



The Valley and East Coast Voice Inc. \$1

Est. 1968 Vol. 46 No. 19 February 27th 2014

The deadline for Vol. 46 No. 20 is 5pm March 10th 2014



Rene Hidding MP and Reon Johns, President of the Woodcraft Guild

Libs commit \$2500 for the St Marys Men's Shed

Recently, the St Marys Men's Shed was hit by a break in, resulting in the loss of \$5000 worth of tools and equipment. To make matters worse, insurance cover has left a gap of \$2500 making it impossible to replace what was taken.

To help the Men's Shed get on with what they do best, a majority Liberal Government will provide the Shed with \$2500 to bridge that gap.

In addition, a majority Liberal Government will invest substantially in Men's Sheds around the state because we know just how much they are valued and how much they benefit communities.

We will provide an additional \$555,000 to Tasmanian Men's Sheds, as part of our long term Plan for Tasmania.

The extra funding will help Sheds purchase tools and

heaters, meet growing operating costs such as electricity and insurance, and ensure a coordinated approach to the administration of Sheds across the State.

An evaluation of the benefits of Men's Sheds by Beyond Blue last year found clear health benefits associated with Men's Sheds and awareness of mental health issues like depression and anxiety is improved through Shed membership.

We are proud to support the St Marys Men's Shed because it supports the St Marys community.

Our commitment will be funded by the almost \$500m in savings already identified.

Return Thanks

Valda and John McDonald wish to thank the many wonderful friends and relatives who came to the Sports Centre to help celebrate not only their birthdays, but also their upcoming diamond wedding anniversary. On the day of John's birthday the 'little' family gathering turned into a wonderful celebration, with his seven brothers and sisters all present, with Valda's two remaining brothers also present. Glenn and Leanne did a great job organising it all and it was a very well kept secret. Thanks to Grant for the lovely Ford Galaxy he drove us in; to Diesel for his wonderful cooking; to the kitchen ladies and the people who brought the lovely flowers; to Tony Gee, Murray Pyke, Andrea Round and Glenn for their kind words of praise. Thank you for the presents (there weren't supposed to be any) and beautiful cards. Seeing 80 people gather just to wish us well, from near and far, was just overwhelming and we'll always remember the day as something so very special. Thank you everyone, it was wonderful, and Kellie - the cake was delicious. Thank you Leanne.

Valda and John

**Have you visited the Valley Voice site yet?
If you would like your group or business promoted, call us for details**

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6372 2442 / 0403 430 452
[www.facebook.com/
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7215
valleyvoice.com.au**

Advertising rates:

- ◆ Business card size ads ~ \$15
- ◆ Intermediate ads ~ \$18
- ◆ ¼ page ads ~ \$25
- ◆ ½ page ads ~ \$40
- ◆ Full page ads ~ \$65

Community announcements are free. Classified ads are free for two issues if required. Annual posted subscriptions are \$50.60 and annual online subscriptions are \$20. Articles for publication may be left at the St Marys Pharmacy, posted or emailed. For online advertising, contact the Editor.

Community Announcements

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

The **Tasmanian Lymphoedema Centre Inc** meet monthly on the 3rd Monday at 10am in 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 & beginners welcome. Child minding included – a lovely safe place to bring toddlers while you play. Karon 6372 2382 or Dana 6372 2033.

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

St Helens Alcoholics Anonymous (AA) meet every Wednesday 8pm at St Paul's Anglican Church Hall, St Helens. Call Murdoch on 6376 3335.

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

The **Scamander and Beaumaris Community Development Association** meet monthly on the third Wednesday at 7pm in the Scamander Sports Complex. New members are most welcome.

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

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

St Marys Hospital Auxiliary meet monthly on the 1st Monday at 2pm in the St Marys Community Health Centre.

The **St Marys School Association Op Shop** is happy to receive pre-loved items (not electrical) weekdays 10-4 & Saturdays 9-12pm (as volunteers are available - new volunteers welcomed). **Small** donations can be left at the St Marys Newsagency. Support your local school & pick up some great bargains. Coordinator Janet Drummond 0404 562 320.

The **Cornwall Community Development Group** meet monthly on the first Tuesday at 7pm in the Cornwall Hall.

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

Scamander Garden Club meet monthly on the 3rd Monday at 1.30pm in the Scamander Sports Complex. Enjoy sharing garden activities. Val 6372 2762.

St Marys/Falmouth Playgroup is held 10:30-12:30 each Wednesday at the Falmouth Community Centre.

Does your child/children enjoy

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



Join us at Playgroup for only \$3 per family in a relaxed & friendly atmosphere for children, mums & dads. Tash Speers 0419 591 905/Amy Faulkner 0417 152 337

St Helens Al-Anon Family Group (Al Anon) helps families & friends of alcoholics recover from the effects of living with the problem drinking of someone close. 2pm Sunday at St Paul's Anglican Church Hall St Helens. Anne or John 6376 4270/Rose 6376 3335.

The **Fingal Valley Neighbourhood House Op Shop** is happy to receive pre-loved clothing & goods weekdays 9-3. Donations can be collected on Mondays or items can be left at the Centre. Come along, check it out & pick up a bargain. Deb Speers for FVNH.

Stallholders' Market Inc is a NFP organisation that holds markets each Saturday 8-12 noon in the Portland Hall St Helens. e: sthelenmarket@yahoo.com.au

The B.O.D. Stitchers meet each Friday 10-3 at the Neighbourhood House Bungalow in St Helens. Stay for as long or short a time as you choose & the choice of projects to work on is also optional - either bring your own or join in & assist on a group project.

Greater Esk Tourism meet 7pm at Fingal Neighbourhood House on the 2nd Monday of each month, unless otherwise notified. 0412 425 666

Beaumaris Swap Markets are held on the 1st & 3rd Sundays in summer at Beaumaris Park from 11-2pm. Swap, barter or buy fresh produce, herbs, bread, flowers, crafts & more. Plastic bag free, gold coin donation per stall (bookings required). Laura 6372 5687

The **Chocolate Shop Singers** meet at the Mt Elephant Fudge shop St Marys every Thursday at 5pm for informal & fun singing. Everyone welcome.

Community Announcements

Jan Saunders, **East Coast Community Transport** Coordinator. Community Hall, 23 Main Street, St Marys. 6372 2137

The St Helens Walking Group walk each Wednesday and 3rd Saturday of each month. New members are most welcome. Call Healthy House 6376 5242 or Bryan Edhouse 63763439 for info.

St Marys Online Access Centre, 23b Main Road St Marys. Mon~Fri 9.30~4.30 Sat 11~2. 6372 2005
e: stmarys@tco.asn.au

St Marys Markets are held monthly on the 1st Saturday (excluding July & August) at the St Marys Community Hall 9am to 1pm. Michael Smith 6372 2056.

Meals on Wheels meeting dates for 2014: 20/2/14, 15/5/14, 21/8/14, 20/11/14, held in the Community Health Centre St Marys. Lundy Vosper, Secretary.

Operation Cover-up. 3rd Friday each month at *Gone Rustic Studio + Gallery* from 11-2. Making quilts and knitwear for those in need locally and overseas. Donation of \$5 towards wadding for quilts; BYO lunch, cuppa included. 37 Main Street, St Marys (Tues-Sat, 10-4). 03 6372 2724 / 0417 027 424.

Rustic Ragamuffins - every Wednesday at *Gone Rustic Studio + Gallery* from 7-9 pm. Bring along your current stitching project and have some time-out while catching up on your UFO's (UnFinished Objects)! Cost is \$5 which includes homemade treats and a cuppa. 37 Main Street, St Marys (Tues-Sat, 10-4); phone 03 6372 2724 or 0417 027 424.

People Poles Project. Please don't forget to **RSVP** for the Community Workshop on Tuesday 25 February 5.30pm at St Marys Hotel. Let me know if you are intending to stay on for dinner so I can inform the Hotel of numbers. Diana Foster, St Marys. 03 63722059

I would like to say 'Thank You' to Ana and all who helped after my recent fall, and a special thanks to everyone at the St Marys Health Centre for looking after me so well during my stay. We are lucky to live in such a caring community. Lorraine Scott

Thank You.

Trevor, Damon, Jamie and families wish to thank everyone for their cards and well-wishes on the passing of Mary.

A very special thanks to Dr Latt and most of all the nurses and staff at the St Marys Community Health Centre.

Tasmanian Lymphoedema Centre Inc.

Notice of rescheduled AGM

The AGM of the Centre will be held on Monday 17th March 2014 at St Marys Health Centre commencing 10 am. Business, various reports Election of Officers and Amendment to Constitution. General Meeting to follow. V. Cato Secretary

For Sale

2 x **Dark timber bedside cupboards**, 40cm wide x 38cm deep x 66cm high, good cond., \$50 pair. 0419 154 193

Mini pigs for sale or swap ~for grain or feed! 6372 2271

Inflatable Dinghy as new (used once) complete with pump and paddles \$40. 6 bolts of **New Hessian** 50m x 1.8m, new cost \$140 ea, sell for \$100 ea. **Hardwood rough sawn lattice battens** 100 / 2.5m x 40 x 15mm \$5 ea & 60 / 3.3m x 40 x 15mm \$7 ea. **Trencheroo** - pedestrian trench digger, diesel 4wd. digs 150mm wide and up to 1100mm deep, v. good cond. see working, \$2,500. **Worm Reducer** (gearbox) 41 to 2, good cond. \$300 ono. **Steel traffic guards** 2 / 2400 x 250mm (approx) - suit ramps etc. \$50 ea. **Used flat gal. sheet-metal**, good cond., ideal cladding kennel/chooks etc. 2440 x 600mm \$10, 2440 x 300mm \$5. **Lucas Grabber** - stump/bale carrying implement with 3 point hitch. Little use. Cost \$1200. Offers over \$400 accepted. **Free potted olive trees**. Details ... 6372 2626

MDF interior ceiling/wall lining 9mmx2.4x1.2 sheets \$20 ea. **HQ-WB ute Flexiglass canopy**, tinted & flyscreened, gd cond, \$250. 6377 1209

Heat pump/aircon \$250 ono, 6372 2440.

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

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

Hay, small squares cut in late December, \$5 each. 0447 151 871

Toyota Landcruiser Model FJ 40 ... ? 70's. Body's shot. Engine and trans good. OK for parts. \$500 (incl old box trailer). 6372 2626

Ladies set **right hand golf clubs and buggy** \$120.00
6372 2924 / 0457 299 580

Ford Laser 1992 4 door hatch Manual Blue 4 new tyres, 290,000 kms, no rust, body fair, runs well, 6 months rego, \$1,000. Ph Rhiannon 6398 6258 or 0438 535 102.

Portable refrigerated air conditioner (New 12 months factory warranty) made by AWA, JHS8, 5.3Kw 18000 BTU's with remote. This unit is cheaper than you will find in the shops or online, free delivery and setup if required in 50km local area. \$580.

David on 0409 248 265

Wanted

Female seeking experienced/qualified **Australian Freestyle Kickboxing** trainer or sparring partner for fitness work. Preferably St. Marys or St Helens areas. I have skills and good technique but need to rebuild fitness; start ASAP. 0400 274 364

Wanted

Good **whipper snipper** for around \$30. 6372 2584

House cleaning work wanted by experienced, honest and reliable lady with references. \$16 per hour. 6372 2584

Odd jobs wanted - gardening, painting, cleaning etc. \$10 per hour. 0437 148 845

Letters to the Editor

Dear Editor,

The Tasmanian Opposition Leader Will Hodgman recently went to Canberra to discuss the NBN roll out with Federal Communications Minister, Malcolm Turnbull. Mr Hodgman's visit was in response to the Tasmanian electorate's backlash to completing the project with copper wire rather than optic fibre.

