

The Valley & East Coast Voice Est. 1968

Volume 46 No. 6 Thursday July 18th 2013 \$1

Purple Possum Wins Tourism Award



Purple Possum's Elaine Sullivan and Sandra "Dolly" Montgomery



Tourism Tasmania's CEO John Fitzgerald presenting Elaine Sullivan with her Award

Much loved local business *Purple Possum Wholefoods and Café* has won the Food and Wine category of the inaugural 2013 East Regional Coast Tourism Awards at a black tie function conducted for 120 guests at the White Sands Estate on the 4th of July 2013.

The recognition for owner Elaine Sullivan and her staff is a proud moment for St Marys and her award means an automatic entry into the State Tourism Awards to be conducted in Hobart later in the year.

Since its humble beginnings in 1999, the *Possum* has grown from a quality wholefoods business and expanded to include a friendly and relaxing café with coffee and homemade food to die for.

A tourist destination in its own right, the *Possum* is a welcome and unexpected find for our visitors and a unique amenity for the local community alike.

Check out the beautiful wooden plaque on your next visit.

Congratulations *Purple Possum* on your fantastic contribution to the St Marys township and its visitors.

Article and photos by Greater Esk Tourism President Peter Troode

Thank you to those who have expressed an interest in attending the Jane Austen costume making workshops. Unfortunately due to a family member's serious health condition in recent weeks, the workshops which were due to commence in July will now have to be delayed until August. The first workshop will be held on 18th August - if you are interested in attending, please contact Hannah on 0417 528 088

The next Valley Voice is due out on 1st August 2013 and the deadline is 5 pm Monday 29th July 2013.
vvoicerevisited@gmail.com 6372 2442 / 0403 430 452
W. Dawson, 12 Groom Street St. Marys Tasmania 7215

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, 10 am at the St 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. Ring 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. 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. Barry 6372 5752 (aulich@bigpond.com) or Jim 6372 2127 (jimhaas@bigpond.com) www.fingalvalleyhistory.com

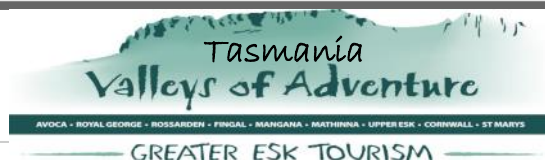
The **Falmouth Community Centre** contact for booking club facilities is Cherrie Schier on 03 6372 5272

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. Janet Drummond, Co-ordinator



GET TOURISM: Please note the next meeting is 12th August 2013. Enquiries to the president on 6372 2783.

Stallholders Market Inc is a non profit organisation which hold markets every Saturday from 8am in the library car park, St Helens. There are a variety of stalls and stall holders' fees are donated to various charities. Cheryl 6372 2194 (please leave a message).

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

MONDAYS 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 Marys Alcoholics Anonymous (AA) meet every Friday 8pm at Holy Trinity. Mick & Shiril 6372 2909

Community Announcements

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. More info contact Todd on 6376 1049

St Marys Community Market

First Saturday of the Month - 9am to 1pm
(except July and August)

St Marys Community Hall

For Bookings - Ring Robina 6372 2022

bodregionalarts@gmail.com



Wrapped in St Marys 2013 - check out the latest photos and info here - www.wrappedinstmarystas.com

For Sale

Round bales, garden mulch or bedding, \$50 each with free delivery in St Marys area. 0407 944 158

Wooden table and 4 chairs \$100. 6372 2584

Raspberry canes \$1.50 each, rhubarb crowns \$3, red / black currants \$3, comfrey \$2 - all good stock. Call Jack 6372 2034

Consul gas/electric full size fridge - 220 litre, works well \$850 ono. Nissan Pulsar '89 1.6L damaged mud guard, 4 as-new tyres, includes near complete 2nd car with 1.8L engine, \$400 the lot. 0401 870 316

Wooden doors in excellent condition, \$20 each. Please phone Don on 0428 482 648

2 rolls of carpet, bathroom vanity, toilet, large aluminium windows, kitchen cupboards, flyscreens, 2 chairs and venetian blinds. Please phone Mel on 0409 838 816

12' Aluminium boat on as new trailer with 6 hp Johnson outboard motor, call 6372 2133

Samsung side by side s/steel fridge freezer (912w x 670d x 1789h) as new \$750, Fisher & Paykel 5.5kg top load washing machine \$250 Ph. 0409 742 155

Wanted

Work wanted: gardening, odd jobs and tree lopping, \$15 p/h. 6372 2584

Work wanted: house cleaning, experienced lady, \$16 p/h. 6372 2584

Work wanted: ironing, pick up and deliver \$25 a basket-full. 6372 2584

Teenage boy would like some light gardening work, mowing, weeding, odd jobs. 6372 2584

Chest freezer wanted, ph 6372 2034

Smallish fridge/freezer, must open from right to left (hinge on left hand side). Call 63722 442/0403 430 452

On this day in 1976 - 14 year old Romanian gymnast Nadia Comaneci earned the first perfect score, a ten, at the Olympics and went on to score six more tens and win three gold medals.

Eric Hutchinson - Rates Increase

Impact of forestry shutdown hurting local ratepayers!

Rural land owners in the Break O'Day municipality are to be slugged up to a whopping 40% rate increase!

"Agriculture and forestry rate income is bundled together and in order to limit the cost increase to urban ratepayers, rural landowners are being asked to carry the can," said Federal Liberal candidate for Lyons Eric Hutchinson.

"This is another tragic economic consequence of the orchestrated and systematic dismantling of forestry in Tasmania, by state and federal Labor/Green governments," Mr Hutchinson said.

In a cruel irony it is agriculture, one of the sectors that generates employment and creates wealth in Tasmania that is being hammered again. As one farmer suggested today, "the rate increase is roughly equivalent to the cost of employing another person part-time in the business."

This is another attack on jobs, just at a time when unemployment in Tasmania has hit 8.1%.

When Prime Minister Rudd flies in to tell us he is "here to help" create jobs, the first thing he should do is dismantle the farcical Intergovernmental Government agreement on forestry, apologise to Tasmanians and admit that Labor was conned by the Greens, suggested Mr Hutchinson!

AURORA EMERGENCY 132004

SES EMERGENCY 132500

POISONS INFORMATION

TFS EMERGENCY 000 AND

131126

ENQUIRIES 1800 000 699

POLICE EMERGENCY 000

CRIMESTOPPERS 1800 333 000

POLICE ENQUIRIES 131444

Letters to the Editor Vol. 46 No 6

July 18th 2013

Letter To The Editor

I write on behalf of all rural rate payers who have been unjustly charged a massive increase. The rate that has been charged is the highest rate demand I have ever seen in one year. There is no excuse for this rate rise and everyone associated with Council should hang their heads in shame. Council pays a very hefty salary to its Managers and if this is what they come up with then Lord help us. This matter will not go away or die; action needs to be taken to prevent this ever happening again. A 40% increase in many cases is unacceptable and there are some rises to the tune of 58%.

Please let us see some common sense.

Robert Legge

Cullenswood

Letters to the Editor Vol. 46 No 6

July 18th 2013

Letter to the Editor

My working life at the St Marys Post Office.

I began working at the St Marys Post Office in 1965, first as a full-time employee for Australia Post, then part-time for many years. When the Post Office was privatised and sold to Peter (Wombat) Wilson I continued to work with him on a casual basis. What great times we had, Wombat, Peter Lohrey and myself. Wombat always had a joke to tell (or play on someone else).

I remember us wrapping up rose-coloured heart-shaped spectacles many times and handing them over to different customers who had been waiting for their new glasses to arrive. Wombat always asked the customers to undo their parcel and try on the glasses so we could see what they were like. The result was lots of laughter at the reaction from the customers, then their real parcel was taken from under the counter and handed over.

I recall at Christmas time, the two Peters joining in the festivities with the mail sorting bin being wheeled up and down the street, one Peter in the bin and the other Peter pushing from behind (the wheels have never been the same). Sweets were handed out to children when they came into the Post Office, and all the returns trips by the kids just checking to see if Mum or Dad had any mail today! (A supply of sweets were always on hand.)

The two Peters had pleasure wrapping up an emergency package for the newly-weds in town, not sure they were always appreciated, but a lot of fun. Telegrams were always made up and delivered in time for the wedding reception which sometimes caused some very red faces.

Then the Posties on their bikes, they used to have to blow their whistle when they put mail in your box, but this alerted the dogs and many a time the postie would arrive back at the Post Office looking for a bandaid or bandage - *x*x*x Dogs!! Then, whistles were finally banned. Way back in those early days on push bikes, rain, hail, frost or sunshine, they had to put up with a lot. Names I remember - Scott Bean, Peter Izard, Peta Thomas, Dave Green and Craig Freiboth.

Then Wombat sold the Post Office to new owners Harry and Kerry Veldums from the mainland. I worked full time with them for about a year until they got to know the members of the community after which I officially retired. I was asked to go back to work whenever they needed a holiday, which kept me from getting bored at home but also kept me up to date with all the changes with Australia Post. The increase of mail, especially parcels (thanks to internet shopping) has been incredible. Some mornings we would arrive for work and have to step over dozens of mail bags to start sorting letters while our Postie sorted parcels and large letters for St Marys, Bicheno, Coles Bay, Swansea and Scamander. Yes, it's not just sorting mail for St Marys, it takes 3 people working from usually 6.30 am to about 8.30 am before the mail is done. Then there is John Goss who has the St Marys/Swansea contract and Bob Broadby with the St Marys/Derby contract waiting

on staff to have all the bags tied up, and the roadside deliveries and private bags ready before they can head off. All the parcels then had to be scanned through the computer, mail sorted to private boxes and parcels carded. Then redirections and mis-sorts handled, and then hopefully a well-earned cup of coffee and time to open the doors.

Working at the Post Office I have met lots of interesting families from all walks of life - some stay, some move, some pass on. I have seen little ones born and grow up, some move away, some stay and take an active part in our community.

My time working at the St Marys Post Office has always been enjoyable and rewarding. I know I am going to miss the interaction with customers and getting to know all the new residents of St Marys.

Finally, I wish Sue and Barbara all the best for the future in their new venture at St Marys Post Office and hope they get as much enjoyment from being there as I have over the years.

