Young Lachlan and Clara Hall got into the spirit of Walk Safely to School Day, held on Friday 17 May.

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FULL STORY PAGE 2
LOCAL schools across the Eastern Shore have seen a greater Hobart area have walked the talk, lacing up their shoes and hitting the pavement to participate in National Walk to School Day.

The event, held across the nation on Friday 17 May and celebrating in 20th year, encourages children and their families to lead a healthier, more active lifestyle by walking and cycling safely to school.

Dr Natasha Schranz, co-chair of AHKA and research and translation manager for the Heart Foundation, said the findings highlighted that kids understand the importance of being active and wanted to be more active, yet there were barriers preventing them from doing so more regularly.

Parents, caregivers, teachers and society as a whole – have a vital role to play in ensuring our young people remain active on a daily basis,” she said.

“It’s absolutely essential they lead the way in promoting healthy habits for our kids early on so these become part of their everyday lifestyle in years to come,”

Dr Schranz said National Walk to School Day, which was held on Friday 17 May, provided a great opportunity for families to put their best foot forward and start prioritising physical activity.

The annual event encouraged all primary school-aged children and their families to lead a healthier, more active lifestyle by walking and cycling safely to school.

“More than 700 young people from across the country took part in the survey, that explored children and youth’s perceptions of the importance of physical activity and the barriers and enablers to them being more active.

As part the campaign this year, parents, caregivers and teachers are being urged to take a more active role in ensuring that children are getting enough physical activity every day.

This call is made following the release of a new national research survey, developed for kids by kids, that found 86 per cent of children believed physical activity was important for their health and wellbeing.

Despite knowing the benefits, only 12 per cent of child respondents reported accurately the recommended 60 minutes of huff and puff physical activity every day, and just four per cent met the suggested guidelines of no more than two hours of daily recreational screen time use.

The findings were released earlier this month by Active Healthy Kids Australia (AHKA) and its South Advisory Council, comprising 10 children aged nine to 17 years who co-developed the ‘Your Voice’ kids physical activity survey.

COUNCIL PROMOTIONS

Clarence Kayak Trail: This publication is printed on waterproof/paper proof and provides details on various canoe sections to explore.
Cost: $5.00 - www.ccc.tas.gov.au/kayaktrail

Community council’s centres and halls for hire: For more information visit www.ccc.tas.gov.au

Community events: Community events can be added to the events calendar on the Clarence City Council website. Visit www.ccc.tas.gov.au/submittacomunityevent

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FAIRVIEW Rise resident Peter Whitty has not only received a helping paw, but also a special new friend in the form of hearing dog Ziggy.

Ziggy was presented to Mr Whitty, who has a hearing condition, by Australian Lions Hearing Dogs and Clarence Lions Club to help alert him to household sounds and to provide him with companionship.

Ziggy's trainer at Lions Hearing Dogs, Nick Liemandt, said the two-year-old Havanese dog had been training for the past five to six months on how to respond to noises such as a phone, doorbell, oven timer and smoke alarm.

"Ziggy will give Peter independence as well as a bit of security," he said.

"If his wife Jenny is out, Ziggy will be able to help him answer the door and also inform him of when the oven timer goes off and when the washing is done. ‘He’ll also be able to accompany Peter into public places and make people aware that Peter has got issues with his hearing.’

Mr Liemandt said Ziggy would alert Mr Whitty by touching him with his two paws and then taking him to the source of the sound.

"The smoke alarm sound works differently, and what would happen is when Ziggy hears that distinctive sound he’s trained to touch and drop as a warning signal – we don’t want Ziggy running into a fire," he said.

"When that happens, Peter will know there is an emergency and he may have to get himself out."

Mr Liemandt stayed with Peter and Jenny for a week for follow-up training for Ziggy, before representatives from Clarence Lions Club took over for a 12-week period to ensure Ziggy responded to the sounds. Even though they are used to having pets around the house, Peter’s wife Jenny Whitty said Ziggy would be a welcome addition.

"More than anything I feel more confident that I can now go out and Pete will be safe, and that he’ll have a companion and someone with him,” she said.

"He just loves him, he thinks he’s the best thing since sliced bread."

Ziggy will be the 589th dog delivered by Lions Hearing Dogs since its inception in 1980 and will be the third hearing dog sponsored by Clarence Lions Club.

Clarence Lions Club president Christine Tilyard said she was happy to serve the community and provide aid to more people like Mr Whitty.

"People need us, people need our help," she said.

"Lions Club is always looking for new members to come and be of service to the community."
COMPOST: THE BEST SOIL CONDITIONER

The leaves are starting to fall and they make a great addition to the compost. If you don’t have a compost bin or pile, it’s easy to start, just layer organic materials with a dash of soil or manure. Keep the pile slightly damp and turn regularly, and soon you will have lovely compost. The best soil conditioner you can have.

Some good materials for your compost are fruit and vegetable scraps, eggshells, coffee grounds, grass clippings, shredded newspaper, straw, sawdust from untreated wood, sheep and cow manure. A hand full of garden lime is also a good addition to the pile.

Do not use meat, oil, fat, any dairy, diseased plant material or bulbous weeds like oxalis, and pet manure. Compost is great for both clay and sandy soils. In clay, it helps keep the clay structure open and friable, and in sandy soils, it aids in moisture retention giving the plants a chance to obtain valuable nutrients that would otherwise just wash through the sandy soil.

PLANTING IN MAY

Vegetable Seedlings  |  Seeds  |  Flower Seedlings
---|---|---
Brussels Sprout  |  Broad Beans  |  Cineraria
Cauliflower  |  Onion  |  Primula
Broccoli  |  Garlic  |  Polyanthus
Cabbage  |  Turnip  |  Stocks
Spinach  |  Snowpeas  |  Delphiniums
Silver Beet  |  
Lettuce  |

OTHER JOBS FOR MAY

- Last chance to plant spring flowering bulbs.
- Plant bare-rooted fruit trees and roses.
- Spray fruit trees after leaf fall with lime sulphur or copper base spray.
- Clean around fruit trees, removing all fallen fruit and any diseased leaves, do not put these in the compost.
- Plant a green manure crop in veggie beds that will not be used over winter.

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Community News

Siejka re-elected as Member for Pembroke

LABOR’s Jo Siejka MLC has been re-elected as the Member for Pembroke in Tasmania’s Legislative Council, with a final margin of 58.5 per cent over the Liberals Kristy Johnson (41.5 per cent), after preferences.

Ms Siejka said she was humbled by the result and looked forward to serving the people of Pembroke, which took in areas from Lindisfarne through to Tannmere, for the next six years.

“I have been overwhelmed and humbled by the support from the community,” she said.

Ms Siejka thanked Pembroke electors for re-electing her as their representative.

“Their encouragement has motivated me to work even harder,” she said.

As with any campaign, there are many people to thank.

“While the candidate is the person you see out the front, election campaigns are very much a team effort. Also, a big thanks to all my supporters – without your help this wouldn’t have been possible.”

“I am honoured by the result and am looking forward to the next six years.”

Ms Siejka campaigned hard on finding solutions to the health crisis, and fixing local infrastructure challenges such as the Mornington roundabout.

“It’s now back to working making sure the people of Pembroke are represented in Tasmania’s Parliament,” Ms Siejka said.
IT was a huge day of sunshine, food and fun at the recent 40th Anniversary Emmanuel School Fair. Emmanuel School principal Scott Winkler said the day was a “huge success.”

“We haven’t held our fair every year, but this year is the school’s 40th anniversary, so we didn’t want to miss the opportunity,” he said.

“This year we’re working on a range of initiatives to engage students and parents who’ve been associated with our school over the years. We know we get our families and students from all over the Eastern Shore so it was fantastic to see them come out and support the fair.”

