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 IN KENTISH
 ISSN 2202-2813
 Established 2013
 Issued Monthly
 Vol. 2 No. 1
 July 2014

A Community Newspaper produced by Thema Pty Ltd
www.thekentishvoice.com.au

KENTISH LIONS PREPARING FOR 2014 MUSIC HALL

Do you enjoy a fabulous meal, a good old-fashioned sing-a-long and a great show with live music? Then good news - the all new 2014 Kentish Lions Club Music Hall is nearly here.

“Convicts, Captain, Cook and Cockies” is loosely based on an Australiana theme. Patrons will follow the journey of two petty criminals from London as they travel to the penal colonies as guests of Her Majesty. Will they find love and freedom on the other side of the world, or will they be condemned to a life of crime?

(continued on Page 3)



Left to rightTerrie Pollard, Annette Bryant, Michael Reilly, Julie Patterson , Shasa Bolton , Brett Coombs, Keren Smithies, Jo Easton, Phillip Daniell and the convict squatting in front is..... Rhys Lardenove .



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Circulated FREE in the Kentish Municipality
and FREE download from the website
www.thekentishvoice.com.au

The Kentish Voice, 12 Victoria Street

Sheffield TAS 7306

Published by Thema Pty Ltd
as trustee of the Douglas George Begg Family Trust
ABN 53 646 737 964

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Printed in Devonport by **R & J Publishing**
Shop 1/103 Oldaker Street, Devonport 7310
Phone 6424 5441

**Deadline for advertising and
articles is the 20th of the month**

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EDITORIAL

Welcome to the first edition in our second year. I hope that you enjoy reading our monthly dose of good news! We are proud to be sporting the Tidy Towns Winners Logo! Aleasha at the Council Office can send it to you to include on your stationery or emails, so give her a call. Let's show the world how proud we are of our town and the people in it that do such wonderful work for our community!

Thank You! - to all those who have contributed to this month's edition, as well as all the editions during the previous year. It is your input that makes for great reading. We hope that we have something that interests everyone in our communities.

I can never thank the advertisers enough for making this all possible and I hope that our readers will thank them too by supporting their businesses when you can. I know that it is not often something that you think about when you visit a store, or phone a tradesman for a quote or a job, but you will also help them to know that their advertising is effective within their local community if you mention to them that you saw them in The Kentish Voice. Thank them for supporting our community by placing their advertisement, and providing good service locally.



Lesley and Doug

Kentish Lions Club Music Hall 2014

(continued from Page 1) Now in its 4th decade, the Kentish Lions Club Music Hall continues to be a major annual event providing wonderful entertainment for the whole family.

Additionally, it continues to be the major fundraising event for the Kentish Lions Club. Funds raised through the event support a number of important community based activities.

Under the guidance of new director Brett Coombs, this year's Music Hall promises to be a night to remember. Whilst some of the cast members have been involved in previous Music Halls, the show this year has attracted a large number of fresh, new, local talent.

According to Kentish Lions Club spokesperson Brian Harris, "we have put on some fabulous shows in the past with a great cast. This year we are thrilled to appoint Brett Coombs as the new director as he brings new ideas and a high level of enthusiasm as well as professionalism to the show. We believe that Music Hall 2014 will be a show to remember". Coombs agrees. "It is always good to have someone new involved as it brings a new and different perspective. For me it is the opportunity to build on a great show and make it even better".

So join us and enjoy a show filled with live music, madness and mayhem as we celebrate all things Australian through the

centuries. For even more fun and your chance to win a prize, come along in period costume as we also celebrate the 100th anniversary of the historic Sheffield Town Hall. Some great reasons to come to the 2014 Music Hall, knowing that you are also supporting a great organization and their work – the Kentish Lions Club.

The show commences on 10 August and runs until 23 August. Both matinee and dinner shows are available, and the dinner show price includes a 3 course meal.

For more information visit www.kentishlions.org.au.

Bookings call 0418 179 059.

Show Dates: Matinee 10 & 17 August

**Dinner Show 15/16 August ; and
22/23 August**

Prices: Matinee: \$10

Dinner Show: \$37

Dinner Show (show only): \$15

**Times: Dinner Show 6.30pm for 8.00pm show
Matinee 1.30pm**

LET'S ALL CELEBRATE TOGETHER!

Join in the Community Celebration presented by the Kentish Arts Festival, and sponsored by the Kentish Council, at the Sheffield Town Hall, Saturday 5th July at 7.00pm to celebrate the Tidy Towns wins by Sheffield and Wilmot.

The Concert is to say "Thank You" to the community, and is especially for the younger members. There will be a free supper, a lucky door prize, a lucky seat prize, and prizes for dancing! Come and join the celebration! This is for you!

Kentish Arts Festival Concert

**Celebrate the Tidy Towns wins for
Sheffield and Wilmot**

featuring

Brett Budgeon and Leah Woodberry

with support artists

Saturday 5th July 7.00pm - 10.00pm

at the Sheffield Town Hall

Gold Coin entry at the door - seats are limited -CHILDREN FREE!

FREE Supper and First 50 children receive a free drink.

**A non-stop show with Music, Dancing and Entertainment
with a lucky door prize, a lucky seat prize, and dancing prizes.**

STAYING CONNECTED WITH TIM WILSON

Hello again,

Big news. The National Broadband Network is making its way into Kentish. It has taken longer than a while but things are moving. Wireless broadband is now available through many areas of Acacia Hills, South Spreyton and parts of Nook and Barrington. I noticed that Telstra have been promoting their service in Spreyton.

Please be aware that you do not have to sign up with Telstra as other companies also offer the NBN wireless service. Do your research before signing up with anyone. Plans and deals do vary. So how fast will it go? Hmm. Depends on how close you are to the tower mainly. That said, you should be able to stream video and audio content no problem. To get the fixed wireless service, you will need to have an antenna attached to your home and cable fed into your house and then a router setup there. Not a 2 minute job.

The word around town is that many people are now signing up. If you are not sure my advice is to wait a little and then visit someone with the new NBN wireless service and see how the service performs. We are getting somewhere. Visit the following link to see what is happening with the NBN in Kentish. <http://www.nbnco.com.au/when-do-i-get-it/rollout-map.html> So when will the fixed wireless service rollout in other parts of Kentish? Dunno!

ADSL is another mode of getting broadband to your home. I won't say what ADSL stands for because it won't make any sense. The distance you live from an exchange will affect the download speeds that you get. There is a cut-off point also. If you live more than say 5-6 km from the phone exchange then the service may not be viable for you. The further you move out, the slower your download speeds will be. Ask Telstra to test your line and see how it stacks up.

Tax Returns. I really love doing tax. Ok I lied. It is a touch less painful using the ATO e-tax software though. You need to download the software from the ATO website. It is available July 1 2014. No pesky paperwork, no trip to the post office to send it in. Most refunds come in 12 business days. Once the software knows who you are, it will automatically fill in some information for you, making the process quicker. The software is available for Windows and Mac. More information here: <https://www.ato.gov.au/Individuals/Lodging-your-tax-return/Lodge-online/e-tax/>

For Beginners...

Computers for the Curious...



This course runs on the third Thursday in the month the next being July 17 . 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.



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The Steering Committee would like to thank all our supporters who have moved their banking to the **Sheffield/Railton Community Bank®** number either through Sammi or Anj, or through a Bendigo Branch. Your support is pushing our project closer to our target of \$10 million business on the books for us to proceed to the next stage of establishing our **Sheffield/Railton Community Bank®** Branch.

We look forward to being in touch soon with all our pledgees who have pledged to buy shares, and appreciate also the banking support of both our pledgees and others in the community who are showing their support by banking with your **Community Bank®** Branch..Sammi Charles is in Sheffield each Friday. Sammi will also visit anyone elsewhere in Kentish by appointment. So give her a call.