Ruth McGiveron

(Born and bred in St Marys)

Letter to the Editor

How to be a successful hardworking business person:

1. Have an elitist attitude.
2. Denigrate your customer base.
3. Be prickly and churlish.
4. Make sure you are judgemental especially when dealing with people from a low socio-economic situation.
5. Make assumptions about your consumers' intelligence.
6. Laugh at people, not with them.
7. Have favourites.
8. Regard the majority of your clients as whingers and moaners.
9. Treat complaints as trivial unless it involves your business takings or could affect you personally.
10. Question the wisdom of customers at your door a minute early.

Reon Johns

St Marys

Letter to the Editor

I think Harry Veldums has missed his vocation. He would make an ideal Tourist Ambassador for St Marys. After all, he could then socialise with politicians "which would make him laugh." And who would not want to come to our town when he portrays us as a community filled with toothless, smelly, inarticulate, illiterate impatient people who have nothing better to do with their time all day than search for letters or parcels. All this topped off by a prickly ex postmaster.

Best stay retired!

Wendy Brennan
St Marys

Letters to the Editor Vol. 46 No 6

July 18th 2013

Dear Editor

RE – THE PAST POSTMASTER’S POSTING

Well, well! What an interesting, if somewhat petulant, posting from our past postmaster!

I’m afraid I must have been one of the many customers who disturbed Harry after the Post Office opened at 9.00am. Where possible I did always avoid going to collect a parcel in the morning. Having Harry heave a heavy sigh, rise slowly to his feet with a groan and slowly find the parcel and throw it across the counter at me was best avoided – Kerry in the afternoon was a much better option!

I’m also afraid I am one of the people who after working with animals or in the paddock early in the day, didn’t always have a shower and get changed into “good clothes” before going to collect a parcel so I probably was one of those who was a bit grubby, and possibly a bit smelly especially in the summer.

But..like everyone else I was a customer, one of many who contributed to Harry’s income and have enabled him and Kerry to buy up local real estate and go on overseas holidays. Any business has to cope with the good and the not so good clients but they are all clients and they deserve the respect and gratitude of businesses they contribute to.

Meanwhile a big welcome to our new Postmasteresses, Sue and Barbara and their band of helpers who always welcome you with a smile and a chat if needed.

Diana Foster
St Marys

Letter to the Editor

I read with amusement Harry Veldum's account of the trials and tribulations of coping with the St Marys population.

I find it amusing that he would choose to take on such a public, hands-on business, in such a demographic, and one would think that with his experience he would have read the industry future forecasts i.e. that online shopping (parcels) and the decline in snail-mail due to social media sites would of course affect the future and nature of Australia Post.

I can't help but wonder at his amazing ability to present SOME facts and conceal all the important ones; one day when I'm as bored as he obviously is I'll let the town know what really happened. And how his and my opinions differ on the meaning of trivial incident - however a brief summary is this:

Cyber-bullying? No, an opinion expressed in two lines on MY facebook page in early July last year which attracted more than 100 comments from other exasperated people, some of whom were publicly ticked-off IN THE POST OFFICE by Harry for supporting my point of view.

Yes, I reported an incident to Australia Post, not a trivial one, in which Harry was proven wrong and was addressed by Australia Post to that end.

I'm flattered that you think I have a reputation, however this vicious, tarnished, 46 year old person needs to return to the real world- as an individual, and a participating player within all demographics in our community. End of.

Lynne Dawes
Seven Mile Beach

Dear Editor

RE – Break O’Day Interim Planning Scheme

Most people are aware that a new Planning Scheme for Break O’Day has been in the pipeline for some time and is now close to being finalised. Under this new Planning Scheme two previous zones, Natural Resources and Environment, have been reclassified into four different zones – Rural Resource, Environmental Management, Rural Living and Environmental Living. It is the last two new zones that many of us living on the outskirts of St Marys township may have an issue with, particularly in regard to any future or potential subdivision.

Rural Living allows subdivision down to lots of 1.0 hectare (2.47 acres). In the Environmental Living Zone the minimum area is at least 20 hectares (49.4 acres). So if you have 20 hectares on the edge of St Marys and are lucky enough to be in the Rural Living Zone you could sub-divide into 20 lots – a potential money spinner and something that would certainly add value to your property. BUT if you have a very similar property of the same size and happen to be in the Environmental Living Zone you can’t subdivide at all.

Unfortunately around St Marys only a few properties on the south side of town have been zoned Rural Living. The rest of us to the east, north and west of town are Environmental Living so no potential subdivision.

The purpose of the Environmental Living Zone is apparently to allow retention of existing natural and landscape values in areas characterized by native vegetation cover. Unfortunately much of the area now zoned Environmental Living, my property included, has little or no native vegetation but instead is poor quality pasture heavily infested with gorse and/or Spanish Heath – hardly something that one wants to retain and more difficult to manage on larger blocks. In addition, the current very small area to the south of St Marys zoned “Rural Living” means that people wanting small acreage for lifestyle, hobby farming etc are restricted to either a minimum 20 hectare, far too much acreage for lifestylers and far too little for any commercial farming, or a housing block within the town boundary – neither of which they want. There are many of these people, usually cashed up early retirees, looking for such small acreage within the shire and having such a limited area available for small acreage effectively excludes them and means the area loses their contribution.

The interim Planning Scheme is now in operation with the public exhibition period concluding at 5pm on August 2nd 2013. Representations can be made to the planning authority in writing to Break O’ Day Council POB 21 St Helens 7216, or by email to admin@bodc.tas.gov.au. So if you want any change to your zoning get your skates on as it will be all done and dusted in only a few weeks!

Diana Foster
St Marys

Break O'Day Council Rates 2013/2014



Ratepayers in the Break O'Day area were sent rates notices for 2013/2014 in the second week of July. The Council adopted the Rates Resolution and Budget for the new financial year at the Council meeting held on Monday 17 June 2013.

The calculation of rates this year was strongly impacted by the fact that properties around Break O'Day were recently revalued by the Office of the Valuer General, something that only happens once every six (6) years. The revaluation saw property values fall markedly in some sectors, with forestry the hardest hit.

To minimise the impact of the change in valuations while still meeting the needs of the community Council has introduced a differential rating system. This system is divided into three (3) categories: Primary Production, Commercial and all other ratepayers. To meet Council's budgetary needs, rates revenue will increase 6% overall; this includes the usual CPI increase and the rise needed to meet infrastructure maintenance and service provision needs. The increase in individual rates paid will not be uniform but will be based on the new property valuations and the differential rating structure. Individual rate rises in each category will vary, and this will be due to the variation in valuations across the municipality.

If an individual property has a rate rise of greater than 6%, this will be caused by that property having a greater than average increase in value, or a less than average decrease in value, as compared to the rest of the properties in that category. Any concerns ratepayers have regarding their property valuations should be directed to the Office of the Valuer General. The Mayor, Sarah Schmerl, explained that "Council is unable to absorb the lost rates revenue caused by the downturn in the forestry industry and still maintain the infrastructure levels required by the community."

Features of this year's Budget include investment in the central business districts of St Helens, St Marys and Fingal, additional expenditure on road networks, the finalisation of the Municipal Management Plan (MMP) providing strategic direction to assist with future decision making for development within the municipality, and a major new stormwater drain in Cecilia Street, St Helens.

The Budget includes a \$7.6 million Capital Works Program for 2013/2014, which will be delivered in addition to Council's ongoing commitment to operational service delivery and asset maintenance. Capital works planned include stormwater upgrades in St Helens, Stieglitz, Cornwall and Mathinna (\$1.2 million); environmental compliance works at waste transfer stations in St Marys, Scamander and St Helens (\$170,000); re-sheeting of Reids Road and Ansons Bay Road; replacement of toilet blocks at the Fingal Recreation Ground and Talbot Street, Fingal; and a bridge replacement and maintenance program (\$3.6 million).

Council will continue to work proactively to reduce expenses in other areas. Department managers have been required to keep their department within last year's budget amount, and they have succeeded. Council's workforce has not grown, and some existing staff members have taken on new duties to more closely reflect the services Council wants to deliver to the community.

The Council fully acknowledges the financial pressures faced by ratepayers, but also realises the importance that the community is provided with infrastructure that is maintained to an adequate standard.

**You're invited to come
along to our
Monday afternoon
knitting group
at Purple Possum.
(It's great fun – we'll have
you in stitches!)**

**It's on every Monday afternoon from 2.30 until
around 4 – and there's no better, brighter way to
start the week!**

**Join our resident gang of Knit Wits as they gather in
our cosy café for some serious knitting and a good
laugh or two. If you can't knit, we'll teach you. If you
can *really* knit, you'll probably show us up! For more
details please see Elaine or Wendy Fowler.**

**Purple Possum
Wholefoods & Café
5 Story Street St Marys. Phone 6372 2655.**

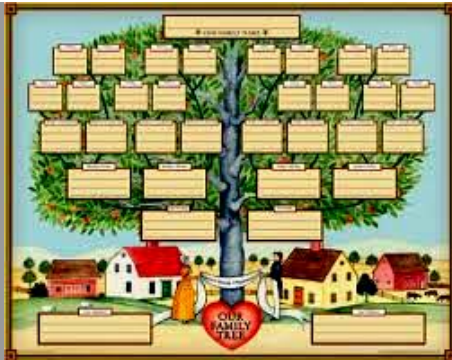


**CALTEX ST MARYS
MECHANICAL REPAIRS & SERVICE
41 Main Street St Marys Tas 7215
6372 2335 / 0419 503 109
Fax 6372 2822**



Avoca Museum and Information Centre

Old School Building
AVOCA TASMANIA 7213



Family History Workshop

June 29, 2013 at 10:00am - 3:00pm

Morning and afternoon tea provided, bring your own lunch,
\$10.00 per person.

You are invited to a Family History Workshop conducted by Michael Watt from Hobart. Michael is experienced in family history research and has familial connections in this area.

Avoca and the surrounding areas have a rich family history and we are aware that a number of people in the area have an interest in tracing their family roots. Michael will show us how to access the abundant information available, and the workshop also provides an opportunity for people to network. The interconnection of the various families in the district is amazing. Several families are well advanced with their family history and have family trees with a thousand names or more.

It would be great if you could join us on the 29th. RSVP is essential for planning purposes.

RSVP Prue or Frank O'Connor.

