Wellbeing important for the heart

Mayor Doug Chipman, Health and Wellbeing Committee Chairperson, Alderman Heather Chong with Heart Foundation CEO, Graeme Lynch.

Clarence City Council’s focus on health and wellbeing was acknowledged recently by two accolades from the Heart Foundation.

Clarence was one of only two councils in Australia to be awarded an Innovation Initiative by the Heart Foundation, and was also the state winner of councils with a population over 50,000 in the Heart Foundation’s Local Government Awards.

The national innovation award was received for a simple but effective project aimed to promote good mental health.

‘My Wellbeing Kit’ is a pocket-sized parcel of 13 cards which contain simple ideas of how to keep your mind at ease - even when times are tough.

Heart Foundation Tasmania’s CEO Graeme Lynch said that the awards were well deserved.

“The My Wellbeing Kit is a great innovation. It’s a beautiful, thoughtful product aimed at helping us realise our full potential when it comes to maintaining good mental health,” Mr Lynch said.

Mayor Doug Chipman said that health and wellbeing was of high importance to the Council through initiatives such as Live Clarence, but also the network of multi-user tracks, trails and playspaces.

“It is the role of Council to not only provide governance but to give support to residents to help improve their physical and mental wellbeing through a variety of innovative projects, services and facilities for all ages and abilities,” Mayor Chipman said.

“The My Wellbeing Kit connects with people’s emotions through illustration, and how simple and small steps can help restore our wellbeing when challenges arise.

“The My Wellbeing Kit is a great example of what councils can do, through working with other health organisations and consumers to achieve improved outcomes for our residents.”

The kit includes individual cards that explore themes of sleeping well, being active, and spending time with the people you care about. The kits have been popular with individuals and services since it was launched last year. More information on the My Wellbeing Kit can be found at www.liveclarence.com.au.
Join in the fun as Clarence hosts Queen’s Baton Relay

The streets of Clarence will come alive in February when residents have a unique opportunity to witness the XXI Commonwealth Games Queens Baton Relay up close.

On the morning of Friday 9 February, footpaths between Howrah and Lindisfarne will be lined with people who want to be a part of the global Queen’s Baton Relay journey during its 100 day nationwide tour ahead of the 2018 Gold Coast Commonwealth Games.

The Clarence leg of the relay will begin in Howrah and travel along Clarence Street, Scott, Queen Street and Cambridge Road to Kangaroo Bay Parkland. The Baton will then be relayed from Montagu Bay along some residential streets and the Esplanade before arriving at Simmons Park in Lindisfarne. The full route for Clarence is available at gc2018.com/qbr.

Inspirational batonbearers will be buoyed by the cheers of support from the local crowd as they take part in this historic event.

Council will host a free community celebration event for people of all ages at Simmons Park on the day between 11.00am-1.00pm before the Baton travels to Glenorchy to continue its journey.

“It is an honour to host the Queen’s Baton Relay in Clarence allowing residents to be part of the excitement of the XXI Commonwealth Games on the Gold Coast,” said Mayor Doug Chipman.

“We are expecting to see huge crowds of Clarence residents and those from beyond the area who will travel to get the best vantage points as the Relay passes through our beautiful city.”

The Relay started on Commonwealth Day, Monday 13 March 2017, at Buckingham Palace when Her Majesty placed Her message inside of the Baton.

The Queen’s Baton will arrive on the Gold Coast for the XXI Commonwealth Games Opening Ceremony on 4 April 2018, where His Royal Highness, The Prince of Wales, will remove Her Majesty’s message and read it aloud to declare the Games officially open.

Further information on the Queen’s Baton Relay in Clarence can be found at www.ccc.tas.gov.au/qbr.

More information on the Gold Coast Commonwealth Games is available from gc2018.com/qbr.

Community Celebration event:
- A community celebration event will be held at Simmons Park in Lindisfarne from 11.30am-1pm.
- The Baton arrives at Simmons Park at approx. 11.55am
- The event will include entertainment, activities and food.
- Some parking is available on site, vehicle entry from the northern entrance.

