



THE Kentish VOICE

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www.thekentishvoice.com.au

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SHEFFIELD HOSTS NATIONAL TIDY TOWNS AWARDS THIS MONTH

Sheffield will host the National Tidy Towns Awards on Thursday 26 and Friday 27th February 2015 at which a new town will be named Australia's Tidiest Town for 2015. The Finalists for the National Tidy Towns Award this year are: Westbury – Tasmania; Beechworth – Victoria; Titjikala – Northern Territory; Cooktown – Queensland; Meningie – South Australia; Gloucester – New South Wales; and Toodyay – Western Australia.

Sheffield is expecting around 100 people from right across Australia to attend the Awards Ceremony. Delegates to Sheffield will also enjoy a half day tour of our beautiful countryside and visit some of the projects and organisations which were instrumental in Sheffield winning the award in 2014. This tour will visit Dulverton Waste Management facility, a site visit with Mt Roland Rivercare Catchment Inc, a visit to Redwater Creek



Steam and Heritage Society, Kentish Health Centre grounds including the community garden, bike park, Mural Park and the Working Art Space.

Presentation of the town and surrounding areas is very important and Council encourages all property owners to assist through neat and tidy yards and nature strips.

Locals are invited to attend the Awards Ceremony on Friday 27th February. Tickets cost \$130 and include a 3 course dinner and entertainment from local harpist, Marietta Mineur.

Ticket sales finish on Friday 13th February.

It is interesting to note that Mount Gambier has won twice. Beechworth VIC was the Tidy Towns Winner in 2010 and is a finalist again this year. The only year (continued Page 3)...

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ABN 53 646 737 964

Editor : *Lesley Begg*

Contact for Editorial:

editorial@thekentishvoice.com.au

Contact for Advertising:

advertising@thekentishvoice.com.au

Phone: 0429 451 107

Web site: *www.thekentishvoice.com.au*

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**Deadline for advertising and articles for the February
Edition is 20th January**

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EDITORIAL

We are sure that your Postie's appreciate the efforts of all of our residents that either replaced their letterboxes or cleared, straightened, repaired or repainted. What a difference it makes to the streetscape and to the look of your properties! It will make all the difference as we demonstrate to all the delegates from around Australia the pride we take in our town and its surrounds.

The 14th is St Valentine's Day. we shouldn't wait until St Valentine's Day to tell or show those we love how much we care. But if you want to do something special take them to the Slow Food night at Claude Road Hall, or book at table at Mountain Mumma. Buy some candy from the Cradle Mountain Candy Shop, Buy a special gift from any of our local businesses including the World of Marbles where you will find an incredible range of the most beautiful gifts. And don't forget the flowers from our local florist (see page 16 & 21). We wish our Tasmanian representative, Westbury, the best of luck in the National Tidy Towns Awards this month, as we do all the finalists. They are all winners to have been chosen to represent their states and territories. Their communities, as have ours, will have benefitted enormously from the experience and the recognition given to those many and varied groups and organisations that make a community tick.

This is our twelfth edition that we have had the privilege of producing The Kentish Voice for our fellow residents and

HOW TO GET YOUR COPIES OF THE KENTISH VOICE

2700 copies delivered to Sheffield, Railton, Wilmot,
Barrington areas as well as country roadside
mailboxes.

If we missed someone we are very sorry! Please let us know so we can make sure that you receive future editions. You can still read a copy at various locations including:

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- Sheffield Motel Cafe
- Sheffield Newsagency
- Tasmanian Farm Shop
- Railton PO & Newsagency
- Gum Leaf Café Railton
- Blacksmith's Gallery Cafe
- Bossimis
- Wilmot Online Access Centre

**Or you can download your copy of
The Kentish Voice from our website at
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business of Kentish. Our aim is that all will thrive, be happy and healthy, have work to do, and places to play, good neighbours with whom to share good times and encouragement and support in sad times. We have beautiful surroundings, but it the caring and sharing that makes our part of the world all the more special place to live.

Thank you for the support and encouragement that we have received from so many. You have our word that we will always do our best to support our local businesses, and our community groups, and welcome news from all corners of Kentish to share with our readers from far and wide. TKV is also for you to share your thoughts on issues, and to share your aspirations for your community. Share your dreams and they are closer to becoming a reality.

Be inspired by people like Nic Easton, and those that are contributing to making his dreams come true. Even though life may be short sometimes the measure of our lives is the legacy we leave for those that remain.

Over the next two months we will be enjoying the festivities surrounding Steam Fest, International Mural Fest and Inspire Fest, and Taste of the North West.

These events bring many tourists to our region but they are for all of us to enjoy as well. So get out and about and enjoy!

Lesley and Doug

Continued from Page 1.....

that you cannot be awarded)the national title is the year following your award and your town is the host for the event in the following year. These are the towns that have the national titleholders since 1990.

Year National Winner

- 1990 Mt Tyson QLD**
- 1991 Mount Gambier SA**
- 1992 Forbes NSW**
- 1993 Lucindale SA**
- 1994 Naracoorte SA**
- 1995 Kiama NSW**
- 1996 Stanley TAS**
- 1997 Awards not held**
- 1998 Denmark WA**
- 1999 Goolwa SA**
- 2000 Batchelor NT**
- 2001 Horsham VIC**
- 2002 Soldier's Point/Salamander Bay NSW**
- 2003 Wyalkatchem WA (Pop approx. 600)**
- 2004 Port Vincent SA (Pop 472)**
- 2005 Mount Gambier SA (Pop 63,499)**
- 2006 Collie WA (Pop 7,084)**
- 2007 Swansea TAS (Pop 557)**
- 2008 Toowoomba QLD (Pop 153,467)**
- 2009 Tamworth NSW (Pop 36,000)**
- 2010 Beechworth VIC (Pop 3,227)**
- 2011 Lithgow NSW (Pop 11,298)**
- 2012 Caloundra QLD (Pop 90,341)**
- 2013 Victor Harbour SA (Pop 13,841)**
- 2014 Sheffield TAS (Pop 1,397)**

Jill Grant, National Tidy Towns Judge, has over 20 years' experience working on strategy and sustainability issues with government and non-government organizations. Her training in agriculture, education and natural resource management has allowed her to develop and manage a range of policies and programs relating to: climate change; ecotourism; regional development; environment industry development and sustainable energy, waste and water management initiatives.



Jill has worked closely with all levels of government in Australia and with some international organizations including IUCN and APEC. She has also been involved with the development of the Murray Darling Basin Plan and consultations for associated water and climate related research.

Her extensive stakeholder and facilitation experience (including the development of several national strategies and subsequent program development) and the administration of an environmental benchmarking program for the travel and tourism industry have given her strong insights to the essential elements of sustainability and the importance of community

engagement to successful implementation. Her program management experience has also given her a comprehensive understanding of risk identification and contingency planning.

In the delivery of the "National Ecotourism Program" and the "Regional Tourism Development Program", Jill was regularly engaged with local governments and not for profit bodies who were the main recipients of grant funding. The development and implementation of a Strategic Framework was a pre-requisite for funding access and she is well aware of the constraints and challenges faced by multi-stakeholder processes in regional areas.

Jill's participation in the CSIRO led "Sustainable Communities Initiative" developed her understanding of the diverse and complex range of economic opportunities and community led interactions that allow regions to thrive in the long term. After training as a leader in the "Climate Reality Project" in 2012 Jill has developed a deep understanding of the factors underlying climate change and the likely points of vulnerability and their implications. She has also presented to a wide range of stakeholders (including business and community groups and tertiary students) on this and other sustainability issues.

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SHEFFIELD/RAILTON COMMUNITY BANK® PROJECT

Roles and Responsibilities of the Board of Directors, Branch Staff & Bendigo Bank

We'd like to thank all respondents for completing our recent Community Bank® Survey. Bendigo Bank were proud to advise our community showed one of the highest levels of confidence in the project they have seen in all of the 300 Community Bank® establishments so far. So we are delighted to progress to the next steps towards of raising capital and opening Kentish's first Community Bank® Branch.

To commence the New Year, we thought we'd summarise the responsibilities for key functions in the new branch in the following table. The large majority of these functions are governed by either Corporations Law, the Bendigo Bank Community Bank® Franchise Agreement, or the banking regulator. The remaining discretionary functions of the Board of Directors can be influenced by the shareholders of the public company that operates the Community Bank® branch.

Role or Responsibility	Committee / Board Members	Branch Staff	Bendigo Bank
Remuneration			
Paid Employees	x	✓	✓
Unpaid Volunteers	✓	x	x
Branch Functions			
Access to Customer Information	x	✓	✓
Information Management	x	✓	✓
Account Management	x	✓	✓
Loan Application Processing	x	✓	✓
Loan Decision Making	x	✓	✓
Loan and Deposit Pricing	x	✓	✓
Day to Day Branch Operations	x	✓	✓
Introduce Potential Business	✓	✓	✓
Strategic Direction	✓	x	✓
Community Matters			
Advocates in the Community	✓	✓	✓
Sponsorships and Grants	✓	x	✓
Marketing	✓	✓	✓
Shareholder Matters			
Shareholder Enquiries	✓	x	x
Determining Dividends (subject to Corporations Law)	✓	x	x

Determining Sponsorships and Grants

The proposed Community Bank® model, partnering with Bendigo Bank, has been successfully deployed in over 300 other communities throughout Australia. As a community focused organisation, it principally attracts community minded people, invariably involved in other community groups and projects. Our Community Bank® project is no different. Many of our members have or are involved in one or more other community organisations, committees or projects. As a community, we would have cause for concern if this wasn't the case.

Because of this, at times, Board members may have an application before them for an organization with which a Board Member has a past or present relationship. For instance, a board member may be active in a community group that has applied for a grant or sponsorship from the Bank, requiring a decision by the Board (either the first Board members, or any Board members that are elected by the shareholders at subsequent A.G.M.s). Board members finding themselves in these situations won't be permitted to discuss or vote on the decision.

As is the case with grants from local, state or Federal Government, in the Community Bank® model funds are granted to a Community organisation for a specific purpose and need to be shown to the Board of the Community Bank® to be used in the manner intended. This is known as the grant "acquittal" process. Grants are for community purposes and not for the profit of any individual and it must be verified to be so.

STAYING CONNECTED WITH TIM WILSON

Hello again,

Mindmapping is a technique for organising your information in a diagram format. Instead of writing lines of notes, you draw a mindmap. I like them, have for years. Well there is a free online Mindmapping service called Mindmup. I have given it a test drive for a month and it works very well. So learn more about mindmapping at http://en.wikipedia.org/wiki/Mind_map and have a play with Mindmup at <https://www.mindmup.com/> They work well.