E: frank_oconnor@bigpond.com Ph: 03 6384 2119

The next AMIC Market is **Saturday July 20th**

Contact Steve 6384 2188 for a stall, Contact Tom 0418 545 732 if you would like furniture sold

Free: Learn to knit and crochet - class at the market.

What's this Tasmanian thing about potatoes?

I'm very fond of my interstate-born in-laws and friends but am aware that some of them think I am seriously weird... I cannot imagine why, doesn't every one buy potatoes by variety to do a specific job or make a particular dish? I sure do and have been the butt of many jokes in mainland green grocers over the years. I keep asking myself what is so funny but confess to taking some solace in their ignorance regarding the "secret" of my jacket potatoes ... shhh ... it's all in what type of potatoes you buy. Dare I confess their amusement extends to the way I go about buying apples too but that's a conversation for another day.

Back to this potato thing... Jacquie in the green grocers is in on the secret, she has little signs above the boxes for the benefit of those who don't get "this Tassie thing about potatoes." I will attempt, over the next little while, to share a few recipes and explain the mysteries to you.

It's well and truly winter now, in case you hadn't noticed, so there are plenty of "old" potatoes about, a good thing as it is the season for roasts, soups and mashes. To explain, generally "old" potatoes are floury and mash well, on the other hand "new" potatoes are more waxy and do not mash. It's a little more complicated than that but all will be revealed over the coming weeks.

We will start on that winter favourite... a good baked or mashed spud. My personal favourite for roasts are 'Up to Dates' - a bit hard to source these days but the baked spud of my childhood: crispy outside and a floury white inner. I love them done in their jackets too.

In the absence of "Up to Dates" I buy "Dutch Creams" or "King Edwards" to either roast or do in their jackets.

If you are after a good filling mash, try the recipe below.

Ingredients

6 medium sized Dutch Creams - wash them well and don't bother to peel, cut small to cook.

1½ cups of cottage cream

1 cup of plain yoghurt

1 tspn butter

1 or 2 chopped onions

About 6 cups of shredded cabbage (I like the traditional hard one but Savoy is fine)

2 or 3 carrots (grated)

Herbs and spices to taste including garlic, salt, black pepper, caraway seeds, dill.

Method

Boil and mash the potatoes using the cottage cheese and yoghurt in the mash.

Sautee the onion, garlic, cabbage and carrots in the butter and add the herbs and spices.

Combine in a casserole dish. Sprinkle the top with sunflower seeds, paprika and grated cheese and heat through in a moderate oven for about 30 mins.

The above is my adaption of Solyanka, the original is published in Mollie Katzen's Moosewood Cookery Book

Wendy Fowler.



**ARTIST OF THE MONTH July - August.
Barbara Mellor, Textile Artist**

What a fascinating career to begin as a Home Economics teacher, trained in Scotland, and after working 30 years in NSW to end up in Tasmania making exquisite quilts that have won numerous competitions. Barbara Mellor runs workshops and gives seminars about her passion for this fine artwork.

Not only is Barbara the president of the Tasmanian Quilting Guild but she is also a qualified valuer of quilts and has recently commenced training to be a judge with the hope of being listed on the National Judges Register. You may have seen Barbara's quilts showcased in the Australia Patchwork and Quilting magazine and in the Quilter's Companion. Cushions have also been featured as a project in Better Homes and Gardens, perhaps you have made one.

Invitational Exhibitions of Barbara's works have included Bicheno, Gallery Parnella in St Helens and a solo exhibition at Gone Rustic Gallery, St Marys. On all occasions admirers had their breath taken away with the joy of gazing upon such talent. Japan has influenced a lot of Barbara's works.

Please come into the Suncoast Gallery (which has had a face lift) and see Barbara's creations; we remind members that subscriptions are now due and that the AGM will be held on the 29th August, 2pm at St Helens Neighbourhood House.

Peggy Bogar, Suncoast Gallery, 27B Quail St. St Helens



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There has been quite a lot of conversation in the last 12 months or so about sustainability and community building. Some of this has been very local and just recently there was a very serious conversation about the fate of the Sports Club.

Within this broader context a few of us have talked about skill sharing and boy, there is some exciting stuff going on in town - the Community Kitchen, The Woodcraft Guild, Rustic Ragamuffins and a couple of other craft groups to say nothing of the great activities at the Day Care Centre. All good stuff.

I'd like to invite anyone who is at a loose end on Monday afternoons, keen to learn a new skill, with a skill to share, or just wanting to escape the house for an hour or so to join us at The Purple Possum. We just sit about having a coffee, chatting and doing our knitting or crocheting.

It's not about how good you are, it's about catching up with friends and sharing skills. Who knows, some of us might even feel brave enough to join one of the more established craft groups after a few weeks.

So if you thought you'd like to learn to knit or crochet, or even just catch up for coffee, it's 2.30 on Mondays at the Purple Possum, all very informal - just bring either your current project or one you would like a hand to start... and if you are an accomplished knitter bring your skills to share with folk like me.

Wendy Fowler.

DO YOU NEED



- RENOVATIONS
- CARPENTRY
- PAINTING
- BATHROOMS
- KITCHENS
- PLASTERING done?

COVERING THE FINGAL VALLEY
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mickle (n.): a large sum or amount, chiefly used in the proverbs "many a pickle makes a mickle" and "many a mickle makes a muckle." In 1793, Washington referenced the Scottish adage that "Nothing in nature is more true ... [than] many mickles make a muckle." Predecessors of *mickle* include the Old Saxon *mikil* and Middle High German *michel*.

Dick Adams MP

Federal Member for Lyons

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

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D.Adams.MP@aph.gov.au

**WORKING WITH YOU FOR A
STRONG COMMUNITY**

Written and Authorised by Dick
Adams, 53B Main Road Perth

UPDATE ON ST MARYS SALVATION ARMY



As promised, I would like to share an update with everyone on what is happening at the St Marys Salvos. We remain focused on trying to find another building, and have made many enquiries about all the obviously empty places in town.

But things are never as simple as they seem, and so in the process of making (what feels like) hundreds of phone calls and visits with Real Estate agents and BODC representatives, we are still unable to commit to a particular site.

The Salvation Army is intent on maintaining the current Ministry to the Valley and clearly it would be more practical to have our own building. So, please join us in praying about this situation.

We would like to particularly THANK the ST MARYS POLICE STATION, without whose ongoing support and generosity we would not have had such a wide variety of articles to offer for sale.

We would also like to THANK those people who have purchased items from, and also donated articles to, our sales.

The fundraising efforts have resulted in our being able to keep our promise to the JAM children – that is to take them to our 6th (yes 6th!) concert in Launceston, this October.

We have reached our goal of raising \$600 for the bus fare and picnic, and together with last Saturday's sale, we now have a little extra to help with the cost of relocating and/or storing 12 years of Ministry materials!

Also, a BIG THANKYOU to the wonderful friends who helped conduct both sales, at the church and over in the Police Compound; the JAM PARENTS who have made contact since receiving their letter about losing the church, and in one case, the mother and daughter who gave up a good portion of their holiday time to recently help me at the church.

We would welcome any continuing suggestions or offers of help.

Envoy Melanie Norton B.Ed. TTC

Corps Officer

St Marys Salvation Army

Story Street

St Marys 7215

Tasmania



Mob: 0409 838 816

Ph: 0363 722099

Email melanie.norton@aus.salvationarmy.org

Website: www.salvationarmy.org



The Maternity package is a kit granted by Kela to all expectant or adoptive parents who live in Finland or are covered by the Finnish social security system. The package contains babies clothes and other necessary items such as nappies, bedding, cloth, gauze towels and child-care products. The right to a maternity package begins when the pregnancy has lasted at least 154 days, and a medical examination has been performed by a doctor or a prenatal clinic before the 4th month of pregnancy. Contents of the package will change nearly every year.



With the mattress in the bottom, the box becomes baby's first bed. Many children, from all social backgrounds, have their first naps within the safety of the box's four cardboard walls.

Mothers have a choice between taking the box, or a cash grant, currently set at 140 euros, (\$198) but 95% of Finnish mothers choose the box because it's worth much more.

The maternity package is not a commercial product and therefore Kela cannot sell it.

Prince William and Catherine received a maternity package as a gift from Kela in 2013. Crown Princess Victoria and Prince Daniel of Sweden were given one in 2012.

http://en.wikipedia.org/wiki/Maternity_package

'CONTRACTED AND FASHIONABLE ATMOSPHERE CROPPING, FLUENT AND PERFECT LINE, WISDOM INSIDE COLLECT COLOUR MATCH, COSTLY ATMOSPHERIC LOGO IS SHUTTLING BACK AND FORTH IN THE COMMERCIAL CITY OF ELITE WINNING A MAGIC WEAPON.'

Ebay advertisement for a handbag, from China.

A tough old cattleman from the Barkley Tablelands counselled his granddaughter that if she wanted to live a long life, the secret was to sprinkle a pinch of gun powder on her oatmeal every morning. The granddaughter did this religiously until the age of 103, when she died. She left behind 14 children, 30 grandchildren, 45 great-grandchildren, 25 great-great-grandchildren and a 40-foot hole where the crematorium used to be.



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Well, it may be mid-winter but the atmosphere at the **Break O'Day Child and Family Centre** will keep you and your family warm, engaged and entertained. We aim to help our young children connect with their local community and grow and thrive in a supportive environment. The Centre is very pleased to welcome Jeanette Law and Abbie Simpson as our Community Inclusion Workers. Jeanette and Abbie look forward to meeting old and new families and will be very welcoming and present at the Centre and around our Break O'Day community. They will support our vision of connecting our community and enhancing the health, wellbeing, happiness and future of our children.

Here's an update on some exciting events:

School Holiday fun on Wednesday 10th July 10-12, **Arts and Craft Morning**; please bring a plate of healthy food to share. Wednesday 17th July 10-2, **Swap Market and Pizza Making**. Bring along good quality, clean maternity and children's clothing (birth-five years) and children's toys, and receive tokens to swap for other items. Stay afterwards for some yummy pizzas, and Building Blocks will also be present at the Centre from 10-12 on that day.

Our regular Saturday session for **Dads and Granddads** at the Building Beginnings program will be changed just for the school holidays to Friday 12th July 10-12. A small lunch will be provided so let the Centre know if you would like to come and get creative with the blocks.