Fair director Rebecca Roberts said it had been a very busy few days leading up to the event.

“It’s great seeing families visit our school and experience a place where every child is encouraged to be their best,” she said. “We had a problem with some of our marquees nearly blowing away, but the team worked really hard to make sure the fair went ahead as planned. We didn’t want anyone to be disappointed.”

Fairgoers enjoyed the usual food and drinks stalls with traditional Oliebollen (Dutch fruit donuts without a hole), and an auction.

Mr Winkler said the event capped off a busy month at the school, which also included the opening of the school’s “Mud Kitchen” and an “Open Month” in April.

“Our Open Month saw us provide one-on-one tours of the school for potential families at a time that suited them,” he said.

“We’re really excited about other events we’ll be holding to celebrate our 40th anniversary milestone.”

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ON any given day throughout the state, many Tasmanians are able to get to appointments with the generous support of volunteers in the local community. For those who aren’t in the know, CTST – Community Transport Services Tasmania – provides transport to eligible Tasmanians over the age of 65 or who have a disability.

The service is funded by the State and Federal Government to assist eligible consumers to remain in their homes for as long as possible. Recently, the organisation has seen unprecedented growth, with the service now providing transport to more than 7000 Tasmanians annually.

Last financial year, the organisation’s fleet of more than 80 vehicles travelled nearly 3.5 million kilometres and delivered around 150,000 trips throughout the state.

CTST has vehicles running almost every day of the year with services across most of the state including a service on Flinders Island.

CTST chief executive officer Lyndon Stevenson said the past 12 months had been a record for CTST, with a growth of around 40 per cent.

“We know there are more people we can help within the community and we are on the lookout for new volunteers to help meet this demand,” he said.

“We are fortunate here in Tasmania to have so many community-minded people and it’s no surprise that 98 per cent of our volunteers engage because they want to help people in their own community. CTST driver John Rundle said he had now been volunteering with CTST for a few years.

“I have to say, it’s a very rewarding experience,” he said.

“I’ve met some really interesting people and it’s just great to know that I’m making a difference.”

If you are looking to find a way to give back in your community then CTST is a great way to do it.

As a driver you are provided with a shirt, cap and full induction before heading out on the road to make a difference in the community.

If you would like to become a volunteer driver, phone 1800 781 033.

TASWATER will short-ly begin lowering the water level in Risdon Brook Dam as part of a planned maintenance program.

It will involve the removal of vegetation from within the dam, which will help improve the water quality.

This work will take place over several weeks, with part of the walking track briefly closed while heavy machinery is moved into place.

This will mean that for short periods, access to the walking track loop around the dam may be restricted for safety reasons.

These works will only take place during business hours and not weekends. The water will be lowered in a slow and controlled manner through a valve which will allow it to flow into the adjacent Risdon Brook waterway, next to the East Derwent Highway.

Flows in the brook may be slightly higher than usual, but will not affect the surrounding area.

The water level in Risdon Brook Dam is currently quite low due to ongoing dry conditions. With further lowering, significant areas of the dam will be exposed which is likely to alter the look of the shoreline.

Risdon Brook Dam is a back-up drinking water supply for the Eastern Shore, which is normally used over the dry summer months when demand increases.

Scheduling the works at this time of year gives TasWater time to refill the dam before next summer when it may next be needed.

TasWater appreciates the patience of visitors to Risdon Brook Dam during the work periods but when it is finished, the dam is expected to be returned to its usual level with access to the walking trail fully restored.

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A NEW advocacy and education program spearheaded by Guide Dogs Tasmania is reminding businesses, industries and the community that Guide Dogs in harness are legally allowed to enter all public places and that it is an offence to deny or charge a fee for entry.

The ‘Access All Areas’ program has been developed in response to a recent client survey that revealed one in two Guide Dog handlers across Australia have been discriminated against in their daily lives,” Guide Dog handlers reported that being denied access to locations and services because of the very dog that is there to help them lead an independent life.”

Debra Barnes said. “Imagine how you’d feel if you weren’t allowed into a café or taxi, or told you couldn’t stay at a particular hotel?”

Guide Dogs are not pets – they are highly trained to open up the world for people who are blind or vision impaired, not to close it down, which is effectively what denying access does. “Guide Dog handlers are being refused access to locations and services because of the very dog that is there to help them lead an independent life.”

Guide Dog handlers reported that being denied access left them feeling frustrated, angry, upset and humiliated, and this was exactly how Hobart-based Guide Dog handler Vanessa Ransley felt recently when she and her Guide Dog Yuri were refused service from a taxi driver at Melbourne airport.

“I’d just arrived in Melbourne for a holiday and wanted to get to the airport. I was outright refused from being offered a taxi,” Ms Ransley said.

“I explained the access rights of a Guide Dog to the driver and it made no difference. I’m a reasonably confident person, but can imagine how shattering this would be for someone who is newly blind, or has only recently been placed with a Guide Dog.”

Ms Ransley has experienced numerous occasions of discrimination over the past few years, mostly when trying to access public transport, and believes it is not so much the law that is not understood, but the consequences of breaking it. And while 100 per cent of Tasmanian respondents to the survey said they always carried their Guide Dog Access Card when accessing public places or services, 43 per cent said it had not helped.

“Sadly, I’ve never been in a situation where showing my access card has changed the person’s mind,” Ms Ransley said.

“I believe the only way to stop discrimination is to ensure those refusing or questioning access laws and penalties.

“Sending information packs out to businesses that have been accused of discrimination, educating them on the relevant access laws and penalties.

“Working one-on-one with individuals and businesses that have been accused of discrimination, educating them on the relevant access laws and penalties.

“This includes:

- Issuing all Tasmanian Guide Dog handlers with access cards that state the relevant law and penalties.
- Bus driver training to ensure all new bus drivers in Tasmania understand the relevant law and penalties, and how to assist someone who is blind or vision impaired.

“We believe that education is the first step to stopping discrimination occurring again,” Ms Barnes said.

“And while most venues and service providers are doing the right thing, it is the minority that don’t cause the most distress to our clients.

“We hope our Access All Areas campaign is a reminder to everyone that Guide Dogs are vital mobility tools for Tasmanians living with disability, giving them choice and helping them to remain independent.”
Sights and sounds of the past on display in Bellerive

Members of the Tasmanian Family History Society and Sound Preservation Association of Tasmania teamed up for National Heritage Month recently.

AS part of National Heritage Month, four Bellerive societies joined forces and opened up their doors for the public to delve into the history of the Eastern Shore and experience the relics of the past.

The Tasmanian Family History Society, the Tasmanian Sound Preservation Association, the Bellerive Historical Society and the Ferryman’s House came together on 2 May to hold an open day to raise awareness of the importance of history in the Clarence area.

“It’s really important for the visitors to have a point of contact when visiting the area and at the moment there isn’t a base,” Ferryman’s House curator John Sargent said.

“This day is a way of getting people to recognise the importance of the area because they usually pass through to Richmond without stopping by – it’s a bit of a promotional tour. Mr Sargent, who has a passion for history, said the Ferryman’s House contained the largest collection of history on the Eastern Shore, ranging from stories about the early days of Bellerive to information on the ferries.

Bellerive Historical Society executive committee member Ken Williams said the society had been running since 1990 and wanted to encourage new members.

“We want to give people an idea of what we’ve got here in terms of records and what Bellerive was like – we want to give them the history of the place,” he said.

Family History Society president Maurice Apley said he hoped the day would make more people aware that the association existed.

“If people want to research their family history they can come and see us and we can help them with the records and publications we have,” he said.

Also located in the same building as the old Bellerive post office is the Sound Preservation Association that collected and preserved recorded sound going back to the 1890s.

Committee member Phillip Tyson said the venue provided visitors with a hands-on experience.

