

# BRIDREPORT



### Welcome to 2025 and to summer in Bridport!



Welcome to 2025 and to summer in Bridport, a perfect place to get some R&R after the end of year rush and Christmas festivities. We welcome the many visitors who choose Bridport as their destination and hope they enjoy their stay with our safe

beaches and swimming, boating and fishing opportunities, bushwalks, cycling, golf options, many and varied eateries, half-court basketball, tennis, skate park, playground and the new option of Pickleball... all that without leaving town!

2025 will see the start of two major projects, the first being TasWater, scheduled to bring a new water supply from Scottsdale, ensuring the greatly improved quality and quantity of the town supply. Bridport has relied for years on heavily treated water from the Brid River and until recently was automatically put on water restrictions from early December. We look forward to that improvement.

The second major project will be the commencement of the new recreational pier, reaching out 120 metres from the rocks to the east of Croquet Lawn Beach. The possibility of a new pier has been mooted for many years and after community consultation and a vote, this site was finally selected as the most appropriate. It will offer the opportunities to walk on, fish from, jump off but will not be for the mooring of boats.

In breaking news, \$20 million will be spent in major upgrades to the Bridport Road, particularly in the area of Industry and Pipers River Roads and on to Weymouth Road. The improvements will be greatly appreciated by travellers, truckies and other commercial users.

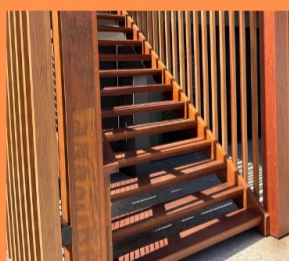
We hope you enjoy a summer of fun in the sun, remembering hats and sunscreen and make the most of what the Village by the Sea has to offer. The Pavilion Visitor and Information Centre is open every day from 10 am - 4 pm for maps, information, crafts, tennis racquet hire, book swap and as well as an EV charging station outside the building.



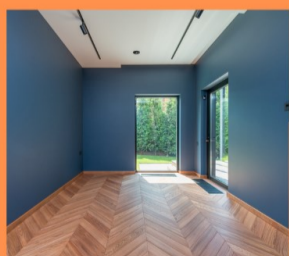
The friendly volunteers are there every day to help you.

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## Bridport Village Market

*“Where Community comes together”*



## 2025 SUMMER MARKETS

Saturday, 4th January 2025  
Saturday, 1st February 2025  
Saturday, 8th March Long Weekend  
9:30am - 1:00pm

Bridport Community Hall  
& on the Village Green

*Goods proudly Crafted, Baked & Grown here in Tassie !!  
Live Music, Veggies, Plants, Bric a Brac & much more ...*

To book a stall or site call Viv: 0457 622 221  
Email: [bridportvillagemarket@gmail.com](mailto:bridportvillagemarket@gmail.com)  
Facebook: Bridport Village Market



*Proudly bought to you by the CWA Bridport members and friends*



**TASMANIAN GOVERNMENT  
THOUSAND WOODCHOPPING  
CARNIVAL 2025**

BRIDPORT – VILLAGE GREEN  
SATURDAY 4<sup>TH</sup> JANUARY  
9.30AM START




OUR MC for the day is World Champion Axemen  
**David Foster**

**FREE  
ENTRY**



Interstate  
&  
International  
Competitors!



North-East Axemen's  
Association

Come and see the Best of Tassie's, Interstate & International Axemen compete at this event, which is the Richest Woodchop in Australia!!!

Help us celebrate 154 Years of Woodchopping  
&  
64 Years of The Tasmanian Government Sponsored Woodchop!