On Thursday 25th July 10-3, Fiona Watts from LINC Tasmania will commence a new course called **Foundations North**. This course will help adults improve reading and writing skills to assist further study and future employment. It aims to bridge the gap between current skill levels and entry levels to other courses, building confidence and helping participants succeed in work or study. Free transport and child care is provided so please contact Fiona on 6367 2742 for more information.

Thursday 1st August will see **Mabun "Messenger" Man** perform at St Marys Hall 10.30-11.00 and the Break O'Day Child and Family Centre at 1-1.30. Richard will perform traditional Indigenous dance and music, and share cultural stories. This program is aimed at 3-5 year old children and bookings are essential. "Messenger" Man is brought to you through Building Blocks at Healthy House so please phone them on 6376 5242, or call the Centre to book.

On Monday 5th August 10.30-11.30 Beylara and Elise Whitmore, solicitor from the **Launceston Community Legal Centre**, visit us. They will run a Family Law session concerning the processes and legalities surrounding care of children, mediation and property during a separation. This aims to provide a broad understanding of the law and rules governing Family Law, will help make this process easier to understand and put people in touch with free legal service. Morning Tea and a short session afterwards will be held for people who are interested in becoming a volunteer Advocate for the service.

We are proud to announce that in conjunction with **Creative Connections in the Early Years** we will have Emma Porteus join the Centre as an **Artist in Residence** for 16 weeks. Emma will attend a meet and greet session after the school holidays to be welcomed to the Centre, consult with our community and gather ideas. This program aims to provide practical, creative experiences and support art making and creative interaction between children, caregivers and the wider community.

We are also very excited to tell you that our Centre will be hosting the state-wide **Conference for Child and Family Centres** on Friday 8th November. This will be an important opportunity to showcase our magnificent Centre, our local community and the wonderful services that we are able to offer our young children and their families.



Steven and Shannon

Don't forget our regular sessions with Toddler Talk, Baby Chat Cafe at Fingal and St Helens, Launch into Learning, Playgroup, Cultural Story Reading, Ante-Natal Clinic, Child Health Nurse, Kinder Gym and Building Beginnings for Dads and Male Caregivers. Susannah joins us on the 1st Thursday of each month at Baby Chat as a Councillor from the Australian Breastfeeding Association. Kim Clarke from Early Childhood Service Intervention comes to Launch into Learning each Tuesday and by appointment Wednesday fortnightly. Kim Neill, Speech Therapist from St Giles, visits by appointment Wednesday fortnightly. Cathy Parker from Building Blocks and Fiona Watts from LINC Adult and Family Literacy also visit regularly.

So come on down and check out what's happening at the Centre and meet Petronella our Centre Leader, some of the wonderful volunteers and our very friendly new staff, Jeanette and Abbie. You can also find out what's happening on our Facebook page at <https://www.facebook.com/pages/Break-O-Day-Child-and-Family-Centre/431561893587882>

Siobhan Mead, Centres Advisory Board.

Break O'Day Child and Family Centre, 1 Grooms St, St Helens. 6376 7170

In recent days we've received our rates remittances again. As is tradition we usually grizzle and groan about the increases, valuations and just about everything to do with it; I'm no different and wonder why it's gone up by around seven dollars a month in my case. Then I sat back and thought about it all. Nothing ever stays the same and given the myriad of issues in Local Government perhaps a rise in the General Rate is just how it has to be akin to a CPI thing and assessed values.

Given all this though, I trust that every part of the municipality (and I mean **every** part) gets proportionally the same spent on it, or as close as possible in that regard. That's just fair. I've heard people say the municipal boundary starts and finishes at St Helens but that would truly not be the case in actuality. There may be that perception, but as long as the infrastructure is balanced between essential needs for all ratepayers, and that new venture locations and planning factor in the best possible places to make it work, then there may be cases when the higher populated towns find that it is best practice to utilise maximum usage.

Some services though seem to be sadly missed in recent years, a prime example being an animal control officer. I think this is an absolute necessity in a rural community with all sorts of livestock, that designated employees are there for as immediate action as possible when irresponsible owners allow their dogs, cats even sheep or cattle to roam around all over the place. I wonder will our local council ever consider re-inventing such a necessary position?

The other week one of our City councils made redundant 14 jobs and decided to go down the path of contracting out some of their infrastructure in this regard in the future. Contracting can be a false economy at times as we all know, and someone suggested that perhaps councils in particular should investigate resource sharing with nearby councils before direct employed jobs are contracted out. I hope our Council would always make that a real option.

All communities need local content and employment and it will be a sad old day if/when all our infrastructure jobs are outsourced ... I don't mind paying a bit more on my rates if I know it helps keep our locals in a job as much as is practicable.

Hopefully this is a priority in decision making in this regard and with rate matters.

What do you think? Rod McGiveron.

Streets as Grazing Land, Examiner (Launceston, Tas:1900-1954, Saturday 31st October 1936, page 10.

Seventy miles of streets! That is what those who surveyed the town of Fingal provided for. Fingal was proclaimed a town in 1866, and as the district was progressing steadily at that time, perhaps the town planners can be forgiven for taking up hundreds of acres of good land with so many unnecessary streets. They are not narrow thoroughfares either, but strips of good land between a chain and a chain and a half wide, many of which serve the purpose of providing grazing lands for the local cows.



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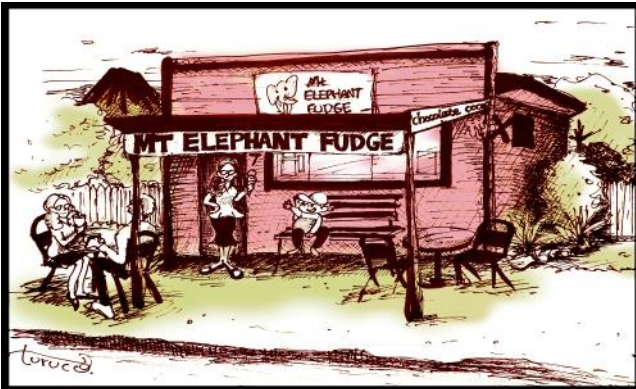
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 Authorised by Tim Morris MP, Parliament House, Hobart, 7000



Kiss Biscuits

250g plain flour
 125g butter
 pinch salt
 125g white sugar
 1 tsp baking powder
 1 egg
 1 tbsp cornflour

Cream butter and sugar, add egg beating well, add flours and mix well. Roll onto floured surface thinly and using a cookie cutter cut into shapes. Cook in a moderate oven until golden brown, around 20 minutes. When cold stick together with jam, ice and decorate with sprinkles or 100's and 1000's.

Cindy's Country Cooking

Slices: Lemon slice, raspberry slice, choc mint slice, choc caramel slice, hedgehog slice, choc cherry slice, chocolate crunch, apple slice, honeycomb slice, mars bar slice - 6 for \$4.50 or 24 for \$17. Jelly Slice - 6 pieces for \$5 or 24 for \$20.

Cakes: Orange cake, carrot cake, vanilla cake, chocolate cake, tea cake, marble cake or date loaf - \$7 each.

Biscuits: Kiss biscuits, rainbow biscuits, coconut biscuits, choc chip biscuits, jam drops, anzac biscuits, melting moments, fudgy-wudgy biscuits. Full batch - \$14 (approx 30 biscuits except melting moments - 20 & kiss biscuits - 24). Half batches - \$8.

Muffins: Apple & cinnamon, blueberry, apple & sultana and triple choc chip in a 4 pack - \$1.50 each.

Truffles: Chocolate, choc mint, tim tam, apricot - 10 for \$5.

Cupcakes: Vanilla, chocolate, marble (iced) in a 4 pack - \$1 each.

Unfilled Sponge Cake: \$10 each.

Lamingtons: Chocolate or jelly - 6 for \$5.

Freckles: Chocolate or white - 5 for \$1.

Chocolate Birthday Cakes: \$25 - \$45

Prices may vary when supplying shops. Please allow 24 to 36 hrs notice when placing an order.

Cindy's Country Cooking

23 Mary St Perth

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The Logical Song.

When I was young, it seemed that life was so wonderful,
a miracle, oh it was beautiful, magical.
And all the birds in the trees, well they'd be singing so happily,
joyfully, playfully watching me.
But then they sent me away to teach me how to be sensible,
logical, responsible, practical.
And they showed me a world where I could be so dependable,
clinical, intellectual, cynical.

There are times when all the world's asleep,
the questions run too deep
for such a simple man.
Won't you please, please tell me what we've learned
I know it sounds absurd
but please tell me who I am.

Now watch what you say or they'll be calling you a radical,
liberal, fanatical, criminal.
Won't you sign up your name, we'd like to feel you're
acceptable, respectable, presentable, a vegetable!

At night, when all the world's asleep,
the questions run so deep
for such a simple man.
Won't you please, please tell me what we've learned
I know it sounds absurd
but please tell me who I am.



Roger Hodgson (Supertramp lead singer & songwriter) wrote this hit when he was still in his teens, before he even met Rick and co-founded Supertramp. This classic is just as relevant today as it was when it was released. Roger won the Ivor Novello Award from The British Academy of Composers and Songwriters for The Logical Song being named the best song both musically and lyrically. It also has the distinction of becoming one of the most quoted lyrics in schools. The Logical Song is from the Breakfast in America album.

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OUT OF THE WOODWORK

SECRETARY WENDY BRENNAN 637 22094

www.breakodaywoodcraftguild.weebly.co

Can anyone guess the couple on their wedding day? And who is the man with the beard? Clue.... he is a very clever woodworker and she is a very clever cook who donates packets of onions for the Sizzler King to sell with his sausages at the markets. Any ideas?

Members at present have been inundated with requests for small woodwork items.

We appreciate your patience as we are all volunteers and will do our best to finish requests.



Gentle reminder that membership fees are now due.

Guild's Home Hint:
Repair Cracked China

Before you throw out that cracked plate from your grandmother's old china set, try mending it with warm milk. Place the plate in a pan, cover it with milk and bring to the boil, lower the heat and simmer for about 45 minutes. The protein in the milk will miraculously meld most fine cracks.

(Please note that our previously advertised day of Friday has now been replaced by Thursday)

Snail slime facial

A Japanese beauty salon is offering live snail treatments to clients as an anti-aging facial therapy. Snail slime is believed to have an anti-ageing effect on human skin and some cosmetics are already sold with essence of escargot.

"Slime from snails helps remove old cells, heal the skin after sun burn and moisturise it," Ms Manami Takamura, a spokeswoman for Ci:z.Labo, a Tokyo-based beauty salon, said.

