

BRIDREPORT

Free Dementia Information Session

At some stage, all of us will almost be certainly be affected by dementia in some way. Over 500,000 people Australia-wide are currently affected; that is equal to the population of Tasmania.

It is a difficult disease to be faced with but with knowledge and information we can be better prepared to recognise the symptoms, work towards mitigating them, maximise our own brain health, be in a better position to care for a loved one and know where to seek help and advice in our local area.

Bridport Innovations, together with the UTAS Wicking Dementia Research & Education Centre invite you to an information session:

Wednesday May 18 from 5:30-7:30
the formal presentation starting at 6pm
in the Bridport School Hall
there will be time for Q & A afterwards

Masks must be worn on school property and covid regulations will be observed.

Please register with Eventbrite (see poster, page 3)

or ring/text Jill van den Bosch: 0429 6444 329



Island Study Linking Ageing and
Neurodegenerative Disease

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Open 7 days

Lunch 12-2pm and Dinner 5-8pm

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Weekly Wednesday Parmi night

Friday happy hour with local meat raffle

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Bridport Community Hall & CWA Hall
Saturday, May 14th, 2022
9am - 12:30pm



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Leesa: 0428 661 612
Email: bridportvillagemarket@gmail.com
Facebook: Bridport Village Market

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NE TAS Field Naturalists Club Inc. - Visitors to Bridport

Just lately there have been a couple of interesting visitors to Bridport. No, not campers. Not people here to celebrate the opening of the Bridport Distillery. Birds ! of the feathered variety.

The Royal spoonbill is one. It is not commonly seen in Tasmania's waterways, but birds have been recorded at the Tamar Island Wetlands and in Queechy Lagoon in Launceston since 2008 and recently, a Royal spoonbill immigrated to Bridport and was seen and photographed by Jeff Jennings.

Some North East Field Nats recently went to Tamar Island in search of the Royal Spoonbill and were told "they left this morning and went over to Queechy". There was a small flock there, mostly asleep with their heads and beaks tucked away out of sight under their wings. Black legs, black bill. But slowly, one by one they woke up and started sweeping their bills from side to side in the water feeding on crustaceans, small fish and insects. They can be seen at both these sites regularly.

Another visitor to Trent Water and the dams and lagoons nearby is the Nankeen Night Heron. This unusual bird sleeps and roosts in trees all day and is rarely seen unless disturbed. At night, it flies off to feed in the shallow waters at the edge of rivers, lakes, dams and other waterways. It eats the same food as the Spoonbill. It can be up to 60cm long, and has a short neck giving it a stooped appearance. Its legs are relatively short. It's the sort of bird that might not even be noticed, unless photographed with an infra-red night camera.

Most Bridport residents are familiar with the old white bellied sea eagle which I'm told has been living here for many years. When the Bridport walking track was built, the track was routed away from the sea eagle's nest as a sign of respect. Things must have been working out right for the sea eagles since then, because often two are seen perching together on a dead tree on the seaward side of the Trent Water. Jeff Jennings recently photographed four – two adults and two juveniles at one time on the same tree. Look for his photos on Face Book and You Tube.



Spoonbills at Queechy Lake



Juvenile Nankeen Night Heron



White Bellied Sea Eagle

Report and photos by Lou Brooker

Policing in Bridport explained

Communities in Tasmania's North East are among the most law abiding in the State, according to the leader of the local police sub-division.

Sergeant Brent O'Mahony attended a meeting organised by Bridport Innovations, giving a summary of the youth justice system and policing in the district, before taking questions from the floor.

He said there had been a significant reduction in the incidence of vandalism in recent months after a cohort of six to eight young people had been identified and their families and school had been consulted to address the issue.

However, people were advised not to always blame young people for anti-social actions, like the recent breaking of stained glass windows in the old church, new distillery building, which was down to adult visitors to the Bridport.

Sergeant O'Mahony said the complement of 10 officers for the subdivision meant calls for police attention always had to be prioritised, but he encouraged every incident of wrong doing to be reported, so an accurate picture of the need for policing could be seen.

