

The Valley & East Coast Voice Est. 1968

Volume 46 No. 9 Thursday August 29th 2013 \$1

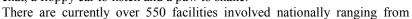
ANIMAL THERAPY AT ST MARYS DAY CENTRE.

Delta Society Australia (www.deltasociety.com.au) is a national not-for-profit organisation with one core belief: *that the human-animal bond remarkably improves our quality of life and leaves a lasting pawprint on our hearts.*The Delta Society Mission is *to promote and facilitate positive interaction between people and companion animals.*

There is a special and indescribable kinship shared between dogs and people of all ages. Attention from a dog can bright-

en your day, make you feel loved and, as has been scientifically proven, improve your overall health and wellbeing. We believe that a better relationship between people and dogs will lead to a more enriched and fulfilled life for humans and dogs alike.

Delta Therapy Dogs is a heart-warming program that brings the joys of animal companionship to those who need it most. Delta's amazing and devoted volunteer Therapy Dog teams brighten the lives of an estimated 20,000 Australians in hospitals and care facilities every week. The world class program is the largest of its kind in Australia with over 900 volunteers and their special dogs making regular visits to health care facilities to offer the wonderful benefits of pet therapy, spend time with patients and offer a chat, a floppy ear to listen and a paw to shake.



aged care through to acute care hospitals for children and adults as well as mental health, prisons and dementia-specific facilities.

In May this year Monique and Toby came to the St Marys Day Centre for their first visit. Toby is a long-haired Weimaraner Delta Society trained dog and Monique is his caregiver. Toby, Monique or Jan (Monique's back-up) and Gracie, our welcomed support person, have travelled up from Bicheno fortnightly since May to allow the participants of the St Marys Day Centre, and some of the hospital's inpatients, to interact with Toby.

Toby can be seen on a Wednesday walking the halls of the St Marys Community Health Centre. Toby must adhere to strict guidelines whilst 'on duty' as a therapy dog; he has to have a full wash down or shower and groom before being allowed to go out in public and he also participates in regular 'testing' to make sure his temperament and training is up to Delta Society standards. He wears his very own 'dog scarf' to show people he is working - similar to a Guide Dog. Toby's rules are not quite as strict as the Guide Dog rules are, as the public are encouraged to interact with Toby and Guide Dogs should not be petted whilst on duty.

The visits have been very enjoyable for us all and we would like to thank Toby, Monique, Jan and Gracie for their ongoing participation with the Day Centre. Toby's visits have been very beneficial to many of us and we look forward to many more.

By Hayley Gilbert.

The **Rossarden Mountain Re-Echo** newsletter was named in honour of the former "Mountain Echo" that was sponsored by Aberfoyle Tin NL in the early 60s for the Rossarden and Storys Creek communities.

The first edition of the Re-Echo came out in May 1991. I was able to photocopy it at the Rossarden Primary School and it went on sale at the local shop for the princely sum of $20 \rlap/c$. After the school closed I had it copied in Launceston (mainly at my own expense) but in February 1995 Lyons MHR Dick Adams generously offered the free use of his office facilities, allowing the newsletter to be distributed free of charge.

I now make 170 copies which go to Avoca, Fingal and St Marys as well as all Rossarden households. Two paper copies go to the State Library and the email list is up to 66. Continued on page 11.

Vol. 46 No. 10 is due out on 12th September 2013, deadline 9th at 5pm. W Dawson, 12 Groom Street St. Marys Tasmania 7215. vvoicerevisited@gmail.com 6372 2442 / 0403 430 452

Community Announcements

St Marys Hospital Auxiliary meet on the first Monday of every month at 2pm in the St Marys Community Health Centre.

The Break O'Day Woodcraft Guild Inc meet on the last Thursday of the month at 11 am in the Goods Shed behind the St Marys Railway Station.

The Tasmanian Lymphoedema Centre Inc hold their meetings on the 3rd Monday of the month, 10am at the Marys Community Health Centre, Day Care room.

St Marys Ladies' Midweek Tennis meet at 9.30am each Wednesday. New players of any standard and beginners welcome. Child minding included - a lovely safe place to bring toddlers while you play. Ph Karon 6372 2382 or Dana 6372 2033.

Suncoast Singers meet every Friday, 10am in the Catholic Hall Cecilia Street, St Helens. New singers are always welcome... if you can yawn - you can sing. Mary-Anne Wadsworth. 6376 2969.

St Helens Alcoholics Anonymous (AA) meet every Wednesday 8pm at St Pauls Anglican Church Hall, St Helens. Ph Murdoch 6376 3335.

The Scamander and Beaumaris Community Development Association meet at 7pm in the Scamander Sports Complex every third Wednesday of the month. New members are most welcome.

St Patricks Head & Esk Valley Historical Society Inc meet every second month on the third Wednesday at 3pm at various venues throughout the valley. Ph Barry 6372 5752 (aulich@bigpond.com) or Jim 6372 2127. (jimhaas@bigpond.com) www.fingalvalleyhistory.com

The Falmouth Community Centre contact for booking club facilities is Cherrie Schier on 0417 887 941.

The Break O'Day Stitchers meet each Friday in the Bungalow at Neighbourhood House in St Helens from 10-3. Participants are welcome to stay for as long or short a time as they choose and the choice of projects to work on is also optional - either bring your own or join in and assist on a group project.

BINGO at the Cornwall Hall every Monday at 7pm, 2 jackpots each week. All welcome.

The Chocolate Shop Singers meet at the Mt Elephant Fudge shop St Marys every Thursday at 5pm. Everyone welcome.

The St Marys School Association Op Shop is open Monday to Friday 11-3 and market Saturdays 10-12.30. We currently need winter clothing, bedding and curtains. All pre-loved items or goods will be gratefully received during opening hours or can be left at the St Marys Newsagency. All funds raised go towards specific school projects as directed by the St Marys School Association.

The next meeting is 10th September 2013. Enquiries to the president on 0412 425 666.



St Marys Community Market

First Saturday of the Month - 9am to 1pm St Marys Community Hall. For Bookings - Ph Robina 6372 2022.

bodregionalarts@gmail.com



Scamander Garden Club meet at Scamander Sports Complex 1.30pm on the third Monday of each month. Enjoy sharing garden activities. Ph Val 6372 2762.

The Cornwall Community Development Group hold their general meetings on the first Tuesday of the month at 7pm in the Cornwall Hall. All welcome.

Break O'Day Regional Arts general meetings are held on the first Tuesday of March, June, September and December at 4pm in the Supper Room of the St Marys Community Hall. All welcome. Michelle 6372 2056.

ST MARYS / FALMOUTH PLAYGROUP

Wednesday 10:30 - 12:30 at the Falmouth Community Centre

Does your child/children enjoy

- Painting and arts & crafts activities
- Riding bikes
- Playground play
- Exciting activities & celebrations
- Interacting with others?

Join us at Play Group for only a small charge of \$3 per family in a relaxed and friendly atmosphere for children, mums & dads. Contact Tash Speers 0419 591 905 or Amy Faulkner 0417 152 337.

St Helens Al-Anon Family Group (Al Anon) helps families and friends of alcoholics recover from the effects of living with the problem drinking of someone close. Sunday 2pm weekly at St Pauls Anglican Church Hall St Helens. Call Anne or John on 6376 4270 or Rose on 6376 3335.

The Fingal Valley Neighbourhood House Op Shop is happy to receive your preloved clothing and goods Monday to Friday 9 - 3. Donations can be collected on Mondays or items can be dropped off at the Centre. Come along, check it out and pick up a bargain. Deb Speers, Fingal Valley Neighbourhood House.

St Marvs Alcoholics Anonymous (AA) meet every Friday 8pm at Holy Trinity. Mick & Shirl 6372 2909.

Soccer season has started! All soccer enthusiasts are welcome to come along on Saturdays at the St Helens Sports Complex. Soccer for juniors 10.00-11.15, adult game starts 11.30. Ph Todd 6376 1049.

Stallholders Market Inc is a non profit organisation that hold markets every Saturday from 8-12 noon in the Portland Hall St Helens. Call Cheryl on 6372 2194 for details and leave a message please.

Community Announcements

The AGM of the **St Marys Pacing Club** will be held in the committee rooms, St Marys, on September 13th at 7pm. All relevant and interested parties are invited to attend, and we welcome any new ideas or suggestions on making our Annual Race Day another success and one that our communities can be proud of. Ladies please bring a plate for supper. Ph Craig Woods on 6374 2381.

The Break O'Day Woodcraft Guild and Men's Shed will hold their AGM at 11am on 26th September 2013 at the Old Railway Goods Shed St Marys. All welcome.

The **St Marys Hospital Auxiliary** AGM will be held at the St Marys Community Health Centre on Monday 2nd September 2013 at 2pm. New members will be warmly welcomed. Kevin Faulkner, Sec.

The AGM of the St Patricks Head & Esk Valley His-



torical Society will be held at the Online Access Centre, 23b Main Street, St Marys on Wednesday the 18th September 2013 at 3:00pm.

Agenda will include President and Treasurer's reports, election of office bearers and discussion on the future direction of the Society. All members of the public are most welcome to attend. For more details contact Barry on 6372 5752 or Jim on 6372 2127.

Jim Haas, Public Officer.

ST MARYS CRICKET SEASON 2013-2014

Wanted: 2 Volunteer Coaches, Junior and Senior

Senior: Coordinate, train and organise Sunday games. Junior: Coordinate and organise Thursday training and

Junior: Coordinate and organise Thursday training and Friday night games for under 15s.

The 2013-2014 Cricket Season will recommence in October 2013 and new coaching staff will be required before then for the St Marys Cricket Teams to continue into the future. Orientation for these positions will be given when the season recommences. Due to other commitments I will no longer be able to continue in these roles. If you are interested in either position please contact Craig Freiboth on 0407 908 058.

The AGM for **St Marys Association for Community Development** incorporating the St Marys Online Access Centre will be held at the St Marys Online Centre, 23B Main Street St Marys 7215 at 11am Friday 20th September 2013. Greg Cruse, Sec. SMACD.

Miscellaneous

RETAIL THERAPY WITH JUDY. Judy Duckett from Bagdad Quilting Supplies will be setting up shop at Gone Rustic Studio & Gallery for a day, with a class at 7pm. Fabrics, sewing supplies, gifts, patterns, craft books and more. bagdadquiltingsupplies.com RSVP to 6372 2724 / 0417 027 424.

Thanks to Kevin Faulkner for fixing my fridge door, much appreciated, and to Grant for being willing to. Ed.

Found in St Marys, 1 pair industrial earmuffs, call Ed.

For Sale

Dust extractor \$325, D.B. Mattress in good condition \$50. Ph 6372 2953.

Raspberry canes \$1.50 good stock, best planted before mid September. Ph Jack 6372 2034.

2 Recliner chairs, no arms on one side. \$100 for the pair. Ph 0457 157 780.

Slips, large white x saddleback \$70. Porkers, make delicious ham, bacon, roasts, chops, \$200. These pigs are NOT the pigs featured in the media recently. Ph Rod on 0427 713 195.

Heat Pump \$400 ono, small digital TV \$95, microwave \$25. Ph 6372 2440.

Venetian blinds, wooden door frame, good quality doors with handles and hinges, toilet, aluminium (external) door plus alum. frame, down lights.

Please phone Mel on 0409 838 816.

Garage Sale - Saturday 7th September 8am-3pm @ 25 Alexander St. Cornwall. New handbasin, small fridge, clothes dryer, household goods, clothes etc.

Moo poo, any quantity, finely screened - trailer load \$40, large trailer loads \$50 to \$60, truck loads delivered. Ph Norm on 6372 2380.

Electric throw rug, beige, as new \$40. Uni Ark powder coated stone hand powered flour and nut mill, hardly used \$200. Ph 6375 1540.

Wanted

Gardening, odd jobs, family man \$15 p/h. Ph 6372 2584.

Bird wire, 7 ft square. Doesn't have to be pretty or in one piece, off cuts would do. Ph 0427 713 195.

Cash paid for old unwanted goods, anything considered, small or large items - look in your shed or cupboards. Ph Peter on 0438 873 789 / 6372 2417 A.H.

INVERSION TABLE (upside down hanger) wanted for help with back problems. Ph 6372 2657 / 0447 637 583.

