

DEVIL ISLANDER NEWSLETTER NO. 5

23/09/2007

Hi Everyone,

Welcome to the 5th edition of the Devil Islander Newsletter. The marathon is getting closer (only 6 months away) and the Burnie Ten is nearly upon us. Although to compete and finish these runs are goals that we are striving for, we need to remember that the major goal is the Devil Island project. Please read below the information from team members outlining what has been happening in their efforts to raise money and to train for the runs.

The progress report on our fund raising efforts is currently \$5100

From Bruce and Maureen

Well done everyone is the main message I would like to send to you all, working away to help the cause. Matters of the last four weeks since Maureen and I returned from Blighty etc have blurred into a devil soup. I will try and extricate from this brew the salient details in the certain knowledge that I'll forget something of relevance. If that happens to be something I've forgotten about YOU then please excuse me, my grey cells are still not holding hands properly yet. Jet lag, old age or S.O.B. take your pick.

The main exciting detail is that at a meeting with the powers that be of DPIW it was acknowledged as official that the Devil Island Project has been taken on board and is now part of the DFTD captive management programme. That is great news as it means that resources become open to the project. Sadly no money at the moment but there could be some in the new budget round next July 2008.

The three MuscatTears of Debbie, Joanna and Fiona did a great job at the Westbury fun run and have our thanks.

Maureen and I attended the Small Business Champions gala awards dinner last Saturday and unbelievably were the winners of the Tourism award. We now go to Sydney on November 3rd to represent Tasmania at the National awards night. The importance of this to the project is that we took the opportunity at the acceptance speeches to talk about the Devils and our project and then

passed the tins around. We collected or were promised over \$400. We'll do the same in Sydney.

I have secured a space for one Dath Vader at Zoodoo wildlife Park at Richmond and should know on Monday whether the final approval has been given by the Chairman of Hobart Airport (Permission has now been granted for placement in the department lounge at Hobart Airport) for me to put one there. I'm hoping to integrate this placement with one going to the Geeveston visitor centre and get the press along to both on the same day. I will be looking for any volunteers ready willing and able to dress up in our running gear with the hats for the requisite photos.

Hope all the training is going well, only real casualty at the moment is Phil with a problem ankle but they are flying over some special superlube oil to pump in and hopefully let action recommence. Please don't anyone overtrain, listen to what your body is telling you and let Nigel know if the ask is too much and reschedule. I hit a problem two weeks ago with overtraining. One morning I started out to do 8 kms and felt like ^^*&^(! I stopped at four kms and took three days off. Then did a short day, took another day off then did a 15kms. Went like a train. Maureen received a welcome advice chat with Fiona and refocussed on the aim of what we are doing. Get fitter and possibly loose a bit of weight, complete the London marathon within the time limit of 8 hours but **most of all have some fun doing it and fun by the achievement of doing what so few have done..** Any time under this is a personal matter and goal. The motivation must be to help save the devil and that is what drives the unending kms. It's maladaptive to do too much, get injured and have to rest up for months. That's enough preaching and thanks for what you are all doing, you're amazing.

I'll leave you now for your news.

Best wishes
S.O.B.

P.S. Muscatears? They drink it and laugh with them in their eyes

Andrew and Belinda

We are both training on a regular basis and starting to get a fair few kms under the belt. We both have our preferences to training with Belinda liking the road and myself finding a subdivision to run around. Maybe says something about the two of us, Belinda running in a somewhat straight line seeing how far she can get and me preferring to run in circles.

Fiona

I survived the Overland Track and am back into training after the blisters have healed!

Dale

Not much to report, all going well. The skins are fantastic to run in, hold me all together (no wobbly bits). Apart from that its run run run .

Debbie

Training is going well. I did a 10 km jog/walk last Saturday from Shearwater to Moriarty along the Port Sorell road and was travelling along nicely when a dirty ute slowed down and told me in no uncertain terms to “**get off the road you silly git**”, my reply was a finger in the air. Joanna and I are going to do a 20km this coming Sunday, hopefully we won't have any utes slowing down. We will let everyone know how we went. We are currently sitting on around the 7 minute per km. mark.

I think we will swap our cross training Kayaking day's until warmer weather hits, as I don't like not feeling my fingers and toes.

Keep selling those raffle tickets – remember its drawn on 22nd December, still plenty of time to sell more books.