LINC Tasmania has a new service available called Zinio. This service allows you to download magazines (a couple of hundred of them) to your tablet or computer for free. Titles include Australian Reader's Digest, Billboard Magazine, Well Being and Popular Mechanics. Learn more here: <http://www.linc.tas.gov.au/readrelax/ebooks-eaudio-more>

Don't forget the free music service provided by Pandora. It is amazing what is available for free via the internet. There are a few ads but these are not too distracting. Head to www.pandora.com

Kentish has many community groups and local businesses. There is a one stop shop to locate them: <http://www.kentish.tas.gov.au/page.aspx?u=232>

A personal fitness trainer can be pretty expensive, and maybe a bit embarrassing. Well relax, there are plenty of apps that can be used on your smartphone to help motivate you to get into shape. Mapmyrun maps the runs you do and compares your times. A great motivator for jogging. [http://](http://www.mapmyrun.com/)

www.mapmyrun.com/ Another great app, this time for strength training is Full Fitness. This app logs your workout routine and provided suggestions for exercises based on the muscles you want to work out. Head here: <https://itunes.apple.com/au/app/full-fitness-exercise-workout/id536049508?mt=8> For those who like to cycle, try Cyclemeter, it tells you how many kilometres you have travelled, average speed, ETA. I have used this app for a few years now. Visit here to learn more: <https://abvio.com/cyclemeter/>

Do you want to learn how to draw 3D images? Start the easy way by using Sketchup. There are great online tutorials to get you started. Also, Sketchup is free and powerful. So if you have a shed you want to build and are looking to design it yourself, start with Sketchup: <http://www.sketchup.com/>

National Parks Passes. If you like getting away from the towns and into nature, consider buying a National Park pass online. Head here: <https://passes.parks.tas.gov.au/>

Computers stop working just like people do. One day they will fail. How much important information do you have on yours? What about if someone stole your computer? Would you have another copy of your valued photo of Grandma Ethel? No? Then for goodness sake, back your data up! You need a second copy (preferably offsite). Don't wait until it is too late, you may really regret it.

For Beginners...

Computers for the Curious...



This course runs on the third Thursday in the month this month it will be Thursday February 19th. The course will run from 3-5pm at the Access Centre. It is FREE.

If this time does not suit then please give us a call. Bookings are essential and a different time to suit you may be negotiated.

Come and learn the basics of using a computer. Surf the internet and be amazed by how it all works. Computers are not going away. What is stopping you? Call 64911878 to book.

Sheffield/Railton Community Bank®

At present Bendigo Bank provides us with the staff to assist you with your banking decisions and once our Branch is open it will be our local staff, trained by Bendigo, who will assist you with your banking questions. Please make an appointment to talk with Sammi Charles, our Business Development Manager, on 0409 934 230.



IF YOU HAVE ANY QUESTIONS AT ALL The **Sheffield/Railton Community Bank®** Steering Committee members and their location and contact numbers are:

Adrian Crowther (Chairman) Railton 0459 824 945

Julie Hargreaves (Secretary) Gowrie Park 040409 936 907

Doug Begg (Site Co-ordinator) Sheffield 0429 451 107

Shayn Harkness Gowrie Park 0419 905 482

Lesley Begg (Pledge Co-Ordinator) Sheffield 0408 451 107

Daniels Williams Moina 0428 627 926

Tim Wilson Sheffield 0438 912 280

Michelle Hudson Claude Road 0419 890 367

John Sinclair Claude Road 03 6491 1727

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A Brief History of KEENER Inc.

MISSION: “Kentish working to make a sustainable community - energy, transport, buildings, food, water, education & social cohesion.”

KEENER is a community organisation that was formed as a focus group from concerned community members who wanted a sustainable future for the Kentish municipality. The concept for the group crystallised out of a Strategic Planning Workshop in 2009 instigated by Kentish Council.

Initial thoughts of a name included ‘Alternative Lifestyle Integrated Energy Network’, but we thought we might not get taken too seriously by calling ourselves ‘ALIENS’! So, instead opted for ‘Kentish Energy Efficiency Network Embracing Renewables’ as it said a lot about what we wanted to do and its shortened form (KEENER) reflected our keenness for sustainability.

To start with, we rattled around ideas about what we could do, what to focus on, who was going to do what, when we heard about a promotion by Rezeko for a Solar Neighbourhood – a bulk purchase and installation programme of solar photovoltaic systems. At the time, very few solar PV systems were installed in Tasmania, although federal government rebates were available to significantly reduce the cost of a system – the general opinion at the time was that solar wouldn’t work in Tasmania! Well, we knew differently, so it seemed a good idea to invite Rezeko to Kentish and help to dispel some myths while giving people a chance to participate in the Solar Neighbourhood programme. Around 100 systems were eventually installed across the North West, and although KEENER wasn’t the organiser of this programme – the group helped to facilitate it locally.

We got a bit more serious about a committee structure then and incorporated the group in September 2009, so we could look at raising funds to run useful sustainability projects locally. Initial activities of the group focused on information exchange on a range of topics - climate change, peak oil, sustainability, energy efficiency measures and renewable energy technologies. We ran film nights, did presentations, started a web site and networked with other sustainability focused groups in Tasmania.

In 2010, we were successful in obtaining an Earn Your Stars micro-grant of \$2,730 which funded an Energy Audit kit and materials for an Energy Descent Action Planning Toolkit (which KEENER developed). Kentish Council partnered with KEENER and provided 3 more Energy Audit kits, which are all still available for people to borrow from Council and use to help them reduce their power bills. (See Council for details).

A condition of being awarded grants is that significant in-kind support at no cost, or greatly reduced cost) in terms of expertise and labour is contributed by the volunteers within the organisation submitting the application for the grant. Expenditure of all funds and voluntary activities is documented and examined for veracity by the provider of the grant funds.

In 2010/2011, KEENER ran a project to help households reduce the energy used for heating water – funded by a Climate Connect grant of \$20K. This project had several components – a competition for schoolchildren to design their own solar water heater; an information programme on ways to reduce energy use for heating water; the installation of timers by a licensed electrician on a number of systems; turning down thermostats and installing insulating pipework; plus facilitating a bulk buy for solar hot water systems. This was a massive task for a small group, but was rewarding to see attitudes change from the usual

‘solar hot water won’t work in Tasmania’ to at least an awareness that it was possible. The enthusiasm of 80 children, who used their ingenuity to design and build solar water heaters and then sit and watch them for an hour over their lunch break, was matched for zeal only by the “mad minute” dash around the lolly shop which was one of the donated prizes for the winner.

In keeping with KEENER’s mission of social cohesion, in July 2013, KEENER was instrumental in getting The Kentish Voice started, after the Kentish Chronicle folded. After a very hectic 8 months, ownership of the publication was transferred to a local business, whose owners subscribe to the KEENER mission, to run. Under the new ownership KEENER is still provided with editorial space for Elictric Eddy and Fuel Freddy and many articles have been written over this eighteen month period to help people reduce their energy use or to understand renewable energy technology.

In 2014, after members attended a Community Energy Conference in Canberra, the group worked with several others to put together a Community Energy Roadshow, the first being presented in Sheffield by KEENER.

KEENER members have been prominent lobbyists and participants in workshops at a State level such as the Oil Price Vulnerability Study, Transition Tasmania workshops, Climate Change Adaptation workshops and others. We’ve willingly shared knowledge with anyone who asked and been presenters at various forums - such as the Natone farmers group, East Devonport Primary School, Australian Youth Climate Coalition Forum, Climate Action Council Community Forum, National Community Exchange Scheme Conference, and more.

We have attracted a good deal of interest from the media along the way. Besides local radio and newspapers, ABC Radio National ‘Life Matters’ programme did a feature on our group as part of the Transition Towns movement and timed to coincide with the Copenhagen Climate Conference.

Throughout the journey, Kentish Council has played a prominent role in our projects. Through a partnership agreement, which commenced in 2009, KEENER has received in-kind support from Council which helped to facilitate projects. In return, KEENER has instigated and run those sustainability projects that Council could not have as easily achieved, as well as providing advisory assistance to Council on energy matters.

In recognition of the achievements of KEENER, the group was nominated in 2010 and 2011 for a Nyrstar Environment and Sustainability Award – we made it to the final in 2011! Council acknowledged this effort with an Australia Day award to the group in 2012. More recently, as part of the Tidy Towns awards, KEENER received a Certificate of Excellence in the 2013 Tasmanian Tidy Town awards and a Commendation for Energy Innovation in the 2014 National awards.

Next steps for KEENER? Watch this space for details on the release of a publication on Community Energy and Sustainability initiatives.

The K.E.E.N.E.R team (Kentish Energy Efficiency Network Embracing Renewables inc)

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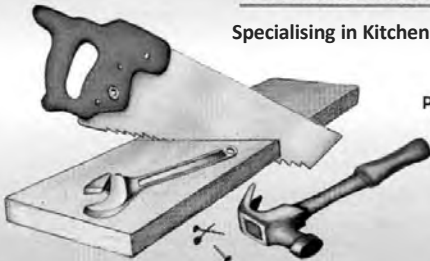
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February- The Hot Dry Month.

At this time of the year gardeners are busy trying to keep the moisture up to their garden. Hot weather, combined with a windy January, has resulted in heavy moisture loss for our trees and shrubs as well as drying out the soil, despite layers of mulch. Very often, if you dig under the mulch you will find the soil quite dry.

So if you haven't invested in drip irrigation, think again! It is the best and most economical way to keep water up to your plants. If you have a small garden and you can see a particular plant is suffering, place a hose near the roots and allow it to drip onto the soil for at least half a day or overnight. Roses are usually the first plants in the ornamental garden to show signs of stress when the weather is hot and dry. If you are unable to place drip irrigation around them, try a soaker hose or in the evening take the nozzle off the hose and just pour the water around their roots (if you do this to the count of forty for each rose- you will be surprised at the difference.)

Plants suffering from lack of water become very susceptible to disease and insect attack. Those expensive plants you placed in decorative pots will dry out very quickly, so be sure to use a wetting agent to keep the soil moist and water them every few days. I thought I had been watering a hanging basket adequately but when I went to re-pot it I was surprised to find the centre of the basket really dry.

Despite the heat, you can plant out another crop of seedlings, (it is a good idea to provide some sort of shade cover for very young seedlings) in the vegetable garden. Lettuce will grow quickly, and a good idea is to plant the varieties that allow you to pick off the leaves as you require them, that way you don't have ten icebergs ready to pick at once. Beetroot are fast growing, as are spring onions so another few rows can be planted out now. If you have a bed prepared you can plant out cabbage and cauliflower seedlings now so that they become well established before autumn.

A reminder to keep the water up to your tomato plants (everyone is complaining they are taking a long time to produce fruit this year despite the heat.) As I have mentioned before, a very effective mulch for placing around your tomato plants is sugar cane mulch. It is a lot finer, easy to spread in between your plants and doesn't get scattered as much by the birds.

Remember to keep the water up to your berry bushes even though they have finished producing and a reminder also to

get rid of the fruit attacked by codling moth before the grubs depart to begin another life cycle.

I netted my blueberry bushes very carefully this year only to find each morning the birds (or possibly native hens) had made holes in the netting as big as your fist to get to the ripe berries, resulting in me having to spend valuable time repairing the holes. Obviously, if you seriously want to produce a good crop of berry fruits, the only way to bird proof them is by completely enclosing them in a wire netting structure. One thing I have noticed the birds seem to be to make holes in netting more easily where it is pulled taught, because they can get a good grip on it.

