

WINTER 2014 / EDITION

# sharp

TRAVELLER

ACTIVITIES / DESTINATIONS / EVENTS / FLIGHTS

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Flinders Ranges + Beyond

**LOOKING FOR  
A BLOOMIN'  
GOOD TIME?**

AN ISLAND RUN  
**TIRED & CRANKY?**  
BIRDS OF KING ISLAND  
**100 YEARS OF ISLAND FOOTY**  
CLOUD ACCOUNTING



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WINTER 2014//EDITION

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WELCOME TO THE WINTER 2014 EDITION

# Safety first



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Flinders Island Tasmania



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[furneauxtavern.com.au](http://furneauxtavern.com.au)

# An island run

## Hydro Tasmania Flinders Island Running Festival 5th-7th September 2014

Flinders Island Running Festival attracts hundreds of competitors annually and is, for many families, a great way to celebrate the Father's Day weekend.

Beginning in 2007 as a community fun run, the Festival program has grown every year and now includes 26 km and 52 km Pub2Pub runs, and the Flinders 5: a 5 km or 2 km event. With

so much running being done, a popular event is the carb-loading Pasta Night, which this year will feature guest speaker and Olympic Gold Medallist Stephen Bradbury.

The Festival is a weekend for all ages, the community and visitors, regardless of fitness levels or running speeds. There are no rules or time restrictions if you simply want to join in the community fun, but there's also plenty of serious

competition if you're coming to challenge yourself against the best. Test yourself against Steve Monaggetti's Pub2Pub 26 km record, set in 2011, or local runner David Bailey's winning time from last year of 1:32:15. David also holds the fastest time for the 5 km run of 16:48. Tassie runner Danielle Kruschka holds both women's records: 2:08:38 for the Pub2Pub and 21:29 for the Flinders 5. Official half-marathon and marathon times are available upon request.



## Festival Program

### Friday 5 September 2014

4pm - 5 km run/walk Trousers Point, Strzelecki National Park

6pm - Pasta Night with guest speaker Steven Bradbury

### Saturday 6 September 2014

7am - Pub2Pub Ultra 52 km course

8am - Pub2Pub 26km course for walkers (individual and team)

9am - Pub2Pub 26km course for runners (individual and team)

### Sunday 7 September 2014

11am - Flinders 5 Fun Run (5 km and 2 km courses)

12pm - Presentation for all festival events and the Taste of Flinders

### The Pasta Night with Steven Bradbury

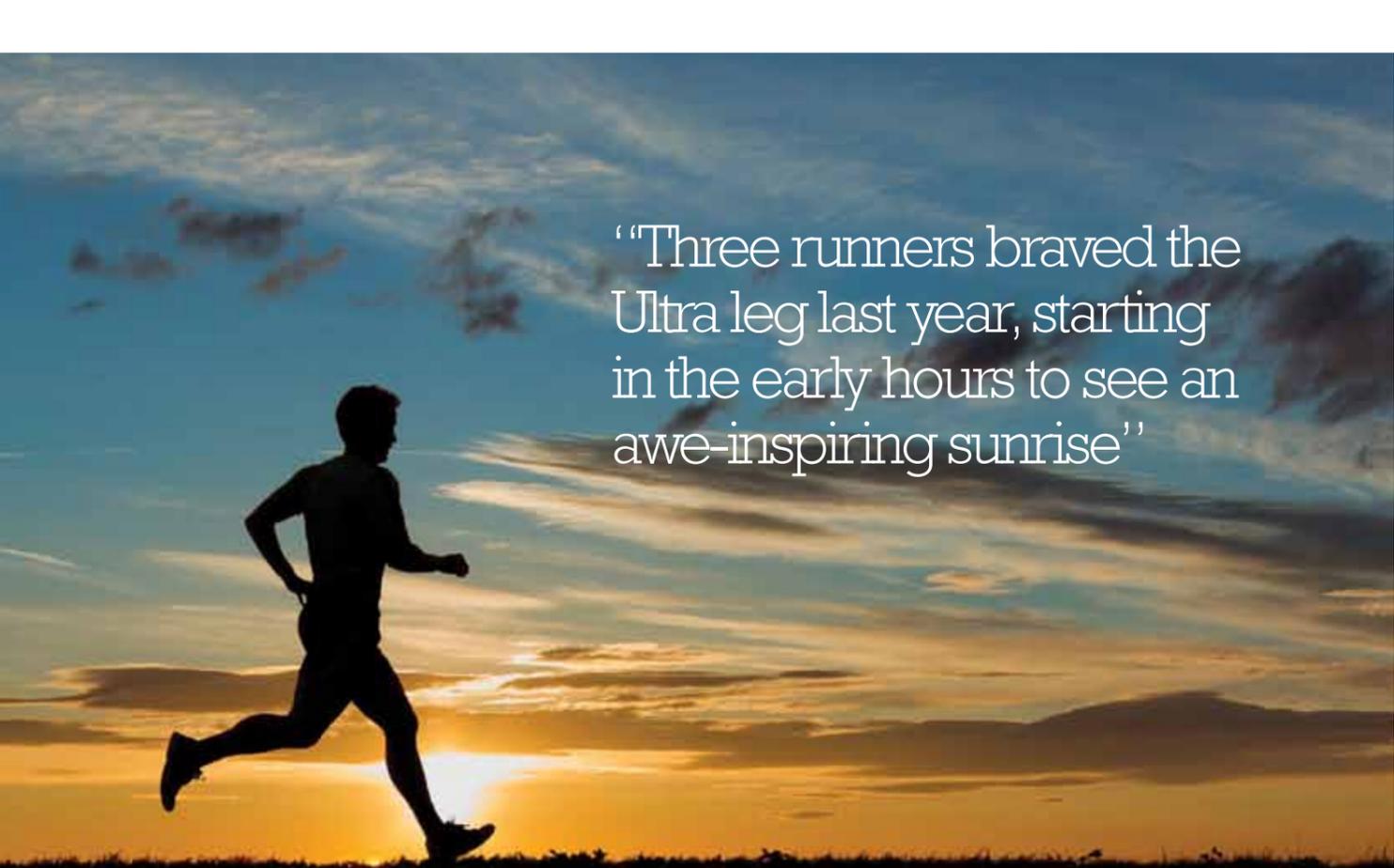
The Hydro Tasmania Flinders Island Running Festival is very pleased to have Olympic Gold Medallist Steven Bradbury hosting its popular Pasta Night. In 2002, Steven became the first Australian ever to win a gold medal at the Winter Olympics. Steven started at the back of the pack in the 1000 metre Speed Skating, racing past to claim gold when all other competitors crashed on the last corner. So famous was his winning style

