



The Valley and East Coast Voice Inc. \$1

valleyvoice.com.au

Established 1968 Vol 47.06 July 17th 2014
The deadline for 47.07 is 5pm July 28th 2014

St Helens pleased with progress on pre-election commitments

July, 2014

Minister for Infrastructure Rene Hidding MP, Members for Lyons Mark Shelton MP, Guy Barnett MP and other representatives of the State Government met with Break O'Day Council on 20th June, 2014. Article on page 8. Pictured right are: Deputy Mayor Hannah Rubenach, General Manager Des Jennings, Councillor John McGiveron, Minister Hidding and Mark Shelton MP (from left) inspected sand accumulation at Pelican Point.



Back to the Roots (FOV)

received a standing ovation from the sell-out crowd at the Peacock Theatre in Hobart, article page 10 Pictured are Jane McArthur, Susannah Coleman-Brown, Justin Bennetts and Conceal.

Thanks to Robert Parsons of Mathinna for his excellent driving and company. Editor.

TransBOD's August workshops in wasp control and all things bees page 8 for details

BODRA's July 13th Felting workshop article and photos on page 13

Book review page 19

Community Health Centre pages 27 and 28

Festival of Voices program page 11

East Coast Community Transport thanks its volunteer drivers on page 7

Massive Clearance Sale

'Daisy Dell'

398 Germantown Road St Marys

Weekend of 19th and 20th July

9 to 4.30

m: 0447 012 887

St Marys Festival of Voices and Wrapped in St Marys - July 19th and 20th 2014
Christmas in July at the St Marys Sports Centre - July 26th 2014
East Coast Winter Salon at Bicheno - July 27th 2014

Community Announcements

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

AA St Marys (Alcoholics Anonymous) meet Fridays 7pm at Holy Trinity. Call Mick or Shiril 6372 2909.

Al Anon St Helens (Family Group) meet 2pm Sundays at St Paul's Anglican Church Hall St Helens. Call Anne or John on 6376 4270 / Rose on 6376 3335.

Beaumaris Swap Markets are held monthly on the 1st Sundays at Beaumaris Park from 11-1pm. Plastic bag free, gold coin donation per stall (bookings required). Call Laura on 6372 5687.

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

Break O'Day Regional Arts meet monthly on the 1st Tuesday in the Supper Room at St Marys Community Hall, 4pm. **RAYC** Regional Arts Youth Company for school aged children is on Thursdays 3.30-5pm. Session cost \$5 or \$40 p/10 week term. All welcome. Michelle on 0407 046 865. e: bodregionalarts@gmail.com

The B.O.D. Stitchers meet each Friday 10-3pm at the Neighbourhood House Bungalow in St Helens.

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 **Chocolate Shop Singers** meet Thursdays 5pm at the Mt Elephant Fudge shop St Marys for informal and fun singing. Everyone welcome.

The **Cornwall Community Development Group Inc.** hold their general meetings on the 1st Tuesday every month. Hall hire available, please contact Raz or Deb on 6372 2261.

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

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

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

Gone Rustic Studio + Gallery 37 Main Street St Marys. Operation Cover-up meet on the 3rd Fridays monthly from 11-2, creating quilts and knitwear for those in need locally and overseas. \$5 donation towards quilt wadding; BYO lunch, cuppa included. **Rustic Ragamuffins** meet Wednesdays 7-9pm. Bring along your current stitching project and have some time-out while catching up on your UFOs (UnFinished Objects)! Cost of \$5 includes home-made treats and a cuppa. 6372 2724 / 0417 027 424

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

Meals on Wheels meeting dates for 2014: 21/8/14, 20/11/14, held in the Community Health Centre St Marys. Lundy Vosper, Secretary. 0488 384 344

The **Scamander and Beaumaris Community Development Association** meet monthly on the 3rd Wednesday at 7pm in the Scamander Sports Complex.

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

The St Helens Walking Group walk each Wednesday and 3rd Saturday monthly. New members are most welcome. Call Healthy House 6376 5242 or Bryan Edhouse 6376 3439 for info.

St Marys/Falmouth Playgroup is held 10:30-12:30 each Wednesday at the Falmouth Community Centre. Join us for only \$3 per family in a relaxed and friendly atmosphere for all the family. Tash Speers 0419 591 905 / Amy Faulkner 0417 152 337.

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

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

St Marys Markets are held monthly on the 1st Saturday at the St Marys Community Hall 9-1pm. Christmas may see a second market in the month - stay tuned for updates. Bookings or queries call Michael Smith (BODRArts) on 6372 2056 or 0407 046 865.

St Marys Online Access Centre, 23b Main Road St Marys. Mon to Fri 9.30-4.30 Sat 11-2. Ph 6372 2005.

The **St Marys Op Shop** (School Association) is open 11-3 weekdays (as volunteers are available) and Market Saturdays 10-12.30. We are happy to receive ALL pre-loved items excluding electrical. SMALL donations can be left at the St Marys Newsagency when the shop is not open or contact Janet Drummond - Coordinator 0404 562 320 for assistance. Check out the Facebook page for current information and special offers. [facebook.com/pages/St-Marys-Op-Shop-St-Marys-District-School-Association-Fund-Raiser/211790102364866](https://www.facebook.com/pages/St-Marys-Op-Shop-St-Marys-District-School-Association-Fund-Raiser/211790102364866)

St Patricks Head & Esk Valley Historical Society Inc. meets every 2nd month on the 3rd Wednesday, 3pm at various venues. Barry 6372 2575 (aulich@bigpond.com) or Jim 6372 2127 (jimhaas@bigpond.com) www.fingalvalleyhistory.com

Stallholders' Market Inc. is a nfp organisation that holds markets on Saturdays 8-12 in the Portland Hall St Helens. e: sthelenmarket@yahoo.com.au

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

The **Tasmanian Lymphoedema Centre Inc** meet monthly on the 3rd Monday at 10am in the St Marys Community Health Centre, Day Care Room.

Editor: Wendy Dawson
e: wdawson@valleyvoice.com.au
m: 0403 430 452
web: valleyvoice.com.au
[facebook.com/ValleyEastCoastVoice](https://www.facebook.com/ValleyEastCoastVoice)

Advertising rates for 2014:

- ◆ Business card 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.

Annual posted subscriptions are \$50.60 and annual online subscriptions are \$20.

Articles for publication may be left at the St Marys Pharmacy, posted to POB 230 St Marys 7215 or emailed.

For online advertising, contact the Editor.

For Sale

Valet **ducted vacuum cleaner** system. New, still in carton incl. fittings & some piping \$1,000. Poulson Pro (Husqvarna) 16hp / 38" cut, **ride on mower**, 6 years old, little use. Pristine cond., includes unused trailer \$2,600. Cox, professional **mulcher/chipper** good cond. \$750. **Dressed softwood studs & beams** (new) 2 / 5.8m x 190 x 40mm \$40 ea, 3 / 4.8 x 90 x 45mm \$15 ea, 1 / 4.2 x 90 x 45mm \$13 ea, 4 / 2.6m x 100 x 50mm \$10 ea, 2 / 2.6m x 90 x 45mm \$8 ea.(more sizes/prices). **Palings** new, 50 (approx.) / 1500 x 100 x 15mm \$1.50 ea.. **Colorbond corrugated roofing sheets** 1/5m (brown) \$30, 1/3m (brown) \$20, various lengths & colours approx 1.2 to 2m \$10 -15 **Queen bed & mattress**, with side tables/drawers \$550, **Double bed & mattress** \$250, **King single & mattress** \$250. All in v. good, clean cond. Small Crosley **Fridge** (approx. 300 ltrs no freezer, but excel extra fridge). Gd cond. \$100. Westinghouse **Range Hood**. Good cond. new filter \$130. **New knee high (snow country) walk boots** warm & waterproof, ideal boat/outdoors, men's sizes 8-11(women's frac. 9-13b multifit) - were \$89, sell for \$40. Ph **6372 2626**

2 metal-framed **loft beds with desk** (mattresses not included) \$250 ea. Glen Air **portable air cooler** with fittings \$50. **Wooden carved chest** 34x16/20" high \$35. **Wooden carved chest** 27x11/13" high \$25. **Boys Raleigh bike**, black/green, 32", 20" tyres \$150 ono. **Girls Avanti bike**, pink/gray, 32", 20" tyres (had a few problems) \$100 ono. Ph **6372 2112**

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

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

Dell computer in very good cond. Refurbished to incl. pro. anti virus for two years, plus citation details of overhaul. \$420 ono. **6372 2626**

Lazyboy recliner in excellent condition, blue, \$250. **0438 873 789**

Community Notices

The Cornwall Community Development Group Inc. will hold their Annual General Meeting in the Cornwall Hall on September 2nd 2014, at 7pm.

The Break O'Day Woodcraft Guild and Men's Shed will hold its Annual General Meeting in the old Railway Goods shed St Marys on August 28th 2014, at 11am., to select committee members. All welcome.

The St Marys Salvation Army would like to acknowledge the kindness and support of the following people:

Kay and Bruce Nailer

Hazel Jones

Rod and Belinda from St Marys Hotel

The next Council meeting will be held on Monday 21st July 2014 at 10am in the Council Chambers, Georges Bay Esplanade, St Helens. Minutes from Council meetings are available online.

Please be advised of the following: St Marys Pass single lane closures

Single lane closures will occur on St Marys Pass from Monday 14 July to Friday 25 July for routine geological audits and preparations for survey work.

One lane will be open at all times but road users should expect delays and obey all signs and directions. Heavy vehicles will still be able to use this route.

Contact: info@stategrowth.tas.gov.au or 1800 753 878 or 03 6166 4478

A note from the Editor

A St Mary's resident mentioned to me that recyclable material may be moved from the St Marys tip to the St Helens facility for resale in the Tip Shop. I raised the issue with Deputy Mayor Hannah Rubenach and received the following response:

Under Council's contract with MDG Contracting, the contractor is permitted to operate resource recovery centres (or "tip shops"), and they do so at St Helens, St Marys and Scamander.

On checking, they do not relocate materials between the tip shops.

However, residents may get confused as inert waste (or builders' waste) is moved to the St Helens Waste Transfer Station, as it is the only location in our council area licensed to receive inert waste.