“On display we have the sound of a Tasmanian M16 locomotive, the sounds of the Cat and Fiddle Arcade, the bells of St David’s Cathedral and a desk replicating the commercial radio of the 1960s, complete with advertisements and chimes,” he said.

Mr Tyson said the response from visitors was very positive.

“I hope this can be the forerunner of much more collaborative activity between these four organisations that have a history focus,” he said.

The Salvation Army is encouraging local residents to get involved in its annual Red Shield Appeal door-knock to help raise $8 million on the weekend of 25-26 May.

“The money raised from the Red Shield Appeal will go towards The Salvation Army’s vast network of services that help Australians in need.

Over the past 12 months, the Salvation Army has supported more than 38,000 people experiencing homelessness, 14,000 people overcoming addiction, provided more than $50,000 financial counselling sessions, given care to 5,000 people experiencing family violence and assisted more than 150,000 people with emergency relief.

The Salvation Army’s Captain Joel Clifford said more than ever, the Salvos needed 50,000 volunteers to help raise crucial funds for the Red Shield Appeal.

“The Red Shield Appeal is a fun and simple way that Australians can really make a difference in alleviating the hardship being faced by so many people, right across our nation,” he said.

“Hardship does not discriminate – more Australians from all walks of life are turning to The Salvation Army for help and we need the public’s support now to ensure we can continue to help those doing it tough.”

For more than 135 years, the Salvos in Australia have been committed to helping those doing it tough.

“The Salvos can only continue to meet the local community’s needs with the support of volunteers,” Captain Clifford said.

Through the support given to us, we are able to provide emergency relief, counselling, parenting programs, community meals, disaster responses and other services in the City of Clarence.

“We cannot do this alone. We all have the opportunity to be beacons of hope for others and by partnering with the Salvos for just a few hours over the Red Shield Appeal weekend, you can give hope where it’s needed most.”

To volunteer for this year’s Red Shield Appeal, phone the Clarence Salvation Army office on 6244 5406 or register online at salvationarmy.org.au.

You can donate to the Red Shield Appeal by phoning 13 SALVOS (13 72 58), online at salvationarmy.org.au in person at any Westpac branches or Salvos Stores or by posting your cheque to PO Box 9808 in your capital city.

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**PEPPA PIG FANS TREATED TO VIP PREVIEW**

PEPPA Pig, pictured, paid a special visit to Eastlands recently as part of an exclusive Australian VIP Tour, celebrating 15 years and the launch of the 10 all new episodes of ‘Peppa Pig: Festival of Fun.’

Families and Peppa Pig fans of all ages were invited to enter a competition to win a VIP preview of the episodes.

Happening across nine Vicinity shopping centres on the weekend of 27 and 28 April, the lucky winners were invited to walk the pink carpet and be treated to a meet and greet with Peppa before settling in to watch the new hour-long film.

The series will feature new characters, new locations and interactive entertainment, putting little ones onto the big screen alongside Peppa Pig.

Eastlands Shopping Centre manager Luke Jameson said they really enjoyed rolling out the pink carpet for this very special Australian VIP preview of the new series of Peppa Pig – Festival of Fun.

“We know our customers are always looking to Eastlands for exclusive offers and experiences, which is why we’ve been busy creating the perfect package to introduce Peppa Pig to some of their local fans,” he said.

Peppa Pig: Festival of Fun was released by Universal Pictures International and is now showing at Village Cinemas Eastlands.

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**10 - 2**

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**HEATHER Chong**

Deputy Mayor & Alderman

If you have any questions or issues regarding the Clarence City Council, please contact me 0408604509 or ald_hchong@ccc.tas.gov.au
Calling all green thumbs

DO you have a green thumb? Do you have time on your hands and are interested in contributing to the community?

And, most importantly, do you have the odd piece of gardening equipment – an unused spade, an undensed trowel, a neglected wheelbarrow – sitting idle in the shed that may be of better use to someone else?

Member for Pembroke Jo Siejka is excited about this project, Ms Siejka said.

"People accumulate many items of gardening equipment that they no longer need or plants that could be used, I encourage you to visit and give the centre a helping hand.

"When it is completed, the garden will have disability access and disability-friendly toilets, as well as a shed and water tank and eight raised garden beds.

"The centre also has an application before the Tasmanian Community Fund to fund paths, fruit trees and nature-based play equipment.

"Anyone who wants to lend a helping hand would be very welcome."

Variety Monster hungry for books

FOR the month of May, the Variety Book Monster will be at Shiploads stores across the state, hungry for quality, pre-loved books, DVDs, puzzles and board games. Running until 31 May, Monster May gives members of the community the opportunity to donate items to the Monster to see at the annual Variety Monster Book Fair that will be held on 16 and 17 August at Princes Wharf 1.

"After running the book fair for five years, we decided to take a break in 2018 to revaluate the way we engage with our community and asked the question of what we really want to achieve through this great event," Variety Tasmania chief executive officer Mohammad Aldergham said.

Mr Aldergham said the event was being re-launched in a new format that would highlight the fair aspect.

"We’ll have a kids corner with bean bags and grass, we’re engaging with different suppliers and we’re trying to make it a much more engaging and family affair," he said.

The funds raised from the book fair will help Variety continue its work supporting Tasmanian children.

"We are raising much-needed funds for Tasmanian children who are sick, disadvantaged or have special needs through our grants program, and we are also promoting inclusion and literacy," Mr Aldergham said.

"People accumulate books throughout their lifetime and they get to the point where they don’t know what to do with them, so the idea of recycling your books and passing them onto other people is of importance to us.

"Every book donated to us means we are able to sustain and support more Tasmanian children who otherwise don’t have the opportunity."

Mr Aldergham encouraged people to support the event and drop off their pre-loved books, DVDs, puzzles and board games at any of the 13 Shiploads stores around the state or at the Variety Tasmania office in Cambridge throughout Monster May.
**Service before self**

A SUNNY Sunday in April saw the Rotary Club of Lindisfarne host yet another successful car boot sale. With stalls, a trade table and a barbecue, the club made just more than $1,700, which will be put towards its community projects.

The Rotary Club of Lindisfarne has funded a number of community projects in recent years, which has included the sponsorship of automated external defibrillators (AEDs) that have been ed external defibrillators.

Lindisfarne has funded community projects. It has also provided significant support for schools, including supplying books to a local pre-school group and conducting mock interviews for Rose Bay High School students.

Through the Rotary student exchange program, the club has hosted a student from Taiwan and sponsored a local student to travel on exchange to Milan, Italy. Rotary Club of Lindisfarne president Peter O’Hern said he was pleased that the club was embodying the founding spirit of Rotary, which was “service above self”.

“I am proud of the commitment of our members to community service and the incredible amount of time they give up to support our many fundraising and community projects,” he said.

LINDISFARNE’S rich and extensive history has been documented in the Lindisfarne Historical Society’s (LHS) second volume of ‘Lindisfarne Heritage’. Launched on 15 April at an event attended by about 100 people, Lindisfarne Heritage Volume Two is a continuation of the first volume that was released four years ago.

The book is made up of a collection of articles from approximately 40 contributors and covers a number of topics including clubs, sporting groups, buildings, war monuments and residents. LHS president Barry Risley said it was important to capture the stories of Lindisfarne since the community’s settlement in 1803.

“What the book does is put a thread through time and it links the very distant past with the present and future,” he said.

“Our experience is that most people who live here have a yearning to know a bit about what went on in the past, and there hasn’t been a great deal of information about that. “This now fills that void, and we hope it will make people more conscious and feel luckier about where they live.”

After local historian Reg Watson was assigned the task of putting together the first book in 2015, LHS member Sheila Spargo took up the challenge of editor for the second volume after contributing a number of articles.