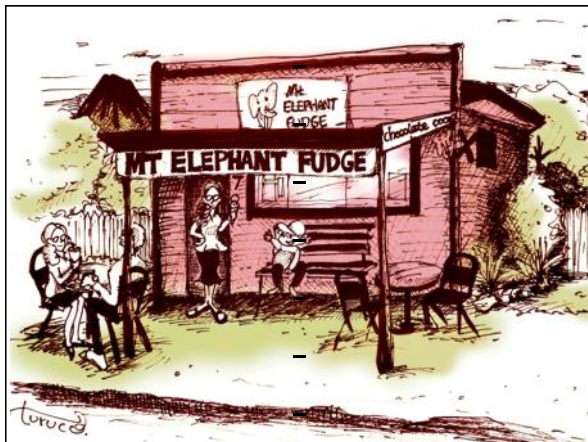
Tasmanians must be left wondering why Mr. Hodgman didn't consider picking up the phone rather than getting on a junket flight to the Federal Capital at tax payers expense.

And if Mr. Hodgman believed the existing copper wire telecommunication network wasn't able to cope with a simple telephone call, what hope has it got of dealing with an ever-increasing global internet.

Obviously Mr. Hodgman is a chip off the old "mouth from the south" block.

Cycling Sandi [the baby boomer biker who used to be a hitchhiker]

John Sandilands, St Marys



MT ELEPHANT FUDGE
Wed, Thurs, Fri, Sat 10–5pm
Sun 10–3pm Ph 6372 2787

I am back!!!

Thanks everyone for your patience!
Trading hours should now be more
regular with the odd closure here & there!

Hoping to see you all soon 😊 🍪 🍪



Out Of The Woodwork

Wendy Brennan Secretary 637 22094

www.breakodaywoodcraftguild.weebly.co

Firstly, we cannot say often enough how humbled we are by the community's response with their kindness regarding our recent theft. All members express their sincere **Thank You**.

As there appears to be many newcomers to the Break O'Day I would like to reiterate what our Club can offer to any new residents. We are a non-judgemental apolitical incorporated organisation which is open to men and women who may be experiencing difficulties integrating into a new community. Our joining fee is \$20 per year which helps cover insurance costs.

We ask that all new comers complete an induction course for health and safety reasons. Our doors open at 10am and close usually at about 4pm depending on the availability of our volunteer members.

We do work for the elderly or infirmed at a cost recovery basis only or for free. We believe in helping other struggling community groups by way of donating prizes or with monies raised. We have a presence at the Tasmanian Regional Arts Market which is held on the first Saturday of the month at the St Marys Town Hall via our sausage sizzle.

We hold monthly meetings at the club house to enable all members to partake in any of the decision making or general housekeeping. If you feel that you would like to find out more please feel free to come down and share a cuppa with us. We are situated in the old railway goods shed St Marys. We are open every day except Friday and Sunday depending on volunteers. A cup of coffee will cost you 50¢. We charge \$2.50 per day to use the equipment or \$6 for the week this contributes towards ongoing maintenance costs.

We have an Open Day Fair once a year which assists our fund raising, this year to be held on the **5th April**. We sponsor **the St Marys Annual Car Show** which is held on Faulkner's Green on the 1st June.

The St Marys Memorial Services Association which organises ANZAC Day services is a sub-group of the Break O'Day Woodcraft Guild.

Miscellaneous

Room for rent in remote, isolated bush property. Limited power available, would suit a quiet, mature single person (personal references required). 20 minutes from St Helens. For details call 0438 762 834

The Say...By Cagerattler

This is not Schapelle Corby persecution, this is about the power of the media and this coverage is a good example of how much power mainstream media has.



A couple of weeks ago, once again, like with so many other "big news stories" the TV, radio and print media spent huge chunks of time and money inundating us with this story. If Corby had been convicted in Australia, not a foreign country, we probably wouldn't have heard too much about it and it may well have been consigned to an indiscriminate little spot on page 7 or something.

However, and ONLY because it would increase sales and in turn advertising, the story was made into a big deal, not least during the trial...and the carry-on with the sentencing... and so on.

Sound familiar?

Remember the Lindy Chamberlain trial by media in the early 1980s, until she was finally acquitted many years later? Countless magazines jumped on the sensationalism of the case, as did several TV shows, film and mainstream news.

Anyone who thinks 'the public needs to know' dictates the nature/veracity of popular media content is quite frankly naïve in the extreme. Time after time this goes on.

At election time media portrays politicians as they want to or need to (as the case may be)...and sometimes it's more important to depict how they say things and not so much what they actually say. Who cares what dress or pantsuit Julia Gillard wore, but the bloody media made her appearance seem important for some reason or other.

Back to the Corby case. Over the past nine years, regular media leaking of her depression and other personal matters has occurred, to keep the case simmering in the back of our minds; fanning the flame would keep it alive for the parole which would undoubtedly happen.

In Australia Schapelle would not have been considered newsworthy. The elements of the case (Indonesia, alleged corrupt authorities, an aussie in strife overseas and other contributing factors) enhanced with the power of the media and its need of financial success, made a criminal (convicted by an international court) some sort of hero or cult figure.

Whether she did or did not commit the crime is almost incidental. Our perceptions can be manipulated by media, and rather than just reporting the actual facts they think they need to embellish...and probably make a mini series, TV special, cover magazine articles etc. It's reprehensible and readers/viewers are treated to superficial/incorrect content rather than information, valid opinion and real news.

Personally I'd love to ask a media CEO 'if the Corby case had happened here, would you have given a toss?'

What do you think? Rod McGiveron

Tasmanian researchers rewrite evolutionary history

Australian scientists have stumbled across a missing link, connecting the evolution of life to elements like gold and silver.

Researchers in Tasmania were investigating the impact of historic oxygen levels on the formation of ore deposits.

In doing so, they have helped explain why evolution was stalled 1.8 billion years ago, a time known as the 'boring billion'.

A team at the University of Tasmania has published research which challenges the scientific belief that the Earth's oxygen levels plateaued about two billion years ago, stalling the development of life for a billion years. The researchers found oxygen levels actually decreased and almost ended life on Earth.

The team used laser mapping to look at the way ore deposits are formed on the sea floor. By measuring oxygen levels in trace elements such as gold and silver, Professor Ross Large, says the researchers have re-written the history before and leading up to the explosion of life on earth.

"The trace elements vary significantly and tell you how oxygen varies," he said. "Now the reason for that is the increase in oxygen leads to rapid erosion on the continental surface and that leads to these trace elements then moving down into the rivers and into the ocean."

The research is published in the journal *Earth and Planetary Science Letters*. The team at the University of Tasmania will expand its study to include biologists, chemists and oceanographers in the hope of unlocking more secrets about the evolutionary process

<http://www.abc.net.au/news/2014-02-19/tasmanian-researchers-rewrite-evolutionary-history/5270914?section=tas>

Aware

Happiness is a reference point, a relative state of mind to which we compare other emotions. Being happy is one of our ultimate goals. How we get there or if we get there often depends on how we live and how we treat other people.

When we were children, many of our needs were taken care of by others. Now, it is more often we who must create our own happiness. We are no longer children dependant on others for our dreams and joys.

We are adults, free to make our happiness in any form or shape we wish.

Christopher Hurd, Cornwall



On this day in 1964 - The government of Italy asks for help to keep the Leaning Tower of Pisa from toppling over.



Lions Club of St Marys Inc. Christmas Party 2013

Another great day on Faulkner's Green for all the community members who made the time to relax and enjoy a good day prior to Christmas Day.

As everyone is aware, this is a free party to all who attend, proudly sponsored by the Lions Club of St Marys Inc., with Mark Carrick supplying the icy poles and ice creams, thank you Mark.

The Jumping Castle and Ball Pit (always favourites with the children) had a line-up most of the afternoon.

Santa was a big hit with the children again this year, arriving on Barry Nelson's motorbike along with his little helper Elf Zara. Thanks Barry, for your assistance. Once again Santa made time in his busy schedule to speak with the children and take last-minute orders before he rushed back to the North Pole, ready for his flight around the world on Christmas Eve.

Kirk McGiveron and Trudy Barnes of 'Gypsy Rose' donated their time to entertain us during the afternoon with their great music and prowess on the microphone. Thank you both, you were very much appreciated by the members of the public and the Lions Club again this year.

Then the Christmas Parade, said to be one of the 'best ever' and enjoyed by all.

- ◆ 1st Prize for the floats went to Craig Cox
- ◆ 2nd Prize went to Mark Owens
- ◆ 3rd Prize went to the Surf Life Saving Club

After the Parade the free age groups gifts were drawn which saw many happy faces when opening the parcels, courtesy of the Lions Club once again. Then the big draw, the Lions Club Christmas Stocking, which was won this year by Ayla Clark.

After the draw it was back to Lion Brian Forsyth, with customers lined up for more hamburgers and sausages for their dinner. I think Brian and Margaret were glad to get home that night, after such a successful afternoon.

The Lions Club of St Marys Inc. wish to thanks the members of the community who assisted on the day; to those who helped with the decorated bikes and the Christmas Parade; to Paul, Jamie and Ricky for gathering pine trees and arranging them around town. With our members a little thin on the ground, and heaven forbid aging a little (or a lot), without the assistance from you, the people of St Marys, this Christmas Eve Party would not have happened.

And finally a special Thank You to Jeff and Margaret Faulkner for allowing us to once again use their land for this worthwhile event.

Ruth McGiveron, Lions Club of St Marys



St Marys backs Claude the Lawnmower man!

In a single day the small township of St Marys has backed Claude the Lawnmower man, and through him Bravehearts program for abused children, to the tune of over \$660.

Staying in accommodation donated by Mariton House Bed & Breakfast, Claude pushed his trusty lawnmower around the streets of St Marys meeting the locals and telling the story of children and their families affected by sexual assault. "I want to make a difference to children who have been assaulted" said Claude "I knew of two little girls who had been assaulted and they were too frightened to speak out



– we can make a difference".

Claude was impressed by St Marys. "I was welcomed with opened arms, everyone was friendly and for a small town in Tasmania over \$660 of donations in a single day is fantastic". The local IGA Supermarket was the largest single donor, giving \$50.00 early in the day but other retailers and many individuals also gave freely and cuppas and cakes helped Claude keep going through the day.

Claude was also very impressed with a new acquaintance – Basil the sheep and his lawnmower, a fixture at Mariton House B&B on Irishtown Road where Claude stayed.

'I've never met a sheep that pushes a lawnmower before' said Claude.

Claude continues on down the St Marys Pass to Scamander, St Helens and then further over the next few weeks finishing up in Hobart at the end of March. If you see him stop and have a yarn and make a donation; he deserves all the support you can give.

Article and pictures by Diana Foster

FURNITURE HOUSE GROUP

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FVNH IS FUNDED BY THE DEPARTMENT OF HEALTH AND HUMAN SERVICES

OP SHOP TRIP

The Fingal Valley Neighbourhood House Inc. is organising another Op Shop Trip to Launceston in the FVNH Community Bus



DATE: THURSDAY 6th MARCH, 2014

Cost : \$15.00 per person

We will be visiting many Op Shops in the Launceston area and we will be having a nice, affordable lunch at Yummy, Yummy in York Street

Come along and have a great day out!



