

THE COASTAL VOICE

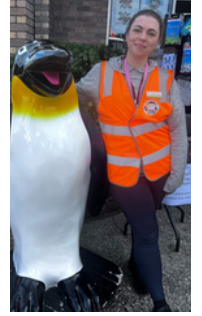
INDEPENDENT COMMUNITY NEWSPAPER
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FREE

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HAPPY 150th PENGUIN!

See inside for your chance to win...

A signed copy of 'Falling for Water' by Francesca Cairns

A signed copy of 'I am Me' by Lisa Rowe

Expansion and Connection



By David Robinson

I have some wonderful news - our paper team has expanded! Sharni has come on board to help with the website, Cheryle is now managing our sponsorship relationships, Tracey has taken the lead on producing the

paper in Canva, and Tony will be delivering the papers across the region. To lead this change, Jenny Rowden will officially take on the role of Editor. This new program allows the whole team to collaborate in real time and watch the paper come together as it's built.

We recently held our first team meeting, and everything flowed naturally, like old friends gathering around a shared purpose. I couldn't have asked for a better group. Their enthusiasm, creativity, and community spirit give me great confidence that The Coastal Voice will continue to grow and evolve. Most importantly, this team means I can step back a little, knowing the paper is in very good hands, as I've am working full time now. P.S. Ulverstone IT computer shop needs a new owner!

Like Penguin celebrating 150 years, I hope our community paper continues to thrive for another 150, perhaps even to see the Penguin 300 celebrations! By then, maybe those long-promised Jetsons-style flying cars will finally be parked along the main street.

Thank you for reading, sharing, and supporting The Coastal Voice. Together, we're keeping the stories, voices, and heart of our community alive.

Celebrating 150 Years of Penguin – A Community United

By Tracey Clark

Over the past 12 months, it has been truly heart-warming to see our wonderful Penguin community come together to celebrate 150 years of this beautiful coastal town.

From the early planning meetings to the final moments of the Street Party on October 25, the enthusiasm, creativity and community spirit on display have been nothing short of inspiring.

The year has been filled with events big and small – each one made possible by passionate volunteers, local businesses, schools, service clubs and countless residents who gave their time, energy and ideas to make the celebrations a success.

Seeing Main Road come alive with music, food, laughter and fireworks at the Street Party was the perfect culmination of all that hard work and pride. The photos on our cover this month capture some of those magical moments — the smiles, the colour, and the pure joy that filled the streets.

It has been my absolute pleasure to play a small part in the committee that helped bring it all together. This experience has reminded me exactly why I love the community we live in — one that celebrates its history, supports one another, and looks to the future with optimism and joy.

Here's to the next 150 years of Penguin!

Retirement: The Curtain Isn't Closed

By Jenny Rowden

Leaving decades of teaching with financial security, retirement is less a conclusion and more a pivot to a new phase of reinvention - replacing a lost professional identity and fixed routine. "It's not over 'til the fat lady sings," signals the final part of the performance is yet to come. The focus for me now is curiosity and community contribution, not a pay cheque.

My retirement journey illustrates this shift: from the whimsical fun of a fancy dress costume hire hobby to the quiet fulfilment of volunteering in The Rookery. Now there's joy serving with the TCV team, meeting so many terrific people whose names appear on these pages, as well as those members in the new Penguin Probus club. The message is clear: enjoy the unexpected, the evolving script, the changing cast, while the curtain remains open.

HIDDEN PICTURE

Find this HIDDEN picture (somewhere in the paper) or solve the Crozzle to be in this month's draw.

Email or message your name and phone number to editor@thecoastalvoice.au

Crozzle prize - A signed copy of 'Falling for Water' by Francesca Cairns

Hidden Picture prize - A signed copy of 'I am Me' by Lisa Rowe

Enter before the 21st of month, one entry per person. The winner's name will be published in November issue. Get the kids to help you find it!



THE COASTAL VOICE

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Deadline for advertising and articles: 21st of the month

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We acknowledge the Palawa/Pakana peoples of Lutruwita upon whose lands we are on.

Happy 5th Birthday, Penguin Community Op Shop!

By Jenny Rowden

What a day of celebration! The Penguin Community Op Shop officially turned five, and they couldn't be prouder of how far they've come! President Lennice Wilson today offered heartfelt thanks to the incredible team of volunteers who worked tirelessly to establish the shop in Arnold Street, along with the Rookery, and then guide its growth and expansion into its current, beautiful home in the historic Thomas building.

Over the years, the Op Shop has given thousands of dollars to support our local community in countless diverse ways. But today's biggest news was a very special announcement: a generous \$13,000 gift to the Warrawee Women's Shelter! Warrawee provides safe accommodation for women and children who are victims of domestic violence, and this donation will make a significant impact.

A huge shout-out and thank you to Councillor Michael Smith from Midway Furniture for his incredible support. Michael invested a lot of time to help source custom-made quality TAS Oak Single beds with protective coverings. He also provided a very significant discount, ensuring the donation goes even further!

Warrawee CEO Sophie Hunt shared how these new beds will replace the 'prison type' ones they currently use, providing a little more dignity and comfort for those in acute distress. The beds are also easily relocatable, which is perfect for Warrawee's future expansion plans.

It was truly a wonderful day celebrating our past and looking forward to an even brighter future of giving back to our community. Volunteers reminisced on this unique journey which has impacted so many lives - too many to count!



Championing Change: Sophie Hunt's Vision for Warrawee Women's Shelter

By Jenny Rowden

The North West tragically grapples with some of the nation's highest rates of family violence, a crisis that leaves too many women and children without the refuge they desperately need. Serving on the frontline is Sophie Hunt, the dedicated CEO of Warrawee Women's Shelter. For Sophie, transforming this reality is a vision that is "close to my heart."

The Crisis and the Call to Action

The statistics are stark: Warrawee is operating a crippling waiting list, meaning only one in four women seeking help can actually access the necessary support due to limited accommodation and resources. After 40 years, Warrawee's premises are in urgent need of an overhaul to match the dignity and quality of care required. Sophie is driven by the inspiring resilience of the women she serves.

A Vision for National Excellence

Sophie's ambition is nothing short of transformative: to establish the best possible crisis accommodation facilities for women and children, not just in Tasmania, but across the country. Her goal is to create a precedent for other shelters nationwide. This vision hinges on a wraparound, trauma-informed approach, ensuring environments of safety, a dedicated space for healing and recovery, and connection and collaboration with other service providers.

Qualified Leadership and Local Heart

Sophie brings formidable qualifications to this challenge, drawing on extensive experience in education, family law, child safety, and youth justice. She has previously led teams statewide for Tasmania's Department of Health, most recently leading the NW Maternity Services Transition. Sophie and her husband are deeply connected Taswegians, and the Central Coast is now home for their two young daughters too. She is determined that our region won't be "left behind." By intentionally listening, observing, and learning from every story of crisis, Sophie ensures Warrawee's future services are directly informed by lived experience. She hopes to be a role model for her daughters in understanding lives touched by trauma and a deep sense of social justice.



Warrawee CEO, Sophie Hunt

Stay posted as Sophie updates us in future issues with how Warrawee addresses these significant challenges.

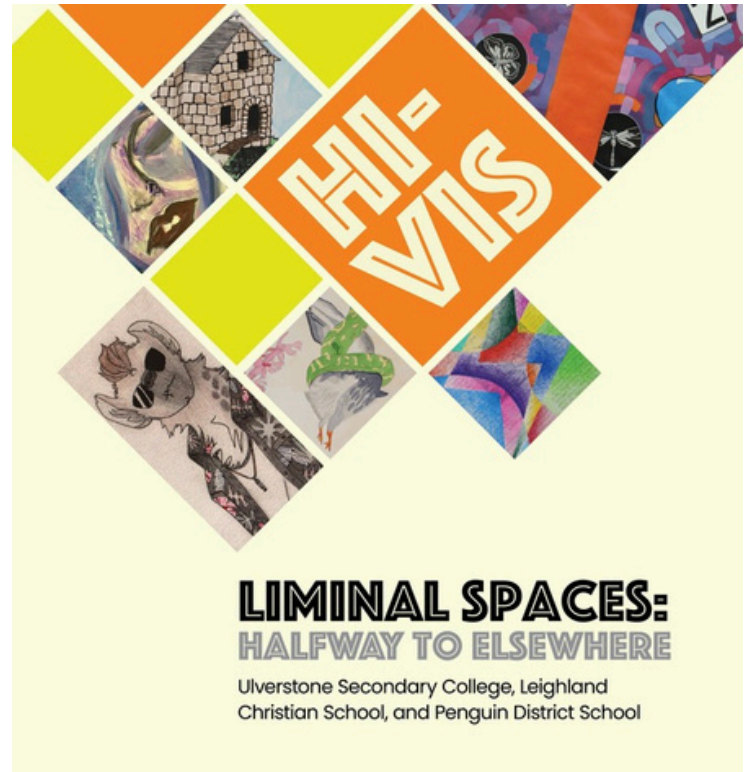
New Exhibitions at Hive

Hive is buzzing with colour and creativity this season, with two vibrant new exhibitions now showing until Sunday 7 December.

Hi-Vis Liminal Spaces: Halfway to Elsewhere showcases artworks from students at Ulverstone Secondary College, Leighland Christian School, and Penguin District School. In this exhibition, students explore the idea of liminality — those in-between in-between places, moments or environments that exist within the threshold between one state and another. Liminal spaces are transitions and pauses; the space between what you were and what you're becoming. They can be physical, emotional, psychological, or even metaphorical.

This exhibition might prompt you to reflect on liminal spaces in your own life — the empty hallways, abandoned buildings, twilight hours, airports, waiting rooms, spaces within the body and mind, and the memory of being between childhood and adulthood.

Alongside it, **Pride in Arts: Solidarity by the Queer Artists Collective** brings together queer and queer-ally artists, musicians, and poets from across Tasmania. For the past five years, the Collective has fostered community through creativity, encouraging openness to diverse voices and experiences. This display celebrates art as a safe and empowering space to connect, express, and belong. Both exhibitions are on display now at Hive, Ulverstone, until Sunday 7 December.



The Cross Sinks in the South

By Dr Martin George, Hive Principal Astronomer

A great advantage of living in Tasmania is that we obtain a better view of the southern sky than any location on the mainland. Here in Ulverstone we are at a latitude of just over 41° south, and overall, the State extends down to more than two degrees farther south.

For stargazers, this is great for observation of a large region of the southern sky, including the Southern Cross and the famous 'pointers', because it is part of the sky that remains permanently above the horizon. This means that from Tasmania, the Cross is always visible on a clear night, provided that there are no obstructions such as trees, a hill, or the neighbour's house in the way.

This part of the starry sky is called circumpolar, because instead of rising in the east and setting in the west as Earth rotates, it appears to move around and around in a circular fashion around a point about halfway up the sky. That point is called the South Celestial Pole (SCP)—the direction in space exactly above Earth's South Pole in Antarctica.

As we move into November, the evening view of the Southern Cross shows it to be lower in the sky at the same time each night. Currently, it is at what seems to be a weird angle: the star at the bottom on our Australian flag is at the upper left, and the shape of the Cross is seen to its lower right. You can demonstrate this with an Australian flag, by turning it clockwise nearly half a turn.

As the night progresses, the Cross will appear to move down and to the left as Earth turns and will pass through a time when it will be at its lowest, and upside down.

This effect is easily demonstrated in the Planetarium, where we can show how astronomers map the sky by placing lines on star charts rather like latitude and longitude. The point where all the 'longitude' lines converge is the SCP, and in this picture, you can see the Cross to its lower right, as it is seen in the current evening sky when the twilight comes to an end.

So, if you're trying to find the Southern Cross in the evenings as the weather warms, bear in mind that it will not always be upright!