KENTISH GARDEN CLUB NEWS

What a dry and windy start to 2015 it has been. Despite some short periods of rain the winds that followed have dried everything out very quickly, so it is important to remember to check your gardens for any wind damage and for dryness.



The first Garden Club meeting this year featured Robert Millet and his lovely wife Eileen as our guest speakers. Robert is a veritable trove of information about anything related to gardening, and this time he talked about microwave bottling and also different methods for drying fruit. It is always a pleasure to have Robert & Eileen as guests at our Club, and if you are interested in learning more they have recently produced a fabulous book which is available for sale.

Members of the Garden Club visited 3 wonderful gardens on 24 January in the Wynyard area. The first garden was a beautiful 10 acre garden at Table Cape, and then 2 "town" gardens were visited in Wynyard. Smaller gardens are inspirational, as it shows what can be achieved on a standard size block. So often we think that bigger is better, but smaller is just as good and much more achievable to most of us – as well as easier to take care of!

Our next garden club meeting will be on Thursday 12 February 2015, commencing at 6.30pm at the Sheffield Town Hall. This is our annual "Pizza and Pasta" night, and all members are asked to bring along a plate of food (pizza or pasta preferred!) to share. You will also need to bring along your own plates, utensils, and something to drink. As it is a social function we will not be having a guest speaker in February.

We look forward to welcoming you at our social night in February, and if you would like further information about anything please visit our website or contact myself on 0407 112090.

Happy gardening

Cate Rejman, Secretary, Kentish Garden Club

PHOTOGRAPHIC EXHIBITION AT GALLERY TASMANIA

The exhibition this month at Tasmania Gallery, Fudge 'N Good Coffee, Main Street, Sheffield features the work of Madeline Biancon. Madeline is an environmental / animal photographer. She specializes in dog and horse images and is a natural talent when it comes to lighting and capturing emotion.



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WHAT'S IN SEASON IN FEBRUARY?



eat well
tasmania

This information is provided by Eat Well Tasmania. For more information about healthy eating contact us at admin@eatwelltas.org.au Including more vegetables and fruit in your diet doesn't have to be expensive. Look for vegetables and fruits that are in season – not only do they taste better, they are generally cheaper to buy.

Tasmanian produce

Vegetables

Asian greens, beans, beetroot, broccoli, broccolini, carrot, cauliflower, chard, cucumber, herbs, kale, leek, lettuces, mesclun, mustard greens, mushrooms, onions (brown, white salad onions, spring onions), peas, potatoes (Dutch Cream, Pink Eye), radish, rhubarb, rocket, silverbeet, spinach, sprouts (alfalfa, bean shoots, fenugreek, lentils, sunflower), swede, tomatoes, turnip, zucchini

Fruit

Apricot, blueberry, boysenberry, cherry, raspberry, strawberry

Other Australian produce

Vegetables

Asparagus, cabbages (savoy), capsicum, celery, cucumber, fennel, eggplant, garlic, okra, sweet corn

Fruit

Avocado, banana, blackberry, grapes, lime, mangoes, melons (watermelon, honeydew melon, rockmelon), nectarines, passionfruit, peaches, pineapple, plums

Please note: there may be some variation based on local market availability

enjoy healthy eating.

support local produce

Recipe:

Carrot, Zucchini & Date Cake

20 minutes plus 4 hours to stand, preparation + 1- 1 ¼ hours cooking

7 serves of vegies in this recipe

Ingredients:

- 2 cups dates, pitted and chopped
- ½ cup bran cereal (e.g. Allbran °)
- ½ cup untoasted muesli
- 1 ½ cups low-fat milk
- ½ cup brown sugar
- 1 teaspoon cinnamon
- ½ cup low-fat natural yoghurt
- 1 egg, beaten
- 1 cup zucchini, grated
- 1 cup carrot, grated
- 2 cups self-raising flour
- 1 cup wholemeal self-raising flour

Method

Combine dates, bran cereal, muesli, milk, sugar and cinnamon and allow to stand for 4 hours or overnight. Preheat oven to 180 °C. Line a 23cm square cake tin. Add yoghurt, egg, zucchini and carrot to the date mixture and mix well. Add flour and combine. Pour mixture into tin and

Bake for 1-1 ¼ hours until firm and browned. Cool on a wire rack.

Serves 12.

Hint

This cake can be frozen. Individually wrap slices for a healthy lunch box treat.

Recipe © State of Western Australia, 2012.

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Tips for parents

It was very disturbing recently to read how poorly we rate in Kentish for the amount of fresh fruit and vegetables consumed. Or should I say NOT consumed? Here are some tips on finding creative ways to encourage children to eat and enjoy fruit and vegetables can be fun for the entire family: If you have any ideas that you have tried successfully please share them with us all. We develop our attitudes and habits with regard to food from when we are quite young and carry both the good and the bad habits into adult life. So try some of these tips with your children or grandchildren to have some fun whilst improving their diet.

Let children choose which fruit and vegetables to serve and how to incorporate them into their favourite meals

Eat lots of fruit and vegetables yourself. Children will model their eating habits on what they see you eat

Breakfast is an important meal of the day. Try adding sliced banana, grated apple or pear to porridge or cereal. Peaches, berries and kiwifruit add great variety when in season

Serve fruit and vegetables at every meal. You can add grated or cut vegetables into entrees, side dishes, pizzas and soups

Keep trying: For some foods, it may take multiple times before a child acquires a taste for it

Don't force children to eat things – this will create negative associations and discourage them from trying again in the future

Don't reward your children with food

Keep a bowl of fresh fruit on the counter. Refrigerate cut up fruit and vegetables in small bags for easy snacks on the run

Try feeding different textures of fruit and vegetables to your child. Some children prefer smooth food, whereas others like lumpy, and some children like crisp foods, but others like soft

Offer new fruit and vegetables in combination with old favourites to show your child a variety of smells, textures and colours

Kids are turned off to trying new foods if the smell, flavour, or colour is not appealing to them. It may be more appealing to a child if fruit or vegetables are served raw

Involve your child in shopping for fruit and vegetables and encourage them to select something new or unusual for the family to try



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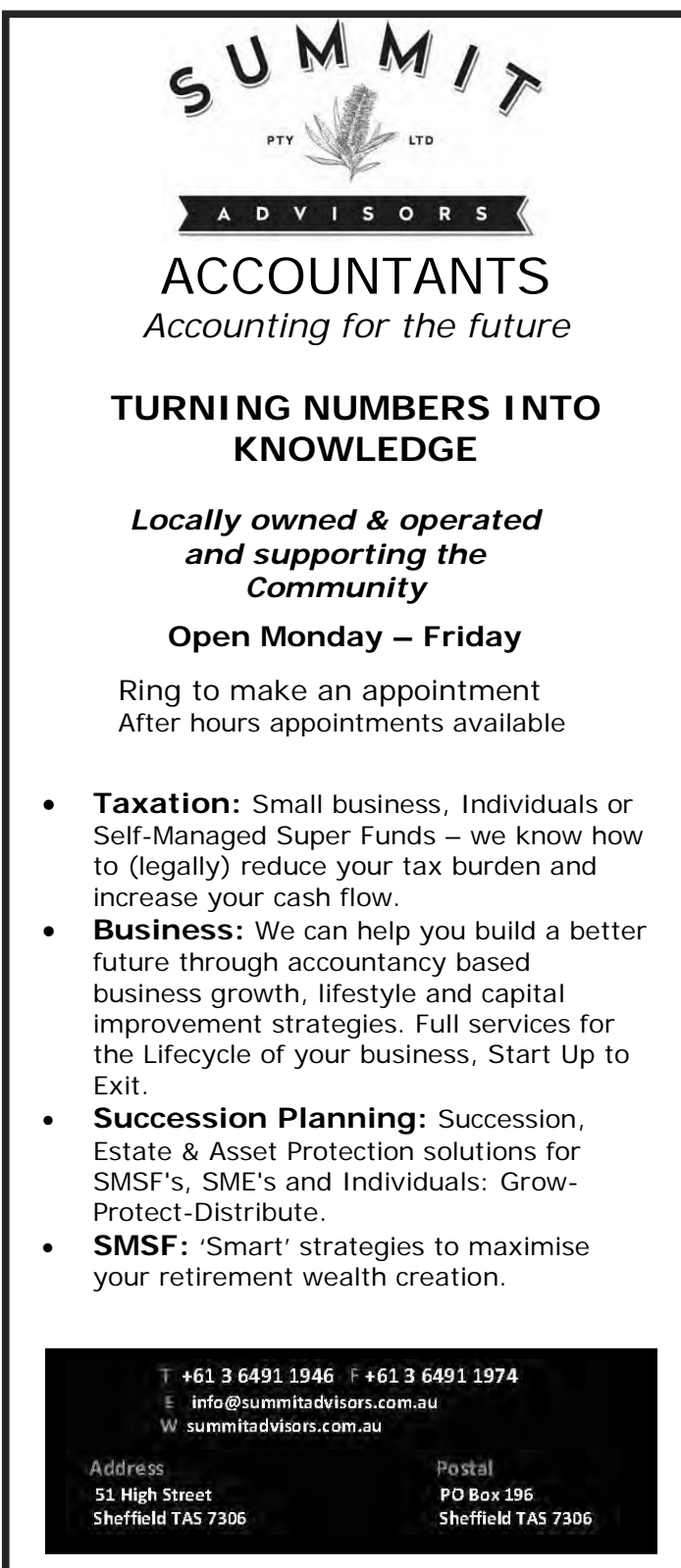


Raise children's interest in fruit and vegetables by growing some in your garden (or in pots). Strawberries and carrots are favourites and are easy to grow

Try freezing pieces of bananas and grapes for a summer treat

Tips for Parents from 5ADay

<http://www.5aday.co.nz>



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Exsighting Vision celebrates First Birthday In Latrobe

Exsighting Vision is celebrating their first birthday! They have been thrilled with the response from the local community which has been very encouraging and supportive. Stephen and Karen Scott-Hoy combined their love of optometry and art, filling Exsighting Vision's reception area with beautiful art and craft and the amazing Huon Pine frame tree. Karen is passionate about finding frames that reflect people's personalities and fit well, ensuring comfort and function and they have a wide selection of spectacle frames to suit many budgets and face shapes and sizes!

Stephen can assist you in selecting the best options for your visual tasks and lifestyle, advising on lens options for glasses. For those who'd prefer not to use glasses, Stephen can prescribe contact lenses including the Ortho-K lenses which are 'sleep-in' contacts worn at night so you don't need any glasses or contacts during the day. Stephen also enjoys helping people get the most out of their vision through visual training which entails enabling the eyes and the brain to work together quickly and efficiently. This is especially important to children and sports people. Over the past year he has been working with a number of people recovering from strokes or brain injuries and has found that visual training was most beneficial in rehabilitation.

Using 'state-of-the-art' technology Stephen is able to detect any changes in the eye which may indicate diseases including macular degeneration, glaucoma, and diabetic retinopathy. He can also assist with treatment of Blepharitis which can cause sore, red, irritable eyes.

