Rovics is the first in a series of concerts planned to bring a variety of music to Bridgewater.

Rovics has been called the musical voice of the progressive movement in the US. Amy Goodman has called him "the musical version of Democracy Now!"

Since the mid-90s Rovics has spent most of his time on the road, playing hundreds of shows every year throughout North America, Europe, Latin America, the Middle East and Japan.

He and his songs have

been featured on national radio programs in the US, Canada, Britain, Ireland, Italy, Sweden, Denmark and elsewhere.

Rovics is in the tradition of Woody Guthrie, Pete Seeger and Bob Dylan. He tells the stories of our time with insight, grace and musicality.

Brand new country duo Twice Bitten will support Rovics.

Local musicians Annie Parsell and Mat Woolley have worked up a repertoire of country music that will bring Coronation Hall alive.

The concert starts at 7pm and tickets are \$20/\$15 from www.dramatix.com.au/aremedia or the Veterans Memorial Centre at Coronation Hall,

Old Main Road, Bridgewater. In other musical treats in the municipality, Tasmanian band the Craggs are bringing their show to Bridgewater on August 15 just before heading off to New York State for a series of shows.

The Craggs are a five-piece band that play acoustic folk with a contemporary sound.

They have built a solid following for their original and contemporary acoustic folk style.

Their sound is infused with gentle, driving rhythms and rich instrumental harmonies.

Don't miss this presentation of songs, music, stories and images of our experience in the Tasmanian landscape



US Singer/songwriter David Rovics.

including *Peaks of Lyell, Gordonvale* (Ernie Bond) and *South West King* (Deny King).

The band will present this show in universities, festivals and schools in New York State in September.

The project is supported by Tourism Tasmania through the provision of high-quality images of wilderness and heritage that will be shown during performances.

Concert starts 7pm, Saturday August 15 with tickets from \$10 from www.dramatix.com.au/aremedia or the Veterans Memorial Centre at Coronation Hall, Old Main Road, Bridgewater.

Remember the Seekers? Keith Potger is coming back to Coronation Hall in October.

Watch this space for other shows that will include a dance with rock band Haggis.com and a special concert from Daideo and the Blue Mosquitoes.

The Blue Mosquitoes feature Moire on lead vocals who has just made the *Australian Idol* top 100.

School engages the learning community

By CAMERON BROWN*

ST PAUL'S Catholic School has started delivering an exciting and innovative birth to four years program for its school community.

This program is called Engaging the Learning Community (ETLC).

The goal of the program is to create a community rich in learning and teaching so that it can provide opportunities to develop meaningful relationships with the three central protagonists in a child's learning – the child, the family and the school.

ETLC involves the bringing together of families, educators and community support groups. The Engaging the Learning Community program both enables the school to support existing school families and allows for ongoing relationships with potential families in the community who may not be aware of what St Paul's Catholic School has to offer.

Engaging parents with the learning community will enable greater communication between school and home, between the child and their family and support learning.

Sessions have begun in Term 2 and are divided into



Strong community response to the first Engaging the Learning Community session at St Paul's.

a two-hour weekly session on a Monday from 9.30-11.30am and another two-hour session on a Friday every fortnight from 9am-11am.

Each session aims to provide support to parents and students.

Our first session began recently and we were thrilled with the response with a large number of families attending.

The program is being delivered in conjunction with the school, the Good Beginnings organisation (this is a national group that provides practical, community-based parenting programs and support to ensure children get the best start in life) and the Smith

Family, which is another organisation that aims to improve outcomes for children and their families.

St Paul's Catholic School has created a new partnership with TAFE Tasmania by providing an opportunity for two of their teacher aide students to undertake practical experience by assisting with the program.

All families with children between birth and four years (not currently attending kindergarten) are invited to attend the Engaging the Learning Community program, the first of its kind in Catholic schools in Tasmania.

*Cameron Brown is principal of St Paul's Catholic School



The Craggs coming the Bridgewater before heading off to New York State.