We will be leaving Fingal Valley Neighbourhood House at 8.30am

Cost : \$15.00 per person

If you are interested in going on this trip please contact the Fingal Valley Neighbourhood House on 6374 2344

MUST HAVE FULL BUS

FVNH IS FUNDED BY DEPARTMENT OF HEALTH AND HUMAN SERVICES

Fingal Valley Neighbourhood House Inc. has organised a bus trip to

LONGFORD

Thursday 27th March, 2014



Visit a great nursery. Will take FVNH trailer if anyone wants to buy plants also visiting Hardware Store.



Morning Tea at Longford Bakery

After Morning Tea browse through the Antique Shops.



Blenheim Inn Hotel for lunch

Tour of Brickendon Estate including tour of Village and Garden cost of \$10 per person.

The Fingal Valley Neighbourhood House Commuter Bus Will leave Fingal at 8.30am.

Bus Fare: \$15 per person.

If you are interested contact the Fingal Valley Neighbourhood House on 63742344

Advertisement

Re-elect Rene!

For -

- Proven track record
- Strong, consistent representation
- Experience in government



VOTE Rene
1 Hidding MP

Office Details:
 9 Gordon Street, Sorell
 Tas 7172
 Ph: 6265 6600

Email: rene.hidding@parliament.tas.gov.au

Tasmanian
Liberals

Authorised by: Eric McGinness, 2014 Murray Street, Hobart

Exciting Times for Break O'Day - Labor Party Announcements

24 February 2014



Labor Member for Lyons and Minister for Human Services Rebecca White MP today announced further commitments by the Labor Party to the future of the Break O'Day area, ahead of the upcoming State election.

The first announcement detailed Labor's commitment to health services on the East Coast and the future of the



St Helens District Hospital. The Labor Party has committed \$11.5m to the replacement of the St Helens District Hospital, with the project to be delivered in the first term of a re-elected Labor

Government. Mayor Sarah Schmerl said "the hospital with its ongoing inundation problems during heavy rain, its lack of space and generally outdated nature is seen by the community as being essential to be relocated and upgraded to service the residents of the region. It is very pleasing to see that the Government acknowledge this and are working with Council to utilise an excellent block of land recently purchased by Council and it is the community's expectation that works begin as soon as possible. Medical services for an ageing population are vital, which is why Council took the pre-emptive move to secure the block of land in Annie Street for this purpose".

The second announcement outlined road safety upgrades for one of St Helens' busiest intersections; the junction of Tasman Highway and St Helens Point Road will be upgraded with a commitment of \$1m from the Government to fund north and south bound slip lanes, with further upgrades to the area to be funded by Council. "This has long been an identified hot spot. This funding announcement will allow Council to not only install slip lanes to assist with traffic flow but also Council will be using some of its own funds to upgrade the car parking and playground to create a safer family environment as well as a pleasing-to-the-eye first view of St Helens," Mayor Schmerl said.

These announcements come in addition to announcements already made regarding upgrades to the local road network and the replacement of St Helens wharf.

Under Labor's plan to fund \$110m of road maintenance projects over five years if re-elected, projects in the Break O'Day area include:

- ◆ \$10m for the Esk Main Road between Avoca and Fingal
- ◆ \$3m for St Marys Pass
- ◆ \$10m for bridge replacements on the Esk Main Road and Tasman Highway

The \$2.5m to replace the St Helens wharf was announced in January, and work on the wharf is expected to begin as early as May 2014.

All up, these projects represent a positive and proactive vision for the future of Break O'Day. Council wishes to thank the Labor Party for making these commitments, and the local member, Rebecca White MP, for all her work in representing the community.

The next Council meeting will be held on **Monday 17 March, 2014 at 10am** in the Council Chambers, Georges Bay Esplanade, St Helens. Minutes from Council meetings are available online.



National Penny Farthing Championship at Evandale. Former local Ryan Sullivan who swapped Evandale for Nashville, Tennessee several years ago returned to claim the championship for a second time.



ABN 96 027 131 248
 Georges Bay Esplanade, St Helens
 PO Box 21, St Helens Tasmania 7216
 T: (03) 6376 7900 F: (03) 6376 1551
 E: admin@bodc.tas.gov.au
 W: www.bodc.tas.gov.au

FROM THE MAYOR

Enquiries: Sarah Schmerl

24 February 2014

To Whom it May Concern


On behalf of the Break O'Day Council I am very pleased to provide a letter of in principle support to the St Marys Peoples Poles project. This initiative is quite unique and I am sure will be an interesting tourist attraction to St Marys. It is great to see attractions in the towns that will encourage the visitors to stop and support other local businesses in the area.

Yours sincerely,

S. Schmerl

Sarah Schmerl
Mayor

from the mountains to the sea



Bay of Fires Viewing Platform

The newly constructed Bay of Fires Viewing Platform at Binalong Bay has been installed and is now open for all to enjoy the spectacular view. The platform is located at Boat



Harbour Point, is wheelchair accessible and can be reached from the existing car park.

Ransley's Appliance Service

POB 136

Scamander Tasmania 7215

Washing machine **noisy**?

Refrigerator runs **too long**?

Clothes dryer blows **cold air**?

Then you need the service of our technicians.

6372 5307 / 0428 761 811



CALTEX ST MARYS

MECHANICAL REPAIRS & SERVICE

41 Main Street

6372 2335 / 0419 503 109

Fax 6372 2822



St Marys Salvation Army

is pleased to offer the following services:

Weddings

Dedication of children

Funerals

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on **0409 838 816**



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DIABETES TASMANIA POLLIE PEDAL 17 February 2014

Diabetes Tasmania's PolliePedal 2014 broke a fundraising record raising over \$50,000 for Tasmanians living with diabetes, with online donations still coming in. This brings the total raised since 2006 to over \$440,000, said Guy Barnett, State Liberal candidate for Lyons and Diabetes Australia Ambassador.

"Day one of this year's ride started at Grindelwald, travelling north along the Tamar River, to the Beaconsfield Mine Museum and Glengarry, the Hagley Farm School, Westbury Community Health Centre, and Deloraine. Day two saw riders visit Trowunna Wildlife Park, the Chudleigh Show, through the Meander Valley to stay at the Hadspen Caravan Park. The final loop on day

three was through Cressy, Longford, Evandale and concluding at Relbia. Penny Farthing cycling training was a feature at Evandale. Every day another seven Tasmanians are diagnosed with diabetes, which is not surprising when you consider it is currently Australia's fastest growing chronic disease. With this in mind it's very important that we continue to provide support and services, which can help delay or prevent diabetes complications, increase life expectancy and reduce medical expenses.

"Thank you for all generous donations, our sponsors and especially everyone on the route that supported the 23 cycling participants.

"The Tasmanian Pollie Pedal started in 2006 and we have big plans for our tenth year," Mr Barnett concluded.

28th of January 2014

Dear House of Assembly member,

RE: TAMAR VALLEY WINE BUSINESSES' CONCERN OVER REVIVED PULP MILL

We are writing to you to register our collective concern regarding the potential negative effect of re-invigorating the Tamar Valley Pulp Mill project on our businesses and the Tasmanian wine industry in general.

In recent years Labor, Liberal and the Greens have lauded the wine industry as one of the pillars of the Tasmanian economy. All have agreed that the potential contribution of our industry to investment and jobs is extremely promising. On the back of this bi-partisan support for our industry and a growing interest nationally and internationally for our wine, a majority of wine businesses in the Tamar Valley have made very significant financial investments in growing our respective businesses. Investments in land, infrastructure, vineyard area, plant and equipment and marketing have all been made with future growth in mind.

A little known fact is that every year almost 50% of all Tasmanian winegrape production is from the Tamar Valley alone. In addition, our industry employs more people every year. We are certain that we have been pulling our weight for Tasmania by growing tourism numbers, finding new export markets, paying taxes, buying local goods and services and generally contributing positively to the Tasmanian economy.

For these reasons we find it to be an unconscionable kick in the guts for both sides of politics to revive the pulp mill project as a live issue. Leaving aside the environmental concerns we may have we feel the revived Pulp Mill project will:

- erode the hard fought value of our wine brands which have all been built leveraging off the clean, green, sustainable value proposition that the Tasmanian wine industry represents
- erode the value of Brand Tasmania and thus have a seriously negative impact on the willingness of tourists to visit the Tamar Valley, visit our cellar doors or buy our wines
- erode the value of our significant financial investments already made, including capital expenditure and real-estate value.
- diminish our ability to further grow our businesses and therefore our capacities to be future employers

We would like to state that as a group we are not anti-forestry nor anti-mill. However, given the nature of our concerns in terms of the potential effects on our businesses as we strive to build a vibrant industry based on tourism and exports, we are very much against any pulp mill in any form, anytime in our Tamar Valley.

We urge you to reconsider your positions on the "enabling" legislation before both Houses for the reasons outlined above.

Yours Sincerely

Chartley Estate, Rowella. **Delamere Vineyards**, Pipers River. **Sinapius**, Pipers River. **Grey Sands**, Glengarry. **Holm Oak Vineyards**, Rowella. **Humbug Reach**, Legana. **Loira Vines**, Loira. **Marions Vineyard**, Deviot. **Moores Hill Estate**, Sidmouth. **Three Wishes Vineyard**, Hillwood. **Waterton Hall**, Rowella. **Winterbrook**, Loira.

For all enquiries/comments please contact Julian Allport. Moores Hill Estate. 0425212977. julian@moreshill.com.au.



Exciting Opportunity for Break O'Day by transbod

At our last steering group meeting I raised the possibility of Transition Break O'Day being involved in an exciting opportunity to secure some funding for projects in our area that are closely related to our mission of "bringing people together to build stronger communities and a sustainable future". I have booked a room at the St Helens Neighbourhood House, 25 Circassian Street, for 11am Monday 24th February. Please come along and learn what it is about and give your ideas/views.

There are three other organisations involved with us on this proposal, namely St Helens Neighbourhood House, BAPTCare Gateway & Break O'Day Council.

I recently received a briefing on the requirements for applying for the grants and would like to talk to other Transitioners about their ideas.

The funding is based on what are known as the Social Determinants of Health. The areas that I think fit well with Transition are:

- Access to fresh, nutritious and affordable food
- Focusing on health through prevention and early intervention
- Being included in community life
- Reliable and affordable transport
- Affordable and appropriate housing
- Caring for the environment
- Being able to read and write, and opportunities for lifelong learning
- Freedom from discrimination

You can find out more here:

TasCOSS and the Australian Health Promotion Association have prepared 10 fact sheets on the Social Determinants of Health: [introduction to the fact sheets](#) / [Food](#) / [Aboriginality](#) / [Education & Literacy](#) / [Gender](#) / [Health & Social Services systems](#) / [Housing](#) / [Poverty](#) / [Social exclusion](#) / [Transport](#) / [Work](#). Here is a 4.8mb [combined set of fact sheets](#).