(Additionally, the cash donations generated from the tip shops are given by council to the St Helens and St Marys Hospital Auxiliaries.)

Authors Stephen Yam (and Hannah Rubenach)

Laws control the lesser man... Right conduct controls the greater one. Mark Twain

On this day in 2013 In an effort to curb obesity rates, the United Arab Emirates offers its citizens one gram of gold for every kilogram of weight they lose.

Letters to the Editor

Many years ago, SMACD formed a committee of individuals, one representative from all the existing community groups, who would gather to discuss the individual events that were forthcoming - from memory it was one meeting every three months.

Why? At that stage a lot of existing groups were suffering as newer entities and groups evolved and funds and people were becoming light on. This in turn saw good intentions and ideas and base groups disappear. And different personalities had aired grievances, which had developed into personal slurs; some were quite slanderous and dangerous to the overall health of the community.

SMACD, being about community development, stepped in to try and unite groups for the benefit of the community.

By enabling a gathering, the individuals could source, trial and ask for help when needed - personalities and individual differences were left outside the room.

If we are all honest, we have all said it - older locals were upset by the newbies coming in and re-forming yet more groups, and newbies because they didn't like the running of the existing groups, or they didn't think those ideas would fit.

The oldies thought why fix something that's not broke, been here and running for years.

So now it seems the towns a rumbling again - Why? Not through lack of support and funding, not through lack of great ideas, but yes again through personal differences that are becoming dangerous and nasty.

Community. What is that word? Seems that over the last couple of months some of the individuals within these community groups are destroying each other; why? because everybody wants a prize. You people are adults in a community, not children in a playground, grow up and get on with the betterment of the community, not its destruction.

Rant over

Lynne Dawes, Seven Mile Beach.

July 7th 2014

To the Editor

Re: Principal position, St Marys District School

I am writing to express my concerns with regard to the leadership of St Marys District School. As many readers would be aware, on the final day of term it was announced that our permanent Principal of less than two years, Ms Samantha Woodham, would be leaving to take up the role of Acting Principal at Summerdale Primary for the next six months. While as a community we respect her right to seek promotion and alternative positions, I believe her departure raises significant concerns for families and community members; the ongoing failure of our school to have consistent and effective leadership in senior positions.

In the 12 years my children have attended St Marys District School, the next (acting principal) will be the seventh holder of that position. It is very disappointing that our principal has chosen to leave, as she had initially stated that she would hold the term for 5 – 7 years. It is also disappointing that the information was released to

children and families in a short paragraph in the newsletter on the final day of term, giving rise to confusion and concern as to who would be principal when school returned.

Students attending our school are from some of the most disadvantaged backgrounds in the state; without strong, consistent leadership and a clear vision to engage the community, we have seen challenging behaviors rise and significant stress among the many wonderful teachers at our school. For this reason I believe it is crucial that the position of principal be filled on a permanent basis as soon as possible with a candidate who has a long term and genuine commitment to our students, and a vision to improve the quality of the education and learning environment.

The Department of Education also needs to engage and communicate with the community directly, in order to address the lack of trust and uncertainty that has been created. It is crucial that our school association be given a strong role in the selection of permanent and acting principal positions.

I would encourage any community member who shares these concerns to write to any or all of the following people:

Colin Pettit, Secretary, Department of Education
GPOB 169 HOBART TAS 7001

Hon. Jeremy Rockliff MP, Minister for Education and Training, Level 10, 15 Murray St, HOBART TAS 7000
Learning Services (North) General Manager,
2 Invermay Road, Inveresk, Tasmania 7248

A further contact:

Tasmanian State Parents and Friends
202 Liverpool Street Hobart 7000
Ph: 6234 9488 Fax: 6234 9378
www.tasso.org.au

Regards

Tanya Greenwood

Northeast Tasmania Land Trust Inc. presents an

East Coast Winter Salon

1.45 for 2pm Sunday 27 July 2014

The Boathouse, Bicheno Hideaway,
179 Harveys Farm Road, Bicheno

Featuring local award winning authors

Amanda Lohrey and Arabella Edge

reading from their latest works,

and in performance star of stage and screen

Kris McQuade

**Enjoy an afternoon of readings and performance,
mulled wine, hot chocolate and afternoon tea**

Bookings advisable

Early bird tickets paid by 10 July \$18

Tickets at the door \$20

Contact 0427 028 586 for bookings and enquiries

All proceeds go to the Northeast Tasmania Land Trust Inc, a community based not for profit organisation which aims to preserve, enhance and protect the natural environment of northeast Tasmania.
www.netlandtrust.org.au

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

Please contact Envoy Mel Norton
on **0409 838 816**



EAST COAST GLASS



- Glass repairs
- Shower screens
- Wardrobe doors
- Double glazing
- Aluminium windows
- Security doors

Locally owned and servicing the East Coast.

Call David or Anne Cannon for professional,
friendly and reliable service.

6372 5361

CLEAN CRACK LAUNDROMAT

32 MAIN ST ST MARYS



Coin operated washers and dryers

Summer opening hours are

6.30am - 8pm

St Marys PHARMACY

Main Street St Marys 7215

Ph 6372 2844 Fax 6372 2874

Pharmacist on duty 5 days a week

**Our Kodak machine is up and
running, copies from 45¢**

Ear Piercing \$27

Piercing, Earrings & Solution to
take home.

With qualified staff Bec, Sally and
Cassie.

The Say...by Cagerattler

I read with dismay the other day about the imminent closure of the Mt Lyall Copper Mine and the similar closure by next year of another West Coast mining venture. With the ongoing issues of the forestry industry and other heavy employers either closing down or downsizing, you truly have to wonder where we are heading as far as resource industry goes.

The debate will go on long and hard about what is viable or sustainable into the future and as is the human make up, we all think we are right. We can't be though because these issues still exist... So - mining is on the downturn, forestry certainly is, where does our future really lie?

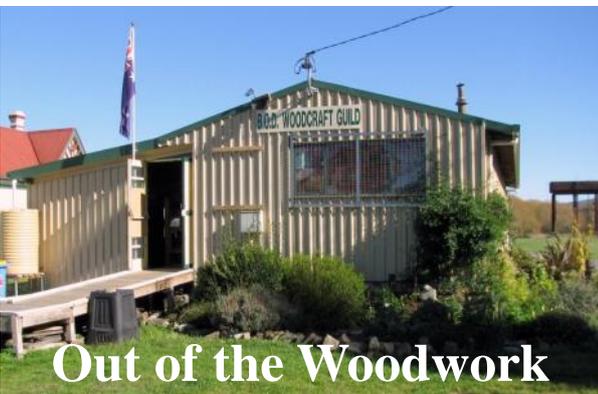
Isn't it about time that our elected representatives, industry leaders, tourism operators and economic experts began talking TO each other and not AT each other before it's all too late, and maybe a word not often uttered by many of these people, COMPROMISE, might need to appear a lot more often than it does now.

Why can't we try and specialise our mining, timber, manufacturing and even our eco tourism and adventure tourism industries, and whenever necessary joint venture some of these fields to give the markets a chance to establish themselves? Of course this is a simplistic suggestion because industries are complicated, diverse and facing tough competition now that other countries can often produce lower cost items, but perhaps many of our resources can find ways of producing better quality at a fairly competitive price, or better yet making products for our own markets or for downstream processing...especially in the making of high quality products. Perhaps it's time for both State and Federal governments to sit down objectively with unions, to find sensible ways of having wages and conditions working in with the way manufacturing operates...and where the greater good is the main objective. I am a great believer that unions are an absolute must and need to be retained at all costs, but I cringe sometimes when I see some of the pettiness that goes on with certain claims and that hold up the next wage or job security agreement. We all must compromise, but we often don't.

It scares me to think where we'll be in 50 years at both State and Federal levels, if we keep selling off our resources at bargain basement prices and don't find alternatives of creating sustainable, long term mining, forestry and other manufacturing practices that keep us competitive internationally; but we also can't find ourselves treating our workers with contempt either to remain competitive. I also have faith that with more consensus though, there may well be ways and means of finding a better balance over time...

I'm sure we'd all wish for that.

What do you think? Rod McGiveron



Out of the Woodwork

Wendy Brennan, Secretary 6372 2094

www.breakodaywoodcraftguild.weebly.co

www.facebook.com/pages/Break-ODay-Woodcraft-Guild-Mens-Shed/654672894597969

The Guild is open every day except Friday and Sunday (depending on volunteers), and other times by appointment.

A gentle reminder that membership renewals are now due and that our annual general meeting to elect committee members will be held on the April 28th, 11am at the Guild.

We would like to express our gratitude to Lorraine Gill and wish her well with all her future endeavours.

We have put a request to council for an extension of our croquet court. If all goes favourably we will have a full sized arena that will enable us to conduct professional games between contenders.

Don't forget to look out for the Sizzler King with his haute cuisine snags at the Festival of Voices. (All monies raised goes back to the Guild.) We congratulate the organisers of both the Festival of Voices and Wrapped in St Marys and hope that the events are a roaring success.

Guilds Home Hint:

To make glasses sparkle add one cup of white vinegar to a sink of warm rinse water. This removes streaking and detergent residue.

Pictured right is an old canister that the guild made a new lid for.



Community Dinner

Holy Trinity Anglican Church Hall St Marys

Saturday 19th July 2014

5:00 for 5:30pm

Soups and Sandwiches

Please bring a plate of sandwiches, a salad
or a dessert to share

Soups will be provided

RSVP Kevin on 0427 062 406



Church ladies with typewriters:

The service will close with "Little Drops Of Water." One of the ladies will start quietly and the rest of the congregation will join in.

Ratepayer Illegal Works Fee Amnesty

Have you ever constructed or removed any of the following without Council Approval?

- Built a house, deck, shed, carport or any other new structure?
- Made any internal or external alterations to your house?
- Placed a shipping container on your property?
- Built a fence or a retaining wall?
- Demolished a building or structure?
- Installed a swimming pool?
- Erected signage?
- Erected or moved a temporary structure?
- Removed any trees?
- Any plumbing works?
- Installed a Waste Water System?
- Connected to Sewer or Water Mains?