House cleaning, experienced lady with references, \$17 p/h. Ph 6372 2584.

Great crowd of friendly faces once again enjoyed the wonderful food prepared for the **Community Dinner** by Kevin and his offsider Lorraine. \$62.30 in donations was given on the night which is going to "Voice of the Martyrs". Thank you for your generosity. September's dinner on the 21st will be Italian, and the donation on the night to St. Marys School. Barbara Mcallister.

Valley and East Coast Voice circulation last issue - 485.

On this day in 1896 - Chop suey invented in New York City by chef of visiting Chinese Ambassador.

Letters to the Editor Vol. 46 No 9 August 29th 2013

Dear Editor,

I miss Jim Haas's excellent "A Little Bit of Heritage" articles, but after many years of contributing to the Valley Voice, he deserves to sit back for a while and pursue other Meanwhile it is good to see other local folks interests. taking up their pens and producing some very interesting articles, so I extend my personal appreciation to Beverley, Lindy, Rita, Glen and Lynne, and if I have missed anyone, my apologies. But first and foremost I must not forget Cagerattler, who has introduced some great topics, sometimes informative, sometimes challenging, but always interesting. Thank you, Rod, for your column always worth reading. I don't have the privilege of having been 'born and bred' in Tasmania. I did indeed come with my Mother in a boat, at the invitation of the Australian Government in 1958, we settled in Victoria with relatives, but I now call Tasmania my home and wouldn't have it any other way. Despite all the politics, financial woes, job losses creating untold hardship, this is a delightful place, a unique place, and all you 'b.&b. Tasmanians' are blessed.

Toni Brewster, Chain of Lagoons

Editor of the Valley Voice,

What can you do in St Marys in two minutes (that's 120 seconds), without any effort on your part, that will change your life forever?

Die in a building fire! Two minutes is all it takes from ignition to flashover occurring, that is when the smoke in the room ignites, engulfing the room in flames.

If you do not have a WORKING smoke alarm and you are asleep when a fire starts you will not wake up, I say you will NOT wake up ever again.

This is fact, not fiction. The fire that occurred in the garage in the Main Street of St Marys could have easily spread to the adjoining buildings, up to and including the Post Office. Thankfully due to good fortune, combined with the efforts of our volunteer fire fighters, it did not this time.

If this fire was deliberately lit, people in this community will be aware and you need to speak out; lives could have been lost.

Blasting has taken place in the Fingal Valley area during the last two weeks. Enquiries made to BODC, Environmental Protection Agency, Forestry Tasmania and Mineral Resources Tasmania elicited the following formal responses, received on 22/8/13 and 23/8/13 respectively.

Environmental Protection Agency Director Alex Schaap states "The EPA was made aware of the blasts by a member of the public. The EPA has been informed that the Break O'Day Council was notified about some blasting activity at Abrahams Quarry in the Fingal Valley. The quarry is not a level 2 activity hence is not regulated by the EPA. We understand the blasting activity was for the disposal of explosives nearing their use-by-date."

A Department of Infrastructure, Energy and

sources spokesperson states "Forze Explosives is currently detonating Grange Resources expired charges at the Abrahams quarry off Valley Road in the Puzzler Valley. This is just south of the Fingal Valley. Forze Explosives notified the Break O'Day Council and the Fingal and Hobart Police that blasting would be occurring in the area. Forze Explosives also placed a blast monitor at the Fingal Police Station to monitor and record vibrations.

Mineral Resources Tasmania's records indicate that there is currently no mining lease in operation in that area."

Community Consultation – Cemetery Master Plan



Re-

Break O'Day Council is currently developing a Master Plan for the St Helens, St Marys, Fingal and Mathinna cemeteries. The aim is to provide a clear approach regarding the use of Council cemeteries. The purpose of the plan is to provide guidance for planning the use of these areas to facilitate a longer use of sites, and to set guidelines for the reservation of plots and cremation walls. Overall the plan will hopefully provide the sites with a place of remembrance and provide a place of respect to those who are departed. Leon Lange from Lange Design will be conducting the following community workshops to seek the community's input into these plans on the following dates and times:

- Fingal Valley Neighbourhood House, Saturday 14th September, 2013 at 10.30 am
- Mathinna Community Centre, Saturday 14th September, 2013 at 1.30 pm
- St Marys Hall, Sunday 15th September, 2013 at 10.30 am
- Portland Hall St Helens, Sunday 15th September, 2013 at 1.30 pm

Conor Breen

Communications Officer | Break O'Day Council t: 03 6376 7900 | f: 03 6376 1551 e: conor.breen@bodc.tas.gov.au | www.bodc.tas.gov.au

Community Consultation.

Tasmanian Hotel, Fingal –

Conservation Management

Plan.



Break O'Day Council has obtained funding to undertake a Conservation Management Plan for the Tasmanian Hotel at Fingal. The Plan is required to serve as a framework to secure funding so that Council can progressively restore the Tasmanian Hotel to its former glory. Heritage consultant Paul Johnston and historian Melinda Clarke from Hobart have been engaged by Council and would like to meet with members of the community who may have historic material relating to the Tasmanian Hotel.

Please bring any historic material to the **Fingal Valley Neighbourhood House** on **Thursday 12 September** between **12 noon and 2pm**. If you have historic material relating to the Tasmanian Hotel but cannot attend the meeting please contact Paul Johnston on 03 6231 1541 or at paul@pauljohnstonarchitects.com.

For further information on the community meeting contact Chris Hughes on 6376 7900.

The Say, by Cagerattler..

that I've only given them scant thought. Just this past week though I put it into more perspective. As an avid model rail enthusiast I enjoy being on a forum site. One of the topics orders to dealers/customers for a few months. This supply issue made me consider the big picture, particularly in an Australian context. If the USA, home of free enterprise, is sending so much stuff offshore, then God help us.

industry will be gone, never to return. Ford Australia have already announced that the local car building industry will companies in the main, unless they can find markets competitive sense. elsewhere. Electrical/white goods manufacturers have either Come on Rudd and Abbott, do something really useful and altogether, as have clothing and food companies unable to real way before it's all too late. compete with ridiculously cheap imports. Don't let's even start on the out-sourcing of call centres, newspaper sub- What do you think? Rod McGiveron. editing etc...

Why can't our stupid politicians see this? Stop putting political correctness first and start making decisions such as We've been watching the ads on television of late dealing giving the Free Trade Agreement the flick or at least putting with Australian-made articles and I'm ashamed to admit some substantial reforms in place within it. GEE...it's done our manufacturing industry the world of good so far. Just wait while I get my tongue out of my cheek as I say that...) So often, it seems, we are buying items made cheaply by deals with wait times on supply from an iconic American low paid workers employed in bad conditions. We ignore manufacturer, or so I thought. Due to re-location and the corruption - out of sight out of mind, just so we can re-tooling offshore, this company will not be providing save a few dollars on these goods. Don't be fooled, some of these "iconic" companies are using sweatshop labour to boost profits.

I think most of us would be happy to pay the few extra dollars if we knew that it was genuinely supporting local In the next decade our once quite well-supported car manufacturing, and ethical enough to spend a little more if the sweatshop workers were better paid. I'm no genius (far from it) but at least lesser disparity between overseas to be finishing in 2016, and you can bet your boots that GMH locally manufactured goods would present a choice of won't be too far behind. This then flows on to components quality rather than just cost, and up the overall picture in a

been bought out by overseas big players or ceased trading make some changes to help our manufacturing industry in a

The Break O'Day Council will cede \$300,000 in farm rates after admitting an oversight led to farmers being charged almost 13% on the dollar value of their land, instead of 7.5%. Former BODC Mayor and St Marys resident Mr Robert Legge said the correction was welcomed. He also said that this proved one of two things: either the Council couldn't cope with the massive changes in land values from the Valuations Department, or they had insufficient council personnel to work it out. 20/8/2013



THURSDAY 19th SEPTEMBER, 2013

EVENING MEAL AT CASINO

Have a nice affordable meal with great friends and a flutter if you wish.



COST: \$15.00 per person

Bus leaves Neighbourhood House approx. 3pm and arrive back in Fingal about 9.30pm. You may do some shopping if you wish to. Call the Fingal Valley Neighbourhood House on 6374 2344 to book your seat.



When it comes to the crunch our peanut butter's best!

Freshly ground while you watch, Purple Possum's 100% pure peanut butter is made from Queensland Kingaroy peanuts to the texture you love smooth, medium or crunchy. A free taste will convince you it's the best vou've ever had – and just for toast or sandwiches! Top value as well - \$2.50 for 250 grams!

And the Possum's Special Offer -**Ere Perez Natural Cosmetics –** 10% off until the end of August!

Purple Possum

Robespierre."

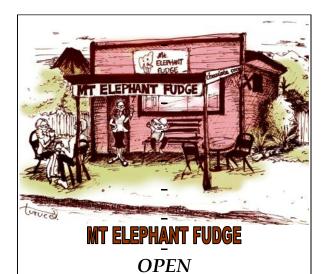
Local and state government politicians, business and corporate members are often involved in complicity but most people have no understanding as to the depth of evil at the Federal level. International Banksters (banking gangsters) and the big movers and shakers in the business world virtually run our Federal government, holding sway on not only the heavier items of legislation and direction, but on micro matters that affect our daily lives. The Banksters operate through their "Think Tanks" (named) that have unlimited funding, are well entrenched throughout the world and pass directives onto our Federal parliamentary executive. I've heard them referred to as the P.I.G. (Permanent Invisible Government) and these shadowy people control our lives beyond our imagination. Politicians are there now to do their bidding - and mostly to our detriment.

From mainly the Keating days, politicians have signed away our country's future in thousands of international trade agreements without our permission and, in some cases, our knowledge. Globalism and Free Trade have changed our country's political and social landscape as it has done all over the world. We've lost most of our rural and manufacturing capability as a result. The resultant shocking unemployment situation has been bandaged over to some extent with fill-in useless jobs conjured up by the Think Tanks and emplaced by parliamentary minions. Thousands of small family-owned businesses and rural holdings have gone. Real capability to continue apprenticeships in every field of endeavour has disappeared.

For many years now, the problem for current politicians and new cadre coming in, is conform, or go! And they all, generally, stay and do what they are told in well-paid careers. So instead of genuine representation for the people, we get puppets controlled by Big Money puppeteers. And the parliaments and elections become Punch and Judy shows for the people. They are meaningless, because the reality is from decisions made from the minders behind the scenes. The depth of machinations by the Think Tanks is frightening. From monopolised media, to emplacing socialist professors into our universities to assist in the smooth running of public brainwashing, to the manipulation of education curriculum from the kindergarten up, they mould, control and direct public thinking to suit their own agenda. *There is much more on the subject*.

The foregoing is but a rough, and very limited summary of why all parties, and Independents, are coloured the same. Nobody is game to table demands to put things back in place that were hard won over the years by real politicians (some puppets were around then but the control was not like *it is now!*) Off you go now and vote, because it's the law!

"Democratically" enacted, of course! --- Don Pike, Four Mile Creek.



Wed, Thur, Fri, Sat 10am - 4.30pm

For ALL your Sweet Desires!!

Warm, Friendly & Welcoming!!

George Clooney slept in a friend's closet for a year when he first moved to LA. It took him that long to find acting work.

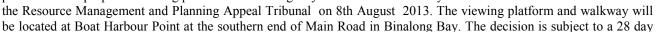


CALTEX ST MARYS MECHANICAL REPAIRS & SERVICE

41 Main Street St Marys 6372 2335 / 0419 503 109 Fax 6372 2822

Break O'Day Council to go ahead with Binalong Bay viewing platform - 12 August 2013.

An appeal against the decision of the Break O'Day Council Planning Authority to proceed with a proposed viewing platform at Binalong Bay has been dismissed by





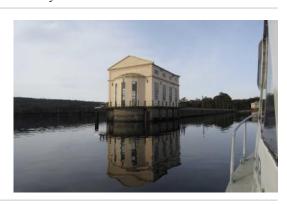
waiting period during which the decision may be appealed in the Supreme Court. Council has made an application to have the costs of the appeal covered by the appellant. The platform will provide a place for tourists and locals to observe the breathtaking views of the coastline looking north as far as you can see. The project aims to make the experience of the iconic Bay of Fires area more accessible to a wider range of people, by providing a safe vantage point. The viewing platform will also include an interpretation panel telling the history of the Bay of Fires to those wishing to learn more about this special area. The whole community stands to benefit from this project which will enhance the way people see and experience the area.