that "to do a Bradbury" – to succeed unexpectedly and against the odds – has made its way into the Australian vernacular. Quoted as saying, "it took me 12 years to become an overnight success," Steven's talk will cover the years of determination and hard work leading up to his win at the 2002 Salt Lake City Games. He will discuss his broken neck and major leg injury, requiring 111 stitches, which sidelined him during training. This rare opportunity to get up close

and personal with one of Australia's top athletes. Audience members will have the chance to ask questions and hold his Gold Medal.

### The Pub2Pub

Having fuelled up on carbs Friday night, burn them off at the Pub2Pub event, starting early Saturday morning. This year's 26 km course for will start at Lady Barron and finish in Whitemark. And Ultra runners get to do the course twice! You'll start at Whitemark then



“Three runners braved the Ultra leg last year, starting in the early hours to see an awe-inspiring sunrise”

run to Lady Barron and back to Whitemark to finish. The course from Lady Barron begins gently with the first 8 km following the stunning coastline to Badgers Corner before heading inland through farming area. Then it's a soft incline for 10 km to the top of Martins Hill before heading all the way back down to the finish line, and to the pub for a well-deserved reward.

Three runners braved the Ultra leg last year, starting in the early hours to see an awe-inspiring sunrise. The walkers were the next group to set off and most completed the 26 km course, some with times not far behind some of the runners. Runners were the last group to head off, with some shooting

down the road and others taking a more leisurely approach. 160 people took part in the 2013 Pub2Pub, covering anywhere from a couple of kilometres up to 52, depending whether they ran or walked in teams.

### Flinders 5

Sunday brings with it another group of walkers and runners tackling the 5 km course around Whitemark. Last year 130 people ran the fairly flat, mainly gravelled surfaced course. The route begins at the golf course, winding through coastal bushlands, then onto the road to the township of Whitemark before heading back to end at the golf course. Last year, Lady Mary MacTier again took out

the True Community award. At 99 years of age she participated in her seventh Flinders 5 and, although she didn't clock the fastest time for her 2 km effort, she won the admiration of the entire community.

Preparations for this year's event are well underway. If you're looking for a running festival with a warm community atmosphere or serious competition, traversing some of Australia's most beautiful natural landscapes, The Hydro Tasmania Flinders Island Running Festival is a must.

For more information on events [www.flindersislandrunning.org](http://www.flindersislandrunning.org)

## Mental Energy

# Tired and cranky?

Ten simple ways to beat brain fatigue and run strong.

Mental fatigue can negatively impact physical performance, according to a study out of Bangor University's School of Sport, Health, and Exercise Sciences. Researchers split athletes of similar capabilities into two groups prior to an exhaustive cycling exercise. One group performed a tough 90 minute cognitive task, and the other watched documentaries. Once on the bikes, the mentally tasked riders displayed significantly less stamina than the movie watchers, and felt the exercise was more difficult. Their physical performance suffered because their brains were tired.

The challenge, then, is to find ways to change your thought

process and realize that your body can handle a workout. "Refocus, acknowledge that you'd rather crash on the couch, but put on your running shoes anyway" says Marshall Mintz, Psy.D., a clinical and sports psychologist. "Once you get going, even if it's for an easy three-miler, it almost always feels good to be running," he says.

### RESTATE YOUR GOALS

Deciding between the remote control and your running shoes? It isn't easy to get out the door without a clear reason to run. "If you can't answer 'Why am I doing this?' you won't last long," says Rick Lovett, a running coach and coauthor of Alberto Salazar's Guide to Road Racing. He suggests keeping a training log that includes

your goals and the reasons you run, whether that's to reduce stress, or for friendship or to improve health.

**ENERGY SOLUTION:** When you feel the urge to call it quits at the end of a tough day, pull out your log and review your lists. Staring at your plans in black-and-white will make it tougher to lounge. Rice, for example, keeps the dates of several shorter races leading up to her goal marathon prominently marked in her log. "It energizes me to see that I have those little races ahead of me," she says.

### BE FLEXIBLE

"You have to be organized in order to be good at several things," says Rice. By penciling in your run

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for a certain time, you arm yourself with the necessary energy to get through it.

**ENERGY SOLUTION:** If work demands that you stay later than planned, go for a shorter run. If a sick child leaves you homebound, work on your stretching and strength training while they sleep and save your run for tomorrow. "It's okay for that daily structure to be flexible from one day to the next," says Mintz.

### CALL A FRIEND

When you're running alone, it's easy to end up ruminating about those new clients at work or your kid's report card. This takes all the fun out of it. When you run with other people, the social banter gives you a mental timeout. Research out of the University of Rochester in New York demonstrated that a positive social circle helps foster motivation and a greater commitment to exercise, compared with going it alone.

**ENERGY SOLUTION:** Keep the numbers of some fellow running pals on speed dial, and don't think twice to call one or two of them spur of the moment. Chances are they're having a similar day and would love the camaraderie. And if they can't meet you, at least they'll be able to give you a pep talk. "With any kind of fitness program," Mintz explains, "there's a greater likelihood of success if you're collaborating with someone."

### TURN ON THE TUNES

A long line of research shows that music can be a big exercise motivator. A study published in the Journal of Sport Behaviour found that on top of helping athletes work harder, music also reduced their perceived exertion. Lovett encourages runners to try and tap into the benefits of music in advance of their workouts to help get them in the right frame of mind.

**ENERGY SOLUTION:** Listen to your iPod while you answer those

last few e-mails at work, or on the drive home turn off the news and put in your favourite CD. You'll be more likely to lace up as soon as you get home. "Out of all the things an athlete can do to get energized before a run," Mintz says, "music really lights up the biggest part of the brain."