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 the staff, trained by Bendigo, who will assist you with your banking questions.




Please make an appointment to talk with either :Sammi Charles, Business Development Manager, on 0409 934 230; or Anj Cannell, Relationship Banker, on 0409 139 666.

CHANGES TO SHEFFIELD SCHOOL CHAPLAINCY PROGRAM

The Sheffield School Chaplaincy Program has been running in the school for over 20 years with primarily volunteer chaplains who have been local clergy. However with the advent of the National Schools Chaplaincy Program funding, we have been able to employ a chaplain for 2 days a week. This has been operational for many years now and as a school we have benefitted greatly from this extra support to students, families and staff in our school. The Local Chaplaincy Committee has successfully raised extra funding each year to employ our chaplain a third day and the school itself allocates a day's

funding out of its own SRP to provide the fourth day. Last year in partnership with Devonport Chaplaincy Incorporated and the Railton Campus we were able to give our chaplain a full time position covering both schools. The Railton Campus allocated extra funding so this is a two year program continuing this year. We are very fortunate to have Esther Wass as our chaplain on both campuses and her work in the school is highly regarded and valued.

Since its inception, Scripture Union has been our service provider and during this time we have been greatly supported by this organisation, especially with our former chaplain, Pam McCulloch in her role as school chaplain and in her role as Chaplain Support Officer on the North West Coast. Her input into our school was extremely positive and was instrumental in consolidating this role within our school and the community.

Due to changing circumstances, the LCC in conjunction with our constituent community, made the decision to transfer our Chaplaincy provider from Scripture Union to Devonport Chaplaincy Incorporated. This decision was not made lightly but with the utmost integrity and informed discussions.

There are three reasons the LCC has supported this transfer. These include:

- (1) Networking continuity of support and care for our students as they progress through local schools to Don College;
- (2) Increased local support and networking and professional learning for our chaplain are prudent to the conditions of our environment with links to services already in place in the surrounding area; and
- (3) Access to some of DCI's volunteer mobilisation and training programs assisting greater involvement of equipped volunteers serving in our schools. Programs such as Mentoring, Learner Driver Assistance etc. can be linked into our program and benefit our school.

The Devonport Chaplaincy Incorporated mission is to "support the Education Department of Tasmania by delivering Chaplaincy services, including effective credible support programs in accordance with State and Federal guidelines. Chaplaincy is a value add for every school community and a key part of the school welfare team. Our strategy is to continue the development of a 'positive' working relationship with school communities. Within the context of these relationships we seek to value add to the support and service that schools currently provide. We seek as an organisation to be ready and responsive where there are real felt needs within the support structures of schools."

We would like to take this opportunity to thank the wider school community, including the local churches and organisations, for their ongoing support, financially and in many other ways. Without this we would not be able to have a full time chaplain and this would limit the outcomes of such a valuable program within our school. We look forward to your continued support to ensure the needs of our school community are identified and programs developed to promote the ongoing health and wellbeing of our students.

Susan Dunn, Secretary, Chaplaincy Committee

Australian Congress on Community Energy Schemes in Canberra 2014



Photograph courtesy Coalition 4 Community Energy
Over 300 delegates came from all around Australia (as well as a few from overseas) to attend Australia's very first Community Energy Conference in Canberra.

A stand-out presentation and one that received a standing ovation was that given by the Mayor of Wildpoldsreid, Arno Zengle. He came to Australia (his first ever visit) specifically to talk at the conference and shared the journey of his home town of 2500 people in Bavaria, Germany [a similar size to Sheffield]. Over the past 10 years the Wildspoldreid community and Council have worked collaboratively to develop renewable energy projects and make their town a beacon of sustainability. They have built a wind farm, have solar panels on nearly all homes, plus biogas generation, mini hydro schemes, electric vehicles, energy efficiency programmes and much more. The town now generates 4 times the amount of electricity that it needs, with the surplus being sold to neighbouring districts earning 5million euros each year. The town has won many awards for sustainability and has a hundred international groups visit each year to learn about their renewable energy powered systems and their sustainable town.

Another keynote speaker at the conference was Simon Homes a Court on the Hepburn Wind project in Daylesford, Victoria. This community owned wind farm has grown from 500 to 2000 members, but took 10 years and nearly \$10million from the first idea to becoming operational. The 2 wind turbines put more power into the grid than the town needs and have been running for 3 years now – having abated 31,419 tons of CO2 during that time. Their journey was not a smooth one, and so to help other community projects learn

from their experience, a not-for-profit organisation “Embark” was launched to provide access to information and advice. (www.embark.com.au).

In the audience at the conference were representatives from many community energy projects around Australia all at various stages of planning or implementation and all waiting nervously on the outcomes of current government cuts to clean energy

programmes. ARENA (Australian Renewable Energy Agency, which commenced in 2012) has just had its uncommitted funding taken back into the general budget, so reducing its capacity to empower future renewable energy projects in Australia. The RET (Renewable Energy Target) is under review by a board that is widely regarded as pro-coal – cuts to the RET would undermine many community energy projects as well as the jobs of the 18,000 people employed in the solar industry. The Clean Energy Finance Corporation (which provides finance for renewable energy and energy efficiency projects) is hanging by a thread against legislation from the Abbott government to abolish it. The list goes on ...

However, the more than 300 people attending the conference were not daunted by the negative pressure against renewable energy – just disappointed it might take longer or make the journey of their own community energy projects more difficult. Inspiration from around the world is infectious – over 500 community energy projects in Scotland; hundreds more in Denmark which has mandated for community ownership of new wind farms; over 50 schemes in the US; the UK is introducing community renewable energy feed in tariffs and targets; and the list goes on...

There was far too much information from the conference to share in this short article about community energy schemes and all the ancillary areas of interest from connecting to grids, raising finance, governance models and the various techy bits, so a presentation to interested people will be held in due course by the 8 delegates who attended from Tasmania, including 2 from KEENER Inc. Watch this space for more details.

The K.E.E.N.E.R team .



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Gardening in July.

By now you will have stocked up on your fruit trees, strawberry runners, berry bushes and be ready to plant them out if you have not already done so.

July is the time to think about replenishing the soil in your garden to produce healthy, nutritional fruit and vegetables.

To provide plants with the trace elements we require in our diet we need to ensure we constantly replace those elements in the soil. There are several ways in which this can be done.

Rock dust added to the soil becomes food for the microbes essential to healthy soil. It unlocks elements in the soil making them available to plants. Rock dust can be found in your nursery. For home gardeners the easiest way to purchase it is in 2kilo bags. 2 kilos will cover 20 square metres, the usual dose being 1 handful per square metre.

Seaweed also contains many of the minerals required and can be added to compost or dug directly into garden beds. At the moment there is a fine collection of seaweed washed up on Mooreland's Beach at Wesley Vale.

Other elements that you should consider adding to your soil are dolomite lime, and wood ash will provide magnesium/potash.

Many home gardeners plant their first crop of peas in July, hoping that a late frost won't affect the flowers. Even if you don't intend to plant out your peas just yet, you could prepare the soil for them. Some gardeners dig a trench and load it up with compost, blood and bone, sea weed and dolomite lime. This is then covered with 6 inches of soil (150 millimetres). The compost will break down and be ready for the roots of the peas just when they need it. There are several good varieties of peas available to the home gardener. We find that most gardeners stick to the old varieties, such as Melbourne Market, and Green feast, particularly if they have had continued success with them. Other favourites are early crop Massey and Johnsons Telegraph. It appears that the old motto "when you are on a good thing stick to it" applies to the growing of peas. Make sure your beds

have good drainage and don't overwater the seeds once you have put them in the ground otherwise they could rot before they sprout. One of the delights of growing your own peas is to be able to wander along the beds, munching on sweet delicious peas straight from the pod!

