

# BRIDREPORT

## Tassie Scallop Fiesta



Tassie Scallop Fiesta will be held on **Sunday 31st July 2022 from 10.00 a.m. - 4.00 p.m.** on the Bridport Village Green and in the Community Hall situated in the Main Street of Bridport.

We are offering wine master classes, celebrity chef demonstrations, scallop splitting races, face painting, music, a couple of surprises, as well as delicious food and beverages available from a variety of stallholders.

Our supporting vineyard this year is award winning Clover Hill.

Patrons will be entertained throughout the day and we will provide seating to ensure everyone is able to relax and enjoy the Fiesta in a COVID safe, friendly environment. Dancing is permitted.

See page 3 for information about fringe events.

Ticket sales and information on the event program, entertainment, stallholders, fringe events, home baked scallop pie competition and demonstrations are available at [www.tassiescallopfiesta.com.au](http://www.tassiescallopfiesta.com.au)

**Tickets on sale now**

*There will be **No** gate sales on the day*

Looking forward to seeing you there!!



This report is proudly sponsored by



**James Nichols, Proprietor, 0408 280 881**

Automotive ✦ Mechanical ✦ Servicing ✦ Repairs

Qualified Automotive Technician, Full servicing

Batteries, wipers, light globes, plus more stocked

1 Heckrath Road, Bridport Industrial Estate

Business Hours: Mon to Fri 8.30 am to 5.00 pm



## Bridport Village Niche Market

*Goodies proudly Handcrafted, Baked & Grown here in Tassie.*

*Winter Markets*

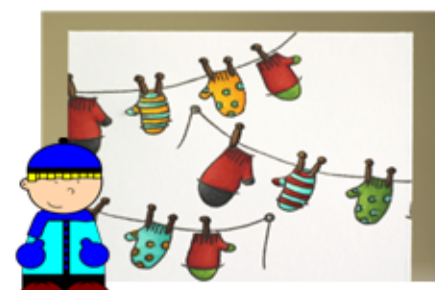
**Bridport Community Hall & CWA Hall**

**Saturday, June 11th 2022**

**Saturday, July 2nd 2022**

**9am - 12:30pm**

*Winter woollies, Produce, Hot food, Live Music & more ...*



To book a stall or site call Viv: 0457 622 221

Leesa: 0428 661 612

Email: [bridportvillagemarket@gmail.com](mailto:bridportvillagemarket@gmail.com)

Facebook: Bridport Village Market

*Proudly supported by CWA Tasmania*



### Encouraging birds into your garden by Lou Brooker

Once we would have said growing Australian native plants was the most important element when trying to attract birds to our gardens, but as we come to know more about their needs, we've realized that's not the case. Around Bridport, with the bush less than a couple of hundred metres away, we all have fleeting visits, but there are a few things we can do if we want them to make our garden their home.

First: provide water. Various water bowls, some wider and shallower, others deeper. Put a rock in the middle of the deeper bowls so little birds don't accidentally drown – it happens. These ought to be placed strategically up off the ground with shelter all around so little birds aren't attacked by bigger birds [or cats] Plants with prickly foliage provide safety from attacks by bigger birds and also make good nesting places. Birds need safe perching sites where they can look out for predators, look for food sources (such as insects) or decide where they would like to fly to next. Many grevilleas are prickly, so too are hakeas and prickly box. Aim for a layered garden with bushes of different heights and densities.

Waratahs, correas and banksias provide nectar for eastern spinebills and New Holland honeyeaters. Hakeas, casuarinas and tea trees provide nuts and cones for birds like parrots and black cockatoos. Plants which attract butterflies or indeed any other insects like bees and native wasps, will provide protein for feeding young, growing birds. Grey fantails and swallows are prolific insect feeders,

Some fragrant plants attract moths that in turn attract bats that in turn attract Tawny frogmouths, owls and quolls.

As we said at the outset, it's not necessary to have a native garden but if all the elements are provided, birds and other creatures will come. I've seen how much honey eaters love fuschias, red hot pokers, salvias and sunflowers.

If all this is done and the birds still don't come – there might be a cat about.

For more detailed information visit

<https://nre.tas.gov.au › conservation-on-private-land>



Yellow Tailed Cockatoo— nut and seed eater



Green Rosella - seed eater



Little Wattle Bird—nectar feeder

### The Island Project: reduce the risk

Over sixty people attended the 'reduce the risk' information session on May 18 organised by Bridport Innovations and presented by Professor James Vickers from the UTAS Island Project.