Temporary road closures:
- Some roads will be closed briefly.
- Detours will be in place on the day.

Residents and visitors to Richmond alike can now enjoy a new walking track as Council opens its newest at Brinktop Bushland Reserve.

The walking track within the reserve follows a loop and users can enjoy seeing high natural values of native flora and fauna - including rare species of plants.

The track offers spectacular views across to Richmond Village and the Coal River Valley making for an enjoyable walk.

The reserve, which was previously used as an illegal dumping ground, is connected to Richmond Village by the Richmond Park Track. The track skirts the northern boundary of one of the oldest properties in Australia and is locally known as David’s Way, after the late David Eddington, a well-known Richmond identity.

The Richmond Park Track starts from the corner of Morgan and Wellington streets in Richmond, and it takes around 40 minutes to walk to the Brinktop lookout. The track is open to walkers and bike riders alike. Dogs are welcome but must remain on a lead at all times as sheep graze alongside the track.

Council would like to recognise the many people who have contributed to the establishment of the reserve. This includes Mr J Steele, a local Richmond resident who lobbied Council’s Tracks and Trails Committee, the Eddington family, the Coal River Valley Sustainable Living Group, Iona Mitchell who identified rare and threatened plants in the reserve, Richmond Farmers Market who donated funds for interpretive signs and Mr J Easton, as well as Council’s Tracks and Trails Committee. The reserve will be sustainably managed by Council to protect and enhance the natural, cultural and social value.

“Brinktop Reserve is a great example of Council working with the community and we hope to see this continue for the care and maintenance of the reserve,” said Alderman Chipman.

For more information on this track and others, visit www.ccc.tas.gov.au/trails.
**A jazzy time ahead as festival nears**

After a stellar 21st birthday celebration, the Clarence Jazz Festival will continue its mission to seek out amazing musicians, explore new styles, and boldly go where no jazz festival has gone before.

This eight day music festival will be presented in a range of venues from 18 - 25 February.

The festival will include the Twilight Series - a range of free concerts in parks around Clarence; intimate performances at the Jazz Lounge in the historic Rosny Barn; and the ever popular weekend of free music accompanied by food and wine at the Bellerive Boardwalk.

The Clarence Jazz Festival is the city’s premier event and delivers a festival full of great music and relaxed atmosphere for people of all ages to enjoy.

The festival will kick off at the Bellerive Beach Park on Sunday 18 February from 6-8pm with The Seratones (Hammond blues) and Bootleg Gin Sluggers (ragtime/Dixie).

This year we welcome back Festival Ambassador, George Washingmachine.

Clarence is the home of jazz in Tasmania and Council is proud to support and encourage local talent. More details about the Clarence Jazz Festival can be found at [www.clarenceartsandevents.net](http://www.clarenceartsandevents.net) or follow us on Facebook: [www.facebook.com/clarencejazzfestival](http://www.facebook.com/clarencejazzfestival).

A jazzy time ahead as festival nears

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**Skate Park gets a splash of colour**

A mural at Kangaroo Bay Skate Park has been created to add a splash of colour and prevent tagging of the site.

Kangaroo Bay Skate Park is more than a year old and has proven to be a fantastic place for young people to get together and practice their skate, scoot and BMX skills.

Sadly some people have used the skate park as a blank canvas and drawn unsightly and illegal tags near the barbecue area. These tags are quickly drawn and can represent a ‘signature’ of either an individual or a group.

Research suggests that having a known and respected artist paint in public areas is a helpful tool in the prevention of tagging.

After consultation with people who regularly attend the skate park, it was decided that having a mural painted would reduce the motivation for tagging.

Council’s Youth Services team consulted with people who use the skate park regularly (including the taggers) about the idea of having artwork in the highly tagged areas, and who would be the best person to create the mural.

After narrowing it down to three, Harrison Bowe - a local youth, skater and known artist was approached to create a commissioned piece for Council.

