



The Valley and East Coast Voice Inc. \$1

valleyvoice.com.au

Established 1968 Vol 47.08 August 14th 2014
The deadline for 47.09 is 5pm August 25th 2014



St Marys Day Centre won 2 categories of the Wrapped in St Marys event; (l to r) Irene Smith, Wendy Mallett and Hayley Gilbert - pictured right is the winning wrap.

Photos by Judy Duckett



The Cosiest Mug Competition Viewers Choice Award was won by Kate Larby of Scamander.



Brain Injury Awareness Week, August 11th to 17th, 2014 Tim's story is on page 11



Wind damage in St Marys, more in 'Out of the Woodwork' on page 6

Hurry up and book your ticket for the St Marys Sports and Social Club dinner on Friday 15th, or you'll miss out!

Details page 11

Major home clearance sale in Upper Esk on August 17th. Details in classifieds, page 3

Federal budget cuts are hurting Tasmanian jobs page 7

Council Dog Policy up for Review page 7

Wrapped in St Marys winners page 13

Textile Art Workshop photos page 15

AMIC Market - August 16th 2014

Big Shed Market St Helens - August 17th 2014

Vietnam Veterans Day - August 18th 2014

BODRA Fabric Printing and Painting - August 24th 2014

FVNH Mystery Wine tour - August 28th 2014

Country Night at Avoca Memorial Hall - August 30th 2014

Community Bushfire Awareness & Preparedness Forum - September 13th 2014

AMIC Feel Good Workshop - September 13th 2014

Community Groups

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.

Beumaris Swap Markets are held monthly on the 1st Sundays at Beumaris 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.

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 Beumaris 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 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. contact Janet Drummond - Coordinator 0404 562 320 for assistance. Check out the Facebook page

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.

The next Council meeting will be held on Monday 18 August 2014 at 10am in the Council Chambers, Georges Bay Esplanade, St Helens. Minutes from Council meetings are available online.

Big Shed Market will be held at 24837 Tasman Hwy St Helens on Sunday August 17th from 10-1pm
Locally handmade, homegrown or produced, up-cycled or repurposed goods. Artisans, foodies and entertainment.
Plastic free event, byo bags.
Info e: bigshedmarket@gmail.com

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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. Private 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. **6372 2626**

382 lt Upright freezer, good clean condition. **6372 5127** evening only

Large, untouched sculptural piece of **Huon pine**, sourced from Queenstown. L 1630mm W 860mm H 1000mm. \$600. **6372 2152**

French antique clock, c1880, bronze and black marble, 46cm(18") tall and weighs 9kg. It has a very delicate chime and is in working order. \$1250 ovno. Glyn, **0418 229 319 / 6372 2753**

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**

Quality grass hay 5x4 rounds. **6377 1154**

Muscovy ducks and drakes, on foot \$10 each or dressed \$12 (ducks) and \$15 (drakes), Cornwall. **6372 2421**

For Sale



Bar stools, \$25 each or 4 for \$80. **6384 2355**

Excellent dry firewood, cut to size. \$120 per tonne. Delivery to most areas and will stack for a small extra fee. **6372 2322**

Clearance Sale, all must clear Sunday 17th August at 1476 Upper Esk Road Upper Esk, 8am - 2pm. Side by side LG

S/S fridge/freezer with water/ice dispenser, **chairs, free-standing cupboards, bookshelves, 7 single beds w/ mattresses, 1 QS metal bed frame, bedroom furniture, assorted kitchenware, ornaments & knick knacks, books, DVDs, Samsung 36" TV, 15 x trout fishing rods/reels and gear, 9 x pairs snow skis, Video/DVD recorder, wall prints and paintings, Fischer & Pykell top loading washing machine, 1 x 4 burner BBQ, 1 glass top outside table and chairs, assorted gardening tools and equipment, marquees** and lots more. Items priced as marked on the day or make an offer, all must go. Any questions or for directions call Peter on **6377 1134 / 0418 915 681** or Tanya on **0412 300 850**

Raspberry canes \$1.50, current bushes in pots \$4, good stock. Ph Jack **6372 2034**

Community Notices

The **St Marys Memorial Services Association** will commemorate Long Tan at the St Marys Cenotaph on August 18th commencing 6am. If you would like to lay a wreath please do so. All welcome.

Vietnam Veterans Day will be commemorated on Monday August 18th, 2014. The service will commence at 11am at the Vietnam Veterans Memorial site at the Cenotaph in St Helens. If you wish to join Veterans in the march, please form up at Hilly's Supermarket, St Helens at 10.50am. For further details please contact President Gary Graham on 6372 5727.