The Island Study Linking Ageing and Neurodegenerative Disease (ISLAND) Project involves a range of studies that relate to understanding who is at most risk of dementia and how we can self-manage risk behaviours to build resilience to dementia.

Professor Vickers explained that the main ambition of ISLAND is to equip the Tasmanian community for dementia risk behaviour reduction through the Preventing Dementia MOOC (Massive Open Online Course). This free online course aims to build knowledge in managing behaviours that contribute to the risk of dementia.

Most of the risk is associated with ageing. However, international research has indicated that approximately a third of dementia cases may be effectively prevented if modifiable risk factors are addressed. It is never too late to tackle these risk factors, but it is particularly important from middle age onwards. **The key modifiable risk factors are:**

Early Life	Low education
Mid Life	Hearing loss Alcohol consumption (more than 3 a day) Traumatic brain injury Obesity High blood pressure
Later Life	Smoking Physical inactivity Depression Diabetes Social isolation Air pollution

Source: Livingston et al., (2020). Dementia prevention, intervention, and care: 2020 report of The Lancet Commission. The Lancet.

Point of interest: more women than men develop some form of dementia because ... they live longer.

More information about the study and signing up can be found at <https://island.mooc.utas.edu.au/>

## High seas adventures retold

High-powered research and daring deeds on the high seas will be subject matter of an evening's discourse at the Bridport Golf Club on Friday 22 July 2022.

The Tassie Scallop Fiesta will kick off its Fringe events with the Mariners Muse story telling session with Emeritus Professor Nigel Forteach and marine biologist Dr Pip Cowan reflecting on their endeavours investigating life and environment beneath the waves, while veteran professional fisherman John Hammond and sailor Jane Kilburn will discuss their adventures trying to stay on top of them.

Mr Forteach was the founding head of the School of Aquaculture at the University of Tasmania and is regarded as the grandfather of seahorse farming in Tasmania. Dr Cowan has researched marine biology around the world particularly affecting remote island communities and gaining an understanding of their reliance on the marine environment.

The challenges of living aboard a yacht with a family in tow will be discussed by Ms Kilburn and Mr Hammond will share a yarn or two about his family's multi-generational involvement the fishing around the State, including for scallops.

Scallop Fiesta director Tony Scott said the Mariners' Muse was a popular part of the fringe with an unchanged formula but different panel of speakers each year.

"It's something of a mix between old fashion slide night, illustrated lecture and yarning around the kitchen table with each presenter delivering a talk of about 20 minutes and a chance for audience questions to all at the end.

"The Golf Club is an ideal venue with some barbecue scallops to start the night and pizzas all round at intermission."

Tickets are available through the [tassiescallopfiesta.com.au](http://tassiescallopfiesta.com.au) website and as with previous years are likely to sell out quickly.

Another regular part of the Fiesta fringe will be held as a free family fun evening on the foreshore, but this time incorporating the formal opening of the new skatepark.

Primary students will take part in a pied piper's procession, Willie the Flamin' piano will be back, there'll be a bonfire to toast some marshmallows and the stars of the show will be a group of skateboarders showing their skills with some derring-do on the concrete banks.

The show will start just before sun down about 5:13 pm on Saturday 30 July and will run for about 90 minutes.

**The face of fiesta Yoyo Tang victorious at the first ever Scallop Splitters Challenge with competition judge John Hammond, who will tell a tale or two at this year's Mariners Muse.**

### Important information regarding Covid19

*It is recommended that you wear a mask for ticket scanning on arrival.*

*You will be encouraged to practice physical distancing, and to use the sanitiser provided.*



### Bridport Community Men's Shed

#### AGM

10 am Monday 20 June 2022  
with following luncheon yet to be decided

Opening days for members is 10 am to 3 pm  
Monday, Wednesday and Friday

Public enquiries between 10 am and 3 pm Monday

We want old vehicles batteries

For Further Enquiries contact Mick Mitchell 042 348 3489

### The Pavilion Information Centre

Lovely Huon pine gifts

Also Myrtle,  
Sassy and  
Blackwood

Pavilion  
Visitor  
Information  
Centre daily  
10 - 4 pm



## Bridport Netball Club



We are busily getting ready for the 2022 season. 2021 was quite successful with our Under 16's and B Grade teams making the Grand Final. This year we have recruited well and are fielding an A Grade, 2x B Grade, Under 16's and Under 12's teams. Games will once again be on Wednesday nights with a few Saturday games throughout.