TICKETS \$1 each or 3 for \$2

The piece is to be raffled, with all proceeds going to the St Marys branch of the SES

SES

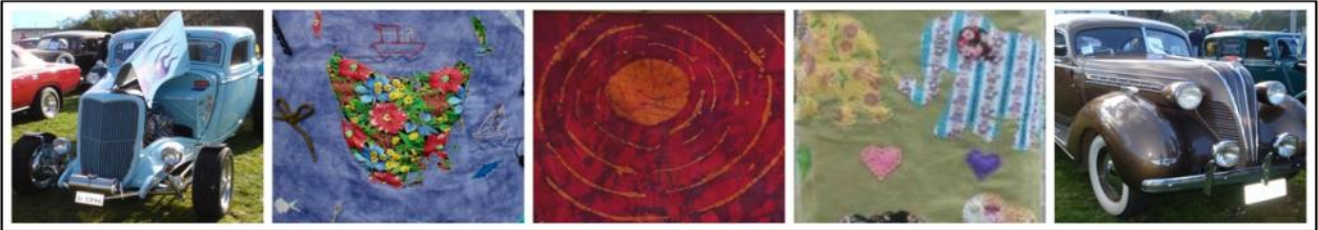
Community Conversations
 This piece of glass art was created by Heather Lye, using recycled material. The glass was collected from around the Fingal Valley by local fossickers who searched former house sites, informal dumps, old mine workings and river banks. The colour palette symbolises the changing colours of the valley...the grey of winter mists, the blues and greens of sky and paddock and of course, the brown of the bush during a hot dry summer. The intact bottles are things discarded and then recycled and the tumbled glass is a material example of the power of water to destroy, and its pivotal role in creation.

YOU KNOW YOU ARE LIVING IN 2014 when:

1. You accidentally enter your PIN on the microwave
2. You haven't played solitaire with real cards in years
3. You have a list of 15 phone numbers to reach your family of three
4. You e-mail the person who works at the desk next to you
5. Your reason for not staying in touch with friends and family is that they don't have e-mail addresses
6. You pull up in your own driveway and use your cell phone to see if anyone is home to help you carry in the groceries
7. Every commercial on television has a web-site at the bottom of the screen
8. Leaving the house without your cell phone, which you didn't even have the first 20 or 30 (or 60) years of your life, is now a cause for panic and you turn around to go and get it
10. You get up in the morning and go online before getting your coffee
11. You start tilting your head sideways to smile :)
- 12 You're reading this and nodding and laughing
13. Even worse, you know exactly to whom you are going to forward this message...
14. You are too busy to notice there was no #9 on this list
15. You actually scrolled back up to check that there wasn't a #9 on this list

:) :) :) :) :) :) :) :) :) :) :) :) :) :) :) :)

We are updating the Arts/Crafts/Hobbies Guide. If you have a group you would like included please contact Rod McGiveron on 6372 2215 to pass on your details.



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WRAP a power pole – categories:

- | | |
|--|--|
| ♦ <i>textile art</i> (\$250 + certificate) | ♦ <i>group</i> (\$200 + certificate) |
| ♦ <i>theme – switched on</i> (\$250 + certificate) | ♦ <i>junior</i> (\$150 + certificate) |
| | ♦ <i>people's choice</i> (\$150 + certificate) |

**THEME – ‘switched on’
 OFFICIAL ENTRY FORM
 TEXTILE ART COMPETITION**

Name: _____

Address: _____

Phone no.: _____ Date: _____

NAME OF ENTRY: _____ PHOTO must be attached to form

BRIEF DESCRIPTION (maximum of 25 words – will be edited if longer):

IMPORTANT: Please enclose a photograph of your artwork (shown either flat or wrapped around a pole) AND a SSAE so we can (a) respond to your entry and (b) send you a map and power pole number if your entry is accepted.

Send to: Rita Summers, Event Co-ordinator, Gone Rustic, 37 Main Street, St Marys Tas 7215

CHECKLIST – Please tick each point to show you’ve read and understood what is required:

- ♦ Each entry to be a maximum of 1.5 metres high. For safety reasons required by Aurora, any entry which is higher than 1.5 metres will be disqualified.
- ♦ Each entry to be made from fibre, textile and stitch (some glue may be used). Embellishments may be added, but must not protrude into pedestrian areas for safety reasons. Design your entry to TIE onto the pole - no nails, pins or tacks, or any sharp items which could cause damage or injury.
- ♦ Entry should not have any loose or flapping parts, for safety reasons, required by Aurora.
- ♦ Entries must be in place by 9 a.m. Saturday and not taken home until 4 p.m. Sunday. Entries may be temporarily removed between 5 p.m. Saturday and 9 a.m. Sunday for security reasons; this will be the responsibility of the entrant. Entry must be back in place no later than 9 a.m. Sunday. If entries are left out all night this will be at entrant’s own risk.
- ♦ Entries should be robust and able to withstand wind and rain (although we hope the weather will be fine, we can’t guarantee it!) They should also be securely wrapped around the pole.
- ♦ 20 entries only will be selected for display; the selection process will be at the discretion of the GET committee, and the decision will be final. No discussion will be entered into.
- ♦ Winners announced at 4 pm on Saturday 31 May at Gone Rustic Studio & Gallery, 37 Main Street, St. Marys, Tas.; 7215; refreshments provided.

TRANSMOGRIFIED by Bill Greer

Elizabeth Hawkes was sitting beside the ornamental pond in City Park eating her lunch of cold chicken and salad on rye bread, when a large green frog jumped onto a lily pad beside her and said 'Excuse me'. She ignored it.

'Excuse me,' said the frog again.

'Clear off,' said Elizabeth. 'I'm having my lunch.'

'I'm not interested in your lunch,' retorted the frog. 'Although, God knows, after years of living on flies and beetles it does look appetising. No, I have a proposition for you. You see, I'm actually a prince, and if you...'

'Yeah yeah,' said Elizabeth. 'Pull the other one. Kiss the frog and it turns into a handsome prince; sure, sure. Frogs can't talk. I bet you're a ventriloquist hiding in the bushes.'

'Be sensible Elizabeth, the nearest bushes are 20 metres away. No ventriloquist is that good. I am Prince Mikhail of Ruritania. I know you Australians are appallingly ignorant of European culture and history, but you must have heard of me.'

'No, I haven't,' said Elizabeth, 'and how do you know my name?'

'You have a little plastic badge pinned to your very attractive breast.'

'So you can read, as well as being a dirty old frog. Okay, I'm half convinced. My flat's just up the road. We'll go there and look up this Ruritania place on the internet and then we'll decide if there's going to be any kissing going on. I am supposed to kiss you, aren't I?'

The frog nodded vigorously. Elizabeth called her boss and lied to him. She correctly assumed she would be more likely to lose her job if she told him she was taking a talking frog home to check its pedigree than by concocting a story about taking her little brother, who had just broken his leg, to the hospital.

An internet search revealed that Ruritania was a small kingdom situated to the north-east of Hungary. It lost its national identity when it became part of the Soviet Union after the second World War. The King and Queen had seen the writing on the wall in 1938 and fled to England, taking with them as much of the national treasury as they could carry, as well as their only son Mikhail. They lived in comfortable exile until 1974 when they were tragically killed in a car crash, leaving Prince Mikhail as sole heir to the family fortune.



The Prince enthusiastically embraced the lifestyle of a young, rich, exiled monarch. He bought a Ferrari, a motor yacht, a helicopter and a Formula 1 racing car. He hung out with super-models and rock stars. His involvements with a succession of glamorous women were faithfully reported by that section of the media which concerns itself with such things. He dropped from public view, however, after a much-publicised affair with a strikingly beautiful model named Ryfka, whose origins were shrouded in mystery. Rumour had it that she was a refugee from somewhere in the Balkans, where her parents were illiterate peasants. Her high Slavic cheekbones lent credence to this theory, although some said that her fiery temper was due to gypsy ancestry. Ryfka would neither confirm nor deny these theories; the air of mystery was good for her career.

The playboy and the super-model had a turbulent affair that provided fodder for the tabloid press for some months, until Ryfka began appearing in all the places where beautiful people congregate, with a succession of different male companions, but no Prince Mikhail.

Where was the Prince? The papers began to talk of a 'mysterious disappearance'. Ryfka would say nothing. Once, when questioned repeatedly by a persistent journalist, she snapped 'I got so mad at him one day I turned him into a frog!' The journalist decided he was not being taken seriously and terminated the interview.

'Well,' Elizabeth turned to the frog, who was impatiently tapping a spatulate forefinger on the edge of her computer desk. 'You just might be who you say you are, but how and why did this mysterious girlfriend turn you into a frog, and how does kissing reverse the process?'

'She turned me into a frog because she's a Transylvanian bitch. I mean witch. Both. I don't know how the kissing works - but I do know that one kiss only is required; a second would reverse the process. Now can we dispense with the idle chatter and un-frog me?'

Okay, thought Elizabeth, *here we go*. She quickly applied her lips to those of the frog. She didn't know how the transformation would take place, and she wasn't sure she wanted to watch, but there was no drama at all; one moment there was a frog in her flat then there was a prince: tall, dark and very, very handsome. He was, of course, quite naked.

'Oh,' said Elizabeth. 'I'll find you some clothes.'

'Never mind that for a while,' said the Prince with a glint in his eyes that fell just short of a leer. 'It's been a long time in the frog suit.'

What the hell, thought Elizabeth, *it's been a long time for me too and after all, he is a prince, and so very very handsome*.

'Don't forget' said Prince Mikhail. 'No more kissing or it's back to the lily pond for me.'

'Anything you say, Prince,' murmured Elizabeth, as she put her arms around his strong, broad shoulders.

Some time later Elizabeth made them a cup of coffee. When the Prince finished he clapped his hands and said 'Right, Elizabeth, this is what you will do. Contact the Ruritanian Expatriot Society, explain the situation to them and they will give you money. Purchase some suitable clothes for me and book a first class air ticket to London, first available flight.'

Continued overleaf...

Transmogrified continued...

'Oh, and bring back some decent coffee, this instant stuff is swill.'

'Hang on a minute' said Elizabeth. 'I'm not your servant to order around. And why are you in such a hurry to leave? I thought that, after the last hour or so, maybe we...'

Prince Mikhail laughed. 'Maybe we what? A little Australian office girl whose ancestors were convicts or sheep farmers? You jest! Now run along and do what I told you.'

Elizabeth would have shaken with rage but she managed to contain herself.

'Since you insist on leaving,' she said, 'the least I can do is kiss you goodbye.' Smiling sweetly, she walked up to Prince Mikhail and kissed him passionately on the lips.

'Ribbit,' said the Prince.

March flies (Tabanids) have two large prominent eyes and are much larger and robust than stable flies; they have a shorter life than stable flies and an adult lives only 3-4 weeks. Although they are a major pest of live-stock, several species will bite people. It is only the females that seek blood meals; the males feed on nectar and plant juices. Female tabanids are armed with two large blade-like mouthparts, used to pierce and slash skin. This inflicts a painful wound and produces a large puncture site that will continue to ooze blood long after the mouthparts are extracted. Tabanids are pests throughout summer and are a continual nuisance at outdoor activities, particularly near water.



Biting flies can produce an array of symptoms including pain, itching, urticaria and cellulitis. An allergic response is the most common, which may be characterised by hives, and in some cases wheezing. Tabanid bites are very painful, with some individuals developing severe lesions, fever and general disability. Local symptoms can be relieved with an application of antiseptic lotion or cream and in some cases a mild oral antihistamine is prescribed. Prolonged scratching of bites may lead to secondary infections. Hypersensitivity to biting flies is rarely seen in human population.

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**The next AMIC Market is Saturday 15th March 2014
at Boucher Park unless it's raining, then it will be in the Hall.
Contact Steve 6384 2188 .**

Every Dirt Road!