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

The **Valley and East Coast Voice Inc.** will hold its Annual General Meeting at 12 Groom Street St Marys on September 3rd 2014, at 4pm.

The **St Marys Salvation Army** would like to thank Michelle Menz, Kole Bretag and Michael Smith for their recent help and kindness. Also we would like to pay tribute to all the JAM (Jesus And Me) and JLT (Junior Leader Training) parents for their ongoing support.

The **Fingal Valley Neighbourhood House Inc** will hold their **Annual General Meeting** at the FVNH on Wednesday September 17th 2014 at 7pm. Contact the FVNH on 6374 2344 for membership/general queries.

Letters to the Editor

Dear Editor

Re Jan Sparkes letter in last Valley Voice

It's doubtful the Valley Voice should be a forum for arguing the many different local views on domestic politics, though I do sympathise with the bitter wartime memories of Jan Sparkes. It was apparently those memories that sparked Jan's anger over Tony Abbott's comments when he recently hosted PM Shinzo Abe of Japan.

True enough, a lot is forgotten when making a fresh start between former enemies. Abbott's mention of the courage of Japanese submariners who sneaked into Sydney Harbour was obviously meant, though, as a tactful reminder to his guest that Aussies still recall we were fighting each other back then even though we want to be friends now. But such comments can cut more than one way, so perhaps Abbott should have foreseen that those who suffered from Japanese brutality elsewhere, in that war over sixty years ago, could take offence.

However we should also be clear that Australia now needs to court Japan, due to the rising military might and belligerent attitude China is showing. With the trillions of dollars gained from us Western consumers, Beijing is powering up its navy and letting neighbours know China deserve to be treated again as top dog in our region. Ships of any country which might object - and objectors now include Taiwan, Vietnam, Japan, South Korea and the Philippines - had better get used to following instructions from Chinese military vessels or else.

In these Politically Correct times it's unwise to make such points without adding this isn't about ethnic Chinese, especially those who live peaceably among us and are no more foreign than I am myself. My comments are confined to one very large and pushy nation state, which is complained about even by Chinese-speaking locals in Hong Kong. Since their own race and language are the same, at least when those folks moan about Chinese mainlanders nobody can say they're racially prejudiced!

Australia now survives financially on selling minerals to China and, increasingly, exporting food and entertaining its tourists. So it matters greatly to us that Beijing is prepared to interfere with free shipping movement and to cancel large contracts and thousands of tourism visas at the drop of a hat, with no explanation or apology. It's not only Japanese of 1940 who knew how to lay down the law to weaker countries.

We all know it can be a dangerous world beyond these shores. Indeed sometimes we're silly enough to knowingly import such danger, as with those newly arrived ethnic groups whose young men go off to the Middle Eastern wars then boast of their deeds with selfies showing the heads they've chopped off. Just last week the so-called "Grand Mufti of Australia" warned our proposed new anti-terrorism laws are racist (Islam is a race?) and Abbott had better back off or lose the growing Muslim vote. Labor is considering its options, to put it politely, and won't show its hand. Greens are thought, perhaps unfairly, to be likely backers of the Grand Mufti.

Loyal Australians of whatever political stripe should support any leader, regardless of party, in attempts to tactfully but firmly counter potential dangers we face.

This means cutting him or her some slack when the task is fumbled, and treating present threats as more relevant than past resentments.

That way future Australian generations won't say we failed to hold securely the torch passed to us, which we were meant in turn to pass on to them.

Lew Bretz, St Marys

Refugee Welcome Zone

The unanimous passing of a motion by Break O'Day Council in July this year to sign up as a Refugee Welcome Zone (www.refugeecouncil.org.au) prompted a dedicated group of 12 people to meet on August 6th at St Marys Anglican Church Hall, to discuss future practical means to support and welcome refugees in our community. This gathering consisted of people with a wide range of experiences, such as migrants, and those who have worked with refugees, as well as those who came to show concern and compassion for refugees. Our aim is that refugees will feel so welcome that they will ultimately wish to settle in and contribute to our community.

Some of the ideas we are progressing are:

To welcome refugees for "homestays" (those wishing to visit our community to stay with host families) - this will result in the exchange of culture, food, art and friendships. We will soon be establishing a database of what individuals and the community can offer refugees staying in our community.