“I found out they had no editor and as I’d had some experience in putting books together previously, I offered to do it,” she said.

“It was a great deal of work, but I had great cooperation from all concerned – it was a rewarding, if somewhat time-consuming” experience,” Ms Spargo said.

Lindisfarne was a unique area filled with numerous special stories. “I wanted to get that feeling of the people of Lindisfarne and of certain characters who have done a lot for the district and made it what it is today,” she said.

“I just hope the people of Lindisfarne will have the satisfaction of knowing their history is being documented in an enjoyable way to read.”

The second volume of Lindisfarne Heritage is available for purchase for $35 at the LHS ‘History Room’, located on the corner of Wellington Road and Lincoln Street, Lindisfarne.

For more information, email info@lindisfarnehis-tory.org.

**A story for the ages**

CLARENCE City Council Aldermen have voted to establish a Sport and Recreation Advisory Committee, assisting to provide advice to Council and help drive development for the local sporting sector.

Clarence Mayor Doug Chipman said the move was a demonstration of Council’s strong commitment to sport and recreation and a recognition of the role that local clubs played within the community.

“Sport and recreation is a huge part of Clarence’s unique identity and there is a tremendous amount of passion and involvement from the community in this area,” he said.

The committee will be chaired by Alderman Dean Ewington and will begin to look for suitable community representatives shortly.

“I’m extremely pleased to have the opportunity to help shape the options for the community to get active and participate in both competitive and non-competitive sport and recreation activities in Clarence,” Ald Ewington said.

“Fitness and recreation have been an integral part of my life and I know that it is of great importance to the wider community as well.”

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Pellet Fires Tasmania expands heating options

Tasmania’s one stop heating shop

WELL known for developing the pellet industry in Tasmania, Pellet Fires Tasmania has added Rinnai to its product line up, now offering complete heating solutions including pellet, wood, gas and electric.

Tasmania’s largest pellet plants are in operation supplying locally-made pellet fuel to the expanding pellet heating market.

Neville Smith Forrest Products pellet mill in Launceston and Oakdale Industries in Hobart supply all the heating needs for Tasmanian customers who own pellet heaters.

Local company Pellet Fires Tasmania still imports pine pellet fuel to complement the local supply of hardwood pellets, providing customers with choice and variety. They also love the pine pellets for cat litter as it’s clean and economical and has smoking pellets for barbecues and smokers.

Pellet Fires Tasmania owner Rob Douglas said pellet heaters provided the warmth of a wood heater, but with the convenience of a gas heater. “We even have Wifi now, so you can turn your heater on or off from work if you wish,” he said.

Many people tell us that heat pumps just don’t provide the degree of comfort they want and that they are looking for alternatives. “However, we believe that pellet heaters and heat pumps complement each other when used properly. ‘We do sell heat pumps and wood and gas heating,’” Mr Douglas said.

Pellet heaters are clean burning, virtually smoke free and controllable by a thermostat that contains a programmable timer to automatically turn them on and off,” he said. “Sales for pellet heating has skyrocketed as a result of the abundant pellet fuel supply and has become the preferred choice for people who cannot get cost effective natural gas or do not want to manage a wood heater.”

Mr Douglas said it costed around $700 per winter to heat a typical Tasmanian home using pellet heating.

“Pellet fuel sells from $11 per 15-kilogram bag in Hobart, which equates to less than 0.16 cents per kilowatt hour of heating energy,” he said. “One tonne of pellets equals more than four tonnes of firewood and with a 15-kilogram bag of pellets burning for up to 28 hours, pellets are ‘very cost-effective heating source.”

Pellet Fires Tasmania has the largest range of pellet heaters in the country, with more than 21 models to choose from and a range of hydronic pellet heaters for central heating.

It has showrooms and fuel depots in Hobart, Ulverstone and Launceston to ensure statewide fuel distribution and pellet heater customer service.

The Hobart store has just become a Trusted Rinnai Specialist and has a large range of Rinnai heating products on display including gas log fires, gas space heaters, ducted gas systems, gas/electric/solar hot water and of course, the fantastic Rinnai range of heat pumps (air-conditioners).

Pellet Fires Tasmania also markets Australian designed and made wood heaters from Eureka and Aranbe including double sided, bay windows, freestanding, fireplace in-built and open fires.

What makes us different to everyone else is our Pellet Club, which provides a range of lifetime benefits for our customers, plus statewide installation and service technicians,” Mr Douglas said.

For more information, visit www.pellet.com.au.
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Is your heat pump clean, healthy and ready for winter?

Did you know that your heat pump only recycles the air in your house, office, classroom or whatever room your unit is located and you don’t get “fresh air” pumped in from outside?

This means any dust, pet dander, mould spores, bacteria, micro-organisms and viruses could be getting blown around in the air you breathe every day, risking your health, triggering asthma and allergies, stuffy nose, watery eyes and in some cases, exposure to mould spores can be much more serious.

You may clean your filters or maybe even paid for a “service”, but is it really clean?

When it comes to cleaning your heat pump/air conditioner unit, Sanitair have been developing asthma and allergy friendly products and processors for more than 10 years to get your unit clean, sanitised and healthy again.

It will heat and cool more efficiently, run quieter, last longer and save you money. Prices start from $69 servicing domestic and commercial buildings, including motels, offices, caravan parks, retirement villages, childcare centres and schools.

Rob Green is your local owner and operator of Sanitair Tasmania.

For more information, visit www.sanitair.com.au, place a free call to 1800 130 168 or phone Rob on 0448 145 311.

Classic British comedy comes to the Playhouse

Hobart Repertory Theatre is proud to be taking its audience back to 1940s Britain this May to experience World War II through the eyes of ‘Dad’s Army’, the Walmington-on-Sea Home Guard.

Join Dad’s Army as three classic episodes of this much loved BBC sitcom – made between 1968 and 1977 – are performed.

This includes the ‘The Deadly Attachment’, ‘Mum’s Army’ and ‘The Godiva Affair’. Reminisce (or expose yourself) to its delightful characters, the pompous Captain Mainwaring, duffuf Sergeant Wilson, endearing Corporal Jones and innocent Private Pike, as well as memorable one-liners such as: ‘Do you think that’s wise, Sir?’, ‘You stupid boy!’ and ‘Don’t panic’.

Eighty episodes of Dad’s Army were produced, accompanied by its memorable theme, ‘Who do you think you are kidding, Mr Hitler’, and declared number 13 in a BBC poll of Britain’s best sitcoms.

Come and see some of Hobart’s theatrical veterans and fresh new blood, like Ian McQueen, Phillip Couch and Mike Casey, as they bring this classic television series to life on the Playhouse stage.

Directed by Roger Chevalier, Dad’s Army promises to be a treat too good to be missed.

Dad’s Army will be showing at the Playhouse Theatre, Bathurst Street, Hobart from 17 May to 1 June 2019. Performances are Wednesday to Saturday at 8pm, matinees on Sunday 26 May at 3.30pm and Saturday 1 June at 2pm.

Book at www.playhouse.org.au or phone 6234 1536. Tickets may also be purchased in person at the Playhouse Box Office from 11am to 2pm from Monday to Friday and 9am to 1pm on Sunday.

From left, Ian McQueen, Phillip Couch, Mike Casey and Roger Chevalier, who will be starring in Dad’s Army from 17 May to 1 June. Photo credit: Wayne Wagg.
As part of an initiative spearheaded by the Heart Foundation, heart health checks have become a service that is subsidised by the Australian Government as part of the Medicare Benefits Schedule (MBS). After becoming accessible on 1 April, the checks allow people who have or are at risk of developing cardiovascular disease the opportunity to visit a GP to conduct a heart health assessment. The assessment is non-invasive and will involve the doctor examining the risk factors of the patient that will increase the likelihood of a heart attack or stroke. The GP will check cholesterol, blood pressure, family history and other factors such as whether they’re a smoker or whether they have diabetes,” Heart Foundation Tasmania chief executive officer Graeme Lynch said. “Once the results come back, the GP can asess what is the risk of having a stroke or heart attack in the next five years.”