Karen is a wood carver and artist and her works adorn the walls of Exsighting Vision. If you are looking for a gift or something to enhance your home or garden call in and see what Karen has on display. She can also work with you on commissions for that extra special something!

Karen and Stephen offer good old-fashioned country service, technologically advanced testing equipment, combined with friendly, helpful education and advice, ensuring your visit to Exsighting Vision will be a pleasure. Exsighting Vision is located at 35 Gilbert Street, Latrobe. To make an eye appointment, drop in Wednesday to Friday 9am until 5pm or call Karen on 6426 1420. After hours appointments are available by prior arrangement.

WELCOME!

Have you noticed how many "tree-changers" there are around Sheffield? Moving to a new community can be a very intimidating experience, what with settling in, getting to know where everything is, and making new friends.

When looking for a place to retire, as well as the usual things like good shopping facilities, a doctor, vet, and so on, many are keen to find a town with a church where they feel welcome.

If you are new to Sheffield, or looking to reconnect with a church, you are most welcome to join us for worship 9.45am on Sundays at the Uniting Church on the corner of Main and Henry Street.

If you would like further information, contact Dawn Connors Ph: 6492 3170, John Hawkins 6491 1487, or Leoni Read 0429 705 062

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POLICE REPORT

Kentish has again seen an extremely good New Year's period with little antisocial behavior being reported along with very little crime. Police are encouraged by the behavior of the public and would encourage this behavior continues through 2015.

The start of the School year for 2015 is already upon us. It doesn't seem like a long enough break for the kids but it has been forever for mum and dad. Time to wake up again and look for the big flashing '40 signs in and around school zones. Don't forget the special 40km/h speed limit when within 50 metres of a school bus which has flashing lights.


Let's keep our Kentish kids safe.

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<http://kentishcommunitychurch.wordpress.com>

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Lower Barrington Baptist Church

Sheffield Road, Lower Barrington.

Please join us for weekly services at 10am
with refreshments afterwards.

1 Feb – Holy Communion

8 Feb – Kid's Church starts for 2015

15 Feb – Weekly service

22 Feb – Harvest Service in Community
Hall 10am

Young Men's Group – TBA

On Sunday 8 February a Representative
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Sunday M.P. 9 a.m.

Kimberley 1st & 2nd Sundays MP.

10:30 a.m. 3rd Sunday HC. 10:30 a.m.

4th Sunday Home Church 10:30 a.m.

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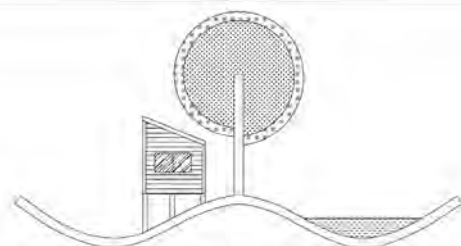
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Nic's Cradle Challenge

Remembering and honouring Nic Easton



Tasmanians set the wheels in motion to support the Leukaemia Foundation

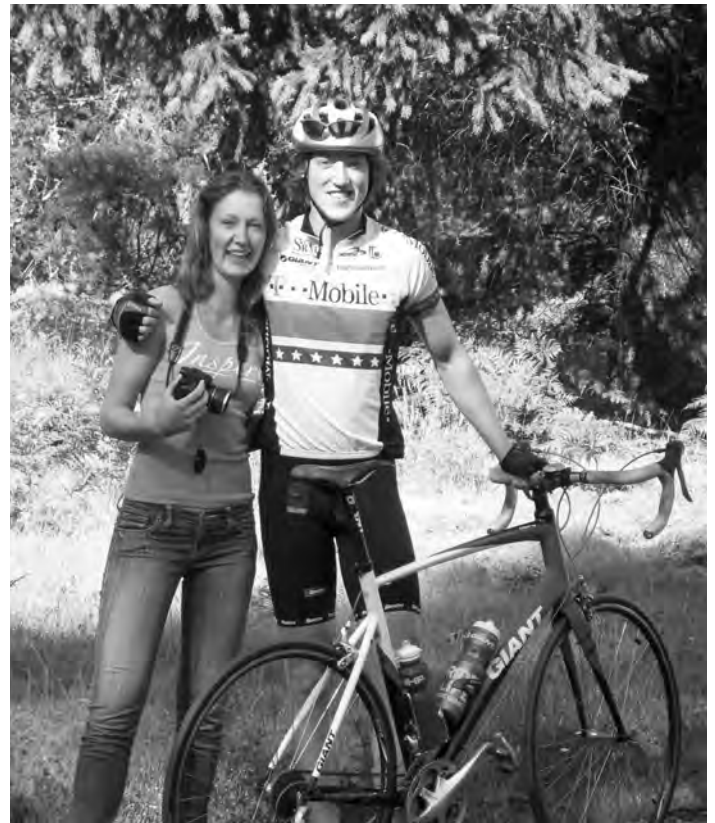
The wheels are in motion for Tasmanians to take on the annual bike riding challenge through some of the State's most stunning wilderness in the name of raising funds for the Leukaemia Foundation.

Nic's Cradle Challenge 2015 is inviting riders from around Australia to register for the event held on 15 February in memory of North--West Coast man, Nic Easton, who died at the age of 26 in January 2014 of respiratory failure after being diagnosed with leukaemia in early 2013.

Organisers of the Challenge, chasing a target of 70 riders and \$15,000, with all funds raised go towards Leukaemia Foundation's Jumpstart project, Nic's Cradle Challenge Committee President and fiancé, Jasmin Tait van Leuven, said the project will provide support to families adjusting to a life with blood cancer.

"It was Nic's dream to ride from his home town of Sheffield to the stunning Cradle Mountain, but sadly it wasn't meant to be for him, so what better way to honour his memory that honouring his dream," Ms Tait van Leuven said.

"Being diagnosed with Leukaemia means you and your family gain a whole new perspective on life, everyone has to learn to adjust to the treatments and to a life with blood cancer.



Nic and Jasmin during the very first Cradle Challenge ride in 2011

Nic's Cradle Challenge is a 126 kilometre ride from Sheffield to Cradle Mountain, with the ride climbing more than 2000m through hills, beautiful forests, wild mountains, stunning lakes and quiet roads make this an inspiring yet challenging ride.

Last year Nic's Cradle Challenge raised over \$13,000 for the Leukaemia Foundation, if you wish ride Nic's dream and take on the Challenge please register a www.nicscradlechallenge.net.au.

For more information or to organize an interview please contact Committee President, Jasmin Tait van Leuven on 0490087222.



Nic and his father Ric at the first Cradle Challenge Ride in 2011

"We are supporting the Leukaemia Foundation's Jumpstart Program which will empower those affected with the tools and structure to regain a sense of control over their health and their everyday lives.

"Nic took on his diagnosis with a positive attitude no matter what the result and that's what Nic's Cradle Challenge is about. "We're calling on passionate riders over the age of 18 to take on Nic's Cradle Challenge for a cause so close to the hearts of so many."

There are approximately 6400 Australians diagnosed with leukaemia or related blood diseases each year and about 93 per cent will be over the age of 20. In Tasmania, each year about 50 adults are diagnosed, and 10 children.



The 2014 Nic's Cradle Challenge participants at Dove Lake - Cradle Mountain.

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Give yourself and your special someone the gift of a healthy heart this Valentine's Day

Cardiovascular disease kills one Australian every 12 minutes. What's worse is that it is a largely preventable disease. Cardiovascular disease is an umbrella term that encompasses diseases that affect the heart and blood vessels. In general, the common risk factors are high blood pressure, high cholesterol, overweight and obesity, physical inactivity, low fruit and vegetable intake, alcohol and smoking. Unfortunately, nine out of ten Australian adults have at least one risk factor for cardiovascular disease and one in four (25%) have three or more risk factors.

So how much do you really know about your heart health? This article aims to debunk some of the common myths associated with cardiovascular disease prevention and treatment to help you take better control of your heart health.

Myth #1: "I'm too young to worry about heart disease." How you live your life now affects your risk of cardiovascular disease later in life. As early as childhood and adolescence, plaque can start accumulating in your arteries and later lead to arterial blockage, heart attacks and strokes. The most recent evidence suggests that inflammation to your arteries caused at a young age is one of the major determinants for development high cholesterol, arterial plaques and ultimately cardiovascular disease.

Myth #2: "I've always eaten a low-fat diet, so it's unlikely that I'll ever have high cholesterol or any other risk factors for cardiovascular disease" Foods that are labelled as being "low-fat" usually have higher levels of sugar to ensure that its taste is not compromised. Further, contrary to popular belief, it is not the consumption of fatty foods that is the main culprit for high cholesterol and blocked arteries. Rather, it is the inflammation of the arterial walls that causes the cholesterol in our body to adhere to the arterial walls and ultimately generate plaques and high blood cholesterol levels. For years, the food and medical industry have advocated a diet that is low in saturated fats and high in carbohydrates and polyunsaturated fats. However, the biggest culprits of arterial inflammation are in fact an overload of simple and highly processed carbohydrates (from sugar, flour and all foods made from them) and the excess consumption of omega-6 fats (found in such foods as vegetable and sunflower oil). This does not mean that you should avoid these foods at all costs. However, achieving moderation is the key to preventing and treating cardiovascular disease. Our in-store nutritionist and pharmacists are more than happy to provide more information on dietary modifications to help prevent and treat cardiovascular disease.

Myth #3: "I would know if I had high blood pressure because there would be warning signs" High blood pressure is called the "silent killer" because you don't usually realise that you have it. In fact, you may never experience any symptoms so don't wait for your body to alert you that there's a problem. The best way to know if you have high blood pressure is to "check your numbers" with a simple blood pressure test. The early diagnosis and treatment of high blood pressure is paramount because if left untreated, high blood pressure can cause heart attack, stroke, kidney damage and numerous other serious health problems.

Myth #4: "I will know when I am having a heart attack because I will have chest pain." Whilst chest pain or discomfort is a common symptom associated with heart attacks, it is possible to experience more subtle symptoms. These include shortness of breath, nausea, feeling lightheaded and pain or discomfort in one or both arms, the jaw, neck or back. Even if you are unsure if it's a heart attack, call 000 for help because you are better off being wrong and living than being wrong and dying.

Myth #5: "I've smoked for years so there's no point in quitting now because the damage is already done" Regardless of your age, how long you have smoked or how many cigarettes you smoked a day, the benefits of quitting smoking begin the minute that you quit smoking. Only one year after quitting smoking, your risk of having a heart attack will have dropped to 50%. In 10 years, your risk of having a heart attack will be the same as if you never smoked. There are numerous support aids to help you stop smoking so make the change today and speak to your local health professional to find a method that suits you. Visiting your local doctor and getting a heart health check and speaking to your health professional on changes you can make to prevent such diseases may be the best gift that you can give yourself and your loved one this Valentine's Day. It may not be as sweet as chocolate, but it could save your life.



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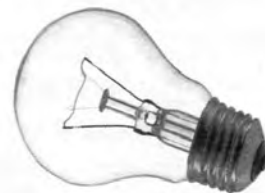
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A DAY AT THE CREEK

With the WOLFE BROTHERS

Longtime Sheffield residents Doug and Ramona Westbrook are your hosts for the seventh 'A DAY AT THE CREEK' music festival will be held in the grounds of the Mole Creek Hotel, Saturday February 28th from 12 noon until 9pm.

