

BRIDREPORT

VALE PHIL HALL

The community was saddened by the news of the sudden passing in August of local identity Phil Hall. He was such a larger-than-life figure, so full of vigour and good cheer, that it was hard to believe he had left us.

Phil came to Tasmania with his new wife Shirley in 1970. After short stints in Launceston and with the Agriculture Department, he established and ran a successful veterinary practice in Scottsdale for many years. He was highly regarded for his skill, energy and enthusiasm.

During his retirement years In Bridport Phil was a highly visible figure around the town whether he was holding court at the Bridport Cafe, striding around in shorts and tee (or singlet or nothing on top) and getting around in his much loved Mazda sports car, "the mouse".

One of his personal mottos was, "Life's a journey and I'm taking the scenic route". This was reflected in his love of travel and adventure, the more hands on the better. His journeys were always long, often quirky and showed his deep interest in the world and its people.

Phil was a member of Bridport Innovations and a greatly valued part of the team of volunteers at the Pavilion visitor centre. He loved to share the wonders of Bridport with visitors, particularly those from interstate or overseas. When asked why his sales figures were always so good he said "Well if they've been in there for a while I say - are you going to buy something or not?" Robust salesmanship certainly, but it would have been said with a big grin on his face.

He leaves wife Shirley, children Sally, Rachel and Stuart and many grandchildren.

Phil will be much missed and long remembered.



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Depression: what you need to know

If you have depression, you are not alone. It is one of the most common mental health issues in Australia. The sooner you get help, the more likely you are to get better.

Depression can be feelings of sadness or tiredness that do not go away. People with depression might also stop wanting to do things they used to enjoy.

Depression can change how you think, feel and act. It can affect many parts of daily life, like work, study, relationships and home life. A life event may cause depression but there is not always a reason why it happens.

There are different ways to help someone if they have depression. It may take weeks or months to start feeling better. The first step is talking to someone about it.

Who can get depression?

Anyone can get depression at any stage of life, from children to young people and adults. Many people with major depression first get it in their mid-20s.

There has been a lot of research done to try and understand what can cause some people to get depression. This research shows that the condition is complex. There is no single cause or reason. Biology, life events and environment can all contribute. This means everyone with depression will need individual ways to help them recover.

Some people may have a higher chance of depression because:

- other people in their family have also had depression,
- they have had traumatic life experiences like abuse, neglect, coming from a country in war,
- parts of their life are difficult, like not having a job or not having a home to live in,
- they have health problems that are long term,
- they have other mental health problems. Depression is more common in women than men.

What is depression?

Depression can be feelings of sadness or tiredness that do not go away. People with depression might also stop wanting to do things they used to enjoy.

Depression can change how you think, feel and act. It can affect many parts of daily life, like work, study, relationships and home life. A life event may cause depression but there is not always a reason why it happens.

There are different ways to help someone if they have depression. It may take weeks or months to start feeling better. The first step is talking to someone about it.

How do I know if I might have depression?

Depression does not feel or look the same for all people. It can take days or weeks for signs of depression to start showing. Sometimes a single event can cause it to happen.

Speak with a health professional you trust if you notice:

- Low mood/loss of interest in things you used to enjoy
- Change in weight or how much you eat
- Change in sleep
- Always feeling restless
- Loss of energy or always tired
- Feeling that you are not important
- Problems concentrating or making decisions
- Thoughts of death or wanting to harm yourself.

Your doctor or pharmacist can help work out if what you have might be depression or something else. Sometimes other health issues or even medicines can cause some of these signs. Because depression is different for everyone, the way to take care of it will be different too.

It's OK to ask questions.



continued on page 3



Bridport Lions Club



2023 Charity Golf Day

Lions Club of Bridport held their Annual Charity Golf Day at Barnbougale Dunes on Thursday 14th September – commencing with a Shotgun Start at 8.00 a.m.

Players enjoyed a BBQ on the 4th Hole, and Prawns and Bubbles on the 14th Hole. At the Club Rooms - Pulled Pork and Roast Lamb Rolls were available to purchase throughout the day, and Complimentary Finger Food/Afternoon Tea from Barnbougale Club Rooms from 2.00 p.m.

We had a fantastic Raffle with over 20 great prizes, and 18 very generous Sponsors - one for each hole.