The following seedlings should be available in your nursery right now: Red and Brown onions, leek, silver beet, kale, pad choi, and winter lettuce.

In the ornamental garden it is time to spread some well rotted manure around azaleas, rhododendrons and camellias and it is a good time to cutting back native plants.

GARDEN CLUB NEWS

The last meeting of the Kentish Garden Club was at the town hall on June 12th and we were fortunate to have Sabatino Cesile guest speaker from the Australian Quarantine Service to talk about the latest rules and regulations put in place to protect Tasmania from imported pests and diseases. With the spread of many exotic plant diseases across the mainland, we are very fortunate not to have many of them here and stopping these from spreading can only be done by education. Our guest speaker was amusing and entertaining as well as informative and his talk was followed by the usual supper enjoyed by all.

Our next meeting will be on Thursday July 10th in the town hall and then on July 12th we will have our Christmas in July function at Mountain Mamma, Main St, Sheffield at 12 noon. We ask all to book as soon as possible and members are welcome to bring a friend or partner along on the day. Payment of \$15 per person would be appreciated before the event also.

Our August meeting will be the AGM where all executive positions will be declared vacant and a new committee will be elected so we hope to have some fresh faces step up. The garden club is a great way to meet people and enjoy a great social atmosphere so everyone is welcome to come along and join anytime.

Any enquiries to the secretary Cate Rejman 0407 112090 or the president Kevin Dunn 6492 3375.

Happy Gardening to all



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Winter in Barrington

The wind is blowing a gale, it's icy cold, it's raining and even could be hailing. No, nature is not angry, it's just cleaning house. It's the season for chilling fruit trees, roses and tulips. It's also the season for comfort food - roast lamb, casserole, shepherd's pie, and even soup and scones. If there's any left over, maybe scones, jam & cream. It's time to prune the fruit trees and roses, so don't hide, step outside and feel the breeze. Enjoy what winter is and at the end of the day be entertained by dancing flames, in front of the fire with a good book, a hot chocolate, or even a glass of wine. Winter is the season of the senses!

by Robert Gower

Electric Eddy's power bill busting tips



This one is for the young people!

While parents may have told you about the birds and the bees, there is a very important fact of life that they may have kept from you – one day you too will have a power bill to pay!

So, to prepare you for that day and to prevent the OMG!!! WTF!!! is this 4RL? when you open your first letter from Aurora, here are some tips which might be BBB, but will help you keep money in your pocket rather than feeding the electricity meter.

Tip No 1: TURN IT OFF. Amazingly, appliances don't use electricity when they are turned off at the switch. This includes light bulbs, TVs, computers, play stations, Wiis, curling tongs, MP3 players, and all those lovely electrical devices FYE. If you're not actually using it at this point in time, guess how much electricity you won't use if you turn it off until you need it? Anything from 10% of your power bill upwards depending upon how many of those lovely fun devices that you normally leave running.

Tip No 2: IF YOU'RE COLD PUT ON MORE CLOTHING. Each degree more you turn up the thermostat adds another 10% on to your heating costs. Slouching around in your undies or a T-shirt while turning up the heating to compensate is going to really hurt your pocket when the power bill comes in. So, put on more clothes and save on your heating costs.

Tip No 3: DON'T STAND IN THE SHOWER UNTIL THE HOT WATER RUNS OUT. Hot water accounts for about a quarter of your power bill and you can save huge amounts by taking shorter showers. What do you really need to do in there anyway that takes that long?

Tip No 4: In winter, if it's sunny outside – OPEN THE CURTAINS. There is FREE heat and light to be had from the sun rather than paying to run a heater and lights in a darkened room with the blinds closed. Really – did I have to point that one out to you? Or do you think you will vapourise if you accidentally get sun on you!

Tip No 5: In summer, if it's sunny outside – CLOSE THE CURTAINS or it will get PDH. Keep the heat out when the sun is blazing and you won't need to turn on an air conditioner to keep cool!

FTR, if you start practising these simple 5 steps now, not only will you be training yourself ready for the day when it's YOU that has to pay the power bill, but your parents will probably stop nagging you (about this anyway!) and you may avoid being GUFN.

For an audit of your home, office or business
and to get advice on how to reduce your energy costs,
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WHAT'S IN SEASON IN JULY?



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

Bok Choy, beetroot, broad beans, broccoli, broccolini, Choy Sum, cabbage, carrot, celery, fennel, garlic, herbs, Jerusalem artichokes, kale, leek, micro greens, mustard greens, mushrooms, olives, onions (brown, Spanish, spring), Pak Choy, parsnip, potatoes (Kennebec, Dutch Cream, Up-to-date, Pink Eye), pumpkin, radish, rocket, rhubarb, silverbeet, spinach, sprouts (alfalfa, bean shoots, mung beans, mustard), spring onions, swede, turnip, zucchini

Fruit

Apples (Braeburn, Golden Delicious, Granny Smith, Jonagold, Pink Lady, Fuji, Red Delicious, Gala, Sundowner), pears (Beurre bosc, Cornice, Josephine, Nashi, Packham, Williams, Winter Cole). Also: nuts (walnut)

Other Australian produce

Vegetables

Asian greens, Brussels sprout, cauliflower, chillies, celeriac, daikon radish, eggplant, endive, kohlrabi, shallots, snow peas, squash, sweet potato, taro, witlof

Fruit

Avocado, banana, cumquat, custard apple, grapefruit, kiwifruit, lemon, lime, mandarins, orange (Navel), passionfruit, pomelo, quince, strawberry, tangelo, tangerine. Also: nuts (chestnut, pecan, hazelnut)

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

Recipe

Kale Stir-fry

This is a scrumptious dish making the most of local favourites like kale and broccoli. Serve as it comes, the cashews add protein and crunch, and also delicious accompanied by rice, couscous or quinoa. (Serves 4)

Ingredients

750g kale, any thick stems removed, finely sliced

2 tbsps oil

1 leek, finely sliced

2 garlic cloves, finely chopped

2 red capsicums, thinly sliced

1 carrot, grated

100g broccoli florets

Small fresh chilli, chopped (optional)

125ml vegetable stock (or water)

115g fresh beansprouts

Handful of toasted, chopped cashew nuts

Lemon wedges to serve

Method

*Heat a wok over high heat. Add oil and heat for 30 seconds. Add onion and stir fry for about 3 minutes.

*Add garlic, capsicum and carrot. Continue stir frying until the onion is tender and the capsicum is starting to soften. Add broccoli and chilli.

*Add kale. Stir in stock/water. Reduce the heat to medium and simmer for about 5 minutes until the kale is tender.

*Gently stir beansprouts into vegetable mixture. Serve the vegetables sprinkled with cashew nuts and lemon wedges on the side.

Recipe adapted from Super Foods: the everyday ingredients for a healthy life, 2012, Parragon Books Ltd.

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LIVING MURALS

A report from Living Murals - Beautifying Sheffield with gardens

I have just come back from spending five weeks in Adelaide, which not only gave an opportunity to get to know my three little granddaughters better, but also meant I was able to have a good look at what other places are doing to beautify their local area.

I want to pass on a very big 'thank you' to the people who put their hand up to 'keep an eye on' and helped maintain some of the areas our group has been working on. Areas included the Police Station and the strips along the RSL Car Park and the garden that has been planted along the fence line at the

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POLICE REPORT

Term 3 of the school year is upon us so a reminder to slow down in and around school zones. It is 40km/h when the lights are flashing or if no flashing lights are installed, signage is used to determine when the 40km/h limit should be obeyed. However it can't hurt to drive at 40km/h at all times just in case.