**Are you aware?
The penalties for Illegal
works are normally double
the assessment fees!!**

If you voluntarily apply to legalise any of the above stated works, between **1 July 2014 - 5 January 2015** (past or current tense), you may be eligible for Council's Amnesty Program.

**Condition: Regular Planning, Building and Plumbing fees apply*

For more information, contact Council on (03) 6376 7900 or email admin@bodc.tas.gov.au Referencing "Fee Amnesty".

East Coast Community Transport

The East Coast is blessed to have so many incredibly people who give their time so selflessly to help our local residents.

East Coast Community Transport, based in St Marys, recently took their volunteers out to lunch to say a huge thank you for their amazing efforts and would also like to acknowledge the following businesses who gave their support so generously to ensure a great day was had by all:

St Marys Hotel
St Marys Newsagency
Mt Elephant Pancakes
St Marys Caltex
St Marys IGA

St Marys Post Office
St Marys Pharmacy
Pasinis, Bicheno Tours
The Purple Possum

The lunch was bright, with everyone's spirits high as the volunteers all got together for a day of appreciation and great companionship.

Thank you also to the Community Transport drivers from Bicheno for filling the void while the St Marys drivers had a well-earned day off.

We can never say thank you enough to our volunteers. These men and women give up their time, sometimes at the expense of previously arranged personal commitments, to help each of us in the community without a second thought. Many drives cover long distances and the days can also be very long.

Recently a couple needed to get to Launceston Airport by 5am (on a Sunday) due to a medical necessity beyond their control, and despite having to be on the road by 3am a volunteer cheerfully offered assistance. "This was an extremely unusual event and drivers would not normally even be approached to drive at that hour" said Jan Saunders, "but the driver offered, explaining that if his family was in a similar situation he would hope someone would step forward to help them." "And this isn't a single event. Quite a number of times our volunteer drivers have dropped everything to hit the road with very little notice in times of emergency."

Such is the calibre of the volunteers of St Marys. Next time you need a Community Car, please let them know how much you appreciate their help.

*Please note that due to unpredictable driving conditions through the winter months it would be greatly appreciated if residents using Community Transport could endeavour to make appointments in Launceston or Hobart no earlier than 10 am and no later than 2.30pm.

We realise this is not always possible and we will always try to help, but to help our drivers and clients stay safe we would like to see the drivers not leaving St Marys before 8am, and being home by dark during winter.

Transition Break O'Day

('TransBOD' - www.transbod.wordpress.com):

Growing food, sharing skills, sustainable choices and building the communities in which we'd like to live...

Presentations and Skills Sharing

WASP CONTROL, in vineyards, orchards, farms and gardens

- ◆ Tuesday 12th August 2014 at St Helens Portland Hall 1 – 2.45 pm; St. Marys Community Hall 4.30 – 6.30 pm
- ◆ Presenter: David Sanderson (Industry Development Officer, Wine, Tasmania and Tasmanian Institute of Agriculture)
- ◆ Register by 10th August 2014

ALL ABOUT BEES

- ◆ Saturday 16th August 2014 at Falmouth Community Centre, Morrison Street, Falmouth 2pm – 6pm
- ◆ Researchers at Flinders University say that making the best use of bees is the key to future food security
- ◆ Declining bee populations around the world pose a threat to global agriculture
- ◆ Bees pollinate food producing plants and provide us with honey. Bees also pollinate native plant species, thereby ensuring continuing bio-diversity, which can be important to survival of species...including humans!
- ◆ We can learn to care for bees, produce our own honey and also plant for bees (whilst still supporting local biodiversity) in our gardens, parks and properties
- ◆ Register by 14th August 2014

Guest presenters

- ◆ Jillian Weston, Lilydale LandCare 'Plan BEE' initiative
- ◆ Susanne Boughton, Bay of Fires Apiaries: 'Caring for Bees'
- ◆ Mark Leech, 'Planting for Bees'

Numbers are limited for both events, so please register your name and contact details (indicating which presentation/s you would like to attend) via email to: transbod@gmail.com or text/ phone Susan 0418 327 940 or Robina 6372 2022

Co-sponsored by NRM NORTH

By donation – tea/coffee provided

Delivery of election commitments July, 2014

Minister for Infrastructure Rene Hidding MP, Members for Lyons Mark Shelton MP, Guy Barnett MP and other representatives of the State Government met with the Break O'Day Council on 20th June, 2014. The group discussed the progress that has been made towards the delivery of election commitments made by the Tasmanian Liberal Party prior to the election. The group was updated on Council's perspective on these diverse and exciting projects.

The pre-election commitments were broad ranging and covered important issues including infrastructure upgrades and redevelopment of community facilities.

Council was advised that intended road upgrades are in the planning stages with some bridge replacements having commenced on the stretch of Esk Main Road between Fingal and Avoca.

All parties maintained their commitment to finding a long term solution to the ongoing issue of impeded ocean access to and from St Helens caused by sand build-up at Pelican Point and the barway. MAST is investigating interim remedial solutions. Discussions are ongoing in relation to the Pelican Point and bar way situation and Council will continue to work with both the State Government and the St Helens Barway Committee to move towards a resolution. \$500,000 has been committed to address erosion issues at the base of Parnella Heights, with Council and the Parks and Wildlife Service working in partnership on this project.

The group visited the St Helens District Hospital to look at opportunities to relocate the new hospital to the recently purchased block of land at Annie Street. The outcome of the completed site assessment on this land will inform the next step in this process.

The group then inspected the rock wall at Pelican Point, where the sand accumulation was observed. Overall the meeting was positive and productive, and Council is looking forward to working closely with the Government and its representatives to bring these projects into reality for the local community.

Chris Hughes, Manager, Community Services | **Break O'Day Council**

t: 03 6376 7900 | f: 03 6376 1551 | m: 0407 795 393

e: chris.hughes@bodc.tas.gov.au | w: www.bodc.tas.gov.au





CHRISTMAS IN JULY ST MARYS SPORTS CENTRE

Saturday 26th
5.30pm for 6pm meal
3 course Traditional
Christmas fare
\$25 per person
\$75 family (2 adults 2 kids)
\$15 children 5-16 yrs



(under 5yo free)
Come and join the fun!
GIFTS & GAMES FOR KIDS
(Santa may even pay a visit)
Lucky door prize
LIMITED SEATING
BOOKINGS ARE ESSENTIAL

Text/call 0427 332 085 or 0417 010 648
Non members are most welcome

BOOK BEFORE 18TH JULY PLEASE! *You will not be disappointed*



The world's quietest room is -9 decibels and is quiet enough to hear your blood flowing. The silence is so maddening it can cause hallucinations, and the longest anyone has been able to stay in the room was 45 minutes.

GAZZMAN'S

East Coast supplier of:

JARRAHDALÉ WOOD HEATERS



All Australian made with 10 year warranty
Gazzman's provides sales and full installation of all
Jarrahdale wood heaters

Call in and see our display today

21 Quail Street St Helens

Ph: 6376 2555

info@gazzmans.com.au

Back to the Roots, by Susannah Coleman-Brown and Jane McArthur, was performed at the Peacock Theatre in Salamanca on July 9th as part of the Festival of Voices.

The sell-out show featured Susannah, Jane, Justin Bennetts (bodhran percussionist from Glengarry) and Conceol, from the east coast.

Jane and Susannah met only a year ago through mutual music collaborator Pete Cornelius. They struck up a friendship and decided to collaborate on a production - they applied to 'Handmade' and created 'Back to the Roots'.

A big draw-card for the collaboration was the use of Susannah's Conceol East Coast Vocal Ensemble. Susannah began dedicating the beginning of each Conceol rehearsal to composing rhythmic vocal patterns and phrases on the spot, building a harmonic canvas on which she would improvise. The merging of blues and folk (with celtic origins) came together precisely as hoped.

Jane and Susannah continue to circle back to the island of Tasmania, for family, for solace and for inspiration. Back to the Roots traces the theme deeper into the island and its women that resonate still; love, longing, loss and land.

A great night was had by all.



Susannah and Jane performing Irish dance and flamenco.



Wendy Dawson, Liz Dean, Erin Clarke, Sherryn Woodward, Isabel Witton, Linda Robson Iles, Hannah Rubenach and Justin Bennetts, with Jane Macarthur and Susannah Coleman-Brown.

Some thoughts by Mel Norton

How many languages do you speak? Apart from a smattering of schoolgirl French and German (occasionally useful in restaurants but often useful when immersed in reading and study), I only speak English. I would love to have been bi- or even tri-lingual. Imagine being able to travel to a far-flung country and converse with its people. Imagine being able to both understand and make yourself understood.

While I wanted to be fluent in other languages, even apart from my minimal schoolgirl efforts, I can't have wanted to badly enough, or I guess I would have pursued that goal and worked harder to achieve it.

For some time now I have thought much about how we struggle when we can't express ourselves clearly to others and how this can cause undue strain and stress on a relationship. Imagine (again) speaking only Japanese, but living with someone who only spoke Italian.

Clearly that marriage or friendship would be challenged. It's possible that there would be no chance of that relationship even lasting beyond the initial introduction...unless of course, both parties involved themselves in serious study of each other's language.

Then there may be some hope for real communication.

So here's another thought. Could it be that many relationships struggle, and ultimately fail because both partners cannot speak another kind of very important language – that's our LOVE LANGUAGE?

Yes, we have one. In fact you may speak more than one love language.

There are five identified languages of love. They are:

Words of Affirmation, where someone SAYS or WRITES something to you which uplifts you

Acts of Service, where someone DOES SOMETHING for you which means a great deal to you

Receiving Gifts, where someone's GIFT to you speaks volumes of love to you

Quality Time, where it is hugely important to you if someone spends TIME with you

Physical Touch, where if someone gives you a HUG, you're totally thrilled! Continued on next page...

2014 FESTIVAL of VOICES PROGRAM

PROGRAM SCHEDULE (Subject to change)

Saturday July 19th 2014

VENUE: St Marys Community Hall Main Street, St Marys

Family Community Event (Alcohol and Drug Free)

10.30am Free Workshop

Making Instruments and Music (45 mins - 1 hour) Ages: 0-8yrs (must be accompanied by adult)

2pm Free Activity

Basic drumming and also exposure to other percussion instruments (1 hour) Ages: 8yrs to 110!!