Our appointed coaches are as follows: **A Grade:** Nikesha Williams/ Jess Cairns      **B Grade:** Michelle Beeson / Kelsie Mitchell  
**U/16:** TBC      **U2:** Ella Stingel

Our Season Launch is set for 4<sup>th</sup> June, it will begin with an Amazing Race style family friendly fun course followed by a BBQ.

We are looking forward to a great season with many girls getting to training and showing their commitment to the club. We would like to thank our many sponsors that have come on board to support us and look forward to wearing our new training tops proudly.

Michelle Beeson, Secretary

## Bridport Early Settlers

Like most of North-East Tasmania, Bridport grew out of a need to deliver services to a diverse agricultural and industrial landscape. Whilst the first settlers of the Bridport area were the Aborigines of the Trawlwoolway, Leenererter and Pyemmairenerpairrner bands of the North-East Tribe, the first European settlers came largely from England, in the first instance.

Once Thomas Lewis had surveyed the area in 1829, land grants began to be taken up. Firstly by Mrs Janet Anderson and her two sons, James and Andrew (to whom Anderson's Bay is named), who were granted 1,800 acres at what is now known as Barnbougle, and whose location orders are dated 24 September 1833. Two years later in 1835, Peter Brewer was granted 500 acres at Bowood, where he built an impressive agricultural and mercantile property. Others included Charles Hardwick, and many others further afield at The Piper, Waterhouse and Scott's New Country.

James Scott surveyed what would eventually become the town of Bridport in 1836, however it would be until the late-1850s before land would be sold, and the small hamlet of Bridport would take form. The Andersons traded with the Bass Strait Islands, whereas the Brewers at Bowood traded with most people passing through the district. Notwithstanding, most of the products of these two properties passed through the Brid River Port that slowly grew through the origins of these two families.

Indeed, one could argue that Bridport's importance began with these two families, given their use of the river to land and embark goods, far before the first jetty was built, let alone the town. Loading and unloading vessels was quite primitive, where goods were transferred by hand over rocks or bullock wagon from shore to the ship, until a wharf was constructed. Alfred Brewer recorded in his journal in 1861 that he built a shed near the Bar at Bridport, where he stored goods landed by the many boats that plied the North-East coast. At this early time, the transport system was known as from "Bar to Bowood", or "Port to Scrub", the latter referring to Scott's New Country, now Scottsdale.

The Andersons moved out of the area, to the Tamar, whilst the Brewers at Bowood continued to grow in the area. Bowood not only operated as a pastoral property, but also a store and Post office, later building the first police station at Ferny Hill in 1864. After Mr Peter Brewer passed away in 1851, his eldest son, Alfred William Brewer continued the shop from his father's estate. Alfred Brewer kept meticulous records, some of which survive. They articulate many transactions, some in kind, where one type of goods was traded for another. Bowood sold groceries, drapery, haberdashery, clothing, tools, etc. Indeed, you could order or buy virtually anything you desired at the Brewers' Bowood store.

*The Dorset Tasmania History Society aims to record and preserve the history of our region.*

*You can contact them via their popular Facebook page or via their President, Nigel Mercer, on 0412 063 024.*

Photo: Alfred W. Brewer



## What's the Deal with Vitamin D? by Dr Jo Grey



Many of you may now be familiar with having your Vitamin D level measured along with other tests such as your blood sugar and cholesterol level when you have your annual health check.

So, why does Vitamin D suddenly seem so important and being talked about?

Scientists and doctors have known for centuries that deficiencies of certain foods result in disease. It is only since the early 1900's that these micronutrients in foods (called vitamins because it's vital that the body has an adequate supply) have been identified.

Vitamin D is a fat-soluble vitamin in a family of compounds that includes vitamins D1, D2, and D3. Your body produces vitamin D naturally when it's directly exposed to sunlight. Small amounts of vitamin D can be obtained from eating foods like oily fish and eggs. However, people are unlikely to get their recommended amount of vitamin D through diet alone.

Vitamin D has several important functions. Perhaps the most vital are regulating the absorption of calcium and phosphorus and facilitating normal immune system function.