Though the winter chill has yet to really press down upon us, it is likely to be only a matter of time before we see our first hit of snow, black ice and sub-zero temperatures.

This leads to dangers on our roads and drivers need to adjust to relevant conditions. If you are planning a trip to the higher altitudes drivers should also be mindful of conditions they are about to enter into. These conditions can be checked by listening to ABC radio, a quick call to the Cradle Mountain Visitor Information Centre (64921133) or by going online at www.police.tas.gov.au and following the "Alerts" link which will give a list of road closures etc.

Crime rates in the Kentish are in the past month have been low again which as usual for police is great to hear.

Let's continue on this trend for the rest of the year.

Redwater Creek Station. An especially big 'thank you' to Jenny, who has offered to take over the care of the Police Station garden, which will free the group up to concentrate on other areas around the town. This was a part of the original dream, which was to have individuals, families or small groups take responsibility for the care of a garden in a public space. It was also a great thrill and a cause for another big 'thank you' to receive a letter from the Kentish Council advising us that the group has been given another community grant, this time for \$800 towards our project. We are intending to focus on the area from the RSL to Henry Street in the near future.

Before going away our little group was busy planting out all the donated bulbs we received. It is now good to see them coming up everywhere and we can't wait to see Sheffield burst into colour, come spring. Not quite so good to see all the weeds as well... but that's all part of gardening, isn't it?

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 6491 1632 [h] or 0429 705 062.

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KENTISH COUNCIL

ANNUAL PLAN AND BUDGET 2014/15

Council has adopted its annual plan and budget for 2014/15 including a modest increase in general rates revenue of 2 per cent. The median general rate for a residential property will increase by \$19.19 or 37 cents per week. No ratepayer in Kentish will have a general rate increase higher than 3 per cent, in fact, following legislative changes first applying in the 2013/14 financial year, some ratepayers will have a reduction in general rates. Council will continue to offer a discount of 2 per cent on rates paid in full on or before 31st August 2014. The Mayor of Kentish, Don Thwaites stated "The budget is always the result of the struggle between keeping costs down while responding to community demands for better roads and more services, but it has been developed with the over-riding goal of ensuring that Kentish remains a viable and sustainable entity into the future."

After adjustment for grants received specifically to fund new assets the expected operating result for 2014/15 is a surplus of \$679,000. Mayor Thwaites said "This budget provides a balance between financial sustainability and maintaining delivery of services to the community."

Council's capital works program totals \$4.07 million of which \$841,000 million relates to projects carried forward. Highlights of the 2014/15 capital works program include:

Roads - \$3.37 million - including completion of the final stage of the Sheffield streetscape upgrade, completion of the Bridle Track and Sheffield Main Road intersection upgrade, remediation of flood damage to Browns Road and Sunnyside Road, extension of the Council car park adjacent to the Sheffield RSL and continued progress towards a solution for road access to Lorinna.

Stormwater - \$280,000 - including renewal/upgrade of stormwater assets in the Sheffield Recreation Ground area and implementation of stage one of the recommendations of the Railton Stormwater Study.

A full copy of the budget is available at www.kentish.tas.gov.au

CHEMCLEAR AND DRUMMUSTER

Both the ChemClear and DrumMUSTER programs are managed by Agsafe with up to date details available from www.agsafe.com.au

Users of agricultural and veterinary chemicals can register with the National ChemClear program at www.agsafe.com.au or by phoning 1800 008 182 to arrange safe disposal of unwanted chemicals. Group 1 chemicals are collected free of charge, a fee applies to group 2 chemicals and chemicals that cannot be identified.

Kentish Council has an agreement with the drumMUSTER program, anyone wanting to arrange for disposal of effectively rinsed farm chemical containers should make an appointment at the Spreyton Transfer Station by phoning 03 6427 3351. Ongoing collections are available by appointment Tuesday and Thursday between 9.00am and 3.00pm, bookings are essential.

Transfer stations within the Kentish municipal area **DO NOT** accept drumMUSTER containers or agricultural and veterinary chemicals.

WOOD HEATER TIPS

Less smoke out the chimney equals more economical and better use of your wood heater. Smoke is a result of incomplete combustion of the gases released from the wood. The ignition temperature of most of these gases is 600°C.

Some options to improve combustion in your wood heaters

- When lighting the fire, use plenty of kindling then also place a crunched up piece of paper on top of the kindling (*this will help heat the flue and increase the draft*), ensure the vent is open, leave the door slightly open and keep a check on the fire, add some wood after about 5 minutes then close the door.
- Keep the vent open for at least 20 minutes after adding new wood do not use the fan during this time.
- Ensure wood is reasonably dry and not green.
- Stack the wood perpendicular to the door to allow air to circulate between the logs
- Don't over stack the heater there should be a gap above the wood to allow better combustion of the gases.
- Check your flue/chimney - remember excess smoke is fuel wasted.

The EPA has an air quality monitoring station near Sheffield with real time access to the data available on their website <http://epa.tas.gov.au/epa/real-time-air-quality-data-sheffield>

The following DHHS website is recommended for those with asthma or other health conditions which may make the individual more sensitive to air quality <http://www.dhhs.tas.gov.au/peh/alerts/air> this is linked to the EPA monitoring stations, when an air quality notification is active the location turns red.

DRAFT STRATEGIC PLAN

Council is pleased to present its draft Strategic Plan 2014-2024 to the community. This document will guide Council's direction over the next 10 year period. Council thanks all resident who participated in the consultation process to date.

The plan is now in draft format and available for public inspection at the Council Offices, 69 High Street, Sheffield during office hours or via Council's website www.kentish.tas.gov.au Submissions in respect of the plan are invited and should be addressed to the General Manager, Kentish Council, PO Box 63, Sheffield 7306. Written submissions from the public will be accepted until COB Friday, 22nd August, 2014.

NEXT COUNCIL MEETING

The next ordinary meeting of Council will be held at the Council Office, Sheffield on Tuesday 15th July 2014 commencing at 7pm.

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CHURCH NOTICES

Lower Barrington Baptist Church

Sheffield Road, Lower Barrington.
Regulars and visitors warmly welcomed.
Weekly services 10am with a cuppa afterwards.

Kid's Church in school term.

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During school terms, and as part of our church service, the children enjoy K.L.A.G. (Kids Learning About God) You are most welcome to stay and have a cuppa afterwards and this is followed with a shared lunch.

Why not come as a family? We would love to have you share with us.

Enquiries ph 6491 1447 or 6491 1512

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<http://kentishcommunitychurch.wordpress.com>

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Kimberley 1st & 2nd Sundays MP.

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

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

5th Sunday No services

Contacts 6491 1175, 6491 2701

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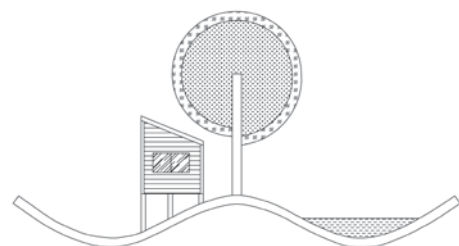
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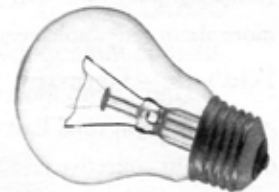
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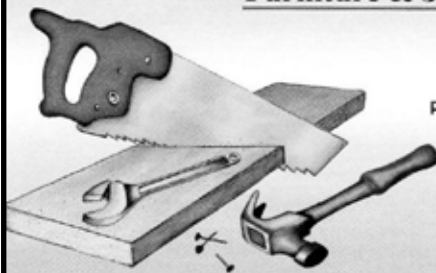
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- Earl Nightingale



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“If we do not stock what you are looking for, or you have a special need, leave it with us and we will do everything possible to ensure you get the product or service that you are looking for,” says George.