For further comment please contact Mayor Sarah Schmerl on 0428 736 578.

A Tasmanian tourism development first mooted 18 years ago is going ahead and local communities couldn't be happier.

The beautiful 1940s art deco Hydro electric pumphouse on Lake St Clair is being refurbished as tourist accommodation. Lake St Clair is in a World Heritage area, and developer Simon Currant says he will be offering 'a haven in the wilderness' for guests. Central Highlands mayor, Deirdre Flint, said the development could not have come at a better time given the downturn in the tourist industry, and Luke Martin from the Tourism Council of Tasmania said more sensitive development of this nature is what the market wants.

Pumphouse Point is scheduled to be open to visitors early next year.





Lower power prices coming.

Tasmanian Premier Lara Giddings has welcomed the decision by the Economic Regulator of Tasmania to lower power prices by more than 5% as from January 1st 2014, when retail competition will be introduced into the sector. She said this will save the average household approximately \$140 on their power bills.

A South Australian man is facing charges after he was allegedly caught using vice grips instead of a steering wheel to drive a car.

Police said they saw a white Holden sedan being driven dangerously with two blown tyres on Sudholz Road in the Adelaide suburb of Gilles Plains. When the car was pulled over, there was no steering wheel and the driver was allegedly using a pair of vice grips to steer. The car was found to be unregistered, uninsured and already subject to a defect notice.



Break O'Day

Ransley's Appliance Service

POB 136

Scamander Tasmania 7215

Washing machine noisy?

Refrigerator runs **too long**?

Clothes dryer blows cold air?



Then you need the service of our technicians.

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Harris Funerals St Helens, Bicheno & Fingal Valley

We are here when you need us. Burial or cremation, traditional or unique funeral services available.

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6376 1153 ~ 0418 133 420

tamara@harrisfunerals.com.au
Member of the

Australian Funeral Directors' Association

THE ASYLUM SEEKERS By Beverley Rubenach

GRAY - EARLY DECEMBER 1982

Today is a special day - the first Sunday of Advent. To mark the occasion Peter, our four young children and I are relaxing on our homestead verandah. Then, unexpectedly, a mouth-watering aroma wafts towards us on the sultry, midday summer breeze. "Is it or isn't it?" Peter asks, rising to his feet. "Yes it is" I respond sniffing the air. "Spring rolls!" we say in unison. Around the corner of our home comes a smiling seven year old girl bearing a plate of steaming, delectable food, following close behind is her six year old brother. He greets us with a shy but totally engaging smile. "Bring you spring rolls for lunch," their mother announces cheerfully as she and her husband join their children on our verandah.

"We know today is special Christian day for your family" Tuan says, beaming, as he nods and bows slightly. "We bring special food as you celebrate," Ngoc adds. It's hard to say who are smiling the most, the givers or the receivers. The gleaming black Vietnamese hair and their sparkling dark eyes outshine our festive Christmas decorations.

"I'll put the kettle on for a cuppa," Peter offers but Tuan raises his hand. "Not today thank you. We leave you now to enjoy the spring rolls." Thu announces proudly "We have our own spring rolls to eat at home." What a joy to see this little boy so happy and calling the family's house home. They leave and six pairs of eager hands grab the authentic Vi-

etnamese spring rolls. Well, not totally authentic for the main ingredient is pademelon, instead of pork!

"Think of all that has happened in their lives in just over a year" Peter reflects, and so we start reminiscing.

Being a low income family our staple meat was pademelon and wallaby. The Nguyens soon developed a taste for this cheap, plentiful meat. Ngoc found it made excellent spring rolls. She made them on special occasions; it meant hours of laborious effort chopping the meat very fine with a large knife. Therefore, today we were greatly blessed to receive this special spring roll gift. Furthermore, we were honoured that they remembered today was the beginning of Advent, for Tuan was a Buddhist and Ngoc an atheist. These gracious people took the time to acknowledge our Christian beliefs and celebrations. Between our two families there were no boundaries of race or creed.

But back to the pademelons. Peter would often go shooting and share the bounty with the Nguyen family. One day Tuan said he now had his own supply of pademelons and wallabies. He had set up possum cages in their market garden to catch wildlife intruders. He had made a large cage to keep the live animals in so his family had a constant supply of fresh meat. Initially I was upset by this but we keep chooks and ducks for the same purpose so who was I to judge? And

New life for refugees . .



The Mercury 9/1/1982

there was something I needed to confess - for some weeks after the family arrived I kept a close eye on our dog. The Nguyen's found the idea of having cats and dogs as pets very bewildering but they accepted that pets were an Australian custom. That was a relief but I was even more relieved when the Nguyen's began eating wildlife for I had heard tell that Vietnamese liked eating dog. Now I knew our dog was safe.

The Nguyens needed to improve their English to better assimilate into the community. Soon after their arrival Leone from Fingal volunteered to give them two hour lessons weekly. One day Tuan asked Leone if she liked pademelon. She replied that she did indeed enjoy pademelon patties. "Give you one" beamed Ngoc. The family were delighted that they could say a special thank you to their beloved teacher. As Leone packed up her books Tuan said he would put the pademelon in her car. She couldn't see the package of meat on the car seat but Tuan understood. "Best put in here" he said, patting the car boot. Soon after leaving Leone heard a strange noise in her car. Thinking she had a flat tyre she checked but everything was OK. She drove on. The strange thumping continued. Near Fingal she realised the noise was in the rear of the car. On investigation she had nose to nose contact with a startled pademelon - soon a very relieved little animal was hopping away to freedom. Leone hoped the Nguyen's never asked her how she liked the patties. They never did.

Humble little Tassie pademelons played an important part in the Nguyen's lives. Bit by bit over the weeks and months after their arrival they began sharing their stories with us. Ngoc told of the pain and sadness she felt for her brother Huong, who was a political prisoner in Vietnam. He was sentenced to many, many years of imprisonment and was unlikely ever to be set free. Tuan told us the Viet Cong imprisoned a member from almost every South Vietnamese—family in order to stop people fleeing the country. The Viet Cong did not feed prisoners, so they had to be brought food daily by their families or friends, or die of starvation. The Viet Cong knew people would not flee for their departure would mean certain death from hunger for the prisoner. The Nguyens were fortunate for Ngoc's father lived near the prison so he could take food daily to his son. However, Ngoc was worried about her aging father also; she knew he frequently went hungry so Huong would survive. "We find way to feed my brother and father" Ngoc told us one day. She glanced at her husband and he nodded approval - we were friends, we could be trusted. They told us how they would cut pademelon meat into thin strips and dry this meat in the oven for many hours. Using this process Ngoc could fit a single pademelon into a medium sized coffee jar. "We send to Vietnam. Meat very good, it keep my father and brother alive." How many pademelons they sent, how often and by what means remained their secret.

To be continued...

POLICE REPORT Sergeant S D WARD St Marys Station Tasmania Police



STEALING OF FUEL

Over the past week I have received a number of reports relating to the theft of fuel in and around the St Marys area. This is either by means of syphoning from vehicles or the theft of fuel cans left either in sheds or in and around the yard area. This is believed to be occurring overnight and I ask that you ensure your vehicles are locked and where possible parked off the street where passers-by don't have easy access to them. Also ensure sheds and outbuildings are secured where possible.

STOLEN ITEM

Recently a gas bottle in new condition was stolen from inside the yard of a residence in Cameron Street, St Marys. The owner would appreciate its return and if located it can be handed in to the St Marys Police Station.

Police are seeking any information in regard to these thefts and information can be reported to the St Marys Police Station on 6372 1010 or anonymously to Crime Stoppers on 1800 333 000

FIRE at 28-30 MAIN STREET, ST MARYS

On Monday 12 August 2013 local Tasmania Fire Service volunteers were alerted to a fire which had occurred at 28-

30 Main Street, St Marys. The fire caused substantial damage to the residential area at the rear of the property and had self extinguished prior to the arrival of TFS personnel. A fire investigator examined the scene and it is believed the fire occurred sometime between 5/8/13 and 12/8/13. Alarmingly a fire of this nature, causing extensive damage, has occurred without local authorities being made aware.

This fire had the potential to be disastrous to the community of St Marys and as it occurred on the main shopping strip it could have easily spread through and destroyed many of our local businesses.

After the fire occurred and prior to it being discovered somebody re-entered the building and put graffiti on the walls with silver spray paint. Police are hoping that somebody might have seen this graffiti tag or have some information on who may be responsible for it.





The fire is being investigated as being deliberately lit and Police are seeking any information into suspicious activity in and around the area of the building, particularly in the week leading up to the fire being discovered.

Information can be reported to the St Marys Police Station on 6372 1010 or anonymously to Crime Stoppers on 1800 333 000.

DickAdamsMP Federal Member for Lyons

Please contact one of my offices if I can be of any assistance.

53B Main Rd Perth 7300 (POB 50) 6398 1115

58A High St New Norfolk 7140 (POB 271) 6261 3366

1300 132 689



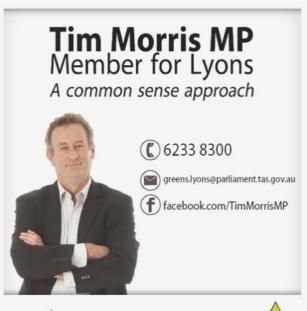
D.Adams.MP@aph.gov.au

WORKING WITH YOU FOR A STRONG COMMUNITY

Written and Authorised by Dick Adams, 53B Main Road Perth AURORA EMERGENCY
132004
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ENQUIRIES 1800 000 699

CRIMESTOPPERS 1800 333
000



mps.tas.greens.org.au

Authorised by Tim Morris MP, Parliament House, Hobart, 7000



listening, sharing and mutual respect.

nine years ago. Memories of my father are few and I can't father. I would go and help her whenever she called. say he was a good or bad role model simply because life Moving to Tassie and attending the St Marys Salvation Arwas affected by the death of my mum when I was six years my has opened a lot of opportunities to work with young old and WWII. I went to live with my aunties and then my was 13. After the war he moved to Sydney for work.

and has been involved with other churches during her life. I had no Christian upbringing, nor interest in it, until I was I was just thinking the other day about how the kids have 45.

My marriage was a little up and down at the time and It's been a wonderful life and I thank God for it. Valerie's minister asked if I'd like to go to the church one evening to talk and so I did. I felt something happening to me as we headed to the church, and when the minister asked if I would like to give my life to Jesus I accepted.

I suddenly changed, especially my attitude - I wasn't as cranky anymore - and everyone noticed it. Over time, with God's help, I was able to stop drinking and smoking.

How I viewed being a father changed dramatically. Before, I was often away from home, leaving things to roll along with nothing particularly holding things together. I realised after reading God's plan for family in the Bible that we had to work on being a family together and relationships were vital.

This was new to me. I went from seeing my kids as my possessions in a sense, and operating under the principle of 'Don't do as I do but do as I say', to taking the time to talk things over, really listening to their thoughts and worries and forming loving relationships.

I had a lot of close shaves with death, rolled transports and was thrown from horses, and had a big accident in the Snowy Mountains when a 34 ft pipe fell on my head. I believe that God looked after me throughout those times and I'm only here today because he was with me then.

The same is true for my two sons, Patrick and Billy, who were involved separately in major motorcycle accidents that took them both five years to recover from. Each time I went to see them in hospital I heard God say to me, 'You will take them home', and I did. God has been an assurance in difficult times.

It has been important to Valerie and me to provide a home, not only for our own children, but to others. We've had at

Don Brown says genuine relationships are based on least 12 kids come and stay at our house whenever they've needed temporary accommodation and a listening ear.

Originally from NSW, I moved around a lot with work as a One young Aboriginal girl came and lived with us on an off truck driver and farmer, before finally settling in Tasmania for some time on the farm in Victoria and she'd call me her

people, which I love.

dad was away fighting, so I didn't really know him until I I believe that you can't share with someone until you show you care. I take the time regularly as I walk down the street I met and married Valerie 54 years ago and we have five to get to know the kids, building bridges, and consequently children. Valerie was brought up in The Salvation Army now I know their families and can offer support when it's needed.

come to us and what we've been able to do for them.