The Ulverstone Planetarium dome, illustrating the positions of the stars and how astronomers map the sky. As November begins, the Southern Cross on November evenings is low in the sky, and at a weird angle! Photo: Martin George



Mayor's Message

By Mayor Cheryl Fuller

October was a big month for the Central Coast, by Mayor Cheryl Fuller – and an especially proud one for Penguin. I was delighted to attend the Penguin 150 Street Party, which brought the community together for an evening of music, food and celebration. It was a wonderful reminder of the pride and connection that make this town so special. It was also a privilege to welcome Her Excellency the Governor of Tasmania, the Honourable Barbara Baker AC, along with members of the Honorary Consuls of Thailand, Latvia, Israel, UK, Switzerland, Timor-Leste and The Netherlands to join in the festivities and experience the best of Penguin.

A special congratulations and thanks to Casey Hiscutt MLC, the Penguin 150 Committee, and all the sponsors who helped deliver such a successful and memorable event. And of course, who could forget our most famous resident – the Big Penguin – who has well and truly taken centre stage this year. Now celebrating its 50th birthday, the Big Penguin has been chosen to appear in Australia Post's 'Big Things' campaign, featuring on a national stamp and coin collection alongside some of Australia's most loved icons.

Created in partnership with the Royal Australian Mint, the coins are selling quickly, so if you haven't yet, make sure you pick up the limited-edition collection from your local Post Office. Or, if you missed out, head along to Hive in Ulverstone, where copies of the collection are now on display.

Congratulations to our very own Big Penguin! I think we can only assume this national spotlight isn't just a midlife crisis, but a sign of even more worthy recognition to come. Until next time.

YOU'RE INVITED TO A COMMUNITY CONVERSATION



Join Central Coast Council councillors and staff to discuss what's happening in Sulphur Creek & Preservation Bay.

27 November 2025 | 6:00pm

Sulphur Creek Community Hall
310 Preservation Drive, Sulphur Creek



Find out More:
www.centralcoast.tas.gov.au



www.centralcoast.tas.gov.au

admin@centralcoast.tas.gov.au

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Crozzle November

Ada
Arthurs
Augusta
Ayr
Barrington
Burbury
Catagunya
Cethana
Chapter
Crater
Crescent
Dobson
Dora
Dove
Echo
Gordon
Great
Helen
Huntsman
Kara
KingWilliam
Leake
Louisa
Mackenzie
Mackintosh
Meadowbank
Meston
Mikany
Murchison

Nive
Oberon
Olive
Oval
Paloona
Parangana
Pedder
Pieman
Pillans
Plimsoll
Repulse
Rosebery
Rowallan
Sorell
StClair
Tooms

M A C K E N Z I E L L E R O S
L E K A E L N C H A P T E R E
L V I R N N O S I H C R U M V
O O N O O T D M A A R H N A I
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A A D A T M I K A N Y P O E U
N R R Y S T C L A I R M D S G
S A G R E A T N E C S E R C U
K P N A M S T N U H E L E N A

November solution in next edition

October Crozzle Solution - Tas Lakes

**CONGRATULATIONS to
October winners!**

Crozzle Winner

Lynette Dinsdale

Tickets to *Lieutenant of Inishmore*

Hidden Picture Winner

Clare Robinson

Turner's Beach Berry Patch Voucher

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Block/Yard Clean-ups



Solve the Crozzle to be in the draw for a prize of:
A SIGNED COPY OF 'FALLING FOR WATER'

Find the Hidden Picture for a prize of:
A SIGNED COPY OF 'I AM ME'

Email us with your name, and phone number
with your solutions, or send a pic to
editor@thecoastalvoice.au

Enter before the 21st to be in the draw.
One entry per person.
Winner to be announced in next issue.

A Vice-Regal Welcome to Penguin's 150th Birthday Celebrations

By Jenny Rowden

We were delighted and honored to welcome Her Excellency, the Governor of Tasmania, the Honourable Barbara Baker, who officially opened our momentous 150th birthday celebrations today! She also congratulated our Big Penguin on turning 50.

Governor Baker was generous with her praise, warmly congratulating our community on what she observed to be a "thriving town - very beautiful!" It was also special that she got to witness some of our marine life, noting it was "delightful to see a couple of whales too."

She appreciated the incredible turnout, saying, "It's great to see so many people celebrating - it's very community minded."

Having also recently spent time enjoying the Circular Head area, Governor Baker certainly got a taste of the best of the

North West region, spending time Smithton at the Duck River Pavilions, where the Governor toured the Circular Head Heritage Centre and learned about the region's history. She then visited the Duck River Meadows Robotic Dairy to explore the local dairy industry.

The Governor spent time with students and staff at the Circular Head Trade Training Centre and met with young residents at Giggles Early Learning Centre. Her visit continued at Wyndarra, touring the new facilities and learning about community services before having lunch. Later, the couple enjoyed afternoon tea with residents at Emmerton Park in Smithton. The successful day concluded in Stanley with a civic reception at the Town Hall, attended by local residents and emergency services volunteers.

We extend our sincere thanks to Her Excellency for her kind words and her best wishes for Penguin's next 150 years! Here's to the future!



Lions Club Launches Every Move Matters Fundraiser

The Lions Club of Ulverstone Inc. has launched its latest major fundraising project, Every Move Matters, aiming to raise \$100,000 for the purchase of essential equipment for the North West Regional Hospital in Burnie. The funds will be used to buy four neonatal portable cots and two bariatric beds. The neonatal cots will allow newborns needing specialist care to remain warm and connected to vital equipment during transport, while the bariatric beds will enable nursing staff to provide safer and more appropriate care for larger patients.

A spokesperson for the Lions Club Bruce Dolbel, said the initiative would deliver long-term benefits to both hospital staff and the wider community. "These are essential resources that will benefit the hospital and improve the standard of care available in our region," Lion Bruce Dolbel said. To support the appeal, the Lions Club conducted a multi-vendor farm auction at the Sprent Recreation Ground on Saturday, 18 October 2025 supported by the Sprent Community Centre. Other fundraising activities will include a general auction to be held at the Ulverstone RSC on Friday, 7 November 2025 from 7:30 pm which will include drawing of the major raffle.

Along with the auctions and raffles the Preston Community Centre assisted by the Ulverstone Lions Club will host their first-ever Country Music Festival! The event aims to help raise funds for the Ulverstone Lions' Every Move Matters initiative and will be held on Saturday, 29th November 2025. Proceeds from these activities will go towards Every Move Matters project.

For further information or to contribute, contact the Lions Club of Ulverstone Inc.

The advertisement features a collage of images: a close-up of a newborn baby's face with a white oxygen mask, a nurse in a purple uniform operating a medical monitor, and a white hospital bed. A yellow Lions Club logo is in the top right corner. The text reads: "Every move matters Raising \$100,000 For North West Regional Hospital". At the bottom, it states: "For two new Bariatric Beds and four portable Neo-Natal Cots. Bariatric Beds will aid in patient movement and reduce manual handling injuries for the Care Team. Reduced handling of Neo-Natal Patients lowers the risk of injury to both patient and Care Team when heading for scans". The Lions Club of Ulverstone Inc. logo is also present.

Aussie Hero Quilts: Blankets of Gratitude for Our ADF

By Jenny Rowden

Right across Australia, a dedicated group of volunteers is stitching comfort and gratitude into every seam. For more than a decade, they've been wrapping our Defence Force personnel in warmth—literally. One such passionate volunteer is Lyn Rootes, an Ulverstone resident who started in 2020 – one of only 2 such volunteers in Tasmania.

Quilts and laundry bags are sent to personnel currently on deployment, from locations like Dubai, Bahrain, South Sudan, Egypt, and Israel. These aren't just blankets; they are heartfelt gifts saying a massive "thank you" for their service.

The initiative, launched in January 2012, grew when founder Jan-maree Ball and her quilt group sent the first items to a single soldier and his team. What started as a small gesture quickly blossomed. To date, a staggering 17,739 quilts and over 37,462 laundry bags have been sent. There are quilts on the walls of the Headquarters building in Al Minhad Air Base and on the beds in both wards in the ANZAC Hospital in Iraq. They're also found on submarines and patrol boats.

The size and shape of the quilt is deliberate to fit comfortably on a bunk bed, or a ship's rack. The label says... "This is an AUSSIE HERO QUILT made for an Aussie Hero with gratitude for your service."



Lyn says – "Choosing a request from the emailed list each week is such a thrill and then designing and creating a quilt from that request within the 5 week deadline fulfils my sewing days and keeps my mind active. Our quilts are not works of art but works of the heart".

Aussie Hero Quilts remains the only organisation anywhere in the world that provides such a unique tactile reminder of 'home'.

If you would like to know more or would like to volunteer, please contact: <http://aussieheroquilts.blogspot.com.au> or check out their FB page.

Free Skills-Sharing Session for Volunteers

Volunteering Tasmania invites you to a FREE dynamic networking and skills-sharing session designed for Volunteer Involving Organisations (VIOs).

North West: Thursday 6 November 2025, 9:30 - 11:30am at Ulverstone Sports & Leisure Centre.

What to Expect: Showcasing Resources – Learn about practical tools and supports for Volunteer Involving Organisations. Volunteer Speaker Panel – Hear from the 2025 Tasmanian Volunteering Awards winners and finalists as they share their volunteering journeys and experiences. Interactive Networking – Participate in a mix of structured and organic opportunities to connect.

Lunch is provided - A light lunch is included for everyone. If you're attending both sessions, feel free to take a break and take your lunch into the OIR session.

Why Attend? Build meaningful, reciprocal connections with others working across the volunteer sector.

Learn new approaches and share your own expertise. Access resources and practical strategies from Volunteering Tasmania.

<https://volunteeringtas.org.au/training-and-events/>

Growing Towards Excellence!

By Melina Smith

Let's be honest. There are many areas of life where growing older is not going to work in our favour. Athletic abilities have an expiration date. The window for having children is temporary. Our opportunity to be useful in the workforce gradually diminishes and eventually even our own bodies betray us. Growing older has its fair share of disadvantages, but let me tell you about something that improves when you age. Art!

That's right, creative self-expression. I'm not talking about how art helps you to be better and brighter which it does, in a myriad of ways. I'm talking about how art is one practice which benefits from your advancing years; your knowledge, your time, your maturity, your experience and your ability to know yourself better and express yourself without the emotional obstacles and hang ups that so often come with youth.

So, if you are fifty or older and would like to take advantage of this time in your life when you are especially fitted for excellence, then the Ulverstone Senior Citizens Painting Group may be just the outlet for you.

We meet every Friday 9 - 12pm at the Senior Citizens building in King Edward St, Ulverstone. Beginners or experienced artists are welcome and you'll have the option to work independently or receive guidance! Contact Melina for all the details on 0421 184 422. Please join us, so we can excel together!

Senior Citizens Painting Group!
Every Friday 9am - 12 Ulverstone



Yearly membership \$20 & \$4 per session
Phone MELINA on: 0421 184 422

Early Settlement in Penguin

By Wilfred Winter, Advocate Oct 4, 1975



At the time of Penguin's settlement around 1861, the countryside west of the Leven River was heavily forested right to where the coast hugging highway was ultimately built. The only initial access was a track cut by the surveyor, Nathaniel Kentish which ran to Penguin Creek and then generally followed the coast to Emu Bay. What became South Road was surveyed in 1869 and was first used in 1871.

The growing demand for timber palings acted as the spur for development of what became the Penguin district. John Parsons and his family are believed to have been the first settlers to take up land to the west of the Leven, in the late 1850s. Soon after, a Leven property owner, Edward Beecraft, turned his attention to ship building at the Penguin Creek and became the first settler where Coroneagh Street is now. In terms of what later became the Penguin municipality, others who could claim to be the first settlers were the Burgess brothers, John and William, who began boat building at Sulphur Creek as early as 1857.