**PACBEV  
BRIDPORT  
TRIATHLON**

SATURDAY 11TH JANUARY

BRIDPORT ESPLANADE

**RACE CATEGORIES**

**Teams**

**Sprint**  
750 m swim / 20 km bike / 5 km run

**Short Course**  
400 m swim / 10 km bike / 2.5 km run

**Individual**

**Sprint**  
Ages 15+ Adults and the distance as per sprint teams

**Short Course**  
Ages 12+ Adults and the distances as per short course teams

**TRYstars**  
Ages 7-12

**STATE  
SERIES SPRINT  
CHAMPIONSHIP  
& WORLD  
QUALIFIER  
RACE**

**Cash Prizes**  
Compete for exciting cash prizes in various categories!



Register here

**Eligibility Note**

To be eligible for the State Championship, participants must be Tasmanians with current Premium or Standard memberships of AusTriathlon.

### Christmas Cheer

Hangovers are unpleasant physical symptoms that appear the next day after drinking too much alcohol the day or night before. Symptoms can last 24 hours and generally peak when the blood alcohol level falls to near zero. They may include:

- Upset stomach, nausea, or vomiting
- Headache
- Dehydration and thirst
- Weakness or fatigue
- Disrupted sleep
- Shakiness
- Sensitivity to light and noise
- Depression, anxiety, or irritability
- Inability to concentrate



### Remedies and Treatments for Hangovers

**Hydrating** - It is important to replace your electrolytes, with drinks such as Hydralyte.

**Taking pain relievers** - Over the counter pain medications can help when you suffer from headaches or nausea.

**Eating healthy foods** - Choosing foods that are nutrient-dense and easy to digest may help you avoid nausea and blood sugar spikes and drops.

**Getting a good nights sleep** - The results of too little sleep can overlap with the results of too much drinking, leading to worse headaches, weakness and confusion.

Please, behave this festive season, and do not hesitate to speak to one of the hangover experts at Bridport Pharmacy.





**THE BRIDPORT HOTEL**

INVITES THE PUBLIC TO JOIN US FOR  
OUR LOCAL BEACH CLEAN

**“CLEAN OUR COAST”**

**SUNDAY JANUARY 19TH 2025**

FREE FAMILY FRIENDLY EVENT  
@ THE BRIDPORT HOTEL  
REGISTER ON THE DAY  
CLEAN UP BETWEEN 10AM-1PM  
FOLLOWED BY A SPONSORED  
BBQ AND ICE COLD BEVERAGES  
ON THE DECK

PROUDLY SPONSORED BY

**What's on  
January in Bridport**

- Fri 3, 4.30 pm • Bridport Surf Life Saving Club Nippers
- Sat 4 • Swim the Pier  
• NE Chopping
- Sun 5 • Bridport Surf Life Saving Club Nippers
- Fri 10, 4.30pm • Bridport Surf Life Saving Club Nippers
- Sat 11 • Bridport WQE and State Series Triathlon
- Sun 12 • Bridport Lions - Show and Shine  
• Bridport Surf Life Saving Club Nippers
- Sun 19 • Clean our Coast
- Thurs 23 • Dorset Australia Day Awards Ceremony  
7 pm Mechanics Hall, Scottsdale
- Sun 26 • Bridport Surf Life Saving Club  
Nippers and Bridport Splash
- Mon 27 • Brushstrokes Art Exhibition

BRIDPORT SLSC

**NIPPERS**

Nippers is an exciting program for kids aged 5-13, focusing on surf safety, lifesaving skills, and ocean awareness. It's a great way for children to make friends, stay active, and enjoy the beach!

**Come and Try**

New Nippers are welcome to try before signing up. For more information go to the Bridport SLSC Facebook page or to our website at [www.bridportslsc.org.au](http://www.bridportslsc.org.au)

**When:** Starting the 1st of December and then most Sundays in December, January and February  
**Time:** 10:30 AM - 12:00 PM  
**Where:** Bridport Surf Life Saving Club

**Activities Include:**

- Beach games
- Surf awareness
- Water safety education
- Skill development

**Brushstrokes  
Exhibition**

Jan 23<sup>rd</sup> - 27<sup>th</sup> 2025

Uniting Church Hall  
Bently Street

**BRIDPORT**

An exhibition of paintings and art works for sale by Local Artists

**Entry FREE** 10 am - 4 pm

**ALL WELCOME**



### Good Result by Lou Brooker

A project to try and rid the Trent Water of rice grass was carried out in March this year. The N.E.Field Naturalist Landcare Group clocked up 300 volunteer hours surveying the shores of the Bridport Estuary [Trent Water] and then spraying the 56 outbreaks of the weed that had been found during the November 2023 reconnoitre. If left untreated, this invasive grass would have the potential to spread rapidly as evidenced by the spread since 2018.