Bridport Innovations president Jill Van den Bosch thanked Sergeant O'Mahony for his presentation, particularly as he had interrupted his holiday to attend the meeting.



Sergeant O'Mahony and Bridport Innovations president Jill Van den Bosch

Events @ Bridport

AGM Events@ Bridport Inc

Monday 9th May, 7pm

Bass Strait Freight Office

2a Main Street Bridport

All welcome

Email:eventsatbridport@hotmail.com



THE ISLAND PROJECT

Island Study Linking Ageing and
Neurodegenerative Disease

Dementia - Reduce the risk across Tasmania

Wednesday 18 May 2022: 5:30pm to 7:30pm

Bridport Primary School Hall
10 South Street Bridport, TAS 7262

Speaker: Distinguished Professor James Vickers

Join us in this free information session in your local community to learn more about dementia, its modifiable risk factors and the research on raising awareness about reducing the risk of dementia across Tasmania.

Register on Eventbrite

<https://www.eventbrite.com.au/e/dementia-reduce-the-risk-across-tasmania-tickets-314191373857>

islandproject.utas.edu.au



Australian Government
Department of Health



ANZAC Day in Bridport

Bridport RSL Sub-Branch

Almost 250 people attended Anzac Day Dawn Service in Bridport. This was the biggest crowd seen in decades.

The weather was perfect and everyone appreciated the salute with oars by the Bridport Surf Life Saving Club during the Last Post. Just over 100 then attended the Gunfire Breakfast at the Bunker.

The Uniting Church's Rev. Ian Wilson officiated as the Padre at the 11.00 am service. Guest speaker was B.J. Knott, a Senior Girl Guide working on her Queen Elizabeth medal. She gave a very well-researched talk on the role of Girl Guides during all wars. The collection raised \$498 for Legacy.

The winner of the Anzac Day raffle was Gaille from Hobart, who was having lunch at The Bunker. The prize of an Armistice Bear was appropriate as she collects bears of all kinds.

Simon Hirst

President, Bridport RSL Sub-Branch



Bridport Tai Chi celebrates over five years of growing community health

Tai Chi is often described as 'meditation in motion,' but it might well be called 'medication in motion.' There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. And you can get started even if you aren't in top shape or the best of health.

This gentle form of exercise, conducted locally at Bridport since 2016 by Launceston instructor Grant Scurr, can help maintain strength, flexibility, and balance, and could be the perfect activity for many in our community.

One member of the group Tony Scott has nothing but praise for the benefits of Grant's Tai Chi instruction. 'I find that the sessions are great for my bad back' he said. 'One hour a week of Tai Chi helps calm and balance life. The gentle regime of exercise addresses muscles and parts of the body that you rarely think about and certainly don't consciously work. It helps strengthen and at the same time relax those areas and improves balance and overall health and fitness.' said Tony.

In his low-impact, slow-motion approach, you go without pausing through a series of motions named for animal actions, for example, 'white crane spreads its wings', or martial arts moves, such as 'box the tiger's ears.'

As you move, you breathe deeply and naturally, focusing your attention, as in some kinds of meditation, on your bodily sensations. Tai Chi differs from other types of exercise in several respects. The movements are more 'circular' and never forced, the muscles are relaxed rather than tensed, the joints are not fully extended or bent, and connective tissues are gently stretched.

Tai chi can be easily adapted for anyone, from the most fit to people confined to wheelchairs or recovering from surgery.

Another member of the group Will Richards was recommended Tai Chi by his specialist following permanent damage to his vestibular canals which are normally responsible for maintaining balance. 'Tai Chi with Grant has allowed me to regain a lot of balance lost after illness some years ago.' he said. 'I would recommend Grant's classes to anyone with balance issues.' he added.

Another member of the group, since 2016, Jay Wilson has nothing but praise for Grant Scurr. 'Grant is a patient, wise and skilful teacher. Tai Chi has assisted me achieve better balance, flexibility, as well as a more peaceful and mindful approach to life.' he said

Grant has said that he would consider setting up other classes in the north east if there was sufficient community interest. Please feel free to contact him on 0418 606 656 or via his facebook page <https://www.facebook.com/ironlotustaichi>. Alternatively you may want to come along to the Bridport class which has an attendance fee of only \$10. This includes classes conducted in the warm room of the Bridport community hall as the weather cools. You are welcome to attend when classes resume after the Easter and public holiday break returning on May 2nd.