Penguin was officially proclaimed a town in 1875 and around that time it benefitted from an influx of immigrants from Norfolk in southern England, many of whom were staunch Methodists. They had been sponsored by the Launceston Immigration Society and arrived in Tasmania on the Whirlwind (1855) and the Southern Eagle (1857). They were under bond to the society but were free to settle where they liked with the understanding that they would repay their fares when they became established. Quite a number of them chose to settle in Penguin, perhaps due to the influence of one of the main sponsors who had lived at Forth and who spoke in glowing terms of the opportunities at the recently opened up Penguin district.

Faith and Followers: The Roaming Churches

By Dr Jaydeyn Thomas, Hive Curator

The first European religious places in the Central Coast were not on fixed consecrated ground. The faithful would congregate together in the open air on farms and in people's homes in towns to listen to lay preachers and roving ministers. It was the responsibility of the members of a particular faith to find or donate land on which to build the first churches. There would be fundraising efforts through fairs, events, and subscription drives to raise the money.

Much like the roving sawmills, school buildings, and other small historical buildings in this region, churches roamed this countryside. As congregations grew, expanded, and consolidated their parishes, the first small church buildings were relocated and recycled into new uses. Some were split and expanded. Some became camp buildings like the Riana All Saints Anglican Church. This church opened in 1903 and served the community until 1929, when it burned down. The replacement building opened in 1931 and was moved in 1996 to Camp Clayton.

The Holy Trinity Church in Ulverstone was originally on Leven Street and moved to Grove Street in 1893. After just over a century of use, St Andrew's Anglican Church in Sprent was moved from its location to Sisters Beach, where it is now a private house. St Andrew's was originally commissioned by Lieutenant Colonel Andrew Crawford of the Castra Scheme. The Shalom Community Church in Sprent is a reconfigured set of three churches! Over time, this small space in Sprent has become home to a new complex of buildings that have roamed from other parts of the district. The Wesleyan-Methodist Castra Road Church (1871–c. 1942) and the Spalford Presbyterian Church were rebuilt as one building in 1943. Kindred's Methodist Church joined them in 1982.

The Roaming Churches is one of the featured stories in the new exhibition Red Soil and Deep Clay: what comes from the abundant earth, now showing in the Ulverstone Museum at Hive.



Top to bottom:

St Andrews Church and Rectory, Sprent, c. 1914.

Sketch of Holy Trinity Church from the School Room, c. 1881.

Foundations of St Andrews Church, Sprent, 2004.

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Theatre Review: *The Lieutenant of Inishmore*

By Jenny Rowden

This is a play like no other! Audiences were warned about its violent content and very dark humour, and it delivered in spades. Not even a Shakespearean bloodbath compares in its impact. Set in Ireland in the 1990s when the peace process was fragile, this satirical play was confronting from the 1st foreboding scene with Wee Thomas, a dead black cat, to the culminating scene of the macabre mutilation of bodies to destroy evidence. At the same time, absurdist humour permeated the script and the audience responded with laughter that's quite disturbing in the light of the serious themes.

Clever script writing had the audience moving to and fro between disbelief and amusement. Characters commit multiple murders, while arguing over silly details like Davey's ponytail. Director, Geoff Dobson, skilfully worked with his cast to both shock and entertain the audience simultaneously with this challenging script.

Connor French captured, frighteningly, Padraic's erratic psychopathic violence as a terrorist which juxtaposed with his tender love for his cat, representing the complexity of human nature - a writer's clever ploy to elicit sympathy for a villain. The cat becomes a symbol for the 'cause', for which he will perform indescribable acts - emphasised by the graphic stage blood, a 'splatter fest', which is over-the-top theatrical. The moral code is inverted when an animal's well-being is more important than a human's.

Campbell Mayberry and Shane Cleaver are the bumbling comic duo, Donny and Davey, who are dragged into the chaos in their panicked attempts to avoid retribution and this drives much of the farcical plot. Mairead (Freyjah Maddern) who 'blinds cows for sport' is seduced by the excitement of violence. The only female in the cast, her role defies stereotypes - representing the next generation of terrorists and is significant in the denouement. Tom Smith, Tim Cooper, Dave Hingston and Luke Johnson all contribute meaningful performances to highlight the barbarity and humour which are inextricably intertwined.

The twist at the end powerfully emphasises the futility of blind patriotism, personal vendettas, and how political extremism can lose all sense of proportion for fanatical followers - sadly, a timely thought-provoking message for today's political climate. Fanaticism can warp human values.

McDonaugh describes this work as a "violent play that is whole-heartedly anti-violence".



SINGALONG
SUN 30 NOV AT 2.30 PM
Songs and Items at Ulverstone Gospel Chapel
Afternoon Tea
Susan #0419 375 121
Ian #0400 669 133

Entries Open for Weindorfer Short Film Festival 2026

By Sandra Rowden-Rich

Hey there Creatives!

Make a short film about some aspect of nature, the environment and its protection, its beauty, its amazingness, its wilderness, or how someone can make a positive difference in the world, like Gustav and Kate Weindorfer did at Cradle Mountain in early 1900's.

Without Kate and Gustav we would not have had our beautiful Cradle Mountain National Park protected for us to enjoy.

Big cash prizes and the prestigious Weindorfer Award to be won! Enter your short film through the Freeway portal found on the website: www.weindorferfilmfestival.com.au

You could attend a free workshop on "How to edit your short film" conducted by professional film makers, Holly and Riley Sapsford at:

- Sheffield: Wednesday 26 Nov at 3-5:30pm, The Green Room
- Devonport: Saturday 22 Nov at 9:30-12pm, RANT Arts
- Ulverstone: Saturday 29 Nov at 9:45-12:30pm, Hive
- Wilmot: Saturday 29 Nov at 3-5:30pm, Wilmot Memorial Hall
- Ulverstone: Sunday 30 Nov at 1:30-4pm, Montgomery Room

These "Future Filmmakers Lab" workshops have been generously funded by the Department of State Growth through the Community Support Fund.

You are welcome to attend. Just notify Sandra on 0448976442 or Idell on 0448326246.



URTS present
Pop Up Choir
2025
Featuring the musical talents of
Brad Von Rock & Paul Wells.
\$10 Admission
Bar facilities at Interval
18+ Event
Sunday, 9 November
4.00 - 6.00 pm
Gawler Room, Ulverstone
(Located within the Leven Theatre)

History

Tulips and Cheesemaking, the Dutch legacy in Penguin

By Peter Koetsier

In 1642, Abel Tasman sailed by, planted the Dutch flag, and left his name on the map forever. After the Second World War, thousands of Dutch families came to Australia — and many found their way right here to Penguin. They brought tulips, cheese-making, craftsmanship, and a fierce sense of community.

Emigration peaked at 160,369 Dutch migrants. Many of those families found their way here, to the North West Coast, and especially to Penguin. They brought with them tulips, cheese-making, craftsmanship, and a work ethic as sturdy as their clogs.

The de Vries family, came in 1949 and bought a 100-acre farm at Mission Hill, Penguin. They provided accommodation for new Dutch settlers, and established new businesses, and the Reformed Church. The Kramers, who bought a bakery in Penguin in the 1950s, later supplied bread by train as far as Hobart! Taeke and Kiry Faber, who built a successful dairy farm at Riana, also served on the Penguin Council. The Koetsiers' children were the first Dutch kids enrolled at Penguin Primary School. Bill was the first Dutch migrant to play Aussie Rules - proof that the Dutch didn't just bring their heritage, they embraced Tasmania's culture too.

At first, the "Dutchies" were seen as outsiders. But they quickly integrated, and their influence is still visible today —it's estimated one in twenty Tasmanians has Dutch ancestry. The Dutch community is Tasmania's largest non-English speaking background community. So to celebrate Penguin 150, we community honoured the Dutch Tasmanians who helped shape this coast and this state.



Thank you to our Penguin 150 Committee and Volunteers



As the Penguin 150 celebrations draw to a close, we extend heartfelt thanks to the dedicated committee and volunteers whose passion and commitment brought this milestone year to life. From concerts and exhibitions to community walks, heritage stories, and the unforgettable Street Party, every event was made

possible through countless hours of planning, creativity, and teamwork.

The Penguin 150 Committee, together with local organisations, businesses, and residents, worked tirelessly to ensure the celebrations reflected the pride, history, and community spirit that make Penguin such a special place to call home. Their efforts have not only honoured 150 years of our township's history, but also created memories that will be treasured for the next 150.

Thank you to everyone who volunteered their time, shared their stories, and joined us in celebrating our remarkable community.

Forth Valley History Group Family-Home Display

Where: Forth Community Hall, Main Road, Forth

When: Sunday, November 9th, 2025

Time: 10:00 AM – 4:00 PM

Uncover the history of Forth families and the homes they lived in! Have you ever wondered about your family's connection to the Forth community? Come along to our special display and you might just find the answers! We'll have a fascinating collection of historical information and photographs to share. Share Your History! Do you have old photos, documents, or information relating to Forth families or houses? We would be delighted if you could bring them along to share with the group!

Entry and Refreshments:

Entry: Gold Coin Donation

Enjoy: A warm cup of tea, coffee, and a snack will be available.

Contact:

For more information, please contact: Wendy Bennell (Secretary) 0438 240 109. A day for local history buffs, family researchers, and curious neighbours!

Clogs, Courage and Contribution

By Jenny Rowden

Recently, the Penguin Uniting Church Hall filled with a vibrant hub of shared history and warm camaraderie as guests, with a Dutch heritage gathered for a Dutchfest celebration. The event, meticulously organised by Jeanne Koetsier, was a heartfelt tribute to the many families in the region who trace their roots back to the Netherlands, serving as a powerful opportunity for guests to reminisce and reconnect. Orange was the theme colour!

MC, Leonie Hiscutt, invited various speakers to share moving family anecdotes. A common thread weaving through the stories was the incredible resilience of emigrants who arrived in Australia after World War II. Speakers recounted the challenges faced by their parents and grandparents who arrived with very little —sometimes only a suitcase—yet managed to survive, adapt, and ultimately succeed in their new homeland through sheer determination and hard work. These heartfelt personal histories were a poignant reminder of the enduring spirit of the early Dutch settlers. Speakers included Mayor Cheryl Fuller, the Honorary Consul of the Netherlands Alice Van Der Woude, Tony Van Rooyen and event sponsor John de Bruyn from De Bruyn's Transport.

Jeanne also read a poignant "found poem", discovered accidentally when sorting through many donated documents and photos. The poem's message about journey and belonging resonated powerfully with guests. The formal part of the celebration concluded with a delightful afternoon tea featuring traditional Dutch treats. Following the refreshments, the celebration moved a short distance to the Penguin Railway Station, where guests attended the official opening of a new exhibition announced by John van der Woude. This fascinating display, curated by the Penguin History Group, delved deeper into the stories and impact of the Dutch community in the area, and was open to the public during October.

Coastal Blooms and The Sea Merchant – A Local Treasure on the Coast

By Olivia Bugelli

Nestled in the heart of Penguin at 1 Arnold Street, Coastal Blooms and The Sea Merchant have become much-loved destinations for both locals and visitors.

What began as a passion for flowers and beautiful living has blossomed into a vibrant space that celebrates creativity, community, and Tasmania's best.

At Coastal Blooms, the team crafts fresh floral arrangements and 100% Tasmanian hampers designed to bring joy to every occasion, with same-day delivery available six days a week.

The Sea Merchant is brimming with gorgeous coastal-inspired homewares. It's the perfect place to discover something special for yourself or a loved one, with a gift for every occasion waiting to be found.