To raise awareness about the new heart check, members of the public gathered at Eastlands Shopping Centre to participate in organised walks around the Rosny Park area, hosted by local Heart Foundation walking coordinators.

Heart checks were also being conducted by a representative from Priceline Pharmacy and morning tea was provided for walkers. Mr Lynch said the heart assessments would provide patients with a comprehensive plan to improve their cardiovascular health.

“The GP will be able to either suggest behavioural modification such as joining a Heart Foundation walking group, or if the risk factors are very high, there may be some clinical interventions like treating blood pressure and heart rest rate,” he said.

“We believe over the next five years the health check could prevent close to 80,000 heart attacks and strokes.”

Mr Lynch encouraged all Tasmanians over the age of 45, or over the age of 30 for Indigenous Australians and Torres Strait Islanders, to see their GP and have their heart health checked.

“Nearly three quarters of Australians have two or three risk factors for heart disease and it is the biggest killer of all Tasmanians,” he said.

“Heart disease is not always obvious — having a heart attack could be your first sign.

“We’re not aware of what our blood pressure or cholesterol might be, so having a heart health check enables a conversation to start with your GP about how we might manage risk factors.”

“Don’t wait for chest pain, it could be too late — get the vital tests you need by visiting your doctor for a heart health check.”

Heart attack survivor Denise Wierzeicar said her attack was sudden and unexpected.

“It makes sense to prevent rather than wait for an event to happen because no one ever knows when that might be,” she said.

“You don’t have to be an older person to have a heart attack — it can happen at any age.”

Ms Wierzeicar joined the Heart Foundation walking group from Eastlands to improve her heart health.

“It gets you outside, it gives your heart exercise, and you can meet new people and chat as you walk along,” she said.

National Heart Week (28 April – 4 May) is an opportunity for the public and healthcare professionals to start a conversation about heart health and the steps to reduce risk of heart disease.

For more information, visit heartfoundation.org.au/heartweek or phone the Heart Foundation Helpline on 131112.

We provide a complete skin cancer service, while offering an accessible fee structure, including full skin checks for $150 (with a Medicare rebate of $72.90 for a consult more than 20 minutes).

We offer skin checks, skin spot reviews and surgical treatment for skin cancer.

We are currently accepting new patients. Please contact our reception team if you have any questions or would like to book an appointment - phone 1800 25 24 36.
MORNINGTON local Lyn Pearson is urging the community to take a kidney risk test after being diagnosed with kidney disease 20 years ago.

Ms Pearson had very little knowledge of kidney disease when she was first diagnosed.

“I had no symptoms, the only thing I had was that I was tired and my bones ached, which is pretty non-descript,” she said.

Despite living with high lipids for 10 years, Ms Pearson was not made aware of how the condition may affect her kidneys.

That was until she had a different general practitioner who had an interest in her kidney health and told her to take a test.

Soon after, Ms Pearson was on dialysis and had a kidney transplant at 37 years of age, which lasted for eight years.

She is now on self-dialysis and is a strong advocate for people to get their kidney health checked.

“The challenge of dialysis is that it takes up your days, so I actually do self-dialysis – I set up my machine and put my needles in,” Ms Pearson said.

“I do all of that because it gives you the freedom to take a machine home so you don’t have to go in when the nurses are there.”

With Kidney Health Week held in mid-April, Ms Pearson said it was important to take a kidney health check, as it could save someone’s kidneys or allow them to manage it so they could still have a good life.

“It’s a non-descript disease – you think you’ve been working too much and put it down to other things,” she said.

“It’s so simple – go online, take the test, and if something sticks out, go and see your doctor straight away.”

“Get the ball rolling to hopefully save your kidneys or save yourself a lot of pain and grief.”

Kidney disease causes sufferers to lose up to 90 per cent of their kidney function without experiencing any symptoms, and more Australians die from kidney-related disease each year than breast cancer, prostate cancer and road accidents combined.

Kidney Health Australia chief executive officer Chris Forbes said the kidney risk test could help slow the disease, as well as help people understand the risk factors.

“Since there can be no symptoms of kidney disease, it is vital for people to be vigilant,” he said.

“It’s high time for Australians to take action and not be blind to this devastating illness.”

For more information or to take Kidney Health Australia’s online kidney risk test, visit www.kidney.org.au.

Mornington local Lyn Pearson is urging people to take a kidney risk test.

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A new way of looking at emotion and stress

Dr Mark Symonds, left, with Dr Sally Chapman at her practice at Health Change in Howrah.

A FREE webinar being offered to local community members is delving into new ways to look at emotions and stress. The session is being offered by local chiropractor, kinesiologist and natural integrated healthcare practitioner Dr Mark Symonds, director of MindFitBody, and will cover a new study undertaken on the Neuro Emotional Technique (NET).

"Until recently, people thought the mind and body were separate and that emotions were a product of the brain only," Dr Symonds said.

"However, neuroscience has shown that other parts of the body can hold or generate emotional changes as well - emotions such as excessive unresolved anger, grief and fear may affect people long after they have forgotten the cause." Physicist researchers in the USA conducted a study on NET, a mind-body therapy, which found that it effectively and rapidly reduced symptoms of traumatic stress events in patients who had experienced life-threatening medical issues.

"The results of this study were really quite dramatic," principal investigator Daniel Monti said. "In just four to five brief sessions, patients who received NET reported much less distress, their overall emotional state improved significantly and the way their brains reacted to stress cues normalised."

The study revealed how NET substantially altered the brain’s response to traumatic memories, and revealed the potential importance of the cerebllum in regulating the brain and body’s response to traumatic stress.

Dr Symonds, who is a certified NET practitioner, said because of the number of mind-body interconnections, NET had been reported to treat a number of conditions.

This included headaches, body aches, chronic pain, digestive issues, phobias, general anxiety, organ dysfunction, self-sabotaging behaviours and other conditions.

"NET is safe and effective and is a natural way to resolve long-standing health problems by resolving the emotional components that accompany or cause physical symptoms," Dr Symonds said.

"It can also be used in conjunction with traditional approaches to stress management and mental health such as psychology or counselling."

Having obtained one of the highest levels of NET certification available worldwide, Dr Symonds has been using the technique on a daily basis since beginning his practice in 2004.

Dr Symonds will be running a free webinar for community members called ‘The Body-Mind: A New Way of Looking at Emotions and Stress’ on Wednesday 5 June at 8pm. You can register for this event on his website at www.mindfitbody.com.au/events.

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Wednesday 12 June 2019
12:30pm – 2:30pm

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www.chc33015.info

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The Lindisfarne Cenotaph is starting to show signs of deterioration.

By Reg A. Watson

THE Lindisfarne Cenotaph, sited as one of the most beautiful of all Memorial Parks in Tasmania, has been there since 1922, although the exact date of construction is not recorded.

It was a result of direct community effort and of local fundraising by the community. It contains 12 names of locals who paid the supreme sacrifice in WWI, although three extra names should be added. Why they are not contained on the memorials is unknown. It has two entrances, one is guarded by an artillery piece donated by the Australian Army post World War II. Time, however, has not been good to the memorial.

It is now showing signs of deterioration and stress and will soon need urgentstructural repairs. The cenotaph is the focal point within sparse lawns which contains many other memorials, interpretation boards, memorial trees and plaques, including a marvellous one dedicated to Tasmanian Vietnam fatalities.