Instructor Grant Scurr demonstrating the Tai Chi move 'Archer draws the bow' with his Bridport group



Exercise is Medicine by Dr Jo Grey

As some of you may have discovered over recent months, one of my favourite prescriptions to hand over during a consultation is one for physical activity.

This often triggers a wry smile or chuckle from a patient, but this prescription is just as potent as one for any medication from the pharmacy.



There is clear scientific evidence proving the benefit of regular physical activity on both the primary and secondary prevention of diabetes, hypertension, cancer (particularly breast and colon cancer), depression, osteoporosis and dementia. Furthermore, regular physical activity has been shown to be essential in achieving and maintaining weight control. Finally, there is a clear correlation between physical activity and all-cause mortality. Without a doubt, exercise really is medicine and, in fact, it can be seen as the much needed vaccine to prevent chronic disease and premature death.

The beneficial relationship between exercise and health has been well known dating back to the 5th century BC, when Hippocrates said that "Eating alone will not keep a man well; he must also take exercise. For food and exercise... work together to produce health". This relationship has been further defined by years of scientific research that shows a clear correlation between physical activity and health status. That is, those individuals who maintain an active and fit way of life live longer and healthier lives than those who do not. This association between physical activity and health persists in virtually every subgroup of the population, regardless of age, sex, race or environmental conditions.

Starting an exercise program can sound like a daunting task but remember that your main goal is to boost your health by meeting the basic physical activity recommendations. Even a small increase in physical activity can have a positive impact on your health and quality of life. Physical activity is not just about weight loss. It is beneficial to your health whether or not you lose weight.

How much exercise should you do? Current Australian guidelines for exercise are:

- Do muscle strengthening activities on at least 2 days per week.
- Doing any physical activity is better than doing none. If you currently do no physical activity, start by doing a little, and gradually build up to the recommended amount.
- Be active on most, preferably all days every week.

Tips for starting an exercise:

- Write it Down: Set yourself physical activity goals and carry them around with you or stick it on the fridge.
- Set Aside Time Each Day to Exercise: Getting started can often be the most difficult part of any exercise routine. Scheduling exercise into your day and making it a priority will increase your chances of success.
- Start Small and Work Your Way Up: Start with 5-10 minutes of exercise per day. Each week add an extra five minutes to your routine until you reach 30 minutes of moderate intensity physical activity on at least five days per week.
- Find Something you Like: Try something new and find an activity you genuinely enjoy.
- Exercise with a friend or group.

As always, it is important to speak with your doctor before commencing a new exercise program to ensure that you will be exercising safely in a way that will benefit your health in the years to come.

CWA New Member profile - Mary McConnell

Mary is a new member of Bridport CWA. She and her husband Alan are ex Queenslanders, last hailing from Kalbar, a small regional town located within the picturesque mountain views of the Scenic Rim, 70 km from Brisbane.

Mary grew up in Brisbane, travelled and worked in UK and Europe as so many young Aussies did in the 70s sampling Contiki camping, hitchhiking and finding work in gloomy London. Eventually the cold brought her back to Queensland where she trained as a mature age nurse, met and married truck driving Alan and together, they raised 4 children with nursing night shift work proving very helpful while the children were young.

Mary worked 25 years as a RN in aged care, a career she found rewarding but as time went on the pressures resulting from understaffing and cost cutting within the sector made for an unpleasant work culture she chose to withdraw from.