Face Painting – Marie 12pm - 2pm

Card making – Christine 11am - 4pm



UNPLUGGED FREE MAIN EVENT

- 4.30pm Local Young Children's Singing Group
- 4.40pm JAM – Salvation Army Youth Singing Group
- 4.50pm Todd & Astrid – Guitar & Fiddle Instrumentalists
- 5.15pm River Willow – Drumming
- 5.35pm Pete Cornelius – well known Tassie blues artist, albums include Tumbleweed (nominated for 2011 Aria Award) and Groundswell
- 6pm Conceal – Acapella Choir, part of Hobart FOV & White Sands
- 6.30pm Sarah Darnell and her band – local singer / songwriter
- 6.50pm St Helens Teens
- 7pm Pete Cornelius
- 7.15pm Sarah Darnell and her band
- 7.30pm Official Closing

Various local community groups will be supporting the event by having food and beverages available for purchase

Woodcraft Guild - Sausages	Lions Club - Tea & Coffee
BODRA - Soup & Rolls	TransBOD - Cookies & Slices
Esk Valley Mates - Hamburgers	

Some thoughts, continued from previous page...

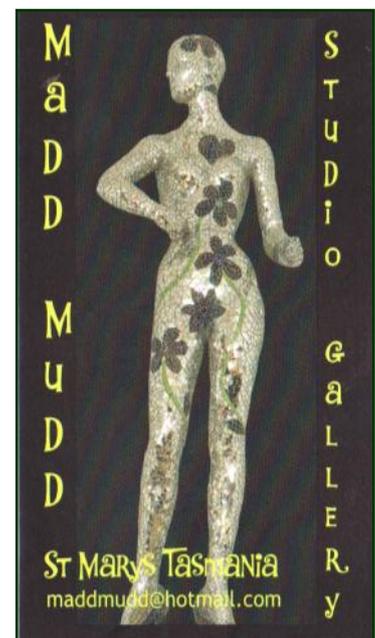
So I wonder which one of those is your primary love language? Which one out of those five seems to be the one which you relate to most closely? Are you able to identify yourself? If you would like to find out for sure, then why not visit this website where you will be able to take a quiz and discover what means most to you in the way you give and receive love. <http://www.5lovelanguages.com/>

Imagine the difference in our relationships, if we could communicate our love to the person/people in our lives in **their** language, not our own?

For example, if we continue to write long love letters to someone who really needs a hug because *physical touch* is that person's love language and not *words of affirmation*, then we could more easily understand why our message is not getting through.

What a difference could be made in many marriages and families if people could learn what each other's love language is, and then take the trouble to learn to 'speak it.'

Further, what a difference there would be in communities, if we could adopt the same challenge to our love language within friendships. The potential for spreading love, instead of hate and intolerance, is enormous.



ARTS/CRAFTS

Suncoast Gallery

A cheery welcome from the Gallery. We'd like you to know that for July we are concentrating on a 'Winter Warmers' theme. When you come into the shop you can browse through an array of colourful tops, varying from cardigans and jumpers for the young ones with a couple of adult ones; for example, Rhonda has made a cabled men's vest.

There are child and adult shawls in the most exquisite patterns with soft or vibrant tones. You may be just the one to wear a beanie, or are you like me and love scarves?

There is a nice display of tea-pot covers and a gorgeous box of baby booties, so come and see what interests you and bring a friend. There are many colours and choice pieces and items for the children too. I could sit in the corner and play with the toys clever people make, with their knitting needles and a bit of wool.

We also have our annual raffle and the great prizes are on display in the gallery behind Wombat Burrows. We have a watercolour by Peg Smith, a limited edition by Mel Hills Wild Art, and Des Murray has kindly donated a book about Huts in the High Country that contains his brilliant illustrations.

Volunteers will also be selling these tickets at the St Helens Market. We thank all our members for their hard work and enthusiasm, and invite new members into our creative circle.

We also have leatherwork for sale and I'll be telling you more about that next month.

Article and photos by Peggy Bogar.



FLOORING XTRA

NEW CATALOGUE OUT NOW!

- Carpet
- Vinyl
- Timber
- Bamboo
- Loose Lay Vinyl Flooring
- Laminate
- Rugs

FREE In-home
consultation,
Measure & Quote
available

GAZZMAN'S

Floorcovering, Furniture, Bedding &
Manchester

21 Quail St St Helens

Ph 6376 2555

info@gazzmans.com.au



ARTS/CRAFTS

BREAK O'DAY REGIONAL ARTS

Felting workshop held on July 13th 2014



What a great Sunday afternoon – participants of all ages enjoyed learning new skills, from local artisan Robina

After the successes of other recent workshops organised through BODRA, we again were pleased to find our class fully booked with a waiting list for those lining up for the next. We have this year run workshops as laid out in January in our Annual Planner ... Crochet, Know your Camera, Felting, Martial Arts, Calligraphy, Gypsy Dance, Qi-Gong, Caricature Drawing, Chair Massage, Tie-Dyeing, NIA Dance ...

Hard work was put in by all potential “Master Felters” – lots of rolling and brushing and wetting and rolling. But it was all worth it to see the end result of those original artistic wool layouts. Some photos below show scarves that were made on the day.

Just a reminder that over the next few months we have workshops arranged for Paper Making, Candle Making, Fabric Printing and Ferrous Cement Sculptures – just to list a few.

Enquiries please call Michelle on (03) 6372 2056 or 0407 046 865.



Above and right: Work in progress, 2nd work in progress, 3rd work in progress

Below: Finished creations

Article by Michelle Kaal

Photos courtesy of Michelle Kaal and Robina Balzer



St Marys UNPLUGGED

Saturday 19th July 2014

Free Family Event

4:30pm - 7:30pm

**** Featuring ****

Pete Cornelius

Sarah Darnell

Conceal

Astrid and Todd

River Willow

and friends

Children's Groups

Face Painting

Card Making

And Delicious Food

Also Available

**FREE
WORKSHOPS**

**10:30am
& 2:00pm**

St Marys Community Hall

ST MARYS UNPLUGGED IS A DRUG & ALCOHOL FREE EVENT



The Last Showdown

The old sheriff eased himself into the straight-backed wooden chair which, along with a battered, scarred desk and a well-stocked gun cabinet, made up his entire office furniture. Visitors, like me, had to stand. The desk had drawers built in on each side of it, and he reached from where he was sitting to take a newspaper from one of them. He spread the paper over the desk top. The next drawer down was locked, and he struggled for a minute, jiggling the key in the lock. When it opened he removed a .38 calibre Smith and Wesson double action revolver, and placed it in the centre of the newspaper. The gun was fully loaded, and he ejected all the rounds onto the desk top, then removed the cylinder and cleaned it carefully with a scrap of rag. He re-assembled the gun and re-loaded it, snapped the gun closed and spun the cylinder, listening carefully to the mechanism. He wiped the outside of the gun thoroughly, then, as an afterthought, used the same rag to buff the sheriff's badge that he wore on his chest, until it shone.

'You don't have to do this, you know,' I said.

'Yes, young fella, I do,' the sheriff replied. He stood up and walked with a stiff-legged arthritic gait over to the gun cabinet. He took a broad leather gun-belt from its peg and buckled it around his waist, tying down the holster to his right leg with a length of rawhide thong. 'The people of the town of Good Hope elected me to keep the peace and to uphold the law. Now, I don't know that it's going to be all that peaceful when I go out to confront William Bonney, but he's got warrants out in three counties for killin' people so I'm duty-bound to arrest him.'

'You'd be laying down your life for a principal. He's faster than you, old man, by about 30 years.'

'It ain't how fast you are,' said the sheriff, 'it's how good you can shoot. This old dog still has a few tricks left.' He took a couple of exploratory strides across the office floor then bent to adjust his holster tie-down. 'And anyway, who the hell are you, and what do you know about gunfighting?'

'As much as you do, Sheriff. I taught you all you know. I'm the author. Ned Buntline at your service; Rip-roaring adventures of the Wild West my speciality. This particular adventure has a chapter called *Home to the Hill* where the old sheriff retires after a long and distinguished career and settles down to raising chickens. You, however, seem determined to end it all in a hopelessly mismatched gunfight. I know you're only a character, but I feel I've known you a long time - right through a 6-book series in fact, and I don't think you deserve such an end.'

'What do you mean you're the author? You're telling me I'm just a character in a dime novel? I don't believe you. I feel real enough for me.'

'You're real just as long as the readers believe in you. But tell me, what did you do before you became sheriff?'

'I was a cow-poke on the Lazy M ranch.'

'And before that?'

'Before that I was ... before that I was ...' The sheriff wrinkled his brow in concentration. 'You know, I can't rightly recall what I did before that. Now ain't that a funny thing?'

'That's because you didn't appear as a character until *Riders of the Wild Prairie* when you helped round up a bunch of cattle rustlers. In *Six-gun Law* you were elected Sheriff of Good Hope and there have been four more books leading up to this one, which looks like being titled *The Last Showdown*. But it doesn't have to be.'

'You mean you can just change the story and there won't be no gun fight?'

'That's right. Bonney leaves town, you see out the next six months - it is about six months to gold watch time, isn't it? - retire to that little chicken farm you've had your eye on, and that's the last we see of you.'

'And Bonney gets clean away?'

'Well, yes.'

The sheriff picked up the Smith and Wesson and eased it into his holster. 'Mister, I cannot tolerate that a polecat like William Bonney be allowed to get away with murder. I do appreciate your concern, and I must admit that little chicken farm sounds mighty fine, but a man's gotta do what a man's gotta do.'

The sheriff pushed open the office door and stepped out into the street. A shot rang out.

Find out what happens in *The Adventures of Billy the Kid* by Ned Buntline, soon to be published by Ace Books.