“Whilst we are a new business, we have many years of experience in working with aged care and people in need,” says Diane. “We know how difficult it can be to get someone who understands your needs. Call us, we understand.”

Priority One Mobility Aids stock mobility scooters; wheelchairs; Walkers/Rollators; Walking frames; Lift Chairs in a wide range of styles and colours; bathroom, shower and toilet aids, stools

and chairs; dining and eating aids; incontinence aids; customised designed easy-to-install grip rails; dressing aids; bedroom needs such as bed poles, back rests, and slide sheets; walking sticks and crutches; compression stockings, hip savers, cushions arm and leg moisture protection sleeves; and many more items that may assist.

“If we don’t have it, we will get it for you,” says George. “We also offer a repair service for many of your mobility aids, as well as the supply of spare parts.”

LETTER TO THE EDITOR

THANK YOU PENNY, DALE AND THE “BOYS”

I want to take a few minutes to personally thank Penny, Dale and the “boys” for the many years of service to the community as proprietors of the Barrington Store and Post Office.

I have never been to the store when I wasn’t greeted with a welcoming smile and “Hello, how are you Amanda”. No matter what the weather or season, I always felt “warm” in the shop. And of course the tail wagging “office managers” usually came out to add their greeting and make sure it was OK to let you into the shop. Not that they ever turned anyone away.

The community just won’t be the same without you and the wonderful service you provided and I know I speak for many when I say you will be sadly missed.

Thank you from the very bottom of my heart.

Amanda Blake



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Authorised by Eric Hutchinson MP, 53B Main Road, Perth TAS 7300.



MOBILE PHONES COVERAGE SURVEY

The government is keen to know of existing infrastructure like old mobile phone towers, NBN towers or even wireless towers in areas with mobile phone coverage difficulties that might be used to improve service delivery without the need to build new infrastructure.

Mr Hutchinson said that his office would also help with the collection of information.

Editor: If you have any information to pass on that can improve the mobile phone reception here in Kentish please contact Mr Hutchinson office.

MCCA INC. CARING FOR KENTISH RESIDENTS

Mersey Community Care Association or more commonly known as MCCA is a not-for-profit community based organisation, located at 167 Steel Street, Devonport. We are open from 8.30am to 4.30pm from Monday to Friday.

MCCA has been in existence since 1971, when a group of people in the Devonport municipality came together to identify unmet need in the community. The organisation was originally involved in the development of the Devonport Community House, Mersey Leven Child Care and the Latch Key Kids Program.

Our services now include a Transport Service, Minor Home Maintenance Service, Spring Cleaning Service and a Social Support Service.

Our vision is to provide services for the care of frail, aged and younger people with disabilities and their carers to live an independent life in their own home, giving them opportunities to participate in community life.

Our paid staff coordinates the services and our wonderful team of friendly volunteers complete all of the tasks and duties for the clients. The only exception is the Spring Cleaning Service where jobs are allocated to independent contractors for completion.

The Community Cars can transport client's state wide and can be used for both medical and social appointments.

We have a wheelchair accessible car and a wheelchair accessible bus.

We offer social bus trips and a shopping bus, both of which always have a caring volunteer to assist clients on and off the bus and carry their shopping bags.


The Minor Home Maintenance Service provides a variety of tasks to assist clients to maintain their homes in a safe and habitable condition including: changing tap washers, light globes, batteries in smoke alarms, washing out side windows and pressure cleaning to name a few.

The Social Support Service has caring volunteers who like to visit clients in their own home for a cuppa and a chat, a game of cards, assist clients with their shopping and provide respite for carers.


The Spring Cleaning Service offers a one-off carpet clean each year, gutter cleaning, stove and oven cleaning and much, much more.

If you would like to know more about our services please phone: 64248883 and one of our friendly staff will assist you with your enquiry. OR see our ad on the back page of The Kentish Voice!!

If you would like to assist MCCA to deliver our services to the community we are always looking for new volunteers! Please phone: 64248883



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<p>Duncan Bottleshop Specials to 13/7/2014</p> <p>Carlton and Cascade Draught Cans.....\$47.99</p> <p>Boags Draught Cartons.....\$47.99</p> <p>Red Bitter 30 Can Blocks.....\$42.99</p> <p>Cascade Pale Ale Cartons\$50.99</p> <p>Smirnoff Double Black 4 Pack Cans.....\$19.99</p> <p>Jack Daniels 10 Pack Cans.....\$41.99</p> <p>Bulliet 6.5% 4 Pack Cans.....\$19.99</p> <p>Captain Morgan Spiced Rum 4 Pk Cans.....\$19.99</p> <p>Johnny Walker Red & Bundy Rum 700ml..\$39.99each</p> <p>Smirnoff Vodka & Gordons Gin 700ml.....\$39.99each</p> <p>Wolf Blass Red Label Wines.....\$11.99</p> <p>Queen Adelaide Wines.....\$10.99</p> <p>Many more specials available instore today!</p>	<p>ROLAND VIEW BISTRO</p> <p>New Seasonal Menu and Wine List Coming Soon</p> <p>Having a Birthday Function soon?</p> <p>We can cater for all events from one to 150 people.</p> <p>Give Dion or one of our friendly staff a call to organise your event.</p> <p>CHRISTMAS IN JULY fundraiser</p> <p>for Relay For Life 26th July</p> <p>All Welcome</p> <p>Bookings Essential</p> <p>6491 1130</p>
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\$5.00 Carlton Dry and Coopers Pale Ale stubbies also on special in the bar.

Joker Jackpot has started again, complimentary entry ticket when you purchase your first drink each day so drop in for a coldie in front of our warm fire any day, all most welcome.

KENTISH RSL & CITIZENS 2015 ANZAC CENTENARY PROJECT

In January 2014 local resident Leonie Read had a vision. A new historical mural in Sheffield. A Military Mural. After some discussion Leonie applied on behalf of our RSL and Citizens Club to the Government 'Anzac Centenary Local Grants Program'. Success!

The new mural is to be painted by well-known artist Damian Rossiter and will depict battle scenes starting with WW1 and continuing through to the Afghanistan conflict. We are hoping that it will be put in place on the side wall of the RSL Club facing the grassed block which is currently vacant.

With the Anzac Centenary coming up next year the aim of this mural is to recognise the war effort of Australian soldiers in general, at the same time including specifically three of our WW1 Kentish men. 3 Nursing Sisters from WW1 and WW2 are also being remembered in this work of art.

With the success of the grant a Project Committee has been formed to organise a series of events to add to the recognition of the Anzac Centenary beginning with Remembrance Day this year and culminating with the weekend after Anzac Day 2015.

Functions on the drawing board include a Military Memorial Ball on Friday 7th November at the Sheffield Town Hall. The following day we are hoping to have the Official Opening of the new Mural.

These events will coincide with the visit of 130 Vietnam Veterans to our town.

We want to have a shop window competition throughout Kentish taking us back to the war years. There will be prizes for the best window display and it would be great if the staff could be attired according to the era of their choice.

The Anzac celebrations next year will be spread over 3 weekends. The first will be PRE WAR where the farmers will be able to show what it was like when they did their chores at home on the land. This will be followed by the actual Anzac Day weekend which will cover the WAR YEARS. The AFTER WAR celebrations will take place during the following weekend covering the homecomings and so on.

Events over these three weekends will include a street march to beat all street marches with a horse drawn carriage transporting veterans who can't manage to walk the distance. Maybe you will see Simpson and his donkey and even a fuzzy wuzzy or two!