Getting enough vitamin D is important for typical growth and development of bones and teeth. Infants and children who are lacking in Vitamin D are at risk of developing rickets, where bone development is hampered because of poor calcium absorption, resulting in soft, poorly formed bones.

For adults, Vitamin D intake is important to maintain a health bone mass throughout life. Inadequate intake of vitamin D, along with calcium can contribute to osteopenia (thinning bones) and osteoporosis (brittle bones) and increase risk of fracture with even minor trauma.

In addition to its primary benefits, research suggests that vitamin D may also play a role in reducing the risk of multiple sclerosis, decreasing cardiovascular disease and supporting immune health thereby, reducing risk of infection and autoimmune diseases. Research has shown that vitamin D might play an important role in regulating mood and decreasing the risk of depression.

### *Vitamin D deficiency*

Some people are more at risk of vitamin D deficiency than others, including those who don't leave the house, have naturally dark skin, wear clothing that covers most of their bodies, or have medical conditions such as obesity, end-stage liver disease or kidney disease. The symptoms of a vitamin D deficiency in adults may include tiredness, aches, and pains

Vitamin D deficiency can be detected by performing a simple blood test. If you receive a diagnosis of vitamin D deficiency, your doctor will likely recommend that you take vitamin D supplement (usually capsules or liquid, often together with calcium). Depending on your age, sex and family history, your doctor may also order a bone density study.

### *How much Vitamin D do I need?*

Vitamin D requirements vary throughout life. For adults who have some sun exposure between 600-800IU daily is considered adequate. If you have low levels of Vitamin D, then higher doses may be needed.

For more information on Vitamin D and health, ask your health professional or follow these links

<https://healthybonesaustralia.org.au/your-bone-health/vitamin-d-bone-health/>

<https://www.betterhealth.vic.gov.au/health/healthyliving/vitamin-d>

<https://www.healthdirect.gov.au/vitamin-d-deficiency>

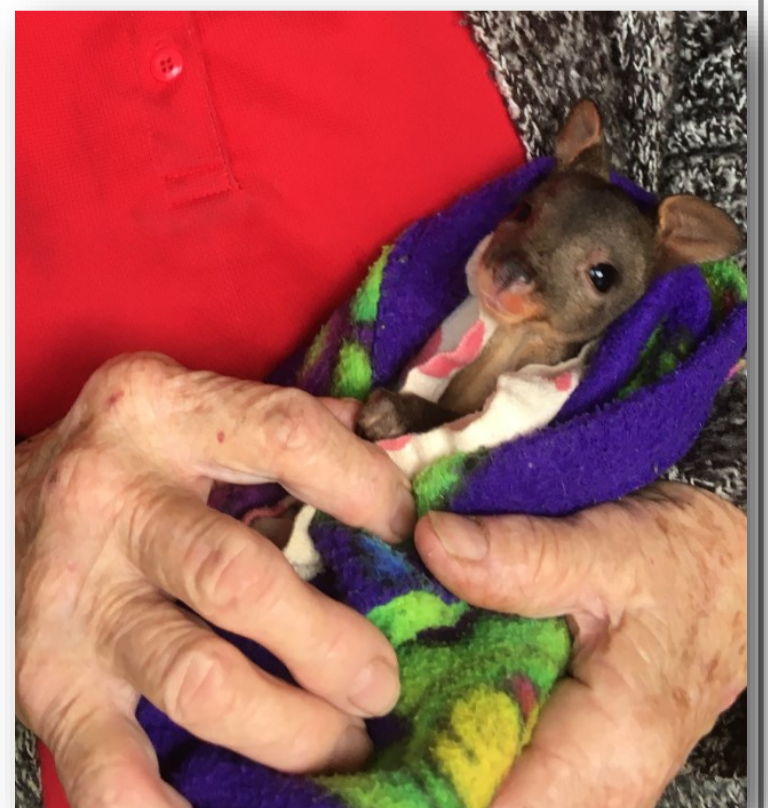
## Bridport Country Women's Association

Another lucky pademelon gets some cuddles after being rescued from the pouch of its road killed mum by a passing driver. Thanks to this thoughtful action this infant Rufus wallaby or pademelon has survived and thrived under Norma Baker's expert care.

Bridport's wildlife carer for many years, Norma dedicates many long hours to her "babies", night feeds are a regular thing for the younger orphans, sourcing appropriate food and medicines is also an ongoing and often expensive necessity.

Bridport CWA has recently recognised Norma's dedication to wildlife care by several cash donations, greatly assisting her with medication and veterinary costs.

