"We're looking forward to seeing you at our Fair and Open Day"

All smiles - Evangeline Jenkins and Georgia Hayward looking forward to the Fair and Open Day on Saturday.
Welcome back to Term 4
This will be the very first time that I welcome you back to Term 4 at Cressy District High School. If you were fortunate enough to have holidays, I hope you are energised for the term ahead. The term is ten weeks long so I am sure you will feel that it is action packed and quick. Last week we were quickly into normal routines and we will continue to work hard on learning to the end of the year. For Grade 10 students in particular, being their last term of high school is significant with finishing off class work and then looking forward to the final celebrations and the very memorable events the end of the year brings.

Another Cressy Arrival!
We are thrilled to announce that Mr Davis is father to a very healthy baby boy, Jhett Michael. Congratulations to Laura and Dan. What a beautiful family!

Term 4 - Hats
Your support in ensuring your child/children have hats for breaks would be greatly appreciated. A school hat, plenty to drink and encouraging children to seek shade during the hottest part of the day is very important and healthy. Please ensure hats are named.

Student Presentation to Longford Rotary
At the end of Term 3 Kaitelin Campbell and Chloe Pavia delivered an address to Longford Rotary members about their adventure to China and the associated learning. The address was very well received and both girls responded most confidently to questions that were presented from the floor. They are to be congratulated on fine representation of the group and our school in general. It was also appreciated that Kaitelin's mum could attend.

A reminder, this Friday 25th October is a student free day.
Congratulations and welcome home to Nadine Lockett and Sam Luttrell. What an incredible achievement! 16 years old and have walked the Kokoda Trail - unbelievable!

Similarly, congratulations to all students and Mr Tabe on the success of Singfest and our Sheep Handling Team, Mr Nick Goss and Mr Richard Goss on outstanding success at the Longford Show.

Fair and Open Day
There is incredible excitement and anticipation about our 150th Fair and Open Day this Saturday. There are over SIXTY stalls and events! What a great day it will be. Even before the event, we are delighted with the community response and support. We really look forward to seeing you all there. Please spread the word.

Annette

40 Years of Service
During the recent school holidays a reception was held in Launceston presenting members of the public service with awards for Service to the State. Our very own Mrs Bev Tubb was recognised by the Premier Ms Lara Giddings, for her 40 years of service to the Education Department. What an honour for Mrs Tubb.

During the first week back at school a special staff morning tea was held to show Mrs Tubb how proud we are of her and this wonderful achievement. Congratulations Mrs Tubb.
It certainly has been a busy period for the Performing Arts department, and we still have busy times ahead.

At the end of last Term, the Choir performed at the Singfest event which is held at the Albert Hall. It was the culmination of many months of learning songs and rehearsals. We performed with almost three hundred students from nine other schools. From all reports, Cressy did an amazing performance in their solo song of *Hello Hello* and they represented our school with pride. A big thank you needs to go out to Kath Brophy, Anna Goss, Lyn Illingworth and Sandy Long for helping out on the day.

Last weekend, a select group of Choir members performed at the Longford Show. It also was a superb effort, and a good pre-cursor to the performance at the Cressy Fair and Open Day on this coming weekend.

Also last week, a group of five high school students travelled into the Annexe Theatre at Inveresk to compete against three other schools in the Theatresports competition. Our team of Bailey Richardson, Jordan Semmens, Brittany Goss, Ben O'Toole and Jii Moore battled valiantly in the improvised theatre games competition. It came after two workshops with the 9-10 Drama class where the representative team was selected. What great entertainment!

* Nelson Tabe - Music/ Drama Teacher
Australian Government Mobile Service Centre

Serving Regional Australia

Visit the Mobile Service Centre to find out about Australian Government payments and services for rural families, older Australians, students, job seekers, people with disability, carers, farmers and self-employed people.