Tim Morris MP Greens Member for Lyons



Tim Morris MP, Greens Member for Lyons, has moved office and is now located at: **Shop 9 Covehill Shopping Centre, Bridgewater.**

Water Quality? Aerial Spraying? Roadside Verge Maintenance?

Please do not hesitate to drop in to our new office, or contact us by phone or email, with any issue that concerns you!

CONTACT:

■ Shop 9 Covehill Shopping Centre, Bridgewater 7030
■ Ph: (03) 6263 3801 ■ Fax: (03) 6263 3805
■ E-mail: greens@parliament.tas.gov.au

www.tas.greens.org.au

Authorised by Tim Morris MP, Parliament House, Hobart 7000.



Telescope when tipped is awesome teaching tool

By LIZ HOLLOWAY

THE excursion to the University of Tasmania's radio telescope and museum at Cambridge, ending our first term, was a huge success.

We were overawed by the telescope when it was tipped to the vertical for us and we could touch the bottom of the rim while the top towered 26 metres above.

The banks of computers and other controls were also a little intimidating to us rank amateurs.

In the museum we watched two virtual reality films about outer space.

We learnt about the companion telescopes at Ceduna and Katherine, which make such 3-D films and measurements possible, and about

the remarkable Dane, Grote Reber, who had come to Tasmania largely because of the clarity of our skies.

Prof John Dickey was due to visit as Brighton Community News went to press to explain and expand on what we have learned.

We are also due to have a session learning about various mental health options available to us in southern Tasmania.

Other events still to take place include Peter Doe who will talk about his two years as an expatriate engineer in Kuwait.

Greens MHA Tim Morris will give his slant on options for passengers and freight in Tasmania.

David Leaman returns

for yet another of his fascinating talks, this time entitled Tasmania's Curse – Dolerite.

On July 21 Phil Marriott, from Consumer Affairs, will talk about Consumer Rights and Other Useful Information, which will interest anyone who ever buys anything!

We have six new members this term and, as ever, we welcome visitors to come along to our meetings from 10am-noon on Tuesdays.

Feel free to phone me on 6263 5627, or Geoff on 6273 2395 with any questions about our program.

*Liz Holloway is Bridgewater School for Seniors program coordinator

WAYNE GARLICK

Need assistance with Council matters?



Mobile 0448 950 043
Home 6263 7946

Email – cr.garlick@brighton.tas.gov.au

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BRIGHTON

Community Calendar

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After school care (OSHC)
\$2.20 per day. For 5-12-year-olds. Tuesdays, Thursdays, Fridays from 2.45-6pm. Bus pick-up from local schools. Parents must pick up afterwards. Sport, art and craft, eight-ball, video games etc. Forms available from PCYC.

Anglicare Family Mental Health Support Service
A family support worker is available to support/see people from the Bridgewater and Gagebrook Community Centres by phoning Seth on 6213 3555. Some of the services offered are: access to information and resources, links to other support services, support to children of parents with mental health issues, family or one-to-one counselling.

Basketball teams at Clarence
Free. Teams for males and females aged 9-18. Games played at Clarence on Tuesday, Wednesday and Friday nights depending on age group. Transport to and from games provided along with uniforms and all fees. Get an enrolment form from the PCYC.

Bingo Bingo Bingo
Come along and join in the fun at the Bridgewater Community Centre every Tuesday from 12.30-2.30pm. Coffee and tea available. Books are \$2 with great prizes to be won.

Brighton Alive meetings
Monthly at the Brighton Council Chambers at 10am. Phone John or Ben on 6268 7035.

Brighton Nursery
Mondays to Thursdays 9am-4pm, Eddington St. Come browse our plants and check on upcoming courses or just ask questions about your garden.

Community Barbecue and Kids Craft
Call into the Bridgewater Community Centre and have a sausage and a look around, get to know the staff and chat about programs you would be interested in participating in. Also a variety of craft activities for children will be available. Every second Monday from 2.30-4pm.

Computer classes
The following computer courses are available at the Gagebrook Community Centre: digital media

fundamentals, word processing fundamentals, presentation fundamentals, internet and world wide web fundamentals. For more information on any of these courses or to receive a registration form phone the Gagebrook Community Centre on 6263 6097. Computer Fundamentals Course, every Wednesday 10am-noon.