Raffle Winners were:

- | | |
|------------------------------|---------------------|
| 1. Rob Faulkner | 11. Gary Saunders |
| 2. Darren Clark | 12. Jenny Cox |
| 3. Jan Foster | 13. David Vautin |
| 4. Al Denham | 14. Kaas Kling |
| 5. Beau Green | 15. Matt Stokes |
| 6. Rob Faulkner | 16. David Walsh |
| 7. Al Denham | 17. Robert Bennett |
| 8. Mitch (Commonwealth Bank) | 18. David Walsh |
| 9. Jill Van Den Bosch | 19. Helen Schuurung |
| 10. Hilton | 20. Olivia Weir |

Team Prizes were:

- | | | | |
|----------------|-------------------------|--------------------------|---------------|
| 1st place: | Daniel Young team | Straightest drive: | Rob Faulkner |
| 2nd place: | Leaders on Demand | Longest putt: | Andy Lethborg |
| 3rd place: | Matt Stokes team | Nearest the pin: | Joey Robinson |
| Wooden spoons: | Kings Meadows Golf Club | Lucky door prize winner: | Shayne Thorpe |

Lions Club of Bridport are very grateful for the ongoing support of our Local North-East Community and other businesses who help to make our Annual Charity Golf Day a huge success. Over \$7,500 was raised – an incredible outcome for our Club.

Funds raised will be supporting organisations who are helping our local community in a variety of ways. In 2022/23 our Bridport Lions Club built a Half-Court Basketball Court at the Bridport Adventure Playground at a cost of \$61,000 – all profits from our 2022 Charity Golf Day contributed towards this major project. Other organisations we regularly support are:

- | | |
|------------------------------|---------------------------------|
| Prostate Cancer Research | Beyond Blue |
| Lions Flood Appeal | Parkinson's Research |
| National Special Olympics | Lions Childhood Cancer Research |
| Lions Diabetic Alert Project | |

Leonie Johnston
Secretary
Lions Club of Bridport Inc.

Depression is different for everyone, so the way to take care of it will be different too. These questions might be useful for you to ask when talking with a health professional.

- What are my treatment options? How can these options help and what are my chances of feeling better?

If you're having thoughts of harming yourself, get help straight away:

Lifeline 13 11 14 or text 0477 131 114 or chat at lifeline.org.au

Suicide Call Back Service 1300 659 467 or get online support at suicidecallbackservice.org.au

Kids Helpline 1800 55 1800 or chat at kidshelpline.com.au

For immediate help or in an emergency call 000. You can also go to the emergency department of any hospital in Australia.

What's going on in the Wildflower Reserve

Because of the risk of fire to people living near the Wildflower Reserve, a regime of burns is being implemented. The work of the Parks' Fire Crews is most appreciated, and last month's burn was quite successful. There are different types of burns and it appears that not all plants recover from the burns that are carried out. Consequently, many of the wildflowers that were listed in the early days of the reserve being protected, are no longer present. Whilst looking for some rarer orchids last week, I came across two purple flowers of interest.

An attractive orchid called the wax-lip, sometimes known as parson in the pulpit, grows in loose groups. It has a single flower on a hairy stem about 10 – 15 cms long and spreads by seed. This orchid is fairly common but mostly in the east of the state.



Looking very much like an orchid, but actually in the iris family, is the short purple flag iris. The plant is a clump-forming herb looking like a tough grass, with flowers nestled in the centre near the ground. It is commonly found in sandy, gravelly heathlands.



Of concern though, at the top of the Richard Street hill, is an infestation of the Euryops daisy from South Africa. This patch possibly began with a dump of garden rubbish and left uncontrolled, it is now going gangbusters. Now is the time to watch out for Boneseed and volunteers are pulling plants they find on their daily walks.

It would be really good if people who live nearby could respect the fact that this land is part of the Granite Point Conservation Area and is there for the protection of remnant heathland. Dumping of garden rubbish is a fineable offense.

Article, orchid and iris photos by Lou Brooker



U3A Bridport Seniors Group



All seniors welcome - Wednesday 10 am to 3 pm

If you are over 55 and want to liven up your Wednesday, you are most welcome to join us at the Community Hall.

Oct 4	10 am	Tea/Coffee/Chat
	10.30	Chair exercises with Dee
	11-12.30	Bingo
		Lunch at Barnbougale
		Games - Old favourites, or try a new one
Oct 11	10 am	Tea/Coffee/Chat
	10.30	Chair exercises with Dee
	11-12.30	DVD - Pirates of Penzance - Kevin Kline
		Lunch
		Games - Old favourites, or try a new one
Oct 18	10 am	Tea/Coffee/Chat
	10.30	Chair exercises with Dee
	11-12.30	Guest speakers - Peter and Phillis McLennan - restorers of gravestones and monuments
		Lunch
		Games - Old favourites, or try a new one
Oct 25	10 am	Tea/Coffee/Chat
	10.30	Chair exercises with Dee
	11-12.30	Sharing photo/stories from childhood
		Lunch
		Games - Old favourites, or try a new one