Headlining the day will be Tassie's own Wolfe Brothers, returning again after their last year's enormous reception.

Mole Creek Hotel Proprietors & music promoters, Doug & Ramona, are getting really excited about this year's Mole Creek Music Festival, which appeals to all ages, has a beautiful setting and is positioned on the calendar when few other major events are on.

The event attracts between 1000 and 1500 music lovers. So it is not to be missed

The band line up will be:

Headlining band-

The Wolfe Brothers- who have taken Australia by storm.

Joined by:

Boil Up – a Hobart based big band with a Polynesian Reggae flavour to their music.

Motor Road – From Launceston, another big band sound with a Country Rock influence.

The Firm – An original ADATC no.1 favourite, Hobart based and years of Pub band experience- legends all.

Stretch Kerwin- From Brisbane, part of the Foster Bros line-up, sings with Jon English & Peter Cupples. Another music legend.

Big Dave Hawkins- From Cressy, sang at Tamworth and won a few awards. Awesome local Country Rock singer.

Kelvin Youd & Graeme Best- Former members of the Urban Outlaws, these two great performers have ways and means to get you up dancing.

Three Legged Dog – One of the original ADATC line-up, sing their own songs' plus covers, with a slightly heavy sound.

Doug is pleased and proud of the fact that, except for Stretch Kerwin, all the acts are Tasmanian.



A Pre-festival warm-up will be held on Friday night 27th February from around 7.00pm. There will also be an after-festival cool down on Sunday March 1st from 10.00 am until about 5.00pm.

The music will start on Friday evening with a warm Jam for some of the band members out the back beer garden and again on Sunday with a Big BBQ and a warming-down for the bands.

There will be plenty of food and drink stalls available, a Jumping Castle and Face Painting for the little kids and some BIG kids.

STRICTLY NO BYO ALCOHOL

TICKETS available online www.adayatthecreek.com or from the Mole Creek Hotel ph: 6363 1102

Prices: Pre-sale \$40.00 u/15 Free

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For more info call Mole Creek Hotel 6363 1102 or check www.adayatthecreek.com

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International Mural Fest 2015

A highlight of the finalists chosen for the International Mural Fest 2015 is the entrant from Bulgaria and the six from Tasmania from the near record number of entries.

The finalist will receive an increase of 25% in prize money to \$1,250.00 each and for the first time all murals will become the property of Mural Fest Committee on completion.

The major prize, the Judges award the Inder Prize is \$15,000.00, with the runner up being the World of Marbles Award of \$5,000.00.

The visitor award for the week (voting by the people) the Slaters Country Store Award of \$2,000.00.

Mural Fest is a unique competition by world standards with total prize money for the year being \$34,000.00.

Congratulations to the Finalists

Patricia Smart & Olly Grohs	Bullaburra NSW
Gren Freeman	Howrah Tas
Frances Rowland & Colin Wregg	Westlake Qld
Nikolay B Dimitrov & Daniel N Dubarov (SuperGteam)	Bulgaria Europe
Lindsay Gardam	Sheffield Tas
Judy U & Jon Nelson	Westbury Tas
Alicia Swiderski & Dorota Swiderski	Sheffield Tas & Hurstbridge Vic
Fereleth Lee & Jane Lemon	Sheffield Tas & Staverton Tas
Herb Herring	Ulverstone Tas

The International Mural Fest Event Team are seeking ideas for the theme of the 2016 International Mural Fest
Please send your two or three word idea to bpbaker1@bigpond.com before Friday March 6th 2015.



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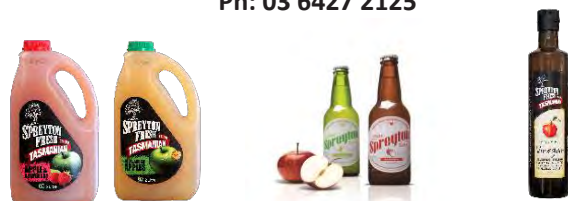
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RESPONSIBLE DOG OWNERSHIP



Last month we talked about responsible pet ownership. Now that you are aware of responsibilities and what is required when owning a dog, we are going to talk about choosing the right type of dog for your circumstances.

If you decide you are ready and willing to take on the responsibilities of owning and caring for a dog, the next big question is which type of dog will best suit your family and your lifestyle. There are over 200 different pure-bred dogs in Australia and of course thousands of cross breeds. Buying a dog requires a lot of careful consideration and is not something that should be done on impulse or just because children decide they would like one. Dogs are not toys. Far too many dogs end up in animal shelters because people realise that when the dog grows up it is not suitable or they can no longer care for it.

When considering breeds, look at what the dog was originally bred to do as this will give you an indication of whether it will be suitable for your situation. When buying from a pure dog breeder, do your homework and make sure the breeder is registered. My advice towards puppy farms and pet shops is that they are not always the most suitable options to look for a dog. Take your time. Visit rescue centres, the pound and the RSPCA. Providing a safe home with a loving family will provide a rescue dog with a second chance in life. This in itself is a rewarding experience.

Dogs are social animals like us. If your family spends a lot of time away during the day it is wise to have two dogs. They will keep each other company when you are away at school or at work. Not many people enjoy being left alone all day. Your dog feels the same. He may become bored and get up to mischief. He may also become sad which is not what you want.

Some important questions to think about when a family is considering getting a dog:

- **Do you have enough space?**
- **Are you able to keep the dog safe within your property with secure fences and gates?**
- **Do you have enough time to spend with a dog – training, exercising, and playing?**
- **Can you afford to look after a dog including the initial cost including food, equipment (eg bedding, food bowls, collars, leads, toys), vet care, boarding costs if you go away, etc which are all ongoing costs throughout the life of the dog?**

Research has shown dogs may help improve both your physical and mental health, therefore assisting to lower blood pressure and reduce stress levels – something to think about!

Note to Parents:

Educate your children to respect and be kind to the family dog. Never tease, pull its ears, hug the dog tightly especially around the neck, lie all over it; poke it with fingers or anything like crayons, etc.

Below is a true tragic example of what happened when a child

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and a dog were unsupervised:

A family dog was taken to the vet to be put to sleep after biting the household child. The vet could not believe it of this dog he had known for some time. He reluctantly agreed to put the dog to sleep but asked for permission to do a post mortem. What he discovered was heart breaking. Deep in the dog's ear was a child's crayon! Not something you would be looking for, is it?

All children under the age of 7 should always be actively supervised when with a dog, including your own dog. Active supervision means being able to intervene immediately. This does not mean cooking dinner and supervising, it does not mean watching television and supervising. Activities of this kind can mean you are distracted. As young children and dogs can move quickly, you need to be able to respond accordingly.



If you cannot actively supervise, then you need to securely separate dogs and children. Secure separation means having areas the children or dogs cannot access – a dog free zone or a child free zone. These are as important for your dog as they are for your children. It might be as simple as having the dog outside when the children are inside or vice versa. Baby gates work very well to keep young children away from dogs. Dog crates are excellent as they provide a safe place for your dog. Teach children to leave the dog alone when it is in its “special place”. It may even be as simple as putting your dog in the laundry or another room. As long as the dog is safe and has

somewhere comfortable to sleep and be “away from it all”. Dogs need “chill out time”, just like we need sometimes.

If your children are at the home of another family member or another friend where there is a dog, ask if the dog will be separated from the children or if there will be adult supervision. Would you allow your child to swim at a friend's house if no one was supervising? The answer is obviously “no”. Be extra vigilant where dogs and small children are in the same area.

Summary

Owning a dog is a lot of fun that comes with commitment and responsibility

We need to choose carefully and look after all the dog's needs

Respect your dog and its feelings

It is important to remember how you can stay safe around them

If you would like to know more please contact Nan at DogComm on 6363 5003 or email me nan@dogcomm.com.au

big your yard is, whether you dog will be inside or outside, how much time you have to spend with your dog, etc.

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The organisers of Railton's inaugural "Picnic in the Park" would like to extend a sincere thank you to everyone who came along to support this community event. Even though the weather was quite chilly, there was a wonderful turn out of over 100 people. It was fantastic to see our park filled with families (young and old alike) enjoying our wonderful facilities. There were lots of dare-devils using the BMX Park, many of them trying it for the first time.

The newly refurbished tennis court also received favourable comments. Several long-time residents of Railton stated that "it is great to see the park being used" and "they were happy to come along to show their support for our community".

The local Railton Fire Brigade kept the sausages cooking throughout the evening and even managed to keep cooking after most of the members had to respond to a call out. A huge "thank you" to the local brigade for their continued support. The Railton Bowls Club was very generous through their



"Picnic in the Park" photos by Rachael Parker

provision of a power source as well as ensuring free tea and coffee was available. The jumping castle and face painting were a huge hit for the children and the live music provided some relief from the brisk wind. Some suggested that kite flying should be on the list for next year's activities!

The idea of the "Picnic in the park" was a result of the public meeting held late last year at the bowls club, when the Master Plan for Goliath Park was being discussed and developed. Several members of the Railton squash committee attended the meeting and were very impressed by the level of community engagement expressed by those in attendance.

As a committee our aim is to improve the sport and recreational facilities in and around Goliath Park. It was thought that a picnic may be a way to highlight the park and gain support for improvements such as a covered picnic and barbeque area and updated toilet facilities. We have a lovely friendly town and we would like to continue to highlight its many assets. Thank you to the Kentish Council for their part sponsorship of the event. Once again thank you to those who came along with family and friends to help make the "Picnic in the Park" a success, we look forward to holding the event again year.

Kate Campbell – Secretary, Railton Squash Committee



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KENTISH COUNCIL

DRAFT SHEFFIELD RECREATION GROUND PRECINCT MASTER PLAN

Council has developed a draft master plan to assess existing and future use of the Sheffield Recreation Ground; identify issues and opportunities; and identify priorities for development over the next 30 years.

Council engaged a consultant who met with the community and user groups during 2014. The consultant presented a draft report to the December 2014 Council meeting.

The Plan may be viewed on Council's website or at the Office. Public comment is sought and should be provided, in writing, no later than 23rd February 2015 to the General Manager, Kentish Council, PO Box 63, Sheffield 7306 or via email to council@kentish.tas.gov.au

COUNCIL'S 2015-16 BUDGET - INVITATION TO MAKE A SUBMISSION

Each year, Council is faced with the task of assessing and prioritising the many worthwhile projects that have been identified within the community. Council lists each project, assesses it against a common set of objective criteria and prioritises the project with a view to scheduling the project over Council's long-term planning period - currently ten years.

Submissions should include sufficient detail to enable Council to understand:

- The location and scope of the project
- The estimated cost of the project
- The perceived benefits of the project including any risk/safety issues, social/community impact and environmental impacts.
- Any other relevant information to enable Council to make an informed decision.

If you would like to submit a project for consideration in Council's capital works program, or 2015/16 operating budget, then please lodge your submission marked "2015/16 Budget Submission" with Council by Friday 27 February 2015.