Early Support for Parents (ESP)
ESP is a not-for-profit organisation that trains and supports volunteers to work with families in their own homes. The work of an ESP volunteer is varied and rewarding. It offers a comprehensive training program to our volunteers with support not only from the coordinator but from other volunteers, guest speakers and ongoing training. ESP has families in need and would like to offer training to new volunteers to meet these needs. A light lunch is provided at all training sessions. Contact Mary Thornton on 6223 2937 for further information.

Family fun night
Thursday nights at Bridgewater PCYC from 6.15-8.15pm. Dinner provided. Come along as a family and enjoy use of the facilities and spend time with the kids. If you have any problems support is available. Phone 6263 5677.

Free computer courses
Bridgewater or Brighton Online Access Centre, every weekday. Phone 6263 6444 or 6268 0682.

Good Beginnings
Play and learn sessions. Every Monday 8.45-11am, Gagebrook Primary School (in the Terrapin). Free. Join the fun for families with children aged up to 5. Also access information about other services. Phone Simone Johns on 0417 316 987.

Group 15 Green Point Penguin Club
Every second and fourth Monday of the month at Brighton Community Centre, Green Point Road 7.30-8.30pm. Shirley Williams phone 6263 6444.

Hands across Hobart basketball
Free basketball games against African youth from Hobart PCYC on Friday nights monthly. Players aged 13-18 required. BBQ supper provided.

Calendar items for Brighton Community News are published for community groups free of charge. Any changes for 2009 should be sent to editorial@brightoncommunitynews.com.au

Helping Hands
Minor home maintenance service that helps residents with small jobs such as rubbish removal, pruning, stacking wood. Monday, Tuesday and Wednesday 9.30-3pm. Donations between \$5 and \$25. Phone Gagebrook Community Centre on 6263 6097.

Jewellery Class for Children
Bring your children along and let them learn how to make their own jewellery. Every Friday from 3pm. Phone the Gagebrook Community Centre on 6263 6097.

Jewellery Class for Adults
Come along and learn how to make some wonderful jewellery. Cost is \$5 per session. Every Friday from noon-2pm at the Gagebrook Community Centre.

Jordan River Pensioners Club
Meets third Monday of every month at 1pm. Bus trips on last Wednesday of every month. Special luncheons. Phone the Gagebrook Community Centre on 6263 6097.

Karate
\$4 per session. Wednesday and Thursday evenings 6.30-8.30pm. Males and females aged 10 and over, including adults. Turn up on the evening to enrol at Bridgewater PCYC.

Kids' Breakfast Club
Monday to Thursday 8.15-8.45am, Bridgewater Community Centre. The club provides a health breakfast and nutrition education every day to schoolchildren in areas of greatest need to help them start the day well. Phone Jordan River Service on 6263 4303.

Kinder gym
\$2.20. For birth to five-year-olds every second Tuesday 9.30-11.30am.

NILS (No Interest Loan Scheme)
The scheme is available to purchase essential household such as a fridge or washing machine. Monday to Friday, 9am-2.30pm, Bridgewater Community Centre. Phone 6263 4303.

Old Beach community group
Meets every third Wednesday in each month, Old Beach Community Centre, Jetty Rd, Old Beach from 7-8.30pm. Any community-based issues are discussed, including planning, road safety, local facilities and organising community events such as quiz nights, family fun days and theme evenings on a bi-monthly basis. See community notice board outside the Old Beach Store or Brighton Alive website www.brightonalive.com.au for more details. Phone Greg Hunt 0409 553 572.

PCYC gym for girls
Mondays and Wednesday, 4-5.15pm at Bridgewater PCYC. \$2 per session. Phone 6263 5277.