Adjacent to the Big Trout, Cnr Church & Main Streets

CRESSY

Thursday, 14 November 2013

1.00 pm to 4.00 pm

For more information, go to humanservices.gov.au and search for Mobile Service Centre or call 132 316.
Welcome back to a busy Term 4. Can you believe we are here already and still have so much to look forward to.

**School Hats**
Term 4 is a hat wearing term. All children are required to wear their wide brimmed school hat when they play outside. Because of hair issues we do not supply spare hats to children. If you need to visit the school uniform shop to purchase a new hat it is open Tuesday and Thursday afternoons. Broad brimmed hats are $14.00.

**Cows Create Careers**
I would like to congratulate our 5/6 class and Mrs Sturgess on the time they put into the Cows Create Careers Program. Term 3 weather was not the best for the students having to walk to the farm every second morning to feed their calves for this program. Gumboots were a must! Feeding and looking after the calves was just part of this program. The students were required to weigh, measure and supply the calves with the correct amount of food to keep them healthy and continue growing. The final part of this program was to present their work in a Power Point that has been sent off to the co-ordinators for judging. The 5/6’s will be attending the Cows Create Careers Presentation on Thursday 30th October.

**School Uniforms**
Can I continue to ask for your support in sending your children to school in full school uniform?

At the end of Term 3 I noticed some children wearing makeup, nail polish, bright shoes and jewellery not appropriate for school. It is important that we are all proud of our school and represent it to the best of our ability. Wearing full school uniform is one of the most important ways to do that.

**Active After Schools**
Active After Schools is up and running for Term 4. This program is a wonderful way for our children to stay active especially now that the warmer weather is on its way. Once again I would like to thank our tireless supporters Maurita Taylor, Matthew Betts, Petrina Goss and Nick Goss who make this program run as smoothly as it does every week.

**Dates for your diary**
25th October: Student Free Day
26th October: Cressy Fair and Open day 10:00 – 2:00
31st October: 1/2 and 5/6 Assembly, 2:10 in the Music Room
4th November: Long weekend
7th November: K – 6 Performance
8th November: Infant Fun Day at Cressy

Mrs Sandy Long - AST Primary

**Kokoda Trek**
During September past student Molly Baker and her father Gary Baker walked the Kokoda Track. It was a life changing experience for Molly. Both Molly and Gary had an incredible journey even though at times it was extremely challenging. Congratulations on such a wonderful achievement.

We are looking forward to hearing how Nadine Lockett and Samuel Luttrell fared on their trek during the recent holidays.
<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Event</th>
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<tbody>
<tr>
<td>OCT</td>
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<tr>
<td>24th</td>
<td>Thursday</td>
<td>Country Gold Cricket Trials</td>
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<td>24th</td>
<td>Thursday</td>
<td>RYDA (Rotary Youth Driver Awareness) - Grade 10 - Symmons Plains</td>
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<td>25th</td>
<td>Friday</td>
<td>Professional Learning Day - Students do not attend</td>
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<tr>
<td>26th</td>
<td>Saturday</td>
<td>Cressy District High School 150th Fair and Open Day - 10.00am - 2.00pm</td>
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<tr>
<td>30th</td>
<td>Wednesday</td>
<td>Grade 9/10 Tourism Class Excursion</td>
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<td>30th</td>
<td>Wednesday</td>
<td>Cows Create Careers Presentation and Awards - 5/6 and 7B attending</td>
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<tr>
<td>31st</td>
<td>Thursday</td>
<td>Secondary Athletics Carnival - Longford Football Ground</td>
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<td>31st</td>
<td>Thursday</td>
<td>Primary Assembly - 2.10pm - Drama Room - 2/3 Oliver/Sheedy hosting.</td>
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<td>NOV</td>
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<tr>
<td>1st</td>
<td>Friday</td>
<td>Grade 7 Uni visit</td>
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<td>4th</td>
<td>Monday</td>
<td>Public Holiday - Recreation Day</td>
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<td>6th</td>
<td>Wednesday</td>
<td>Save-a-Mate Grade 10's</td>
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<td>7th</td>
<td>Thursday</td>
<td>Kinder - Grade 10 Performance - ZimboyZ</td>
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<td>7th</td>
<td>Thursday</td>
<td>School Association Meeting - Donna Ritchie Room - 7.00pm</td>
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<tr>
<td>8th</td>
<td>Friday</td>
<td>Infant Fun Day - Cressy</td>
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<td>8th</td>
<td>Friday</td>
<td>Duke of Edinburgh Awards Presentation</td>
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<tr>
<td>13th</td>
<td>Wednesday</td>
<td>Road Safety Day - Grade 10</td>
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<tr>
<td>18th</td>
<td>Monday</td>
<td>Mock Interviews - Grade 9 and 10</td>
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<td>18th</td>
<td>Monday</td>
<td>Parents and Friends Meeting - Donna Ritchie Room - 7.00pm</td>
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<tr>
<td>19th</td>
<td>Tuesday</td>
<td>Primary Swimming Carnival</td>
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<tr>
<td>19th</td>
<td>Tuesday</td>
<td>Expressions</td>
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<tr>
<td>20th</td>
<td>Wednesday</td>
<td>Orientation Day for Grade 6 students attending Grade 7 in 2014</td>
</tr>
<tr>
<td>20th</td>
<td>Wednesday</td>
<td>Launceston College Enrolments</td>
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<tr>
<td>20th</td>
<td>Wednesday</td>
<td>Newstead College Enrolments</td>
</tr>
</tbody>
</table>