### MANAGE THE MOMENT

On those days when your mind starts ticking off the negatives - everything went wrong today, I'm really beat, - stop your internal debate and "manage the moment," says Mintz, who suggests countering such thoughts with positive ones.

**ENERGY SOLUTION:** "The beginning of the run is always the hardest," admits Rice. "But once I get myself out on the pavement, I'm always better for it."

**FEEL BETTER:** When your blood sugar drops, your motivation drops, too. An hour before a run, snack on crackers with peanut butter or an energy bar.

24% of runnersworld.com poll respondents skip their runs on bad days, while 76% get out there and feel better

### MID RUN MIND TRICKS

Not every run is going to be great. "The reality is there will be days when it feels like your legs are filled with cement," says sports psychologist Marshall Mintz. Here's what to try when you can't seem to shake the tension the first few minutes into a run.

### PICK IT UP

"There's nothing like a few hard pickups to get rid of the day's stress," says coach Rick Lovett. Pick a sign and increase your speed until you reach it.

### GO A NEW WAY

You want to be present in your run, not still stuck at your desk in

your mind. Choose a new route or find a scenic trail to help you get into the moment.

### DIAL IT DOWN

If your mind is completely zapped, don't force a demanding workout. Instead, go out for an easy three miles and reschedule the long run.

### SEE YOUR BEST

"Rather than focusing on stress, use your run to picture the athlete you want to be" says Mintz. "Pay attention to your form and breathing."

Source: www.runnersworld.com.au



# WIN A TRIP FOR TWO

to the  
**Hydro Tasmania Flinders Island Running Festival!**  
**5th-7th September 2014**

Festival program includes 26 km and 52 km Pub2Pub runs and Flinders 5: a 5 km or 2 km event. Pasta Night with guest speaker and Olympic gold medallist Stephen Bradbury

#### Prize includes

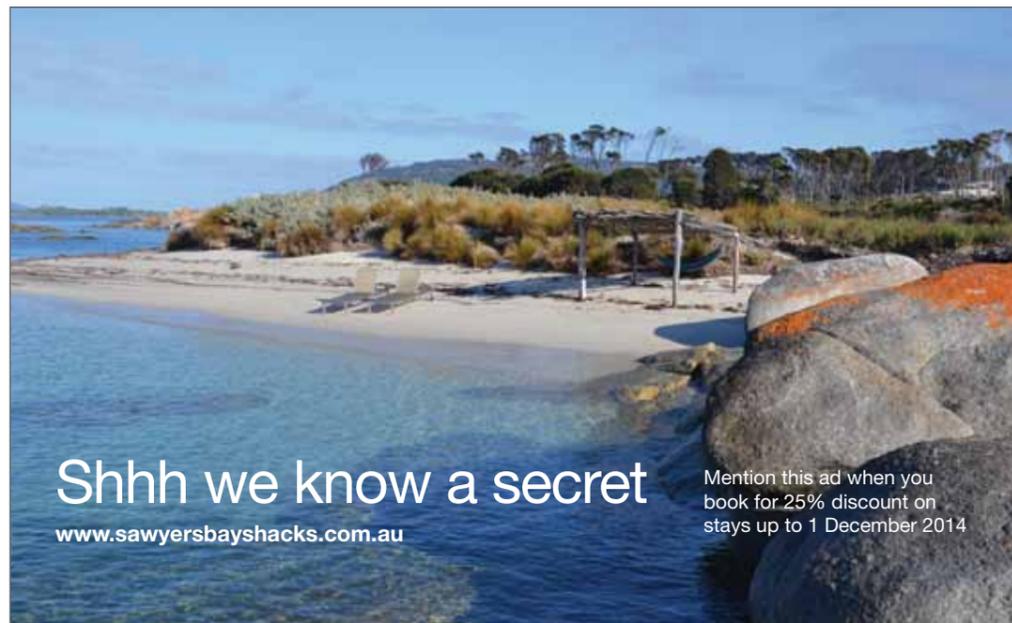
- 2 Entries into the Running Festival (choose the event or the course)
- 2 Tickets at the Pasta Night with guest speaker and Olympic gold medallist Stephen Bradbury
- 3 Nights' accommodation
- Car Hire for 2 days
- 2 return Flights to Flinders Island (departing from Essendon or Launceston)

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[www.sharppairlines.com.au](http://www.sharppairlines.com.au)

[www.flindersislandrunning.org](http://www.flindersislandrunning.org)



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# Birds of King Island



In 2013 Kate Ravich formerly Birdlife Australia and founder of Birds in Backyard and I formed King Island's first bird association, B.O.K.I. (Birds of King Island).

Our aim is to protect King Island's birds and conserve their natural habitat by promoting the lucrative industry of 'bird tourism' (which generated \$32M worldwide last year) here on the island. B.O.K.I. are a 'not-for-profit' organisation, who will encourage the practise of ethical bird watching on King Island for bird travellers from all over the globe. Although this industry is relatively new in Australia, we believe that King Island's economy will benefit greatly from this venture in the years to come.

We have spent the last year laying foundations for bird tourism infrastructure here on King Island, developing ideas and relationships with the island's community including, accommodation hosts, private bird walks, public bird hides and recently our first, B.O.K.I. tour guide. We have been working closely with such organisations as Birdlife Tasmania, the NRM, and the Victorian Wading Society and have gained incredible support to officially launch B.O.K.I. this coming spring.

Promoting sensitive bird tourism on King Island via access, promotion, marketing, accommodation and guiding, thereby is aiding in conservation of King Island's natural ecosystems and wildlife and helping to sustain the local community.

## I'M A KEEN BIRDER, WHAT CAN YOU DO FOR ME?

We can help you to access information on local bird hot spots, a wide range of accommodation and local information to suit your birding and travelling needs. We offer a depth of bird and local knowledge including guiding services for walks and key bird observing spots where you might find that special species you are looking for.

## WHO IS B.O.K.I.?

We are a group passionate about King Island, its birds and natural resources. These include members of King Island Field Naturalists, the King Island Natural Resource Management Group as well as current tourist providers, and the local community.