Fingal Valley Heritage Project

An Exhibition of George Keri's photographs can be viewed at the Avoca Museum & Information Centre from Saturday 8th March to Sunday 30th March 2014. This is an interactive Exhibition in which you are invited to revisit memories, fill in the details, add names and places and tell stories about your memories of those places. Opening hours Fri 1-3pm, Sat + Sun 11-3pm. Contact: Mary 6385 2002 or Prue 6384 2119



Trip Advisor: My favourite place is Nan & Pop's farm, in the middle of thousands of trees and surrounded on two sides by the mountain cliffs of Ben Lomond, because they have lots of animals like deer, sheep and goats which we get to feed after we have our breakfast. I love to feed the deer, the sheep and the goats. When I look out the window I see the sheep and the deer just waking up. Last time we were there (Christmas) there were baby deer and newborn lambs. When I wake up I hear the sheep talking and running. I mostly like to go there when it is in summer because there is fruit. I like Nan's apples which she cuts into spirals and dries out. This place makes me feel like I am in the middle of nowhere (Adventure spirit). My favourite food is deer (venison), carrots (picked from garden), strawberries (picked from plants) and parsley. I like to go in the trailer attached to the four wheel drive which Poppy is driving, sitting on the quad bike that Poppy is driving and helping Nanny pick the plants. I like to be with Nanny and Poppy because they are the best grandparents I have got. El-Anna, Samuel and I enjoy chasing each other around Nanny's garden paths. When we drive to the Farm it takes about two hours to drive, but it could take fifteen more minutes because the drive to Nanny's farm is really bumpy and rocky. When we get half way, at Avoca, we stop for a drink when it's really hot. We don't travel there in winter, because some times it floods, freezes and even snows, and the roads get mushy. This place makes me feel happy, excited and adventurous. By Cannon

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CREATE A FAMILY TREE

In June 2013 AMIC held a Family History Workshop. This follow-up activity is asking each family to 'Create a Family Tree'.

Families that have this information, or some information, are asked if they would mind sharing this with AMIC so that information is available to those who make contact with AMIC when researching their family histories, which happens regularly. Those families who don't have the information, just start with your own family (names and birth date and place) then add parents and/or children, grandparents (names, date and place of birth, and death if appropriate), getting as much information from relatives as possible. AMIC is developing a Family Tree format to make this easier, but you need to start gathering the information. Please contact Mary 6385 2002 or Frank 6384 2119 if you need help.

Recently a Mr Densley from Western Australia made contact requesting information and giving what he knew about his ancestors. AMIC was able to provide a great deal of information thanks to the generosity of Mr Stirrup. Mr Densley visited Avoca and was able to see the old cottage where his ancestors lived and was very appreciative.

TIM



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Authorised by Tim Morris MP, Parliament House, Hobart

Book Review

Summer reading for the Mount Elephant and Beyond Book Group included *The Broken Shore* by Peter Temple.

Peter Temple is a much-awarded South African-born crime writer who now lives in Australia. His popular Jack Irish novels have been dramatised for television and a telemovie based on *The Broken Shore* was shown recently on ABC1.

The Broken Shore is a crime novel but the story is less about the crime and more about the central character, Joe Cashin. It is also about corruption, racism, guilt, suicide, and child abuse. Cashin is a police detective and when we meet him at the beginning of the novel he has recently returned to work after suffering major injuries in the course of a surveillance operation. He suffers mental as well as physical scars from the incident that also resulted in the death of a junior colleague.

The main thread of narrative begins with the bashing death of Charles Burgoyne, a prominent and apparently respected member of the local community. At first it appears that the crime is a simple robbery gone wrong – Burgoyne's valuable watch is missing and some young Aboriginal men are suspected of trying to pawn it in Sydney. The background to the crime and its implications are gradually teased out of a many-layered story.

Senior Detective Rick Hopgood of the Cromarty police is put in charge of the investigation and soon shows his true colours. Hopgood sidelines Cashin when an attempt is made to capture the murder suspects. A roadblock ends in violence, the death of two of the suspects and the capture of a third. Hopgood's willingness to blame the Aboriginal boys for the bashing and robbery of Burgoyne goes beyond racism. As the novel unfolds we discover that he is also corrupt. There seems to be two police forces – the likes of Hopgood on one side and those with integrity like Cashin and Inspector Villani on the other.

It is not a simple case of black and white however. In some ways Cashin mirrors the old fashioned community policeman, exercising discretion and preferring to keep some matters off the record - and he is not above taking the law into his own hands. He deals informally with Dave Rebb's trespass and ends up offering him a job. And he counsels his cousin's daughter when she seems to be becoming involved with drugs. But racism is something he cannot tolerate and he assaults a shopkeeper who suggests that the deaths of the young Aboriginal suspects should be applauded.

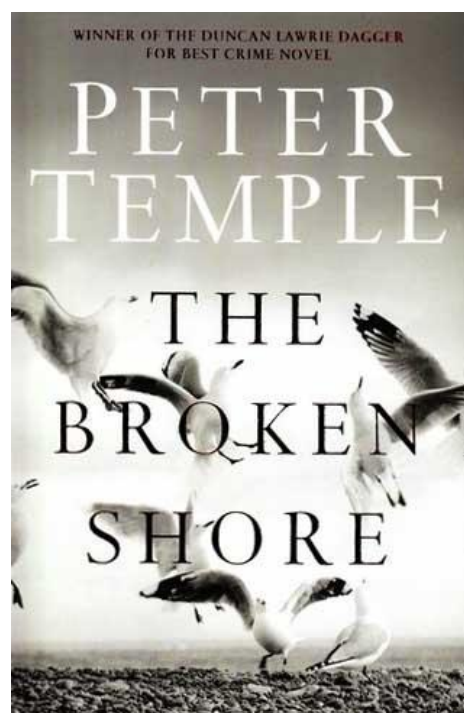
Cashin continues to pursue his inquiries into the murder, unwilling to accept the officially accepted version of events. Close to the Burgoyne house are the burnt-out remains of a former holiday camp for disadvantaged boys run by a group called the Moral Companions. Cashin soon discovers a link between Burgoyne and the Moral Companions and the deeper he digs the more disturbing become the facts. Although the reader can guess where it is all leading, the true horror of the situation only becomes clear in the final pages.

Cashin is a well-rounded character - he has a life beyond his role as a detective. It is almost a cliché of modern crime fiction for the detective to have a softer or more cultured side. Cashin enjoys listening to opera – it helps him deal with the pain of his injuries - 'notes that floated like the perfume of women you'd lusted after. Most of all he liked the silences, the gaps between what had been and what was to come'. There is also romantic interest in the form of Helen Castlemaine, who moves next door to the old family property that he is renovating.

Cashin's family background helps to explain something of the man he has become. Through his mother, Sybil, he has relatives in the disadvantaged Aboriginal community of the Darg. Perhaps because of this link, Sybil has no time for the police and is disappointed that Cashin became a police officer. She tells him that she always thought he would be the bright one and he replies dryly, 'I am the bright one ... You're confusing me with the rich one'. The rich one is his brother Michael, financially successful but depressed and later driven to attempt suicide following the death of his gay lover. Joe and Michael's father committed suicide when they were children but Joe discovers this only now. Both Mr Cashin senior and one of the Aboriginal suspects in the Bourgoyne case threw themselves into the sea at the Kettle, a feature of the coastline known as the Broken Shore. The shore isn't the only thing that is broken.

The strength of the characterisation is not the only quality that sets *The Broken Shore* apart from other crime novels. It is very well constructed and well written; Peter Temple obviously has a good ear for the spoken word; the dialogue is authentic and makes the characters believable. The quality of the writing and use of language provided a stark contrast to the book group's other summer reading. It is highly recommended.

Lindy Scripps



FINGAL VALLEY

Festival

- * **SATURDAY MARCH 1ST 2014**
- * **FINGAL RECREATION GROUND**
- * **CELEBRITY SHOVELER - FAIRSY (ROB FAIRS) FROM LAFM**
- * **MINING & AGRICULTURAL SHOW**

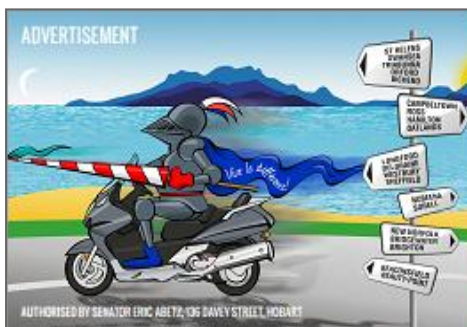


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 - COAL SHOVELLING - \$2,000 FIRST PRIZE
 - ROOF BOLTING - \$3,000 FIRST PRIZE
- **TASMANIAN SPORT SHEAR COMPETITION**
- **WOOD CHOPPING - STATE TITLE**
- **YARD DOG TRIALS**
- **VETERANS CYCLING**
 - FINGAL TO MATHIENNA & RETURN
- **TASMANIAN STRENGTH TITLE - NEW**
- **UTE MUSTER - NEW**
- **FREE CHILDREN'S ENTERTAINMENT BY FUSION**
- **ART & CRAFT STALLS**
- **FOOD STALLS**
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VICTORIA CROSS AWARD MAKES 14/100 FROM TASMANIA

Tuesday 18 February 2014

14 Tasmanians out of 100 Australians have now received the Victoria Cross said Lyons Liberal candidate Guy Barnett today, following the awarding of a posthumous Victoria Cross to Burnie-born soldier Corporal Cameron Baird by the Governor-General.

“It highlights the incredible valour Tasmanians have demonstrated in many theatres of war. Tasmania punches above its weight when it comes to bravery in wartime. 14% of all Australia’s Victoria Cross recipients come from Tasmania but we only have 2.5% of the Australian population. This is an amazing contribution in which all Tasmanians can be proud.

“Harry Murray VC of Evandale is Australia’s most highly decorated soldier and a statue of him was unveiled by the then Governor-General in February 2006.

“The first two Australian born soldiers to receive the Victoria Cross were Lieutenant Guy Wylly and Trooper John Bisdee both of Tasmania. The stories of Tasmania’s Victoria Cross heroes are told in my book *Our Heroes-Tasmania’s Victoria Cross Recipients*, produced with the support of the Tasmanian RSL, now in its third edition.

“Tasmanians to receive the Victoria Cross, and the locations of their memorials are as follows:

Sergeant Percy Statton – Zeehan Primary School
Lieutenant Alfred Gaby – Scottsdale Primary School
Sergeant Stanley McDougall – Dover RSL Sub Branch
Sergeant Lewis McGee – Ross Cenotaph
Sergeant John Dwyer – Alannah, Bruny Island
Lt Col Harry Murray – Evandale
Trooper John Bisdee – The Hutchins School
Lieutenant Guy Wylly – The Hutchins School
Captain Percy Cherry – Huonville Primary School
Sergeant John Whittle – Cygnet Primary School
Corporal Walter Brown – New Norfolk Primary School
Lance Corporal Sidney Gordon – Hobart Anglesea Barracks Memorial Garden
Captain James Newland - Hobart Anglesea Barracks Memorial Garden



“I encourage all Tasmanians to visit these memorials to show their respect for the service and sacrifice of these brave soldiers.”

Mr Barnett has also been an active campaigner for the awarding of a posthumous VC to Latrobe World War Two hero Teddy Sheean.