As the festive season approaches, the team is especially excited to share their Christmas hampers – all 100% Tasmanian. Packed with gourmet produce, artisan treats, and handcrafted goods, these hampers showcase the very best of our heart-shaped island.

Each one is thoughtfully curated to celebrate local makers and deliver a true taste of Tasmania.

Proud winners of the Central Coast Business Award, the team invites you to stop by, shop local, and support a business that's passionate about community. Whether you're after fresh flowers, a last-minute gift, or a bespoke Christmas hamper, Coastal Blooms and The Sea Merchant are here to brighten your day.

Shop Online 24/7 at coastalbloomspenguin.com.au or come and see us! Open Tuesday - Friday 9am - 5pm Saturday and Sunday 9:30 - 3pm.



DON'T FORGET!
Submissions for
The Coastal Voice
are due on the 21st
of each month



Central Coast Chamber of Commerce and Industry
WWW.CENTRALCOASTCCI.COM

COMMITTEE MEETING "ON THE MOVE"

5/11/2025

- ✓ A BARK ABOVE DOG TRAINING
65 VON BIBRAS ROAD
ULVERSTONE
- ✓ 6PM MEET & GREET,
TOUR OF BUILDING
(ALL WELCOME)
- ✓ 7PM START-COMMITTEE MEETING
(STAY IF YOU WISH)



A Milestone Month

By Craig Heppell, President CCCI

November could be a milestone month for the Central Coast Chamber. We are on track to have 150 member businesses on board! The Chamber's goal is to Support, Recognize and Empower local businesses to help them better serve you as the customer and be involved in the wider community.

In October, The Chamber welcomed the State's Deputy Premier and Small Business Minister, Guy Barnett, to discuss the local business conditions over a couple of cold ones at The Pier.

Mr Barnett was impressed with growth in member numbers, the scale of our Awards Night in September, and the recognition of the wonderful businesses who serve the community via the Awards.

Our next meeting, Wednesday the 5th of November, 2025, is 'on the move', and we'll be visiting A Bark Above Dog Training – 65 Von Bibras Road, Ulverstone. We will be there at 6pm and all Chamber Members (and those

who would like to be) are welcome to attend this very interesting facility.

Let us know if you would like to attend by sending an email to admin@centralcoastcci.com

Also, The Chamber sponsored a free sausage sizzle at Penguin on Friday the 17th of October to commemorate the BIG 150th Birthday of Penguin, with the major event on the 25th of October.

Big thanks to Men Care Too/Mr Perfect for cooking up a storm. You can't beat a locally made sausage sanga with onions, mustard and tomato sauce!

And don't forget, if you are a local business wanting to get into our Chamber Christmas Spirit/Competition – get in touch so Tweak Coldhill can deliver one of our timber trees for you to decorate and display in your shop front or office. Email her on admin@centralcoastcci.com

School News

Learning Outside the Classroom

By Heidi Rowden

Recently, about 42 Grade 6 students from Penguin District School visited Canberra for 6 days and enjoyed visiting places like Questacon, Parliament House, Mount Ainslie, Australian War Museum, National Portrait Gallery and National Zoo. At the High Court students engaged in a mock trial about a crime and we had to take a side for or against. The days were quite long but full of activity.

It was fun sharing a room with other friends when we shared the highlights of our day. The food was good and it was served by friendly waitresses; there were always different options to try each day.

The Australian Institute of Sport was fun because we got to learn about new sports and try them out, such as a skiing simulator, wheelchair basketball and endurance challenges. We learnt a lot about the history of how Canberra became our capital city. Our teachers prepared us well for this trip.



Announcing Mt Roland Art Prize 2026

Exhibiting at Sheffield Art Gallery, Sheffield

Theme : **'Fragility'**

Entry closes 9 January 2026

Exhibition opens: Saturday 21 February 2026 at 3.00pm and continues until 14 March 2026

Prize winners chosen by Public Vote
Sponsored by **DULVERTON WASTE MANAGEMENT & WORKING ART SPACE, SHEFFIELD**

Prizes Awarded : Saturday, 14 March at 2.00pm

First Prize	: \$3,000
Second Prize	: \$2,000
Third Prize	: \$1,000
Fourth Prize	: \$ 500

For further information email: mountrolandartprize@gmail.com
6 Pioneer Cr, Sheffield, 7306 - Tel: 0475 810 981
workingartspacesheffield.org.au

Mathematics Relay



Eight Year 5/6 students represented Sacred Heart Catholic School in Ulverstone at the Tasmanian Mathematics Relay, Primary Division, and their 'Team B' won! All students had a great time and were very proud of their achievements.

Penguin Writers Unite

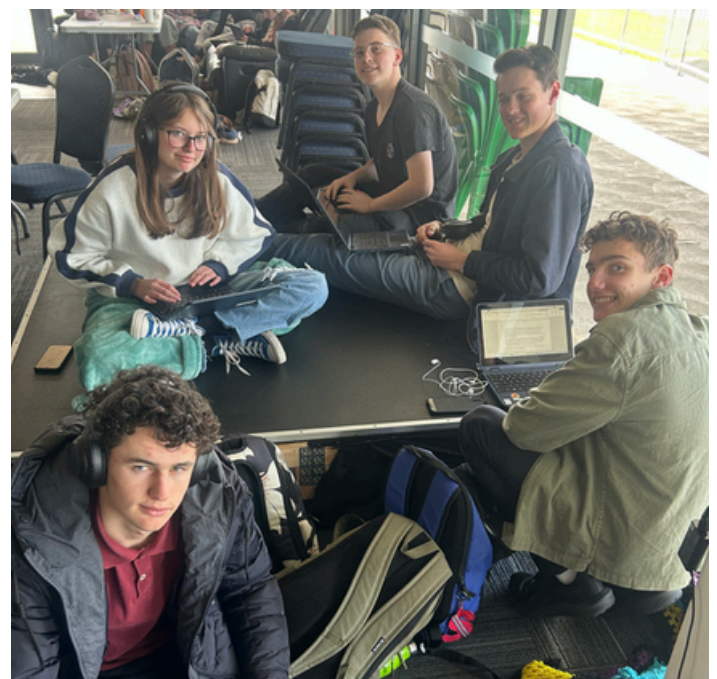
By Temperance Grundy, Year 9, PDS

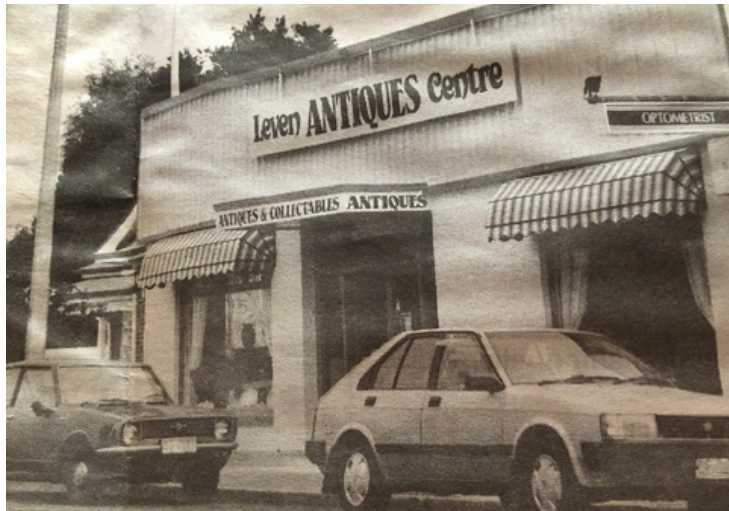
Every year in Term 3 you can hear the loud footsteps of eager writers knocking on the Penguin District School English/HASS office door.

On 10th September 2025 PDS conducts a 'Write a Book in a Day'. This event is for students to express their creativity and teamwork; but that is not all, 'Write a Book in a Day' raises money for children with cancer and it also donates the finished books to the children staying in the children's hospital, to light up their creative minds.

The long day started at 8am and ended at 5pm. Groups of around five, were given random prompts to combine into a story with a word count of between 3500 minimum and 5000 maximum. Five containers were filled with randomised props; each group dedicated one person to come up and pick one from each container. This resulted in each student obtaining a main character, a side character, an animal, a complication and the setting. For example, one of the groups got a gym instructor, a trapeze artist, a platypus, a mansion, and the complication was a school camp mishap. They then had to incorporate all these elements into their story, as well as everyone having to apply specific words, such as - cascade, glimmer, rooftop, havoc and whisper.

This is the third year that Miss Sarah Mott and Miss Narelle Butler have successfully offered this experience to secondary students. Miss Mott stated that "Write a book in a day is an excellent opportunity for students to use their literacy skills in a meaningful way."





Leven Antiques - Celebrating 36 Years of Business in Ulverstone

By Craig Broadfield

The story of Leven Antiques began at the Don Market in the 1970s, when Craig, encouraged by his parents Don and Dot, started selling plants he propagated himself, along with bought-in wholesale nursery stock. From those early horticultural beginnings, he expanded into shell novelties, collectors' shells and, soon after, into antiques — developing a particular passion for sterling silver and fine collectables.

On 5 November 1989, Craig opened his first bricks & mortar shop, Glenleigh Antiques, in King Edward Street, in part of the present Harris Scarfe building. Just weeks earlier, he had exhibited at Tasmania's largest antiques fair in Launceston, gaining recognition for his expertise in silver and decorative arts.

In 1991, Craig and his then wife Cheryl re-branded and opened the Leven Antiques Centre at 34 King Edward Street, in the town's old library building. The innovative centre brought together multiple specialist dealers and public consignments under one roof, and was nominated as Small Business of the Year (1991–92). By 1993, the business had moved across the road to its current location at 23 King Edward Street, where it continues to welcome collectors and visitors from across Tasmania and beyond.

Over the years, the shop has become known for its exceptional range of antiques, including silver, Tasmanian furniture, glassware, and heritage collectables.

Craig became the youngest member of the Tasmanian Antique Dealers Association and later represented Tasmania in the Australian Antique & Art Dealers Association (AAADA). He is also well known for his "Antiques Roadshow"-style events, offered at no cost to local groups and charities.

In 2020, during the uncertainty of the COVID-19 pandemic, Craig returned to his horticultural roots, establishing Fern Oasis @ Leven Antiques — a plant nursery specialising in ferns and shade-loving species. The nursery reflects Craig's family tradition of gardening, carried through the Glover and Broadfield lines, and connects his earliest work and interests with his present business.

Today, Leven Antiques is proud to be a member of the Central Coast Chamber of Commerce and a recipient of the Chamber's Customer Service Award for the past five consecutive years. The business continues to celebrate more than forty years of dedication to heritage, horticulture, and exceptional service — a true Ulverstone story built on family values, history, craftsmanship, and community.



www.levenantiques.com.au



Leven Antiques Centre & Fern Oasis

23 King Edward Street, Ulverstone

☎ 03 6425 5226 | 📞 0419 509 730

Thinking of selling antiques or collectibles?

Don't undersell your treasures at a garage sale or online!

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- ✓ Professional valuations (by appointment)

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or let us help find new homes for your special items



Tammy TYRRELL
Independent Senator for Tasmania

**I don't answer to a party.
I answer to you!**

Authorised by Senator Tammy Tyrrell,
Shop 2, 111-113 St John St, Launceston TAS 7249

Central Coast U3A update

By Alison McArd



Learn, laugh, live

"The purpose of learning is growth, and our minds, unlike our bodies, can continue growing as we continue to live."

Our second semester has come to an end & we are already working hard to assemble a new set of interesting & stimulating sessions for 2026.

If you are someone with a passionate interest that you would like to share with others, get in touch and become one of our presenters.

We are very grateful for the sessions that are presented regularly by the North West Community Legal Centre as well as other service industries in our region.