This is all still at the planning stage as we write. If anyone has any suggestions to help make these events all the more memorable please contact us. Also any offers to help us out will be gratefully accepted. You can call either Ian Porter on 6491 2276 or Gaye Brown on 6491 1680 or even catch up with us at the RSL & Citizens Club on most Friday nights.

So, now is the time to dust off the ball gowns and the dancing pumps, think on possible shop decorations and attire from the eras and **LET'S ALL GET INTO THE SPIRIT!!**

We are having a Trivia Night on Wednesday 25th June at the RSL as our first fundraiser. If you would like any further information on this event please ask Shannon at the RSL who is our Quizmaster for that night.

WATCH THIS SPACE!! and we will keep you informed of our progress as the time moves on to November. Gaye and Ian



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TURNBULL'S PHARMACY HELPING YOU STAY FIT AND HEALTHY

Checking out the causes of coughs and colds

It is almost 90 years ago that surgical masks were a common sight in Australian cities. In fact, it was way back during the so-called "Spanish flu" of 1918. The flu then caused an estimated 50 million deaths worldwide, including around 12,000 Australians out of a population at the time of less than 5 million.

More recently, in 2005 and 2006, some health workers advocated the use of face masks to help prevent the spread of SARS - severe acute respiratory syndrome. Then again, last year the use of face masks was promoted to reduce the likely spread of swine flu.

Of course there are other precautions we can take too. Respiratory infections are spread principally by droplets of viruses and bacteria being coughed up by one person and inhaled by another. However, colds and flu can literally be caught! We are all taught to politely cover our mouths when we cough; but viruses can survive on the hand for hours, and even the hand to hand contact of a simple greeting can result in unhealthy consequences.

Coughing or sneezing into disposable tissues rather than hands or a handkerchief is a far better option. If no tissue is available try coughing or sneezing into the inside of you elbow.

Medically speaking, a cough is the automatic defensive action our body employs to clear and protect our lungs from such things as dust, foreign bodies, smoke, fumes and viral and bacterial infections. We cough with such force that the explosion of air from the lungs travels at a speed of approximately 900kms an hour and may propel bacteria and virus particles up to 240cm. That's real germ-spreading power. Most people will get a cold this winter; some who are unlucky or ill-prepared might even get the flu. So chances are you will need to seek the advice of your pharmacist to recommend something to relieve those frustrating symptoms.

There are a number of coping strategies you can use to minimise the discomfort: drink plenty of fluid, get plenty of rest and eat a well-balanced diet with plenty of fruit and vegetables to supply natural anti-oxidants – all simple strategies to strengthen the immune system. And of course, depending on the type of cough and cold symptoms you have, you might choose to take a medicine to make life a little more bearable.

A cough may be classified as "productive" where you have plenty of mucus or phlegm irritating the airways and just itching to be coughed up, or it may be described as "dry" – nagging and annoying to the person with the cough and all those close enough to be within earshot.

Coughs may also be described as "acute" or "chronic". Acute coughs are generally caused by a viral or bacterial infection – perhaps a cold, the flu or pneumonia. They may also be caused by a foreign body or environmental pollutants such as smoke or fumes. Chronic coughs, those lasting many weeks or months,

are usually caused by cigarette smoking (both active and passive form of smoking). The most likely causes of chronic cough in non-smokers are post-nasal drip, asthma and so-called gastro-oesophageal reflux disease (a more persistent and usually severe form of heartburn). Some prescription medicines, especially those used to treat high blood pressure may also cause a chronic cough.

However long the duration of your cough, whether you've got a hacking cough or just a tickle and especially if you're taking other medicines, check with your pharmacist before you self select a treatment. And ask for one of the fact cards titled Cough or Colds and Flu. They're available from Turnbolls Pharmacy as well as a huge range of fact cards on various health issues.

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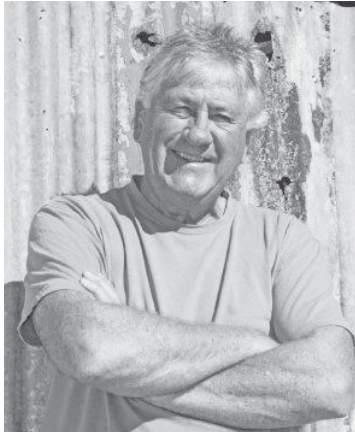
Saturday & Sunday 8am 5pm

24 Hour Towing

PIZZA CONNECTION

"As food is to the body, so is God's word to the soul."

Ian "Watto" Watson is a truck driver trainer who has played and coached AFL football. The founder of Shed Happens, he travels Australia speaking to blokes about winning the battles of life. He talks about finances, fatherhood, divorce, depression, anger, broken dreams. "Shed Happens" is a monthly coming together of men to talk about life and to know what is to be an Australian bloke. Ian has also written a book, "Every Bloke's a Champion", and, HE IS COMING TO SHEFFIELD! (ianwatto.com - shednight.com)



A man with a nuts and bolts message for men about life and how to live it.

"Ian has a wonderful knack of telling it how it is." (Andrew Ireland, CEO Sydney Swans and former Brisbane Lions CEO).

"The stuff Watto talks about will help set you free -- it did for my husband, and in doing so, has revitalised our

marriage." (Julie Oster, Farmer).

Ian has a favourite phrase, "I've never seen a bloke go backwards with encouragement."

There is an open invitation to all men (13 years and over) to attend our next pizza night to hear Ian and to also hear what has happened in the life of a local man, which will astound! It will be held at the Sheffield Town Hall on Friday, 25 July, starting at 6.30 pm, THERE IS NO CHARGE but, knowing how many are coming helps! For more information or to let us know you're coming, please phone, Craig 64921160, John 64273477 or, John 64912525.

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.

Don't feel like cooking one night, or you have just looked in the cupboards and they are bare, why not join the team from the Kentish Community Kitchen for a meal. Let our team of dedicated volunteers cook for you from a range of main meals and a dessert to match.

- Shepherd's Pie
- Spaghetti Bolognese
- Curry Chicken
- Bangers and Mash

Followed by our yummy desserts

- Chocolate Pudding
- Apple Crumble
- Fruit cake with custard
- Banana Split

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66 High St,
2nd and 4th Tuesday of each month
6:30pm.**

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UNITING CARE OP SHOP BUS visits Railton the third Tuesday of every month, and Wilmot 3rd Wednesday of every month 12 noon - 2.00pm WEATHER PERMITTING.

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Longford TAS 7301

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email: mark.shelton@parliament.tas.gov.au

Authorised by Mark Shelton, Parliament House, Hobart TAS 7000

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SPORTING ACTIVITIES

SHEFFIELD GOLF CLUB

Veterans' Foursome Championship

This is a 36 hole event held over 2 weeks. The winners of the gross and overall Champions for 2014 were Ron Duff and Peter Archdall. The winners of the nett were John Newman and Mike Haberle. Congratulations to the winners and well done to all those who competed in the competition.

Sheffield Ladies' "runner's up" in State finals.

The women's pennant team played three games in the final series. The first was for the Carmen Conroy Shield. This was played at Devonport against Riverside, and Sheffield was victorious. The semi-final game was at Riverside where Sheffield played Tasmania (Hobart), and was able to gain a place in the final. The final game was between Sheffield and Riverside, and this time Riverside was victorious. Congratulations Riverside and well done Sheffield -a mighty effort!

Women's Foursomes Championship

This Championship was held over two days, 54 holes in all. The course was in great condition and everyone set out in the spirit of friendly competition. The winners of both the gross and the nett were Judy Denney and Susie Coombs. This made Susie and Judy the Foursomes Champions for 2014. Congratulations to our Foursomes Champions

Sponsored Days

An "Ambrose Four" competition was sponsored by Carpetech this month.