## WHAT'S SO SPECIAL ABOUT KING ISLAND BIRDS?

Tasmania is already recognised as one of Australia's top five bird watching destinations. King Island, home to six endemic sub species as well as 10 of the 12 endemic Tasmanian species, is (we firmly believe!) the jewel in its crown.

Situated within two migratory flight paths and often acting as a refuge for vagrant species, you may well find yourself visiting alongside the world's rarest bird: the Orange-bellied Parrot. Its incredible diversity of up to 180 species is concentrated on a manageable area of just over 1000 square kilometres of forest. You cover farmland, wetland, pristine beaches and bush easily within a small time frame. Many of our birding spots are breeding grounds for rare species such as the Fairy Tern.

## AND FINALLY, WHAT'S SO SPECIAL ABOUT KING ISLAND?

Everything. The people, the landscape, the remoteness and yet accessibility, the ocean, the beaches, the produce and of course, the birds.



## Latest Sightings on King Island

By Tim Woodburn & Claire Woodburn

We are delighted to report the first sighting of a Scarlet Honeyeater for King Island and Tasmania. The most southerly recorded sighting of the Scarlet Honeyeater in Australia!

This summer we also had the first official recordings of Dusky Woodswallows breeding on the island with a number of people observing and photographing them in the Bootlace Forest.

Autumn migration activities include the departure of the Swamp Harrier, the large white-rumped hawk that breeds here in the summer and returns to the mainland in winter. Currently, migrating through KI are a number of small birds such as Flame Robins, Silvereyes and Grey Fantails. You may notice more of them around than usual while we host both those travelling from Tasmania to the mainland to overwinter, as well as those that stay and live here. Cuckoos such as the Fantailed and Pallid Cuckoos have mainly gone, but some young birds and perhaps a few adults, seem to stay and overwinter so it's worth keeping an eye out for these.

Internationally migrating shorebirds such as the Ruddy Turnstone are also departing this month with some sporting shiny new orange leg flags that were successfully attached by the Victorian Wader Study Group when they were here in March. However, first year birds (last years' juveniles) will stay and overwinter. Soon to arrive are Double-banded Plovers. Many of these birds over winter here having spent the spring/summer breeding in the Southern Alps, New Zealand. It will be getting pretty darn cold up in 'them there mountains' by now so they will be arriving on our beaches and wetlands such as Yellow-Rock and around Flanagan's Lake any time now.

## Like to know more?

Please visit our website to find out more about us.

[www.birdsofkingisland.com](http://www.birdsofkingisland.com)

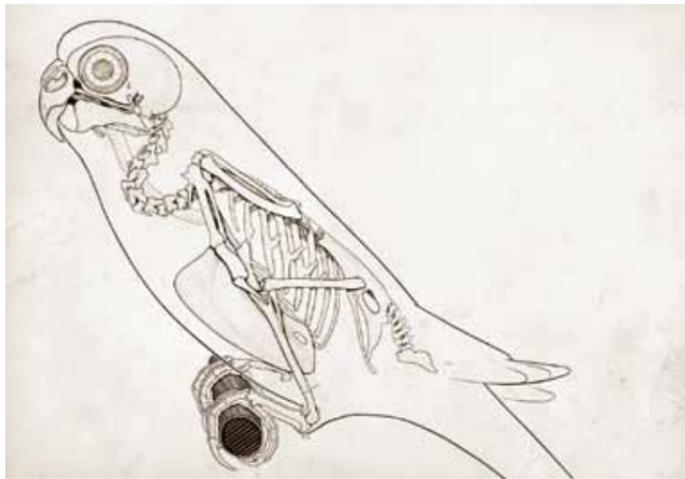
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## Bird facts

Did you know?

1. Birds have hollow bones; one of several special adaptations they have to make them light and help them fly.
2. The Short-tailed Shearwater (Muttonbird) can dive for food and take flight straight up from the dive down to 10 metres. They can live to over 40 years old.
3. Although standing only 35cm tall, the Little (Fairy) Penguin can dive to 30 metres to feed and it's big cousin, the Emperor Penguin will regularly dive down to 400 meters for a meal!
4. The Superb (blue) Fairy-wren was recently voted Australia's favourite bird and also considered by ornithologists as one of the most promiscuous birds in the world!
5. The Orange-bellied Parrot is now the rarest bird in the world!



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### Discover Bass Strait

At the western entrance to Bass Strait is King Island, a precious treasure oozing rich history, natural beauty and a pristine coastline. Ship wrecks, lighthouses and jagged reefs contrast with King Island's long sandy white beaches, lush green pastures and spectacular rocky cliffs. King Island produces some of Australia's finest natural foods, most notably dairy and beef produce, but there is much more to this little piece of paradise than first meets the eye. Take the time to explore the 64km long by 27km wide island, and experience for yourself the "King Island way of life".



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# Looking for a Bloomin' good time?

## Wynyard Tulip Festival

The Annual Bloomin' Tulips Festival is Waratah-Wynyard's annual celebration of everything that is colourful, beautiful and charming about Table Cape on Tasmania's beautiful North West coast. For 21 years the Bloomin' Tulip Festival has made the local town of Wynyard buzz with activities, food, music, artists and festivities. For one Saturday each October, visitors and locals alike are tempted to shake off the doldrums of winter and welcome in spring with joy and colour.

The Bloomin' Tulips Festival offers sense stimulating events celebrating the flush of spring colour in the small coastal town of Wynyard. Marvel at the wonderland created by the tulips in full bloom along our scenic coast. This year is themed Colours of Wynyard to celebrate the spring flowering of the tulips at Van Diemen Quality Bulb Farm on Table Cape.

With a three week calendar of exciting events, the jewel in the crown is the Bloomin' Tulips Festival, a one day event to be held on Saturday 11 October 2014. Together with the Bloomin' Tulips Cocktail Party and the Mayoral Ball, locals, Tassie and interstate visitors alike have plenty of

opportunity to enjoy what the Cape has to offer. The Festival itself offers the chance to enjoy local art, craft and music to suit all tastes, sample the culinary delights of our fresh island produce and, experience the magic of the spectacular fireworks display over the Inglis River on Saturday evening. You will feel like a local as you join in the fun and friendliness of the local community.