Trivia enthusiasts will be delighted to know that there will be more of that in 2026. There will also be an opportunity to do some short story writing, hear fascinating facts about people who lived 100s of years ago & learn about some of Tasmania's geology. Checkout our Facebook page to keep up to date with all our news.

For fun, friendship and mental stimulation join us today. Visit our website to check out our programmes and apply for membership: <https://tascentralcoast.u3anet.org.au>

For further information Phone: 0457 411 585 for a chat & check our Facebook page or email u3acentralcoast@gmail.com

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ULVERSTONE**

This is Us – Art Exhibition

Artwork from across the local area was selected to display at the Devonport Regional Gallery and continues until November 14. Forth Primary School students were delighted to have some pieces selected.



A Glimpse of Spring

By Shemaiah McArthur, Yr 8, NW Christian School

The radiant red tulips glistened with dewdrops in the morning sun. The sky was as dazzling as diamond sapphires with the brightest rays of light beaming from the sun. The spotted marsh frog hopped onto a rock with edges as sharp as broken glass. I open my window to breathe in the clear, cool refreshing air, trying to get some air flow in my musty, mouldy, rotten house. The fire is burning and the heat suffocating.

I step outside in my raincoat, shivering like a leaf in the wind. The wind is howling, the sky has turned grey, and the clouds are about to cry. Just then, they did. I sat on the cold, wet, grass huddled in the downpour. My raincoat is sticking to my skin, washing away the ashy smell. Then the rain clears, and the sun happily emerges from behind the clouds.

School Collaboration

Recently, Year 6 students at Forth Primary School had an exciting introduction to high school life through their transition program.

They enthusiastically explored hands-on subjects and learnt about what high school life is like. Ulverstone Secondary College collaborated to create this effective learning opportunity.



Year 9 Beyond Students Cooking Up Kindness in Bondi!

Recently students from Devonport Christian School set off on a 10-day interstate adventure focused on service, impact, and care for others, with experiences designed to stretch them beyond their comfort zones.

One adventure brought them to Our Big Kitchen in Bondi, Sydney, where they jumped straight into action, preparing 200 meals for those in need; no recipes, just creativity and teamwork!

From chopping veggies to stirring up hearty stews, the students embraced the challenge with joy and purpose.

They even got to name the meals themselves - "Ragu 4 You" and "Nice Rice"!

Head to the Our Big Kitchen Facebook Page to find out more about this exciting project.



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E: bookingsinpenguin@soniaskewes.com.au
T: 03 6413 6430

Prime Minister's Spelling Bee

Penguin District School students entered this national spelling bee in both primary and secondary divisions.

Nine students in the Year 7/8 category made it through to the state finals.

Well done – Ethan, Milly, Arahni, Erin, Jake, Lauren, Elvie, Laim and Scarlet!

13 students in Years 3 to 6 also made it to the State Finals. Congratulations Devyn, Emily, Emmalee, Georgie, Percy, Tahlia, Alexis, Aria, Eleanor, Eva, Liffey, Lochie and Renae.

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You'll find my office at 36 King Edward Street, Ulverstone



Local Grapplers Shine at M16 Trials, Secure Spots on Team Tasmania

Two athletes from Ulverstone's 360 Martial Arts & Fitness have earned their place on Team Tasmania following a dominant showing at the M16 State of Origin trials, held Saturday in Launceston.

Callan Long (93kg) and Jimmy Jiang (66kg) both impressed with clinical submissions to secure their positions. Long claimed victory in the final minute of his match with a slick knee bar finish, showcasing composure and technical precision under pressure. Meanwhile, Jiang secured his spot with a decisive heel hook submission in the final of the under 67kg division, demonstrating his sharp grappling instincts. Both competitors will now represent Tasmania at

the prestigious M16 Grappling event in Adelaide this coming February. With top-tier talent from around the country set to compete, Long and Jiang are eager to represent both their club and state on the national stage.

Team Tasmania also includes Lucas Haines (84kg, Synergy), Ned Davidson (77kg, HTC), and Freddy Flores (70kg, 10th Planet), forming a strong lineup for the interstate showdown.



2025 Synectic Ulverstone Open Squash Tournament

The Synectic Ulverstone Open Squash Tournament was held on the 5th October, with approximately 30 players battling for victory over 6 divisions. Players came from all over Tasmania including Hobart, with every North West Club represented. The day went off without a hitch thanks to the organisation of David Mulchahey from Squash Tasmania and many entertaining and close matches were played.

In the Junior division Nickilis Smuts won from Kobe Williams. It was great to see 2 players from the Ulverstone Club take out 1st and 2nd place. Special mention must be given to Casey and Dawson Youd, aged 6 and 8 from the Deloraine Club who finished 3rd and 4th, played exceptionally well and will be players to watch in the future.

In Div 5 Bruce Bussey took out the final from fellow Deloraine player Deric Werth. Div 4 was taken out by James Odgers from Wynyard over Bruno Fernandini from

Penguin. Div 3 was won by Penguin President Andrew Woodhouse over Ivan Barrera from Wynyard. Div 2 was won by Bailey Fairbrother over Todd Viney. Both players were registered from Wynyard but Todd plays for every club on the NW Coast so we will claim it as a second place for the Central Coast.

The premier Division 1 was claimed by Jack Hudson from the Eastern Shore Club in Hobart over Jarrod Atkins from Deloraine in the culmination of an exciting day with many close games keeping players and spectators enthralled to the very end.

The Ulverstone Squash Club would like to thank naming rights sponsor Synectic Accounting and Financial Services, Tasmanian Consulting Services and Tas Freight. Also a big thank you to Harvey Norman Devonport and Sportspower Ulverstone who donated prizes to be raffled on the Day.

Inaugural School Cup at Bakers Scenic Challenge Ride

By Lydia Rigby

The Inaugural School Cup was a successful addition at this year's annual equine endurance competition at Bakers Beach. By all accounts the event delivered on its name, with what is agreed as one of the States most challenging yet scenic bush rides. This was the third year since recommencing the event, which was held throughout the 1980s and early 1990s. This year's inclusion of the school cup, as well as the OTT prizes, was a buzz with lots of new faces amongst the 75 entrants from across the state. Even attracting local politician Mike Gaffney to ride for the first time in years, and Queensland endurance rider Sue Vacher flew down just to see what we had on offer. The 6km event was definitely a highlight with 14 riders, 13 representing local primary schools.

The Inaugural School cup was won by Andrews Creek Primary, represented with Kayden, Leo, Esther & Evie in the 6km, Evie & Freya in the 20km, Sophia in her first 40km, whilst Kenzie rode the 80km. St Patricks Primary came in a close second with seven riders and Lilydale school in third with four riders.

The 20km ride had 25 entrants with 21 successful completions, including 8 junior riders representing their schools. Special mention to Zak and Olie Neilley from Lilydale School and Devonport Christian School representatives, Tyla O'Toole and Giselle Porter, who rode in their first 20km events. The 42km ride had 12 entrants with 10 successful completions. There were four juniors, including Sophia Stansbie (12) from Andrews Creek completing her first 40km whilst Kenzie rode the 80km. St Patricks Primary came in a close second with seven riders and Lilydale school in third with four riders.

The 20km ride had 25 entrants with 21 successful completions, including 8 junior riders representing their schools. Special mention to Zak and Olie Neilley from Lilydale School and Devonport Christian School representatives, Tyla O'Toole and Giselle Porter, who rode in their first 20km events. The 42km ride had 12 entrants with 10 successful completions. There were four juniors, including Sophia Stansbie (12) from Andrews Creek completing her first 40km ride along with Grace Mead and Sharky Roberts completed their second 40km rides, qualifying for 80km events.

The 85km endurance ride had 24 entrants with only 15 riders successfully completing the hilly course. The ride was won by Junior riders Piper Braid (13) from Sheffield School and Emerald Rigby (12) from Latrobe High, holding hands to cross the line with equal placing in six hours and 12 mins. Kenzie Rattray (9) from Andrews Creek Primary was third junior, whilst Kiana Nutting (17), from Don College also successfully completed the 85km event. Emerald Rigby was this year's winner of the perpetual Claude Filleul memorial junior award for the horse with the best veterinarian scores at the event. The Middleweight division was won by Jillinda Aitchison from Railton, while sisters Kirstie Lockhart and Shannon Hill from Lebrina were equal first Lightweight winners. Sheleah Astell from Stowport won the heavyweight division.



Seasons of Life: Navigating Change and Building Resilience

By Kelly Dernehl, New Mornings CEO



Men's mental health matters, and as we approach International Men's Day on Wednesday 19th November, there's a powerful opportunity for our community to reflect, connect and act. This year's theme, "Supporting Men and Boys" highlights one of the strongest

levers we have to support men's wellbeing: positive male role models through visible leadership, open conversations and simple, everyday acts of support.

For generations, men have been told to "toughen up", be strong, stay silent, and push through. But we're learning that silence is costing us far too much. Every day in Australia, seven men die by suicide. That's seven dads, sons, mates, brothers, workmates and neighbours. Behind each number is a story, a family, a circle of friends left wondering if they could have done more. Worryingly, help-seeking remains a major barrier. A report by the Australian Institute of Family Studies (AIFS) noted that in 2020-21, about 7.8% of Australian men were estimated to have depression (or feelings of depression) and 10.6% had an anxiety-related condition, but that men are considerably less likely to access mental health services than women.

Why do these numbers matter? Because they tell a story of unmet need, hidden pain and the real opportunity for change. When men feel they must be "tough", never show weakness, or deal with problems on their own, they often delay seeking help, and that delay can cost lives. When we intervene earlier, when men talk and connect, when they have role models who model openness and care - outcomes improve.

This is where the theme of "Supporting Men and Boys" comes into play. A role model doesn't need fame. It might be your neighbour, your father, your mate, or a colleague who says: "Hey, I'm doing ok, but could use a chat." Or better: "How are you really going?" When men lead with empathy, when they invite others in rather than shutting them out, we shift the culture. We make it ok to ask for help. We create spaces where vulnerability is a sign of strength, and connection is the real muscle.

In our local community, let's make this International Men's Day count. Let's call a mate. Let's gather for a chat. Let's show our younger guys that being strong also means being connected, being supported, and supporting others. Because when men feel safe to be real, whole communities grow stronger. Families thrive. Kids learn what healthy masculinity looks like. And mateships become lifelines.

Men, you are warmly invited to come along to New Mornings' International Men's Day Breakfast on Wednesday 19th of November from 6.45-9am, with special guest Russell Robertson leading an inspiring keynote around the importance of men's mental health. Tickets are selling fast so please scan the QR code on page 13 to book and better yet, buy a ticket for a mate - you could just save their life.

Champions Healing & Resilience Through Education

By Cate Byrne

TANA Inc. (Trauma Awareness Network Australia) exists because we believe every Australian deserves a safe, nurturing environment where children can thrive. We started in North-West Tasmania in 2018 to help communities understand how trauma—and positive experiences—shape our wellbeing. We know that by spreading awareness and sharing simple, practical ideas, we can prevent harm before it happens and support healing where trauma has already taken root.

Our mission is to bring communities together, families, local groups, and systems to learn about brain development, resilience, and how small changes can make a big difference. We're passionate about empowering everyday Australians to know the power of positive experiences and how they can create healthier, happier lives for children and families. TANA is about grassroots action — working from the ground up, through community-led solutions, advocacy, and education. We're dedicated to creating a collective movement for real change, so every child has the best chance to flourish, safe in the knowledge that their community cares and understands.