"In this way, you can have 100 per cent pure snail essence directly on the skin," she said.

As part of the salon's 'Celebrity Escargot Course', customers will get five minutes of snail therapy along with massage and other facial treatments. The snails cost about \$120.

Sayaka Ito, a recipient of the treatment, says she found the experience relaxing.

"You can feel the snails moving on your face," Ms Ito said. "At first, it's surprising but it's actually rather nice. My skin really does feel smooth and moist."



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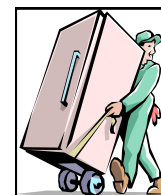
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The Lions Club of St Marys held their 38th Annual Changeover Dinner meeting on Saturday 13th July at the St Marys Sports Centre, when Peter Troode was sworn in as president for 2013-2014.

The Centre's ladies Catering Committee served up a wonderful three-course meal for 25 members and guests. Past president Henry Holder addressed the meeting and outlined some of the main donations our Club has been involved with this year, which are as follows:

\$634 for two TV's for the Palliative Care wards at the St Marys Community Health Centre
\$121 for Lions Multiple Projects
\$600 to St Marys District School to finance a student's excursion to the mainland
\$300 to Regional Arts Youth Company
\$50 to St Marys Football Club for trophies
BBQ in the Lions Park for Anglicare Health Check Day
\$100 to Tasbash, Variety Children's Charity
\$90 for Christmas cakes
\$300 to St Marys District School for Presentation Day prizes
\$250 to Cystic Fibrosis
\$1154.67 for new laptop, printer and ink for the Club
\$110 to Asthma Foundation
Asthma Extenders for use at Avoca, Fingal and St Marys Primary Schools
\$1000 to Sorell Lions Club for their Bushfire Appeal
Purchase of Christmas Stocking (valued at \$850)
\$165 being voluntary contributions to Lions
\$194 for Lions sight projects
\$100 to Drug Awareness
\$35 for Anzac Day wreath
\$250 Cord Blood Foundation
\$1000 to East Coast Giants Football Club for goal post pads
Catering and management for Lions fundraising dance in St Marys Community Hall, with Gypsy Rose Music donating their time

Once again the annual Christmas Party and Parade went off extremely well; this 'free' event was attended by at least 400 residents and children, all of whom had a great time. This event takes months to organise with police permits, jumping castle, ball pit, Lolly Pop men and women to organise, the Xmas stocking to put together, gifts to purchase and wrap, chips, ice creams, icy poles and drinks to buy and sweets to bag up.

Santa arrived on a motor-bike and spoke to every child, had a photo taken and gave out his sweets. Not one tear was shed from any child, a great effort.

The Parade was claimed by many to be the biggest and best yet. 1st prize of \$100, 2nd prize of \$75 and 3rd prize of \$50 were given out for floats and every child who decorated their bike and participated in the Parade received a small gift. Each child attending also went in the free draw for 'age group gifts' and an adult gift was also drawn on the day, totalling around \$200.



Kevin, John and Ruth, David, Peter, Brian, Len and Henry

The BBQ was the only thing charged for on the day and a profit of \$472 was made. The overall cost of the Christmas Activities, free to the people of the area, was approximately \$2500, all donated by our Club.

Our special Santa Letter boxes were set up at the school and post office and a total of 77 letters were personally answered by Santa's Helpers, this also being a yearly activity.

Our Club has donated approximately \$11,000 again this year. All in all, a great year for our small Club of 11 members!

Ruth McGiveron.



Robyn and Henry Holder



Henry Holder, John and Ruth McGiveron



Derek and Jan Chapple



Robert Brown and Tania Rattray MLC



David and Vivienne Young



Anne and Terry Taylor



Brian and Margaret Forsyth



Margaret Tweedle



Zone Chairman Jeff and Dianne Harper



Len Miles



John and Ruth McGiveron



Matt and Margaret Osborne



Kevin Faulkner



Peter Troode



Ian Faulkner and Tania Rattray MLC

FLIGHT OF THE GOSHAWK

Johann Jakob Jestrinski (1845 – 1921)

Johann Jakob (known as Jakob) was born in Elbing in the Kingdom of Poland, which by 1889 became part of the Empire of Germany. According to a family source, Jakob was carried as a babe-in-arms by his mother who had fled westward from his war-torn birth place. Some of his early life was spent in Danzig (Gdansk) in Poland, and it was here that he learned the trade of ship's carpenter. He married Amalie Klock in Danzig, Germany, in 1869, and 4 of their children were also born there.

In the early 1880's, Jakob and his family moved to Kiel in West Germany. Jakob worked as a diver laying stones for the canal, inspecting the hulls of ships and repairing them. (His heavy brass diving helmet is still in the possession of a family member, and was on display at the Jestrinski family reunion at Pyengana in 1987.)

Jakob, Amelie and their 4 children emigrated to Australia in 1885 on the *Procida*. According to the Mercury Newspaper of 18th September 1885, the *Procida* was part of the Robt. M. Sloman line. It left Hamburg on 5th July 1885 bound for Antwerp, leaving there on 12th July for London. The *Procida* collected cargo from all three cities, leaving London on 18th July for Adelaide, Melbourne and Sydney. The ship was an immigrant vessel as much as a cargo carrier, with berthing accommodation for 2,000 passengers between decks.



Jestrinski family - Johann and Amalie with Martha, Hugo, Ralph, Alfred, Clara.

The *Procida* encountered fog in the English Channel, which meant cautious and slow sailing. By the time it reached Port Said the weather was fine, and after entering the Suez Canal on 5th August passed through in good time. Upon quitting the Red Sea for Aden and Adelaide, the weather became 'very lively'. Strong winds and a heavy head sea continually battered the ship and must have made life below decks very miserable. Waves broke over the vessel repeatedly, but thankfully no damage was done. Near Cape Leuwin the ship encountered another bout of severe weather, brought by a hard gale from the east. Everyone must have been very relieved to safely reach Adelaide on 11th September 1885, where the ship discharged 23 passengers and 200 tons of cargo.

The *Procida* left for Melbourne at 9 p.m. on the same day, but hopefully its passengers had a chance to stretch their legs on dry land before having to tackle the next stage of the journey! Fine weather marked their passage as far as the Heads, but heavy squalls of wind and rain again battered the ship until finally it anchored on 17th September, taking up a berth off the railway pier in Port Melbourne. More cargo and passengers were discharged, including the Jestrinski family. The *Procida* then left for Sydney, eventually to depart with a load of wool, bound for Hamburg, Antwerp and London. Jakob and his family then sailed to Hobart from Melbourne on a New Zealand steamship, the *Wairarapa*.

On arrival in Tasmania, the family moved to Campania where Jakob worked as a labourer. Later they moved to Maria Island, where Jacob also worked for a time. According to family tradition, he worked on a farm.

Before Jakob's arrival, a Thomas Dunbabin ran sheep and cattle on the island during the 1860's and 70's; the family residence was at Point Leseur. Mr. Dunbabin's son recalled that his father kept about 3,000 sheep and produced 500 lambs each year. He also grew over 3,500 bushels of wheat annually, although sometimes the crop was damaged by seals when they came on shore and rolled in it!

However, on looking at the dates, it is most likely that Jacob worked for Diego Bernacchi, who leased the island from 17 April 1884 for 10 cents per year. By October 1886 thousands of grape vines had been planted, as well as hundreds of mulberry plants. Diego's vision was to set up a wine-making and silk industry. Possibly while the Jestrinskis were still on the island, Bernacchi invited members of the fledgling Tasmanian Parliament to survey progress, after which they were wined and dined 'beneath a sky lit by fireworks and lanterns'.

During this time, over 250 residents of various nationalities were living on the island, including the Jestrinskis. A row of ruins (mainly foundation stones) are all that are left of the cottages built to house workers from Bernacchi's vineyards. These are known as the Twelve Apostles, and quite possibly Jakob and his family were housed in one of these buildings. (The cottages themselves were removed in the 1930's to Maria Street, Newtown, but no longer exist.)

Around the time the Jestrinski family left the island, the Maria Island Company was floated, and the enterprise was expanded to include agriculture, cement, timber and fishing.

Jakob took his family to Pyengana in 1887 and cleared dense bush to establish a dairy farm. Jersey cows still give milk on the farm, now operated by a 4th generation Jestrinski descendant. For almost 100 years, the Jestrinski family was renowned for its high quality cheddar cheese, sold under the farm name of *Nalya*, and known as Pyengana cheese. During the 1980's, government regulations banning the use of unpasteurised milk for cheese-making brought to an end the production of *Nalya* cheese. (The product currently marketed as Pyengana cheese is produced by a different cheese-maker, and is made from pasteurised milk.)

After a productive and adventurous life, Jakob's death at the age of 76 was a tragic one, and resulted from a horse and cart accident. This occurred about halfway down Saddle Hill near Pyengana on the way to Anchor Vale, where he planned to visit Thelma Turner's family. Thelma was only 5 at the time, but remembered the incident clearly many years later. The Examiner Newspaper reported that he died from a fractured skull a few minutes after being found.

© Rita Summers 2013

NOTES

In 1915, Jakob was the subject of an unjust accusation which brought him to the attention of the Intelligence Section of the Military. He was accused in a report of making 'disloyal remarks', and was listed as an 'alien' even though by then he had been an Australian citizen for some years. An investigation 'proved that there was no foundation for the accusation'. It must have been a difficult and disappointing event for Jakob and his family. To add insult to injury, his bank accounts were frozen during WWI.

The spelling of Jakob's surname is most likely an Anglicized, roughly phonetic spelling of the original name. The Polish Association in Hobart stated in a letter that it is derived from the Polish word 'jastrzab'. W. F. Hoffman of Polish Roots believes that the original name was 'Jastrzebski, pronounced 'yahs-CHEMP-skee'. The root of this name is 'jastrzab', as mentioned, which means 'goshawk'. The surname probably originated as a nickname for a person whose manner, voice or clothes reminded people of a goshawk, or from a place name (i.e. person from Jastrze-bie [the place of the goshawks] or other places with similar names and meanings). Other variant spellings are Yastrzemiński, Jastrzebski and Yastrzebski. The coat of arms features a hawk in various designs, depending on the particular family. Jakob Jestrinski was listed as both Jakob and Jacob Jestrinski on his application for residency and his naturalisation papers. His trade as a farmer is also noted here, and his place of residence as Georges River in the district of Portland. (He is listed as Johann Jacob Jestrinski on the Tasmanian Colonial Links Database.)