Submissions can be lodged by mail to:
Corporate Services and Finance Manager,
Kentish Council, PO Box 63, SHEFFIELD TAS 7306 or
by e-mail to: council@kentish.tas.gov.au

RATES REMINDER

A reminder that the third rate instalment is due and payable on 28 February 2015 and interest will be charged on outstanding amounts after that date.

CLEAN UP AUSTRALIA DAY

Clean Up Australia Day is being held around the nation on Sunday, 1 March 2015 and Council encourages anyone interested in becoming involved to register now.

Every year, hundreds of thousands of Australians get in and help clean up the environment by collecting and removing rubbish in their local areas.

Clean Up Australia Day is fun, easy and everyone can get involved. Individuals and local groups can either organise a Clean Up site or volunteer to join an existing site.

Kentish community groups or individuals who would like to be involved can register online at www.cleanupaustaliaday.org.au or by contacting Aleasha at the Council Office. Registrations close in mid February.

KENTISH COUNCIL YOUTH SCHOLARSHIP RECIPIENT

Meredith Baker of Wilmot was awarded the \$1,250 scholarship offered by Council for a University or TAFE student required to live away from home as part of their studies. Meredith will continue her studies at the University of Tasmania, Launceston Campus, studying a Bachelor of Arts. We wish Meredith all the best with her studies.

SHEFFIELD COMMUNITY INFORMATION EVENING

Council will hold a community information evening to provide and receive information about the Sheffield area. The meeting will be held on Tuesday 10th February 2015 at 7pm at the Sheffield Town Hall. All residents from Sheffield and surrounding areas are invited to attend. A light supper will be provided.

RAILTON COMMUNITY INFORMATION EVENING

Council will hold a community information evening to provide and receive information about the Railton area. The meeting will be held on Tuesday 24th February 2015 at 7pm at the Railton Kings Hall. All residents from Railton and surrounding areas are invited to attend. A light supper will be provided.

MEET AND GREET VOLUNTEERS

Would you enjoy helping visitors to make the most of their time in Kentish? Do you enjoy meeting new people or want to learn new skills? Kentish Visitor Information Centre needs volunteer support throughout the year but especially from November through to April when visitor numbers are highest. If you would like to join our meet and greet team at the Visitor Centre please contact Sharon Jewell on 6491 1036 or drop in to 5 Pioneer Crescent, Sheffield to find out more.

WIRELESS INTERNET ACCESS

Kentish Council recently installed a wireless internet access tower on the roof of the council offices in Sheffield. As a result, wireless internet access is now also available to all Sheffield, Barrington and Nook businesses and residents within line-of-sight of either the antenna on the council office, or the relay station on Weeks Rd, Barrington. This service obviously incurs a fee like any other internet access. Should you be interested in procuring wireless broadband, please contact Stuart Green or Jason Watts at Neveco Pty Ltd, Four Ways, William St Devonport.

PO Box 63, SHEFFIELD Ph. (03) 6491 0200 Office Hours: 8:00am – 4:30pm week days

Following an emergency eg flood, fire, wind storms etc. Council can be contacted for information and referral to support services.

KENTISH COUNCIL

However, unfortunately this service will not benefit residents in many outlying areas. Internet service in Claude Rd, Gowrie Park, West Kentish and Staverton area is diabolical and Mr Justin Carman, of Silver Ridge Retreat, is leading an attempt to establish an additional relay tower near West Kentish, to radically improve internet connectivity in that region.

Mr Carman has contacted Neveco and has been assured that if there is sufficient demand in the Claude Rd to Staverton area, Neveco would consider building an additional relay tower to revolutionise internet broadband connectivity in that area.

So if you run a business or resident in that region, and are interested in wireless broadband internet connectivity, please contact Justin at Silver Ridge Retreat. If the area's residents can present a united case, this initiative has the potential to revolutionise internet connectivity in the region.

NEXT COUNCIL MEETING

The next ordinary meeting of Council will be held at the Wilmot Hall, Main Street, Wilmot on Tuesday 17th February 2015 commencing at 7pm.

NATIONAL TIDY TOWNS AWARDS

Sheffield will host the National Tidy Towns Awards on Thursday 26 and Friday 27th February 2015 at which a new town will be named Australia's Tidiest Town for 2015.

Sheffield is expecting around 100 people from right across Australia to attend the Awards Ceremony. Delegates to Sheffield will also enjoy a half day tour of our beautiful countryside and visit some of the projects and organisations which were instrumental in Sheffield winning the award in 2014.

Presentation of the town and surrounding areas is very important and Council encourages all property owners to assist through neat and tidy yards and nature strips.

Locals may attend the Awards Ceremony on Friday 27th February. Tickets cost \$130 and include a 3 course dinner and entertainment from local harpist, Marietta Mineur. Ticket sales finish on Friday 13th February.

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Following an emergency eg flood, fire, wind storms etc. Council can be contacted for information and referral to support services.

JOIN, LEARN, BE READY

In Tasmania, our emergency services run with the help of people just like you who work as volunteers. While we are grateful to those who put their hand up in a crisis, the time to join is now and learn new skills before disasters happen. We are on the look out, for people like you, to join, learn, be ready. **Ready to become one of us?** www.emergencyvolunteers.tas.gov.au



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Bushfire Arson : Say Something

Crimestoppers, Tasmania Police, and the Tasmania Fire Service have started a campaign called:

Bushfire Arson : Say Something.

The campaign will encourage members of the community to submit any information on deliberately lit bushfires, as it could be of value in the crime-solving process.

If you have seen something or know something that is not right with regards to a bushfire, call Crimestoppers as soon as possible on 1800 333 000.

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SPORTING ACTIVITIES

SHEFFIELD GOLF CLUB

Veterans Open tournament

The Vet's Open Stableford Tournament was again well attended, but the onset of heavy rain put a dampener on the day. Alan Duncan (Sheffield golf club) won the overall trophy, while Grant Lee (Deloraine), David Proud (Sheffield), and D. Bugg (Stanley) were among the winners in their divisions. An excellent lunch was provided, and was some consolation for the inclement weather.

Sponsored Day

"Feelin' Fruity" fruit and vegetable business kindly sponsored a Stableford Multiplier last month. Despite the disappointment when players scored 0, everyone ended up the best of friends and a great day was had by all. The winning couple was Gary Jago and Lyle Thomas with 98 points. Feelin' Fruity also provided a beautiful fruit basket to raffle. Their generous support is most appreciated

The "A Team" sponsored an Invitational "Ambrose 4" and attracted a large field. An "Ambrose" is always a fun game and this was no exception. The winner on the day was the team of D.Jago, M.Jago, S.Mathew and R.Sherriff with 50.8 nett. Congratulations to the winners!

Many thanks to our sponsors for their generous support.

Other Results of Interest

Leigh Tuson had an eagle on the 9th.. That's big hitting!

David Jago and Lyle Thomas won a 4BBB Stableford with 47 points in a vet's competition.

Janice Milner won a ladies Stableford competition with a score of 37.

Well done to all winners of events.

Monthly Medals

The first Don Store IGA Monthly Medal for 2015 was won by Barry Tuson with a score of 60. David Proud was the winner of the Vets Caltex Sheffield monthly medal with 65. The lady member's monthly medal, sponsored by The Sheffield Hotel, was won by Judy Lang with 68. Congratulations to medal winners.

Contact Numbers

Sheffield golf club 64 911184, Member's President Lyle Thomas 0418141727

Lady Member's President Judy Lang 64 911572

You can visit our website at <http://www.sheffieldgolfclub.net.au>

RAILTON SQUASH CENTRE

Did you know that Railton has one of the best squash facilities on the coast? Why not come along and see for yourself.

The Railton Squash Centre has regular "family friendly" Wednesday evening squash games, as well the opportunity to hire the Centre on a casual basis. Everyone is welcome regardless of your skill level. We have equipment available for hire or use on our roster nights. We would love to see more people using the Centre. The Sport & Recreational Precinct in Goliath Park has terrific facilities; there is a ball wall at the rear of the Centre, with cricket wickets for an instant game of cricket. The park provides options for tennis, basketball, football and access to the BMX Park. Tokens for the lights in the Squash Centre can be purchased at the Railton Motor and Tyre Service. General inquiries phone Lindy Cassidy on 0417241315.

APPLE ISLE CARRIAGE DRIVING

Apple Isle Carriage Driving Inc. visited Sheffield Railway Station on January 4th to give rides to the public. People rode on the train and then continued on their way with a horse and carriage ride. It was great fun and we will be back on Sunday 8th February to give more rides and enjoy carriage driving.

We also signed up two new club members; it's amazing the interest that comes forward. One of our club members brought along her pony for small children, another couple brought along two magnificent Clydesdale horses.



Redwater Creek Steam and Heritage Society have been very supportive and we appreciate it.

Why not come along and have a chat, we have a great team.

For more information about our club please call Chris 64912030 Neil 0408 227 135 Lesley 0409 961 664

Happy Trails to you.

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SPORTING ACTIVITIES

REDWATER CREEK STEAM & HERITAGE SOCIETY INC

Saturday 7th and Sunday 8th Feb. our steam train leaves every half hour for East Victoria Street between 11am to 4pm. Come ride on a genuine North East Dundas First class passenger carriage behind a 106 year old Krauss steam locomotive and let the kids experience travel the way their grandparents did.

And if you come on Sunday 8th February – not 1 but 2 special extras!

The Apple Isle Carriage Driving Association will be operating a horse drawn carriage from just beyond the Sheffield Railway Station from 11am to 4pm. The public are welcome to go for a short ride at \$2 per person.

And at the same time, 9am to 3pm the Redwater Creek Model Railway will be open to the public, in the shed with the Printery mural. Come along and see what the club members have been doing to build the new layout and run the little trains on it.

The Society members are busily planning and preparing for the 21st SteamFest on March 7th to 9th along with preparing engines to go to the National Historical Machinery rally at Quercus Park the weekend before SteamFest. A road run of approximately 10 steam engines and steam wagons is being planned from Quercus Park to Sheffield on March 2nd to 4th – (yes 3 days to travel 80km!) - to celebrate 150 years of traction engines operating in Tasmania.

Our Redwater Creek Railway Coffee Shop will be open each day offering home baked goodies and tasty light meals cooked to order. ...cheesy corn & bacon muffins, hot dogs, toasted sandwiches, or some home baked goodies? With freshly brewed coffee, tea, or cold drinks.

For more information contact President – Chris Martin on 0429418739.



Kentish Health Needs Assessment

Would you like to see improved access to health and wellbeing services in Kentish?

The University of Tasmania's Centre for Rural Health is undertaking a project to gather information from the community on a range of social, economic and environmental factors that impact on the health of Kentish residents. This will be done using a community questionnaire, focus groups and individual interviews.

All information collected will be anonymous. Information gathered will be analysed to form an action framework to inform and assist to attract future programs and services.