Harrison has created some colourful and energetic murals which has significantly improved the aesthetic of the park. Feedback so far has been very positive.

We hope Harrison’s murals will prevent future tagging of the site and that families and young people who use the Kangaroo Bay Skate Park enjoy the artwork.

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**Age Friendly Forum**

Clarence recently hosted the second National Forum for Age Friendly Cities Australia with delegates from around the state and country attending.

The event gave representatives from councils affiliated with the WHO Global Network of Age Friendly Cities and Communities to share and discuss ideas for how to continue to be more ‘age friendly’ or inclusive to all ages.

Clarence was named as the first Tasmanian council to join the World Health Organisation Global Network of Age Friendly Cities and Communities Network in 2014, recognising the work of Council and its Clarence Positive Ageing Advisory Committee (CPAAC).

Chair of the CPAAC, Alderman Sharyn von Bertouch, said one of the key themes raised during the forum was the language we use around growing older and how this can contribute to ageism.

“Being more positive and inclusive as to how we think about our own ageing, and the words we use to describe ourselves and other people as we age, can make such a difference,” said Ald von Bertouch.

Keynote speakers included Dr Peta Cook from the University of Tasmania. Members of CPAAC, Joan Carr and Christopher Smith gave a presentation on the last 10 years in Clarence.

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**2018 Clarence Jazz Festival key dates:**

18 Feb, 6-8pm Bellerive Beach Park
19 Feb, 6-8pm Sandford Hall grounds
20 Feb, 6-8pm Simmons Park, Lindisfame
21 Feb, 6-8pm Geilston Bay parkland
22 Feb, 6-10.30pm Rosny Farm/Barn
23 Feb, 6-11.30pm Bellerive Boardwalk & Rosny Barn
24 Feb, 4-11.30pm Bellerive Boardwalk & Rosny Barn
25 Feb, 12-6pm Bellerive Boardwalk & Rosny Barn

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**Voluntary Amalgamations**

Council has now completed community consultation on the voluntary amalgamation/shared services options from two feasibility reports.

As this newsletter goes to print, Council is considering the results from the survey with a report to Council on the survey findings expected shortly.

Council would like to thank the community for having a say on this issue.
Council’s many youth bike programs continue to engage the young in our city. The Youth Services Bike Restoration Program provides an opportunity for young people to make a bike from scratch, fix their own bike, or restore a bike for a community member. All this while learning and developing new technical skills.

The program is held after school on Mondays and Wednesdays. A school options program is also offered at local primary and high schools. Incorporated into the after school program is the Youth Development Program, which involves identifying and inspiring young leaders within the community to help participants with their bikes.

After media attention for the program in late 2016, Council received a large number of bike donations from the public. Council recently partnered with Clarence High School students to restore bikes. These bikes have been donated to people in need at the Hobart Woman’s Shelter and Life Without Barriers.

Another project, Clarence Plains Bike Helmet initiative or ‘Brain Box’ aims to encourage young people to wear helmets. The idea came from Marie, a resident of Clarence who was concerned about the number of young people in Clarence Plains riding a bike without wearing a helmet.

A partnership between Council and Mission Australia Housing aims to bring Marie’s idea to reality. Free stack helmets will be given to young community members who give five hours of their time back to the community.

Money for the helmets has been kindly donated by private sponsors.

Key Council phone numbers
General enquiries - 6217 9500
After hours - 6217 9700
Waste enquiries - 6217 9690
Trees on Council land - 6217 9697
Children’s Services - 6217 9610
City Rangers (dogs/parking) - 6217 9600
Environmental health - 6217 9570
Rates enquiries - 6217 9650

Be bushfire aware
Council reminds owners and occupiers of property within bushfire prone areas of the importance of clearing any fire hazards on their property. Here are some of the things you can do:

- Maintain a building protection zone (BPZ). This is an area of managed vegetation that is less likely to burn in a bushfire and will help defend your home even if you leave early. Remove all flammable and overhanging vegetation, wood piles and blockages in the guttering, particularly any accumulation of sticks and leaf litter.
- Reduce bushfire hazards on your property
- Where you have access, use the Domestic Green Waste Collection Service to dispose of cleared vegetation. Call 6217 9500 for more information. Do not dump waste in Council reserves.
- Observe total fire bans.
- Report any suspicious activity in bushland areas to Tasmania Police on 1800 333 000.