Bill Greer, Beauty Point

Work is well under way on a controversial tourism development in one of Tasmania's World Heritage areas

Builders are working around the clock to transform the old 1940s hydro-electric pumphouse at Lake St Clair into a Wilderness Lodge. The building has been idle since it was decommissioned as a Hydro pump station in the early 90s. The main building sits more than 200 metres from the shore of the lake at the end of long wharf. When it is converted the lodge will have 18 rooms costing between \$240 and \$480 per night, a bar and restaurant. Two proposals from different companies had been approved in the mid to late 90s but neither made it to the construction phase. The pumphouse is expected to open in December. abc.net.au/news/2014-07-07/pumphouse-development-lake-st-clair/5576258?WT.ac=localnews_hobart





The Benson Ford

From the time it was built in 1924, the "Benson Ford" was a cargo ship for the Ford motor company, also used to transport coal and iron ore across the Great Lakes. After being decommissioned in 1981, it was left to rust for four years before the front part of the ship was removed and perched on top of the 18-foot cliff to serve as a lovely home, above Lake Erie.

Looking across the bow, which hangs 18 feet above the lake, gives one the feeling that the boat is sailing.



The four-deck, 7,000 square foot "getaway home" is made out of the ship's forecastle, and includes the walnut panelled state rooms, dining room, galley, and passenger lounge designed by Henry Ford for his own personal use while on board. It has now been modernized with a garage, a games room, a bar, a state-of-the-art kitchen, and four bathrooms.

The ship-house was originally owned by Frank J. Sullivan, but after trying and failing to turn it into a hotel in 1992, Sullivan eventually auctioned the building to father and son, Jerry and Bryan Kaspar, who still enjoy relaxing there while taking time off from work.



District Guide - for inclusion/amendments call 0403 430 452

Accommodation Adlestone 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 Business Enterprise

Centre St Helens 6376 2044

Break O'Day Council St Helens 6376

7900

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 Groceries & Medicines

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

Community Car St Marys 6372 2137

Confectionary 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 Clubs St Marys Sports Centre Inc

6372 2177

Insurance Brokers McKillop Insurance

(Lyn) 0400 984595

Justices of the Peace K Faulkner 6372

2196

H Veldums 6372 2124

Hairdressers Ana's Salon St Marys 0448

532 531

Health Foods Purple Possum Wholefoods

St Marys 6372 2655

Healthy House St Helens 6376 5242

Horticulturist Peter Dane 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 St Marys Lymphoe-

dema Centre 6272 2900

Marriage Celebrants Peter Power 0417

017 105

Terese Tanner 0400 512 845

Meals on Wheels St Marys 0488 384

344

Mechanics Michael Aulich 0417 507

239 / 6372 2991

Grant Faulkner St Marys 6372 2335

Museums 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

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 and Collect-

ables 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 and 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

**ST MARYS
BAKERY**



PH: 6372 2131
OPEN 7 DAYS A WEEK

**FRESH BREAD, ROLLS & BUNS,
PIES, PASTIES, CAKES,
HOT FOOD,
COFFEE, COLD DRINKS,
ICE CREAM.**

52 MAIN ST ST MARYS.

SPLASH
ST MARYS

*You swill it, we fill it!
You dump it, we pump it!*

Water cartage
Septic pumping

Contact: Mick
0488 777713



Many of us dreamed of operating a digger when we were younger but this 5 year-olds father actually let him. Wang Shuhan was filmed operating the heavy machinery in China and at one point even used the scoop to move sand. It wasn't the first time he had done it, with his construction worker father Wang Xuebing admitting he had brought his son to work since he was three. He said: 'I sometimes explained to him the functions of the gears within the compartment, and when he was three he asked me to have a try. Amazingly he did it.' Despite the dangers involved, Wang said he always kept an eye on the boy to make sure he was safe.

Sport and exercise groups in Break O'Day

The St Marys Community Health Centre and GP Practice (Dr Latt and Dr Nash-Rawnsley) are in the process of collating an up-to date-list of sport and exercise groups located in Break O'Day. This list will be distributed to people in the community interested in increasing their activity levels.

What we need to know

What is your group? i.e. cricket, boxing, basketball, exercise circuit, little athletics, walking, nippers, weights, swimming, dog walking, yoga, tai chi, lawn bowls, cycling, golf etc.

Please ring or email your details to:

Hayley Gilbert - Diversional Therapist

- | | |
|------------------------|---|
| ◆ Day or days you meet | ◆ Criteria to participate (if applicable) |
| ◆ Times | ◆ Contact person |
| ◆ Cost | |



St Marys Community Health Centre
e: hayley.gilbert@dhhs.tas.gov.au
ph: 6372 2111 Tuesday or Thursday

Our aim - to increase the Community's awareness of what physical activity groups are in Break O'Day and help support those who want to increase their activity levels access these groups.



Book Review

The **Mount Elephant and Beyond Book Group** met this month to discuss *The Song of Achilles* by Madeline Miller. It was her first novel and won the Orange Prize for Fiction in 2012.

The Song of Achilles is a retelling of the story of Achilles and Patroclus from an ancient Greek legend. First recorded by the poet Homer in the *Iliad* in about 850 BC, the legend relates to the events surrounding the Trojan War that purportedly occurred in about 1250 BC. There is evidence that Homer drew on traditional stories handed down through generations. Over time real events became confused with myths of the gods of Olympus and the world of the *Iliad* is inhabited by hybrid creatures and gods and goddesses as well as characters who may actually have existed.

In *The Song of Achilles*, Miller provides more back-story, focussing the narrative on the friendship of Achilles and Patroclus. In this regard the interpretation of Homer's text has been the subject of much debate amongst classics scholars - were the two men platonic companions or lovers?

The narrative begins when Achilles and Patroclus are young boys. Patroclus is the son of a Greek royal family, exiled at the age of ten after he kills another boy in a fight. He finds himself in Phthia at the court of King Peleus, the father of Achilles. Achilles is a similar age to Patroclus but he is everything that Patroclus is not – a famous athlete, good looking and intelligent. Achilles is also semi-divine – his mother was the sea-nymph Thetis - and it has been foretold that he will be Greece's most famous warrior, a man who will play a vital part in the Trojan War by killing the Trojan hero Hector and that this will lead to his own death.

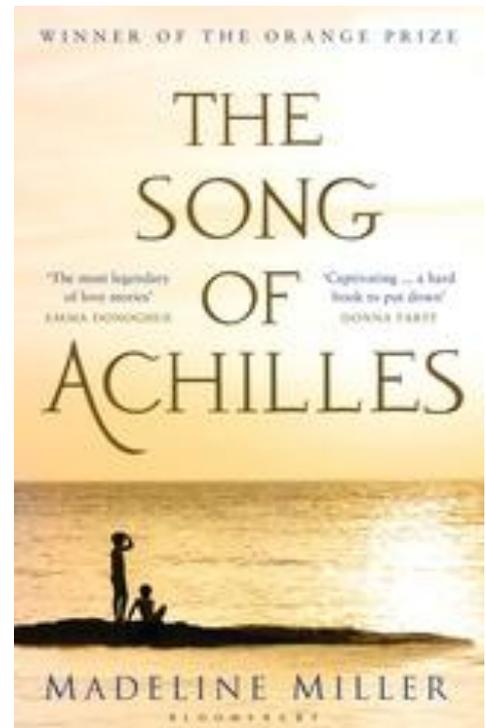
Achilles chooses Patroclus as a companion, although why he selects this unprepossessing boy from all the other boys at court is never explained. The two boys become inseparable, sharing a room and training together as warriors. They undertake more specialised training in the mountains under the guidance of a wise centaur (a being who is half man and half horse) named Chiron. It is here that the relationship between Achilles and Patroclus becomes a sexual one.

In the meantime Helen, the wife of the Spartan king Menelaus has been abducted by the Trojan prince Paris (Hector's brother) and the Greeks are launching a campaign to get her back. Achilles is called upon to fulfil his destiny and, at the head of a contingent called the Myrmidons, he joins the Greek fleet that sails to Troy. Once disembarked however, he refuses to fight or to allow his Myrmidons to engage in the battle. Conscious of the prophecies about the circumstances of his death, he tries to avoid the inevitable by maintaining that he has no personal quarrel with Hector. Achilles is constantly at odds with the Greek commander Agamemnon. The Trojan War drags out for ten long years, laying waste to the surrounding countryside and enslaving the local population. The Greeks are demoralised by Achilles' continuing inaction and when the Trojans begin to destroy the Greek ships, the situation becomes desperate. Patroclus borrows Achilles' armour and leads the Myrmidons to attack the city of Troy. Although Patroclus manages to protect the ships and to kill one of the Trojan heroes, he is killed in the process. Achilles is finally stung into action and the prophecy is fulfilled.

Themes include pride and honour but it is selfish pride and misplaced honour. Although this historical period is often referred to as the age of heroes, none of the characters are very heroic. The most likeable characters are relatively minor ones – the centaur Chiron and the captured Trojan woman, Briseis, one of Achilles' war-prizes. These were brutal times and human sacrifice was still practised: in one of the more shocking episodes, Achilles' intended bride Iphigenia is killed during the wedding ceremony by her own father Agamemnon. In fact the position of women in the ancient world would seem to have been an unenviable one for they were apparently regarded as little more than expendable possessions or political pawns.

Some of the writing is disappointingly pedestrian for a novel that won a major literary award. It is strongest when the action moves to Troy; interestingly this is the part where Miller relies most heavily on Homer's story. But Mary Renault has done it all so much better in her novels based on the ancient legends. The sex scenes between Achilles and Patroclus are ineptly handled, cloying and cringeworthy. The novel was greeted with considerable critical and popular acclaim in the United States but it is hard to disagree with the *New York Times* reviewer who wrote:

But in the case of Miller, who earned undergraduate and graduate degrees in classics at Brown, the epic reach exceeds her technical grasp. The result is a book that has the head of a young adult novel, the body of the "Iliad" and the headquarters of Barbara Cartland.



Inside Kimye's wedding

Florence has bid *arrivederci* and goodbye to Kanye and Kim. Come back soon, but please, not too soon.

They held their wedding on a grassy ridge at the top of the Forti di Belvedere. The couple didn't want to do it at an accessible part of the fort, so they hired a crane to lift every single item used in the wedding up 70 meters to the very top. The biggest decorative element of the wedding was a giant gold box, 15 meters tall, which contained the bathrooms. It was situated right next to the dinner tables at the reception with a bar in front of it. According to one Italian, "Their toilet was the star of the show." The Italians named it the *Torre di Bagni Oro* (the Gold Toilet Tower).