Val and Don Brown

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www.gonerustic.com www.facebook.com/gonerusticstudiogallery Continued from from page:

My intention has always been to focus on Rossarden but as the newsletter's popularity has grown, so has the area covered by small ads and articles.

I have stayed with a mix of information and humour and the Joke page has been very popular, it



may be what gets people to read the rest of the newsletter. I have never had a problem finding enough material, in fact the problem is usually trying to fit everything in.

It is a lot of work for one person but I have always had the help of my husband Phil, when it comes to collating and stapling.

But now, in its 23rd year, the **Rossarden Mountain Re-Echo** is about to wind up as I move on to pastures new, unless someone would like to take it over.

Marg Dennis



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A new **24 hour home palliative care program** has been launched in Tasmania

Tasmanian not-for-profit community nursing organisation The District Nurses will receive \$38 million over the next three years to run a statewide home palliative care program. The money is part of an assistance package announced by the Federal government last year.

The program will include professional care, equipment and the delivery of e-health systems into Tasmanian homes.





Transition Break O'Day

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Meeting 6pm & Movie 7pm

Bring a plate of supper to share Gold coin donation

What Long Tan Means To Me Delivered by Jesse McColl

Long Tan represents the Australian army in all its glory. 108 Australian men battled over 2,000 Viet Cong and emerged victorious with only 24 causalities. A Digger is the title of respect they earned fighting for freedom and country. To today's generation events such as Long Tan are seen as our history and pride is evident in all those who take the time to discover our past. We are proud of their bravery, we are proud of how they fought and what they fought for, we are proud to call them Australian. The Long Tan memorial is important because these men have helped shape Australia as it is today. It is through their actions that the younger generations of our day are inspired to accomplish great things for this country.

Thank you to the St Marys Memorial Services Association and Deputy Mayor Rubenach. Thanks for the poignant and heartfelt speech delivered by Jesse McColl backed up by the sensitive naming of the fallen recited by Ayla Harvey and supported by Caitlin McGee; thanks to the Break O'Day Woodcraft Guild, Ted Koops for giving direction with the musical equipment and to the community of St Marys.

Lest We Forget

















An **all-terrain vehicle** (**ATV**), also known as a quad, three-wheeler or four-wheeler, is defined by the American National Standards Institute as a vehicle that travels on low-pressure tires, with a seat that is straddled by the operator, with handlebars for steering control. It is designed to handle a wider variety of terrain than most other vehicles & is streetlegal in some countries, but not in most states of Australia, the United States or Canada.

Suzuki sold the first model, the 1982 QuadRunner LT125, which was a recreational machine for beginners, & the first four-wheeled mini ATV, the LT50, from 1984-1987. After the LT50, Suzuki sold the first ATV with a CVT transmission, the LT80, from 1987-2006. In 1985 Suzuki introduced the first high-performance four-wheel ATV, the Suzuki

LT250R QuadRacer. This machine was in production for the 1985-1992 model years.

During its production it underwent three major makeovers but the core features were retained: a sophisticated long-travel suspension, a liquid-cooled two-stroke motor & a fully manual five-speed transmission for 1985-1986 models & a six-speed transmission for the 1987-1992 models. It was a machine exclusively designed for racing by highly skilled riders. Honda responded a year later with the FourTrax TRX250R - a machine that has not been replicated until recently. It remains a trophy winner & competitor to big-bore ATVs. Kawasaki Heavy Industries responded with its Tecate-4 250.

In 1987, Yamaha Motor Company introduced a different type of high-performance machine, the Banshee 350, which featured a twin-cylinder liquid-cooled two-stroke motor from the RD350LC street motorcycle. Heavier & more difficult to ride in the dirt than the 250s, the Banshee became a popular machine with sand dune riders thanks to its

unique power delivery. The Banshee remains popular, but 2006 was the last year it was available in the U.S. (due to EPA emissions regulations); it's still available in Canada.

Shortly after the introduction of the Banshee in 1987, Suzuki released the LT500R QuadRacer. This unique quad was powered by a 500cc liquid cooled two stroke engine with a five-speed transmission & earned the nickname "Quadzilla" with its remarkable speed and size. While there are claims of 160+ km/h stock Quadzillas, it was officially recorded at over 127 km/h in a high speed shootout making it the fastest production ATV ever produced. Suzuki discontinued the production of the LT500R in 1990, after just four years.

At the same time, development of utility ATVs was rapidly escalating. The 1986 Honda FourTrax TRX350 4x4 ushered in the era of four-wheel drive ATVs; other manufacturers quickly followed suit, & 4x4s have remained the most popular ATV with hunters, farmers & construction site workers.

Models are now divided into sport & utility markets. Sport models are generally small, light, two-wheel drive vehicles that accelerate quickly, have a manual transmission & run at speeds up to 130 km/h. Utility models are generally larger vehicles with a maximum speed of up to 110 km/h. They have the ability to haul small loads on attached racks or small dump beds & they may also tow small trailers. Due to the different weights, each has advantages on differing terrain.

After consultation with stakeholders including farmers & quad bike manufacturers, Australia's Heads of Workplace Safety Authorities in 2011 released a strategy intended to reduce the number of deaths & serious injuries associated with quad-bikes. Apart from encouraging the use of helmets, the strategy also recommended development of a national training curriculum, point of sale material for purchasers &, controversially, a recommendation that owners consider fitting an after-market anti-crush device. When the report was released the only model of anti-crush protection on the market was the Australian-made "Quad bar" which was vigorously opposed by the industry through media activity



& a poster campaign at regional events for farmers. The industry argued that the device had not been properly tested & that past studies of tractor-style ROPS such as a full-frame 'cage' around the operator were not only ineffective, but could add to the risk to injury or death.

In February 2012, the Melbourne based Institute for Safety, Compensation and Recovery Research published a paper which criticised the research claims of the manufacturers in relation to crush protection devices. The paper found that the industry's opposition to rollover protection could not be supported because of limitations in past research. It recommended further research on the topic & the development of research tools based on the use of ATV/quad bikes in Australian conditions. While quad bike safety

has mainly focussed on users operating the machines correctly, the fundamental design has not been a public focus of the industry despite the high potential for rollovers and deaths which are frequently reported in world media.

Studies have also shown that ATVs help in the spread of invasive species because of the deep treads on some ATV tires.

http://en.wikipedia.org/wiki/All-terrain vehicle



They bought a large estate in Bel Air months ago, and there have been stories about the crazy money they're spending to decorate. Gold plated toilets, y'all and \$125,000 beds. As in, each bed costs \$125,000.

They've already splashed out a staggering £487,000 on four gold-plated toilets for their sprawling Bel Air mansion. But it would appear Kim Kardashian and Kanye West's penchant for all things glitz and glam has been taken to a whole new level, with the Lord and Lady of the Manor now reportedly shelling out an incredible £750,000 on six special-edition luxury beds. As they renovate their \$11 million home following the arrival of their daughter North 'Nori' West, the couple have enlisted the services of the company that supplies beds for London's exclusive Savoy Hotel.

The limited-edition Savoir Royal State Bed takes hundreds of hours to create from a unique combination of cashmere, carded Virgin lambs wool and Mongolian horse hair laid over hand tied, star-lashed springs. Only 60 of the luxury items were ever created in honour of Queen Elizabeth's Diamond Jubilee, meaning Kimye are among a very exclusive group. The bed, the headboard and the canopy are all covered in the same gold silk used to create iconic Hermes ties, equating to some 1,600 miles of thread in total.



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Tim Morris MP, Greens Member for Lyons

The Tasmanian Greens today said that landholders in the Tasmanian Midlands were not being told all the facts about the possibility of shale oil/gas fracking in the region.

Tim Morris, Greens Member for Lyons, said that both Mineral Resources Tasmania and the Premier had recently made selective and potentially misleading statements about the likelihood of shale oil/gas fracking in the southern Midlands. The Minister for Resources has been asked to confirm whether PetraGas intended to use hydraulic fracturing if they were successful in finding commercially viable quantities of shale oil or gas within their southern midlands tenement.

"Mineral Resources Tasmania is supposed be an unbiased administrator of the state's underground natural resources, not a mouthpiece for the petrochemicals industry."

"So far neither the Minister or PetraGas have been able to reassure the public that fracking would not take place if the company are successful in finding gas or oil deposits," said Mr Morris.

Mr Morris said that the public deserved to know whether or not this controversial practice was going to be utilised in light of the fact that the PetraGas lease covers 3,868 square kilometres of the Southern Midlands.

"The Minister shirked giving a straight answer when I put it to him today. Despite strong and growing community opposition, both Labor and the Liberals support this licence and whatever negative impacts it may eventually impose

upon property owners and the environment."

"Locals are understandably anxious, there has been no community engagement and getting information on this project has proven to be difficult.

"Fracking has a track record of polluting water supplies and disrupting farming operations in other parts of Australia, and it is an extremely bad fit for the Tasmanian brand."

"Tasmania can be proud of its status as a responsible global citizen, we almost entirely rely upon renewable energy, why we would extract fossil fuels at this stage in history makes no environmental and very little economic sense."

"There are no guarantees that it will lead to any long-term local jobs and it could in fact upset the existing economy that some families and businesses have invested a lot of time and money in establishing," Mr Morris said.

A clear majority of Australians want greater restrictions on the foreign ownership of agricultural land, according to the latest data from Vote Compass. 76% of Australians support tighter government controls, and even higher numbers of older voters and people in rural areas are concerned about overseas ownership of farms. A majority of Australians are against any easing of restrictions on coal seam gas, today's Vote Compass data on rural and mining issues also shows.

http://www.abc.net.au/news/2013-08-23/your-say-australians-back-restrictions-on-foreign-ownership2c-/4907606

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A Mystery is Solved George Aram (1795-1854) Part 2

In 1830, the 63rd Regiment took part in what became known as the Black War, along with the 57th Regiment. (The Black War was a military campaign mounted by Governor Arthur against the Tasmanian aborigines. His proclamation of Martial Law against the indigenous people appeared in the Hobart Town Gazette on 2nd October, 1830.)

The officers of these Regiments were assisted by various police magistrates and a rank and file of soldiers and civilians, masters and prisoners. They numbered 3,500, of which 300 were soldiers, and were armed with a thousand muskets to supplement their own firearms, thirty thousand rounds of ammunition and three hundred sets of handcuffs. However, they were able to capture only one old man and a boy. This was partly because of continuing wet weather and flooded streams, and partly due to the holiday attitude of a force which was being fed and paid by the government to camp in the bush. It must also be noted that the aboriginal people knew the terrain much better than those sent to capture them, and had good reason to avoid being taken. The whole operation cost an astonishing £35,000.

In early 1831, the first convicts arrived at Port Arthur. A military guard was posted under the command of Ensign

Darling of the 63rd Regiment at East Bay Neck. His accommodation was 'an old hut in miserable condition'. His sergeant and 21 rank and file soldiers were given a bark hut as their quarters. Later, the guard was moved to Eaglehawk Neck. At the time of writing, it is not known if George Aram was part of this group, but it is possible.

The services of the 63rd Regiment ended in August 1833, after which the Regiment left Tasmania on *The Jane*. When its members were given the option of leaving or staying, George decided to stay. On 29 February 1836, he married Elizabeth Thorp, daughter of another British soldier, at St David's Church, Hobart. (Elizabeth was born 10 May 1819 en route to Australia on board the *Baring*.)

According to the inscription on George's headstone, he worked as a schoolmaster after his retirement from the army. In support of this, an account appeared in the Launceston Examiner (4 November 1848) of claims to be made in the Court of Requests for 'the recovery of debts above £10 and not exceeding £30'. The sitting was scheduled for Tuesday 7 November 1848 at 10 a.m. George and his wife are named in a long list of people under the heading of 'Warrants for contingent expenses sent to the colonial treasury for payment between the 21st of the current month and this date', in a section for Church of England Schools. Would this have been for a salary which was due to him, and not paid? Or was this normal procedure for teachers at the time in order to receive their pay?