Our Heroes - Tasmania’s Victoria Cross recipients’ book is available for free from the Longford RSL, Wellington Street Longford, upon request to Guy Barnett or downloaded from www.guybarnett.com.au

Further information available from GUY BARNETT on 0428 622 333

Church Ladies With Typewriters. For those of you who have children and don’t know it, we have a nursery downstairs.

**Reptile
Rescue**



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Reptile Rescue Freycinet Coast — Glamorgan
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First P.M.G. worker in the east of Tasmania

I would like to introduce myself. My name is Dot French (nee Cooper). I was born in St Marys and this is the story of the first P.M.G. officer to work in the area. This area covered from St Marys to Goshen in the northeast and to Gatehouse Marsh, almost to Buckland in the south east and to Rossarden and Avoca to the west. Yes, he was my Dad, Ernest George Cooper, who transferred from Sandy Bay line yard in June 1924.

At the time my parents had three children and lived in a caravan on the block at 33 Main St, St Marys until the house that is there now was completed. Our rental included the property to the river and round to the rear of Brown's Garage. This we kept clear of broom, gorse, thistles etc., and it was known as Cooper's Paddock. School friends of all ages met there afternoons and weekends for footy, cricket, hide and seek or any other sporting game. However there was a curfew of 9pm every night. I vividly remember in cricket, over the fence, over the road or in the river was 6 and out. Eventually the house was bought from Mr Legge, became our home and was lovingly named "Bridge Cottage".

My Dad's working transport was a small horse called Laddy and a cart to convey poles. Trips to Lisdillon or Swansea would take up to five days, depending on the work involved. To correct a fault at Gatehouse Marsh it could take up to 14 days. To erect a pole he would dig the hole and then offer a passerby a token amount of money to help stand the pole in the hole to secure it. At that period in time 8 hour days were worth 8 shillings (80 cents).

It was a work of art connecting phone lines as far away as St Helens, Bicheno and Swansea. A fault at Goshen was only one or two days absent from home if it didn't involve complications. Many of the goose necked insulators were connected (screwed) to sturdy trees to hasten the time and work. These were evident on the Elephant or St Marys passes as he was able to walk the valleys away from the roads to shorten the distance so the wires could be connected. Until the last major bushfire just a few years ago, evidence of these insulators were still visible from the road on St Marys pass.



Kathleen Cooper receiving her Order of The British Empire from Her Majesty, Queen Elizabeth II, at Government House Hobart on the 27.04.88.

Telephones in those days consisted of a large wall phone, mainly wooden, with a funnel to speak into and an earpiece to hold and a box at floor height. They were cumbersome to lug about and once on the wall were not shifted. After neat lighter phones were introduced our original wooden phone was handed back to the P.M.G. for posterity.

Many years after being in St Marys, work transport was upgraded to a motor bike and side car. The poles were strapped to the side car and travelling became much faster. Eventually a little red truck arrived and my Dad was so proud of it. No wonder he was not too pleased when travelling past Killymoon a calf jumped off a bank and landed on it. We heard about this for weeks.

The first phone connected at St Helens was done by my Dad. It was at Dick Treloggen's and became St Helens 1. After working as a telephonist myself at St Marys many years later, if my memory serves me correctly, St Marys 1 was Cornwall Coal and St Marys 2 was the Hospital. His helpers in later times were Otto Smith, Jimmy Turner, (who was technically trained) Guy Hayes and Colin Targett. (Guy Hayes later took on the role of line personnel). It must have been a great help to have divisions who were trained specifically in their own fields of expertise. Dad was replaced on retirement by Ernie Barker.

On his retirement he made 2 caravans. One was bought by the Fingal Council and the other one became his workshop. It was out the front of our house and the writing on the side read "Touring Workshop", Boots, Shoes, Harness Repairs. C.O.D. Dad travelled to Fingal as I remember. He would hand sew soles to boots or shoes, and for racing personnel would make complete harnesses or saddles. I remember Mr Bert Woods from Fingal as a regular customer. Both Dad and Mum were kept busy making miner's caps for the underground miners. They were stitched canvas that covered the head like a cap and had a leather peak sewn to the front to hold the carbide lamps. These were supplied to Jubilee and Cornwall Coal employees.

After working for the Postmaster General (P.M.G. later to be changed to Telecom and now Telstra) for twenty odd years, it is not amazing for me to understand how grateful people must have been to receive some communications in their own homes. Especially in isolated areas where some of the first P.M.G. workers must have found it rather traumatic, by our standards, to supply equipment.

Not many years ago I personally wrote to the Break O'Day Council and suggested the park where the library is in the Main Street next to our home be named Cooper's Park. Sadly my letter was never replied to. I thought this would have been a great tribute to an early hardworking linesman, an original ANZAC and a foundation member of many of the clubs in St Marys. My mother Kathleen was awarded the Order of The British Empire for her tireless charity work over 65 years in the area. I hope this has been of some interest to readers, and for the older folks, great memories.

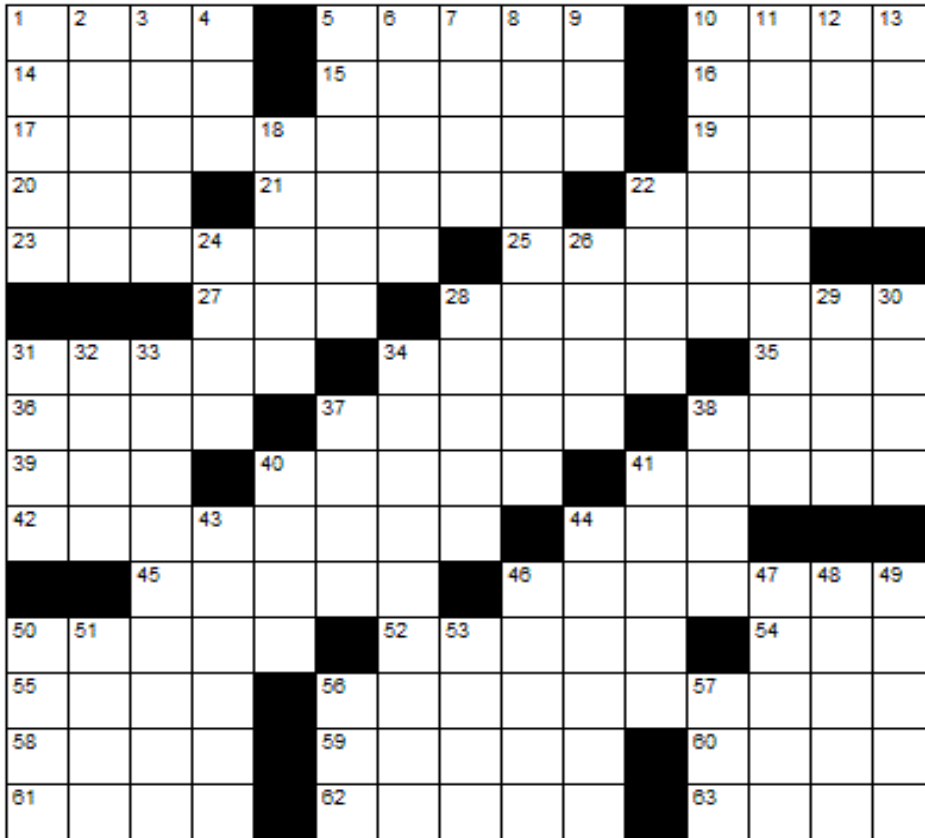
Dot French



Ernest & Kathleen Cooper.



Ernest Cooper, surrounded by a group of girls from Victoria, who were cycling around Tasmania.



Set by Alberich
www.freecrosswords.net

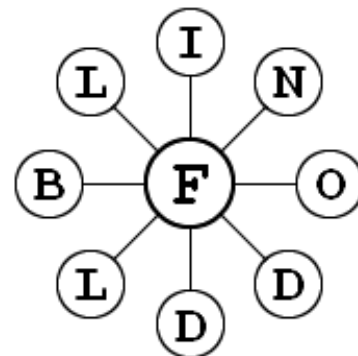
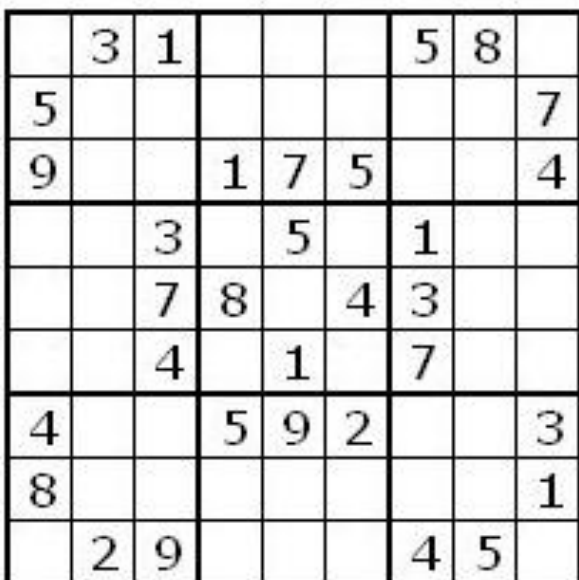
DOWN

1. Pilfer
2. Sprite
3. Fragrance
4. Neither ____
5. Turn on a pivot
6. Not earlier
7. Winglike
8. Air out
9. Eastern Standard Time
10. Stock certificates
11. Acceptable to the taste
12. Not legs
13. Netting
18. Silly mistake
22. Russian emperor
24. Bobbin
26. Roman emperor
28. Stage
29. Cozy corner
30. Playthings
31. Portent
32. Tropical tuber
33. Record player
34. Music genre
37. Confined
38. Formally surrender
40. Canvas dwelling
41. Donated
43. Detects
44. Fable
46. Female demon
47. Formula 1 driver
48. Glorify
49. Informs
50. Outcropping
51. Vagabond
53. Speechless
56. Clairvoyant's gift
57. Actress Lupino

ACROSS

- | | | |
|------------------------------|------------------------------------|--------------------------------------|
| 1. Extent | 31. Aquatic mammal | 52. Picture |
| 5. A person who is owned | 34. Small trout-like fish | 54. Wood chopping tool |
| 10. Unwanted email | 35. Ghost's cry | 55. Steals |
| 14. Novice | 36. Mangle | 56. Nonsectarian |
| 15. An area of Great Britain | 37. Ancient philosopher | 58. Competent |
| 16. Rabbit | 38. Cause surfeit through excess | 59. Lustrous fabric |
| 17. Outrageous | 39. Mistake | 60. A small wooded hollow |
| 19. Charity | 40. Make fun of | 61. "Comes and ____" |
| 20. Ambition | 41. Nerds | 62. Beg |
| 21. Blatant | 42. Having no intelligible meaning | 63. The products of human creativity |
| 22. Garbage | 44. Cover | |
| 23. Student | 45. Canvas shelter | |
| 25. Map within a map | 46. A young hare | |
| 27. Snake-like fish | 50. Cantillate | |
| 28. Enjoyable | | |

Solutions next issue.



How many words containing the central **F** can you find without using the same letter twice, and at least one nine-letter word. Excellent 12, good 10 and average 9.

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Visit the Valley and East Coast Voice Inc. online at valleyvoice.com.au and leave a comment or suggestion. If you have a community event you would like promoted contact Wendy on 6372 2442.