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Bridport SLSC Nippers Calendar 2023/24



Date	Nippers Sessions (Planned sessions are subject to ocean conditions and may need to be modified on the day)	Nippers Surf Sports Events Full calendar of events on Surf Life Saving Tasmania (slst.asn.au)
Sun 3 Dec 10:30 am	Season Launch Welcome to Country and cultural lesson. Float, swim and board - skills evaluation. Beach games. Registration and free BBQ lunch.	
Sat 9 Dec		Surf Life Saving Tasmania Junior (Nippers) Carnival, Bridport
Sun 10 Dec 10:30 am	Waves: Getting through them, over them and under them In this session nippers will learn and practice techniques to help them in the waves - whether it be playing, swimming or paddling. Nippers will also be able to cheer on Bridport surf sports athletes competing in the Senior Carnival.	Surf Life Saving Tasmania Senior Carnival, Bridport
Sun 17 Dec 10:30 am	First Aid and DRSABCD This session will include age appropriate First Aid and DRSABCD. Fun beach and water role-play games to practice our learnings.	
Sun 31 Dec 10:30 am	We are a team! Teamwork is an essential part of being a surf life saver. This session will provide nippers with a taster of traditional surf- team games. Beach Sprint Relays, Board paddling relays, swim and wade relays and some crazy combo relays. Finish with the ultimate team event – Tug of War.	
Fri 5 Jan 4:30 pm	Friday Board Paddling - Ins and Outs Board paddling skills – Ins and outs.	
Sun 7 Jan 10:30 am	Rips and Currents In this session Nippers will be taught how to identify a rip and what to do in a rip. Nippers may be escorted safely across the river to experience a strong, rip like current. We want our Nippers to feel confident if they ever find themselves in a Rip.	Surf Life Saving Tasmania Junior (Nippers) Carnival, Kingston Beach
Fri 12 Jan 4:30 pm	Friday Board Paddling- Mass Paddle Let's make a Nipper Flotilla. Parents and Nippers will paddle to another beach for some beach games.	
Sat 13 Jan		Tasmanian Ocean Swim Series Bridport Swim the Pier
Sun 14 Jan 10:30 am	Rescues Nippers will learn and practice rescue techniques. They will enjoy interactive games that involve tube rescue relays, board rescues and IRB rescues.	
Fri 19 Jan 4:30 pm	Friday Board Paddling - Catching waves! If there is a wave on, Nippers will spend time riding waves into shore.	
Sun 21 Jan 10:30 am	Practice and perseverance In this session Nippers will practice and bit of everything. Board paddling, swim/wade entries and exits, rescues and first aid/DRSABCD.	
Fri 26 Jan 10:30 am	Bridport Splash Sand castles, sack races, sprints, board paddling. A fun day at the beach.	Bridport Splash
Sun 28 Jan 10:30 am	Youth Squad take over Nippers! This session will be run by our junior life savers. The session will involve their favourite Nippers activities from their own Nippers journey. Hear what it's like to graduate Nippers and be a junior surf life saver.	
Sun 4 Feb 10:30 am	No Nippers – Get along to the Burnie Carnival or have a restful weekend ready for the final Nippers.	Surf Life Saving Tasmania Junior (Nippers) Carnival, Burnie
Sun 11 Feb 10:30 am	End of Season Presentations This will be the final Nippers session of the year. This session will involve all ages games followed by presentations and a BBQ.	Presentations
Sat 17 Feb		Surf Life Saving Tasmania Junior (Nippers) Carnival, Carlton Park
Sat 2 & Sun 3 Mar		Surf Life Saving Tasmania Junior (Nippers) State Championships, Clifton Beach

Spring Wildflowers by Len Gillett

Around 10 years ago, Bridport Innovations Inc established a gravelled walking track of approx. 11 kms around Bridport. For new residents, visitors, or existing residents who have not walked the track for a while, we suggest a re-visit. It really is a hidden gem, with great variety. Essentially there are four “sections” that can be walked as one continuous loop, or broken up, as there are many entry/exit points along the track. There is a track map, as well as pocket guide available from the Visitor Information Centre.

Starting point for most is the foreshore walk. Then there is the riverside walk along the Brid River which passes the weir – quite a spectacular waterfall when river levels are high. Onto the forest walk through peaceful fern glades and lookouts to the rolling hills. Watch out for wildlife. Finally, the wildflower section traverses the wildflower reserve. It is particularly picturesque during spring, when bird activity is also at its peak.