Pete's Shed
The shed provides a focal point where people from the Bridgewater and Gagebrook area can learn new skills of woodwork

and metalwork as well as simple and practical home maintenance skills. Pete's Community Workshed is always buzzing with a variety of people. The Shed is available to community members to carry out their own projects using equipment that they do not have access to at home. The volunteers at the shed also get involved in community projects such as making outdoor furniture for nursing homes and community parks and also work very closely with other community groups such as the Gagebrook and Bridgewater Community Centres. The shed is at 10 Sorell St, Bridgewater phone 6263 5142.

Quality hem/sew/repair clothing service
Sewing repair, such as hems, zips, waistbands, seams and patches. Prices dependant on time and fabric. Pick-up and delivery your responsibility. You can drop in to the Bridgewater Community Centre or call to arrange a time. Cost \$3-\$8.

RECLINK
Free. Tuesdays or Wednesdays 10.30-2pm. Involves various sports and social activities such as football, netball, cricket, golf, fishing etc. For 14-24-year-olds.

Transport provided to activities and lunch provided. Phone Andrew on 6263 5277.

Sanity sessions for parents
Every Monday from 11am-2pm at the Gagebrook Community Centre. Free program of activities and a light lunch provided.

Table tennis competition
Monday nights from 6.15-8.15pm, free. For those aged 10 and over including adults. Come along as a family. Prizes each week. Just turn up on the evening.

Tee Tree Hall Association
Hall Sunny Sunday in La Mortella Gardens, July 26. Entry fee \$7.

Top Gear program
Monday to Thursday 9am-2pm, Bridgewater Community Centre giving applicants significant life benefits including gaining employment, re-engaging in education and improved autonomy. Phone Jordan River Service on 6263 4303.

What's Cooking group
The Gagebrook Community Centre holds a 'What's Cooking Group' once a fortnight for anyone interested in learning how to cook at home for yourself, your family and your

friends. Come along to the Gagebrook Community Centre from 9am. Cost is \$5 per session. Eat the meal there or take it home!

Weight gym
\$2.20 per session plus \$10 annual membership. Open to the public for adults and youth aged 14 and over weekdays, 9am-6pm. Phone Andrew on 6263 5277 for more information and an initial assessment and tailored program or drop into the PCYC. First session is free.

Youthlinx drop in
Free for 11-16-year-olds each Monday and Wednesday from 2.45-6pm. Activities include eight-ball, X-box games, internet, basketball, gym, table tennis etc. Gagebrook residents dropped home afterwards and pick-ups from Gagebrook and Herdsmans Cove Primary around 2.45pm.

Youthlinx Saturday drop in
Free for 11-16-year-olds each Saturday from 10am-2pm. Activities include eight-ball, X-box games, internet, basketball, gym, table tennis etc. 'Get Out There' excursions began in April.

Night goes off with a bang in Bridgewater

BRIDGEWATER, with support from Brighton Council, Jordan River Service, the Veterans and Riverside Nursery, brought back the traditional cracker night with a bang on a beautiful May evening.

Brighton Council's Ben Curley conducted a magnificent display that lit up the river and surrounds with a colourful and loud fireworks spectacular.

The display was watched by more than 400 people who not only enjoyed the crackers, but also were warmed by the huge bonfire created by Chelsea and the team at the nursery.

Following on from the wonderful support of the community, cracker night

BRIGHTON BRIEFING

will be even bigger and better next year.

New coordinator at RecLink

RECLINK has appointed Andrea Heath as its first community development coordinator in Tasmania.

Andrea will be responsible for developing and growing RecLink's networks around Tasmania in partnership with a broad range of government agencies and the community organisations.

With an extensive background in community

development Andrea has successfully implemented a number of programs and projects similar to RecLink in Tasmania.

To find out more about how your organisation can work with RecLink contact Andrea on 0412 167 251 or email andrea.heath@reclink.org

Grant to stop pollutants

BRIGHTON Council, with the assistance of the Federal Government's community water grant program, has recently completed works on the installation of an Ecosol gross pollutant trap at the top of the stormwater creek, adjacent to Cheswick Crescent in Bridgewater.

The gross pollutant trap is designed to remove up to 98 per cent of gross pollutants from the stormwater system including materials such as cans, bottles, plastic bags and cigarette butts.