To encourage households to install specially designed "welcome" signs on their gates to break down barriers, such as fear or racism, by making a statement that the household welcomes refugees.

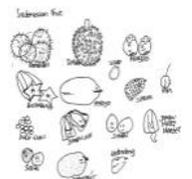
To network with other refugee and migrant support agencies.

Our next meeting will be held on Wednesday September 10th, 3pm at the Anglican Church Hall, Main Street, St Marys. All welcome.

For more information, please find our group on Facebook Break O'Day Welcome and Support Group, or e: hannahrubenach11@gmail.com

Beverley Rubenach, St Marys

Community Dinner
Holy Trinity Anglican Church Hall
St Marys
Saturday August 16th 2014
5 for 5:30pm
Indonesian themed dinner
Please bring a side dish or a dessert to share
Main course will be provided
Beef Rendang, Chicken with Peanut Sauce and
Gado Gado
RSVP Janet on 0404 562 320



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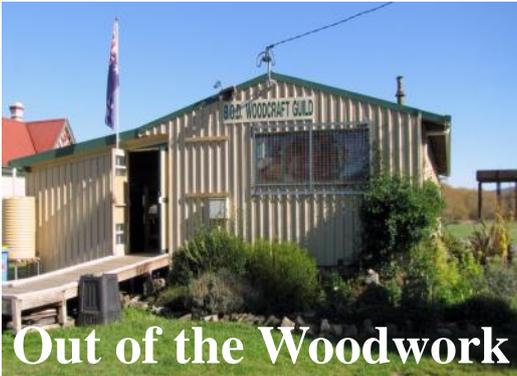
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Out of the Woodwork

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.

Many thanks to the following who helped with the construction of our croquet seats and court extension: Glyn, Richard Craghill, Col Mackenzie, Reon Johns, Leo, Michael Smith, Ted Koops, Marcia and not to forget Graham Derbyshire for the lend of his wheelbarrow.

We would like to acknowledge the Break O'Day council who were favourable with the extension of our court.



Pictured (left) are our seats which we hope will be used not only by spectators but participants as well!

To those who made enquires about the flag being at half-mast on August 7th, it was a mark of respect for the national day of mourning for all those killed tragically on flight MH17.

Gentle reminder that membership renewals are now due.

Guilds Home Hint

To sanitize your dishwashing cloth, place it in the microwave for about 20 seconds (depending on wattage); the heat kills any bacteria between washes.

Pictured right is a result of the extraordinary winds which swept though our town recently.

Notice the picnic table buried under the branches.

All photos by Wendy Brennan



The Say...by Cagerattler

Every time the footy is on TV it makes me think of the 'good old days'...which started ending probably two decades ago. A workmate and friend showed me a book a while ago all about the history of footy in Tasmania. So many more teams and associations, even only 20 years ago. What keeps happening?...looks like there'll be yet another local footy competition in dire straits soon too. The N.E.F.U. is really struggling for numbers, yet there are more people about now than previously.

I suppose the most likely reasons are job opportunities taking the young men away; the chances of remaining in their local community to work and play footy are very limited nowadays ... sad as that is, not just with footy in mind either.

Maybe another issue is the chance to spend leisure time doing other things, and weekends and training nights are affected in this regard. I can recall as a kid playing footy in the 'Thirds' on cold winter's frosty mornings, knocking the ice off the ground. I occasionally got picked when we were desperately short of players - but we loved it. That's where my footy career finished, but many of my friends progressed to the Reserves and of course to the Seniors later on, and a few even further. The St Marys Tigers Football Club, like many other local football clubs in small country towns, was a huge part of the community and provided a great social aspect to our lives. Like so many other small clubs, the Tigers eventually went under as a stand-alone entity, then completely a few years after that. I think you'd classify this as 'grass roots footy'...

I take my hat off to two great groups though...Auskick do a marvellous job and keep the flame of this great game lit in young minds, and is worth it just for that reason. And in recent years the 'old buggers' have pulled on the boots to play semi regular 'Seniors footy' - again a great thing, just wonderful. The local volunteers, supporters and players are an absolute credit, and the occasional other local footy game on the "Rec" is the same. The question really has to go back to the senior body administrators of AFL Tasmania. They need to nurture 'grass roots footy' in addition to the major competitions.

I'm sure people would like to revisit the old days and drive into a Tasmanian country town on a Saturday to hear car horns tooting and coaches yelling, having celebratory drinks at the clubrooms and the pub, and everything else that goes with country footy.