With thousands of people travelling up to the Cape to see the showpiece of the Festival... the tulip flower itself, the town comes alive with some creative and unique activities. The Annual Tulip Tossing Competition is a local tradition, with entrants trying to beat the current

distance record. The Bloomin' Tulips Foreshore Market is an integral part of the Festival, held on the first and third Sunday of each month from 8.30am until 2pm.

In 2014 the Tulip Farm Open Days will run from 27th September until 17th October with the Tulip Festival being held on Saturday 11th October. Our open days for 2014 will be from the 27th September - 17th October. This is the time when you can see the tulip fields in full bloom, walking around the fields and through our displays. For this authentic farming experience, gum boots or old shoes are a must! Don't forget your camera.

We hope to see you this Spring.  
[www.vdqbulbs.com.au](http://www.vdqbulbs.com.au)



## From Humble Beginnings

In 1991 the Wynyard Tourism and Promotion Association ran the first Tulip Festival in Wynyard, offering a weekend of entertainment, stalls and attractions to promote the area and attract visitors to the town and the North West Coast. From the outset, Wynyard was labelled by news reporters as "Tulip Town", a reputation that has grown and expanded over the past decade.

By 1997, the Wynyard Tulip Festival had formed a committee in its own right and had taken on an incorporated status, which became, in 2005, a Special Committee of the Waratah-Wynyard Council. The Festival is now coordinated by a Tulip Festival Project Officer who is employed on a part-time basis by the Waratah-Wynyard Council.

From humble beginnings, as a small community run event with 40 stall holders spread across a week and various locations throughout the town, the Festival has become a vibrant celebration of colour, creativity and community. The event celebrates the unique nature of the town

landscape and showcases the energetic and innovative people of the region. The Festival is also a significant economic driver for the local economy.

In 2013 the Festival incorporated 25 different events and activities spread across 3 weeks. The Festival Day alone attracted a record crowd of 15,000 people, included 109 stall holders, a main stage of entertainment with a full day of predominantly 'home grown' talent, and promoted the uniqueness of the local region.

Growth has not lessened the charm of the Festival. It maintains a strong community focus with great enthusiasm from volunteers, local clubs, schools, businesses and organisations. There is an immense sense of local pride as the whole town comes alive in the weeks leading up to the event. Shop owners and businesses decorate window fronts and council outdoor staff are busily planting spectacular flower beds in preparation for the influx of tourists eager to experience what the locals love about the town.



## Celebrating Tulips

Since Van Diemen Quality Bulbs imported their first tulips from Holland in 1984, tulips have gradually become synonymous with Wynyard.

Tulips are planted in March/April with harvest commencing in December and bulbs are despatched across the country to enthusiastic gardeners. As well as the tulips, the Dutch Iris displays also bring delight to visitors. You can venture inside our refurbished display area to see stunning floral arrangements and perhaps buy some tulips for someone special ... or maybe even spoil yourself!

The Table Cape Tulip Farm is a must see in Spring. For around 26 years we have had excited gardeners and anyone who enjoys an uplifting colour experience, finding their way to the farm in Spring.



With tulips being such vibrant, colourful and outrageous shapes and colours, they invoke the true sense of the Festival - a sense of belonging, wellbeing, fun, friendliness and happy times. With something to appeal to every age, celebrating tulips is a great way to enjoy and get to know the locals of Table Cape. Activities include:

- Tip toeing through the tulips;
- See the impressive indoor display;
- Learn about the bulbs and flowers – great take home hints for your own tulip growing;
- Enjoy a delicious Devonshire tea;
- Wander around the Art Exhibition;
- Entertainment over the Festival weekend
- Take advantage of the discounts on bulb pre-orders.

## The Festival Day Program – What can you expect?

The Program is predominantly sourced from local talent, in line with the Festival objectives of providing a uniquely 'local' experience for patrons. The Bloomin' Tulips Festival Day program begins with a Bush Poets Breakfast at 7.45am and an early morning Foreshore Art and Craft Market for those patrons keen for some local bargains. The Festival program in the Gutteridge Gardens kicks off at 10.30am and concludes with a bang (literally) with the 9pm Fireworks Display.

### With fun for all the family, events and activities include:

**Children's' Activities and Entertainment** - rides, face painting, balloon art, roving entertainers

**Main Stage Musical Entertainment** - Local performers and guest artists

**Art exhibitions and Craft Displays** - Made with Love Markets (local designer art and craft); Wynyard Camera Club Exhibition; Table Cape Art Circle Exhibition

**Demonstrations and Competitions** - Gopher Race (electronic gophers - Not the small rodents!) Tai Chi demonstration; Wynyard Yacht Club – Senior Tulip Festival Race

**Displays** – Veteran cars; historical machinery; community organisations; Fire Brigade and reptile display

**Over 30 Craft Stalls** – Embroidery, leather creations, glassware, quilting, gemstones & jewellery

**Food and Beverage** – over 30 options for the whole family

**Other Tourism Experiences** - Table Cape Tulip farm – Free buses from the Gardens to the Farm.

WOW provided visitors with local tourism information, itinerary suggestions and a booking service.

## Coming to Visit?

Although 40% of the estimated 15,000 patrons were from Wynyard or surrounding town, accommodation in and around the town is booked out with the demand extending to the neighbouring towns of Burnie and Stanley. Options include motels, free camping and caravan parks.



# 18 hours of fun

As with all Melrose rides the 18 hours is eventful, relaxed and very social! Melrose has forged a reputation within the mountain bike community as a stress free destination with a great man made single track.

The 18 hours of Melrose exudes all of this with live music thrown in for good measure. If you want trophies, lots of hype and a ticker tape parade, then this probably isn't your event...but if you want beer short-cuts, giant games of twister and a unique midnight start each year, then circle the 5 & 6 of September in your calendar now because you've found your mountain bike event!

If 18 hours is more than you can take in and you prefer some extra Zs then 6 hours of Melrose is the Doctors prescription!

### Event overview

5-6th September 2014 – Mark it in your calendars and request the Friday off NOW!

Dates - Midnight Start Fri 5th – Sat 6th 6pm September 2014

Course - The course last year worked really well so expect a nice flowy fun trail with a few technical bits that Melrose is known for – approx 10km loops!