The Questionnaire

The questionnaire will be posted to every household in Kentish in December. Questionnaires can be completed and posted in the reply paid envelope to the University of Tasmania. Alternatively they can be dropped off at the following collection box locations:

Kentish Council
Turnbulls Pharmacy
Sheffield Medical Centre
Railton Pharmacy
Wilmot Online Access Centre

The questionnaire can also be completed online at <https://www.surveymonkey.com/s/surveykentish>

Once you have completed the questionnaire you are eligible to go into a draw to win one of two \$100 IGA supermarket vouchers.

*Please note to be eligible for the prize draw you need to complete the questionnaire online or drop the survey off at Council Offices, 69 High Street, Sheffield.

Council strongly urges you to participate in this important and worthwhile project. If you participate in a focus group or interview you can still complete an individual questionnaire. This project has the potential to capture the voice of the whole community and will assist greatly in the planning and development of future services and programs in Kentish.

If you have an activity or function to be included in the "What's On in March?" Column please send to editorial@thekentishvoice.com.au or deliver or post to 12 Victoria Street, Sheffield, 7306.

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COMMUNITY NOTES

MERSEY COMMUNITY CARE TRIPS

MCCA has Full Day Social Bus Trips every Friday; Half Day Social Bus Trips every second Thursday; and Out of Town Shopping Trips on the last Thursday of the month.

MCCA picks up MCCA clients from their homes between 9.00am and 10am and take them on a social outing for the day or half day. The cost of the bus trip is \$10. The cost of the meal or morning tea is extra. A caring volunteer is on hand to assist clients to get on and off the bus, secure seat belts, open doors and order meals.

If you would like more information or would like to be assessed to access our services please phone: 64248883 The bus trips are listed in the "What's On in February?" section on page 34.

MCCA needs more volunteers to assist in the provision of services to clients. Volunteers can drive the community cars, be an assistant on our community bus, help out in the Minor Home Maintenance Service, provide shopping support for a client, visit a client for a cuppa and a chat and provide respite for a carer.

Induction Training, ongoing training and support is provided free of cost to volunteers.

If you have a spare 4 hours a months or would like to volunteer your time to assist frail/aged or younger disabled people to remain in their own homes, then we need you!. Please phone 6424 8883 for details.

Mersey Community Care Office is open between 8.30 am and 4.30 pm Monday to Friday.

PIZZA CONNECTION

"As food is to the body, so is the word of God to the soul." As previously advised, the next men's pizza night will be held in the Sheffield Town Hall on Friday, 20 February starting at 6.30 pm. As always, there is no charge for the night but a RSVP by 13 February helps us to plan the catering.

The theme for the night will be "from darkness into the light", we live in a world of uncertainty where it is difficult to see the path ahead because of the darkness coming upon the world. God's word is a lamp to our feet and a light to our path.

A young man will talk of his life of drugs, alcohol and violence and how he found his way out of this world into the light of freedom. Our speaker, who is a local man, will help us to understand and find the path from darkness to light.

An open invitation to all men 13 years and over, if you don't want to confirm you are coming, then just turn up!

In past months we have spoken about the new men's Shed Night, the first to be held on 16 January, well it was held! Despite inclement weather, a group of men turned up to a barbecue followed by one man telling his story of a major trauma in his life and the outcome. The venue of the Blue Hall in Railton proved to be most suitable, it is expected another night will be held in March, more in the next edition.

For further information or to RSVP for the pizza night; Craig 64 921160, John 64 273477, John 64912525.

SHEFFIELD MARKET

The Sheffield Town Hall Market will be in recess until April. The date has not been set at present but we let everyone know the date once decided. Narelle and Eric

KENTISH PROBUS CLUB

The Next meeting of the Kentish Probus Club will be Feb 10th at 10am in the Sheffield Bowls Club .

Our guest speaker will be Phil deBamford re army life in Afghanistan.

Our Feb outing will be to Carrick and Brickendon, Longford on Tuesday 17th February.



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COMMUNITY NOTES

THE HUB REPORT

We are open and underway for another year. We have lots of clothes,

books, records, bric-a-brac and even some mystery items at bargain prices. If you have not yet called in to see us we are at 35 High Street next to the Fire Station, hours are Monday to Friday 10.00am to 3.30pm. Fridays 10.00am to 4.00pm. Thank you for all the donations of items we have received so far.

Your support allows us to sponsor projects and organisations within the Kentish Community.

The Committee

THE KENTISH COMMUNITY CHOIR

Come and sing with the Kentish Community Choir!

The Kentish Community Choir has been meeting on Fridays from 1.30 pm to 3.00 pm in the supper room at the back of the Uniting Church, corner of Henry and Main Streets in Sheffield for more than two years.

We sing a great variety of songs, and recently sang at the Kentish Council Australia Day Ceremony. Some of the choir members are currently working on a medley of romantic love songs in preparation for the next Claude Road Hall Slow Food Night which celebrates St Valentine's Day.

We also regularly sing at Tandara, in both the Aged Care Unit and Day Care program.

As well as developing the musical skills of the group, on the more serious side, the choir has seen an amazing growth of friendship and pastoral care, each member recognised as a valued part of the group. It's grown to be a happy group and the weekly meetings are a fun time, which members look forward to.

Remember – we would love to have you come and sing with us. You don't have to be a wonderful singer; you just have to enjoy singing! If you are interested in joining, we always welcome new members and everyone is welcome to join. Either come along on at 1.30 pm on Friday afternoon, or contact Leoni Read 0429 705 062, or our conductor Rosie Stapleton, on 64 261031.

WORKING ART SPACE

The exhibition to be held at the Working Art Space, Albert Street, Sheffield from 2nd Feb to 2nd March is "Textile Wall Art" by Fay Warren.

This exhibition is a collection of pieces made while she was living in Qld and a member of the Qld Quilters.

Some of the pieces have been exhibited and won awards at the Qld Quilt Show held yearly in Brisbane.

The Camera club will meet on Sat 14th Feb 2015 11.00AM
Subjects: Blue, Shadows, And now for something completely different.

Making of mosaics for walkway will continue until all finished.
AGM was held on Jan 10th.

The new executive committee is; President/Secretary - Nita Pountney ; Vice President - Fay Warren; Treasurer - Jo Easton; Minutes Secretary - Noni Nelson.

Next TRAK meeting Sat 14th Feb after photo comp.

Any enquiries Nita Pountney 6429 3253

HELPING HANDS

Last month the Helping hands volunteer group again responded to community "calls for help" in various ways.

The majority of needs that the group are asked to be involved with, come from elderly residents and some of these people are "doing life tough." For others, sometimes it is as a result of sickness or an accident that the call for help goes out.

For any residents in Kentish who are unsure of who the group are, or what they do, maybe the following will be of help:

We are a group of people from Sheffield Bible Chapel (plus a few other interested people) that make ourselves available for one Saturday each month (usually around the middle of the month) to assist with jobs in and around the home.

This free service is offered to those who are either unable or cannot afford to do these things themselves.

The kind of help that is asked for, can be quite varied. It can be something simple like changing a light bulb to whippersnapping some long grass etc. etc. Residents are reminded that if you think that the volunteers would not be interested in your particular need, why not give them a phone call and ask?

You can contact Ken on 6491 1512 or Andrew on 6491 1610.
The next planned Helping Hands day is set down for February 14th.

It is most helpful to the organisers if you can phone in your requests prior to this date to help with planning the day's activities.

THE KENTISH COMMUNITY KITCHEN

The Kentish Community Kitchen provides a warm friendly place where everyone from our Community can come and share a two course meal together for the cost of a gold coin.

Town Hall Supper Room High Street

6:30pm.on February 10th & 24th

ALL WELCOME

**Mersey Community Care Inc. are in need of more volunteers for 4 hours a month to assist in various services to clients. Full induction and ongoing training is provided
Ph 6424 8883 for details.**

LETTERS TO THE EDITOR

Reply to Annie Hayes by Brian Inder

I have considered Annie Hayes' objections to the Cableway which in all fairness must be measured against the reality of the economic conditions which now prevail in Kentish and the North West coast.

In the entire country our economy is at the bottom of the heap. Families are losing their homes; jobs are all but non-existent. Farmers are being forced off their farms.

The homeless who are in need of 'sleeping out' packs are running into the hundreds. 'Gran's van' and the many others who provide meals for those without are being stretched to their limits.

It was once possible for the willing to climb the ladder of success. Now not possible as many of the rungs have been legislated away.

Families are breaking up as the young and breadwinners try working in other states.

The suicide rate is climbing and many turn to drugs to blot out the sheer hopelessness of their situations.

Like it or not, Kentish is wedded to tourism and there is a great need for a major economic stimulus.

The Cableway will provide this with the absolute minimum of an environmental footprint. Tourism is an industry that supports both big and small players equally. They have a symbiotic relationship that provides jobs across a very wide field.

The Cableway will provide an economic reinforcing rod thrust through the entire fabric of our society.

The alternative suggestions by Ms. Heyes, Lake Barrington, camping grounds, bush walking etc. can in no way have the economic impact to correct our parlous situation.

It is commendable that Ms. Heyes is concerned with our wildlife, but her apparent lack of empathy for her fellows makes me uneasy.

A 'homeless' eagle, Tasmanian Devil or Quolls do not equate with a homeless child.

A 'different' type of visitor is in reality only a friend we haven't met yet. Friends that could do much to provide all of us with much more secure and interesting lives.

I don't think the presence of the Cableway will do anything to impoverish our Council, in fact quite the opposite; but it will certainly elevate Kentish to the position of the most successful small rural community in the Commonwealth, and we shall all have bragging rights.

I was delighted that Ms. Heyes included the Weindorfer's honeymoon site in her concerns. A park ranger has located the exact spot and the Cable Way will provide splendid access for many a wedding party in the future.

Ms. Heyes need have no concerns about water quality and the rest of it. Our environmental guardians are very much on the alert covering these aspects.

Ms. Heyes also claims that the Cableway threatens to divide our community. So did the Murals. It took seventeen years of resistance before Mural Fest got under way. There still is some.

But no one can deny that Kentish has not benefitted from the Mural visions, we all have. Which only bears out the old saying – "where there is no vision the people perish" – and the old Sheffield would have without a doubt.

Ms. Heyes urges a public response, implying that the Cableway people are some sort of predators. I think not.

They too have a vision. They are the only true friends we have, concerned that our fellows live as comfortably on this soil as Ms. Heyes' wildlife.

Even our Prime Minister has said that we might as well pack up and leave.

Let's prove him wrong.

This is my personal response and does not necessarily reflect the views of the promoting group of the Cableway.

Brian Inder, Promised Land

Dear Editor,

I love Mt Roland and believe that it must remain untamed with low impact access. If the promoters have community support (or apathy) to build a cableway, they will also build a covered docking station, paths and stairways, viewing platforms, and a great deal of fencing (so we don't lose too many tourists over the cliff), toilets (yes or no?), water catchment and storage, waste and garbage disposal and more extensive tracks for the "sporting equipment". That is a bit of a joke. Actually, it is not exactly flat up there.

Later on (and please convince me that this will never happen), the helipad for emergency evacuations and joy flights. A café, class accommodation, the service road from Mole Creek and the car-park. Pretty far out! Eh? Never happen!

