

DEVIL ISLANDER NEWSLETTER NO. 6

05/11/2007

Hi Everyone,

Welcome to the 6th edition of the Devil Islander Newsletter. What a busy month October has been! Stateline, Burnie Ten, Hobart Show, Mercury articles..... The Devil Island momentum is certainly rolling.

Excellent results were achieved at the Burnie 10 well done to everyone.

I think all would agree Bruce spoke brilliantly on Stateline, it was an excellent segment and should help our cause significantly.

Now a few words from the rest of the “unlikely athletes”.

From Bruce and Maureen

Yes, we are just beginning to get some order back into our lives after an impossibly hectic six weeks. So many of you putting in so much effort is certainly paying results in the fund raising.

David, Debbie, Joanna, Maureen and Dale gave sterling service at the Hobart show and considering this was a very late offer to me of a free stand it all worked out extremely well. \$5400 raised in the four days. It also made experts on the Devil out of all of them. Many thanks to Trevor Cuttriss of Zoodoo and Phillip Le Grove CEO of the Royal Agricultural Society of Tasmania.

Fiona has put an incredible amount into organising the Dance for the Devils evening and I know many of you are helping---hope others of you are all able to go and support and bring as many friends as possible.

Don't forget that when you are looking for Christmas presents Joanna's devil prints would make anyone young or old a superb present---and she personally signs each one. We also still have some Mastercast devil pins and keyrings for sale. Also the T shirts are easy to post out to friends and are a bargain.

We now have the Darth Vaders at Launceston and Hobart Airports (Didn't Joanna's, David's and Kelsey's---my son-in-law---work on the devils look great on camera. Hope you all saw the news item on Win and Southern Cross about the launch.) Also at the Burnie visitor centre, Zoodoo Richmond and Natureworld. Hope soon to have one at Geeveston visitor info centre and then

of course the two that Fiona has managed to get onto the two Spirits. These are in the welding/spray shop for completion on Monday by Kelsey and then it's off to Joanna for face painting. It means we do still have one spare, can anyone help? We tried for Wrest point without success, does anyone have an input to any of the other big hotels e.g. Grand Chancellor, Cradle mountain. If not, Derwent Park, Bellerive Oval etc?

Hope all the training is going well and no more injuries, road diving etc. Linda is suffering at the moment so our best wishes to her for things to improve.

On the home front Maureen and I are getting bored with all the training so are taking Nigel's advice. Debbie said we need to get a cross trainer---with these tights I'm now wearing I think I've got close enough to cross dressing as it is!!

Andrew and Belinda

The Burnie Primary School have raised over \$780.00 for our cause. This is an incredible effort by the students, parents and teachers.

Training is going well. Andrew is now requiring new work clothes as his old ones are slightly big. Its true what they say. You can eat anything you just need move!

Fiona

I have a copy of the tape from a radio interview on Heart FM if anyone wants to borrow it and have a listen.

Don't forget to get friends and family and workmates to get out there and buy tickets to the dance extravaganza on the **16th Nov**. We need a full house to make lots of money and we have 300 tickets to sell so get behind the event and flog those tickets! People can win prizes at lucky spots, pass-the-parcel, lucky ticket numbers, and win the beautiful ballerina print that Artstretchers have donated. The list of dancers grows and grows! We now have a swing group dedicating a dance to the devils to the tune of "Devil gate drive" I believe and I enlisted the Morris dancers yesterday...I hadn't heard of them until then, but they are folk dancers with bells round their ankles and wrists!!! Should be a great night so spread the word!

Spirit of Tasmania folk will put a Darth Vader on each boat!!

Dale

Approval has been given for us to use the charity site at the Salamanca market on Saturday 15th December. We are looking at selling bric a brac, t shirts, the Devil prints etc. If anyone has any old ware/junk they want to get rid of please keep and I will collect it before the 15th.

Debbie

WELL DONE EVERY ONE ON YOUR ACHIEVEMENTS AT THE BURNIE TEN..

This month has been a topsy turvy sort of month training wise for me. Firstly cartilage problems, then kissing the road during the Burnie Ten didn't help. But I am slowly on the road to recovery.

Being at the Hobart Show with Bruce, David & Joanna last Wednesday & Thursday was a real learning curve for me. Tasmanian people are very, very generous when it comes to saving their state icon. I also learnt a lot about the Tasmanian Devil from questions asked of Bruce at the show.

Having the ABC radio reporter come into our section and put a microphone near my mouth then start firing questions was also quite daunting, but after listening to myself the next morning, I was surprised that I didn't stutter. I managed to get a lot of details about what our group is trying to achieve in a short amount of words.

Now Tax time is over for another 3 months I can start to concentrate on Bicheno's Fun Run.

Joanna, Linda, Dale, Jim and myself are going to have a go at the Point to Pinnacle on the 18th November. I will be **WALKING** only, and will have on my new skins so no Road kissing this time I hope.

Keep on keeping on

Debbie

Linda and Nigel

Hi everyone,

Fantastic effort at Burnie, big pat on the back to you all. You have exceeded my expectations and with the attitude shown so far I feel completing the London Marathon is well within your collective grasp! From now on it is going to be all about attitude. Bruce mentioned that he and Maureen are looking ahead to the Cadbury Half Marathon in Hobart. I think that the timing of this run is spot on and everyone in the team should consider entering. Like the Launceston and Burnie Ten this will become the new motivator and focus for training. I have received some 21k times already and would really like everyone to have crack at this distance in the not too distant future. We are entering new territory with this distance, and your time will set the benchmark for what you will be able to achieve in Hobart.

I purposefully haven't contacted anyone prior to this because it is important to rest and remotivate after the build up to Burnie. But by now you should be feeling like you want to resume training and strive for new heights. I keep stressing it but injury prevention is all important now and an extended break won't do you any harm at all. Two weeks off and fitness wise you may lose between 5 and 10% but your mind and body will be refreshed to meet heights and the challenges ahead. I would like to see everyone start light again and look to the training sessions that you most enjoy. Also look for some enjoyable variations to your usual routine at least once a week, e.g. local walks and look for the hills to work harder, any other aerobic exercises like canoe/surf ski, bike riding, swimming, beach walks in soft sand, or a few gym sessions. All of these are good for your aerobic capacity and give your running muscles a break.

Try to average between 20 to 30 km a week for the next month. Try to stay off the road as much as possible, dirt tracks and grass or sand will be much friendlier to your muscles, tendons and joints. Try to include one 10km jaunt in your weekly routine and at least one alternative session like the ones I mentioned above. Oh and don't forget the one off 21km. This is just your best effort, a personal best time and for most will include walk and run, don't push it too hard, it is more important to achieve the distance at this stage for your own (and my) peace of mind. All the best keep up the good work, money raising is gaining momentum nicely, well done to everyone. Nige

Joanna and David

We have had a great response with the raffle but people need to think about getting their books back to us.

The current income totals after all the good work \$17286, to the nearest \$1.

This is arrived at from actual banking figures plus "in Kind" values.

We will make a laminated print of the Limited Edition print for everyone and they can take orders. They are \$20 ea also we can take orders for the T shirts if anyone can sell them to friends and rellies.