**CAN YOU HELP?**

Mr Titmuss is requiring used soft drink bottles. He is specifically looking for clear plastic 2.5 litre bottles for use in the Science Department.

If you can help, please bring them to the school office.

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**Kindergarten Enrolment Day 2013**

Wednesday October 30th at 11.00 am.

All Early Birds (pre Kinder children) will attend their usual program.

While the Kindergarten Team are supervising the children, Mrs Kim Exton will be meeting with parents in the Donna Ritchie Room to complete Enrolment forms for Kindergarten 2014.

Please bring your child’s Birth Certificate and Immunisation Records

We look forward to seeing you there!

Mrs Sarah Bevan - Early Birds Teacher
2013 has been a busy year for our class involving a variety of interesting and interactive learning experiences.

At the beginning of Term 3 we completed a unit study on picture books. We analysed the style, structure and layout of picture books. We then wrote our own original stories and created mini books and picture books for assessment. This term we are undertaking a novel study, and focusing on persuasive and poetry writing.

We have been participating in the Grow, Eat, Learn Program (GEL) in partnership with the University of Tasmania. This has involved us planting radish, carrot, silver-beet and chives seeds into four different soil treatments – NPK fertiliser, Compost, Worms and Control. Each week we monitor the growth of our plants and record the results. We have incorporated this use of data into our mathematics lessons. Thanks to Mr Richard Goss for co-ordinating this program.

At the end of term three we held our Jobs Expo. This involved groups of students choosing a career pathway, researching it and producing detailed information packs containing brochures and business cards. We then set up a stall or information booth in the gym and presented our job information to Primary students from grades three to six. The Primary students rated each stall based on their understanding of the information and their interaction with us. The Jobs Expo was a successful and enjoyable experience for all involved.

We are looking forward to continuing our pathways focus this term with a visit to UTAS to participate in a “Race around the world” style of activity to research and learn more about different career pathways.
Expressions is coming very soon, so save the date; **Tuesday November 19th at 7:00pm**. Normally, the Primary students are performing in this event, but this year the performers will consist of the Performing Arts students from High School alone. What this means is, the Primary students can come along to enjoy the concert without having to wait around backstage to perform. Only a fortnight later, it will be their time to shine at the Primary end of year concert on Thursday afternoon, December 5th. **Tickets for November 19th performance Alice in Wonderland, go on sale next week, Wednesday October 30th.** Adults are $5, children $2.50 and families $12 (2 adults and 2 children). The Secondary students have been rehearsing for many months now, and I’m sure you won’t want to miss out!  