The unit is also designed to remove significant amounts of sediment and hydrocarbons such as oils that run off roads and drive-ways.

As well as greatly helping to clean up our stormwater, the project has removed a large amount of environmental weed and other unsightly material from the creek bed and it is planned that the site now be re-established in a way that is attractive and can be easily managed.

BRIGHTON MARKET

FIRST SUNDAY OF THE MONTH
PONTVILLE MEMORIAL HALL
9am-2pm

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COMMUNITY INFORMATION

FIND OUT WHAT IS HAPPENING IN BRIGHTON MUNICIPALITY FROM THE LOCAL EXPERTS

OR

JUST HAVE A CHAT OVER A COFFEE WITH A FRIEND

www.brightonalive.com.au

Community Luncheons

The Gagebrook Community Centre is holding community luncheons on the third Monday of every month.

All welcome to attend.

Lunch will be served at 12 noon. Cost is \$10 for two courses.



For more information please phone the Centre on 6263 6097



FREE BBQ

Dads, Mums and Kids Welcome

RIVERSIDE NURSERY BRIDGEWATER

Kids can paint murals on the garden shed, make billy carts and cook up a storm with veggies from the garden!!

For more information please contact Simon on 0417 316 987

Every Tuesday

11.30am - 2pm

JUST DROP IN



Community bus transport to the nursery can be provided from Bridgewater/Gagebrook for FREE

Early learning centre opened

Dominic College's child care facility is now operational through a lease to Discovery Early Learning Centres.

Dominic Early Learning Centre opened for its first day of business at the start of June.

The centre was officially opened in a blessing ceremony by the Salesian Provincial, Father Francis Moloney.

Dominic College principal Beth Gilligan said the community would be impressed by the centre.

"Our shared vision for an early learning and child care service is to support college staff as working parents, our college families, our neighbours and the local community, to have a first-rate child care centre," Ms Gilligan said.



Rebecca White with students from Gagebrook Primary School's unit 1.

Simultaneous story time is special

GAGEBROOK Primary School took part in the national simultaneous storytime that was held in May.

The children's book, *Pete the Sheep*, written by Jackie French and illustrated by Bruce Whatley, was read simultaneously at participating organisations throughout the country.

The kindergartens and units A and B travelled to the Brighton Civic Centre and

joined in the reading with several other schools.

The rest of the school enjoyed reading the book with special visitors to the school.

The school particularly thanks Senator Carol Brown, Judy Field, Sally Osbourne, Terry McCarthy, Rebecca White, Irene Gray and Val McIvor for coming along and sharing this special day.

Iodine deficiency can cause thyroid problems

By DR MADELEINE LOVELL

THE soft thyroid gland situated at the front of the neck controls the metabolism of the whole body by secreting hormones called T3 and T4 into the blood stream.

Sometimes the gland malfunctions and becomes overactive or underactive. This happens more often in women over 50 who have a family history of thyroid problems, pernicious anaemia (vitamin B12 deficiency), diabetes, or immune problems (eg, rheumatoid arthritis).

Thyroid problems are usually due to the body making antibodies against the gland. These antibodies can inflame the gland (like antibodies inflame joints in people with rheumatoid arthritis), making it overactive. Or they can slow its function.

Symptoms of thyroid problems can be mimicked by other health disorders often making it hard for your doctor to spot thyroid problems. Discuss any suspicions with your doctor.

Deficiency of iodine in your diet can predispose to an underactive thyroid and perhaps swelling of the gland (called goitre).

There is now evidence that about 20 per cent of Australians are low in iodine, partly because dairy products contain less iodine due to modern production methods, bread may no longer contain added iodine (except here in Tasmania), and we are eating less iodised salt.

As well, low iodine levels in soil lead to low levels in vegetables. This is particularly true in Tasmania.

This is of growing concern for pregnant women and young children because

iodine deficiency may stunt an infant's growth and reduce mental ability up to the age of two, leading to poor performance at school.

Iodine is found in sea water so any type of seafood is a rich source, particularly seaweed (kelp).

Eating fish once a week is enough to provide the average iodine requirement but, surprisingly, sea salt is not a good source of iodine.