It has become one of Tasmania’s most troublesome aquatic weeds. It causes build-ups of large quantities of silt and debris along the edges of an estuary, out-competing the natural vegetation and limiting access for boating, swimming, recreation and fishing; it invades native seagrass and saltmarsh and has the potential to prevent shorebirds from nesting and feeding.

Rice grass spreads by underground rhizomes. Therefore, spraying is really the only solution because pulling is bound to leave roots in the substrate. The follow-up spraying in 2025 will be done by drone – a much more time efficient method.



It took four months before it was possible to see if the spray was effective. Although not all of the area has been checked, the initial photos show promising results. These photos were taken by Graeme and Collette Betts at the first westward site in the Trent Water.

Where control work has been carried out in the past, a more healthy habitat of saltmarsh has replaced the invasive rice grass. The saltmarsh ecosystem consists of snails, crabs, insects, food for birds, a nursery and a sheltered place for fish. It is the aim of the group to keep outbreaks to a minimum and foster the health of Trent Water.



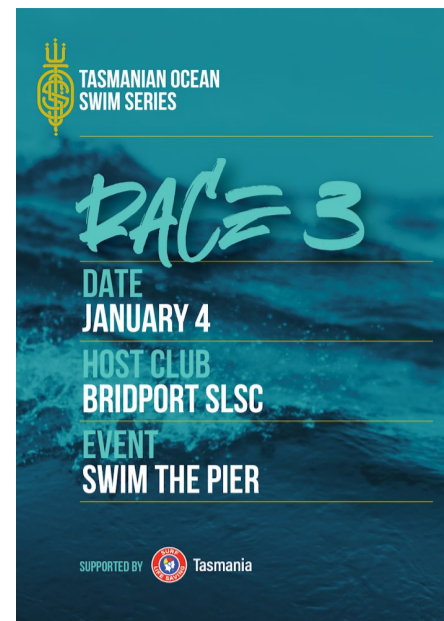
Top Picture: Before spraying  
Opposite: Evidence spraying successful

Intas Group is the generous sponsor of this swim. The historic pier extends out into Bass Strait and makes this swim something special.

Three swim distances on offer: 500 m novice, 1000 m and the 2000 m series points swim.

Registration from 8.30 am at the Pier Swim start times. 9.30 - 500 m, 9.35 - 1000 m, 9.40 - 2000 m series point swim.

Great random draw prizes and BBQ after the swim.



### U3A Bridport Seniors Group



All Seniors welcome  
Bridport Hall

Dee’s chair exercises at 10.30 am on  
January 8, 15 and 22

Regular activities recommence at 10 am February 12

### A Local Icon by Mike Douglas

The red-painted bike on the roof of the Bridport Care is a Gitane, a French made machine of past years.

Typical of touring bikes of some decades ago it has a tubular steel frame, 10 speed derailleur gears with two chainrings, rim brakes and lights powered by a dynamo connected to a wheel - a finicky arrangement.

A common outfit ridden by care patrons is a mountain bike with an aluminium alloy frame, triple chainrings with precise indexed gears, 27 or 30 speed, hydraulic disc brakes and shock absorbers. Models with a battery operated electric motor are increasingly popular.

Regardless of brand, most are made in China or Taiwan and have Japanese drive-train components, a far cry from the days of the good old Australian-made Malvern Star.

Who knows what kind of bikes will turn up at the cafe 50 years from now?