So maybe it's time to think more about bringing back grass roots footy again. Not easy, but not impossible either...

What do you think? Rod McGiveron



Council Dog Policy up for Review

Break O'Day Council is calling for comments and suggestions from the community on its Dog Management Policy during August and September.

Mayor Sarah Schmerl has released a new Council information brochure to open community consultation on the policy, and said since the policy was introduced Council had updated it regularly as everyone got used to it.

'People are much more aware of the issues now, particularly with dogs in towns and on beaches, which dogs love, but where people and wildlife can be impacted,' Mayor Schmerl said.

Council is seeking community input on the current policy, which is available from the Council office in St Helens and Council's website. Comments and suggestions should be received at Council by Sunday 28 September. A draft policy will be advertised for comment again during October.

The Council's Dog Management Policy includes a code of responsible conduct and zones sections of coast for off-lead exercise, access on-lead and at certain times only, and beaches where dogs can't go. The policy is made under the Dog Control Act 2000 and coordinated with Tasmanian Parks and Wildlife Service regulations that apply to dogs on public land.

Council's primary concern is public health and safety, points out Mayor Sarah Schmerl. But that has to balance with opportunities for dogs and dog owners and protecting Break O'Day's precious wildlife, especially the vulnerable birds of our beaches which are protected by state law.

'Council wants a Dog Management Policy with consistent rules that the community respects and will follow so people are safe, dogs are content and wildlife aren't lost,' she said.

A 2013 review by BirdLife Tasmania of decades of data for NRM North showed Break O'Day is a major contributor to the high conservation status of northeast Tasmania for beach nesting birds. Birds such as red-capped and hooded plovers, oyster catchers and little and fairy terns are struggling after population crashes and habitat loss nationally and globally over recent decades. The study found Break O'Day's beaches are home to 4-5% of the world's remaining hooded plover breeding pairs, and the Scamander River mouth is the second biggest nesting site for breeding fairy terns in Tasmania. On Break O'Day beaches you can often get close enough to talk to an Australian pied oyster catcher - one of the world's rarest birds.

A new brochure about caring for dogs in the municipality and explaining Council's approach is available from Council's St Helens office, vets, Council's website and other outlets. Comments and suggestions on the Break O'Day Council Dog Management Policy should be received at Council no later than Sunday 28 September and can be delivered or posted to the St Helens office or emailed (to: admin@bodc.tas.gov.au).

For more information contact: Bob Hoogland, Acting General Manager 6 August 2014



The Australian pied oyster catcher

Federal budget cuts are hurting Tasmanian jobs

"The absolute hide of Tony Abbott and Joe Hockey to turn up in Tasmania and try and offer incentives to sell off the Hydro, when it's Tony Abbott who is smashing the profitability of the Hydro."

"As a result of what Tony Abbott and Joe Hockey are doing, the Hydro's profits are going to be slashed by ten times. The Hydro's profit in 2014-15 will fall to around \$20m from more than \$200m, and there's one person to blame and that's Tony Abbott.

"Will Hodgman should stand up to Tony Abbott and say it was totally wrong to abandon carbon pricing, because it's going to smash Tasmania. Tony Abbott wants to come to Tasmania, tell us about jobs, tell us about economic activity and he is singularly responsible for the biggest smash on the budget that there is."

"In terms of jobs lost and investment, Hydro Tasmania is saying it won't be investing in any more renewable energy because of the uncertainty created by Tony Abbott around the renewable energy target. Add to that the cuts the federal government is making to the university, to the CSIRO, to the Antarctic Division, and to the state budget for education and health: billions out of education and health over the next decade.

"Hundreds of jobs are being lost as we stand here in Tasmania because of the Abbott government policies."

Office of Senator Christine Milne
Leader of the Australian Greens | Senator for Tasmania
L1 Murray Street Pier, Hobart TAS 7001 | GPO Box 896,
Hobart TAS 7001

On this day in 1953 - The whiffle ball was invented



Willy, Louise, Georgie and Ness would like to thank the old and new local people who continue to support us. The Pancake Barn is open all through August; we welcome group bookings and are also available for after hours bookings.
Ph 6372 2263





Tasmania Police

Sergeant S D WARD
St Marys Station

At about 7:10am on Saturday 26 July 2014 and at about 9:30am on Sunday 27 July 2014, there were two motor vehicle accidents on the St Marys Pass. Both of these accidents were unrelated and occurred in two different locations on the St Marys Pass. Both accidents resulted in the motor vehicles rolling over, and at the time of the accidents both vehicles were

being driven by males who were the sole occupants in the vehicles.