For more information on hazard reduction and fire safety, call Council’s Ranger Service on 6217 9600, visit www.fire.tas.gov.au or call 1800 000 699.

Live Well Live Long 2018
Interested in living well and longer and getting the most out of life while enjoying a light lunch and meeting new people?
Live Well Live Long may be for you.
This free informative and interactive program runs for 12 weeks and aims to help maintain your independence. Sessions focus on a variety of interesting topics such as being active, relaxation, lifestyle choices and connecting with what is available in our community.

The dates for the first program are 27 February to 22 May and held at the Clarence Integrated Care Centre, 16-22 Bayfield Street in Rosny Park.
For more information and to register, contact the Clarence Integrated Care Centre on 6282 0350.

My Local Services app
Want to find out events and news, get waste collection reminders and learn where parks and halls are available in your local area with the touch of your mobile phone?

My Local Services smart phone app has been developed to provide this information to residents and visitors and is free to download from iTunes.

The app uses GPS to give residents and visitors to Clarence instant access to the locations of nearby parks and facilities no matter where they are in the city.

Other functions include ‘My Council’ with general contact information, and an ‘Events’ function which gives details and locations of current and upcoming events.

The ‘Waste’ function allows collection days to be uploaded to your phone for individual properties to remind you of your next collection day.

There is also a ‘Report it’ function, which enables a works request to be sent through via email to Council’s general mail account.

More information on the My Local App can be found at: www.ccc.tas.gov.au/mylocal.

Receive your rates news by email
Would you rather get your rates notice and other Council publications by email? The service is more timely, cost-effective, convenient and environmentally friendly. Simply click on the ‘Rates Notices by Email’ button on the home page of our website to register your details with us.
GOLD GRASS CINEMA presents classic films on the manicured lawns of the Rosny Farm in the balmy summer evenings. With a fully licensed bar, hot chocolates and popcorn aplenty, it’s a wonderful way to enjoy some golden cinema. Bring a bean bag and a blanky. Further information available through the website www.clarenceartsandevents.net

12/01/2018
Gold Grass Cinema presents: The Princess Bride
Rosny Farm Lawns, 8.45pm
The 1987 classic fairy tale adventure starring Robin Wright, Billy Crystal and Andre the Giant. Doors open 7pm. Tickets $15

13/01/2018
Gold Grass Cinema presents: The Goonies
Rosny Farm Lawns, 8.45pm
The best adventure movie of all time? This 1985 legend by Steven Spielberg will take you back. Doors open 7pm. Tickets $15

17/01/2018
Himmerland (Denmark)
The Barn, 7.30-9.30pm
A unique blend of old Danish ballads, whirling fiddle tunes, dancing improvisations, and new fascinating music composed and arranged by the band members. Doors open 7pm. Tickets $20

19/01/2018
The Railsplitters (USA)
The Barn, 7.30-9.30pm
Harking from Boulder Colorado and rooted in traditional bluegrass and old timey music, The Railsplitters deftly demonstrate what happens when musical influences ranging from samba to swing merge with traditional Appalachian music. Doors open 7pm. Tickets $20

Information & ticketing - www.clarenceartsandevents.net or 6217 9620
20/01/2018
Chakam Ensemble
(Iran + Aus)
The Barn, 7.30-9.30pm
A rare example of an all-female ensemble playing traditional Persian music. You'll also be treated to a meze plate with a selection of Persian delicacies.
Doors open 7pm.
Tickets $35 available through www.mofo.net.au
Presented in partnership with MOFO.