SOURCES

Polish Association in Hobart (Letter from J. Malcharek, Hon. Secretary, to H. Jestrinski, dated 1st February 1959)

Polish Roots (www.polishroots.org/surnames/surnames_25.htm)

The Family Tree of the Jewish People (www.jewishgen.org/wconnect/wc.dll?jg-jgsys-ftjpsrchcure)

Parks and Places - Maria Island; Historic Darlington, by Parks and Wildlife Service Tasmania

Tasmania's Cultural Heritage: Maria Island National Park (A Brief History of European Occupation, by Parks and Wildlife Service Tasmania)

Welcome to Maria Island National Park - A tranquil island, a turbulent past, by Parks and Wildlife Service Tasmania

Record of Aliens No. 318

Tasmanian Colonial Links Database

International Genealogical Index

Family papers and accounts

National Archives of Australia

The Mercury Newspaper, 18th September 1885

Naturalisation Papers, Tasmania, Australia - J. J. Jestrinski

The Examiner Newspaper, 1921

Ian Summers (son of Henry and Effie Summers, nee Jestrinski)



SS Procida as Clan Macleod

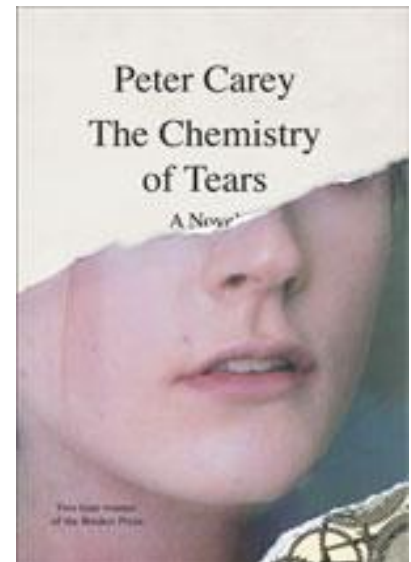
More about the *Procida* from Wikipedia -The *Procida* has had several incarnations. Known also as Clan Macleod and James Craig, she is “currently berthed at Wharf 7 of Darling Harbour, near the Australian National Maritime Museum. She is open to the public, and takes passengers out sailing on Sydney Harbour and beyond. She is crewed and maintained by volunteers from the Sydney Heritage Fleet. The cost of maintaining her is approaching \$1 million a year and the ship relies on generating income from visitors alongside, charters, events, and regular fortnightly day sails with up to 80 passengers. The ship has now made historic return voyages to Hobart (2005, 2009, 2011 and 2013) and to Port Philip (Melbourne and Williamstown) in 2006 and 2008. The voyages to Hobart coincided with the Wooden Boat Festival.”

Book Review

This month the Mount Elephant and Beyond Book Group read *The Chemistry of Tears* by Peter Carey. Carey is one of Australia's best-known and most awarded writers: *The Chemistry of Tears* is his twelfth novel.

The Chemistry of Tears is about grief and obsession and technology. These themes are explored through two skilfully interwoven story lines that take place more than 150 years apart. In 2010 Catherine Gehrig discovers that her married lover, Matthew Tindall, had died suddenly. She is devastated by grief and her boss, the only one who knew of the affair, assigns her a new project by way of distraction. Catherine is the Curator of Horology at the fictional Swinburne Museum and her new project is the conservation of an automaton, a mechanical life-size silver swan. In 1854, Henry Brandling is also driven by grief. He has lost one child to a dreadful disease and now his surviving son is seriously ill. In the search for amusements for his son, he goes to Germany to commission the construction of a mechanical duck that he has seen described in a newspaper.

The two storylines are connected by the notebooks that Henry compiled on his visit to Germany. Catherine discovers them packed in crates with the components of the mechanical swan. The notebooks serve as a 'wormhole' through which Catherine can connect to Henry. They provide a necessary distraction and she smuggles them out of the museum so that she can read them at home: 'how essential was his company in this endless night. I read. He wrote'. Henry writes of the characters he meets in the course of his mission, foremost among them the mysterious Herr Sumper. When Henry first meets him, Sumper steals the plans for the mechanical duck but later takes charge of the construction. He is a manipulative man and soon convinces Henry that a swan will be better than a duck. Among the stories Sumper tells Henry is a long account of the time he spent in London with an eccentric inventor named Cruikshank, a man obsessed with removing human error from calculations, tables and charts. The suspicion that Cruikshank is based on the 'father of the computer', Charles Babbage, is confirmed in Carey's acknowledgements at the end of the book. Some of the work on the swan is undertaken by a gifted child named Carl, who may or may not be Karl Benz, the pioneer of the internal combustion engine.



Back in 2010, Catherine proceeds with the conservation and restoration of the swan with the help of a new assistant, Amanda Snyder. Also hovering in the background is Catherine's boss, Eric Croft, who seems to care for her but is also very manipulative. It emerges that he not only knew of Matthew and Catherine's secret affair but that he actually introduced them in the hope that they would get together. Croft is also close to Amanda and Catherine's suspicions that her assistant has been planted to spy on her is confirmed when she discovers that Amanda has been reporting back to Croft. Amanda is emotional and erratic, apparently suffering from a mental condition that requires regular medication. In one episode, she physically attacks Catherine; in another she breaks into Catherine's home.



Throughout, Amanda is very distressed by reports of the environmental damage caused by the oil spill in the Gulf of Mexico, constantly checking media reports; is the reader intended to see this as the ultimate consequence of our reliance on machines?

Carey's descriptions of the swan are quite detailed and it is clear that he has seen the mechanical swan, exhibited at the Bowes Museum in England. *The Chemistry of Tears* is cleverly written but there is much that is obscure. For example, Carl makes a number of artefacts in the form of blue cubes, some of which contain figures but a blue cube found in 2010 in the hull that provides a setting for the silver swan turns out to be solid, despite Amanda's trying to prove it has some religious significance. What is the meaning of the blue cube or is Carey playing mind games with the reader?

The ending raises new questions. Henry Brandling's story ends with the completion of the silver swan and its packing for transport so we know no more of his story. In 2010, the automaton is restored and working, and Catherine has finally agreed to an x-ray of the hull: Amanda is convinced that it contains a prototype internal combustion engine but we will never know the outcome of the x-rays. Again Carey is being clever at the reader's expense but perhaps his justification comes in words spoken by Eric Croft: 'I find the notion that mysteries must be solved to be *very* problematic ... every curator finally learns that the mysteries are the point.'

Lindy Scripps



The Stump-Jump Plough.

Mallee scrub originally covered large parts of southern Australia, and when farmers moved into these areas they found it peculiarly difficult to clear the land. After the trees were cut down, the roots energetically produced regrowth. These young shoots and the old roots could be killed by repeated burning but the large roots remained in the ground, making it impossible to plough the soil. Grubbing the roots out was a slow and labour-intensive activity, and the problem was seriously hindering agricultural expansion. In South Australia, land was being offered under the *Scrub Act* of 1866 to farmers on lease, with the option of purchasing after 21 years at the price of £1 per acre.

However, grubbing the scrublands was proving costly at approx. £2 per acre, and solutions to the problem were desperately sought. The situation had grown so frustrating by 1878 that the South Australian government offered a reward of £200 to anyone who could develop an effective mechanical stump puller; although myriad devices were developed, none proved to be a breakthrough success. Many of these machines were trialled in contests near Gawler in the same year, but none were as effective as three skilled axemen.



Pending the development of an effective machine, a technique known as mullenizing (after a farmer from Wasleys named Charles Mullens) became popular as a means of clearing the scrub. Mullenizing involved dragging a heavy roller over roughly cleared ground to crush young shoots; the field was then burnt, a spiked log was run over the ground and a crop of wheat sown. The next season, the stubble and any mallee regrowth was again burnt, and eventually the mallee died, though stumps remained underground.



In 1876 a special plough was invented by agricultural machinery apprentice Richard Bowyer Smith, and later developed and perfected by his brother, Clarence Herbert Smith, on the Yorke Peninsula (where the problem was particularly acute). The plough consisted of any number of hinged shares: when the blade encountered an underground obstacle like a mallee stump, it would rise out of the ground. Attached weights forced the blade back into the ground after the root was passed, allowing as much of the ground to be furrowed as possible. Although a little unorthodox, the plough in action appearing "like a ship in a storm", it proved remarkably effective and was dubbed the "stump-jump" plough. The invention was hailed as a "complete revolution" and, in combination with the process of mullenizing, was adopted almost universally across the mallee lands, even proving as useful in stony ground as it was in mallee country.

combination with the process of mullenizing, was adopted almost universally across the mallee lands, even proving as useful in stony ground as it was in mallee country.

http://en.wikipedia.org/wiki/Stump-jump_plough

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Once upon a time - by Lynne Dawes

I read the Valley Voice of the 4-7-2013 and in my opinion it's great. A bit of this and that, controversy, old, new, borrowed and blue. Well done, I personally enjoyed it.

Recently I began delving into my family tree - definitely a twisted willow! I have great convict heritage with many stories of sadness, despair, wealth and selflessness. My convict heritage is concentrated within the Rocky Hills, Maria Island, Buckland-Prosser Plain areas, not really within the Fingal Valley areas. However on researching certain identities and their immediate contacts many links were drawn, remembering the population of the state was light on in the 1850's. Through the research - linking communities, marriages, rifts and personalities, I also met and made many contacts with other researchers, all with a story to tell.

One such person was Mrs Fran Read. Fran was a teacher, way back when I was one of her husband John's dreaded year six students. There was not a week go by that we didn't try to prank him - oh dear!

When I read the Valley Voice and saw the Jowett Javelin it reminded me of the Orford school bus story, and the giggle I had as I imagined the kids pushing the bus, after reading Fran's publication "A History of Orford School 1869-1999". And I wondered if there were similar stories here in Fingal, Mathinna, Rossarden, Cornwall, Gray, St Marys, Irishtown, Germantown, Falmouth and surrounds????

Some people you meet in life are great mentors and individuals, and at any age will always be in your life and may appear at anytime through anything and be accepted - those that disappear had nothing to teach you. However "when I look back on my life I see pain, mistakes and heartache, when I look in the mirror I see strength, learned lessons and pride in myself." Again, well done!