The daily requirement of iodine varies between 90 micrograms/day (infants 0-5 years) and 200 micrograms/day (pregnant or breast feeding women).

Many multivitamin supplements carry 50 –150 micrograms/day. Kelp tablets are an alternate iodine source but beware, too much iodine can be toxic, especially in people with Grave's disease.

**Dr Madeleine Lovell is from Brighton Doctors*

Tiredness

Failure of the gland to produce enough thyroid hormone (called Hashimoto's disease) usually comes on slowly.

Symptoms are excessive tiredness, coarse or dry skin, hair loss, weight gain, menstrual changes, poor memory and intolerance of cold weather.

Fortunately, any lack of thyroid hormone can easily be replaced with a daily tablet, and the correct dose monitored with blood tests.

An overactive thyroid (called Grave's disease) speeds up the body – anxiety, rapid heart beat, weight loss, trouble sleeping, bulging eyes and hot flushes or sweats. Treatment is with medication and/or surgery.

Thyroid problems usually show up on a blood test. Further tests such as thyroid scan or biopsy may be needed.

LOCAL CHURCH SERVICES

ANGLICAN PARISH OF BRIGHTON

Rev Kaye Paice & Rev Rodney Curtain Ph 6268 0066

St Mark s, Pontville

Every Sunday: 10.30 am, 2nd Wednesday: 11.30 am

St George s, Old Beach

Every Sunday: 8.45 am

St Thomas s, Tea Tree

2nd and 4th Sundays: 8.45 am

Bridgewater/Gagebrook (Sunday Connections)

4th Sunday: 2.30 pm

BRIDGEWATER-BRIGHTON-CLAREMONT

CATHOLIC PARISH

Fr Dudley Perera (OMI) Ph 6263 6242

St Paul s, Bridgewater

Every Sunday: 9 am

St Matthew s Pontville

1st Sunday: 10.30 am

3rd Sunday: Noon

St Bernard s, Claremont

Every Sunday: 10.30 am

Vigil Mass, every Saturday: 6 pm

NEW LIFE CHRISTIAN CENTRE Brighton Civic

Centre, Green Point Rd

Pastor Denis Pythian Ph 6249 2523

Every Sunday: 10.30am

UNITING CHURCH GAGEBROOK

Rev John McRae Ph 0400 128 122

Every Sunday: 10am

UNITING CHURCH PONTVILLE

1st Sunday: 11.15am

IMMUNISATION CLINICS 2009

Brighton Council sponsors a free, monthly immunisation clinic at the Brighton Council Chambers, Gagebrook. Immunisation sessions are conducted on the first Tuesday of every month from 2pm-3pm.

The following are the dates set for 2009:

Tuesday 4 August

Tuesday 1 September

Tuesday 6 October

Tuesday 3 November

Tuesday 1 December

For further information, please contact Council's Environmental Health Officer on 6268 7029.

Group knits up storm for healthy eating

BRIGHTON'S community knitting group has created a delicious array of fruit and vegetables in the knitted form to help educate children on the benefits of healthy eating.

The Community Knitting Group for Good Beginnings created the wonderful looking fruit and vegetable baskets as part of their children's education program around growing and eating healthy food.

The knitting group crafted pumpkins, garlic, onions, potatoes, tomatoes, apples, lemons, carrots, oranges, asparagus, zucchini, mushrooms, cherries and bananas to help children identify and talk about the how, what, where and whys

of healthy eating.

Good Beginnings and the Community Knitting Group share the Terrapin building at the Brighton Community Health Centre in Green Point Road, Bridgewater.

The women of the knitting group have been busy of late knitting blanket squares for the Victorian Bushfire Appeal and holding a raffle for the Cancer Council's biggest morning tea which was held at the Health Centre on May 27.

Between the raffle and the morning tea the group raised \$375 for cancer research.

The Health Centre would like to thank two local businesses that supported the morning tea, Green Point Bakery and the Midland's Fruit Market.

A pearl of a day for students

By ELLE BURKE*

STUDENTS from Herdsmans Cove Primary School went on an excursion to the Barilla Bay Oyster Farm.