As long as you have ridden some single track it should be achievable by almost all fairly competent mountain bike

riders with a reasonable level of fitness. It is not designed for the complete novice or inexperienced mountain bike rider. Each lap of the course will take an average of 45 mins – 1 hour. We are looking at offering a trail that doesn't include the first section of Dodging Bullets but this will not be confirmed until early next year.

We will be bringing back the Torq and Tinnie bar but with a second option for those who don't want to drink – so Billy Somerville WATCH OUT!!!



### Categories

The 6 hour category was very successful last year so we will keep it for 2014, this will encourage the less experienced rider who will not need to ride at night as this will finish at 6pm Saturday with the 18 hour riders. With potentially cutting out the first section of DB this will also entice riders who are new into the sport and a capable of riding the Melrose single track but who are put off with this section.

### So why 18 hours?

Well this is a Troy Rarick from Over the Edge Fruita, Colorado

brain child, where the event sells out each year attracting over 500 riders! He says. "When we started looking at doing an endurance bike race in Fruita, we melded the desire to be unique, different and fun, with the logistics of event planning and...well we're social fun folks at Over the Edge, and you can't start at noon on Friday because folks work... you can't finish at noon Sunday and expect people to stick around...so we start in the coolest part of the race, midnight, late Friday night at the stroke of Saturday morning and we race through the night, to finish on Saturday at 6pm, plenty of time to hang out, do another

## Flying with your bike

The cost of carrying bikes will be \$50 each way (plus credit card surcharge 2.25%)

Bikes shall only be accepted if packed in a proper bike box or bag, with front wheel, handlebars, pedals & seat removed. We will take bikes on a space available basis. Only bikes may need to travel before or after the passenger's preferred day of travel.

To plan your travel and baggage requirements please call Sharp Airlines on 1300 55 66 94

ride and celebrate the weekend in Melrose South Australia. That, coupled with a race course that runs right through the main street of town, will make this a special time for all."

### Event Details

**6 Hour - Mixed / Male or Female**  
Single - \$70  
Team of 2 - \$60  
Team of 4 or 6 - \$50

**18 Hour- Mixed / Male or Female**  
Single - \$140  
Team of 2 - \$115  
Team of 4 or 6 - \$90

Costs are per person.

## 18 hours of Melrose. 5-6 September 2014 Flinders Ranges and Outback

This bike racing event runs for 18 hours, starting at midnight on Friday and finishing at 6pm on Saturday. The race runs throughout the night as teams compete along 10km loops through the town of Melrose. The six hour category returns for the less experienced to get involved and enjoy the race.

[www.melrosemountainbike.com](http://www.melrosemountainbike.com)

# Finance

## Attention business owners...your relationship with your accountant is changing

Over the past 10 years in the accounting and advisory industry we have seen a dramatic change to the way in which we serve our clients and provide a value added service.

With recent advances in technology and "cloud" based solutions, our industry has seen a lot of the traditional process or routine work become automated, or even outsourced. Data that we manually compiled and interrogated in the past is now being provided electronically and instantaneously, direct to

our internal computer system, tablet, or smart phone devices.

With the advent of these changes most accountants are now adapting to the use of cloud based software and "apps" to provide a much more meaningful service for your business. No longer should you be talking to your accountant about last year's results or performance, rather the effective use of technology that is readily available now should enable a "real time" relationship with your accountant to ensure you know where your business is heading today.

"No longer should you be talking to your accountant about last year's results or performance"

When it comes to the numbers, the same level of scrutiny is still required to ensure accuracy and to protect the integrity of the information. However, with effective use of technology our industry is able to complete this process much more efficiently than in the past and this allows us to focus on helping our clients to grow their business and their value.



Accountants are now moving more towards becoming the trusted business adviser, where they have access to a client's data in real time, generally accessible on a mobile device and are able to guide a business client using the most up to date information available.

"technology enables us to process data more efficiently and allows us to focus on helping our clients to grow their business and their value"

Accountants and advisers can use this more timely information to provide more valuable services that extend beyond the traditional tax, GST and business advice, and clients are demanding it from us. We have seen a steady flow of new business clients into our firm on the back of referrals from existing clients who are receiving our assistance in the areas of:

- Growing sales, improving profit and cash flow
- Attracting, retaining and motivating staff
- Reducing key business risks and protecting assets
- Maximising your business value
- Effective management ownership and succession planning

With the use of products such as Xero Accounting for your bookkeeping, and more value producing systems like B-Star, your business performance can be up to date on a monthly, weekly or even a daily basis, all accessible from your mobile device, when it suits you...and it is extremely easy to do this...!

As a business owner, imagine having your business data up to date daily and accessible for both yourself and your accountant to view. This would create an environment where compliance takes a back seat and value adding services come to the fore. For example, if your business data is accurate, up to date, and easily completed on a regular basis throughout the year, then producing a BAS Return is as simple as a click of the button when it is required. The same can be said of your business tax returns, if the data is processed automatically throughout the year, and appropriate advice is received throughout the year, there really is no excuse to leave all of this work until the end of the year.

With the use of Xero Accounting, a business will never again have to input raw data into an accounting package at home, and then reconcile their bank accounts, getting it ready for the accountant. Those days are now in the past. The B-Star system can then add your up to date financial data to other non-financial data and assist to provide Business Valuations, Cash Flow Analysis, Improving Profit, Growing Sales, and Succession Planning.

At Silvan Ridge Business Advisers, we have a team of experienced senior professionals holding the highest qualifications in our industry, backed up by a team of enthusiastic young accountants well on their way to obtaining those same qualifications.

David Patterson CPA is our specialist in the value adding B-Star system, while the rest of our team is well acquainted with

Xero Accounting and can assist you with your enquiries. Contact us for an appointment today.

Warrnambool +61 3 5559 7111  
Portland +61 3 5523 2287

Rodney Stone is a Director of Silvan Ridge Business Advisers and is a Chartered Accountant, Tax Agent, and a member of the Australian Institute of Company Directors.