Dress uniform of 63rd Regiment c. 1826

George Aram was named as Postmaster at Breadalbane in "The Colonist" newspaper,

Hobart Town, on 7th November, 1853. He was also listed as Postmaster at Breadalbane in the Legislative Council Papers of 1852, having been appointed to this position on 1st July 1851.

Often, the post office was the first building in what would become a thriving town. Once this was established, an inn would spring up, then a church, a school and finally a store. From 1832, a "cheap and expeditious conveyance to and from Launceston" was begun by J. F. Cox. Before this, experimental postal business had been managed as a private enterprise by a Mr. Collicott, serving nine "post stations".

The year George Aram died saw mail coaches take over from mail carts, running night and morning, twelve trips per week. The coaches were typically English, with the coachman and guards dressed in scarlet coats and white beaver hats, boots and breaches. Firearms were carried in a basket strapped to the guard's seat and a horn was blown whenever a village or inn was approached. The horses were tended by a groom and strapper, and rested after a good rub-down, rugging, a good feed of oats and a warm stable. The rest was a necessity after dragging a heavy load of passengers at 10 miles an hour over hilly country, and the horses were turned out "as fit as a fiddle" for the next stage. The stabling accommodation was of a high standard, and at Breadalbane this would have been provided by the Woolpack Inn next to the Breadalbane Post Office.

George also seems to have had an interest in politics. The very first Legislative Assembly in Tasmania saw the nomination of John Sinclair Esquire. A copy of his nomination appeared in the Launceston Examiner (11 October 1851). A group of signatories, which included George Aram, wrote:

Sir - We, whose names are hereunto attached, earnestly request that you will allow us to propose you as a candidate for the district of Morven, in the newly constituted Legislative Assembly. In your integrity and ability we have every confidence; we see, therefore, to bind you by no political restrictions. We respect your independence, and from our experience of the past, we feel perfect confidence that your conduct in the council will be guided by no factious opposition or interested subserviency. With these opinions, we solicit from you the favor (sic) of permitting us to nominate you as an eligible person to represent, in the Legislative Council, the electoral district of Morven. -We are, dear sir, yours, very faithfully, etc.

Another name which appears on the list of signatories is that of George's son-in-law, William Smith (married to his daughter, Matilda Ann Aram).

George Aram succumbed to dysentery on 27 January 1854. He died intestate, and in the Letters of Administration his occupation was given as a farmer. (Ref. 570/312)

His headstone reads "Sometime schoolmaster at Breadalbane who died 1st February, 1851, aged 53 years. A tribute of affection erected by his daughter." Since George actually died in 1854, either the daughter or the stonemason was in error. This headstone still stands – just – in the Anglican cemetery in Perth, Tasmania.

By Rita Summers

Sources:

Colonial Times, Tasmania, Australia

National Archives, Kew, England

Royal Hospital Chelsea, Soldiers Service Documents WO 97/761/16

B. M. Chapman, Ancestry.com (bmchapman@primus.com.au)

Clifton - Clifton Grove (http://www.proweb.co.uk/~roymat/cgrove/cgrove.html)

Clifton Hall, Nottingham (http://en.wikipedia.org/wiki/Clifton Hall, Nottingham)

Richard Aram, England

Highway in Van Diemen's Land, by G. H. Stancombe; The Bedside Book of Colonial Doings, by J. H. Heaton Records of the 63rd, Mitchell Library, Sydney, Australia

Probation in Paradise - The Story of Convict Probationers on Tasman's and Forestier's Peninsulas, Van Diemen's Land, 1841-1857, by John Thompson; 2007

Whitfield Collections

State Reference Library of Tasmania, Australia

Tasmania, Now and Then, by A. D. Baker; Evandale Historical Society, Tasmania, Australia

Launceston Examiner Newspaper, Launceston, Tasmania, Australia

Archives Tasmania

Trevor Dixon

Tomatoes cure acne?

Tomatoes have a lot of vitamins C and A, antioxidants and acidic content, so they can be used to treat a variety of minor skin ailments. This cure is especially good for oily skin. Mash one small tomato into a pulp, then spread the pulp on your face and let it sit for one hour. Wash it off with tepid water and pat dry. Repeat once a day for a week.





Magic 123 Tuesday 3rd, 5th & 13th

Child & Family Centre 1 Groom St, St Helens 1-3 pm Bookings essential at the CFC or Phone 6376 7170

Wednesday 4th

Play & Learn with a difference St Marys Child Care Centre 1pm –2.30pm New time

Tuesday 17th

Neighbourhood House Fingal New Place With Fingal playgroup 10.30-12.30

Wednesday 18th

Play & Learn with a difference St Marys Child Care Centre 1pm –2.30pm New time

September 2013

Thursday 19th

St Marys Launching into Learning St Marys District School Kinder room

1.30pm - 3.00pm

Healthy lunch box and snack ideas with Amanda the nutritionist

Tuesday 24th

Launching into Learning at Child & Family Centre St Helens 10.00 - 12.00 noon

Wednesday 25th

Falmouth Play Group Falmouth Community Centre Please check times

All Building Blocks sessions are free of charge for children 0-5 years old, along with parents, grandparents and carers.

Come along and see!

What are Play & Learn Sessions?

Fun activities for your children including painting and cooking, so wear old clothes, come along and join in. Lots of information for adults as well.

For more information or to share ideas and suggestions please call Cathy at Healthy House on 6376 5242 or 0400 002 116

E:cathy.parker@healthyhouse.org.au





Latest ideas and research

Dumbonomics: why Tasmania doesn't need to be lectured by the rest of Australia.

Recent reports would have you believe that Tasmania is a basket case and in desperate need of another bailout. The Fairfax-owned Launceston Examiner recently ran a story headlined "Tasmania's economy is nation's worst". Not to be outdone, an editorial in Hobart's Murdochowned Mercury stated that in the forthcoming election, "It's jobs, jobs,

jobs". These opinions reflect the views of narrowly trained neoclassical and Keynesian economists. For both approaches, the secret to social welfare is never ending growth as measured by gross domestic product (GDP).

What is GDP?

Officially, GDP is the sum total of the market value of goods and services produced in a country, with adjustments made to deduct intermediate goods to avoid double counting. It is a truly bizarre way to measure how a country or a state is going economically, socially or environmentally. GDP only counts market transactions. So, for example, if your mother retires and offers free child care to your kids, then the fact you are no longer making child care payments is bad for the economy. Conversely, if you have a car accident, all the subsequent expenses related to insurance and repair is good for the economy because it all gets added into GDP. From an economic perspective, your loss of welfare is the economy's gain!

There are other dramatic failures with GDP as a measure of welfare when it comes to considering the environmental and social costs of market activity. A billion dollars in coal mining profit is equal to a billion dollars profit from building solar panels. An economy that grows by ten billion dollars is doing well regardless of how it is distributed. If the rich get nine billion dollars and the rest only one billion, it makes no difference to GDP.

GDP growth and Australia

Now that we grasp the perverse nature of GDP as a measure of total welfare, let's consider what is actually happening when comparisons are made between Tasmania and the rest of Australia. Unless you've been living a hermit's existence, you will know that Australia's growth over the past decade is a result of the mining boom, a boom in which coal exports have featured prominently. All the activities of Australia's coal industry have contributed to the nation's inflated GDP. Nothing has been deducted for any of the negative social and environmental impacts it and the broader mining boom have been having on local communities and the climate.

There are several consequences of the mining boom that have been much remarked on. First, we can simply note that mineral resources are inequitably distributed around the country and that resource extraction has been concentrated in Queensland, Western Australia and the Northern Territory. Other states, including Tasmania, have been significantly less impacted. Thus, second, the "miraculous" growth of Queensland, WA and Australia over the past decade is not due to individual or collective genius but to dumb luck. Mining contributes around 28% to Western Australia's gross state product today, up from around 25% in 2008. Third, rather than simply admit they've been lucky, mining barons and politicians would have us believe they are the new business gurus, a view that then justifies them lecturing us on their quaint economic notions.

Finally, while Tasmania has not "benefited" – thankfully – from an unsustainable mining boom, it has, like many regions around the country, had to bear the costs. These, most notably, have taken the form of the high dollar that has played havor with Australia's overseas competitiveness.

GDP, unemployment and Tasmania

Is Tasmania in desperate strife? In March 2008, according to the official figures, Tasmania's workforce was 241,687; today it is 250,064, a growth of 3.5% over the five year period. Total unemployment was 12,118 in 2008 and today 17,741, a difference of 5,623. Life is undoubtedly very tough for those people out of work and something definitely needs to be done about it. However, being stampeded into growth-for-growth's-sake policies by those hypnotised by the GDP fetish is not the answer. A sober assessment of why Tasmania's unemployment is higher today than it was in 2008 is required. A moment's reflection enables us to pinpoint why: the restructuring of the state's unsustainable timber industry. According to a detailed study of the industry by Australian National University researcher Jacki Shirmer, almost 3,000 jobs were lost since 2008, a figure that accounts for almost half the observed job losses and probably a good deal more when multiplier effects are included.

A \$15 million package is already in place to help transition many of those who lost their jobs in the forestry sector as part of the Tasmanian Forestry Agreement. The TFA is also rolling out A\$100 million in regional development grants that will generate more jobs over the next several years.

Sustainable Tasmania; unsustainable Australia

Tasmania's failure to meet mainland standards of GDP growth is not a sign of the state's regionality, cultural backwardness and failure to innovate. Rather it is a sign that Tasmania – an island state with tight-knit communities, gourmet food, world class natural heritage, a vibrant cultural tradition, and more – is moving towards sustainability even as the rest of Australia is turning its back on it.

The irony of all this should be savoured. Unsustainable, fossil-fuel intensive development in the rest of Australia that has generated hyper-inflated GDP and employment rates is being used as the benchmark for judging Tasmania, which is

actually travelling down a more sustainable path. In the race for a higher GDP, it is mainland Australia that is using steroids: no wonder Tasmania's performance is suffering by comparison.

Author Fred Gale, Associate Professor at the University of Tasmania.



Fred Gale is a member of the Forest Stewardship Council for which he has also undertaken consulting work. He has held research grants from the Australian Research Council, the Social Sciences and Humanities Research Council of Canada and the Australian Egg Corporation Limited.

http://theconversation.com/



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The Commonwealth Bank's annual profit has climbed to a new record of \$7.67 billion.

Australia's biggest bank says its earnings for the 2012-13 financial year increased by 8%. The result is within the range anticipated by analysts. The bank has increased its final dividend to \$2 per share, taking its total full-year dividend to \$3.64.





This photo was taken by Rev. R.S. Blanche at Corroboree Rock near Alice Springs in 1959. In the woods with branches in front of her appears to be a transparent women. If a photo like this was taken today one would think that it was created in Photoshop, but Photoshop didn't exist in 1959. Double exposure is also unlikely given how visible the areas in front and behind the women are. http://www.paranormalhaze.com/10-famous-ghost-pictures-and-their-story/

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52 MAIN ST ST MARYS.



Constable John Connolly, of Spring Bay, part 3 - John Connolly and daughter Mary by Lynne Dawes.

Free men built communities and structures, and what a free man saved in cash, he could apply for and receive the equivalent value in the form of a land grant. He then had monies in hand to develop and maintain his land into a substantial property; entitlement to inheritable convict assignees who provided skills and labour in return for their keep was also awarded to free men. This convict labour, skill and knowledge helped develop the state. Smart convicts could execute their sentence, become property owners and thrive on new opportunities as their descendants were born free citizens. When the convict assignee system ceased, or the convict sentence was completed, larger farming properties still provided stable employment for ex-convicts and their descendants.

Until the down-grading and closure of the Spring Bay port late in the century, Van Diemen's Land and the east coast district were reliant on sailors and their ships for trade - import, export, and passage. The rough road tracks and passes were rugged and often bullocks were used in preference to horses for land transportation. Many men and animals came to a sad demise on notorious local passes such as Break Neck, and Bust-Me-Gall. The ascent of Bust-Me-Gall was so difficult that travellers often had to walk these sections in order to relieve the animals of some of their burden. Legend has it that Bust-Me-Gall was named after an exclamation uttered by a wagoner during his first experience of the hill.



