BRIDPORT

innovations

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Caring for All

One of the objects of Bridport Innovations (BI) is to contribute to priority local and regional initiatives that will benefit the Bridport community. So, in late 2022 we were happy to contribute \$12,000 to the Lions half basketball court initiative. Recognising that this would mainly benefit younger members of our community,

for a 2023 project, BI sought an opportunity to equally assist our elderly. While Bridport has excellent residential units at Seaview Village, many of our residents needing an extra level of support, including dementia care, move to Scottsdale where 'Aminya,' meaning 'peaceful place' is now operated by May Shaw. Hearing that they were upgrading the sideling wing which has magnificent rolling panoramic rural views, BI undertook to fund a new flooring project.

That project took a little longer than expected, and rolled into 2024, but it has now finished as the pictures show. We are delighted that the result is a fresher and more manageable space attracting lots of positive comment such as "it makes it look much bigger and brighter" and "looks terrific!"

Others have remarked that the floating flooring looks "fantastic," and "that it's a great job that makes it look so much lighter." May Shaw, like BI, is a not-for-profit organisation which welcomes

community support in any size or form. There are plans to further improve the Scottsdale space which might enhance its functionality of a secure, warm, and inviting space that can be used for residents activities and entertainment. All of that of course is subject to sufficient funding being available. But Bridport Innovations is pleased to have contributed substantially to the work done so far, assisting May Shaw in their goal to make it more than an Aged Care Facility, but a home that truly harnesses North-East country living.

Len Gillett, Bridport Innovations

This report kindly brought to you by

The Bridport Cafe









What is a urinary tract infection (UTI)?

A urinary tract infection (UTI) is an infection in any part of the urinary system. The urinary system includes the kidneys, ureters, bladder and urethra. Most infections involve the lower urinary tract — the bladder and the urethra.

Women are at greater risk of developing a UTI than are men. If an infection is limited to the bladder, it can be painful and annoying. But serious health problems can result if a UTI spreads to the kidneys.

UTIs are common, particularly with increasing age. Women are more likely to get a

UTI than men. Nearly 1 in 3 women will have a UTI needing treatment before the age of 24.

What are the symptoms of a UTI?

Common symptoms of UTIs include:

- Wanting to urinate more often and urgently, if only a few drops.
- Burning pain or a 'scalding' sensation when urinating.
- A feeling that bladder is still full after urinating.
- Pain above the pubic bone.
- Cloudy, bloody or very smelly urine.

Prevention of UTIs

Although not always backed up by clinical research, some women have found some suggestions useful in reducing their risk of developing urinary tract infections, including:

- Drink plenty of water and other fluids to flush the urinary system.
- Treat vaginal infections such as thrush or trichomonas quickly.
- Avoid using spermicide-containing products, particularly with a diaphragm
- contraceptive device.
- Go to the toilet as soon as you feel the urge to urinate, rather than holding on.
- Wipe yourself from front to back (urethra to anus) after going to the toilet.
- Empty your bladder after sex.
- Avoid constipation.

Cranberries (usually as cranberry juice) have been used to prevent UTIs. Cranberries contain a substance that can prevent the E. coli bacteria from sticking to the urinary tract lining cells. However, recent research has shown that cranberry juice *does not* have a significant benefit in preventing UTIs, and most people are unable to continue drinking the juice on a long-term basis.

Treatment for UTIs

It is important to seek medical attention if you think you may have a UTI – particularly if you think you may have a bladder or kidney infection, both of which are very serious conditions. Early treatment of urinary infection can help to prevent infection

spreading to the bladder or kidneys.

Urinary tract infections usually respond quickly and well to antibiotics.

The availability of seeing a General Practitioner quickly can be a barrier for some Tasmanians to access the care they need.

Participating pharmacies in Tasmania, including Bridport Pharmacy will be able to provide assessments and management of some patients with urinary tract infections (UTIs) this includes being able to prescribe antibiotics where appropriate.

Please do not hesitate to contact Bridport Pharmacy on 6356 1555 with any questions you may have.







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Bridport Lions Club

Pop on your winter woollies and load the kids into the car, don't forget to pack some chairs and a blanket or two as well. for the Bridport Lions Club annual Giant Bonfire and cracker night again.

This is a fun family friendly event with funds raised going to Childhood Cancer research.