03/02/2018
Deo Bosco + Ishvari Devi present: Ancient Gods, Future Dance
The Barn, 7.30-9.30pm
Multi-award winning composer and guitarist Deo Bosco joins with classical Indian dancer from the Bharata Natyam school, Ishvari Devi to present this combined audio visual experience that spans three continents of sound and movement.
Doors open 7pm. Tickets $15

25/01/2018
A Cappella Bootcamp Concert
The Barn, 7.00pm
Our corps of hard singing a cappella bootcampers come together to deliver the results of their inspiring five day choral bootcamp.
Doors open 6.45pm. Tickets $7

09 & 10/02/2018
The Barn Loves Guitars
The Barn, 7.30-9.30pm
Tasmania is blessed with an incredible array of guitarists across dozens of styles. This double show brings together eight of our most talented players, four each night, followed by a feature set from guitar virtuoso Michael Fix (Bris). The Barn's acoustics are ideally suited for these evenings of purely solo guitar excellence.
Doors open 7pm. Tickets $30

16/02/2018
Gold Grass Cinema presents: Girl, Interrupted
Rosny Farm Lawns, 8.45pm
The searing true story of a young woman who finds herself at a mental institution for troubled young women, starring Winona Ryder and Angelina Jolie (1999).
Doors open 7pm. Tickets $15

17/02/2018
Gold Grass Cinema presents: The Cabin in the Woods
Rosny Farm Lawns, 8.45pm
Five friends go for a break at a remote cabin, where they get more than they bargained for in this conceptually brilliant horror film (2012).
Doors open 7pm. Tickets $15

Information & ticketing - www.clarenceartsandevents.net or 6217 9620
Clarence Plains Clean Up yields results

From just four hours work, 100 volunteers have removed a staggering 45 cubic metres of rubbish during the Clarence Plains Spring Clean held in October.

Clarence Plains Spring Clean Up is an initiative of One Community Together, a collaborative group to achieve positive change for the community.

Now in its third year, the Spring Clean aims to create a more attractive and welcoming place through cleaning up rubbish and wrecks on public land in Clarence Plains.

During the clean up, more than 60 tyres were collected and taken to Mornington Waste Transfer Station.

Council would like to congratulate all community members, groups and businesses who took part or provided assistance during the Clean Up.

For more information on One Community Together, visit the website at www.clarenceplains.org.au

Exhibitions at Rosny Farm

Audrey Mac Project: Twenty five artists respond to the discovery of a mysterious luggage label with the address of Audrey MacDonald found inside a second hand book. Prints, drawings, photography, sound and film. Presented by Moving Creature Studio. Schoolhouse Gallery, Jan - 4 February.

Asemic: Beth Verschoyle, Aukje Boonstra and Mahdi Chandler create works on paper and cloth in response to distinctive Tasmanian places and the materials found and gathered there. Schoolhouse Gallery, 9 February - 4 March.


www.clarenceartsandevents.net

Summer Beach Restrictions for Dogs

Summer beach restrictions for dogs apply from 1 December until 1 March.

Dogs are not permitted on the following beaches from 10am to 6pm daily: Bellerive Beach (east of Beach Street access), Howrah Beach, Cremorne Beach, Opossum Bay Beach, South Arm Beach, Roches Beach, Lauderdale (from Bambra Reef south to Mays Point Road), and Seven Mile Beach (west of Day Use Area 2).

Dogs are not permitted on the following beaches at any time: Bellerive Beach (west of Beach Street access) and Little Howrah Beach.

Dogs are also prohibited from the dune area of the above beaches and must enter any of the Council’s beaches on-lead and by the signed access points.

All Council beaches are patrolled daily in summer. On-the-spot fines of $159 may be issued to a person in breach of these restrictions and any leash law.