Excerpt from "A History of Orford School 1869-199" by Fran Read ...

Petrol was rationed during the war years and charcoal became another source of fuel for vehicles, with gas producers installed. Charcoal was made at Rheban in steel silos. It was used to run the school bus driven by Mr Drake. (Mrs Drake). In the 1940's numbers at Orford school began to climb and many of the students were from Rheban and Ringrove. The bus was often unable to get through, during the war years, because the gas producer didn't generate as much power as regular fuel and sometimes the bus wouldn't make it up the hill. Pupils often had to push..."



Charcoal-driven school bus of Orford

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St Helens 6376 1389

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How everything you throw in your trolley can make a difference

Once, shops and supermarkets would buy in stock and watch as it disappeared from shelves. They would know what was popular based on where they found empty spaces. Now things are completely different. With the help of barcodes, scanners, apps and customer loyalty programs, supermarkets know more about your shopping habits than even you do!

Every choice you make is being watched. Freaky, I know. If you are part of a loyalty program, your supermarket will know what you buy and when you buy it, how many times you visit in a week and how much you spend per trip. No longer is it just the checkout chick or pimply teenager who rummages through your purchases, now a massive computer logs and compiles your every purchase. So your supermarket knows if you have your period, if you are trying to get pregnant, if you have a cold and probably how many kids you have. It's called data-mining. Seriously, you can read about a case where a Target store in the USA found out a teen girl was pregnant before she'd told her family [here](#)

http://www.forbes.com/fdc/welcome_mjx.shtml

Of course, they collect all this info to sell you more stuff. But rather than being depressed by this - I think it's kind of empowering. It really does mean that every purchase is a vote for something. If you change your buying habits or switch to a different product based on, say, its country of origin, the people who have the power to change what's on shelves will notice.

If you think free-range, organic, grass-fed or fair-trade are important then you are voting for them, just by popping them in your trolley. If you want to support Aussie farmers you can refuse to buy oranges imported from the USA and only buy them when the Aussie ones are in season. You can read labels and only choose ones that are clearly labelled "Product of Australia". Or if you care about the use of genetically modified organisms in the food supply you can choose GM free canola oil or choose processed products that declare their GMO free status.

The powers that be will get the message quicker than ever before. Big Brother is watching so show him what kind of world you want!

Original posting by Jennifer Richards, 22/6/2013 @ <http://www.beyondthetrolley.com/>

ABC Rural article at <http://www.abc.net.au/news/2013-07-04/supermarket-free-life/4793712>



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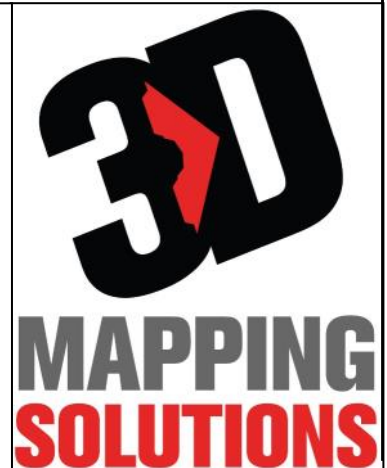
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'I had named my ferret Devil'

Everyone's heard of The Phantom
And the big wolf he called Devil
Well that's what I named my ferret
And her second name was Neville
Oh yes Devil Neville was a Doe
She was very pretty and cream
Only needing time and love
To be the treasure I'd dreamed
We grew to be good mates
Only biting now and then
Which often left me wondering
Why I wanted a ferret for a friend
But baked rabbits that were free
And a friend who made me happy
What more did I really need
Except maybe a new puppy
Then came that horrible morning
When I went to feed my Devil
But someone had stolen her
My precious Devil Neville
I often think of little Devil
And what became of her
Is she happy where she is?
And does she bite the cur

By Chris Hyland



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 $x = 24, y = 30$
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gimcrack (n.):

a person who has an aptitude for mechanical things; a jack-of-all-trades.
"There is also a gimcrack corkscrew," Franklin wrote in 1766, "which you must get some brother gimcrack to show you the use of." Everyone take a moment to consider who among your friends you can start calling "Brother Gimcrack" (pronounced *Jim-krak*).



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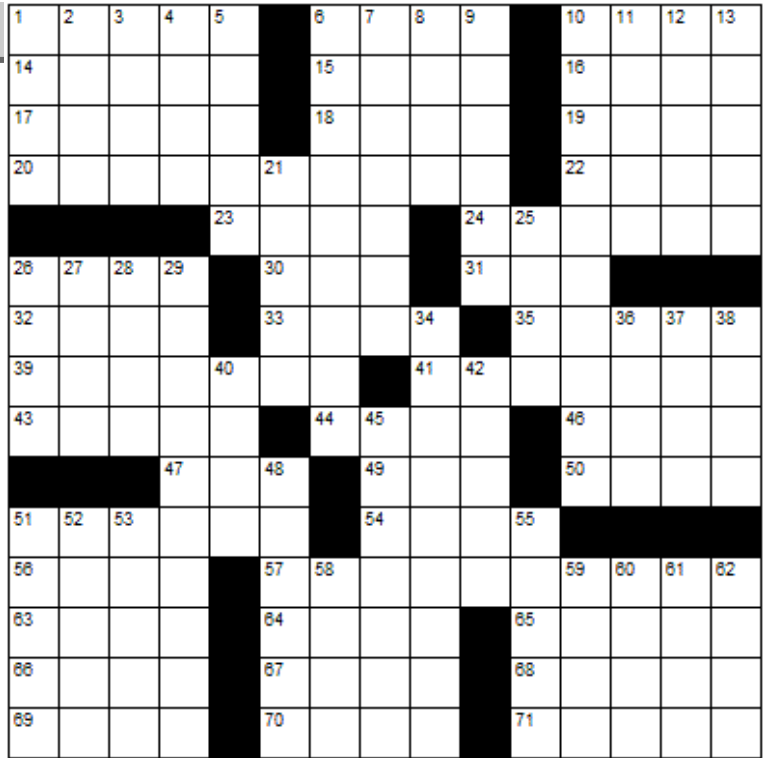
ACROSS

1. A Musketeer
6. Couch
10. Male deer
14. Feudal lord
15. Streetcar
16. Scrabble piece
17. Extraterrestrial
18. Highest point
19. Shower
20. Fortify
22. Desire
23. District
24. Pour
26. After-bath powder
30. Arrive (abbrev.)
31. Seated oneself
32. Egg-shaped
33. Connecting point
35. Of the highest quality
39. Souvenir
41. Germless
43. Courageous
44. Flexible mineral
46. Church alcove
47. Before, poetically
49. Blemish
50. Scallion
51. A wardress in a prison
54. Farm equipment
56. Atop
57. Illogical
63. Garden tool
64. Pace
65. African virus
66. Cards with 1 symbol

67. Not yours
68. Water lily
69. Focusing glass
70. Anagram of "Salt"
71. Considers

DOWN

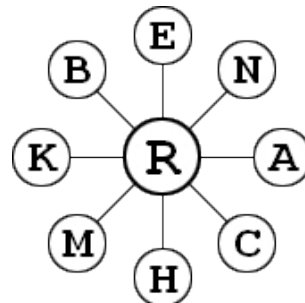
1. "Oh my!"
2. Lean
3. Inheritor
4. Curved molding
5. Ringworm cassia
6. A guest cabin
7. Plantation
8. Notability
9. Restitution
10. Functional
11. Crown
12. Set straight
13. Agile Old World viverrine
21. Allow
25. Leisure
26. Grave
27. Affirm
28. Tibetan monk
29. Ingenuity
34. Intensifies
36. A hollow cylindrical shape
37. If not
38. Stink
40. Roman emperor
42. Fortune teller's card
45. Impression
48. Conundrum
51. Wall painting
52. Quickly
53. Keepsake
55. Brandish
58. Train track
59. Double-reed woodwind
60. Memo
61. Astringent
62. Young girl



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

Sudoku

Solutions next issue.



How many words of 4 or more letters can you find? Each word must contain the central **R** and no letter can be used twice. Proper nouns are not allowed, however, plurals are. There is at least one nine letter word. Excellent: 49 words. Good: 31 words. Average: 25 words.

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Sr. Lorraine Groves
Parish House 6372 2252 /
0409 172 741

1st Sunday MASS

St Helens Vigil 6pm
Bicheno 9am
Fingal 11.30am

2nd Sunday LITURGY

St Helens Vigil 6pm
St Marys 9am
Bicheno 9am
Fingal 9.30am

3rd Sunday MASS

St Helens Vigil 6pm
St Marys 9am
Fingal 9.30am
Bicheno LWC 9am

4th Sunday LITURGY

St Helens Vigil 6pm
St Marys 9am
Bicheno 9am
Fingal 9.30am

5th Sunday LITURGY

St Helens Vigil 6pm
St Marys 9am
Bicheno 9am
Fingal 9.30am

Seventh Day Adventist

Hodgeman Street Scamander
Sabbath School 10am

Salvation Army

Sunday Joy 12.30pm

This is a bring-and-share lunch followed by a great time of friendship and fellowship. You are very welcome to join us and share our JOY! 0409 838 816

Anglican Parish of Northern Midlands

Avoca 11am 2nd Sundays
Fingal 2pm 2nd Sundays
Mathinna 2.30pm 4th Sundays
Ross 10am 5th Sunday
Campbell Town 9am every Sun

Anglican Parish of Break

O'Day

6376 1144
St Helens 8am
St Marys 10am
St Helens 10.30am
Pyengana 7.30pm
3rd Saturday of each month
Community Dinner @ St Marys

Break O'Day Uniting Church

The Manse 6376 2405
St Helens 9am
Fingal 11.15 am



Using the smallest components from repurposed antique pocket watches and other time pieces, New-Jersey based artist Sue Beatrice of [All Natural Arts](#) assembles curious sculptures of animals and human figures.