- The cost is just \$10.00 per car (cash or card) with hot food and drinks available to purchase.
- Enjoy a hot cup of soup or a sausage in bread as you keep warm around the bonfire before a spectacular 30 minute fireworks display takes place at around 7.00 pm (weather permitting).
- All money raised by the Bridport Lions Club goes back into local community projects and charities. Previous Bridport Lions club
 projects have included the installation of the half basketball court, the adventure playground and skate park along the Bridport

foreshore as well as generous donations to Red Dirt Cafe Scottsdale, Feed the Need and many more. Bridport Lions club meet on the 1st & 3rd Tuesday of each month, 6.30 pm for a 7.00 pm meeting at The Bridport Hotel.

Where to see the fireworks:

Waterhouse Road, Bridport. Approximately 4km out, just follow the signs

When:

Saturday 25th May, commencing at 5.00 pm

For more information on this event please contact:

• Cathy Chilcott on 0417 576 505

For information about becoming a Lions club member contact:

Leonie Johnston on 0438 281 352

We hope to see you there!



The Bridport Bowls Club

Invites you to enjoy a

Cuppa for Cancer

The Bunker Club, 67 Main Street, Bridport Thursday 30 May 10 am to Noon Admission by a Generous Donation Rolling Raffle A plate to share will be much appreciated





WANTED articles for up-coming events and/or wrap-ups general informative articles - please email: bridreport@gmail.com

In the Shallows by Lou Brooker

Some of the regular swimmers at Bridport have reported seeing skates amongst the seaweed at the beaches this summer. A surprising sight perhaps.

But the Whitleys Skate is commonly seen in shallow waters. Sometimes they're in such shallow water that the tips of their wings protrude above the surface.

Also known as the Melbourne Skate, it's equally at home in depths of up to 345 metres as well, and occurs in waters off the Victorian coast, in Bass Strait and all around the coast of Tasmania.



Whitleys Skate in Port Philip Bay

Finding this dried up specimen lying on the sand at high tide in the Trent Water, led me to ponder the difference between skates and rays. They are closely related to each other as they are both cartilaginous fish – which means their skeleton is made from cartilage rather than bone. But apparently the difference is all in the tails. A skate's tail tends to be stockier, shorter, thick and more fleshy, whereas a ray's tail is more whip-like. Skates have two small dorsal fins near the end of their tail. Some rays have a stinging spine on the tail, which skates don't have. Another key difference is that skates reproduce by laying eggs, whereas rays give birth to live young.

I can see the attraction of the Trent Water for a skate as there is an increasingly bigger crab population there. It would glide over the sediment feeding on the crabs, its favourite food.

As the largest Australian skate, it can grow to 170cms in length, and weigh up to 50kg. But this one was a shadow of its former self!!

With two distinguishing fins just visible at the end of its tail



Bridport Surf Life Saving Club

Nationals Upate



The Australian Surf Life Saving Championships, affectionately known as Aussies, were held on the Sunshine Coast. Over 5000 competitors from clubs across Australia took part in events from the 13th - 21st of April.

Bridport SLSC had three courageous athletes head to Maroochydore to compete in the Youth events. Tim Innes, Cooper Reeve and Annie Howard braved a massive swell to represent Bridport in board, swim, board rescue and iron person events. Annie also took part in the 2km soft sand beach run.

The experience of competing on the national stage provided many opportunities to learn and develop surf skills. All three athletes displayed incredible bravery and sportsmanship to compete in challenging surf.

Tim Innes and Cooper Reeve had fantastic results in the u13 surf swim. Cooper narrowly missed out on a spot in the final and Tim fought his way to the final and came in 22nd.

Annie came 13th in the 2 km soft sand beach run.

The club is proud of the Aussies team and the athletes hope to build on everything they learnt into the next season. For now, the athletes will have a well earned rest.



	TOWN HALL INFORMATION SCHEDULES			
8th May	Branxholm 11:30am Ringarooma 2:30pm			
9th May	Gladstone 11:30am Pioneer 1:30pm Winnaleah 3:30pm			
l0th May	Bridport 11:30am Scottsdale 2:30pm (Nugget Sellers Pavilion)			
Registrations will be				

open on the day





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- Grasp the essential steps to utilize the service





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Bridport Innovation Meeting - Sunday, 21st April, 2024

Report on Bridport Pier

There has been a great response from the community with the Bridport Pier Community Consultation Survey, both online and in hardcopy format. There were approximately 437 surveys submitted. It will take some time for Burbury Consulting to go through the responses, especially the comments provided.