If you want to know more about TANA Inc.
<https://youtu.be/Jy2cqD9CCE>

How we do this is through our TANAtalks program. We provide free information sessions to communities, delivered by trained volunteer facilitators. We are a volunteer-based organisation reliant on funding through grants and donations. TANA invites all community members to join its movement toward a more trauma-informed Australia. www.tana.net.au

WE ARE HIRING - Coopers Brewery has granted funds to assist TANA Inc in meeting its Mission. TANA requires a Program Manager who is a strategic thinker with a passion for leading an impactful program. If you or someone you know has great networking skills, has experience in program management and want to drive change. Send email for further information to: cate.byrne@traumaawareness.onmicrosoft.com

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Police Report

Community Safety is our Primary Focus

By A/Inspector Russell Judges



This month, Inspector Hanson is enjoying a well-earned break. I have been fortunate enough to stand in for him whilst he is away. In the last newsletter, Inspector Hanson spoke about important conversations that we can all have that will positively impact community safety. This week, I want to again, reinforce that

message. Unfortunately, there have been two crashes on our roads involving alcohol in recent times, that may have been avoided if someone had been able to say, "Hang on, you're not right to drive".

Tasmania Police officers are testing people every day for alcohol and drugs and every day we are intercepting people with one or both in their system. For some, we are too late to effect any change. If you are willing to tell your friend, family member, acquaintance or any other person that you think they might not be ok to drive, you could be the difference that makes a change to a life that day.

From a community enjoyment perspective, we have been receiving complaints in relation to the conduct of dogs and owners within the greater Central Coast community. Did you know that it is illegal to tether your dog (or any other animal for that matter) whilst riding a bicycle? There is a safety issue associated with the control of animals whilst also trying to control a bicycle. When it comes to the crunch, and I mean crunch, we can't do both. For those who enjoy taking their dog for a run but want to use the bike, I'm sorry, you will have to revert to the old-fashioned way, on foot. If you are wondering, the fine is \$153.75.

The festive season is coming around very fast, faster every year it seems. Please be careful over the holidays, and enjoy all that is good about the season, the family, the friends and the celebration. If the chance arises, perhaps you can be that difference for your loved one.



POLI Van at the Penguin 150 Street Party

FROM GRIEF TO GROWTH

Community Workshop

Saturday 8th November
10am-2:30pm
C3 Church - The Lounge
45a Steele St
Devonport



COST: \$25 (BYO lunch)

What past participants have said:

"...it was extremely beneficial to attend & participate in a 'workshop' with a group that are processing grief also..."

"...it was helpful knowing that I am not alone in my journey..."

"...my feelings of grief were validated..."

SPACES ARE LIMITED!

Scan the QR code to book:



About the workshop:

Are you navigating the pain of loss? You're not alone.

Join us for an educational workshop designed to help you understand the nature of grief, which may assist in improved mental health and wellbeing.

The workshop will include:

- The nature and impacts of grief & loss
- Strategies and tools for coping
- Guidance on growing around your loss
- Experienced, trained staff and support in a safe, non-judgemental environment

This workshop is tailored for adults in the community who are 3 months or more post-loss.

Presented by...

Dr. Nerrelie Cann (Mental Health GP) & Prue Arnot (Certified Grief Educator) for New Mornings. New Mornings is a not for profit mental health organisation, located in Ulverstone, serving the North-West Coast of Tasmania.

Phone: 6411 6212
Email: griefsupport@newmornings.org.au
www.newmornings.org.au
Find us on Facebook at 'New Mornings'



INTERNATIONAL MENS DAY
November 19 NEW MORNINGS
— healthy minds, thriving communities —

MEN. MATESHIP. MENTAL HEALTH.

Men's Breakfast Wednesday 19th November 2025, with special guest:

RUSSELL ROBERTSON



WHEN: 19.11.25, 6.45 - 9AM

WHERE: DIAL SPORTS COMPLEX,
1 DIAL PARK DR.
PENGUIN

COST: \$50 EACH

RSVP: BY FRIDAY 7.11.25

THIS EVENT IS EXPECTED TO SELL OUT SO GRAB YOUR TICKETS HERE ASAP!

For more info check out:

www.newmornings.org.au (03) 6411 6212
admin@newmornings.org.au 'New Mornings'



Book Launch: *I Am Me*

By Lisa Rowe, Author of *I Am Me*, Co-founder Ren Wellness

"I wrote *I Am Me* for my daughter, Bobbie. I wanted her to hear kind, grounding words every day, words that would help her feel brave, strong, happy, and kind, no matter what the world threw her way. I turned those words into a little board book, and now I'm sharing it with other families, in the hope that it becomes a daily ritual in homes, classrooms, and therapy spaces everywhere.

The book combines gentle rhyme with soft, playful illustrations, designed to tell a story all on their own. With a pastel colour palette, watercolour textures, and thoughtful little details for curious eyes to find, this book doesn't just build emotional resilience, it also sparks connection, joy, and a love for reading from an early age.

I'm Lisa Rowe: a mum, first-time author, and co-founder of Ren Wellness (www.renwellness.com.au), a small, family-led not-for-profit focused on holistic health and wellbeing. We're in the early stages, working on building community, partnerships, and resources to support children and families in a more grounded, natural way.

Ren Wellness was born from personal healing, our family's journey through chronic illness, anxiety, and burnout, and from a deep belief that when we take care of our minds and bodies with love and simplicity, everything changes.

\$2 from every sale of *I Am Me* goes directly to support our growing mission. This book has been a labour of love from start to finish, I hope it brings a little more light into your home, like it has in ours."



Thoughts on *Falling for Water*

By Cassie Smith

As I was reading *Falling for Water*, a new novel by Francesca Cairns, certain lines really spoke to me - they reminded me of my own path, and of the deep connection we all share with the natural world.

The words "You are this water and this water is you" stopped me in my tracks. Water runs through our veins, it sustains us, and it connects us all. I often find myself gazing across the eastern shores, being reminded that the very same waters connect me here in Tasmania to my friends in South America and beyond.

"Drops become trickles and trickles become streams." I added my own thought to that — streams that lead to oceans, is where we all come together. Just as in life, small actions and choices, build into movements that can create change. As many of you are aware this is my deep seeded passion to enact change, through my involvement with North West Environment Centre and ecofest.

"No one likes to be told, but if you are listening, lessons come in the most unlikely of ways. I hold no fear from the teachings of nature." These words ring true for me. When we are open, nature guides us, teaches us resilience, patience, and balance.

Like many of us, I once found myself caught up in a cycle of "working just to support a working lifestyle" as it says in *Falling for Water*. But then I realised, later in the book it says "We need reminding — we make choices every day about the destiny of our own lives." And yes, as we grow older, it can feel easier, even safer, to stay with choices we never really meant to make. Yet bravery lies in remembering that wonder, that freedom, is still ours to reclaim.

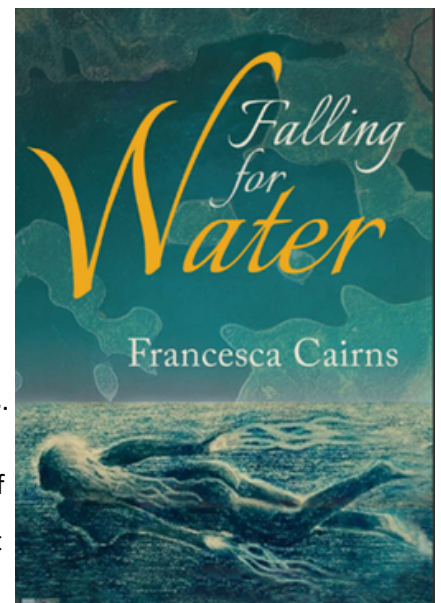
This phrase really inspired me: "reclaiming the wonder to be had in simply trusting all that I see, smell, touch, feel and hear." Sometimes it's as simple as walking in silence, letting other senses fill our bodies with joy — through smell, taste, and touch.

One of the greatest reminders for me was: "It's not your job to carry the world, only to do what you can." That's a principle I try to live by. Many hands make a lighter planet. By grasping the wisdom of the past, nurturing Mother Nature as she nurtures us, and choosing daily acts of care, we lighten the load — together.

This book has reminded me that water, memory, nature, and human spirit are all bound together. It has reminded me to pause, to listen, to act, and to trust.

Thank you for letting me share a little of what spoke to me, and thank you Fran for giving us all such a gift in these pages. Kayla lives in us all.

Cassie Smith, Manager of Ecofest26, Secretary North West Environment Centre and Educator at 24 Carrots Kitchen Garden Program.



"SPRING" COIN, STAMP & COLLECTABLES FAIR

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Doors Open 9.30 am Close 2.30 pm

Admission \$2.00 Children FREE

Major Christmas HAMPER Raffle
Plus FIVE Sundry Prizes
Tickets ONLY \$1.00
All Winners Notified

Free Coin & Stamp Hunt for Kids!

Conducted by Devonport Stamp & Collectables Club Inc.

160km Ultra Marathon to Showcase Lions' New Lions Mobile Skin Cancer Screening Van

This November, an extraordinary journey will unfold in Tasmania's North-West as Lions volunteer Sari-Elle Kraemer runs 160 km from Smithton to Port Sorell, joined by the new Lions mobile skin cancer screening van. Running from Wednesday 5 to Friday 7 November, Sari-Elle will pass through Smithton, Wynyard and Penguin before arriving in Port Sorell in time for the opening of the 46th Tasmanian Lions District Convention.

Travelling directly behind Sari-Elle on the run will be Lions volunteers in the newly acquired mobile skin cancer screening van. The van, purchased by the Tasmanian Lions Skin Cancer Foundation, will soon be providing full-body checks to communities across the state - ensuring Tasmanians in regional and remote areas can access lifesaving early detection.

The aim is for the van to be operational in early 2026. Australia has the highest rate of skin cancer in the world, with two in three Australians diagnosed in their lifetime. Early detection is critical, yet many Tasmanians living in rural and regional areas lack access to dermatologists, or experience long wait-times.

"Skin cancer touches so many Tasmanian families. The Tasmanian Lions Skin Cancer Foundation's new mobile screening van will mean people in regional towns don't have to wait months or travel hours for a check - it brings screening right to them," said Lions Immediate Past District Governor Victoria Cochrane.

This epic ultra marathon is also about raising funds to help ensure the service can reach as many Tasmanians as possible. The van has been purchased, but there are ongoing operating costs to keep it on the road and delivering checks where they're needed most. Every dollar makes a difference', added Richard.

Sari-Elle is no stranger to running for a cause. In 2023, she completed the Everest Base Camp Marathon, finishing 3rd foreign female and 7th overall, and raised over \$126,000 for the Australian Lions Foundation. Since then, she has run a 93 km run for Lions youth camps and raised over \$10,000 for Lions projects including Lions Assistance Dogs. Sari-Elle is currently ranked 6th Australian female in Backyard Ultras running 283.88kms in 42 hours.

For more information on Sari-Elle's 160km run for Tasmanian Lions Skin Cancer Foundation visit <https://www.givenow.com.au/run4lions>



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Bring Back the BreastScreen Bus

By Adriana Taylor, President of CWA Tasmania



The Country Women's Association in Tasmania (Inc.)

women who might otherwise face barriers to early detection, including travel costs, time away from work, and the emotional toll of leaving family or community support networks.

The Country Women's Association of Tasmania is deeply concerned about the extensive delay in replacing the BreastScreen Tasmania mobile bus service. For many women across our regional and rural communities, the mobile unit is not a luxury, it's a lifeline. It brings vital health services to women who might otherwise face barriers to early detection, including travel costs, time away from work, and the emotional toll of leaving family or community support networks.

While we acknowledge the Government's assistance with travel and accommodation for those required to attend appointments outside their area, this does not replace the accessibility and peace of mind the bus provides. CWA Tasmania respectfully urges the Government to prioritise the fast-tracking of the new BreastScreen Tasmania mobile bus so that it can return to service as soon as possible. This service is essential to women's health and wellbeing, ensuring equal access to care no matter where you live.

