



MIND TIME: The South East Junction volunteers Fran Kelly and Virginia Hill launched new mindfulness smartphone applications this week. Picture: KYRA SYKES

Anxiety help at hand

Counsellor launches new smartphone apps

SOUTH East counsellor and mindfulness educator Fran Kelly recently launched two new smartphone applications for meditation. The free applications titled Mindfulness Getting Started and Mindfulness Caring for Me are available on Google Play and the iTunes App Store. The applications focus entirely on strategies for dealing with fear and anxiety. These applications join her popular Lakes Rotary sponsored Take 5 and Take 10 Mindful Minutes, which are also available

for download. The launch is in conjunction with a five-week program Ms Kelly is hosting for The South East Junction Mental Health and Resource Activity Centre. The Mindfulness Caring for Me program is presented at the Mount Gambier Public Library on Tuesdays from 1.15pm to 2.30pm and all are welcome. Ms Kelly said worrying was a fact of life. "There is no cure for worrying, but we do not need to let it rule us by letting it take over our nervous

system, throw us off balance and lead us to even more worry," she said. "No matter how laid back we might think we are, we are all subject to worry and we often refer to it as 'being stressed out.'" She said worry was only a problem when it becomes uncontrollable. "This is where mindfulness is a big help," Ms Kelly said. "These applications will introduce people to mindfulness and help train the brain to react differently to certain situations."

Appeal against sexual assault verdict denied

MITCH MOTT

AFTER months in suspense, a Mount Gambier man has had his appeal to the South Australian Supreme Court of Criminal Appeal denied by two of three justices. The 53-year-old appeared at the Mount Gambier Court on Friday and faced supreme court chief justice Chris Kourakis and justices Malcolm Blue and Sam Doyle via video link. The full sitting of the supreme court reconsidered the evidence presented in the trial against the man when he was found guilty of indecent assault, but acquitted of rape late last year. A Mount Gambier jury was told the man had assaulted a cleaner at his house on November 14, 2014. The victim claimed she had been cleaning the bathroom of the house when the defendant entered, took his clothes off and made inappropriate advances towards her. She told the court she was scared during the ordeal, but did not manage to escape from the bathroom for more than an hour. After leaving the room, the man chased her down and allegedly assaulted her further on a couch in the living room, only stopping when he was interrupted by a phone call from his wife. She then fled the house and refused to go back and clean for the couple. The incident first came to light when she went to her supervisor almost two weeks later and asked how to lodge a WorkCover and victim of crime claim. A jury returned a verdict which acquitted the man of assaulting the woman on the couch, but found him guilty of indecent assault for his actions in the bathroom.

The court of criminal appeal heard submissions on the trial which claimed the jury's conclusion was "unreasonable" and not supported by the evidence. The defence also claimed the acquittal for the rape charge was inconsistent with the guilty verdict for indecent assault. Defence counsel relied upon phone records which showed no calls had been made to the man's mobile phone in the afternoon and also showed a text message the victim claimed to have received did not exist. Evidence presented during the trial also showed the defendant had suffered a serious injury at work and was not able to run or quickly dress or undress himself. During the hearing on Friday, Chief Justice Kourakis and Justice Blue said they would dismiss the man's appeal. They argued the jury was able to make their own decision about the phone evidence and strength of the victim's testimony counteracted the absence of phone call records. Justice Doyle on the other hand concluded he would uphold the appeal, calling the verdict "unreasonable" and not supported by the evidence. Over 22-pages of testimony, Justice Doyle extensively outlined his reasoning and concluded the discrepancy in the evidence was enough for the jury to doubt the victim's testimony. The majority verdict of Chief Justice Kourakis and Justice Blue overrules Justice Doyle's conclusion and the defendant will appear again in the district court for sentencing. A final appeal would involve the case being referred to the High Court of Australia in Canberra, the last legal recourse open to the man.

IN BRIEF

New milk processor ready for production

PRODUCTION is set to get underway in a dairy plant at the former potato chip factory at Tantanoola. Equipment has been installed at the Princes Highway property over the past five months to blend base milk powder into infant formula and package the product. Test samples are set to be sent to the Dairy Authority of South Australia for laboratory testing. DASA approval has to be secured and then an export

licence will be sought. Most of the milk powder and infant formulas will be exported to Asian countries with some sold on the domestic market. The newly-formed Blue Lake Dairy Group has Chinese and Australian investors with the first stage of the project costing \$15m. The Tantanoola site was built by the State Government over a decade ago as a purpose-built potato chip plant.

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