Raewyn  
Bridport CWA



**LIONS CLUB OF BRIDPORT  
RECYCLING YOUR OLD GLASSES**



Lions Club of Bridport have teamed with Bridport Pharmacy to provide a box for community members to “drop off” their old glasses.

Lions Recycle for Sight Australia is part of the Lions Clubs International Worldwide Eyeglass Recycling Program, operating throughout Australia and overseas.

We receive requests from humanitarian organisations either travelling to a developing country or supplying shipping container loads of suitable humanitarian aid from Australia to groups in these countries.

Over the 26 years that the Australian program has operated, the program, has delivered over 7 million pair of refurbished quality spectacles to men, women and children in Africa, Europe, Middle East, Indian Sub-Continent, East Asia, and the Far East, China, the countries of the Pacific Rim and Southern Asia and Oceania.

Please support your Lions Club of Bridport in recycling your old glasses.

Thank you

Leonie Johnston  
Secretary  
Lions Club of Bridport Inc.



**A new business located in Bridport and servicing the North-East.**

- Bench tops
- Tool boxes
- Ute trays
- Stainless steel snorkels
- Farm machinery and equipment
- Glass and wire balustrades
- Plus any general welding and repairs
- Exhausts
- Trailers
- Boat repairs

**Mathew Irwin – 0497 381 905**  
irwinized@outlook.com.au 1 Heckrath Road, Bridport

**Open 7 days**  
Lunch 12 - 2 pm and Dinner 5 - 8 pm  
Dine in or takeaway  
Weekly Wednesday Parmi night  
Friday happy hour with local meat raffle  
Tote, Keno and Gaming, Bottleshop

**BRIDPORT PODIATRY**  
SERVICING NORTH EASTERN TASMANIA

No referrals required  
Accepting GP care plans  
Home visits available  
Private health insurance

**SERVICES INCLUDE**

- Diabetic foot care
- Nails, corns, calluses
- Cracked heels
- Foot & ankle pain
- Orthotic prescription
- Sports injuries
- Children's feet

AVAILABLE BY APPOINTMENT ONLY:  
TUESDAYS- SCOTSDALE (NESM HOSPITAL)  
WEDNESDAYS- BRIDPORT (PILATES PLUS)

PILATES PLUS HEALTH - 11 THERESE ST, BRIDPORT

BOOK YOUR NEXT APPOINTMENT **0474 593 365**  
bridportpodiatry@gmail.com

**0439 943 232**  
[info@northerntaspestcontrol.com.au](mailto:info@northerntaspestcontrol.com.au)

- 100% locally owned and operated
- Commercial, industrial & domestic services
- Courteous, personalised, high quality services

**Call Vaughan for a quote**

**Bridport Distilling Co**

Opening Hours  
Wednesday & Thursday 12pm to 5pm  
Friday & Saturday 12pm to 10pm  
Sunday 12pm to 8pm

Offering our very own Bridport Gin. A very focused North East Wine list celebrating our beautiful wine region. Delicious cold beer on tap as well as Little Rivers Brewing Co products. Serving pizzas, and an array of grazing platters.

Contact: 101 Main Street, Bridport, Tasmania, 7262  
[info@bridportdistillingco.com.au](mailto:info@bridportdistillingco.com.au)

At Joe's Electrical we're a small team of electricians operating in North East Tasmania. We specialise in a wide variety of areas including domestic, industrial, solar, heat pumps, basic data and more...

Contact Joe's Electrical today:  
0409 920 629 - [jk@joeselectrical.com.au](mailto:jk@joeselectrical.com.au)

### A Different Blue Gum by Mike Douglas

At the mention of blue gums we think of Tasmanian blue gum, our floral emblem, common in plantations in the Northeast. However, on the mainland there are many other gum trees (eucalypts) known as blue gums because of bluish foliage or blue patches on the trunk.

One of these, the South Australian blue gum, has a presence in front of Pilatesplus. A mallee style specimen with multiple stems is alongside the cenotaph and a larger example, height 13 metres, is at the Bentley Street entrance to the Uniting Church. Another tree is on Nobs Hill—the upper end of Richard Street.