Want to advertise your business in the Coastal Voice?



Contact Cheryle on 0499 990 534 to discuss your needs today!



SARI-ELLE'S 160 KM RUN

RAISING AWARENESS AND FUNDS FOR THE LIONS TASMANIA SKIN CANCER FOUNDATION

5-7 NOVEMBER 2025

DAY 1 - SMITHTON TO BOAT HARBOUR
DAY 2 - BOAT HARBOUR TO BIG PENGUIN
DAY 3 - PENGUIN TO PORT SORRELL



www.givenow.com.au/run4lions

Asthma

By Alec Azar, Priceline Pharmacy

Asthma causes the muscles in the airways to tighten, and the lining of the airway becomes swollen and inflamed, producing sticky mucous. These changes cause the airways to become narrow, making it difficult to breathe. Asthma can be triggered by a range of factors such as pollen, house dust mites, cigarette smoke, exercise, or associated with a common cold. Asthma cannot be cured, but with good management, people with asthma can lead normal, active lives. Typical asthma symptoms include wheezing, shortness of breath, a tight feeling in the chest, and coughing. These symptoms are often worse at night, in the early morning or during exercise. Triggers for asthma symptoms vary for different people.

Asthma can be well controlled with the appropriate medication in most people. The main types of medications used to control asthma are relievers (that act quickly to relax the muscles around the airways; used during an asthma attack), preventers (slowly make the airways less sensitive to triggers and reduce inflammation inside the airways; taken daily to help keep you well), combination therapies (preventers containing 2 or 3 different medicines), and add-on medications (help manage severe asthma; includes monoclonal antibodies).

Your GP will prescribe the correct medication and explain how to use it. For good asthma management, it is important that you see your GP for regular check-ups and work together to manage your asthma, understand what triggers your asthma, use your medications as instructed by your GP (even when you feel well), make sure you are using your inhaler correctly, including using a spacer and mask where required, and follow your written asthma action plan.

An asthma attack can come on gradually (for example, if a person gets a cold) or quite quickly (for example, if a person inhales something they are allergic to, such as pollen). The symptoms to look out for include increased wheezing, shortness of breath, chest tightness and coughing, needing to use a reliever again within 3 hours of last taking it, unable to talk in full sentences, and/or waking often at night with asthma symptoms. An asthma attack can become life threatening if not treated properly.

In an emergency, always call triple zero (000) and ask for an ambulance. The signs of an asthma emergency include when the person finds it very difficult to breathe, is unable to speak in sentences or only speaks one or 2 words per breath, has lips that are turning blue, has symptoms that get worse very quickly, and/or is getting little or no relief from their reliever inhaler.

The 4 steps of asthma first aid are:

Step 1: Sit the person upright (be calm and reassuring and do not leave them alone).

Step 2: Give 4 separate puffs of blue/grey reliever puffer (by putting 1 puff into the spacer and get the person to take 4 breaths from the spacer). Repeat until 4 puffs have been taken. (If you don't have a spacer, give 1 puff as they take 1 slow, deep breath and hold breath for as long as comfortable. Repeat until all puffs are taken.) Remember: Shake, 1 puff, 4 breaths.

Step 3: Wait for 4 minutes. If there is no improvement, give 4 more separate puffs of blue/grey reliever, as with Step 2.

Step 4: Keep giving the person 4 separate puffs, taking 4 breaths for each puff, every 4 minutes until emergency assistance arrives.

This Month in STEM



By Brittany Trubody

Animals

A recent study by the University of Kent has found that owning a pet can boost happiness to levels comparable with being married—or even receiving an additional £70,000 in annual income. Researchers surveyed 2,500 British households and discovered a significant rise in life satisfaction among those who owned cats or dogs, highlighting the powerful emotional benefits of pet companionship.

Environment

After three decades of research, the University of Cambridge has revealed that trees in the Amazon Rainforest are, on average, growing larger. This positive trend suggests improved carbon retention and indicates a healthier, more resilient ecosystem—offering hope for global climate stability.

Energy

Barilla has taken the art of cooking pasta to the next level with its innovative Spotify playlists. Each playlist is timed precisely to the recommended boiling duration for different pasta types, ensuring cooking to a perfect al dente.

Infrastructure

At Microsoft's headquarters in Washington State lies the world's quietest room. Constructed with six layers of concrete and suspended on vibration-dampening springs, the anechoic chamber uses advanced fiberglass wedges to absorb all sound. The silence is so profound that visitors can hear their own heartbeat and the movement of their joints.

History

Recently uncovered diary entries from Lewis Harcourt, 1st Viscount Harcourt, suggest a surprising revelation: a deathbed confession from Queen Victoria's chaplain, Reverend Norman Macleod, claiming he secretly married Queen Victoria and her close confidant John Brown. While historians remain highly cautious, the account adds a fascinating layer to the long-debated nature of their relationship.

Science

In a breakthrough for neurodegenerative disease research, University College London has successfully slowed the progression of Huntington's disease using gene therapy. Early trial results show up to a 75% reduction in the disease's progression, offering new hope for extended lifespan and improved quality of life for patients.

Environment

Council Calls for Dial Range to be Exempted from Logging

By Ashley Bulgarelli, Protect Our North West Forests

Last month Central Coast Councillors passed a motion to advocate to the state government for immediate and permanent cessation of logging in the Dial Range! This is a massively important step towards protecting this iconic range and realising its full tourism potential, maximising recreational opportunities, while maintaining cultural and ecological integrity.

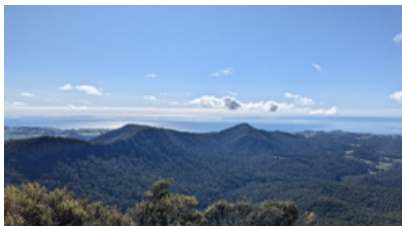
This follows on from the original motion last year where Council requested a pause in logging plans while they commission an economic study on the Dial Range and come to a formal position.

The Saul Eslake report showed the Dial Range contributes \$3.3 million to the economy annually, with any logging operations contributing less than 1% of this. This report has given Councillors the tools they need to capitalise on this iconic range for the betterment of the local community.

We would like to extend a huge thank you to Councillor Sophie Lehmann for moving the motion and Councillor Kate Wylie for seconding it, and to all Councillors who voted for it. There were many passionate supporting arguments reinforcing the importance of the Dial to the local community.

You may consider writing to Councillors and thanking them for making this bold decision to stand up for the Dial and advocate to the state government on behalf of our community. Email admin@centralcoast.tas.gov.au.

Saul Eslake's Value of the Dial Range report is unequivocal: the Dial Range is literally worth more standing. We will be closely watching what happens next.



The World of Waste: Where the Weird Things Go? Part 1

By Veronica Schilling, Dulverton Waste Management

Disposing of some items can be tricky – not everything is safe in your kerbside bin. To avoid damage to your property and ours, here are some options for the tricky stuff:

Household hazardous waste – we all have leftover chemicals we aren't planning to use in the cupboards at home and in the shed.

If it is less than 20 litres or 20kgs per item, you have dispose of it for FREE at the Ulverstone Wharf Car Park on Saturday 22 November between 10am and 4pm.

If that date doesn't suit what about the South Burnie Car Park on Saturday 29 November between 10am and 2pm? You can use any other event on the North West Coast so check out <https://rethinkwaste.com.au> for other options. You may also be able to arrange a household collection by appointment at other time by emailing admin@dulverton.com.au

Time for a Tree Hug?

By Geoff Curtis

Most of us know trees provide oxygen and absorb the carbon we don't want to breathe in. This is a process known as photosynthesis, which converts sunlight, carbon dioxide, and the green pigment chlorophyll. This natural method has



Wollemi Pine

been happening for a very long time, something around 2 billion years, not from plants (that came later) but rather from bacterial waste, produced from cyanobacteria. A poison, one we cannot do without in Bill Bryson's book, 'A Short History of Nearly Everything', that of oxygen.

It must have come as a surprise in 1957 to those interested in dendrology (the study of trees) to find the oldest living tree, a 'Bristle Cone Pine' (figure 1) found in California, to be dated around 4,789 years old. However, by far the most whopping discovery to date was in New South Wales, near Sydney, in 1994, of a species of pine more than 60 million years old!

To be fair, the Wollemi Pine (Figure 2) has not existed as an actual single tree, but rather by cloning itself and replicating, which means the genus has been able to continue in this time capsule.

If you are interested in trees, one does not have to travel too far. A visit to the Tasmanian Arboretum in Eugena, near Devonport, to locate the Wollemi Pine growing on a slope, not far from the entrance, is a must. Of course, these trees are not the original. What took place to protect the pine as a single species from too many fires was the collection of seedlings grown in biological hothouses and later distributed globally to places that would nurture them.

The oldest living tree in Australia belongs to the Huon Pine, from southern Tasmania, the stem being over 2,000 years old. If you want to understand the significance and functionality of trees, ancient ones, you might want to view 'Fabulous Fungi' on YouTube.

This appears a little misleading by its title, until you realise what evolves. One of the recent scientific discoveries, as the programme depicts, is how trees talk to each other. This may lead to the human psyche, however, through the root systems, enzymes reach out to other nearby communities. In times of stress or root disruption, in their own way, heal a particular tree. As science has shown about carbon capture, ancient forests outstrip plantations in the longer term.

Laugh as we may at the hippies of the sixties, who passed on the habit of tree-hugging, if we pause for a moment, perhaps there may be a bit of truth in the form of healing power that most of us dismiss.

So, the next time you go for a walk, especially in parts of our dwindling untouched wilderness, old-growth forests, why not give it a go and have a big hug? You can never tell what might happen!

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- Hobby chemicals
- Acids and alkalis
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Carpark**

Saturday 22nd November

10am - 2pm

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The Importance of Sending Invoice Reminders and Why Your Business Can't Afford to Ignore Them

By Karl Barhoum

Getting paid on time is essential for any business, yet many companies face delays simply because clients forget to pay. This is where invoice reminders come in. Far from being a nuisance, these reminders are a professional and necessary tool to ensure timely payments and maintain healthy cash flow. Late payments can create serious cash flow issues, especially for small businesses. Without a consistent inflow of funds, it becomes harder to cover operational expenses, pay staff, or invest in growth. Sending invoice reminders helps reduce these delays by gently prompting clients to take action.

Invoice reminders also reduce the risk of overdue payments turning into bad debt. The longer an invoice sits unpaid, the less likely it is to be recovered. Regular follow-ups keep your invoice at the top of your client's mind, increasing the likelihood of prompt payment. Beyond the financial benefits, reminders show that your business is organised and professional.

Clients are more likely to respect your payment terms when they see you have a system in place. When done politely and consistently, reminders actually help maintain strong client relationships by preventing miscommunications or disputes.

The best part? With modern invoicing tools, reminders can be automated. This saves time, reduces stress, and ensures consistency, without the awkwardness of manual follow-ups.

In short, invoice reminders are not just helpful, they're essential. Ignoring them can lead to delayed payments, cash flow issues, and lost revenue. By prioritizing this simple but powerful practice, your business stays financially healthy and professionally respected.

For more information or support contact Karl at 0409 671 632.

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The 12 Biggest Fears for Sellers – Part 2 of 4

By Craig Heppell (Ulverstone Real Estate)

Having spoken to thousands of potential sellers, we have boiled down their doubts and "what ifs" into the 12 Biggest Fears that home sellers have – and how to overcome them. Here are 'Fears' 4 – 6...

4. High selling costs

If you are selling AND buying, the biggest cost you will bare is the insidious state tax – stamp duty.

On a pure sale basis, you are looking at agent commission (average across Australia is around 2.4% of the sale price of the property) and some investment in targeted marketing (around 0.3 – 0.5% of the sale price).