The whole area is a recreational gem and well worth a visit.
Dressing up in red for MS

AN evening of glamour and fun will hit Hobart this month, with ‘The Red Affair – A Night for MS‘ set to raise crucial funds for Tasmanians touched by multiple sclerosis (MS).

“Others on our committee spend time caring for family members with MS,” Mrs Land said.

“AN innovative program focusing on the many aspects of dementia care is raising awareness of the condition and its impacts on the local community.

Run by health professionals at the Clarence Integrated Care Centre, the free ‘Light Up Your Mind’ program is designed to help those affected by dementia by providing essential information on how to care for someone with the condition and the support services available.

Light Up Your Mind co-facilitator Pru Peschar said the program was developed in response to a growing need for practical strategies for looking after someone with dementia.

‘With more than 25 years’ experience in the health sector, I have found that when people are aware and knowledgeable about dementia and the service available to them, they have an improved quality of life and less carer stress,’ she said.

‘In addition to caring for people with dementia, the course also focuses on the teaching of memory strategies, as well as lifestyle changes which can reduce the risk of developing dementia.’

Ms Peschar said fun and interactive activities, known as brain training, would be a key part of the course.

‘Brain training has been proven to reduce the incidence and severity of dementia,’ she said.

‘Past responses to the course have all been very positive, with many people commenting on how much they enjoyed the group and how much more they now knew about dementia, its prevention and the services available.’

Light Up Your Mind will be run in four two-hour sessions, commencing 20 May from 10.30am to 12.30pm at the Clarence Integrated Care Centre, Bayfield Street, Roony.

For more information or to book a place in the program, phone Pru or Jo on 6282 0138.

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The Red Affair Ball founder Lisele Rankin with event organising committee members Angela Land and Jayne England prepare for a night of glamour and fun.

From left, Red Affair Ball founder Lisele Rankin with event organising committee members Angela Land and Jayne England prepare for a night of glamour and fun.

A group of women from the Eastern Shore who have lived with MS for six years, said living with MS has come together to organise a gala evening at the Hobart Function Centre to help raise funds and awareness of MS.

Funds raised will be divided equally between the Merzies Institute for Medical Research to further research into finding a cure for MS, and to MS Limited to provide support services to people living with the disease.

Event organising committee member Angela Land, who has lived with MS for six years, said it affected people in different ways and had a profound impact on communities throughout the state.

“They told me that when someone you love has MS, it’s different,” Mrs Land said.

“One of the greatest impacts on my life was seeing out of my left eye,” she said.

“In 2012, I had my first symptoms which was optic neuritis, so I couldn’t see out of my left eye,” she said.

“That sent me to the doctor where I went through a series of testing and a year later I was diagnosed with MS.

“Day to day I live with neuropathic pain which is pins and needles all through my hands and arms, as well as a burning sensation, fatigue and insomnia.”

From past events, the committee has raised $70,000 and hopes to hit $72,890 per person.

“With more than 25 years’ experience in the health sector, I have found that when people are aware and knowledgeable about dementia and the service available to them, they have an improved quality of life and less carer stress,” she said.

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Dogs and children – building positive interactions

By Jodi Harris*, Cues & Clicks Dog & Animal Training

I AM passionate about child and dog safety and I admit, as a dog trainer and parent, many pictures of kids and dogs I see on Facebook absolutely terrify me.

Educate yourself on dog body language – in my opinion it’s the difference between an average and good dog owner.

There is an app called Dog Decoder which is a great resource, as is gaining information from a qualified positive reinforcement trainer.

Essentially, no dog is 100 per cent happy all the time (our dogs have bad days too) and young children don’t understand the impact their behaviour can have on pets.

Just because your dog doesn’t growl, bite or even move away from a child, and never has done, doesn’t mean they can’t or won’t get fed up, angry or worse one day.

So, what should owners wanting to try their best do?

• Unless you’re 100 per cent present and focused on your pet and your child, they should not be able to access each other. This means that if you’re in the same room, but watching the television or doing the dishes, you are unable to see the split second your dog shows body language to alert you they’ve become uncomfortable (or downright annoyed) so keep them apart.

• Invest in crate training and baby gates/doggy play pens.

• Give your dog something fun and calm to do while they’re sleeping! You should call your dog and make sure they’re fully awake first.

• Never allow your child to approach your dog while they’re sleeping. If you allow your child to feed your dog while they’re sleeping, it may train your dog to approach your child every time they eat, so not a good idea.

• Adults or older children under supervision in the home should practice methods for reducing any dogs anxiety around their food, as well as retrieving stolen items (even if they belong to the child). Getting advice from a positive reinforcement trainer is absolutely necessary to ensure you’re doing this properly.

• Where possible, involve your children in feeding your dog to build a positive association. Getting kids to make up stuffed Kongs and other enrichment items works in our house.

• Where possible, involve your children in calm games with your dog such as “find it” and trick training, under adult supervision and only while the dog is calm.

*Jodi Harris holds a Certificate IV in Companion Animal Services.

Want to see your pet featured next month?

Email a photo and a few words about your pet to Louise at: advertising@easternshoresun.com.au

All entries will be shared on our Facebook page and the winner will be the entrant with the most “likes” at the end of voting. The winning entry will feature in next month’s Eastern Shore Sun and will win a Eastland Pet Supply $50 voucher!*

Entries for June close: Monday 3 June
Voting starts: Tuesday 4 June
Voting finishes 5pm: Tuesday 11 June

*Winner has 30 days from distribution to claim their voucher in store. In the event of a tie, the prize will be split.

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By Scott Hunt
The Dog Grumbler

In this modern, hectic age it is good to find a way to chill out. Some folks meditate. The Dogs, in my opinion, do this by doing things like this. I have been known to do things like this for a major infrastructure:

RAC unveils Greater Hobart Mobility Vision

RESIDENTS of Greater Hobart, and Tasmanians more broadly, are being called on to embrace new mobility options, such as public and active transport, in the RACT’s 30-year Greater Hobart Mobility Vision unveiled last month.

The Vision, (which is detailed at https://hobart.mobility.vision.ract.com.au), details a range of actions that are staged across a 30-year period that not only embraces new technology but also stems from people-pleased and accessible city.

Executive general manager Membership and Community Stacey Pennicott said the RACT’s staged approach mapped out changes across the infrastructure, public and active transport, urban planning, social and community issues, as well as future and emergent mobility.

The first two stages focus on shifting people’s behaviours and patterns to embrace new technology and mobility options,” she said.

“Hobart’s mobility network cannot improve without behavioural change.

“This takes time, real alternatives and a willingness to change.”

Ms Pennicott said the population of Greater Hobart was about 230,000, but according to the Australian Bureau of Statistics, was predicted to reach 300,000 by 2050.

Ms Pennicott said Hobart had the highest percentage of car use for all transport modes in the country, with 84 per cent of residents taking a private vehicle to work.

“Reducing the percentage of private vehicle use by four per cent would make a significant difference to the efficiency of the road network at peak times and ensure Hobart was more in line with the majority of other capital cities in Australia, with 72 per cent of residents taking a public vehicle to work.

“Deliver infrastructure projects that reduce interaction between people and vehicles in the CBD and Eastern Shore.

“Establish a scheme to subsidise patronage of public transport.


This stage would also include the integration of low/ezero emission transport options.

Years 21-30: Indicative cost $26 million

Focus on emerging technology such as autonomous vehicles and smart-city options including vehicle communicataion with traffic signals to ensure smooth flow. This Vision assumes the projects listed below will be delivered as per previously announced Tasmanian and Australian Government budget allocations:

- BridgeWater Bridge - $576 million.
- Hobart Airport inter-change - $30 million.
- Tasman Highway dual- carriageways - $5 million.