## Financial tips

Here are some Fast Facts

1. Cloud Accounting technology has been available for over 10 years.
2. Over 280,000 people currently use Xero Accounting Software.
3. Most accounting software providers have developed or are developing a cloud based solution.
4. 69% of small businesses are using cloud technology, only 14% are using a cloud based accounting system.
5. My predictions for 2014 - Businesses will demand and adopt Cloud Accounting, Mobile Accounting, App Accounting, Outsourcing Solutions.



# A Personal Perspective

by Troy Smith

## King Island

The windswept rock on the western border of the Bass Strait known as King Island carries many unique traits. Perfect pastures and climate for dairy and beef cows, kelp on the rocks, the fleet in the harbour, tall lighthouses and storm lashed shores that turn to sparkling blue surf waters and abundant wildlife, in short the perfect place to escape to.

The rock (as it is affectionately known) is well known for the southern rock lobster, the world's best cheese and beef, the shipwrecks and lighthouses, the surf, the golf courses and you probably wouldn't guess it if you didn't know it; the football!!!

Yes the bloody football! Aussie rules footy has long been the prime staple diet of the codes many diehard fans who live and breathe the sherrin dream.

AFL aficionados understand the uniqueness of the codes survival on the rock and the passion of its supporters and the desperation in the local die hards to maintain the game. The King Island Football association fields 3 teams from a population base of only around 1200 residents. Some towns of that size in the (allegedly) greater Australia have trouble fielding one team with that sort of population base.



When you consider about a third of the schools pupils from year 10 on, head "overseas" for further education it becomes even a greater feat that the great game has survived and thrived. Mind you those kids that go away and play are always keen to come home and proudly pull on their club's jumpers for a few games and they may also maybe get to qualify for the eagerly awaited finals series. Ah the footy finals. The KIFA finals are a much spoken about event. The fact is even if you finish last in this 3 team competition you still get to play in the elimination final.

Whoever wins that game gets to play the minor premier in the grand final for a chance at real glory. The fact is you can win the flag from last; the fact is that has only happened twice in 110 years! Still it allows the cellar dwellers to keep the dream alive as well as being a much talked about trivial question.

"The fact is you can win the flag from last... that has happened twice in 110 years!"

The King Island people are extremely passionate and proud about their football heritage and all it offers the locals in this isolated outpost. Without it the winters would be glum and long, the pubs and clubs empty, the spirit diminished and the islands soul would lay flat and idle. With it the field of dreams comes alive, the stories and the many myths are told, exaggerated and repeated, young men posture while old men smile and cry, but by crikey at least we are truly alive!! So unique and well served is the game on the rock even the AFL has recognised the KIFA with it being officially inducted into the AFL Tasmania hall of fame. The only association to be bestowed with such an honour!

The KIFA runs a 3 team roster from the 1st Saturday in May to the last Saturday in August. If you like your footy and want to see it at its basic form like the good old days pack your bags and visit on any weekend in this time apart from pheasant season.

Don't expect \$8.00 beers, \$30 entry fees, long queues, crappy seats, grandstands and to have to share the urinal with 30000 other people. Don't even expect breathtaking football. No siree, grab a dozen mates, family or girlfriends book the tickets and accommodation and come to King Island and see footy and life at it's very basic and very best.



A hundreds years is a long time in any ones estimation. Well OK maybe not for Methuselah but for us mere mortals it's not exactly a trip to the shops. Any entity that exists for 100 years plus has to have a passionate purpose and has to have been exceptionally well served. So it is with the King island Football Association who this year celebrate 100 years functioning as football's governing body on King Island. Footy actually started on the island in 1903 but it wasn't until 1914 that the game was formalised. The association has reformed every year since then. Many wonderful servants of the KIFA have fostered the great game with

the clubs and on behalf of the residents. The KIFA has survived two world wars, dwindling population, empathy, isolation and a myriad of social and political challenges that tend to plague football leagues everywhere. The continued success of King Island football can be laid directly at the feet of the KIFA. It has taken great leadership, vision and an inordinate amount of sheer hard

work to properly administer the game. That work is rarely acknowledged. On behalf of all King Islanders that care about all things football I doff my hat to all those wonderful servants of the KIFA Oh and happy birthday!!!!

Personal Perspective contributions are welcomed from residents at our Sharp Airlines Destinations.

### Like to know more?

Flights to King Island call Sharp Airlines on 1300 55 66 94

King Island Tourism 1800 645 014

[www.kingisland.org.au](http://www.kingisland.org.au)

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# Melbourne Flight Schedules

JUNE 6 - SEPTEMBER 30 2014

Melbourne (Essendon) - Hamilton - Melbourne (Essendon)										
Essendon - Hamilton	Departure	Arrival	Flight No.	Frequency						No. Stops
	0645	0735	SH822	Mo	Tu	We	Th	Fr		NON STOP
	0930	1020	SH834						Sa	NON STOP
	1630	1730	SH828	Mo	Tu	We	Th	Fr	Su	NON STOP
Hamilton - Essendon	Departure	Arrival	Flight No.	Frequency						No. Stops
	0755	0925	SH822/SH823	Mo	Tu	We	Th	Fr		1 STOP PTJ
	1035	1215	SH834/SH835						Sa	1 STOP PTJ
	1740	1910	SH828/SH829	Mo	Tu	We	Th	Fr	Su	1 STOP PTJ

Melbourne (Essendon) - Portland - Melbourne (Essendon)										
Essendon - Portland	Departure	Arrival	Flight No.	Frequency						No. Stops
	0645	0815	SH822	Mo	Tu	We	Th	Fr		1 STOP HML
	0930	1055	SH834						Sa	1 STOP HML
	1630	1800	SH828	Mo	Tu	We	Th	Fr	Su	1 STOP HML
Portland - Essendon	Departure	Arrival	Flight No.	Frequency						No. Stops
	0835	0925	SH823	Mo	Tu	We	Th	Fr		NON STOP
	1125	1215	SH835						Sa	NON STOP
	1820	1910	SH829	Mo	Tu	We	Th	Fr	Su	NON STOP

# Adelaide Flight Schedules

JUNE 6 - SEPTEMBER 30 2014

Adelaide - Port Augusta - Adelaide										
Adelaide - Port Augusta	Departure	Arrival	Flight No.	Frequency						No. Stops
	0645	0740	SHARP861	Mo	Tu	We	Th	Fr		NON STOP
	1715	1810	SHARP867	Mo	Tu	We	Th	Fr		NON STOP
Port Augusta - Adelaide	Departure	Arrival	Flight No.	Frequency						No. Stops
	0755	0850	SHARP862	Mo	Tu	We	Th	Fr		NON STOP
	1825	1920	SHARP868	Mo	Tu	We	Th	Fr		NON STOP

## Getting there on time...

It is essential that all customers arrive at the airport with enough time to check-in before their flight.