St. Helens Electrical

ROD SHAW

LIC: 933671

Domestic Commercial Industrial

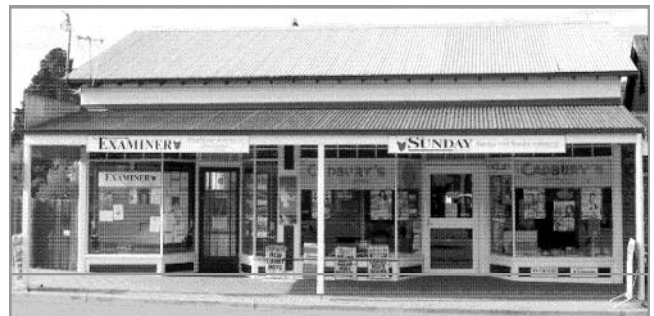
*Wiring and Repairs, Rewires,
Underground.*

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

- 17 July **Mental Health Clinician/ Case Manager**– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- Day Centre**– For details on the group please contact Hayley Gilbert 6372 2111
- 18 July **Social Worker**– Shan Williams. Please phone 6372 2111 for appointments
- Relationships Australia**– Megan Booth for appointments please phone 1300 364 277
- TML Podiatrist**– Annabelle. For appointment please see your GP or Health Professional for a referral.
- 19 July **Social Worker**– Shan Williams. Please phone 6372 2111 for appointments
- 22 July **Mental Health Clinician/ Case Manager**– Faye Thordardottir. For appointments please phone 1800 332 388
- Physiotherapist**– Naomi Ide. Please see your GP or Health Professional for a referral to the service.
- 23 July **Child Health Session** with Sue Gofton every Tuesday– Appointments only. Please phone 0428 136 381
- 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 you
- Lightfoot Podiatry**– Perry Daly. Phone 6331 9568 for appointments
- Tom Bain, Rae & Partners Lawyers.** At the Community Health Centre Tuesday fortnights. For appointments please phone 6337 5555
- 24 July **Day Centre**– For details on the group please contact Hayley Gilbert 6372 2111
- Social Worker**– Shan Williams. Please phone 63722111 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.

WHAT'S ON AT THE CENTRE Continued...

- 25 July **Relationships Australia**– Megan Booth for appointments please phone 1300 364 277
- Social Worker**– Shan Williams. Please phone 63722111 for appointments.
- 26 July **Social Worker**– Shan Williams. Please phone 6372 2111 for appointments
- 29 July **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 you.
- 30 July **Physiotherapist**– Naomi Ide . Please see your GP or Health Professional for a referral to the service.
- Child Health Session** with Sue Gofton every Tuesday– Appointments only. Please phone 0428 136 381
- Mental Health Clinician/ Case Manager**– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- 31 July **Day Centre**– For details on the group please contact Hayley Gilbert 6372 2111.
- Podiatry North**– Free Community Podiatry Service. For appointments please phone 63365155
- Mental Health Clinician/ Case Manager**– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- Lung Function– Spirometry Clinic.** For appointments please see you GP.
- 1 Aug **Social Worker**– Shan Williams. Please phone 6372 2111 for appointments.
- 2 Aug **Social Worker**– Shan Williams. Please phone 63722111 for appointments.
- TML Diabetic Educator, Physiologist and Dietician.** Appointments available by referral from you GP.

ST MARYS HEALTH CENTRE TEACHING SITE

The St Marys Health Centre is a UTAS teaching site. We regularly have students from all faculties of health that attend our site to participate in training placements. If you are attending this practise and would prefer the students 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.

ST MARYS COMMUNITY HEALTH CENTRE

DOCTORS ROSTER

Dr Latt

17/7/13- 2/8/13

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 17/7/13

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.

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

July's Health Promotion is: How to Beat the Winter Blues? Come in to reception and purchase a ticket in our 'Winter Indulgence Raffle' drawn on 31/7/13

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.

Please speak to our reception staff about ordering scripts over the phone- as fees apply. Scripts are unable to be done over the weekends, ensure you have enough medications in advance.

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.

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

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.

NEW GP REGISTRAR STARTING AT HEALTH CENTRE

Dr Kaylee Rawnsley will be commencing her GP Registrar placement at the St Marys Health Centre under the guidance of Dr Cyril Latt.

Dr Kaylee Rawnsley will be available 2 half days a week (9:00am-12:00noon) at the St Marys Health Centre.

Appointments can be made to see Dr Rawnsley by ringing the reception on 6372 2111.

Further details about Dr Rawnsley's starting date will be available soon. Watch this space!

Meals on Wheels

0488 384 344

July/August	St Marys	Fingal
Monday 22nd	Lundy Vosper	Neighbourhood House
Tuesday 23rd	Valmai Spencer	
Wednesday 24th	Lorraine Gill	
Thursday 25th	Kay Nailer	
Friday 26th	Drew Adam	Neighbourhood House
Monday 29th	Lorraine Gill	Neighbourhood House
Tuesday 30th	Valmai Spencer	
Wednesday 31st	Lundy Vosper	
Thursday 1st	Heather Griffiths	
Friday 2nd	Claire Bean	Neighbourhood House

Issue No. 5 solutions

S	E	T	S		S	C	R	A	P		I	N	C	A
I	D	E	A		T	H	E	R	E		M	A	I	N
T	E	M	P	E	R	A	N	C	E		P	U	T	T
A	M	P		T	E	N	T	H		B	U	S	E	S
R	A	T	C	H	E	T		I	M	A	G	E		
			L	E	T		S	T	A	G	N	A	T	E
V	I	C	A	R		M	E	E	T	S		T	A	X
O	D	I	N		W	E	N	C	H		M	E	R	E
T	O	N		F	I	R	S	T		K	U	D	O	S
E	L	E	G	A	N	C	E		V	E	T			
		M	A	N	G	E		D	I	N	E	T	T	E
H	E	A	L	S		N	O	I	S		R	U	G	
A	L	T	O		P	A	R	T	I	A	L	I	T	Y
L	A	I	R		E	R	A	T	O		A	T	O	P
O	N	C	E		N	Y	L	O	N		P	E	R	T

	1	D	A	N	3	A		4	P	E	6	E	R	L	E	S	8	S
9	E		S		T		10	A		X		E		N				U
11	C	A	P	I	T	A	L		12	T	E	A	C	H	E	R		
	O		E		H		A			R		M		E				F
13	M	A	R	V	E	L	L	O	U	S		14	M	A	M	A		
A				W							15	D		R				C
16	P	A	17	S	T	O	R	A	T	E		18	U	N	T	I	E	
			U															
19	D	E	G	A	S		20	A	B	21	U	N	D	A	N	C	22	E
E		A		T			N				L							V
23	V	E	R	Y		24	A	T	T	R	A	C	T	25	I	V	E	
I					26	K					I			I	N			L
27	A	M	U	S	I	N	G			28	C	O	M	P	A	N	Y	
N											A							
29	T	I	P	P	L	I	N	G			30	L	O	T	S			

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.

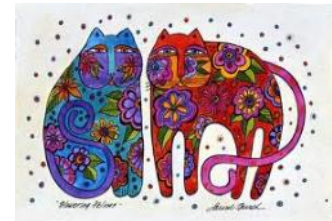
All letters/emails must include your full name, address and phone number.

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.

An unsprayed female cat, her mate and all of their offspring, producing 2 litters per year with 2.8 surviving kittens per litter can total:

- 1 year: 12
- 2 years: 67
- 3 years: 376
- 4 years: 2,107
- 5 years: 11,801
- 6 years: 66,088
- 7 years: 370,092
- 8 years: 2,072,514
- 9 years: 11,606,077



RAE & PARTNERS

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

Ph 6337 5555 for appointments

St. Marys Sports and Social Centre.

ANNUAL GENERAL MEETING

Saturday July 27th 2013, 6.30pm
at the Clubhouse.

Agenda will include: Establishing an elected committee, Receiving Financial Report, accepting previous AGM minutes, 2012/13 Bowls Report, setting of subscriptions and receiving input from all old and new members attending. All very welcome.

The club wishes to acknowledge the St Marys Lions Club function held on Saturday July 13th with 25 guests attending. The Lions appreciate the efforts of the club caterers and volunteers very much and enjoyed their evening, and the club similarly appreciates very much the St Marys Lions choosing our club for their function and we thank them very much for that indeed.

J Turner

ST MARYS SPORTS AND SOCIAL CLUB

**COME AND HAVE SOME FUN -
INDOOR BOWLS**
FRIDAY NIGHTS FROM 6PM
NEVER PLAYED BEFORE?
IT DOESN'T MATTER.
IT'S ALL FUN AND
SOCIALISING.



CHILD VISION GLASSES - Designed by The Centre for Vision in the Developing World. Self-adjustable glasses that allow the wearer to tweak the lenses until they focus clearly. These glasses are based on a fluid-filled lens technology that is similar to that used in the Ad-specs. While the Ad-specs were designed for use by adults, the Child Vision glasses have been developed specifically for use by young adults aged from 12-18.



ST MARYS IGA SUPERMARKET

38 Main Street
Phone/Fax 6372 2240 Butcher 6372 2274
Mon - Fri 8 - 6 Sat 8 - 12

Specials from 18th July - 24th July **Butchery**

Leg Lamb	9.99kg
IGA corned silverside	5.99kg
Beef mince	9.99kg
Blade steak	8.99kg
Ingham Gourmet Chicken Portions	4.99kg

The Shelves

Nescafe Cafe Menu Coffee Sachets 10pk	3.49
Sorbent Toilet Tissue 12pk	5.99
Jiffy Firelighters 24pk	2.99
Heinz Condensed Soup 420g	.99
Nestle Condensed Milk 400g	2.49

Only \$1.99 ea

Uncle Toby's Muesli Bars 120-185g
IGA Bakers Oven Snowballs 8pk
Arnott's Chocolate Biscuits 165-250g
Spree Dishwashing Liquid 1L
Sanitarium So Good UHT Reg/Lite Soy Milk 1L

Specials from 25th July - 31st July **Butchery**

Porterhouse steak	16.99kg
Boneless leg of lamb	10.99kg
Ingham Fresh Chicken Drumsticks	2.79kg
Blade roasts	7.99kg
Lamb BBQ chops	7.99kg

Freezer/Coolroom

Duck River Soft Butter 500g	3.99
Flora Spread 500g	2.79
Devondale Butter 500g	3.49
Streets Blue Ribbon Ice cream 2L	5.49
Birdseye Peas 1kg	3.69

Only \$1.99 ea

SPC Fruit 410g
Kellogg's Corn Flakes 150g/Rice Bubbles 170g
Arnott's Savoy/Clix 180-250g and Shapes 160-190g
Cascade Apple Isle Sparkling Drink 750ml
IXL Conserves 250g

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