“Indicative costs provided by Pitt+Sherry

Examples include:

- Deliver infrastructure projects that reduce interaction between people and vehicles in the CBD and Eastern Shore.

- Establish a scheme to subsidise patronage of public transport.


- Remove on-street parking in key locations to facilitate prioritisation of public transport (eg. Main Rd/ Elizabeth St, Sandy Bay Rd), as well as separated cycleways.

- Commence work on active transport spine

The list goes on

The Dog Grumbler

You don’t need to try very hard or even think much. Stroking, massaging and scratching a dog has proven physical and mental benefits for both parties.

It releases the hormones oxytocins— common to dogs and humans—which bonds mothers and babies, just as it does human babies.

I jabber about cooker-recalled bones and human leftovers as the attraction that led our dogs’ ancestors to evolve as they did.

I stress the importance of dog training because only we can show dogs how to survive in a human world.

But there is something else that we can offer them: a big long “scratch” (my word, but feel free to use it — your dog understands) on the back, or chest when they roll over.

Lots of animals enjoy this.

Horses mostly love a curry comb. Cats love to be stroked. Elephants rub trees scratching or sweeping their own thick hides, and thick hide is what dogs have.

The domestic dog’s nearest relative—the greyhound—isn’t into being scratched because its skin is significantly thicker than a dog’s and they never learned to trust us anyway.

And only a human can do it — or at least do it better than a tree.

Your dog has thick skin and good reason to be tickly in places it can’t reach.

It’s great way to let your best friend know you care and to carry its scent with you as it carries yours.

You both feel better afterwards.

For most people, giving pleasure to others feels good. Certainly, it gives immediate and tangible pleasure to your dog — and that’s before the oxytocins kick in.

I think this is under-valued.

A dog is a proximate opportunity to do a good turn, to be kind for the sheer pleasure of pleasing another.

Sometimes, in a contemplative mood, I realise my dog has joined me where I sit and I am absent- mindedly scratching her back or massaging her neck and all my cares and concerns seem less burdensome.

She wants nothing more than my company and this simple affirmation of my affection and in the moment, I can think of no place I would rather be, so man I would change places with.

Try it. Your arm will tire of it long before Rover does.

And, when he lays on his back and you just find the right spot and one leg starts to jump like a skate- boarder in a hurry? I don’t know what that is, but it rivals Morris Dancing for entertain ment value.

PET TALK

The Black & White Dog Book

Provides one on one solutions for behaviour problems. All breeds, all ages. No dogs too hard.

0439 444 776

COMMUNITY NEWS

RAC unveils Greater Hobart Mobility Vision

We currently have a vacancy on our Australia Day Awards Committee, which oversees the promotion and presentation of the awards.

Requirements:

Be a Clarence resident

Have experience with not for profit groups/ organisations in the Clarence community.

Be committed to assisting us to promote the aims of the Australia Day Awards as a focal point for Australia Day celebrations, a forum for the recognition of outstanding achievement, and an insight into Australian identity.

For more information, email ausday@ccc.tas.gov.au, visit www.ccc.tas.gov.au/australiadayawards or contact Adam Saddler on 03 6217 953.

Nominations close on Friday 21 June 2019.
LAWNS BOWLS SOCIAL Volunteer at Rosny Park Bowls Club, Lincoln Street, Lindisfarne. 12pm or for 2.30pm start. Entry fee includes nibbles after the game. New bowlers welcomed, Ph. 6423 8708 or email beltabowls@bigpond.com.

LEISURE TIME FOR CARE MATURES Prepares meals the last Monday of each month at Alderney Baptist Church, 28 Riawena Road, Howrah, 9am-3.30pm. Enquiries phone 0419 304 020.


LINDISFARNE MASONIC CENTRE Lindisfarne Masonic Centre, Hall, 29a Lincoln Street, Lindisfarne. Phone: 6243 4143. Visit lindisfarne.history@gmail.com.

LINDISFARNE LADIES PROBUS CLUB Meets 10am on the first Wednesday of each month at Alderney Baptist Church, 28 Riawena Road, Howrah. Enquiries email lindisfarne.history@gmail.com.

LINDISFARNE MENS PROBUS Club Meets first Monday of each month at Alderney Baptist Church, 28 Riawena Road, Howrah. Enquiries phone 6243 4143. Visit lindisfarne.history@gmail.com.

LINDISFARNE RIVERSIDE ARTS CHOIR Mixed choir rehearsal, Lindisfarne Activities Centre, Lincoln Street, Thurs 7:30pm. Enquiries phone 6243 352 544.

LINDISFARNE SCHOOL FOR SENIORS Fridays 10am-12pm at the Lindisfarne Activities Centre, Lincoln Street. A guided program on a range of topics. Ph. 6243 6869.

LINE DANCING Tuesdays 11am-12:30pm for beginners and improvers. Lindisfarne Community Centre, Payne St. Ph. 6244 1334.

LINEARLY Linealily Landcare Volunteers Mon to Fri 10am & 11am. New members welcome. Ph. 0412 904 319.


LINDISFARNE PUBLIC SCHOOL 10am every Thursday except in school holidays. Hosted by Good News Church, 238 Clarence Street, Howrah. Interactive 30-minute music sessions for birth to school-age children and their caregivers. Ph. 6241 9580.

MASTERS ATHLETICS Cross Country and road running for the over 30’s from April to September. Program on www.tasmastersathletics.org.au. Ph. Mike Walter 0428 370 641 or email: tasmasterears@ gmail.com.

MENS BREAKFAST St George’s Church Hall, Sorell, the second Tuesday of each month at 7.30am. Ph. 6243 4278.

MIDWAY POINT-PENN-A-NORTH-GUARDIAN Watch Active group meets first Wednesday of the month at noon at the Midway Point Community Centre, Tranmere, Ph. Pat Lerry 0419 318 122.

MT RUNNEY LANDCARE GROUP Inc. We meet bi-monthly to undertake various activities to improve our local environment. Visit https://mtrunne ylandcaregroup.wordpress.com for information. All volunteers welcome.

MUSICALIANS MANLY MUSIC Ph. 6241 9580. Enquiries Ph. 6245 3431.

NATIONAL AUSTRALIANS ROSELYN PARK SOCIAL Club Meets at the Motor Yacht Club Tas- mania, 1 Ford Parade, Lindisfarne on the first Saturday of each month from 4pm for dinner meeting (30 inch meal). Ph. Malcolm 9420 850.

NATIONAL SERVICEWOMAN’S ASSOCIATION If you are a female member, luncheons are held at local hotels on the third Thursday of each month. We assist members to get their SSA Medals. We also collect copies of the SSA photo album. Ph. 6243 4431.

OSPREYS BAY AND SOUTH ARM COASTLIFE (OSBAC) Meets second Tuesday of the month from 10am-12noon. Details of venues and program can be found on OSBAC Facebook community page. Contact Tracey O’Neil, 0400 119 519.

PINO@PITTWATER NEIGHBOURHOOD HOUSE Played the same as bingo, but for grocery prizes. $10p (games) Mondays 12pm-2pm. Cuppa & cake provided. Phone 6205 1555 for more info.

PITTWATER ART GROUP Every Tuesday 10am-12pm for nine weeks at the Supermarket Hall, Pole Street, Sorell. Ph. 6245 6875.

PROBUS CLUB OF LAUDERDALE COMBINED INC. Meets first Monday of each month at the Abundant Life Church Lutere- dale. Club outings take place on first Tuesday of each month. Social and contact activities. Social Secretary c/o Post Office Box 48, Rokeby, Tasmania 7019. Ph. 6243 9228.

ROBEY’S GIRLS’ BRIGADE Girls aged 5 to 11 are most welcome to join us. Meet the Thursdays 5.30-7.30pm during school terms at Emmanuel School, Contact Libby Ed bury 0416 277 101 or edereleyue@gmail.com.