We were shown around by Mrs Forrest, who used to teach at Herdsmans Cove Primary School until she began her oyster business with her husband.

Mrs Forest and her daughter showed us how oysters grow, how they get cleaned and the way we can eat them.

We had lunch in the Gazebo. The excursion was loads of fun and we learnt heaps about oysters.

We would like to thank Mrs Forrest and her daughter for showing us around, Mrs Brown and Ms Burn for attending the excursion, and Mr Klug for arranging with Barilla Bay for us to have such a wonderful time.

*Elle is an SRC student at Herdsmans Cove Primary School



Dog Microchip Day

Brighton Council will hold a Microchipping Day for dogs at a major discount thanks to Microchips Australia.

When: Saturday, July 18
Time: 11am to 2pm
Where: Brighton Civic Centre, 25 Green Point Road, Bridgewater
Cost: \$25

Cost includes:

- Microchip
- Insertion of micro chip by qualified veterinarians
- Lifetime membership with Central Animal Records

Council will offer a \$5 discount on your dog registration if you microchip and register your dog on this day.

Dog owners are also encouraged to enjoy a free sausage sizzle on the day.

Note: Dogs must be on a lead.

Proudly supported by Microchips Australia and Brighton Council.



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CROSS

BY STEPHANIE BRIARWOOD

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Photo credit: Carla McLean © 2009



SPORT

in the Brighton Community



National orienteering selection for Callum

BRIGHTON'S Callum Fagg has been selected as a member of the Australian junior orienteering team.

Callum is currently in Europe training for the event.

The team will compete at the Junior World Championships in Trento in Italy from July 5-12.

Callum was selected for the national team after a series of outstanding results at the 2009 Australian Orienteering Championships. He is one of three Tasmanians in the 12-member team (six boys and six girls).

Callum will also compete at the Swedish O Reigen event, the largest ori-

enteering event in the world with more than 20,000 competitors, and the Scottish six-day event before returning home.

Callum has lived in the Brighton municipality for his whole life.

He attended Brighton Primary School, Newtown High School and Elizabeth College and is currently enrolled in a bachelor of police studies degree at the University of Tasmania.

"I have been involved in orienteering for the past five years after being selected in the TIS Talent Identification Scheme," Callum said.

"During this time I have represented

Tasmania in the Tasmanian schools' team at the Australian championships and as a member of the Tassie Foresters at national orienteering events.

"This is the peak orienteering event for my age class and I am very excited to have the opportunity to compete at the highest level.

"Being involved in the national junior team will enable me to not only gain valuable insight and experience in orienteering but also to promote the state of Tasmania on the world stage.

"I am honoured to be given this opportunity to represent Tasmania and Australia at this international level."



The Tasmanian representatives in the team from left, Brighton's Callum Fagg, Sarah Bukkerfield and Oscar Phillips.

Rebecca finishes well in major three-day event

LOCAL horsewoman Rebecca White, who trains at Pontville, placed seventh on her horse Spy Master at the Melbourne International three-day event over the Queen's birthday long weekend.

The competition was held at Werribee Equestrian Centre and started with the dressage phase.

Rebecca and Spy Master were placed sixth after dressage with a score of 65.87 per cent in a field of 67 riders.

"The dressage was held indoors and I was so pleased with how relaxed he was and how well he worked in such a new environment," Rebecca

said.

The cross-country phase was held on the Sunday and the challenging track tested each combination's accuracy and speed.

"It was the toughest course I have ever ridden and I knew we would need to be very focused to complete it without any penalties," Rebecca said.

"Spy Master was super confident and travelled around the cross country course so boldly. I had a terrific ride and could not be happier with how he handled the atmosphere and the pressure," Rebecca said.

Rebecca and Spy Master



Rebecca White and her horse Spy Master placed seventh at the Melbourne International.

finished the cross-country phase without any penalties and moved up into fourth position.

The third and final phase of the event, the show jumping, was held indoors in front of a sell-out crowd.