Retirement for them both resulted in caravan trips around the mainland but their caravanning holiday in Tasmania in late 2019 became much more than a jaunt, when rolling into Bridport they were captivated by its coastal beauty and laid back village feel, so much so that they took the plunge and bought a block of land with generous views of the river and bay.



cont'd on page 6

GIANT BONFIRE AND CRACKER NIGHT

5.00 PM

SATURDAY 28TH MAY

BODDINGTON ROAD BRIDPORT

FOLLOW SIGNS FROM WATERHOUSE & SCOTTSDALE ROAD

\$10.00 PER CAR

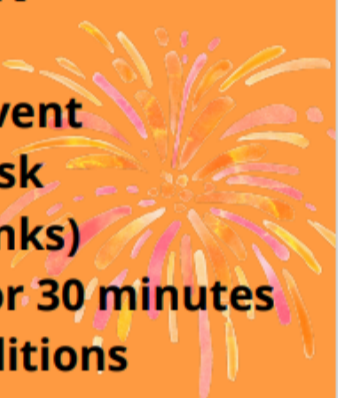
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Fireworks commence at 6.30 for 30 minutes

Subject to weather conditions

BYO CHAIR & BLANKET

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CWA New Member profile

cont'd from page 5

They soon found out how friendly and welcoming the community was when covid lockdown hit the world in March 2020 and Mary and Alan found themselves holed up in their caravan on their block planning a house build. Gifts of veggies and fruit were often found at their van door.


Mary said that as well as the relaxed village atmosphere, they love their walks amongst the natural bush remaining along the Bridport foreshore as a lot of urban coastal Queensland is now cleared, resulting in exposed eroded coastline. Some beaches there are becoming inaccessible to the public by land sales, especially of caravan parks resulting in a loss of coastal amenity. Something she'd be saddened to see happen in Tasmania.

Mary joined the CWA Monday craft group with support from her neighbour Peg, (another knitting contributor to the CWA baby boxes) she enjoys crochet at present and is always interested in what others like to create. A recent paint by numbers gift from her daughter was a thoroughly enjoyable introduction to acrylics and colour, something she'd like to explore further with other mediums.

Mary is a much valued member of Bridport CWA, she helps out with our monthly markets and we love the way she joins in other activities giving back to her new community in any way she can.



Mary's Protea painting



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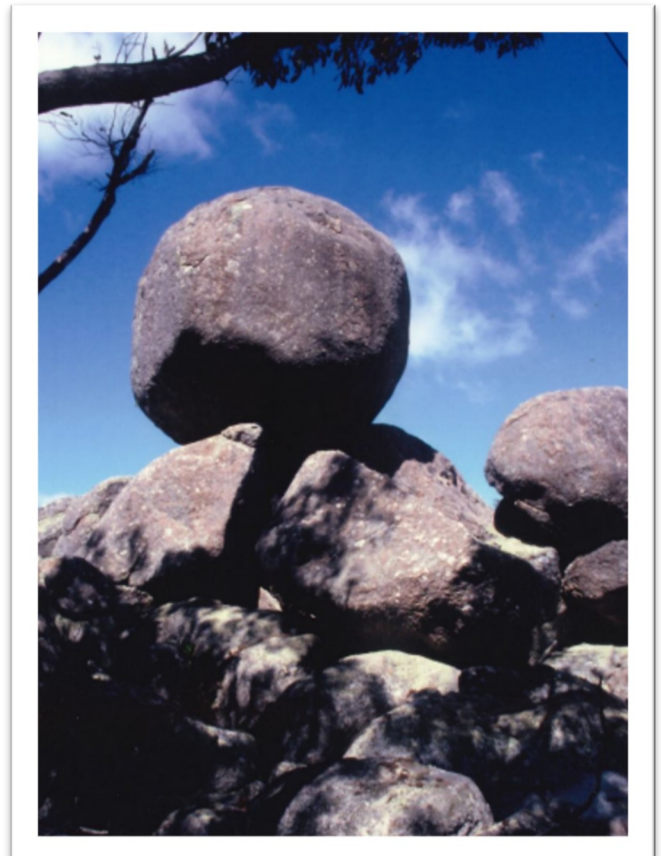
The Tramp of Many Feet by Mike Douglas

Bushwalking clubs often visit Dorset—more so than most residents realise.

The Launceston Walking Club frequently visits for bushwalks and long bike rides on our unsealed back roads. In February a Hobart Walking Club group camped at Bridport and indulged in various day walks and bike rides, including the Rail Trail. In March I ran into another HWC party of 15 walkers at the Art Gallery Café. They were staying at Ikena. The Northwest Walking Club came in April.