*Nelson Tabe - Music/ Drama Teacher*  

**Oral Health Services**  

Oral Health Services (formerly known as School Dental Service) has changed how they contact families to remind them it is time for their child to have a free dental examination. The letter that was once sent has been replaced by a colourful postcard (picture below) and then a final reminder letter if we do not hear from you.  

When you receive your postcard or reminder letter please contact the dental clinic to make an appointment. Contact details are on the back of the postcard.  

If your child has never been, or not been for a long time, or you have moved from another area and would like to enrol your child/ren at the Longford Dental Clinic, please contact us by phoning 6391 4206.  

**School Uniform Shop**  

The Uniform Shop will be closed on Thursday 24th October.  

We are sorry if this causes any inconvenience.  

Debbie Barnes and Cath Clifford  

**Sporty Bots**  

**Juniorbots Boys and Girls**  

4 - 8 years old  

Tuesday/Friday - 3.30pm - 4.30pm  

**Teenybots Boys and Girls**  

18 months - 2.5 years  

Monday/Wednesday - 10.00am - 11.00am  

Enquiries contact  

John 0498 041 924  

Longford PCYC  

**Oral Health Services**  

To the Parent or Guardian of:  

Molly Molar  

1 Mouth Street
Move Well Eat Well

Lunchbox tips

Packing a healthy lunchbox will help your child to concentrate and learn and give them plenty of energy to get through the school day. Follow these tips and include a variety of ‘everyday’ foods from the five food groups (breads and cereals, vegetables, fruit, meat and meat alternatives and dairy foods) to keep the lunchbox interesting and nutritious.

1. Start with a base of breads and cereals
   - Use different types of bread in sandwiches or wraps – wholemeal, multigrain, high fibre white, rye, focaccia or pita bread.
   - Try crisp-breads, corn or rice thins for a change.
   - Pasta, rice, couscous or noodles can make a good base for a salad.
   - Add a fruit bun, pikelets, scone or wholemeal crackers for a snack.

2. Add meat or meat alternatives
   - Lean beef, lamb, pork, turkey, chicken or ham.
   - Tinned salmon or tuna.
   - Hard boiled egg, peanut butter*, hommus, 3-bean mix or baked beans.

3. Add some vegies
   - Fill sandwiches or wraps – lettuce, sprouts, grated carrot, cucumber or tomato.
   - Use avocado or hommus as a spread instead of butter or margarine.
   - Include some easy to eat vegie sticks – carrot, celery, cherry tomatoes, snow peas.
   - Try tinned corn or 3-bean mix in a salad.

4. Add dairy foods
   - Add some reduced fat cheese to sandwiches, wraps or crackers.
   - Try a long-life milk tetra pack, reduced fat yoghurt or custard. Keep these cold by adding a frozen ice-brick.
5. Add some fruit
   - Any fresh fruit in season – peel or cut for easy eating.
   - Stewed fruit or tinned fruit with no added sugar are also good options.

6. Don't forget the drink
   - Water is the best drink to beat thirst.

7. Keep food safe!
   - Pack food cold and use an insulated lunchbox or bag and add a frozen ice brick to keep food cold.

Try some of the following ideas:
   - Lean roast beef, grainy mustard and lettuce on rye bread
   - Mini-pizza - English muffin topped with vegetables, lean ham and cheese
   - Peanut butter* and banana wrapped in fruit bread
   - Nibble pack – boiled egg, vegie sticks, cheese cubes and a small bread roll
   - Tuna and salad in pita bread
   - Rice cakes, crispbreads or wholemeal crackers with cheese, Vegemite™ or Promite®
   - Left-over fried rice
   - Pasta salad with roast chicken, 3-bean mix and vegies
   - Small tin of baked beans and a bread roll
   - Mashed egg and reduced-fat mayonnaise with cucumber on multigrain bread
   - Grated carrot, sultanas and peanut butter* on high fibre white bread
   - Left-over vegetable frittata
   - Vegemite™, cheese and chopped celery on a roll
   - Tuna, corn and reduced-fat mayonnaise with sprouts wrapped in mountain bread
   - Left-over savoury toast – bread spread with relish and topped with egg, grated cheese, lean ham and creamed corn
   - Lean ham, cheese and coleslaw in a wholemeal bread roll