Photo:  
Gitane  
Tourer  
atop of  
Bridport  
Cafe





### Lions Club of Bridport



### Show and Shine Car/Bike Show - Sunday 12 January 2025

Lions Club of Bridport are organizing their Show and Shine Car/Bike Show on Sunday, 12<sup>th</sup> January at the Bridport Village Green. This is a very popular annual event – cost is \$5.00 for drivers and visitors with children under 16 free.

Our Peoples' Choice Competition, which was very well received last year with over 1,000 votes recorded, will be included again in 2025 – a huge thank you to Matthew and Shannon Bayles from FC Management for their sponsorship of this Competition. The Details of our Peoples' Choice Competition will win:

1<sup>st</sup> Prize – \$500.00, 2<sup>nd</sup> Prize – \$250.00, 3<sup>rd</sup> Prize – \$150.00

Thank you to our Car/Bike Enthusiasts who continue to support our Show and Shine Event – all funds raised will be donated to projects in our local community.

If you would like more information on Lions Club of Bridport Show and Shine Car/Bike Event, please contact Leonie Johnston, Secretary, Lions Club of Bridport Inc., Mobile: 0438 281352



### The Bridport Splash



Family Day Fun

Australia Day • January 26 • 10 am - 2 pm

Goftons Beach

Program to be announced on Bridport Surf Life Saving Club Facebook [Bridportslsc](#)



### Bridport Library



## Holiday opening hours



The library will open normal hours until 5:00 pm on Monday 23 December 2024.

Normal hours resume on Friday 3 January 2025.

Have a wonderful, safe and happy holiday break – from all staff at Libraries Tasmania!

[libraries.tas.gov.au/holiday-hours](http://libraries.tas.gov.au/holiday-hours)



## Christmas Closure Details



**Closed:** 12 noon Tuesday, 24 December 2024

**Reopening:** 8:30am Monday, 6 January 2025

For any emergencies – call 1300 858 824

### The Pavilion Visitor Centre Christmas Closure



**CLOSED - New Years Day**



Please, for everyone's safety...

**NO GO ZONE**



From just above the top IGA, past the Café, Pharmacy and Newsagency, over Henry St and along the shopping strip to the bottom IGA is a **NO GO ZONE** for cyclists, skateboarders and scooters of any kind.



**2025 Dorset Australia Day Awards Ceremony**



Thursday 23 January

7 pm

Mechanics Hall

King Street, Scottsdale

All welcome

No RSVP required



**Scottsdale Aquatic Centre**

**Australia Day Pool Party**

Sunday 26<sup>th</sup> January

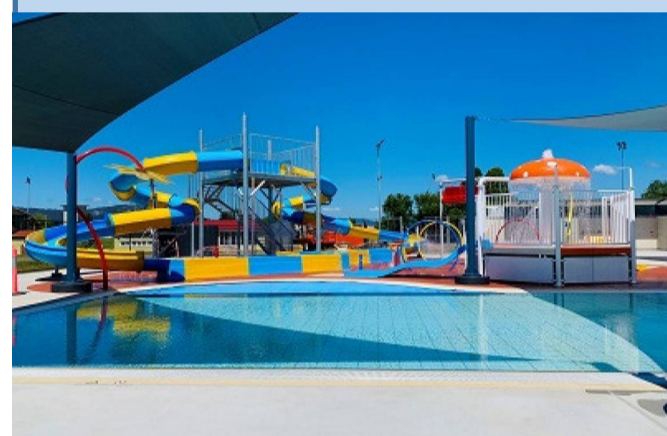
12 - 3 pm

Free BBQ, games and entertainment

**FREE entry all summer!**

- 25 m lap pool
- 15m learn to swim pool
- Toddler pool
- Waterpark
- Waterslides
- Canteen available

Keep updated on Scottsdale Aquatic Centre Facebook



- Open 9 am - 5 pm Monday to Friday, 9 - 1 pm Saturday
  - Under new management, family owned and operated
  - Exciting new pharmacy only products and gifts
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  - Medication packaging
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**Karl Thomas Physiotherapy**

0461 300 237

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**Tuesdays @ Dynamic Osteo**

28 Ellenor Street, Scottsdale 9 am - 5.30 pm

**About Karl Thomas**

I am an experienced physiotherapist with over 40 years experience practicing in Tasmania. I previously established and ran Launceston Physiotherapy Services for over 20 years.