Francis Cotton

FRANCIS COTTON (1801-1883), Quaker settler, was born in London, qualified as a builder and set up his own business. At 19 he was disowned for marrying Anna Maria Tilney, a former Friend from Kelvedon, Essex, outside the Quaker Society of Friends. Rheumatic fever, London fogs and visions of brighter prospects for a growing family induced him to sail in 1828 for New South Wales on the *Mary* with an old friend, Dr George Story. The voyage was diverted to Hobart due to a mast breaking in a storm. Francis liked what he saw and heard of the opportunities Van Diemen's Land offered, so he stayed to investigate more.

Francis settled his family at Swanport and they were later reinstated back into the Quaker community, resuming the disciplines of plain speech and Quaker testimonies. They endured shipwreck, destruction of their belongings by fire



Anna Cotton

and Aboriginal raids and attacks by bushrangers, as well as poor land and isolation; Francis Cotton persisted and prospered.

The Cotton property Kelvedon expanded with his family and become a landmark on the east coast. Francis was a pioneer in developing fine fleeces for export to London; he also sent wheat to Hobart, meat to the Maria Island Probation Station and Waterloo Point, and wattle bark and whale oil to England.

He was one of the first members of the Road Trust and an early agent of the East Coast Steam Navigation Co. from 1854 to 1857, managed in Hobart by his son-in-law Joseph Benson Mather. In 1854 Francis stood for the Legislative Council but was defeated by Charles Meredith; it was said his refusal to bribe voters with drink lost him votes. In 1860 he was the first treasurer of the Glamorgan municipality, and the next year was appointed auditor of the adjoining Spring Bay municipality. He was an energetic advocate of tariff and tax policies helpful to farmers.

John Cotton (Earlham of Orford), the son of Francis and Anna, was raised at Kelvedon and educated by private tutor. Finishing his studies in 1848, he took to the sea and was engaged by Capt. Addison on the China to London trade route.

Later he entered the service of Brown and Co. in Hobart, exporting, importing and travelling to all parts of the world. In 1858 he retired. John, his brother James and William Tapner landed at Sandspit (Rheban) in a whaleboat with workmen, tools and equipment, to clear the land. John established Earlham of Orford and married the frail Marion Wills in 1861. They had three children - Edith, Harold and Howard. Harold was accidently poisoned in 1874 and died at age six. Howard drowned at age 23 returning home from a regatta with his friend Master Coote.

Const. John Connolly's daughter Mary was in the employ of John Cotton at the Rheban estate from 1870 to 1874. The Connolly sisters, Ellen and Kate, would often stay at the Earlham of Orford with Mary who was a domestic aid to Mrs Cotton. Ellen was quite friendly with Mrs Cotton, and the Connolly girls wrote to each other often. Ellen discovered Mary was in the family way on her last visit in June and was told by Mary that



Kelvedon - Swansea

John Cotton was the father. Ellen challenged John Cotton on the matter, he admitted and believed that this was possible. Mary wrote to her father and told him; she left the Cotton house when six months pregnant and went to a hut occupied by Mr Hume, another employee of Mr Cotton.

Mr Hume took Mary to be married but sadly the Rev. Dobson refused the request and denied them a marriage licence. The proposed marriage, if allowed, would have relieved John Cotton of any maintenance or responsibility. Mary returned to the Cotton house for the remainder of her confinement and John Cotton made arrangements for the welfare of Mary and the child.

The following evidence from the Inquest at Earlham on 23rd September 1874, was reported by the Mercury. At the Inquest John Connolly, the father of the deceased said:

"I am a Constable at Spring Bay. The Deceased was my Daughter. Her name was Mary Connolly. She was 20 years of age. She was in the service of Mr Cotton. The last time I saw her alive was in May last, when I came to Mr Cottons through a message sent to my place, asking for another of the girls to come down. I did not know the deceased was pregnant then. I first heard of it in July when I received a letter from another daughter (Ellen), who wrote the deceased had left Earlham. The



Rheban Jetty



John Cotton

pregnant. A day or two after, I saw the deceased and Hume on horseback at Orford. They went away to be married but Mr Dobson would not marry them. They returned and stayed at Earlham. The deceased then sent me the following note;

'Dear Father, I write you these few lines, hoping to find you in good health, as it leaves me at present. John Cotton acknowledges to be the father of this child.'

John continues, "I never myself said or authorised another to say I disowned her. I reported her death on Sunday the 20^{th} and requested that an inquest be held and a medical man sent for. My reason was, I thought John Cotton had caused her death, as he said at the time of her return to Earlham that he was

greatly afraid that she would not get over her confinement. (It would be unfair to publish the reasons assigned to this belief as they were merely conjecture). The deceased was a strong healthy girl. She lived four years at Mr Cotton's. I first heard of my daughter's death on Sunday accidently; I did not know before that she was ill. My reason for not taking her home was that she refused to come. If I had Known she was ill, I would have come down myself, or sent her mother or one of her sisters. There was no correspondence between me and Mr Cotton on this Subject. During my daughters last illness, there was no application to me or my wife to come to assist her. The first I had heard of her death was by meeting James Fergusson upon the road on Sunday. He told me my daughter was Dead."

man who brought this letter (F. Hume) on Sunday, came again on Wednesday to say Mary was at a hut on Cottons Run. My

Wife also told me that the deceased was

He produces another letter: "The letter marked A, which I produce is in my daughters hand-writing" 'Earlham. My dear sister,

I write you these few lines, hoping to find you in good health, as it leaves me at present.

Ellen, Mrs Cotton wants to know if you'll knit some stockings for her, and she hopes that Mother and Father wont be vexed at her asking you to do them for her.

Oh! Ellen- I wish you would write more than you do, I should not find a week like a month, you don't know how slowly time passes away. Oh! Ellen- it goes slowly by and it goes more slowly as time goes on. Oh Ellen, i wish you would tell me if mother and father will let you come to Earlham. Oh! Ellen Not for my sake, but for Mrs Cottons sake; but as for me I hope that I won't want help from no one: all the help I want, it will be from god alone, for when my time comes on I will not trouble no one but god alone. I will leave myself to god. Oh Ellen do come, if you can or Kate, I don't care which of you. Oh! Ellen, Mrs Cotton told me to tell you not to speak about the Bibles in any of your letters, for John Cotton is really mad. She told me to tell you, not to say any more about it for her sake. She said she has not told him about the bibles or the letters. Oh! Ellen- He is grieved for what he has done, for he can see it all now: he never sleeps one hour together. Mrs Cotton says that he is heart broken over it, she told me to tell you, that she could not tell you herself, for he would read her letters. She says to be sure to come if you can or Kate. Oh Ellen give my love to Kate, and tell her I will write to her and Alfred as soon as I can, as I have no time now and am nearly falling asleep. So you must forgive my bad writing. So no more from your loving sister, Mary Connolly.

Give my kind love to Alfred, to Kate and to all.'

The examination continued: John Connolly's final comment - "I always thought Mr John Cotton's a safe place for my children. I had always a very high opinion of him, and thought him very kind to myself and my family."

To be continued...

"He's Gonna Step On You Again" (aka "Step On") was a hit single, co-written by Christos Demetriou and performed by John Kongos in 1971.

It is cited in the *Guinness Book of Records* as being the first song to have used a sample; however, according to the sleeve note of the CD reissue of the *Kongos* album, it is actually a tape loop of African drumming, and the use of tape loops and instruments using pre-recorded samples such as the Mellotron & Optigan were well established by this time.

On 22 May 1971, the song entered the UK Singles Chart, reached #4 & spent 14 weeks on the charts. It was released on the Fly Records label. The song was featured on the soundtrack of the 2006 video game Test Drive Unlimited. In 1987 three Australian bands, The Party Boys, Chantoozies & Exploding White Mice each released their own cover version. The Party Boys' single peaked at #1 in June on the Australian Music Report Chart and #10 on the New Zealand Singles Chart, while the Chantoozies version reached #36. The Party Boys also recorded a 12" single, "He's Gonna Step On You Again (Stomp Mix)" with Nick Mainsbridge remixing, backed by "She's a Mystery". The Party Boys were an Australian rock supergroup created by Mondo Rock's bass guitarist, Paul Christie, as a parttime venture for professional musicians with downtime from their other projects, mostly performing cover versions from 1982 until 1992.

The group had temporary members from Status Quo, The Angels, Sherbet, Skyhooks, Rose Tattoo, The Choirboys, Australian Crawl, Divinyls, Models, Dragon and Swanee plus international stars including Joe Walsh, Eric Burdon, Alan Lancaster & Graham Bonnet. In 1987 the members were Kevin Borich (guitar, backing vocals), John Brewster (guitar, backing vocals), Paul Christie (drums, Richard Harvey (drums), backing vocals), Lancaster (bass guitar, backing vocals) and John Swan on lead vocals. The first line-up of The Party Boys in Sydney included guitarists Kevin Borich, Harvey James (Mississippi, Ariel, Sherbet), drummer Graham "Buzz" Bidstrup who had recently left The Angels and Australian Crawl vocalist James Reyne. When Reyne left the band Richard Clapton was brought in as replacement on vocals and Don Raffaele joined on saxophone. Skyhooks vocalist Graham "Shirley" Strachan and Rose Tattoo guitarist Robin Riley were also associated with the

Happy Mondays covered the song, retitling it "Step On" in

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1990, with two different music videos. It was originally intended as a contribution to the Rubáiyát: Elektra's 40th Anniversary compilation for their US label Elektra, but they released it as a single. The Happy Mondays version incorporates a short sample of three guitar notes from the original. It became their biggest-selling single, peaking at #5 in the UK & even made it on to the Billboard Hot 100 chart at #57.

Other artists have recorded cover versions of this song, including Def Leppard (on their 2006 cover album *Yeah!*).

Although probably never recorded, the song was also a staple of Canada's MacLean & MacLean live act where its percussion rhythms & topical lyric made it popular with their audiences

http://en.wikipedia.org/wiki/ He's_Gonna_Step_on_You_Again http://www.youtube.com/watch?v=kbovKqsJPc4 http://en.wikipedia.org/wiki/The_Party_Boys

20/8/13. Australian Party leader Bob Katter says gun-related deaths rose after the introduction of John Howard's National Firearms Agreement in 1996. The agreement banned semi-automatic rifles and semi-automatic and pump action shotguns. The laws were introduced as the Howard government responded to the Port Arthur massacre on April 28, 1996, when 35 people were killed by gunman Martin Bryant.

"There were more deaths after the gun bans from guns than there were in the three years before Port Arthur," Mr Katter said on Tuesday in a debate on ABC Radio National's Bush Telegraph program.

The Australian Bureau of Statistics has compiled the figures on gun-related deaths for ABC Fact Check. There were 523 in 1996. In the period identified by Mr Katter, three years before Port Arthur, there were 1,538 gun deaths. This is the sum of 526 deaths in 1993, 532 in 1994 & 480 in 1995.

In the years immediately after the gun control laws were introduced, the numbers were lower. There were 437 deaths in 1997, 329 in 1998 & 353 in 1999. This makes a total of 1,119 - 419 fewer than in the three years before the law changed.

The figures do not support Mr Katter's claim. In fact, they show the reverse.



St Helens Pelican Point and Barway Marine Infrastructure Project shows real economic promise for Break O'Day. 20 August 2013

Break O'Day Council has contacted State and Federal members of Parliament expressing disappointment and frustration at the exclusion of projects in the Break O'Day region from the Tasmanian Jobs and Growth Plan, funded under the Tasmanian Forest Agreement. Break O'Day Council made an application under the Tasmanian Jobs and Growth Plan to obtain \$100,000 in funding to go towards a feasibility study on a marine infrastructure project to open the St Helens Barway. The application was rejected.

Federal Member for Lyons Dick Adams, wrote to the Council claiming that the Council was "not eligible under the Tasmanian Jobs and Growth Scheme" despite the fact that the Council's application met all the specified requirements, including that projects should contribute to economic and employment growth and diversification of the Tasmanian economy; projects should have some project development work in place; projects should increase the growth capability of private sector; and projects should, where able, benefit communities impacted by the restructure of the forestry industry. Mr Adams also said that the program was "geared to create new jobs in the private sector", which is exactly the aim of the marine infrastructure project as is proposed by Break O'Day Council

Break O'Day Council is now trying to get State level support for the project before approaching the Federal Government in order to secure a promise of funding to this essential infrastructure project. Minister O'Byrne and State Member for Lyons Rebecca White have been kind enough to schedule a meeting with Council representatives next Tuesday 27 August to discuss the project.