Unfortunately for

Rebecca and Spy Master the combination incurred four penalty points for a show jump rail and moved to their overall position of seventh.

"This is his first trip to the mainland and to finish seventh in a national competition riding against Australia's

top equestrian athletes, including two Olympians, is very rewarding," Rebecca said.

Spy Master will now enjoy a well-earned break on Rebecca's property at Orielton before returning to work in August to prepare for next season's competitions.

Old Beach gets ready for another cricket season

By GREGORY HUNT*

ONE more round of football means one more week closer to the cricket season starting again!

Brighton Council has been working on our home ground at Cloak Oval.

They have installed a sprinkler system and are in the process of repairing the playing surface which hopefully will mean for the first time in over 100 years we won't be tripping over as many rabbit holes!

The sprinkler system will hopefully mean no more lugging around the oval of the sprinkler on the end of the hose which Garry Faulks has done for so many years now we've nearly lost count.

We have appointed Phil Hyatt as our fielding/assistant coach under head coach Brian Davison.

Phil coached the club three years ago and took us from last place in A grade to finishing third and just missing out on a berth in the grand final by a wicket.

The club welcomes Phil

back to Old Beach and wishes him all the best for the season ahead.

We are hoping to appoint a bowling/assistant coach in the near future.

We are currently seeking new sponsors for the coming season to keep the club moving in the right direction and help us buy new equipment for training and most importantly keep the players' costs down.

If you would like more details of the sponsorship packages we offer at the club please email us at old-beachcc@bigpond.com.

Training will start in August at the indoor nets – when and where will be announced next month.

We start training at Cloak Oval in September and dates and times will be published in *Brighton Community News*.

We would love to see any old and new faces who want to get involved this season.

*Gregory Hunt is public officer of the Old Beach Cricket Club

Bridgewater PCYC attracts leading jiu jitsu instructor

AS a result of generous support from the Tasmanian Community Fund, Bridgewater PCYC is delighted that Tasmania's only black belt holder with current affiliation to both the international and Australian federations of Brazilian jiu jitsu is now teaching at the Bridgewater PCYC.

For the past six years Minol Traveres Tutida has taught in Japan, Brazil and Tasmania.

His success as an instructor was highlighted last year with his Tasmanian club topping the team points category of the Australian Brazilian jiu jitsu titles.

Wilson Jiu Jitsu and the Tasmanian Community Fund have been instrumental in the total refurbishment of the Bridgewater PCYC's martial arts facilities with brand new floor and wall mats installed in May 2009.

Wilson Jiu Jitsu is currently offering two children's classes a week on Mondays



Head instructor Minol Traveres Tutida (black belt), right, and student Matthew Chick (brown belt).

and Tuesdays from 4.30-5.30pm and female-only self-defence classes on Tuesdays from 5.30-6.30pm.

Private instruction is also available by arrangement.

In collaboration with PCYC, Wilson Jiu Jitsu offers

children the opportunity for limited scholarship positions which include membership fees, uniform and session costs for up to 10 weeks.

For more information contact the Bridgewater PCYC on 6263 5277.

How much wood would a woodchuck chuck, if a woodchuck would chuck wood????

It's time for your inner woodchuck to come out...

VOLUNTEERS NEEDED

St Vincent de Paul Society (TASMANIA) INC. *good work*

Annual Woodchop

CHOP-A-RAMA

2009

Date: Saturday 25th July 2009
Time: 8:30 am onwards
Place: Gunns Old Timber Mill site, Austins Ferry
Weather: Unknown!!!
Morning Tea and Lunch Provided

Please RSVP to Janelle Kava on 6234 4244 by Friday 17th July 2009 for catering purposes.

DON'T WORRY ABOUT THE RAIN, HAIL OR SNOW JUST COME ALONG AND GIVE THE WOOD CHOP A GO!!!

Pat and Janelle accept no responsibility for any injuries occurred on the day

Yogi's boxing classes

From Feb '09 at the new Poultry Shed Pavillon, Brighton Recreation Area.

All gear supplied. Small joining fee.

Get fit. Have fun. Meet friends.

Contact Yogi on 0437 508 953