The Launceston Ramblers Club is another regular visitor, often seen at Bridport and Scottsdale. Although I am not a member, I have a long association with this group. Each year I take them on a bushwalk to one of our lesser-known features. The latest such venture was to Ball Rock on the Mt. Cameron range. To reach this infrequently visited feature it is necessary to leave the beaten track and scrub bash cross country, followed by a stiff climb up rocky slopes.

The beguiling outlook from the Rock was further enhanced when the Mt. Cameron eagles turned up, on cue, with an aerial display—I had told them to expect us. Consulting my diary I saw it was 10 years since I last went to Ball Rock—funny thing, the climb has become steeper since then.



Ball Rock

U3A (University of the Third Age) - Seniors Group Exercises with Dee

Dee is in full swing with her gentle exercises

Wednesdays 10.30am at Bridport Hall. \$5 session. All welcome.

For more information contact: John McCloy 0428 214 844 / Pat Child 0407 687 853



Richard L. Easterbrook
Chartered Accountant

134 Waterhouse Road, Bridport

Phone 0418 137 627

Call me to discuss your
accounting requirements



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**Sat, Sun & Public holidays
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Dr. George Razay Presentation – Lions Club of Bridport Report



Dr. George Razay gave a Dementia Presentation at the Lions Club of Bridport Dinner Meeting on 1st Feb 2022. Dr. George Razay was the 2021 Tasmanian Australian of the Year Nominee. Dr. Razay is a Clinical Associate Professor, Physician, and Geriatrician working at Launceston General Hospital and in the School of Medicine at the University of Tasmania

Dr. Razay is very keen to continue spreading the message to the community by giving talks and interviews with other community groups. Dr Razay set up his first clinic in 1996 – Dr. Razay has had huge success with his research on Normal Pressure Hydrocephalus (fluid on the brain) and working to protect against Alzheimer’s Disease. **The Good News** is there are modifiable risk factors to help prevent Alzheimer’s - a healthy diet, drinking in moderation, not smoking, and having an Exercise Program daily – after 4 months there is a definite memory improvement, improve cognitive and mental ability.

Normal Pressure Hydrocephalus – fluid on the brain:

- Symptoms include - Balance problems and Incontinent.
- Fluid on the brain, but can be drained away easily by inserting a shunt in the patient’s brain resulting in improvement with writing – 6 months along with a huge improvement with their lifestyle and independence.
- Dr. Razay has collected cases of patients with Normal Pressure Hydrocephalus over several years – after shunt had been inserted – huge improvement in memory score – could walk unaided, incontinence disappears!
- Brain scan will diagnose NPH in early stages patients can have a shunt inserted to prevent the deterioration of the disease.
- We should request a brain scan as the first option for investigations into possible Alzheimer’s.

What to do to reduce the risk:

- Do something new – learn something new.
- Music/Physical Activity - join a dancing school - changing routine.
- Don’t slow down physically and mentally.
- Continue to challenge yourself.

**Dr. Razay is very keen to spread the word even more –
talking to as many groups/organizations/people around Tasmania**

Contact details for Dr. George Razay:

Website: <https://www.georgerazay.com/>
Email: george.razay@ths.tas.gov.au
Mobile: 0439 338 778

Leonie Johnston Secretary – Lions Club of Bridport

April Crossword Answers
 Sorry no crossword this month!

1	C	2	O	3	S	4	T	5	E	6	F	7	F	8	E	9	S	10	T	11	V	12	E
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WANTED articles for up-coming events and/or wrap-ups - general informative articles - please email: bridreport@gmail.com

New to Bridport?



Call in to the Pavilion Information Centre for a copy of Welcome to Bridport. Four pages of information to help you find services and organisations to help you become a “local”.

Brought to you by



If you have an up coming event or something you would like to share please contact Alison for more information: bridreport@gmail.com

A BIG thank you to the individuals, clubs and organisations and businesses who contributed to this month’s issue of the Bridreport