On Wednesday 31 July the St Helens Barway Committee met to discuss a business plan prepared by Dr Robert Noakes in conjunction with James Burbury of Burbury Consulting, to look at the rationale and justification for investment in the marine infrastructure to avoid the future closure of Georges Bay and the cessation of the fishing industry in St Helens.

The St Helens Barway Committee moved a resolution that the Business Plan be accepted and that the Break O'Day Council move this project forward by seeking commitment and support from the State and Federal Governments to immediately proceed to in-depth engineering investigation, detailed design, detailed costing and contract preparation stages.

The Business Plan was funded jointly between Break

O'Day Council and MAST, and shows clearly that capital works are needed to keep Georges Bay open. The project is of paramount importance to the economic health of the Break O'Day region. The future of St Helens deep sea fishing and aquaculture production, exports and employment is at a crisis point. Within three years, without major marine infrastructure investment in a retaining wall at Pelican Point, an extension of the existing breakwater at the entrance to the Tasman Sea and the dredging of the channels, Georges Bay will be inaccessible and the commercial fishing industry will be forced into closure.

The conservative estimate of the economic penalty of the closure St Helens port and the resulting decline in commercial fishing and aquaculture production is \$305 million over 20 years. In the face of the cost of the downturn of the forestry industry, the impact of this 'do nothing' scenario is too great a burden for the region to bear.

The project is estimated to cost \$21.94 million over three years. With this investment, fishery production could conservatively grow at between 2% and 5% annually. Commercial fishing activity in terms of landed value of catch and direct employment will accelerate; the existing St Helens fleet will increase in productivity, including more days at sea and less spoilage of catch; and commercial vessels operating out of other Tasmanian and mainland ports will be repositioned to St Helens.

Despite the fact the election pledges are being made in Launceston and Hobart for an array of projects, the east coast has been unable to secure any commitment of funding, despite being greatly disadvantaged by the dismantling of the forestry industry. Coalition promises include \$38 million to upgrade the Hobart International Airport, and \$50 million to set up a Tasmanian one stop federal approvals agency at Launceston. \$1 million from the ALP has been promised to Hobart to make Liverpool Street more pedestrian friendly, along with \$2.5 million for two more Trade Training Centres in remote Tasmanian regions. The proposed St Helens marine infrastructure project has been shown to be able to generate significant new jobs, additional export revenues and increased local economic growth. It is a project which offers, on a dollar for dollar basis, a broader range of economic/financial and social benefits than any other capital infrastructure project so far proposed for Tasmania; this analysis is based on the detailed economic work of Dr Noakes, an experienced Infrastructure Economist.

Break O'Day Council calls on Federal Member for Lyons Dick Adams and Liberal candidate Eric Hutchinson to visit the area and provide meaningful development directions for the economic future of Break O'Day; both candidates should examine the St Helens project in detail and see for themselves just what this investment can do for the electorate of Lyons and for the economy of Tasmania.

For more information please contact Councillor John McGiveron.

M: 0409 545 674

E: john.mcgiveron@bodc.tas.gov.au.

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Beyond The Trolley.

My kids go to a pretty small, independent school. A while ago, older students at the school were agitating for a canteen. The school trialled a "Canteen Day" by outsourcing the preparation to a local cafe. After seeing the selection of burgers and wraps on offer (and their

cost) I was pretty sure that we could serve healthier, cheaper food by doing it ourselves. So I, along with a small group of mums, took on the challenge of trialling a few more Lunch Order Days.

The idea is pretty simple. We were determined to serve freshly prepared, healthy food. No packets or preservatives! Rather than buying items that we then sold on, we thought up a few meals that could be easily made on the day in the school's kitchen. Knowing that we could never appeal to every child's taste or every parent's convenience, we offered one choice per day. First up - freshly made pumpkin soup and a roll. At \$2.50 for a small serve and \$4.50 for a large serve, it was a good deal for a winter lunch. I wouldn't say that the kids went wild over it but one large stock pot of soup was made and enjoyed with wholemeal bread rolls from a local bakery.

Three of us worked really hard on the morning to pull it together and I think we can be proud of our efforts.

Here is the recipe for the soup, scaled down for a family. This recipe yields approximately 2.5 litres of soup.

School Lunch Pumpkin Soup

A glug of canola oil

1 clove garlic

2 sticks of celery, sliced

1 onion, diced

1 heaped tsp ground cumin

1 heaped tsp ground coriander

1/2 tsp ground nutmeg

2 potatoes, peeled and diced

1/4 Jap Pumpkin - peeled, seeded and cut into large chunks (about 1kg of prepared chunks)

1 litre of chicken stock

In a large, heavy based saucepan, gently fry the onion, celery and garlic in oil until starting to go golden. Add spices and fry for 1-2mins until fragrant. Add potatoes, pumpkin and stock.

Bring to boil then simmer 20-30mins until pumpkin and potato are soft. Blitz in pot with a hand blender until smooth. Serve with a dollop of yoghurt, some freshly chopped parsley or coriander and a bread roll.

http://www.beyondthetrolley.com 11/8/2013













A Scolding Woman. The barbarities of the ducking-stool for the cure of scolding women, though abolished by law, are now oftentimes practiced by a kind of social barbarity none the less reprehensible. Women scold only when they are ill. Instead of blaming them we should prescribe Hop Bitters. The entire system will undergo a genial, pleasant change. The nerves will be quieted and acerbity of word and thought will give place to amiability and affection. Healthy women do not scold or fret

Launceston Examiner, 17/6/1884

Anthrophobia or Anthophobia- Fear of flowers.

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Set by Alberich www.freecrosswords.net 13 16 69. Dispatched ACROSS 18 1. Picnic insects 70. Encounter 71. Writing table 5. Resorts 9. Autumn 13. Boyfriend **DOWN** 14. Genus of heath 1. Cain's brother 16. Hodgepodge 2. Roman emperor 17. Makes a mistake 3. A lively whirling 18. Duck down Italian dance 19. Police action 4. Maintain 20. Reluctant 5. Behold 22. Zoo 6. Dainty 48 24. Found on a finger 7. Assistants 26. Fathers 8. Picturesque 27. Daytime performance 9. Anticipate 30. Gentle stroke 10. Winglike 11. 53 in Roman 33. Without teeth 68 67 35. Dishes out numerals 37. Completely 12. Prospector's 38. Appointed find 41. Before, poetically

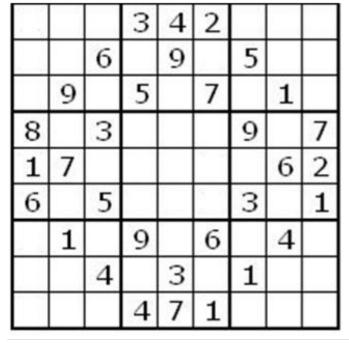
42. Covered with linoleum squares
45. Mystical
48. Yellow fruit
51. Distinguished
52. Pass over
54. Therefore
55. Example
59. Cowboy movie
62. Soft drink
63. Run away to wed
65. Greek sandwich
66. Distinctive flair
67. Noblemen

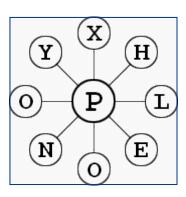
68. Sweeping story

15. A kind of macaw
21. Clue
23. Bacterium
25. Low-fat
27. Food from animals
28. Improvise
29. Estimated time of arrival
31. Mental representation
32. Small finch
34. An uncle
36. Religious offshoot
39. East southeast
40. A hemispherical roof
43. Beguile

44. Have the nerve
46. Novice
47. Betrothed
49. Well-known
50. Place of refuge
53. Talked
55. Cards with 1 symbol
56. Part in a play
57. Family group
58. Type of sword
60. Twin sister of Ares
61. Stone
64. Eastern Standard Time

Solutions next issue.





Using the BrainTracker grid, how many words of 4 or more letters can you find? Each word must contain the central **P** and no letter can be used twice, however, the letters do not have to be connected. Proper nouns are not allowed, however, plurals are. Can you find the nine letter word? Excellent: 20 words. Good: 17 words.

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2nd Sunday LITURGY

St Helens Vigil 5pm St Marys 9am Bicheno 9am Fingal 9.30am

3rd Sunday MASS

St Helens Vigil 5pm St Marys 9am Fingal 9.30am Bicheno LWC 9am

4th Sunday LITURGY

St Helens Vigil 5pm St Marys 9am Bicheno 9am Fingal 9.30am

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St Helens Vigil 5pm St Marys 9am Bicheno 9am Fingal 9.30am

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Break O'Day Uniting Church

The Manse 6376 2405 St Helens 9am Fingal 11.15 am

Actor and animal lover Matthew McConaughey has helped rescue many critters, including countless pets stranded after Hurricane Katrina. Perhaps the most moving tale of his commitment involves a night he was driving in Sherman Oaks, CA; he spotted a group of teens spraying a cat with hairspray - getting ready to set the poor creature on fire. McConaughey jumped out of his car and grabbed the animal, went off at the kids, and took the kitty to an animal shelter.

RAE & PARTNERS

Lawyers, barristers & solicitors
of
113 Cimitiere St. Launceston
visit the
St Marys Community Health Centre
every second Tuesday from 9-10 a.m.
Ph 6337 5555 for appointments.



St. Helens Electrical

ROD SHAW LIC: 933671

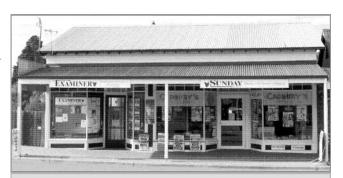
Domestic Commercial Industrial

Wiring and Repairs, Rewires, Underground.

Home Heating: Advisory, sales and installation of heat pumps and fixed heaters.

Lighting Specialist: *Interior and exterior, advice, sales and installation.*

0407 615 072 24798 Tasman Hwy St Helens 7216



ST MARYS NEWSAGENCY 6372 2143

- AURORA PAYG
- PHONE CARDS
- DVDs
- STATIONERY
- GIFTS
- NEWSPAPERS
- MAGAZINES
- WRAPPING PAPER
- PRE-PAID MOBILES
- FISHING GEAR
- BAIT
- ICE
- CALOWS BUS DEPOT and TIMETABLES

Open 7 days a week for your convenience.

Mon to Thurs 6am - 6pm Fri 6am - 7pm Sat & Sun 7am - 6pm

ST MARYS COMMUNITY HEALTH CENTRE

	WHAT'S ON AT THE CENTRE	WHAT'S ON AT THE CENTRE Continued				
29 August	Social Worker– Shan Williams. Please phone 6372 2111 for appointments	6 Sept	Social Worker – Shan Williams. Please phone 63722111 for appointments.			
30 August	TML Diabetic Educator, Physiologist and Dietician. Appointments available by referral from you GP. Social Worker–Shan Williams. Please phone 63722111 for appointments	9 Sept	Physiotherapist—Naomi Ide . Please see your GP or Health Professional for a referral to the service. Mental Health Clinician/ Case Manager—Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for			
2 Sept	Mental Health Clinician/ Case Manager- Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you. Physiotherapist—Naomi Ide. Please see your GP or Health Professional for a referral to the service. Hospital Auxiliary Meeting 2:00pm in the Day Room	10 Sept	you. Mental Health Clinician/ Case Manager- Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you. Child Health Session with Sue Gofton every Tuesday— Appointments only. Please phone 0428 136 381 Physiotherapist— Naomi Ide. Please see your			
3 Sept	Physiotherapist—Naomi Ide . Please see your GP or Health Professional for a referral to the service. Child Health Session with Sue Gofton every		GP or Health Professional for a referral to the service Lightfoot Podiatry— Perry Daly. Phone 6331 9568 for appointments			
	Tuesday- Appointments only. Please phone 0428 136 381	11 Sept	Day Centre—For details on the group please contact Hayley Gilbert 6372 2111			
	Mental Health Clinician/ Case Manager—Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.		Mental Health Clinician/ Case Manager— Fayer Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.			
	Tom Bain, Rae & Partners Lawyers. At the Community Health Centre Tuesday fortnights. For appointments please phone 6337 5555		Podiatry North- For appointments please phone 6336 5155			
4 Sept	Day Centre— For details on the group please contact Hayley Gilbert 6372 2111	12 Sept	Social Worker – Shan Williams. Please phone 63 2111 for appointments			
	Social Worker- Shan Williams. Please phone 63722111 for appointments.	13 Sept	Social Worker – Shan Williams. Please phone 6372 2111 for appointments			
	Physiotherapist— Naomi Ide. Please see your GP or Health Professional for a referral to the service. TAZREACH— Antenatal Clinic with Katie. For appointments please see your GP.	regularly attend or	ST MARYS HEALTH CENTRE TEACHING SITE Marys Health Centre is a UTAS teaching site. We have students from all faculties of health that are site to participate in training placements. If you will profes the students			

are attending this practise and would prefer the students Social Worker- Shan Williams. Please phone do not sit in on your consultation please let the reception staff know when you arrive. These placements are very important for the students so your cooperation is greatly appreciated.