The South Australian blue gum, *Eucalyptus leucoxylon*, superficially resembles a white gum but is a much smaller tree. The blossoms are usually white. It is well-suited to partly protected coastal sites where it attains a maximum height of about 15 metres and is one of several eucalypts worthy of consideration as a replacement for our ageing and dangerous white gums in the foreshore reserve. Another is a local tree, the cabbage gum or white sallee, *Eucalyptus pauciflora*, once common in the waterhouse area—but that is another story.

Nurseries sometimes have a small form of *Eucalyptus leucoxylon*, marketed as Euky Dwarf, which has pinkish-red flowers and grows to about six metres.



South Australian blue gums

### 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



Bridport Cafe

**Trading Hours - Open 7 days**

**Mon to Fri - 7.30am to 3pm**

**Sat, Sun & Public holidays  
7.30am to 4pm**

Private function catering available  
Contact: 0477 592 237



### Village Green Gourmet

87 Main Street, Bridport, 6356 1534

Open 6 days a week until 6 pm

(closed Tuesday)

- Beef, lamb, chicken parcels, small goods
- Local scallops, Octopus
- House cooked meals
- Homemade hamburgers
- Homewares
- Local cheeses/biscuits and goodies
- Locally grown veggies
- Scallop, lychee & bacon kebabs

### BRIDPORT NEWS AGENCY

Phone 6356 1122

bridportnewsagency@outlook.com

**OPEN from 7.30 Daily**

**Great gift ideas**

**Summer essentials, Hats, Toys & Games, Garden & Homewares, Fishing, + so much more!!**

**Daisy Fresh Dry Cleaning Agent**



7 days 12pm-2pm &

5.30pm-8pm

Weekly Specials

Wood Fired Pizzas

All meals dine in or Takeaway

Bottleshop 9am-9pm Sun-Thur, 9am-10pm Fri-Sat

Happy Hours Thursday, Friday & Sundays

Phone: 6356 1238

### Bridport Girl Guides



Unfortunately Bridport Girl Guide numbers have decreased this year with only 18 youth members. These are running in 2 groups, 7-10 years after school on Tuesday and 10-16 years on Tuesday evenings. However we do have eight adult members volunteering their time.

This year Bridport Girl Guides have been involved in Clean Up Australia and Anzac Day by marching, participating in the service and helping with the RSL breakfast after the Dawn Service. The 11 am Anzac Day address was given by one of our youth members BJ Fraser who is working on her Queens Guide Award. She spoke about what Girl Guides did as part of the war efforts, and it is very surprising what they did do.

Several leaders recently travel to Hobart to the Girl Guides Tas AGM and Awards Day which was celebrated with a High Tea. Awards were given to Lyn Commane, Rosie Waite, Katrina Barnett, Rachael Knott, Michelle Mott, Hayley Catlin and Viv Sarich for their continued work with Guides and for their work in organizing the State Camp Quambatook at Bridport last October.

A few weeks ago family and friends braved the weather to attend a family BBQ and campfire, followed by 5 new Guides making their Girl Guide Promised and two leaders renewing theirs as they returned to Guiding. 10 year old Charlotte Stevens received her Junior BP Award after completing 12 guiding challenges. This is the highest achievement for guides this age. Well done Charlotte! BJ Fraser also received her Junior leadership award and trefoil three assessment awards for Sailing and leading the campfire at Quambatook. These will go towards her Queens Guide Award. A face to face phone call was made to Zali Grace who is now attending university in Queensland to award her with her Queens Guide award. This is the highest award for youth members in guiding and usually takes about 4 years to complete, which is an awesome achievement. Zali returned home for the weekend to have her Queens Guide formally awarded to her by the Governor at Government House. She now joins an elite few who have achieved their Queens Guide Award.



Charlottes and BJ

Coming up events are an Environment Day at Deviot and a Unit camp at the Scout cabin weather permitting. This year Guide will also work on the Queens Jubilee Badge.

Lyn Commane  
Dorset District manager GGT



### LIONS CLUB BONFIRE AND CRACKER NIGHT



Lions Club of Bridport held a very successful Bonfire and Cracker Night on Saturday, 28<sup>th</sup> May at Boddington's Road, Bridport. The event included Sausage Sizzle, Soup, Hot Food and Drinks with over 400 members of our community supporting this fun family night.

Everyone enjoyed the huge Bonfire and Firecrackers in perfect weather conditions! The funds raised from this event will be donated to Children's Cancer.

A huge thank you for your ongoing support of Lions Club of Bridport.

Leonie Johnston  
Secretary, Lions Club



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](mailto: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