For more ideas on snacks to include in your child’s lunchbox visit: [www.movewelleatwell.tas.gov.au/families](http://www.movewelleatwell.tas.gov.au/families)

* Check your schools policy on nuts
## Honour Roll

### Kindergarten
- **Teacher**: Mrs Bevan / Mrs Wootton
- **Studen**: Tom Cole, Jude Hicks
- **Reason**: For working hard to improve his gross motor skills.
- **Reason**: For always doing his best in our Kindergarten.
- **House**: Eagles, Devils

### Prep
- **Teacher**: Mrs Tubb
- **Student**: Whole Class
- **Reason**: For their enthusiastic contribution to fair activities.
- **House**: Sharks x 10, Eagles x 3, Devils x 3

### 1/2
- **Teacher**: Ms Richelme
- **Student**: Indi Bowles, Sumaya Hassan
- **Reason**: Making a good effort with their home reading.
- **House**: Devils, Eagles

### 2/3
- **Teacher**: Mrs Oliver / Ms Sheedy
- **Student**: Tyson Shaw, Lily McGee
- **Reason**: For their ongoing persistence in learning our subtraction strategies.
- **House**: Eagles x 2

### 4/5
- **Teacher**: Ms Brophy
- **Student**: McKenzie Brazilian, Ty Kenevell
- **Reason**: Congratulations, great stories entered into the Longford Show.
- **House**: Devils, Eagles

### 5/6
- **Teacher**: Mrs Sturgess
- **Student**: Jacob Glover, Jed Hodggets, Brock Costello
- **Reason**: Excellent effort with Sheep Handling at the recent shows.
- **House**: Sharks, Devils, Eagles

### 8A
- **Teacher**: Mrs Baker / Mrs Keenan
- **Student**: James Spencer, Gabrielle Skegg
- **Reason**: A focused start to Term 4. Consistent effort in all Core areas.
- **House**: Sharks x 2

### 8B
- **Teacher**: Ms Bambridge
- **Student**: Bianca Daley, Jake Gibbons
- **Reason**: A excellent start to the term.
- **House**: Eagles, Sharks

### 10B
- **Teacher**: Mr Titmuss / Ms Bennett
- **Student**: Whitney Cross
- **Reason**: Winning the Grade 10 Two-Up Competition and great effort in Maths exam.
- **House**: Eagles

### Speech & Drama
- **Teacher**: Mr Tabe
- **Student**: Bailey Richardson, Ben O'Toole, Brittany Goss, Jordan Semmens, Ji Moore
- **Reason**: For representing the school in such an outstanding fashion at the Theatresports Grand Final.
- **House**: Sharks x 2, Devils x 3

### Assistant Principal
- **Teacher**: Mrs Pike
- **Student**: William Gibbons
- **Reason**: For his commitment to the Bus Monitor Roll.
- **House**: Eagles