ROBEY’S NEIGHBOURHOOD CENTRE Computer class, cooking class, community lunch, model building and painting of craft, painting class, café conversation, belly dancing, zumba, after school program, the choo choo sports program. Ph. Catie or Nicole on 0427 6778 or email Robysisyclc@ bigpond.net.au.

ROSELYN PARK BOWLS CLUB Excellent venue available for hire with views, full bar and kitchen facilities, parking car. Ph. 6244 1642. New members for social, indoor and pennant bowling events.

SOUTH ARM COMMUNITY MARKET 9 Calvert Place. First Sunday of each month. New theme each month. Ph._trapman@hotmail.com.

SOUTHERN BEACHES LAND COASTCARE Inc. Meetings first Friday each month, working bees third Saturday. Primmare Sands working bees first Saturday each month. Clean up groups third Sunday. Contact Glen 6265 8662 or Gwen 6265 8335 or southernbeachelandcoastcare@gmail.com.

SOUTHERN DISTRICTS BANDS INC Community concert band each Thursday night from 7.30-9.30pm at 550 East, Tranmere. Ph. 6423 5052. No audition, any level of skill. Contact Kristen Nichols at krisnichols_nyj@yahoo.com.au.

TASMANIAN FAMILY HISTORY SOCIETY (THS) Library at 1155 Main Road, New Town Post Of- fice at 19 Cambridge Road, Bellerive is open Tuesdays 12.30-3.30pm, Wednesdays 9am-12.30pm and Saturdays 1-3.30pm. Visit www.hats.asn.au or ph. 6244 4527.

TASSE ROCKERS DANCE CLUB Every Wednesday at the Denovet City Bowls 7pm-10pm. Suitable for all ages. Phone Gayle on 0413 700 044.

TENNIS AT SUNSHINE TENNIS CLUB Social tennis played every weekday. Contact: Phone Sean Kelly, president, on 0449 329 771, or email sunshine@tennis.tasmania. com.au.

THE FRIENDSHIP FORCE Fosters peace and understanding through a program of hosting home and overseas, and inclusion for children and their families. Ph. 6243 7050.

THE REDEEMED SOCIETY OF CHRISTIAN PARISH Ministers Sunday Service at 11am at Warrene Primary School Hall, 213 Cambridge Road, Warrene. Ph. Pastor John Jones on 0449 288 191.

TIME OUT CRAFT PROGRAM Range of crafts on Thursdays 9.30am-12pm during school terms at Cityview, 400 Cityview Road, Howrah. Ph. 0412 677 019.

TRANMERE CLARENCE PLAINS LAND & COAST CARE Help enhance and preserve natural values in the Tasmanas, Traralgon and Clarence Vale area. Activities at various sites on Saturdays and last Sunday of every month. Enquiries: treaclelisa@gmail.com or phone 0435 325 171.

USA CLARENCE Meeting every Wednesday and Monday nights at Rosny LINC. Ph. Carol Rossendell on 0409 690 888 or car olou Đầu@lascare.com, visit http:// www.lascare.com

WARRINGAH MORRONE NEIGHBOURHOOD CENTRE Provides access to elderly classes, food assistance, NAB, computer access, social activities, information and resources. Ph. 6346 or email warrangbonb@bigpond. com or visit the Facebook page.

WAVELLOCK FLORA PARK LAND CARE Every Tuesday 9.30am-12pm at Wavellock Hall, 5 Arm Road, Wavellock. Ph. 6435 229 22, or email Cal 714606@bigpond.com.
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CLARENCE LITTLE ATHLETICS CELEBRATES
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‘We are extremely proud to have numerous past members who have gone on to greater sporting pursuits within the Australian and international sporting world,’ Mr Cox said.

‘This includes javelin medallist Hamish Peacock, long-distance runner Kylie Risk, AFL player Jack Riewoldt and Athletics Tasmania executive officer Gabrielle Steele.

‘Although we are very proud of these athletes, our central aim is to ensure that every child that wants to try athletics is given a safe and friendly environment to do their best,’ Mr Cox said.

‘The objectives at the centre today remain as it was all those years ago as a family friendly activity, where children of all abilities are encouraged to participate.’

Mr Cox said he was excited to see what the future had in store for CLAC, with four of its athletes – Jessica Bray, Avalon Forbes, Blake Harper and Darcy Noonan – having recently competed with the Tasmanian team at the Australian Little Athletics Championships.

CLARENCE Little Athletics Centre operates from Clarence High School on Saturday mornings from October to March.

For more information or to get involved, contact clarence@littleathleticstasmania.com.au or visit www.clarence.org.au.
Clarence gymnasts step up at state champs

THE Clarence Gymsports girls team took it up to competitors this April at the Tasmanian Gymnastics Championships held at the Kingborough Sports Centre.

The level seven team of Isobel Calvert, Charlotte Bouwmeester-Wedd, Alana Langlois, Charlotte Barnes and Zoe Brown. Absent: Sophie Burrows and Ella Curtain.

Charlotte Henwood said she was proud to see the girls perform well at such a high level.

“The girls have put in some really good hours at the training sessions, so they really deserve it,” she said.

“I love seeing them achieve, set their own goals and push themselves to achieve those goals and be successful,” Isobel said she was not expecting to be state champion, but was really happy with the result.

“My goal is to be in finals at nationals in two weeks – the top two from every state get into finals,” she said.

Charlotte, aged 14, said she hoped to go to nationals in the next few years.

“I really enjoy gymnastics and it’s nice to have a set sport you’re passionate about,” she said.

“Tasmania has become a male-dominated space. “The main message we want to send is it doesn’t matter where you come from, Shredding Betties has a place for you,” Ms McLeod said.

WOMEN’S mountain bike club Shredding Betties has a Betty, no one is left behind. “Everyone can be a Betty, no one is left behind.”

For more information, visit the Shredding Betties Facebook Page or email shreddingbetties@gmail.com.
EDDY SOARS TO NEW HEIGHTS

CLIFTON Beach local Eddy Rand is gearing up to compete in trampolining at the Australian Gymnastics Championships after posting good results at the recent New South Wales and Tasmanian State Championships.

Rand finished third in the individual trampoline division and fifth in the individual trampoline line in the under 22 age group at the NSW State Championships. Rand then competed in the Tasmanian Championships at the Kingborough Sports Centre on 13 and 14 April.

"The event formed part of the selection for the 2019 World Age Championships for trampoline gymnastics being held in Tokyo later in the year," Rand said.

Rand finished third in the individual trampoline and said the result put him in a position to get in the Australian team for the double mini.

"I got the objective score I needed – if I do the same performance at nationals I’ve got a really good chance of getting in the Australian team," he said.

"I was really happy with my performance in NSW because it’s a tougher field and it’s great competition experience." Under the tutelage of state coach Ben Kelly, Rand said he trained four to six times a week for two hours each session.

"It’s a lot of time and effort, but absolutely worth it," he said.

"Ben has been really experienced, highly qualified and has been there every step of the way." Rand said he started trampolining at a young age after doing circus skills classes at the Jumping Jacks Trampoline Centre.

"At the time I thought it would be an awesome thing to get into, and it has been so much fun – it’s one of the most fun things you can do," he said.

Rand said he hoped to make the team for the World Championships.

"I have been ramping up my training load and focusing on emulating competition during training," he said.

"My goals at nationals are to place in the top four of my age group, as this would be a strong indication of my chances of making the Australian team.

"I want to be a strong senior competitor and be able to compete with the senior guys and put up a good fight."
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    - Treats not included.

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    - Includes 32GB micro SD card. swann.com
    - Also available:
      - DVR-4580 8-Channel 8-Camera $649
      - DVR-4590D 8-Channel 8-Camera $729

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