This wildflower part of the track goes from adjacent to the Golf Club entrance at the top of Main St, to Granite Point at the end of Bentley St. It can be walked in either direction – a stroll of about 2 kms (one way). There is interpretive signage along the way, but some of the colourful shrubs and flowers to look out for at present include:

Banksia, wattle, wedding bush, dodder, native ‘egg & bacon’ peas, pink heath, white heath, guinea flowers.....and later on, pretty mauve waxlip orchids.

Thanks to Tasmanian Parks and Wildlife Service for signage and maintaining the track, some regular walkers for removing weeds like thistles and boneseed, and to those dog owners who caringly remove and dispose of their dog droppings.

(Parks and Wildlife recently carried out a fuel reduction burn on the west side of the track north of Charles St. While this has destroyed a great deal of the wildflowers, they can still be seen between Main St and Charles St. Provided burns are not too frequent, native flora mostly recovers in two or three growing seasons with some like orchids even quicker).




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Leviathans of the Deep by Mike Douglas

Staring through binoculars from Granite Point I saw a dark shape loom and soon the huge head of a sperm whale appeared. The largest of the toothed whales, this beast can attain a length of 18 metres and a mass of 60 tonnes.

Once hunted for valuable whale oil and a wax used in the manufacture of candles, it had a reputation for pugnacity. The white whale of Herman Melville's famous novel, 'Moby Dick', was a bull sperm that bit off Captain Ahab's leg. In 1894 during the last whaling voyage of the 'Waterwitch', a 237 ton Hobart-based barque, a bull sperm harpooned off the West Coast overturned a nine-metre whaleboat, flinging the eight crewmen into the sea and then used jaws and flukes to smash the boat to pieces.



Sperm whales are physiologically adapted for very deep dives, more than 1000 metres down off the continental shelf. They do it to get a favourite food, the giant deep-sea squid. Mangled remains of huge tentacles have been found in sperm whale stomachs and criss-crossed scars seen on their bodies - indicative of titanic struggles in the depths.

Some Bridport resident may recall an incident in November 2002 when nine sperm whales grounded at Croppies Point off the Waterhouse Conservation Area.

Photo: Sperm whales stranded at Croppies Bay

Justices of the Peace Bridport Source: Tasmanian Government Department of Justice https://www.justice.tas.gov.au	Name	Phone	Availability
	Shannon Bayles	0409 951 818	Mon, Tues, Wed, Thurs, Fri
	Maureen Nichols	0488 560 019	Mon, Tues, Wed, Thurs, Fri, Sat, Sun
	Pamela Harper	6356 1649	Mon, Tues, Wed, Thurs, Fri, Sat, Sun



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Libraries Tasmania

School Holiday Program



Kelp Basket Making

Scottsdale Library

Tuesday, October 10
10:30 am - 1:30 pm

Come along to Scottsdale Library to make your very own kelp basket with Anita and Cecillia from Aboriginal Education Services.

Bookings via Eventbrite 

Scottsdale Library 6778 8586

51 King Street, Scottsdale



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Bridport Library 6778 8581

Bridport Hall complex

Main Street, Bridport

Mon 1 - 5 pm

Wed 1 - 5 pm

Fri 1 - 6 pm

Bridport Indoor Bowls

Bridport survived an exciting battle with Ringarooma to win the North East Indoor Bowls grand final for the 3rd year in a row. The game was played in front of a big crowd of supporters who, going by the noise, enjoyed the battle. Members not present: Maxine Monson, Jenny Binns and Louise Beattie.

If you think you might like to give this fun game a go keep your eye out around April next year for notices for the 2024 season or have a chat to any of the current players.



Bridport Ex-Services, Bowls and Community Club Inc.



Annual General Meeting

The Bridport Bunker Club

Sunday 22nd October 3:30 pm

Agenda to include:

Welcome; apologies; 2022 AGM minutes ; President's Report; Financial Report; Auditor's Report.

Election of Committee:

President, Vice president, Secretary, Treasurer and four general representatives plus one representative to serve one year.

Nomination forms available from The Bunker Club.

All nominations plus any notice of motion to be in the hands The Public Officer by 6 pm Wednesday 11th October.

Simon Hirst Public Officer

INVITATION TO ATTEND

Lions Club of Bridport

Opening of Half-Court Basketball Court

Bridport Foreshore

(Near Bridport Surf Life Saving Clubrooms)

Saturday, 7th October, 2023

Commencing at 4.00 p.m.

RSVP by 30th September

Ann Maree – 0409 918 068

Leonie – 0438 281352

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