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Tasmanian Lost Pet Register

<https://www.facebook.com/Tasmanianlostpets>

**MISSING DOG - DUNALLEY
IT IS ONE YEAR TODAY**

This is Lucan; he went missing from Dunalley this time last year! Last seen heading to Conellys Marsh. He would be 3yrs old now! He is a black and tan Rottweiler who was entire when he went missing and was microchipped! He is very friendly and well trained! He is very missed and we would like him home asap! Please if anyone knows his whereabouts Call Amy on 0437169782 or Josh on 0438147540

!!!REWARD IF FOUND!!!!

<https://www.facebook.com/amy.leach.14>

Shrove Tuesday Celebration

Holy Trinity Anglican Church Hall St Marys

Tuesday 4th March, 2014 5.30 for 6pm

Pancakes for ALL

Pancake races and pancake flipping competitions for adults and kids, all welcome.

RSVP Kevin on 0427 062 406



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Rainfall at St Marys by Reon Johns

Dec 2nd	0.6
Dec 3rd	0.4
Dec 6th	4.4
Dec 7th	3.4
Dec 19th	Trace - overcast
Dec 29th	0.6



Jan 4th	0.4
Jan 5th	3.8
Jan 10th	2.0
Jan 21st	10.5
Jan 22nd	14.8
Jan 24th	Trace - Fog
Jan 27th	0.4

The Valley & East Coast Voice Inc. Guidelines

Opinions in any letters published are not necessarily those of the Editor or voluntary workers. Our pages remain open to fair & 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 editor's discretion.

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

Articles most commonly published are those relating to current community issues.

Keep articles short, simple & 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 Inc. 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 Inc. does not provide specific feedback regarding any decision made not to publish a submission.

Community Diary 27/2/14 ~13/3/14

Thursday 27th	Valley Voice #19
Friday 28	
Saturday 1st	Avoca Markets St Marys Markets Fingal Valley Festival New moon 7pm
Sunday 2nd	Anglican Community Outreach Dinner Volunteers' Lunch at Sports Centre
Monday 3rd	
Tuesday 4th	Shrove Tuesday Celebration, Anglican Church Hall St Marys
Wednesday 5th	
Thursday 6th	MOW meeting St Marys CHC
Friday 7th	IWD bus trip to Ross
Saturday 8th	Beaumarus Park Swap Market International Women's Day
Sunday 9th	
Monday 10th	5pm deadline for next Valley Voice 8 hour day
Tuesday 11h	
Wednesday 12th	
Thursday 13th	Valley Voice #20

Tip locations and opening hours

<i>Ansons Bay.</i> Long week-end Mondays 12 ~ 4 Wed & Sunday 12 ~ 4	<i>Scamander, Coach Street.</i> Tues & Thurs 10 ~ 4 Sunday 2 ~ 5
<i>Fingal, Mathinna Road.</i> Tues & Thurs 10 ~ 4 Sunday 2 ~ 5	<i>St Helens, Eagle Street.</i> Open 7 days 10 ~ 4
<i>Pyengana, Tasman Hwy.</i> No builders' waste please. Wednesday 9 ~ 1 Sunday 2 ~ 5	<i>St Marys, Gray Road.</i> Tues & Thurs 10 ~ 4 Sunday 2 ~ 5

Emergency services

AURORA Emergency 132004
Carers for Wildlife St Marys 6372 2973-0417 017 105
Crimestoppers 1800 333 000
Poisons Information 131126
POLICE Emergency 000 & Enq 131444
SES Emergency 132500
TFS Emergency 000 & Enq 1800 000 699

Church Services

<p>Catholic Parish of St Marys Sr. Lorraine Groves 6372 2252 / 0409 172 741</p> <p>1st Sunday MASS St Helens Vigil 6pm Bicheno 9am Fingal 11.30am</p> <p>2nd Sunday LITURGY St Helens Vigil 6pm St Marys 9am Bicheno 9am Fingal 9.30am</p> <p>3rd Sunday MASS St Helens Vigil 6pm St Marys 9am Bicheno LWC 9am</p> <p>4th Sunday LITURGY St Helens Vigil 6pm St Marys 9am Bicheno 9am Fingal 9.30am</p> <p>5th Sunday MASS St Helens Vigil 6pm St Marys 11am Bicheno 9am</p> <p>Break O'Day Uniting Church The Manse 6376 2405 St Helens 9am Fingal 11.15 am</p>	<p>Anglican Parish of Northern Midlands Avoca 11am 2nd Sunday Fingal 2pm 2nd Sunday Mathinna 2.30pm 4th Sunday Ross 10am 5th Sunday Campbell Town 9am</p> <p>St Marys 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</p> <p>Tuesday JAM 3~5pm every Tuesday except school holidays. Envoy Melanie Norton 6372 2099</p> <p>Break O'Day Anglican Parish 6376 1144 St Helens 9.30am St Marys 10am St Helens 10.30am Pyengana 7.30pm every 4th Sunday 3rd Saturday of each month Community Dinner @ St Marys</p>
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SPORT NEWS

St Marys Cricket Club

Match Report 9/2/14 St.Mary vs Scamander at Scamander

This match was played in the worst conditions I've seen in cricket. The players faced off in hot strong winds and the Tigers batted first. Once again Craig Freiboth top scored with 29 - with 28 off 1 over, that was something to see. Bowled out for 81, we were looking down the barrel and Scamander made the runs easily in the 12th over. Roger Salter 2/17 and Gary Cooper 2/18 were our best bowlers.

Match Report 16/2/14 St Marys vs St Helens at St Marys

In the last rostered game for the year St Helens won the toss and batted first. From 20 overs the Tigers kept them to 7/108. Best bowlers for St Marys were Jye Baldwin 2/17 and Craig Freiboth 2/18. In reply the Tigers could only manage 7/91. Craig Freiboth, 39, was our best batsman.

Match Report 23/2/14 St Marys vs St Helens at St Helens (Semi-Final)

After scraping into the finals the Tigers won the toss and sent St Helens in to bat. After 20 overs St Helens made 165. Our best bowler was Bradley Mitchell 2/18. The match was anyone's at the 10-over mark but our batsman lost their way, to be bowled out for 91. Craig Freiboth top scored with 43, outstanding once again.

Club Note So this season has come to an end and what a year it has been! I would like to thank our sponsors; C&D Excavations, St Marys Hotel and Caltex St Marys for all their support. The players, thanks for your effort to the club. We can only improve which will make us stronger. Also thank you to all the people who have come along to games and supported the new look St Marys Tigers. A big thank you.

Chris Turner, Coach

(The photos for Pink Stumps Day were taken by Janet Drummond.)

St Marys Sports and Social Club

Thursday 5.30-7.30 Friday 5.30-close. Happy Hour 6.30-7.30.
Sunday 1.30-4.30

Bowls News St Marys played two games over the weekend, with a loss to St Helens and a convincing win against Bicheno. Next week we have an away game against Swansea and the following week is at home against Scamander.

Upcoming events

Sunday March 2nd Lunch Time To all volunteers, you know who you are! To show how much we appreciate you helping us out in whatever capacity we invite you to join us for lunch and a game of golf or bowls. Hot Lamb or Chicken Rolls with Coleslaw, no charge. Drinks will be at happy hour prices.

Sunday March 9th Reverse course golf All good fun, details at the club rooms.

Sat 5th April Trivia Night Start thinking about your teams, this promises to be a great night, details to come. You don't need to be Einstein to participate.

Sun May 11th MOTHER'S DAY LUNCH Beautiful pancakes, lucky prizes. You are sure to need to book for this one.

Christmas in July, date to be announced.

Don't forget, members, lucky draw and Jag The Joker are still happening Friday evenings. The jackpot is now over \$400...you must be there to win either prize.

Annette Wines, Secretary

Vol 46 No 18 puzzle solutions.

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

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

All Words: low, lowe, lower, lowlier, lwei, ow, owe, owl, pew, pillow, plew, plow, plower, pow, power, prow, prowl, row, rowel, we, weir, well, wile, will, willer, willow, willower, WILL-POWER, wipe, wiper, wire, wo, woe, wore, wow.

"The only reason some people get lost in thought is because it's unfamiliar territory." Paul Fix

ST MARYS COMMUNITY HEALTH CENTRE

DOCTORS ROSTER

• **Dr Cyril Latt**
27/2/14—14/3/14

• **Dr K. Rawnsley**
27/2, 4/3, 6/3, 11/3, 13/3 2014

• **Dr L. Reeckman**
12/3/14- 14/3/14

PUBLIC HOLIDAY
Monday 10th March

Normal GP Clinic hours will resume on
Tuesday 11 March 2014

For appointments phone: 6372 2111
Please see After Hours Numbers
for during this time

SCRIPTS AND DOCTORS APPOINTMENTS

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

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

PHONE SCRIPTS

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



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.

IMPORTANT INFORMATION TO PATIENTS

Please be aware that Dr Latt's Surgery is currently fully booked for appointments 1 week in advance as of 27/2/14

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

Lifeline 131 114

Saving Lives, Crisis Support and Suicide Prevention

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

HOSPITAL AUXILIARY

THANK YOU The St Marys Hospital Auxiliary has continued to support the Centre with recent purchases of 2 couches for the reception area, refurbishment of our video conferencing room and the purchase of an ECG machine. We would like to take this opportunity to thank them once again for their tireless efforts towards the continual development of the St Marys Community Health Centre.

WOMEN'S HEALTH CLINIC

Regular Women's Health Clinic's are held with Dr Libby Reeckman at the St Marys Health Centre. For appointments ring 6372 2111. Waiting lists can apply.

Next session: March 2014



ST MARYS COMMUNITY HEALTH CENTRE

WHAT'S ON AT THE CENTRE

27 Feb **Social Worker**– Shan Williams. Please phone 6372 2111 for appointments.

Healthy House– Amanda Beams. *Free* Health Check and Nutritional Consultation. Every 2nd Thursday 10:00am- 3:00pm. To make an appointment please phone 6376 5242

28 Feb **Social Worker**– Shan Williams. Please phone 6372 2111 for appointments.

TML Diabetic Educator, Physiologist and Dietician. Appointments available by referral from you GP.

3 March **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.

TML Psychologist– Sam McCarthy. Please see your GP for a referral.

4 March **Mental Health Clinician/ Case Manager**– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.

Physiotherapist– Naomi Ide . Please see your GP or Health Professional for a referral to the service.

Tom Bain, Rae & Partners Lawyers. At the Community Health Centre Tuesday fortnights. For appointments please phone 6337 5555

Child Health Session with Mary Mumford every Tuesday– Appointments only. Please phone 0428 136 381

Hospital Auxiliary Meeting 2:00pm in the Family Room

5 March **Day Centre**– For details on the group please contact Hayley Gilbert 6372 2111

TAZREACH– Antenatal Clinic with Katie. For appointments please see your GP.

Social Worker– Shan Williams. Please phone 6372 2111 for appointments

Podiatry North– For appointments please phone 6336 5155

6 March **Social Worker**– Shan Williams. Please phone 6372 2111 for appointments.

Relationships Australia– Leanne McMurtrie for appointments please phone 1300 364 277

WHAT'S ON AT THE CENTRE Continued...

7 March **Social Worker**– Shan Williams. Please phone 6372 2111 for appointments

10 March **PUBLIC HOLIDAY** Normal GP Clinic hours will resume on 11 March 2014.

11 March **Mental Health Clinician/ Case Manager**– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.

Physiotherapist– Naomi Ide . Please see your GP or Health Professional for a referral to the service.