Check-in Commences  
**60min before departure**



Check-in Ends  
**30min before departure**



Boarding Commences  
**15min before departure**



# Flinders Island Flight Schedules

JUNE 6 - SEPTEMBER 30 2014

Launceston - Flinders Island - Launceston											
Launceston - Flinders Island	Departure	Arrival	Flight No.	Frequency							No. Stops
	0800	0835	SHARP801	Mo	Tu	We	Th	Fr	Sa		NON STOP
	1350	1425	SHARP811							Su	NON STOP
	1600	1635	SHARP807	Mo	Tu	We	Th	Fr			NON STOP
Flinders Island - Launceston	Departure	Arrival	Flight No.	Frequency							No. Stops
	0855	0930	SHARP802	Mo	Tu	We	Th	Fr	Sa		NON STOP
	1455	1530	SHARP814							Su	NON STOP
	1655	1730	SHARP808	Mo	Tu	We	Th	Fr			NON STOP

Melbourne (Essendon) - Flinders Island - Melbourne (Essendon)											
Essendon - Flinders Island	Departure	Arrival	Flight No.	Frequency							No. Stops
	1030	1135	SHARP805	Mo				Fr			NON STOP
Flinders Island - Essendon	Departure	Arrival	Flight No.	Frequency							No. Stops
	1135	1300	SHARP804	Mo				Fr			NON STOP

## Checked & Excess Baggage

max.

**15kg**



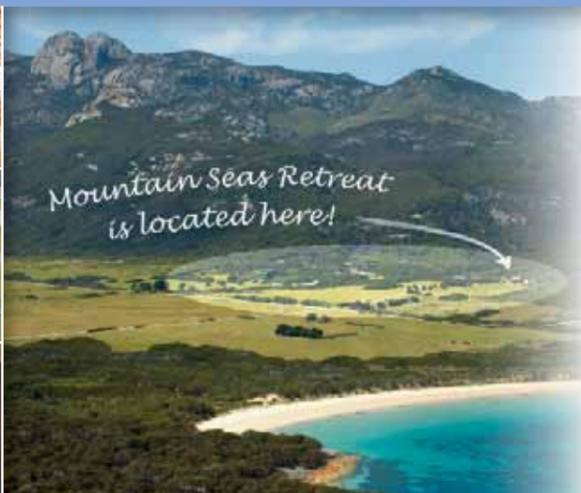
max.

**6kg**



An excess baggage fee apply. For current rates please visit [sharppairlines.com.au](http://sharppairlines.com.au) or call 1300 55 66 94

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# King Island Flight Schedules

JUNE 6 - SEPTEMBER 30 2014

Launceston - King Island - Launceston											
Launceston - King Island	Departure	Arrival	Flight No.	Frequency							No. Stops
	0700	0825	SHARP892	Mo	Tu	We	Th	Fr			1 STOP
	1000	1130	SHARP896							Sa	1 STOP
	1520	1645	SHARP894	Mo		We		Fr			1 STOP
	1600	1730	SHARP894							Su	1 STOP
King Island - Launceston	Departure	Arrival	Flight No.	Frequency							No. Stops
	0855	1020	SHARP893	Mo		We		Fr			1 STOP
	1200	1325	SHARP897							Sa	1 STOP
	1715	1840	SHARP895	Mo	Tu	We	Th	Fr			1 STOP
	1800	1925	SHARP895							Su	1 STOP

Burnie (Wynyard) - King Island - Burnie (Wynyard)											
Burnie - King Island	Departure	Arrival	Flight No.	Frequency							No. Stops
	0745	0825	SHARP892	Mo	Tu	We	Th	Fr			NON STOP
	1050	1130	SHARP896							Sa	NON STOP
	1605	1645	SHARP894	Mo	Tu	We	Th	Fr			NON STOP
	1650	1730	SHARP894							Su	NON STOP
King Island - Burnie	Departure	Arrival	Flight No.	Frequency							No. Stops
	0855	0935	SHARP893	Mo	Tu	We	Th	Fr			NON STOP
	1200	1240	SHARP897							Sa	NON STOP
	1715	1755	SHARP895	Mo	Tu	We	Th	Fr			NON STOP
	1800	1840	SHARP895							Su	NON STOP

Please refer to our website [www.sharppairlines.com.au](http://www.sharppairlines.com.au) for flight availability on public holidays

MEN | WOMEN | CHILDREN

## HANDKERCHIEFS



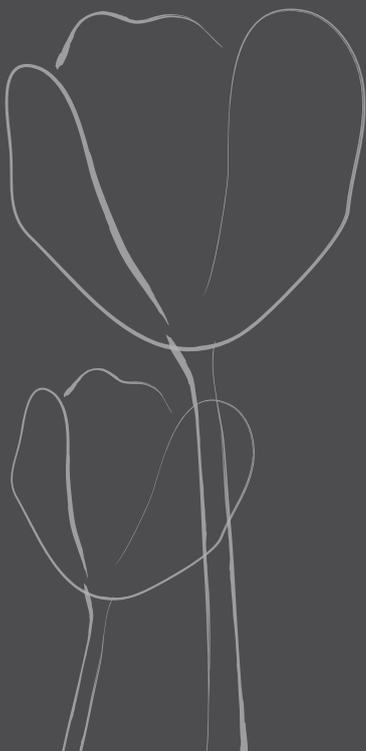
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# BLOOMIN' TULIPS FESTIVAL



*Wynyard, Tasmania. Saturday, October 11, 2014*

The annual Bloomin' Tulips Festival is Waratah-Wynyard's annual celebration of everything that is colourful, beautiful and charming about about Table Cape, including the tulips!

[warwyn.tas.gov.au](http://warwyn.tas.gov.au)

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