Burbury Consulting is aiming for a delivery of the report to MAST in early May. The report will:

- provide an analysis of each site and outline the pros and cons and any potential risks for each location explored to date;
- Include any land-based Council issues and inputs and incorporate advantages/disadvantages into the assessment; and
- provide a detailed summary of the Stakeholder Engagement undertaken including outcomes of surveys, the information session, meetings, and any other communications completed.

Leonie Johnston Secretary Bridport Pier Working Group Mobile 0438 281352

U3A Bridport Seniors Group



All seniors welcome - Wednesday 10 am to 3 pm

The Kettle is always on

I			
	May 1	10 am	Tea/Coffee/Chat
		10.30	Chair exercises with Dee
		11	Bingo
		12.30	Lunch at The Bridge followed by card/board games
	May 8	10 am	Tea/Coffee/Chat
		10.30	Chair exercises with Dee
		11-12.30	Music: bring instruments or just join in
		12.30	Lunch followed by card/board games
	May 15	10 am	Tea/Coffee/Chat
		10.30	Chair exercises with Dee
		11.00	Movie
		12.30	Lunch followed by card/board games
	May 22	10 am	Tea/Coffee/Chat
		10.30	Chair exercises with Dee
		11.00	Guest speaker from The Smith Family
		12.30	Lunch followed by card/board games
	May 29	10 am	Tea/Coffee/Chat
		10.30	Chair exercises with Dee
		11	Plant swap
		12.30	Lunch followed by card/board games
I			

Our group will be celebrating its 10th anniversary on 19 June

All past members Welcome

For catering purpose please call Marie to advise of your intention to attend

Marie 0400 295 956



RAW - Eb's Ride for RAW

Lions Club of Bridport are supporting Eb's Ride

for RAW. Ebony Lette is hoping to raise \$10,000 to support the work of RAW (Rural Alive and Well) who provide face to face support to individuals in rural and remote communities across Tasmania.

RAW works to support participants who are experiencing greater situational stressors and challenges, by using tools that help minimise the risk of suicide.

The support RAW provide is nonclinical, non-crisis and with no costs.

Ebony will be riding her horse from Georgetown to St Helens a total of 200 kilometres over 6 days.

Lions Club of Bridport are organizing a Free Community BBQ on the Bridport Village Green with a generous donation from Johnny's IGA to support this event.

Families are invited to come to the Bridport Village Green

Monday 20 May 6.00 pm – have a BBQ Dinner and meet Ebony and her support tskateeam.

Please come along and support Ebony in this huge challenge – all donations will support Youth Suicide and Mental Health in the North-East.

Many thanks, Leonie Johnston Secretary, Lions Club of Bridport Inc.



The Journey...

Day 1 - Georgetown to Bridport - 52kms Day 2 - Bridport to Waterhouse - 24km Day 3 - Waterhouse to Gladstone - 38km Day 4 - Gladstone to Weldbrough - 36.4km Day 5 - Weldbrough to Pyengana - 20.2km Day 6 - Pyengana to St Helens - 27.2 kms



100% of your

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directly towards



Igloo dining part of the Fiesta fun

Dining in an igloo in mid-winter seems a reasonable thing to do, but in Bridport on the Village Green?

The igloos that were a hit at last year's Tassie Scallop Fiesta, will be back, have increased their number by one and are already proving very popular.

A Saturday night degustation dinner prepared by renowned chef Terry Fidler with matched wines sold out within hours.

But there's still room in the three igloos for a slightly shorter dining experience on Fiesta Sunday, with food produced by local flavour of the month the Brown siblings from Scottsdale's Two Sister Baked Patisserie.

Tickets are available for the brunch, early lunch, lunch and late lunch sessions to be enjoyed in the transparent domes while all the Fiesta fun goes on around the diners.

All types of tickets for the Fiesta on Sunday 4 August are on sale only online via the tassiescallopfiesta.com.au website, social media pages or humanitix.com.

Again there's a range of experiences to be had with tickets for beverage master classes, chef demonstrations, full-on fiesta, or general admission.



As well as the food and beverage options on the village green there's a wide sweep of entertainment with headline band Soundweavers and the Summit Horns set to get patrons in the groove.

There'll also be demonstrations of craypot making, a kids circus troupe, balloon tying, face painting, the Fishcare pond and advice along with information from the Institute of Marine and Antarctic Studies.

And all proceeding will be presided over by King Murph I, who'll be pleased to meet and mingle with his subjects.