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**Bridport Bowls Club**



**Community Bowls**

On again at the Bridport Bowls Club

**Join in and have great fun**

**Start organising your team now!**

**When:**

- Wednesday 15 January, 5.30 pm
- One hour for six weeks until 19 February (First night registration and team naming)

**How:**

- Teams of 3 (may include 1 experience bowler)
- One off cost \$10 per person for team registration
- Bowls supplied
- Teams to organise replacement player if a player is unavailable

Sausage sizzle and refreshments available

Come and try our new synthetic green

Call David Glover 0478 226 862 or Trevor Davis 0418 133 492

**No Campfires Allowed**  
Tasmanian Parks & Wildlife Service  
Campfire Restrictions

**Legend**  
 - Campfires are now banned on all PWS managed land located within the shaded areas.  
 - Permanent Fuel Stove Only Area

5 November 2024

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### No Excuses for No Exercises

Widely renowned as a retirement mecca, Bridport still offers residents plenty of opportunities to not just put up their feet.

A range of regular activities and exercises are on offer to keep people healthy and attuned to their surroundings.

**Iron Lotus Tai Chi**, holds weekly one-hour sessions in or near the Community Hall from 11am every Monday under the tutelage of Grant Scurr. Mr Scurr, who has been running the sessions for seven years generally concentrates on the Qigong form of oriental exercise.



“It’s a gentle exercise that promotes health, well being, balance, relaxation and freedom of movement. All of the movements can be adapted to suit just about anyone’s level of ability or mobility,” he said.

People interested could contact Grant Scurr on 0418 606 656 or email [ironlotustaiichi@gmail.com](mailto:ironlotustaiichi@gmail.com) or turn up at the hall by 11 am on a Monday.

Classes resume 11 am Monday 6 January.

**Jen Barron’s Yoga** offer a veritable smorgasbord of exercise options, from a free 10 minutes sitting on the rocks to witness the sunrise over Goftons Beach to escorted tours of foreign destinations the experience is yours to choose.



Jen runs sessions for newbies with Everybody Yoga classes, Yin mindfulness workshops and Yoga on Stand up paddleboards, including under the full moon. Classes and schedules vary depending on weather and availability, but a full list of options are available on the [jenarronyoga.com](http://jenarronyoga.com) website or contact 0475 688 354 or email [namaste@jenbarronyoga.com](mailto:namaste@jenbarronyoga.com)

**Bridport Seniors group** runs chair exercises with Dee Blackwell each week for those a little less active. The half-hour sessions are held as part of the group’s meet-ups from 10 am at the Community Hall each Wednesday.

**Pilates Plus Health Studio** offers a more structured exercise regime in a permanent premises at 11 Therese Street, Bridport (access is also available via Main street, opposite Allan Barnett Fishing Co.). Proprietor Marie Gooch is one of three qualified instructors that take 14 hours of sessions each week every day except Friday and Sunday.



Prior notice is required to attend a session. “For everybody’s welfare we need to be able to match the needs and expectations of each individual,” Marie said. Contact can be made on 0407 961 143 or [pilatesplushealth@gmail.com](mailto:pilatesplushealth@gmail.com).

The studio also offers a base for a range of allied health services

- Podiatry: 0474 593 365
- Osteopathy: 0483 873 104
- Physiotherapy: 0461 300 237
- Masseur: 0405 533 208

Grant Scurr, of Iron Lotus Tai Chi, leads a class on the Bridport Village Green.



The publishers acknowledge the Traditional Custodians of Bridport and North-East Tasmania, the leenerrerter clan of the Coastal Plains Nation, with respect for Elders past and present.

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