The dinner table was a long marble table. Instead of place cards, they had a team of Italian stonemasons engrave the name of each guest into the marble of the tabletop in front of the individual place settings. The job was finished the night before. Unfortunately, the wedding planners had spelled some people's names wrong. And then, so many people brought entourages, the seating was a disaster. The only people who sat at their own seats were Kim and Kanye.

Four days before the wedding, they ordered 30 life-size nudes to be made from black marble from Carrara. The marble workers worked through the night to cut enough blocks, but 10 of them fell apart, another 10 were too damaged in transit to put out, and of the remaining 10, four were missing their heads. They were put out around the dinner tables.

Kanye came to the venue two hours before the wedding during set-up and ordered the marble nudes moved out farther away from the dinner tables. Each weighed half a ton, so the whole crew spent the final two hours rushing to get them moved. The forklifts were the first thing the guests saw upon arrival. And the gleaming Gold Toilet Tower.

Also two hours before the wedding, Kanye decided he didn't need the 80 moving lights that he had ordered installed to light the dance floor and the party, declaring, "I'm in the centre of this party, and I'm the only one people need to see. The rest of these people don't need lights on them." The lights, which had taken four days to install, were all removed, and the crane took them down the hill.

Kanye returned one hour before the wedding and didn't like the all-white bar that was in front of the Gold Toilet Tower. He took a saw and started sawing it in half himself. Two men held the bar stable as he sawed, and sawed, into the bar, defacing the entire front, screaming at everyone around him. He said it looked like a bar from Texas. Then he ordered two pieces of raw wood to be nailed onto the front of the bar. Once the wood was in place, "Now," he said, "it's art." The Italian construction teams looked at this guy and couldn't believe what they were seeing.

At that same visit, when Kanye saw the \$136,000 audio system, described by one producer as the single best system in Europe, he said he didn't like the look of the speakers and wanted them to be invisible. He said that "You Italians don't understand my minimalist style." So he had the entire system pulled out as the guests were arriving, and his wedding music came from an iPod until after dinner.

There was the custom-built marble piano that John Legend used to play the song "Ordinary People." Yes, you read that correctly: a marble piano.

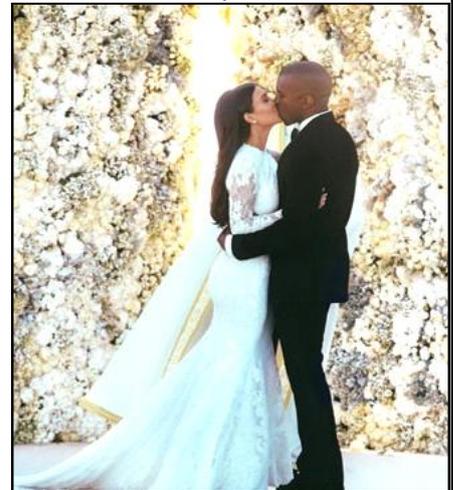
Kanye danced five songs alone with Kim to John Legend (playing the marble piano), with no one else on the dance floor, and light only on them. It felt like it went on forever. Kanye then gave a 45-minute toast to himself.

As for the guests: Will Smith's son Jaden wore a white Batman costume and ran around like a chicken with its head cut off from 8:30 p.m. until 10:25 p.m., batting glasses off tables whenever he came to an empty seat, smashing them on the ground. Vogue Italia's editor in chief, Franca Sozzani, was getting irritated because he kept coming up behind her and throwing his cape over her head.

People arrived at the ceremony several drinks in: several rounds of cocktails had been served to the guests who waited for Kim, who was 25 minutes late to the wedding. In the time between ceremony and dinner, one woman in her 50s was so drunk that she collapsed. An ambulance arrived and just as the medics got to the guest, a Justin Bieber fan, hoping to catch a sight of him, who had climbed up to the top of the Belvedere tower, fell. As the Bieber fan was seriously hurt, they triaged the drunk guest, left her lying on an ottoman and went off to take care of the fallen fan. The drunk woman spent the rest of the night passed out on the ottoman, while the Bieber fan was taken to the hospital. Bieber never showed up.

Earlier, Kim had come out to check the venue. A lone spotlight was shining on the terrace as she walked out. She stopped, with the beam focused on her crotch. She was furious that a beam of light had hit her crotch (even though she was the one who walked into the beam) and started screaming, ran over to the electrical boards and unplugged the entire circuit. This shut down half the lights on the cocktail area. It also turned out the lights in the bathrooms, so the Gold Toilet Tower was dark inside, and everyone was too afraid to plug the lights back in.

Andrea Bocelli sang during Kim's processional. The blind opera legend had been asked as a guest, but the wedding planners hadn't provided a seat for him. He said he'd be happy with a glass of water, and was told after his performance, "Thank you, but it's time for you to get in your car and go home." Bye-bye to one of the greatest living Italian vocalists of all time. And the most prominent wedding gift was a giant bottle of Chianti, which had been dipped in gold (probably great for the flavour of the wine), the cork replaced with a diamond, a gift from Jay Z (a no-show). pagesix.com/2014/05/29/golden-toilet-tower-headless-nude-statues-inside-kimyes-wedding/



Valleys of Adventure

AVOCA • ROYAL GEORGE • ROSSARDEN • FINGAL • MANGANA • MATHINNA • UPPER ESK • CORNWALL • ST MARYS

GREATER ESK TOURISM



WRAPPED IN ST MARYS July 19th and 20th 2014
 A weekend of art, music and more...

For more information contact event co-ordinator
Judy Duckett on 6372 2504
 e: bagdadquiltingsupplies@hotmail.com

“Unplugged”

Music and Art workshops and activities start
 from 10:30am at St Marys
 Saturday 19th July



TEXTILE ART COMPETITION THEME

“Switched On”

Deadline for entries
4 pm July 4th 2014
 entry forms available online at
fingalvalley.com.au

An initiative of Greater Esk Tourism, BODRA and Break O’Day Council

Awards presentation - 3pm on Saturday 19th July at Gone Rustic, 37 Main Street, St Marys

Please note change of day and time



Photographic Competition 2014 Theme
People and their Connection to the Valley
 Closing date Friday 5th September 2014



The Valley and East Coast Voice Inc. Guidelines

Opinions in any letters published are not necessarily those of the Editor or voluntary staff. Our pages remain open to fair and honest criticism so that on all questions both sides may be presented, but any submissions containing personal attacks or hinting at libel or slander will not be accepted. Please do not attack the editor, the paper or the authors of previous articles. Letter writers will be given the chance to respond over a suitable period of time. Subjects may be closed at the 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 and to the point. Letters are restricted to 300 words or fewer. The editor reserves the right to edit any submission for grammar, spelling or reduction in size where necessary. All letters/emails must include your full name, address and phone number.

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

All information is correct at time of printing.

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

St Marys Painter

Painting & Decorating at realistic prices



(Special pensioner's rates)

No job too large or too small.

Bernard Harris

Ph 6372 2942



Accredited Master Building Association
(BSA Licence No: 1120307)

Harris Funerals

St Helens, Bicheno & Fingal Valley

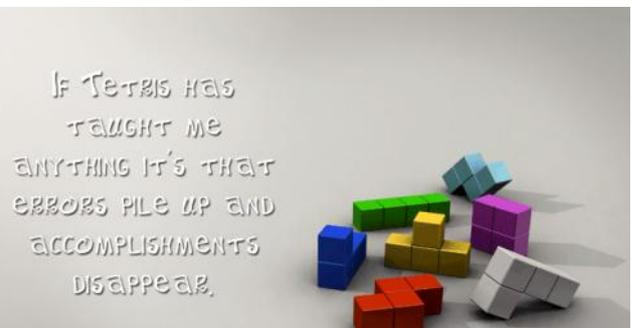
*We are here when you need us.
Burial or cremation, traditional or
unique funeral services available.*

Office & Chapel:

**46 Tully Street St Helens
6376 1153 ~ 0418 133 420**

tamara@harrisfunerals.com.au

Member of the
Australian Funeral Directors' Association



GAZZMAN'S

Floorcovering Furniture Bedding & Manchester

FURNITURE HOUSE GROUP

FLOORING XTRA

We make it easy at

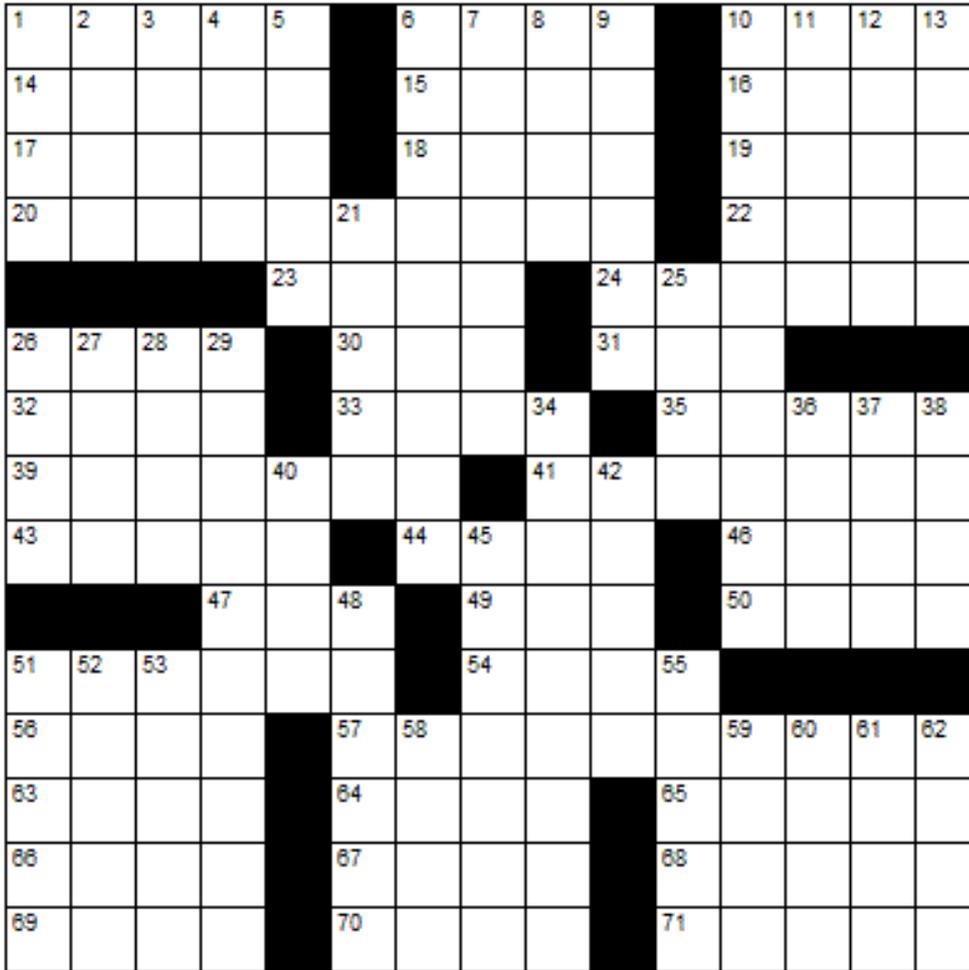
BEDSPUS

Right Bed, Right Price, Right Now

21 Quail St. St Helens

Ph: 6376 2555

info@gazzmans.com.au



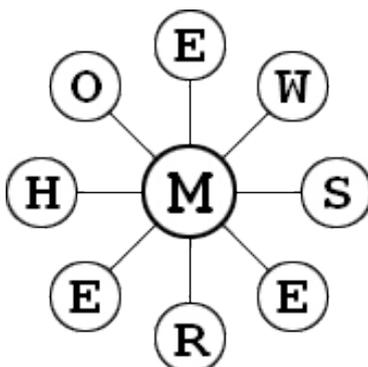
- DOWN**
- 1 Pledge
 - 2 Urgent request
 - 3 Winglike
 - 4 Misplaced
 - 5 Broom
 - 6 Buys out
 - 7 Roomette
 - 8 Vipers
 - 9 Damaged by decay
 - 10 Functional
 - 11 Tropical vine
 - 12 Auspices
 - 13. Grille
 - 21 Diacritical mark
 - 25 Nothing (British)
 - 26 Iota
 - 27 Sharpen
 - 28 Overhang
 - 29 A type of semiconductor
 - 34 Private lessons
 - 36 Graphic symbol
 - 37 Cease
 - 38 Not this
 - 40 Dam
 - 42 Salamanders
 - 45 Fatuously
 - 48 Reddish-brown
 - 51 Type of mushroom
 - 52 Accustom
 - 53 Move forward suddenly
 - 55 Termagant
 - 58 Diva's solo
 - 59 Timbuktu's land
 - 60 Biblical garden
 - 61 Notch
 - 62 Infants

ACROSS

- 1 Opaque gems
- 6 Russian emperor
- 10 Smelting waste
- 14 Permit
- 15 As well
- 16 Layer
- 17 Make fun of
- 18 Retained
- 19 Indian music
- 20 Large African antelope
- 22 Module
- 23 Brace
- 24 Enclose in
- 26 Sharpen
- 30 Night before
- 31 Excluding
- 32 Rime
- 33 Green
- 35 Sausage
- 39 Raider
- 41 Lie
- 43 Little
- 44 Location
- 46 Dwarf buffalo
- 47 Calypso offshoot
- 49 At this time
- 50 Past tense of Leap
- 51 Environment
- 54 The products of human

- creativity
- 56 Burden
- 57 Exile
- 63 Litter's littlest
- 64 Component of mammalian urine
- 65 Audio communications
- 66 Therefore
- 67 Small brook
- 68 Choose by voting
- 69 Lascivious look
- 70 Negatives
- 71 Blinks

Solutions next issue



How many words can you find? Each word must contain the central M and no letter can be used twice, however, the letters do not have to be connected. Proper nouns are not allowed, however, plurals are. Can you find the nine letter word?

Excellent: 16 words. Good: 12 words. Average: 8 words.

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

Tasmanian Lost Pet Register
<https://www.facebook.com/tasmanianlostpetregister@gmail.com/>
 e: tasmanianlostpetregister@gmail.com



Why use up the forests which were centuries in the making and the mines which required ages to lay down, if we can get the equivalent of forest and mineral products in the annual growth of the hemp fields? - Henry Ford




Swinging grannies, Slovakia, 1966

NOW AT DOGS HOME, NOT MICROCHIPPED
 THANKS TO EVERYONE FOR THEIR CARING
 AND SHARING, WHAT A COMMUNITY SPIRIT
 Young female maremma, living off road kill, limping,
 very frightened, in the Risdon Brook Dam area July 13th.

It takes 7 seconds for food to pass from mouth to stomach
 A human hair can hold 3kg
 The length of the penis is 3 times the length of the thumb
 The femur is as hard as concrete
 A woman's heart beats faster than a man's
 Women blink twice as much as men
 We use 300 muscles just to keep our balance when we stand
 The woman has read the entire text
 The man is still looking at his thumb



Vol 47.04 solutions.

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

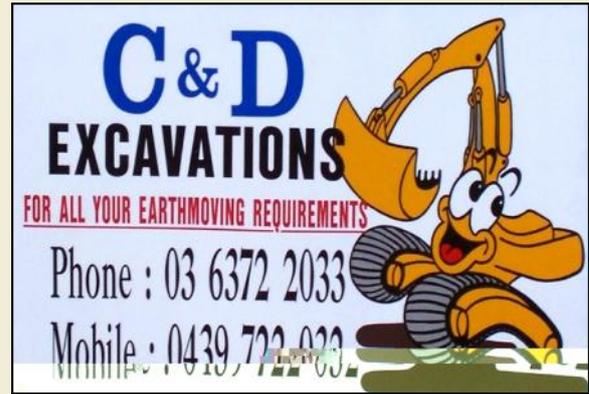
6	9	2	4	5	8	7	3	1
7	4	3	2	1	9	5	6	8
8	5	1	7	6	3	4	2	9
9	2	8	1	3	7	6	4	5
5	1	7	6	9	4	2	8	3
3	6	4	5	8	2	1	9	7
4	7	9	8	2	1	3	5	6
1	8	5	3	4	6	9	7	2
2	3	6	9	7	5	8	1	4

All words: imp, impi, pe, per, peri, perm, permit, pert, pet, pi, pie, pier, pit, pitier, prim, prime, primi, **PRIMITIVE**, privet, rep, rip, ripe, temp, tempi, tip, tipi, trip, tripe, viper.

Incorporating all your needs in:

- ◆ ROAD GRAVELS
- ◆ TOP SOIL
- ◆ SCREENED TOP SOIL
- ◆ SAND
- ◆ ROCKS
- ◆ ON SITE SCREENER 20mm to 75mm
- ◆ 20 TONNE EXCAVATORS WITH TILT BUCKET
- ◆ RIPPER, ROCK & LOG GRAB & QUICK HITCH
- ◆ D65 KOMATSU DOZER, RIPPER & TILT BLADE
- ◆ 10 YARD TIPPER
- ◆ COMPACTION ROLLER
- ◆ WHEEL LOADER

And much more...



DAMS, ROADING, FIREBREAKS, LAND CLEARING, HOUSE SITES, DRAINAGE & BRIDGE CONSTRUCTION
LOCAL OWNER/OPERATOR WITH OVER 25 YEARS' EXPERIENCE

Call Dana or Craig
6372 2033 / 0439 722 032

East Coast Phone & Communications

Installation & Maintenance
of Digital TV & Set Top Boxes
Telephone & Data Cabling
Commander Systems
Next-G Wireless Internet &
Mobile Phone Antennas



Vast Satellite Decoders
Digital TV & FM antennas
Installation & Tuning
CCTV - cameras

Sound System & Speaker
Cabling



30 years' experience, ACA licence
JOHN HERON

6372 2402 / 0409 959 121



St. Helens Electrical

Rod Shaw

Lic No. 933671

Domestic Commercial Industrial
Wiring and Repairs, Rewires,
Underground

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

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

0407 615 072

24798 Tasman Hwy St Helens 7216

Tip locations and opening hours

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

Meals on Wheels ~ 0488 384 344

July 21st	Sonya Allison
22nd	Valmai Spencer
23rd	Lorraine Gill
24th	Kaye Nailor
25th	Trish Pike
28th	Karl Balzer
29th	Valmai Spencer
30th	Lundy Vosper
31st	Yvonne Salter
August 1st	Lorraine Gill

Surf Coast Realty

Ph: (03) 6372 5321



Your Independent, Locally Owned & Operated Real Estate Agency!

- ⇒ Extensive market knowledge & personalised, caring service.
- ⇒ Window displays in Scamander, St Marys, St Helens and Bicheno.
- ⇒ Specialised website & mobile website designed to showcase the wonderful East Coast lifestyle.

If you are thinking of buying or selling, please contact Surf Coast Realty for market advice or an Obligation-free appraisal.

Suite 1/ 158 Scamander Ave, Scamander TAS 7215

Honest . Reliable . Professional

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

Catholic Parish of St Marys Sr. Lorraine Groves
6372 2252 / 0409 172 741
1st Sunday MASS
St Helens Vigil 6pm
Bicheno 9am
Fingal 11.30am
2nd Sunday LITURGY
St Helens Vigil 6pm
St Marys 9am
Bicheno 9am
Fingal 9.30am
3rd Sunday MASS
St Helens Vigil 6pm
St Marys 9am
Bicheno LWC 9am
4th Sunday LITURGY
St Helens Vigil 6pm
St Marys 9am
Bicheno 9am
Fingal 9.30am
5th Sunday MASS
St Helens Vigil 6pm
St Marys 11am
Bicheno 9am

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

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
Tuesday JAM 3~5pm every Tuesday except school holidays.
Envoy Melanie Norton

Break O'Day Anglican Parish 6372 1144 or PO Box 143, St Helens TAS 7216
St Helens 9.30am Sunday
5th Sunday Combined Service with Uniting Church 10.30am
St Marys 10am Sunday
Pyengana Please phone for service times
[facebook.com/anglicanbod](https://www.facebook.com/anglicanbod)

Break O'Day Uniting Church
The Manse 6376 2405
St Helens 9am
Fingal 11.15 am



DOCTORS ROSTER

• **Dr Cyril Latt**
17/7/14- 1/8/14

• **Dr K. Rawnsley**
/7, 21/7, 22/7, 29/7 AND 31/7 2014

• **Dr L. Reeckman**
Women's Health Clinic
24/7 & 25/7

For appointments phone: 6372 2111

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.

