

Charity ride reaches South East

A GROUP of volunteers will pass through Mount Gambier on Tuesday, April 21, as part of a charity ride from Geelong to the Adelaide suburb of Salisbury.

Help and Nurturing Developing Societies (HANDS) will arrive at St Martins Lutheran Church at approximately 5pm on the day and will spend the night at the Edward Street church.

Twelve riders accompanied by five support workers will leave Geelong on April 19 and will pass through several of the region's towns, including Casterton, Millicent, Beachport, Robe

and Kingston.

This will be the third year in succession the group will pass through Mount Gambier.

A free presentation is open to the public on Tuesday evening from 7.30pm to discuss both the ride and the group's work in East Timor.

HANDS have been involved in raising money for health and education projects in East Timor since 2004, with volunteers making trips to the country to provide basic essentials among many other services.



It's a man thing: Bike riders Simon Buckley (left) and Todd Barry take a break next to the Blue Lake on Monday before they continue on their Ride Right Round trip over seven continents to raise global awareness for prostate cancer prevention.

Picture: ANELIA BLACKIE.

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Men's health tour rolls into city



BY ANELIA BLACKIE

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MOTORCYCLING enthusiasts Simon Buckley and Todd Barry included Mount Gambier in their ride around the world itinerary this week when they roared through the South East on Monday on their way to travel through all seven continents over the next year.

Simon and Todd departed from Sydney on March 29, travelled down to Melbourne and reached Mount Gambier and Penola on Monday on their way to Darwin and the rest of the world on their Ride Right Round trip to demonstrate the lengths individuals will go to get men's health issues on the public agenda.

For the past two years the pair has put a lot of mental and physical preparation into the trip, which will take them on an estimated 68,000km journey on land through more than 60 countries on their

motorbikes before they return to Sydney via New Zealand in April next year.

The pair, who were both employed in the tourism industry, started preparing for the big venture two years ago when they realised not enough was being done to make men aware of prostate cancer prevention and decided to combine the issue with their 'wanderlust'.

"Prostate cancer is a global issue and this trip is a grassroots attempt to get ordinary men talking about their health with doctors, family, friends and each other," Todd said.

"We want to do something to support men's health and do it in a bloke way."

The pair has already aligned with the Prostate Cancer Foundation Australia and the European-based Association of International Cancer Research and hopes to form further ties during the trip.

"We expect to meet with a range of health and community groups and to support their awareness and

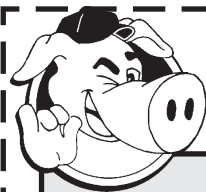
fundraising efforts by providing them with a reason to reach out to the community and by helping to get the message out there," Todd said.

While both are experienced bike riders, neither has personal experience of the cancer, but they believe that education and awareness are essential for all men if the disease is to be effectively tackled.

"Prostate cancer is now the most common cancer among men in many countries and research projects continue to compete for limited funds in the search for a cure," Todd said.

"It's too late to do something about prevention when you are already affected - it's crucial that men understand the value of being proactive about their health in a way that women have been doing for years."

With the help of a satellite messenger strapped to Todd and Simon's luggage, regular updates on their progress will be posted on their website www.riderightround.org for the world to follow.



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Bay heritage milestone

LOCAL residents are being encouraged to become a part of Port MacDonnell history by purchasing a named paver to be placed on a heritage walk at the Woolwash Historical Reserve.

April 2010 will mark the 150th anniversary of Port MacDonnell being declared a town and to celebrate the milestone the Port MacDonnell Pioneers Committee will be constructing a heritage walk with interpretive signage to provide a brief history of the early settlement of the Port MacDonnell district.

In response to community demand, the Port MacDonnell Pioneers Committee has decided to extend the registration form deadline until May 1.

The named pavers will be laid in front of the new history signs at the Woolwash Historical Reserve to acknowledge the generosity and support of people in the local community.

Committee chairman Jim Galpin said the Heritage Walk was a way for residents to pave their way into Port MacDonnell history.

"The committee wants to recognise the contributions made by individuals and families and to make the information accessible to the community," Mr Galpin said.

Registration forms for the Heritage Walk are available from the Grant District Council office or Port MacDonnell Rural Transaction Centre.

The correctly filled out form needs to be returned, along with payment, to council by Friday, May 1, 2009.

The Port MacDonnell Pioneers Committee is also collecting stories of ordinary people and their families in an effort to record the achievements of settlers and pioneers for posterity.

For more information call Robert Thompson on 8723 9591 or Jim Galpin on 8725 3617 to discuss your ideas.

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