I know I will cop flack, but, I don't want more and more tourists in my town. I would move to Surfers if I needed touts, buskers, pan-handlers and Chinese signage everywhere.

I don't believe the business community is barely hanging on and, I believe, (sorry Alan), "The death of Sheffield as we know it" is more likely with a vast increase in tourist numbers.

People should stop and have a look at what we have here. This is a fantastic place as it is. It is not broke, don't fix it.

Appreciate the chance to state my views and I expect that I will be corrected on a point or two. Just hope they play the ball and not the man.

Max Wood, Sheffield

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COMMUNITY NOTES

LIVING MURALS - BEAUTIFYING WITH GARDENS

Have you met Winnie yet? Winnie is the “little old lady” who sits at a table outside the Blacksmith Gallery Cafe having a cup of tea with her dog “Precious” beside her. Winnie is a life-size dummy who looks like your grandma and was made by Terrie Pollard and Jill May.

Just in case you happen to recognise her outfit, it came courtesy of The Hub. Tourists love to have their photo taken having a cup of tea with her, or giving her a kiss. On the table next to Winnie is a collection tin, which asks people to donate to the Living Murals’ town beautification project. Since she started sitting there around Christmas time, Winnie has donated over \$150 for the purchase of plants and garden equipment. Thank you Winnie, and special thanks to cafe owner Chris Jones, who came up with the idea.



Winnie and Precious outside Blacksmiths Gallery Cafe where the Living Murals Group meet at 9.30 am each Thursday morning

Our last article related how we intended to focus on thoroughfares. We have been helping Chris Jones, owner of the Blacksmith Gallery Cafe to add more colour to the walkway between the Commonwealth Bank and the Sheffield Shed. Stage 1 is well underway, which is to give the courtyard behind the cafe a face-lift. Chris Jones is looking forward to opening it up to a pleasant outdoor eating area. We also intend to make the fence line along the lane more attractive and interesting.

Once again we have been grateful for the generous donation of plants. Another big thank you to our volunteers who have taken the initiative to look after areas we have worked on, including Kim Johnson, Jill May, Ann Lentern, Vicki and Jenny Sargeant. Don't forget: we desperately need more helpers. Many hands can achieve a lot more.

If you are interested in helping, our working group meets at The Blacksmith Cafe for a coffee at 9.30 am each Thursday morning, followed by some gardening from about 10 – 12. It is amazing what a difference a couple of hours can make. BYO gardening tools. Everyone is most welcome.

If you would like to discuss the project or contribute, please feel free to contact me.

Leoni Read 0429 705 062.

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LINE DANCING IN SHEFFIELD

We are hoping to get a few more recruits for line dancing this year. There is only a small group of us but I really enjoy it as I love dancing and we dance to some very catchy tunes - not only boot scootin’ music!!! We have some fun and occasionally we are invited to do a demonstration at Tandara at the Seniors Activity Day. Good exercise too!!

Every Monday night at the Sheffield Town Hall. Come along and learn new dances to country and contemporary music and enjoy the fun and friendship of an enthusiastic group of people, yes men included!!

Beginners’ classes start 23rd February from 6.45 pm to 7.15 pm. Intermediate and Advanced classes begin 9th February at 7.15. Any enquiries can be directed to Jenny Bye on 0418330522

SLOW FOOD - ST VALENTINES DAY AT CLAUDE ROAD HALL



At Claude Road we love people and we love food so our next themed food evening combines the food we love with the people we love. On Saturday, 14 February we will celebrate St Valentine’s Day at the Claude Road Memorial Hall and invite you to bring a dish you love and join us in a night of fun, food and laughter. It kicks off at 6.30 for 7.00 and the event is free. If you don’t like to cook, come along anyway and just make a donation at the door. There will be singing and comedy with games and prizes. Come join in the fun – who knows, you might find something or someone new to love! Any queries just contact Kim on 6491 2344.

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Tasmanian
Liberal

Authorised by Mark Shelton, Parliament House, Hobart, TAS 7000

WHATS ON IN FEBRUARY?

Feb 1 st – Feb 28 th	Photographic Exhibition by Madeline Biancon, Gallery Tasmania (see page 9)
Feb 2 nd – Mar 2 nd	Fay Warren Exhibition of Textile Art, Working Art Space (see page 31)
February 3 rd	Uniting Care Op-Shop Bus visits Railton 12.00 noon to 2.00pm
February 4 th	Family Friendly Squash Games, Railton Squash Centre see (page 28) Uniting Care Op-Shop Bus visits Wilmot 12.00 noon to 2.00pm
February 5 th	MCCA Half Day Social Bus Trip to Makers Workshop, Burnie (see page 30)
February 6 th	Kentish Community Choir, Supper Room, Uniting Church Sheffield, 1.30 – 3.00 pm (see page 31) Appointments with Community Bank® Business Development Manager (see page 5) MCCA Full Day Social Bus Trip Lucas Hotel, Latrobe (see page 30)
February 7 th	Redwater Creek Steam Train Rides, Spring St, Sheffield (see page 29)
February 8 th	Redwater Creek Steam Train Rides, Spring St, Sheffield (see page 29) Apple Isle Carriage Driving, Redwater Creek Railway, 11.00am – 4.00pm (see page 28 & 29) Redwater Creek Model Railway, The Printery, Spring St, Sheffield (see page 29)
February 9 th	Line Dancing Intermediate & Advanced Classes, Sheffield Town Hall, 7.15 pm (see page 33)
February 10 th	Sheffield Community Information Evening, Town Hall, 7.00pm (see page 26) Kentish Probus Club Meets, Sheffield Bowls Club, 10.00am (see page 30) Kentish Community Kitchen Town Hall Supper Room 6.30pm All Welcome (see page 31) Spinning at Dragon's Rest, Formby St Sheffield, 10.00am – 3.00pm
February 11 th	Family Friendly Squash Games, Railton Squash Centre see (page 28)
February 12 th	Kentish Garden Club Pizza & Pasta Night, Sheffield Town Hall, 6.30pm (see page 9) MCCA Half Day Social Bus Trip to Wilmot Museum, Wilmot (see page 30)
February 13 th	Kentish Community Choir, Supper Room, Uniting Church Sheffield, 1.30 – 3.00 pm (see page 31) Appointments with Community Bank® Business Development Manager (see page 5) MCCA Full Day Social Bus Trip to Casino, Shopping, Meeting Friends, Launceston (see page 30) RSVP & Ticket Sales close, Tidy Towns Awards Dinner, 27 th February (see page 1 and 27)
February 14 th	Helping Hands Day (see page 31) Camera Club meets Working Art Space, 11.00am St Valentine's Day Slow Food Night, Claude Road Hall, 6.30 for 7.00pm (see page 33)
February 15 th	Nic's Cradle Challenge Ride, Sheffield to Cradle Mountain (see page 15)
February 16 th	Line Dancing Intermediate & Advanced Classes, Sheffield Town Hall, 7.15 pm (see page 33)
February 17 th	Kentish Council Meeting, Council Office, High Street, Sheffield, 7.00pm (see page 27) Kentish Probus Club Outing, Carrick & Brickendon (see page 30) Uniting Care Op-Shop Bus visits Railton 12.00 noon to 2.00pm
February 18 th	Family Friendly Squash Games, Railton Squash Centre see (page 28) Uniting Care Op-Shop Bus visits Wilmot 12.00 noon to 2.00pm
February 19 th	Computers for the Curious, On-line Access Centre, 3.00pm – 5.00pm (see page 5) MCCA Half Day Social Bus Trip to Turner Beach Berry Patch, Turners Beach (see page 30)
February 20 th	Men's Pizza Night, Sheffield Town Hall, 6.30pm (see page 30) Kentish Community Choir, Supper Room, Uniting Church Sheffield, 1.30 – 3.00 pm (see page 31) Appointments with Community Bank® Business Development Manager (see page 5) MCCA Full Day Social Bus Trip to 41 Degrees South Salmon Ponds, Deloraine (see page 30)
February 23 rd	Line Dancing Beginners Classes, Sheffield Town Hall, 6.45 – 7.15 pm (see page 33) Line Dancing Intermediate & Advanced Classes, Sheffield Town Hall, 7.15 pm (see page 33)

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SHEFFIELD MARKET & CAR BOOT SALE

The Sheffield Town Hall Market will be in recess until April. Narelle and Eric
Inquiries Ph: 0437 124 559

PUBLIC NOTICES

The Annual General Meeting of Sheffield R.S.L. & Citizens Club Inc. will be held at the Club's premises at 77 Main Street, Sheffield on Wednesday, February 18th, 2015 commencing at 7.30pm.

The next meeting of the **Devonport and Surrounds Tourism Association Inc.** will be held at
The Barclay Motor Inn on
Wednesday 18th February at 2.00pm

WHATS ON IN FEBRUARY? (CONTINUED...)

- | | |
|---------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| February 24 th | Railton Community Information Evening, Kings Hall, 7.00pm (see page 26)
Kentish Community Kitchen Town Hall Supper Room 6.30pm All Welcome (see page 31)
Spinning at Dragon's Rest, Formby St Sheffield, 10.00am - 3.00pm |
| February 25 th | Family Friendly Squash Games, Railton Squash Centre see (page 28) |
| February 26 th | Sheffield hosts National Tidy Towns Delegates (see page 1, 3 and 27) |
| February 27 th | Kentish Community Choir, Supper Room, Uniting Church Sheffield, 1.30 - 3.00 pm (see page 31)
Appointments with Community Bank® Business Development Manager (see page 5)
National Tidy Towns Awards Night, Sheffield (see page 1, 3 and 27)
MCCA Full Day Social Bus Trip to Blue Wren Tea Gardens, Ulverstone (see page 30) |
| February 28 th | "A Day At The Creek", Mole Creek, 12.00 noon - 9.00 pm (see page 19) |
| March 1 st | Clean Up Australia Day (see page 26) |



B&H Real Estate



McCoys Rd Under Contract with multiple offers.
More Properties Needed.

POSITION VACANT

B&H Real Estate is expanding in your area!

Would you like a career in real estate using a unique sales model with flexible hours?

Send resumes to service@bandhrealestate.com.au

"SELL with us & You'll SAVE with us"

B & H Real Estate's
FLAT \$990 COMMISSION

Devonport 6447 1214

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Head Office: 13 Cattley St, Burnie

www.BandHRealEstate.com.au



1422 Cradle Mountain Road, Moina. 7310

February
The month of
Love, Food & Fun

Open 7 days a week
from 10am.
Food available all day
from 11am.

Tavern Bottle shop for take-away beer, wines, & spirits.



Local food, wine & atmosphere.

Wood Fire Pizzas

made to order using fresh local ingredients while you enjoy a refreshment.

- Margherita
- Roasted Pumpkin & Feta
- Tandoori Chicken
- BBQ Pulled Pork
- Hot Smoked Salmon & Goat's Cheese
- Charcuterie Meat Lovers from \$10 to \$24
- Buffalo Burger
- Salmon Burger

Dine in or takeaway.

Follow us on Facebook to see the pizza menus and specials.
facebook.com/MoinaTavern



Call to make a booking

6492 1401