Your Aldermen

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WHAT’S ON IN CLARENCE

Friday 26 January 2018
AUSTRALIA DAY BREAKFAST
Bellerive Boardwalk, 8.30am-12pm

Friday 26 January 2018
CIDER TRAIL & FRUIT WINE FESTIVAL
Bellerive Boardwalk, 2pm-7pm
www.clarenceartsandevents.net

Friday 2 February 2018
Skate Park Leagues, Tasmania series
Kangaroo Bay Skate Park, 11am-4pm

Friday 9 February 2018
QUEEN’S BATON RELAY - CLARENCE
Community Celebration: 11.30am-1pm,
Simmons Park, Lindisfarne

Friday 16 February 2018
CROWN SERIES BELLERIVE REGATTA
Bellerive Yacht Club, www.byc.org.au

3 March 2018
DRONEFEST
Charles Hand Park
www.clarenceartsandevents.net

Sunday 25 March 2018
RICHMOND VILLAGE FAIR
Richmond Village Green, 9.30am-3pm
www.clarenceartsandevents.net
Clarence City has a lot of unrealised potential in the visitor economy but that is gradually changing. A large hotel development has been approved for Kangaroo Bay and another is being planned for Rosny Hill. Council is conducting due diligence to consider a State Government offer to take over the Kangaroo Bluff Historic Site and is supporting Destination Southern Tasmania in implementing a Destination Action Plan for Richmond and the Coal River Valley. These initiatives—and others outlined in our Economic Development Plan—will help Clarence to reach its full potential in capturing a slice of Tasmania’s growing tourism industry.

Some of the misinformation around the Kangaroo Bay development continues to be disappointing. The original development was advertised over the 2016-17 Christmas/New Year period as Council has a prescribed period to deal with an application once lodged. To not have advertised it when received may have resulted in a deemed approval without any opportunity for public comment. Further the land was not “given away” but was sold at State Valuer Generals market valuation of $2.44m. Lauderdale boat access and South Arm Skate Park are hopefully progressing to successful outcomes.

May I wish all an enjoyable Christmas and safe holiday period.

Ageism was the focus of a recent forum for Australian members of the World Health Organisation’s Global Network for Age Friendly Cities and Communities. What is meant by ageism? It’s discrimination entailing prejudice of a person based on age. The term originally related to older people, but now refers to various age groups.

Negative stereotyping can prevent both younger and older people from participating in social, political, and economic activities.

Council’s Positive Ageing Advisory Committee, the forum organiser, is working to combat ageism in Clarence by developing initiatives and projects which are more inclusive of all ages, i.e. “age friendly”.

In establishing the design of the all abilities Bellerive Beach Park, significant input was provided from local children, schools, child care centres and Council’s Disability Access Advisory Committee of which I am Chairperson. How disappointing then that play equipment was stolen from this park? Graffiti, vandalism and theft continue to impose considerable monetary costs; however, Council is committed to providing quality playparks which provide for the physical and mental health and connectiveness of our communities.

As President of the Australian Local Government Women’s Association, Tasmanian Branch, my motivation is enticing more women to present for the local government elections in October 2018.

With 2018 fast approaching, I hope everyone will enjoy a safe and happy holiday. It is coming up to my favourite event of the year (no, not the State election), the Clarence Jazz Festival (18-25 February). I have been lucky enough to be convenor for several years and get a tremendous buzz from the attendees’ enjoyment. If you haven’t been before, come to one of the family friendly twilight series from Sunday - Tuesday, or Rosny Barn/Bellerive Boardwalk later in the week. Council’s website and the Mercury will have the program.

As always, please contact me if you have any issues you would like to discuss.

Roads:
- Continuation of Bayfield Street streetscape redevelopment works.
- Continuation of road reconstruction at Sugarloaf Road and Waratah Road, Risdon Vale.
- Seven Mile Beach Road/Acton Creek upgrade to property accesses.
- Acton Road footpath construction.
- Gravel road grading based on inspections.
- Ongoing footpath replacement program.

Fire Management
- Maintenance of walking tracks in natural areas and Tangara Trail.
- Commencement of annual fire break maintenance program.
- Continuation of inspection, preparation of burning of natural areas as per management plans and as conditions allow.

Parks and Reserves
- Construction of a new boat ramp at Montagu Bay.
- Ongoing park maintenance as per established maintenance schedules.

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