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Venues: Scottsdale, George Town and Launceston 'There is a crack in every thing. That's how the light gets in. Leonard Cohen

CLEONE'S SECRET GARDE NURSERY INDOOR AND OUTDOOR P GARDEN WALK 355 SANDY POINT RD BRIDPORT PEN WEDNESDAY-SUNDA 10.00AM 4.00PM



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Although hard-pressed, the United States Navy, immensely stronger than our own, had an ace up the sleeve - prior information from code breakers enabling the assembly of scare resources from an ambush.

The cruisers Hobart and Australia from the RAN and USS Chicago aimed to attack the transports while an American force centred on the aircraft carriers Lexington and Yorktown

sought to nullify the enemy carriers.

In an action dominated by carrier-based planes, none of the opposing ships saw each other.

The Japanese lost a carrier with another severely damaged. The Americans lost Lexington with Yorktown damaged and both sides lost smaller ships. The invasion fleet turned tail.

At the Battle of the Coral Sea, 656 Americans and 966 Japanese died. Our cruisers outlasted a blistering attack although, later in the war, Hobart was torpedoed and Australia crippled by kamikaze strikes.

Yorktown went down a the Battle of Midway, June 1942, when four Japanese carriers were sunk.

Photo: Rescue of Lexington survivors







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Bridport Law and Order by Warren Bishop

The earliest settlement of North Eastern Tasmania was administered by the military, led by Lieutenant-Colonel Paterson of the New South Wales Corps from 1804. Once a Legislative Assembly was constituted in Van Diemen's Land in 1825, an act was passed two years later to appoint Police Magistrates in each district to administer law and order. The district that would later include Bridport, was administered by the Police Magistrate in George Town until 1856, when Police Districts became Municipalities under the Municipalities Bill of 1858. Prior to this, some of the early settlers that established themselves in the district were appointed as Police Magistrates.

Whilst the administration of the police district of Selby, which included Scottsdale, was relocated to Launceston in 1864, the district that included Bridport, Waterhouse and Saltwood, remained within the George Town jurisdiction. The Police District that included Bridport was covered by one policeman (an Irishman named Partrick Harrington) in the early years. His area of administration covered a vast area of the North East, which ranged from Cape Portland to George Town.

The area of interest in the North East, which includes Bridport, changed substantially from the earliest settlers, gold rushes, timber harvesting and agriculture. The honesty of the earliest settlers was well considered and was rarely subject to doubt. Even during the convict transportation period, where some early settlers were provided convicts to assist with land clearing and road construction, the law was rarely transgressed. However, once the district opened up to gold rushes, the tone of the district mandated a greater police presence. Indeed, as more settlers moved into the district, a constable's hut was erected in the position now occupied by the current Bridport Police Station.

Constable Patrick Harrington was first noted in the district duty book in 1852. Harrington was considered a colourful character, with many tales ranging from good, bad to indifferent. He was further mentioned in the duty book for the district in 1867, when he was stationed at Little Forrester River, yet lived at what became Ferny Hill Farm. An interesting point here is that Ferny Hill contains an area at the back of the farm named Harrington's Garden, where Holly and Laurel trees grow, allegedly planted by Mrs Patrick Harrington, a policeman's wife. Partick was not related to the Brewer Harringtons, one of whom married Captain William Henry Jones and later lived there. The living standards of the time of Constable Harrington, was one who often lived rough in the execution

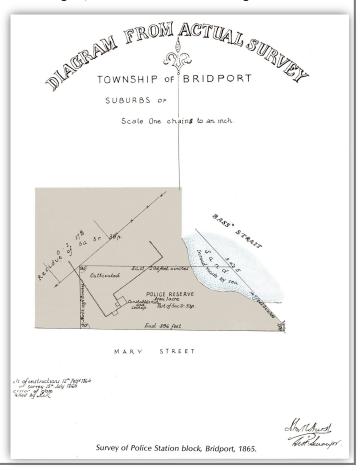
of his duty. A local identity, Robert Coplestone, recounted Harrington's story: "Words cannot express the hardships those policemen had to put up with. They used to share camping huts along the coast, and their main work was to protect sheep owners against sheep stealing."

Constable Patrick Harrington was, by all accounts, a diligent policeman, despite his colourful nature. Patrick Harrington died in 1883, under controversial circumstances, where he came home inebriated after having celebrated Christmas, was locked out of his house and succumbed to the inclement weather overnight. He was buried in what is known as the Grave Paddock, but is no longer marked.

Many of Constable Patrick Harrington's descendants also served as policemen in the district.

Picture: Survey of Bridport Police Station Block 1865 -Source: A History of Bridport, by J. Jennnings.

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.



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