The team of M. Smith, G.Collis, S.Martin and K.Anderson were the winners with 54 nett. A delicious afternoon tea was enjoyed by all. Thanks to Carpetech for their valued sponsorship.

A *Stableford Aggregate* was sponsored by Roberts Ltd. Despite a cold start the day turned out fine and some good golf was played. The winners with a score of 73 points were Rex Goss and Daryl Baker.

Monthly medals

The veteran's monthly medal, this month sponsored by Caltex Sheffield was won by Lyell Hardwicke with 63 nett. The Don store IGA Monthly Medal was won by Peter Tuson with 67. The ladies medal, sponsored by Sheffield Pharmacy, was won by Janice Milner with 73.

Congratulations to all our medal winners.

Other results of interest included a Pinehurst which was won by Gavon Murdoch and David MacMillan, and a Queens' birthday Par which was won by Peter Tuson with +4.

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>

CARRIAGE DRIVING

Apple Isle Carriage Driving Club has just celebrated our first birthday.

Our club may be young, however we have members in their eighties with many years of carriage driving experience, and a wealth of knowledge to share with others.

We will be attending the "Bloomin" Tulip Festival at Wynyard in October to promote carriage driving, and also we will run harness classes at the Westbury Show in November. So we are spreading our wings, and on the move.

It was a great thrill to learn that World Champion carriage driver Boyd Exell (an Aussie) who visited us on the Australia Day weekend was recently awarded the Order of Australia Medal for his service to Equestrian Sports.

Boyd quoted "I only wish it was a team honour, as a lot of people are involved in the success I've had."

These achievements by great people flow onto little clubs like ours and instil incentive to achieve improvement in our sport, even if it is things like getting that horse and cart going together for the first time, progression and improvement.

Perhaps we need to remember that, "We can't do everything at once, but we can do SOMETHING at once."

For information about our club Please contact: Chris 6491 2030 Neil 0408 227 135 Lesley 0409 961 664

BADMINTON

Ladies wanted to play social badminton on Wednesdays from 10.30am till 12noon. Lower Barrington Hall. Small friendly group. Terrie 64912752

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Bahá'í Faith

HOLY DAY to commemorate the
Martyrdom of the Bab in 1850.
12 noon on Wednesday 9 July

"Is there any Remover of difficulties save God?"
Say: Praised be God. He is God! All are His
servants and all abide by His bidding."

Bahá'í prayer. www.bahai.org
64921504

COMMUNITY AND CLUB NOTES

SHEFFIELD RSL WOMEN'S AUXILIARY

WOW!!! Apologies for arriving a wee bit late Ladies.

I had a brief moment of panic because XMAS was being discussed? I thought I must have missed a meeting or two but then it clicked.... the 16 present were speaking about our Annual Xmas in July/Winter event. It's come around again as a reminder that we are already halfway through 2014.

The Boss rang the bell which, by the way, is getting bigger and louder with each meeting. Is that telling us something? Anyway it worked because we zipped up and the meeting was brought to order with the Motto, Minutes, Money and Mail.

The mail included a big thankyou to the 'Angels in White Aprons' (that's US!) from the Anzac Centenary Project Committee for our donation towards their upcoming events in November this year and April next year. Watch this space for more precise information about these events. Keep in mind for now though that there is to be a Grand Military Remembrance Ball in the Town Hall on Friday November 7th. Put it in your diaries and start thinking about your ballgowns. You could be the Belle of the Ball!

Moving on..... discussion about and organising of our three catering commitments for June/July followed. These events are what we are best at. I say it each time but we are THE team. Day Care on Friday 13th at the RSL; Tandara Afternoon Tea at the Medical Centre on Monday 30th June; then the BIG one... XMAS IN WINTER on Monday 7th July. For those of you not present at the meeting please be aware that because of the latter event there will be no July meeting and our next gathering en masse will be Monday, August 5th.

Back to Xmas in Winter. For your diaries.....there is to be a working bee at Bev's place on Wed. 2nd July. 'Many hands make light work' so if you are free please drop by Tarleton St. at 1.30pm. Bev has been up to her usual creative tricks and the décor ideas look great. The Trade Table will be in action again at the Dinner so all contributions provided will be welcome to help make it a success. There will be Raffles and Prizes throughout the event. To those Ladies donating your time and effort on these particular items, a big Thankyou. It all goes towards making a memorable, fun day. The food supply and preparation will follow last year's plan and the arrangements are down pat...of course. Again for your info. Set up at the Club on Sunday 6th July will be at 1.30pm. Then on Monday our startSing time is 8.30am. It goes without saying that no guest will leave hungry and our visitors will depart smiling and full of praise for a job well done. Happy Xmas!

That was about it except I would like to mention that THE FLY WON !! Curled up State Branch Newsletters made great temporary flyswats but the Flyswatters were pretty useless - need practice Girls!!!!

A last 'by the way.' Someone commented on how remiss we are.....she always asks us but no one ever asks... IS BEV HAPPY? WELL BEV? Your turn.

Jann McKay

HELPING HANDS

Last month saw another successful day with the volunteers from Helping Hands reaching out into the community providing assistance to needy people.



Despite rain overnight, it turned out to be a lovely winter's day which allowed the planned activities to proceed.

One lady, whose elderly husband is restricted in movement, and herself recovering from a farm accident, was greatly encouraged to receive help in some of the areas around the home that had been neglected over recent weeks.

Two "first timers" to the volunteer group, (a father and son) had this to say after their experience in this role. "It was an eye opener for us both. We both enjoyed the work and will be back next month." They went on to say that, "Some people are doing life hard."



The last part of their statement is so true. There are many people in our community who are having to battle along as best they can, sometimes not knowing where they can turn to for help.



Helping Hands are there to assist in a whole range of areas so feel free to contact either Ken 6491 1512 or Derek 6491 2156 before July 12th as this is the day planned for the next community involvement.

THE HUB REPORT

Thank you everyone one for your continued donations and support. This helps us contribute to projects and individuals in our Kentish community.

Our volunteers have been kept busy sorting and pricing and a big "thank you" goes to our delivery team who pick up and deliver items.

Recent donation – Os Foley Endurance Ride \$500.

We will be holding a half price sale from June 30th to July 4th.

HUB hours – Monday-Thursday 10am to 3.30pm

Fridays 10.00am to 4.00pm.

We look forward to your next visit.

The Committee

KENTISH LIONS CLUB

Visiting Lions to Sheffield are very welcome to join the Kentish Lions at their regular dinner meeting at the Sheffield Hotel the second and the fourth Monday of the month. Arrangements can be made by phoning Jenny Smith on 6491 1975



WORKING ART SPACE

What's on at the Working Art Space. Albert Street, Sheffield

Exhibition: A collaboration from two talented Mole Creek photographers:

Elaine Bentley - "It's Only Natural" features the natural beauty of flora and water across the seasons;

Karen Miles - "Monumental Beauty" demonstrates how Karen finds beauty in everything.

There will be an opening on Sunday June 29th at 2.30pm with refreshments, and it will run until July 30th.

For further information please contact Jane Lemon on
0429 669 168

FREE HIPPY PROGRAM

Learning Together the HIPPY Way

Samantha and her son Lincoln joined the HIPPY program earlier this year. This is their journey so far. As a parent she said she loves to spend quality one on one time with her son. It's wonderful to see his little face light up when he accomplishes a skill and puts his learning into action. Since starting HIPPY Samantha said she is seeing her son learn early literacy and numeracy skills and his confidence has grown in his own ability to learn. She would highly recommend parents to join the free HIPPY program. HIPPY has been wonderful for preparing Lincoln for kindergarten. Samantha has also had the opportunity to be employed as a Home Tutor as part of being involved in the HIPPY program. She said that she has gained a great sense of enjoyment being able to connect with people within the community and loves working with families and their children. Samantha also said it's fantastic to listen to other parents share wonderful stories about how their children are improving their skills and developing a love of learning.