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## DUE SOON
### CURRENT SECONDARY ASSIGNMENT REMINDERS

<table>
<thead>
<tr>
<th>CLASS</th>
<th>SUBJECT</th>
<th>DUE DATE</th>
<th>ASSIGNMENT</th>
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</thead>
<tbody>
<tr>
<td>Ms Bennett 10A</td>
<td>Science</td>
<td>29/10/2013</td>
<td>Sea level change and biodiversity assignment</td>
</tr>
<tr>
<td>Ms Bennett &amp; Mr Titmuss 9A &amp; 9B</td>
<td>Science</td>
<td>15/11/2013</td>
<td>Ecosystems assignment</td>
</tr>
<tr>
<td>Ms Bennett 10A &amp; 10B</td>
<td>Science</td>
<td>24/10/2013</td>
<td>A resubmit of Forces assignment deadline</td>
</tr>
<tr>
<td>Ms Bambridge 8A</td>
<td>Maths</td>
<td>ongoing</td>
<td>Probability questions</td>
</tr>
<tr>
<td>Mrs Keenan 8B</td>
<td>Maths</td>
<td>ongoing</td>
<td>Probability questions</td>
</tr>
<tr>
<td>Mr Titmuss 10B</td>
<td>Maths</td>
<td>28/10/2013</td>
<td>Lotto and Two-up investigations</td>
</tr>
<tr>
<td>Mr Titmuss 10A</td>
<td>Maths</td>
<td>29/10/2013</td>
<td>Lotto and Two-up investigations</td>
</tr>
<tr>
<td>Mrs Emery / Mr Marshall 7B</td>
<td>English / Maths</td>
<td>ongoing</td>
<td>Complete fortnightly homework task</td>
</tr>
</tbody>
</table>
Due to the Steam Engine Display there will be no access to Leila Frankcombe Drive and the Kindergarten Car Park. Additional parking will be available in the Anglican Church grounds adjacent to the school and there will also be designated disabled parking at the front of the school where the buses would normally park.
Please Help our Cake Stall!

On Saturday at our fair I will be running a cake/slice/biscuit stall. Today with the newsletter you would have received a plastic plate. It would be greatly appreciated if you could make something yummy that could be sold at our School Fair. Please feel free to drop your cooking into the Primary school either Friday afternoon between 2.00pm and 3.00pm or Saturday morning after 9.00am. There is a slip of paper enclosed with your plate asking for a list of the ingredients. Please attach this list to the top of your cooking. (No cream please) Thank you for your support.

Mrs Sandy Long - AST Primary

Bring Along Your Bear!

Is your bear the most amazing bear at the fair?

Bring him to school by Thursday the 24th of October to enter in our competition for the Most Popular Bear at the School Fair!

You can vote for your favourite bear when you come along on Saturday.

Winners will be announced on Monday 28th.

Thank you! We can’t wait to see your bears.

From Prep. Tubb and 1/2 Richelme.

Donations Board

With the organisation of the School Fair and Open Day in full swing, the Parents & Friends Association would like to acknowledge the following businesses so far for their donations:

- The Old Woolstore (please visit their facebook page)
- Westbury Maze
- Timeless Elegance
- Marcus’ IGA
- Zone 3 Laser Games
- Island Fragrances
- Ashgrove Cheese
- Sports Authority
- Design Inn
- Ringwood Hotel
- Cripps Nubake
- Longford Mitre 10
- Office Max
- Brave Gallery
- Chefs Toolbox
- Launceston Aquatic
- Tasmazia
- Wills the Quadrant
- Bracknell Roadhouse
- Tin Shed Pottery
- Koppers Wood Products
- Tassie Tiger Mini Golf
- Cressy Newsagency
- Shane Rodman (Sprent)
- Longford Pharmacy
- A. Little Piece of Heaven
- Ricoh
- Williams Service Station
- Body Shop
- Banjo’s Kings Meadows
- Bracknell Hotel
- Fleurs
- Habitat Nursery
- Hollybank Treetops Adventure
- Prospect Timber and Landscaping
- Harvey Norman
- Browns Supa IGA
- Tin Shed Pottery
- Longford Rotary Club
- Tasmanian Gourmet Sauce Company
- Happy Chef
- Fullers Book Shop
- Tasmanian Quality Meats
- McDonalds
- Health Revival Aust
- Anvers
- Cadoutje
- JJ’s Bakery
- Longford Newsagency
- Perth Lions Club
- Harvey Norman
- Longford Newsagency
- Perth Lions Club
- Tasmanian Gourmet Sauce Company
- Happy Chef
- Gossy’s Food & Fuel
- Birchalls

Please show your support of these businesses.