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

IMPORTANT INFORMATION TO PATIENTS

Please be aware that Dr Latt's Surgery is currently fully booked for appointments 1 week in advance as of 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* they will put you through to the Nurse on duty.

Doctor appointments are not always available but when a 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 hours. Appointments will not be taken at other times.

WAITING AREA AT HEALTH CENTRE

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

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

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

Thank you for your cooperation

PATHOLOGY SERVICE-

NO PATHOLOGY SERVICE BETWEEN:

12:00-1:30pm or before 8:30am daily

Appointments require Pathology before 8:30am an appointment **be made with the Nurses Station the day/night**

CONTRACEPTION PACKS



Free contraception packs are available to the public at the St Marys Health Centre. Please ask at Reception or at the Nurses Station as they are no longer available on a help

ST MARYS COMMUNITY HEALTH CENTRE

WHAT'S ON AT THE CENTRE

- 17 July **Social Worker**– Shan Williams. Please phone 6372 2111 for appointments
Anglicare Drug & Alcohol Counsellor. For appointments please see your GP for a referral.
- 18 July **Social Worker**– Shan Williams. Please phone 6372 2111 for appointments
TML Diabetic Educator, Physiologist and Dietician. Appointments available by referral from you GP.
- 21 July **Mental Health Clinician/ Case Manager**– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
TML Psychologist– Sam McCarthy. Please see your GP for a referral.
TLC Meeting (Tasmanian Lymphoedema Centre) 10:00am in the Day Room.
- 22 July **Mental Health Clinician/ Case Manager**– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
Child Health Session with Sue Gofton every Tuesday– Appointments only. Please phone 0428 136 381
Tom Bain, Rae & Partners Lawyers. At the Community Health Centre Tuesday fortnights. For appointments please phone 6337 5555
Anglicare Drug & Alcohol Counsellor. For appointments please see your GP for a referral.
- 23 July **Day Centre**– For details on the group please contact Hayley Gilbert 6372 2111
Social Worker– Shan Williams. Please phone 6372 2111 for appointments.
TAZREACH– Antenatal Clinic with Katie. For appointments please see your GP.
- 24 July **Relationships Australia**– Leanne McMurtie for appointments please phone 1300 364 277
Social Worker– Shan Williams. Please phone 6372 2111 for appointments.
Eyelines– Phone 1300 139 363 for appointments. Consults Bulk billed to Medicare.
- 25 July **Social Worker**– Shan Williams. Please phone 6372 2111 for appointments.

WHAT'S ON AT THE CENTRE Continued...

- 28 July **TML Psychologist**– Sam McCarthy. Please see your GP for a referral.
Mental Health Clinician/ Case Manager– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- 29 July **Mental Health Clinician/ Case Manager**– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
Child Health Session with Sue Gofton every Tuesday– Appointments only. Please phone 0428 136 381
- 30 July **Day Centre**– For details on the group please contact Hayley Gilbert 6372 2111
Physiotherapist– Please see your GP or Health Professional for a referral to the service.
Mental Health Clinician/ Case Manager– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- 31 July **Social Worker**– Shan Williams. Please phone 6372 2111 for appointments
- 1 Aug **Social Worker**– Shan Williams. Please phone 6372 2111 for appointments.

HAND HYGIENE COMPETITION

Hey Kids come in to the Health Centre and enter our 'Hand Hygiene Competition'

Colour in the Germ picture and answer the Hand Hygiene question

Leave your entry at reception (box provided)

Competition runs until the 31st July 2014

One lucky entry will be drawn to win a 'Hand Hygiene pack'

Don't forget: washing your hands regularly is the best way to stop germs spreading!

Happy colouring.....



SPORTS NEWS

ST MARYS SPORTS AND SOCIAL CLUB

Opening hours: Thursday 5.30 - 7.30 Friday 5.30 - 8.30
Saturday before and after golf Sunday 1-30 - 4.30

MEMBERSHIP FEES 2013-2014

Normal Membership \$25pp **Sports Membership** \$60 adults \$40 juniors

Bowls and Golf Affiliation fees are advertised on the notice board.

Fees are due now and must be paid by 01/10/2014. Arrangements can be made to pay these off, just have a chat to Jim.

GOLF NEWS

Bobby is giving lessons to some ladies on Wednesday morning so please give her a call if you would like to join her...
6372 2445 or 0409 958 013

Saturday golf was a game of skins; Rod won the day taking out six holes, with Plonky runner up taking three holes.

JAG THE JOKER AND MEMBERS DRAW

Trevor Viney won the \$20 for Jag the Joker last week however he missed out on the big money. Jackpot is now \$340. Sorry Kirstin but you missed out on the members free carton.

FRIDAY NIGHT MEALS

There were some very happy punters last week after they tried Gerhard's Chocolate Mousse. It was simply divine!

There will be no meals served this week (18th) due to a private function, nor the following week due to our Christmas in July function. However, Chef Gerhard will be back in August to tempt your taste buds, with the first meal of the month being curried scallops and lemon tart. Bookings are essential! (0409 958 013) . We can only cater for a certain amount so get in early PLEASE!

CHRISTMAS IN JULY *FAMILY FUN NIGHT!*

GREAT THREE COURSE MEAL, GAMES AND GIFTS FOR THE KIDS.

BOOKINGS ESSENTIAL. 5.30 FOR 6pm START (NOT 6.30 FOR 7PM AS PREVIOUSLY ADVERTISED. (0417 010 648)

CYSTIC FIBROSIS GREAT ESCAPE 2014

St Marys has been lucky enough to be chosen for an over night stay for this event.

The event is a car rally which travels from Shepparton, Victoria, to Hobart. It is one of Cystic Fibrosis Australia's major fund raising events.

Our club has been chosen to cater for and entertain up to 170 people on Monday September 15th. This of course will be a major fund raising event for the club also. We are now looking for members who may be able to give their time on Sunday 14th and Monday 15th. Please come forward if you are available, if we can delegate particular jobs it will make thing so much easier.

For the entertainment side of things we are hoping to provide a medley of local musicians who may consider volunteering an hour of their time. We will also require a PA system if anyone could assist.

Annette Wines Secretary

Everyone knows that the back of the settee is part treasure trove, part time capsule. The last time BBM stuck our hand down there, we found \$5.50 in loose change, the remote control for the DVD player and a collection of tissues.

But the traditional "ferk" down the back of the couch turned up something even more rewarding than usual for three young roommates in New York last month – \$40,000 in cash.

"We just pulled out envelopes and envelopes," said Cally Guasti, a social worker with Family of Woodstock who shares an apartment with two friends. "We put it all on a bed. We laid it all out and started counting. And we were screaming. In the morning, our neighbours were like, 'We thought you won the lottery.'

"My mouth was literally hanging open - everybody's was - it was an unfathomable amount." But apart from the fact that \$40,000 isn't really "unfathomable" to most people (unless you're on a BBM salary), we can understand her surprise. She gave all the money back to the 91-year-old widow who gave the couch away in the first place.

"At the end of the day, it wasn't ours," Guasti said. "I think if any of us had used it, it would have felt really wrong."

Apparently the pensioner cried in gratitude when they gave her the cash she had hidden away. The woman's family had donated the couch to the Salvation Army while she was having health problems.



ST MARYS IGA SUPERMARKET

**In the centre of town, at
the heart of the community**

38 Main Street
Ph/Fax 6372 2240 Butcher 6372 2274
Monday to Friday 8-6 Saturday 8-12



Specials from 16th - 22nd July 2014

<i>Butchery</i>	<i>Per kg</i>
Legs Of Lamb	10.99
Nichols Six legged Chickens	4.75
Ingham Chicken Wings	2.99
First Grade Mince	9.99
Blade Steak	9.99
Silverside	6.99
Casserole Steak	9.99
Bushells Teacup Teabags 100s	2.99
Cadbury Ice Cream 2 lit	5.99
Continental Cup-A-Soup 2pk	1.15
Mars Medium Bars	.99
Scotts Meat Pies 6pk	4.99
Tas Taste Flour 2kg	1.99
Sara Lee Puddings 475g	4.75
Nescafe Coffee 500g	15.99
Arnott's Assorted Creams 500g	2.99

Specials from 23rd - 29th July 2014

<i>Butchery</i>	<i>Per kg</i>
Porterhouse Steak	16.99
Boneless Legs Of Lamb	12.99
BBQ Chops	9.99
Round Steak	9.99
Blade Roasts	9.99
Ingham Chicken Cuts	2.49
Arnott's Cream Biscuits 200/250g	1.99
Duo Laundry Powder 500g	.99
Bundaberg White Sugar 2kg	2.99
Cheezels/Chicadees 110g	1.75
Flora Spread 1kg	3.69
Sanitarium Weet - Bix 750g	2.99
Peters Ice Cream 4 lit	6.99
Whiskas Vita-Bites 1 kg	3.99
Devondale Long Life Milk 1 lit	.99



Rissoles with Sweet Potato Mash

500g beef mince	2 tablespoons Dijon mustard
1 egg, lightly beaten	¼ cup tomato sauce
½ cup(60g) grated tasty cheese	Salt and freshly ground black pepper
2 large garlic cloves, crushed	2 x 400g sweet potatoes, peeled and cut into chunks
1 medium carrot, grated	20g butter, extra
1 brown onion, grated	
1 cup fresh breadcrumbs	

Preheat oven to 180°C.

In a bowl, combine the mince, carrot, onion, egg, cheese, garlic, breadcrumbs, mustard and tomato sauce, ¼ teaspoon salt and ¼ teaspoon pepper. Using your hands, mix thoroughly. Form into 8 equal patties.

In a medium saucepan, cover the sweet potato with water and boil until tender. Drain and mash with extra butter and season with salt and pepper.

Heat an oven-proof frying pan over medium high heat and brown the rissoles in 1 teaspoon oil. Place the pan into the oven and bake for 20 minutes or until golden brown and cooked through.

Serve with the sweet potato mash and some tomato relish or chilli jam.

Printed and published by
**THE VALLEY AND EAST
COAST VOICE INC.**
12 GROOM STREET
ST MARYS TAS 7215.