If you hire the right agent and realistically price your property you may be able to recoup those costs with a better price than you might have expected.

5. Needing repairs or updates

If you know there is a significant structural or cosmetic update required on your home, get it sorted before it goes to market. Otherwise, you will need to offer the property at a price that reflects the scope of work required for a buyer to attend to it. But it's amazing how much value you can add by doing a ruthless tidy up and carrying our minor updates.

6. Strangers in my home

All buyers are strangers until they are qualified and identified by a skilled agent. Personally, I have very little patience or time to waste with tyre kickers and ice cream lickers. Sure, many sellers worry about open homes, but non-one walks through the door without providing name, rank serial number and why they are there. We are good at turning strangers into buyers.

Part 3 in the December issue of *The Voice* or head to our Facebook Page.

Activating Ulverstone's Night Time Economy

There's a buzz of excitement at Council. They're inviting anybody who is interested, to be part of a conversation about how we can all help make Ulverstone a more exciting place to hang out and do business, at night. A vibrant night-time economy, with places to go and things to do after sunset, can create new business opportunities and ensure that Ulverstone remains a great place to live and visit,

Join respected futurist, Katy Cooper and representatives from Kiama Council in NSW, at 5.30pm-8.30pm on the 19th of November at the Gnomon Pavillion. Registration is essential via the QR code.



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Karen & Craig Heppell

Community

Fish Out Day for Kids – Devonport Junior Anglers

Sunday November 9 is the next North West Junior Anglers Club fish out day at Taylor's Dam, Bass Highway Latrobe. Taylor's Dam is one of only 2 JUNIOR ONLY dams in the State; no adult fishing is permitted at this dam. Lines in at 10am and out at 3pm. Membership is \$15 for the fishing season & \$2 per fish out day attended. For more information follow this link. Check out the FB page for Devonport Anglers Club or contact John #0439 805 050

Zonta Club of Cradle Coast Empowering Local Women

The Zonta Club of Cradle Coast is part of a global organisation dedicated to empowering women through service and advocacy. Locally, members assemble birthing kits for women in developing countries, provide breast care cushions for post-surgery patients, support women at Serenity House and Warrawee Shelter, and raise awareness about gender equality and domestic violence. New members are always welcome! The club meets on the second Tuesday of each month at 6 pm at The Menai in Burnie. Contact Tracey Clark on traceyclark87@hotmail.com for more details.

Men's Morning Tea

Antarctic and Heard Island Wildlife: A FREE Talk with Jim Spinks - Saturday 8th November

Ever wondered what it's like to live and work with the wildlife of the Southern Ocean? Speaker Jim Spinks will share a captivating trip through his wildlife research and personal experiences on the sub-Antarctic Heard Island and at the Australian bases in Antarctica.

Join us for this FREE event at 10:30 am in the Penguin Uniting Church hall.

Ulverstone Municipal Band

A relaxing afternoon of modern and classical music in a historic church setting. Featuring Tasmania's Premier Brass Band! It's set to be a fabulous concert for all ages.

Adults: \$10 Under 16: Free
Sunday 9th November at 1.30pm

Come along and enjoy the music!
Venue: Penguin Uniting Church hall



Jill's Joy!

Congratulations to Jill Barnes who was thrilled to win 1st prize at the Burnie Agri-Fest Show in Ridgley for her hand appliqued quilt.

A wonderful reward for 18 months while coping with significant health challenges.

Quilting has helped Jill cope with the sad loss of her husband of 57 years.



Senior Citizens Painting Group

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Opinion: A Lifeline for Mental Health in North West Tasmania

By Anne Urquhart MP

Last week marked a major milestone for mental health care in our region with the official opening of the new Medicare Mental Health Centre in Devonport. This isn't just another health facility it's a lifeline for people in distress, and a powerful example of what accessible, community-based care should look like.

For too long, mental health support has been out of reach for many Tasmanians. Long wait times, referral requirements, and cost barriers have left people struggling in silence. The Devonport Medicare Mental Health Centre changes that. It offers free, walk-in support no appointment, no referral, no treatment plan required. Just help, when and where it's needed most.

This model of care is built around the individual. Staffed by a team of clinicians and peer workers, the centre provides support that is compassionate, timely, and tailored to each person's needs. Whether someone is experiencing a crisis or seeking ongoing care, the centre is ready to respond.

The Albanese Government's commitment to establishing 91 Medicare Mental Health Centres, across the country including five in Tasmania is a bold and necessary investment in our wellbeing. With centres already open in Launceston and now Devonport, and more on the way in Burnie, Glenorchy and Brighton, the message is clear: mental health matters, and support should be close to home.

The Albanese Labor Government has now opened 50 Medicare Mental Health Centres across the country, delivering free, walk-in mental health care to Australians in need. These centres are a cornerstone of the government's commitment to improving access to mental health services, particularly for those facing barriers to traditional care.

This is deeply personal for the Braddon community. We've seen the toll that mental distress can take especially in regional areas where services are limited. The Devonport Medicare Mental Health centre is more than bricks and mortar. It's a promise that no one has to face mental health challenges alone.

This is a game-changer for our region. It's a proud moment for North West Tasmania and a testament to what can be achieved when government puts people first. And it's just the beginning of a broader transformation in how we care for mental health across Tasmania and Australia.

Kid's Fishing Day - Ulverstone Anglers Club

Sunday 14th December, 10 am till 2 pm, for kids under the age of 17 at Hiscutt Park, Penguin.

Gold coin donation – bait fishing only. Bring your own rod. Food and drinks available to purchase.

Contact: Phillip Charlesworth #0400 512 832

Happy 20th Birthday, Ladies Fishing Day!

By Catherine Charlesworth

On the 13th of December, the all-female Ladies Day, organised by the Ulverstone Anglers Club, will be held at Hiscutt Park, Penguin, celebrating 20 years since its inception. In 2005, the North Western Fisheries Association elected an all female executive, under the guidance of Sheryl Thompson. The very first Ladies Day was held at Lamber's Dam, Railton at which 7 ladies participated. The event has grown over the years and is now recognised statewide.



The Ulverstone branch will host the event this year, taking over the reins when the NWFA went into recession. Ladies Day has been held at Railton, Fromberg's Dam and for the past 6 years at Hiscutt Park, Penguin. All ladies – no matter what your age - are invited and encouraged to come along and have a day out enjoying good company and fish for the day. There will be 2 tagged trout, if caught, worth \$250 each in the dam. Raffles, food and coffee will be available on the day.

Special thanks to Anne Urquhart for sponsoring the ladies prize of a \$250 tagged trout, and supplying a prize as well! Also thank you to Michael Gaffney for his donation of a hamper.

Please bring: your own rod, pink power bait which can be purchased from BCF or Anaconda and a gold coin donation. Assistance with bait etc will be available. 10 am – 3 pm. Contact Phillip Charlesworth #0400 512 832 for more information.

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Ulverstone Anglers Club Inc.

Come along and join the UAC for a fishing event at
**HISCUTT PARK
PENGUIN
LADIES DAY**

A day for the ladies only
Young, Mature or in between to enjoy a day out trout fishing
Catch a tagged trout to snag the cash prize of \$250

SATURDAY 13th DECEMBER 2025
from 10.00 am until 3.00 pm
Tagged Trout Cash Prizes (2) \$250
No Angling Licence Required - Bait Fishing Only
Entry by Gold Coin (\$2) -Registration Required
BBQ Food & Drinks Available to purchase

SUNDAY 14th DECEMBER 2025
KIDS DAY For children under the age of 17
from 10.00 am until 2.00 pm
No Angling Licence Required
Bait Fishing Only
Entry by Gold Coin (\$2) Registration Required
BBQ Food & Drinks Available to purchase

For Enquires : Phillip Charlesworth M: 0400 512 832
Bait and assistance/guidance available during fishing times

An illustration of a woman in a green hat and jacket, holding a fishing rod and a net, standing in shallow water. This is part of the Ladies Day promotional graphic.An illustration of four children (two boys and two girls) dressed in colorful outdoor gear, holding fishing rods and smiling. This is part of the Kids Day promotional graphic.

Events to look out for

Please send your activities to us by the 21st of the month



CCCCI Committee Meeting on the Move

A Bark Above Dog Training, 65 Von Bibras Rd, Ulverstone, 6pm meet & greet, tour of building, all welcome. 7pm start for meeting – stay if you wish.



From Grief to Growth Community Workshop

New Mornings event, \$25 (byo lunch), tailored for adults who are 3 months or more post-loss. 10-2.30 pm. See flyer within paper for more info.

'Spring' Coin, Stamp & Collectables Fair

Latrobe Memorial Hall, 9.30 – 2.30 pm, \$2 admission, kids free. Christmas hamper raffle plus 5 sundry prizes. Free coin & stamp hunt for kids.

Honey & Hive Festival

10am to 3pm, Heybridge Recreation Ground, talks, displays, food, bar facilities & lots more. All welcome!

Men's Morning Tea

Guest speaker is Jim Spinks and his topic is Antarctic & Heard Island Wildlife. 10.30 am in the Penguin Uniting Church Hall.



Forth Valley History Group

10-4pm, Family-Home Display, Forth Hall, Main Road, Forth. Gold coin donation. Refreshments available. Contact Wendy Bennell 0438 240 109.

Fish Out Day for Kids

10 am start till 3 pm. Devonport Junior Anglers. Taylor's Dam, Bass Highway, Latrobe. This is one of only TWO Junior dams in the state. See notice in the paper for costs and contact information.

Ulverstone Municipal Band

1.30 pm. Free admission. A fabulous concert for all ages. A relaxing afternoon in the Penguin Uniting Church Hall.

Pop Up Choir

4 -6 pm Featuring Brad Von Rock and Paul Wells, Gawler Room, Ulverstone, located within the Leven Theatre. \$10 admission. Bar facilities at interval. 18+ event.



Film: Mr Burton

North West Film Society, 7pm, Reading Cinema, Devonport, www.nwfs.org.au



Halloween, Mazes and Big Celebration

Tasmazia, where fun and laughter rule, 10-3pm, phone 03 6491 1934. Celebrating 40 years. Family fun.



Craft & Chat!

10am–4pm at the Ulverstone Rowing Club. Bring your craft, your laptop, your work, or just yourself for a day full of creativity, conversation, and connection.



Men. Mateship. Mental Health.

6.45-9 am, Dial Sports Complex, Penguin. Guest speaker Russell Robertson. \$50 each. RSVP by Friday 7 Nov. See flyer within paper for more info.



Singalong

Singalong at Ulverstone Gospel Chapel, 2.30 pm, 1A Amhurst Street, West Ulv, with afternoon tea. Contact Susan 0416 375 121, or Ian 0400 669 132

Port Sorell-Devonport-Latrobe-Spreyton-Sheffield-Ulverstone-Penguin-Burnie-Wynyard and beyond
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Cameras
 Increase your home's security
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ULVERSTONE MUNICIPAL BAND
 Merry Christmas
ANNUAL Christmas Concert
 SUN | 7 DEC 2025 | *12:30PM*
 ULVERSTONE SENIOR CITIZENS CLUB
 16 KING EDWARD ST, ULVERSTONE
 Featuring
 SOLOIST: DANIEL QUAILE
 DUET: MICAH & JESSE JEWELL
 TWO COURSE LUNCH AND CONCERT: \$25
 (SET MAIN COURSE, 2 CHOICES DESSERT)
 CONCERT ONLY: \$15 - STARTS AT 1:30PM
 LUNCH RSVP BY 31/11/25 ON
U.M.B@BIGPOND.COM | 0400 556 829 | FACEBOOK
 Tickets: AT THE DOOR | LEE'S JEWELLERS | EVENTBRITE