Child Health Session with Mary Mumford every Tuesday– Appointments only. Please phone 0428 136 381

Continence Nurse. For appointment please see your GP or Health Professional for a referral.

12 March **Day Centre**– For details on the group please contact Hayley Gilbert 6372 2111

Mental Health Clinician/ Case Manager– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.

13 March **Healthy House**– Amanda Beams *Free* Health Check and Nutritional Consultation. Every 2nd Thursday 10:00am-3:00pm. To make an appointment please phone 6376 5242

Social Worker– Shan Williams. Please phone 6372 2111 for appointments

Tom Bain, Rae & Partners Lawyers. At the Community Health Centre Tuesday fortnights. For appointments please phone 6337 5555

The St Marys Community Health Centre will be commencing a protocol around meal times. This will be known as **Protected Meal Times**. Research has found that a percentage of patients on leaving Hospital appear to be more malnourished than on admission.

What are protected meal times? Protected Meal Times enables quiet time for patients to eat meals without interruptions.

Why do we need them?

- Patients recover faster when they eat enough of the right foods
- Some patients have difficulty concentrating on eating
- Some patients need supervision by staff during meal times

How can you help?

- Avoid visiting at meal times unless assisting with patients to eat their meals
- Understand why staff may ask you to leave during meal times

Meal times are: 11:45am-12:45pm and 4:45pm-5:45pm

This process will be commencing as of 3/3/2014

District Business Guide

ACCOMMODATION Addlestone House B&B St Marys 6372 2783

Fish-Tales On The Bay - pet friendly 0439 265 362 AH 6372 2128

Mariton House B&B, horse-riding St Marys 6372 2059

Queechy Cottages St Helens 6376 1321

Rainbow Retreat St Marys 6372 2168

Seaview Farm & Youth Hostel St Marys 6372 2341

St Marys Historic Hotel 6372 2181

Tidal Waters Resort St Helens 6376 1999

ARTS & CRAFTS Gone Rustic Studio & Gallery St Marys 6372 2724

Big Shed Studios St Helens 0428 725 228

Madd=Mudd St Marys 0409 174 287

River & Willow Art Space St Marys

AUSTRALIA POST St Marys 6372 2124

Fingal 6374 2195

Mathinna 6377 1168

Scamander 6372 5664

St Helens 131318

BAKERS St Marys Bakery 6372 2131

St Helens Bakery 6376 1260

BANKS_CBA St Marys (ATM) 6372 2268

CBA St Helens (ATM) 6376 2295

Westpac St Helens 6376 2751

BOARDING KENNELS The Gums

Kennel & Cattery St Marys 6372 2512

Upper Scamander Kennels & Cattery

6372 5157

Wagabouts 0429 170 077 / 6376 2131

BREAK O'DAY COUNCIL St Helens

6376 7900

BREAK O'DAY BUSINESS ENTERPRISE CENTRE St Helens 6376 2044

BUS SERVICES Calows Bus Service

St Marys 6372 2476

St Helens 6376 2161

BUTCHER IGA St Marys 6372 2274

CABLE LOCATIONS Michael Smith

0408 059 521

CARERS FOR WILDLIFE TAS INC

St Marys 6372 2973 / 0417 017 105

CARTAGE CONTRACTORS

C & D Excavations 6372 2033

Trotter's Contracting 6372 2107/6372

2742

CHILD CARE St Marys Childcare Centre

6372 2187

CHINESE GROCERY & MEDICINE

Ping's Place St Marys 0411 186 573

CHURCHES

Anglican Church St Helens 6376 1144

Catholic Church St Marys 6372 2252

Uniting Church St Helens 6376 2405

Salvation Army St Marys 6372 2099

COMPUTERS Maintenance & Repairs

Ray Walker 0401 497 199

COMMUNITY CAR St Marys 6372 2137

CONFECTIONERY Mt Elephant Fudge

St Marys 6472 2787

DENTIST St Helens 6376 2359

DESIGNER - BUILDING Building Design Studio St Marys 6372 2000

DOCTORS St Helens 6376 1777 AH 1300

780 011

St Marys 6372 2111

ELECTRICAL REPAIRS Ransley's

Home Appliances - 0428 761 811/6372

5307

St Helens Electrical 0407 615 072 / 6372

5522

FUNERAL DIRECTORS:

Harris Funerals St Helens 6376 1153

GARDENING SERVICES

Clean Cut Gardening 0419 113 836

Andrew Davenport St Marys 6372 2366

GLASS REPLACEMENT: East Coast

Glass 6372 5361

GOLF CLUB: St Marys Sports Centre Inc

6372 2177

INSURANCE BROKERS: McKillop

Insurance (Lyn) 0400 984595

JUSTICES OF THE PEACE General

enquiries 1300 366 611: K Faulkner 6372

2196

H Veldums 6372 2124

HEALTH FOODS: Purple Possum

Wholefoods St Marys 6372 2655

HEALTHY HOUSE St Helens 6376 5242

HORTICULTURIST Peter Dane, Horti-

culturist 6372 2686

HOSPITALS Circassian St St Helens 6376

5222

Community Health Centre St Marys 6372

2111

LIBRARIES St Marys 6372 2114

St Helens 6376 1389

LYMPHOEDEMA CENTRE St Marys

Lymphoedema Centre 6272 2900

MARRIAGE CELEBRANTS Peter

Power 0417 017 105

Terese Tanner 0400 512 845

Melanie Norton 0409 838 816

MEALS ON WHEELS 0488 384 344

MECHANICS Michael Aulich 0417 507

239 / 6372 2991

Grant Faulkner St Marys 6372 2335

MUSEUM Cranks & Tinkerers St Marys

0417 648845

NEET CENTRE St Marys 6372 2175

NEWSAGENCIES St Marys 6372 2143

St Helens 6376 1182

Scamander 6372 5275

ONLINE ACCESS CENTRES

St Marys 6372 2005

Fingal 6374 2222

St Helens 6376 1116

ORGANIC VEGETABLES Jack Fore-

man St Marys 6372 2034

PAINTERS East Coast Mobile Spray Paint

6372 5571 / 0457 583 099

MLN Enterprise Painting 0439 722 718

PHARMACIES St Marys 6372 2844

St Helens 6376 1374

PLUMBERS P J & H K Child 6372 5378

R G & R I Harwood 6372 2445

PROOF READER Leissa Dane 6372

2686

REALTORS Surf Coast Realty 6372 5321

LJ Hooker St Helens 6376 2300

Roberts Real Estate St Helens 6376 1799

View St Helens 6376 1592

RESTAURANTS/CAFES Coach House

Restaurant St Marys 6372 2529

Mt Elephant Pancake Barn 6372 2263

Purple Possum Wholefoods 6372 2655

Mt Elephant Fudge 6372 2787

SECONDHAND DEALERS & COL-

LECTIBLES Secondhand Rose St Marys

AH 6372 2267

SEPTIC TANK CLEANERS

Splash St Marys 0488 777 713

SCHOOLS

District High Schools

St Marys 6372 3900

St Helens 6376 7100

Primary Schools

Avoca 6384 2117

Fingal 6374 2197

SERVICE STATIONS/FUEL

Avoca 63842157

Scamander 6372 5193

St Marys 6372 2335

SUPERMARKETS

Avoca R/house 6384 2157

Holder Bros Fingal 6374 2171

St Marys IGA 6372 2240

Scamander Supermarket 6372 5125

St Helens Super IGA 6376 1177

SURFING SUPPLIES

Scamander Beach Surf Shop 6372 5529

Bay Surf Shop St Helens 6376 1755

TELEPHONE, DATA & TV

East Coast Phone & Communications

John Heron 0409 959 121 / 6372 2402

Delafrontera Dave Morris 0402 969 393

SURVEYORS East Coast Surveying St

Helens 6376 1972

VETS

East Coast Vet Clinic St Helens 6376 1577

North East Vet Clinic St Helens 4206 7409

WATER CARRIERS Splash St Marys

0488 777 713

WOODCRAFT GUILD Old Railway

Goods Shed St Marys 6372 2094

Meals on Wheels ~ 0488 384 344

Monday 3	Debbie Barnes
Tuesday 4	Pam Bretz
Wednesday 5	Valmai Spencer
Thursday 6	Heather Griffiths
Friday 7	Lorraine Gill
Monday 10	Ruth Aulich
Tuesday 11	Trish Pike
Wednesday 12	Louise Keady
Thursday 13	Liz Rice
Friday 14	Drew Adam

One day a cat dies of natural causes and goes to heaven. Greeting him, the Lord says, "You've lived a good life. If there is any way I can make your stay in heaven more comfortable, please let me know." The cat thinks for a minute and says "Well, all my life I lived with a poor family and had to sleep on a hard wooden floor..." The Lord stops the cat and says "Say no more!" Just then a wonderful fluffy pillow appears and the cat contentedly wanders off to find a good place to nap.

A few days later, six mice killed in a tragic farming accident go to heaven. The Lord is there to greet them with the same offer. The mice answer: "All our lives we've been chased. We've had to run from cats, tractors, even from that farmer's wife with her broom. We're tired of running..."

"Say no more!" the Lord replies. In a flash, each mouse is fitted with a beautiful new pair of roller skates, and they skate happily off to explore the heavenly landscape.

About a week later, the Lord stops by to see the cat and finds him snoozing away. He gently wakes the cat and asks, "How are things since you got here?" The cat stretches, yawns, and replies "Oh, it is wonderful here. I get a lot of great sleep on this pillow, and those Meals on Wheels you've been sending are the BEST!"

ST MARYS IGA SUPERMARKET

38 Main Street
Ph/Fax 6372 2240
Butcher 6372 2274

Monday to Friday 8-6 Saturday 8-12.



Specials from 26th February - 4th March 2014

Butchery	Per kg
Nichols 6 legged Chicken	4.99
Topside Beef Roast	8.99
T Bone Steak	17.99
Beef Stirfry Strips	13.99
Ingham Marinated Chicken Wings	6.99

Coolroom/Freezer

Devondale Thick Cream 300ml	1.69
Devondale Light Sour Cream 200ml	1.69
Ski Yoghurt range 1kg	4.49
Flora Spread 1kg	3.69
Ingham Chicken Breast Nuggets 400g	4.99
Peters Drumstick/maxibon 4pk	3.74

Only \$1.99

Kraft Cheese Singles 205-250g	Greens Tradition Cake/Muffin Mix 330-500g
Black and Gold Sliced Bread 680g	Mamee Instant Noodles 6pk
Arnott's Cream Biscuits/Butternut Snaps, Choc Ripple, 200-250g	Arnott's Raspberry Shortcake, Scotch Finger 200-250g



Specials from 5th - 11th March 2014

Only \$1.99:

Sorbent Thick & Large Facial Tissue 95's	Pascall Bagged Confectionery 140-350g
Fab Ultra Laundry Powder 500g	Morning Fresh Dishwashing Liquid 450ml
IGA Cordial Syrup 2L	

Butchery

	Per Kg
Rump Steak	9.99
Blade Steak/Blade Roast	7.99
Lamb Loin Chops	13.99
First Grade Beef Mince	9.99
Ingham Sweet Chilli Tenders 440g	6.99

Shelves

Nescafe Gold Coffee 200g	9.99
Uncle Toby's Vita Weeties 700g	2.24
Uncle Toby's Vita Brits 750g	2.24
Nestle Milo 450g	4.99
Tarax Soft Drink 2L	1.69
Bushells Teacup Bags 100's	2.99

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