> During September 2013 there will be multiple students on placement at the St Marys Community Health Centre from the University of Tasmania.

please see your GP or Health Professional for a referral.

Relationships Australia - Leanne McMurtie for

appointments please phone 1300 364 277 TML Podiatrist- Annabelle. For appointment

6372 2111 for appointments

5 Sept

Information of this page was supplied by: St Marys Community Health Centre, Gardiners Creek, Road, St Marys, TASMANIA. 7215

ST MARYS COMMUNITY HEALTH CENTRE

DOCTORS ROSTER

Dr Latt

28/8/13-13/9/13 10/9/13- No Dr Latt

• Dr Rawnsley
30th August, 3rd & 10th September

. <u>Dr Libby Reeckman</u> 12/9/13 Women's Health Clinic & 13/9/13

For appointments phone: 6372 2111

Please see After Hours Numbers for during this time

IMPORTANT INFORMATION TO PATIENTS

Please be aware that Dr Latt's Surgery is currently fully booked for appointments 1 week in advance as of 28/8/13

If you are unable to get a doctor's appointment at the time of ringing and you feel you need more urgent medical attention *please inform the reception staff* who will put you through to the Nurse on duty.

Daily Doctor appointments are not always available but if the need arises we can prioritise.

If in doubt– Call an Ambulance 000 Thank you for your cooperation

St Marys Community Health Centre GP Surgery Hours:

Monday—Friday

8:50am-10:00am

10:00am-10:30am- Reception Closed

10:30am-12:30pm

12:30pm-1:30pm- Lunch Reception Closed

1:30pm-2:45pm

2:45pm-3:15pm- Reception Closed

3:15pm- 4:30pm

For appointments please ring Reception during opening times. Appointments will not be taken at other times.

INR TESTS

A doctor's appointment is required if you are having an INR test. Please let reception staff know when making your appointment that you are having an INR test. This requires a 5 minute doctor consult.

SCRIPTS AND DOCTORS APPOINTMENTS

Please ensure doctors appointments are booked **PRIOR** to your medication/s running out or **IN ADVANCE** if you are attending this practice regularly.

PLEASE BE PATIENT waiting periods can apply to see the doctor. Scripts are unable to be done over the weekends, ensure you have enough medications in advance.

PHONE SCRIPTS

Please be aware scripts are no longer able to be done over the phone.

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AFTER HOURS CONTACT NUMBERS

Please phone GP ASSIST ON- 1300 780 011

AMBULANCE 1800 008 008 or EMERGENCY 000

ST MARYS COMMUNITY HEALTH CENTRE 6372 2111

Please RING before presenting after hours

PATHOLOGY SERVICE

No Pathology Service between 12:00-1:30pm or before 8:30am daily

If you require Pathology before 8:30am an appointment must be made with the Nurses Station the day/night before by phoning 6372 2111

Women's Health Clinic

Dr Libby Reeckman conducts Women's Health Clinic's at the St Marys Health Centre. If you require an appointment please phone 6372 2111. Waiting periods can apply.

Next Session: Thursday 12 September 2013

WAITING AREA AT HEALTH CENTRE

If you are attending any appointments at the St Marys Health Centre please be aware that the waiting area for ALL SERVICES is the Reception area of the Health Centre.

Please report to Reception when you arrive and the consultant you are booked to see will be contacted by our reception staff and they will come and collect you from the Reception area.

This is a compulsory requirement for our Occupational Health & Safety at the Health Centre.

Thank you for your cooperation

Information of this page was supplied by: St Marys Community Health Centre, Gardiners Creek, Road, St Marys, TASMANIA. 7215

Meals on Wheels

0488 384 344

Septemb	er	St Marys	Fingal		
Monday	2nd	Debbie Barnes	Neighbourhood House		
Tuesday	3rd	Pam Bretz			
Wednesday	4th	Lundy Vosper			
Thursday	5th	Heather Griffiths			
Friday	6th	Claire Bean	Neighbourhood House		
Monday	9th	Ruth Aulich	Neighbourhood House		
Tuesday	10th	Trish Pike			
Wednesday	11th	Lundy Vosper			
Thursday	12th	Liz Rice			
Friday	13th	Drew Adam	Neighbourhood House		

Issue No. 8 solutions

2	5	3	1	9	7	4	8	6
8	4	1	6	5	3	9	7	2
6	7	9	2	8	4	1	5	3
9	6	5	4	1	8	2	3	7
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4	3	2	8	6	5	7	1	9

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The Valley & East Coast Voice Guidelines

Opinions in any letters published are not necessarily those of the Editor and voluntary workers.

Our pages will remain open to fair and honest criticism so that on all questions both sides may be presented, but any submissions containing personal attacks or hinting at libel or slander will not be accepted.

Please do not attack the editor, the paper or the authors of previous articles.

Letter writers will be given the chance to respond over a suitable period of time. Subjects may be closed at the editors discretion.

Please make sure of your facts. Do not write submissions just to let off steam.

Articles most commonly published are those that relate to current community issues.

Keep articles short, simple and to the point. Letters are restricted to 300 words or fewer.

The Editor reserves the right to edit any submission for grammar, spelling or reduction in size where necessary.

All letters/emails must include your full name, address and phone number.

The Valley & East Coast Voice reserves the right at all times, without notice, to update, change or amend our guidelines.

Whilst we value & welcome community input, the Valley & East Coast Voice does not provide specific feedback regarding any decision made not to publish a submission.

Scurryfunge. The hasty tidying of your house between the time you see a visitor and the time they knock.

All words:

aegis, ageist, agent, agents, ager, agers, ages, agin, agist, ague, agues, aigret, aigrets, anger, angers, angriest, angst, argent, argents, argue, argues, argus, astringe, auger, augers, augite, augites, earing, earings, easing, easting, eating, eatings, egis, engirt, engs, erasing, ergs, gaen, gaes, gain, gainer, gainers, gains, gainst, gait, gaiter, gaiters, gaits, gane, ganister, gantries, garnet, garnets, garni, gars, gast, gaster, gastrin, gate, gates, gats, gaun, gaunt, gaunter, GAUNTRIES, gaur, gaurs, gear, gears, genius, gens, gent, gents, genu, genua, genus, gest, geta, getas, gets, giant, giants, gien, gies, girn, girns, girt, girts, gist, gnar, gnars, gnat, gnats, gnus, grain, grains, gran, granite, granites, grans, grant, grants, grat, grate, grates, gratin, gratine, gratins, gratis, great, greats, grin, grins, grist, grit, grits, grue, grues, grunt, grunts, guan, guans, guar, guars, guest, guinea, guineas, guise, guitar, guitars, gunite, gunites, guns, gurnet, gurnets, gust, gustier, guts, gutsier, ingate, ingates, ingest, ingesta, ingrate, ingrates, nags, negus, rage, rages, ragi, ragis, rags, rang, range, ranges, rangiest, rasing, rating, ratings, reagin, reagins, regain, regains, regina, reginas, regius, regna, regs, reign, reigns, renig, renigs, resign, resting, retag, retags, reusing, rigs, ring, rings, ruga, rugae, rugate, rugs, ruing, rung, rungs, rusting, sage, sager, sagier, sang, sanger, sarge, sating, sauger, sauteing, seagirt, searing, seating, segni, sengi, sering, seringa, SIGNATURE, signer, signet, sing, singe, singer, snag, snug, stag, stage, stager, stagier, staig, staring, sting, stinger, strang, strange, string, strung, stung, sugar, suing, sung, surge, tags, tang, tangier, tangs, targe, targes, taring, tearing, teasing, tegs, tegua, teguas, terga, tiger, tigers, ting, tinge, tinges, tings, tragi, tragus, triage, triages, trig, trigs, trueing, trug, trugs, truing, tugs, tung, tungs, ungirt, unitage, unitages, unrig, unrigs, urge, urgent, urges, usage, using.

ST MARYS SPORTS and SOCIAL CENTRE INC.



Winter hours:

Thursday 5.30-7.30, Friday 5.30-8.30, Sunday 1.30-4.30.

New members welcome. \$25 membership for non-sporting members. Membership fees now due!

INDOOR BOWLS FRIDAY NIGHT

From 6pm. Never played before? It doesn't matter, it's all fun and socialising so come along and give it a go.

SPRING WORKING BEE

It appears that the boys have the maintenance of the greens in hand so the spring working bee which was scheduled for Sept 8th has been postponed. Ladies we will decide on a cleaning day for the Club rooms at our catering committee meeting on Tues 10th Sept at 2pm. See you there.

GRAND FINAL DAY 28TH SEPT

We hear you!!! 8.30am start is way too early. We will now tee off at 10.30am, 3 person Ambrose. (9 holes) Egg and bacon rolls for lunch to follow. Cost \$10 per person - golf only \$3 per person. GET YOUR TEAM ORGANISED NOW.

Placing your name on the board at the club will help us with catering. The usual footy tucker will be available throughout the afternoon.

This season's bowls will kick off with the NAN STEWART BOWLS DAY

29TH September 12.30pm at St Marys. Put your name on the board if you intend playing and please bring a plate on the day.

Talking of bowls, St Marys first game is Saturday 12th October and the green keepers are working hard to get the rinks ready for us to start practising. Keep your eyes on the VV for a date.

If you are intending to play this year please let Nikki know. If you don't, and have a uniform belonging to the club please return it to the club rooms. Thank you.

Annette Wines Secretary

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ST MARYS TASMANIA 7215.





ST MARYS IGA SUPERMARKET

38 Main Street Ph/Fax 6372 2240 Butcher 6372 2274

Monday to Friday 8 - 6, Saturday 8 - 12.

Promotions from 29th August to 4th September

Butchery	Per kg.
Porterhouse steak	14.99
Blade roast	8.99
Forequarter lamb chops	8.99
Corned silverside	6.99
IGA chicken thigh fillets	10.99
Father's Day	
Lindt Chocolate block 100g	2.49
Cadbury favourites 300g	6.49
Toblerone chocolate 400g	6.49
Raffaello gift pack chocolates 150g	6.99
Crispello/Cadbury Bites bag 120-180g	2.69
Great Australian Bake-Off	
Four Roses Plain/SR flour 1kg	1.49
Sunbeam Sultanas 1.15kg	6.99
Multix Bake 30cmx20cm	2.99
Nestle Sweetened Condensed Milk 400g	2.49
Bundaberg white/raw sugar 1kg	1.69

Promotions from 5th to 11th September

Butchery	Per kg.
Leg of lamb	10.99
BBQ Blade steak	7.99
Gerello roast	8.99
T-bone steak	15.99
Nichols marinated chicken drumsticks	4.99
Footy Finals	
IGA beef/pork sausages 1kg	4.99
National Party Pies/Sausage Rolls 12pk	3.99
Cadbury Marvellous Creations 290-300g	3.49
Red Rock Deli/Grainwaves chips 175-185g	2.99
Coca Cola 375ml 30pk	19.99
Coolroom and Freezer	
Kraft Cheese singles 205-250g	1.99
Perfect Ricotta Cheese Tubs 250g	1.99
Vita Cee Orange Juice 2.4L	2.49
Peters Original Icecream 2L	3.99
Barons Table Chicken Kiev 350g	5.99