Be empowered to be your child's first teacher! HIPPY will support you to have fun learning and educating your own child. Enrolments are now open in Sheffield, Railton and surrounding areas for children 3 ½ - 4 ½ years old. Contact Lou Carter for more information or to enrol your child in this FREE program.



Samantha and Lincoln

COMMUNITY GARDEN

MACCA'S REWARDS SHEFFIELD COMMUNITY GARDEN WITH GRANT

Sheffield Community Garden has been awarded a much-needed \$1,000 grant through a new community grants program by McDonald's. The McDonald's Northern Tassie Community Grants program supports deserving individuals and community organisations and helps them provide important services to the local community.

Kate Leitch applied for the grant on behalf of Sheffield Community Garden and said the money would help go towards making upgrades to the garden.

The Sheffield Community Garden will use the grant to purchase materials to create a welcoming seating area as well as general maintenance such as a hiring a bobcat to level the ground for garden beds and some additional seedlings.

"The Community Garden is an excellent venue for people to work together to grow produce. It's also a great place for school children to learn about food, gardening and working as a team," Kate said.

McDonald's Devonport licensee, Steven Nicholas said the new community grants program is part of McDonald's commitment to supporting the local community.

"Over the course of the year we will be awarding locals more than \$7,000 in grants, with \$500 grants awarded to individuals and \$1,000 to community organisations," Steven said.

"We would like to encourage all locals to apply for the next round, no matter how big or small their project may be."

To apply for a grant simply visit a participating McDonald's restaurant, collect an entry form and outline why you are seeking support. Completed forms need to be sent to Post Office Box 692, Launceston TAS 7250 by 15 July 2014.

Entrants in the community organisation category are shortlisted to three finalists for both Launceston and the North West Coast. Customers vote in-restaurant for the community organisation or project they believe is most deserving by placing their receipt in the relevant voting box. The grant recipient in the individual category is selected by a judging panel.

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For Western Tiers**



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Email: greg.hall@parliament.tas.gov.au

Phone: 6362 8020

“WHAT’S ON” IN JULY

- 29th June - 30th July Photographic Exhibition, Working Art Space, Albert Street, Sheffield (see page 25)
- 2nd July Ladies Badminton, Lower Barrington Hall 10.30am – 12 noon (see page 23)
- 3rd July Living Murals group Meet for Coffee 9.30am Blacksmiths Gallery Café (see page 11)
- 5th July Kentish Arts Festival “Tidy Towns Thank You”, Community Concert
Sheffield Town Hall High Street 7.00pm – 10.00pm (see page 3)
- 8th July Kentish Community Kitchen Town Hall Supper Room High Street 6.30pm All Welcome
- Bangers and Mash / Fruit Cake with Custard (see page 22)
- 9th July Ladies Badminton, Lower Barrington Hall 10.30am – 12 noon (see page 23)
- 10th July Living Murals group Meet for Coffee 9.30am Blacksmiths Gallery Café (see page 11)
Garden Club meets at Town Hall High Street (see page 8)
- 12th July Sheffield Market and Car Boot Sale, Sheffield Town Hall, High Street, Sheffield
(see page 27)
Garden Club Christmas in Winter – Mountain Mumma’s 12.00 noon. (see page 8)
Helping Hands Day (see page 29)
- 15th July Uniting Care Op-Shop Bus visits Railton 12.00 – 2.00pm (see page 22)
Council Meeting, 7.00pm Council Offices, High Street, Sheffield (see page 12)
- 16th July Uniting Care Op-Shop Bus visits Wilmot 12.00 – 2.00pm (see page 22)
Ladies Badminton, Lower Barrington Hall 10.30am – 12 noon (see page 23)
- 17th July Computers for the Curious (see page 4)
Living Murals group Meet for Coffee 9.30am Blacksmiths Gallery Café (see page 11)
- 22nd July Kentish Community Kitchen Town Hall Supper Room High Street 6.30pm All Welcome
- Spaghetti Bolognese / Chocolate Pudding (see page 22)
- 23rd July Ladies Badminton, Lower Barrington Hall 10.30am – 12 noon (see page 23)
- 24th July Living Murals group Meet for Coffee 9.30am Blacksmiths Gallery Café (see page 11)
Bring your gardening tools – Gardening from 10.00am – 12.00 noon.
- 24th July – 27th July Devonport Jazz
- 25th July Pizza Connection – Ian “Watto” Watson Sheffield Town Hall 6.30pm (see page 22)
- 26th July Christmas in July Mountaineers Relay for Life Fundraiser Sheffield Hotel (see page 19)
- 30th July Ladies Badminton, Lower Barrington Hall 10.30am – 12 noon (see page 23)

SUMMIT ADVISORS

ACCOUNTANTS

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DOUBLE GLAZED WINDOW - NEW. 1990h x 1215 w cream colour with key lock. \$500 neg. 6497 2143.

LOST

MISSING REWARD IF FOUND!!!!
1 black female Labrador answers to Lotty, last seen in Lower Beulah. Was wearing collar with council Id tags. 0417 522 844 or 0488 742 608.

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UNITING CARE OP SHOP BUS visits Railton Tuesday 15th July and Wilmot Wednesday 16th July 12 - 2 PM

SHEFFIELD MARKET & CAR BOOT SALE

Next Market is on 12th July. New Stall Holders plus all your Regular Stalls. Hot soup available in the Market Kitchen. Inquiries Ph: 0437 124 559

PUBLIC NOTICES

SHEFFIELD MEALS ON WHEELS will hold its

ANNUAL GENERAL MEETING

on Tuesday 12th August 2014 at noon in the Sheffield R.S.L Club.

Positions on the committee will be declared vacant and elections for 2014-2015 committee will take place.

The AGM will take place during a VOLUNTEERS' LUNCHEON, commencing at 12 noon.

Enquiries to Rachel Joyce 6491 1946

POSITIONS VACANT

Position Vacant

Sheffield Cricket Club Inc.

Require

Groundsperson/Curator for 2014-2015 season for weekly turf wicket preparation and other general duties.

No experience necessary – training provided.

Position Duration

Sept 2014 – Mar 2015

on a casual basis with flexible working hours.

Please contact Club Secretary,

Michael Crawford,

on 0407 822 339 or

sheffieldcc@hotmail.com for remuneration and additional position description information.



MERSEY COMMUNITY CARE ASSOCIATION INC.

Friendly, caring volunteers providing services for the care of frail, aged and younger people with disabilities, and their carers, to assist them to live an independent life in their own home and giving them opportunities to participate in community life.

We provide:

- *Transport Services including Wheelchair Accessible vehicles on request
- *Shopping Bus and Social Bus Trips that pick you up from your home
- *Spring Cleaning and Minor Home Maintenance
- *Social Support — a volunteer to be a friend with the time to listen, respite while your carer takes a break and shopping assistance.

Phone for enquiries between 8.30am and 4.30pm Monday-Friday

6424 8883



*Book now for our
Christmas in
July*

*Limited package deals
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*So get your friends
together and celebrate
the festive season by
the fire.*

**1422 Cradle Mountain Road,
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**FOOD
TAVERN
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ACCOMMODATION**

Happy Hour

Friday's

5 pm - 7 pm

*(\$5 selected bottle beers and
Jim Beam Cola cans)*

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Sunday Roast

\$18 pp

From 11 am
Sunday's

Call to make a booking

6492 1401