Neither accident can be attributed to a defect of or on the road and is a timely reminder of how you must drive to the conditions. Winter weather makes the roads hazardous. Poor visibility, fog, rain, ice and snow means extra care should be taken when driving.

Always drive to the conditions, which means slow to a speed at which it is safe to drive, even if it means driving below the speed limit. Remember the speed limit is in fact a limit, not a challenge.

Driving tips

- ◆ Drive with the headlights on when visibility is poor so other motorists see you
- ◆ When driving always be alert and pay attention to road warning signs that display hazardous conditions
- ◆ Leave plenty of space between your vehicle and the vehicle ahead, which is usually three seconds but in poor conditions six seconds.
- ◆ Ensure your windscreen is clean and demisted, and wiper blades are in good condition
- ◆ Ensure your vehicle is roadworthy and the tyres are in good condition and are correctly inflated
- ◆ Do not drive through water across the roadway; the road may be damaged underneath

Thanks to Ian Bradbury for his sleuthing help. Editor.

FINGAL VALLEY NEIGHBOURHOOD HOUSE INC

By popular demand
The Fingal Valley Neighbourhood House has organised another

MYSTERY WINE TRIP



The FVNH commuter bus will be leaving the Neighbourhood House at 9am.

WHEN: Thursday August 28th, 2014

BUS FARE: \$15 per person

BYO Lunch

Come and enjoy a great day out!

A deposit of \$8 would be appreciated before

Thursday 21st August, 2014.

If you are interested call
into the Office or phone

6374 2344 to book

your seat.



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**Labor Leader
Bryan Green**



has slammed the Abbott Government for trying to blackmail the state into selling valuable public assets.

“Tony Abbott went to the election promising to create jobs and economic activity in Tasmania. He didn’t tell voters that any assistance would be contingent on selling assets,” Mr Green said. “This is a clear case of economic blackmail from the Federal Government. Rather than recognising the urgent need to provide assistance to Tasmania, the Liberals have embarked on an ideological crusade. Selling assets like the Hydro, TasPorts and MAIB would result in Tasmanians paying more for essential services and squander future opportunities to create wealth for the state.

“It’s all very well for Will Hodgman to oppose asset sales, but where is the cooperative approach between the state and federal governments that he promised? Where are the positive outcomes that have resulted from having Liberal Governments in Canberra and Tasmania?

“The fact is that the incentive to sell off assets wouldn’t cover even half of the cuts to health and education inflicted on Tasmania in the Federal Budget.”

Kim Booth MP | Greens Leader

The Liberal government must explain how it will ensure Forestry Tasmania moves to a self-supporting business model when the contingency fund public subsidies are removed from the 1st of July this year, said Greens Leader and Forests spokesperson Kim Booth MP.



“The Greens are long on the record calling for an end to public subsidies propping up the broken forestry business model, as we were also clear that the TFA did not require public funding of the native forest sector, but it appears the ramifications of pulling the plug may not be fully thought through by the Liberals.”

“The contingency fund was to provide a timeframe by which Forestry Tasmania was to be weaned from its historic reliance on the public purse, and transition to full cost recovery for its timber operations so it could stand on its own two feet.”

“Paul Harriss was silent on this vital detail today, begging the question whether the government can guarantee that when the contingency fund plug is pulled virtually overnight, that Forestry Tasmania will have in place the necessary new business model based on full cost recovery.”

“The Greens also believe that the withdrawn contingency fund must be redirected into essential public services, ye Mr Harriss also failed to clarify what the Liberals intend to do with these savings,” Mr Booth said.

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.

**Will Hodgman, Premier
Minister for Tourism,
Hospitality and Events**



The future of the annual V8 Supercars Series round at Symmons Plains is secure until at least 2019, following the agreement of a new five-year deal worth \$4.125m.

The Liberal Government is committed to building on our competitive strengths such as tourism to support and create jobs, which is why we have worked hard to secure the V8 Supercars Series for Tasmania.

Every year more than 55,000 spectators are drawn to the Symmons Plains International Raceway, injecting almost \$5m annually into the local economy.

The event is a major drawcard for around 3,500 interstate visitors per year, with each staying an average of three nights, which has an enormous flow-on effect for other tourism destinations state-wide.

Hotels, restaurants, taxi drivers and other small businesses will also benefit greatly, supporting jobs particularly in the north.

The Government has also committed \$2m over four years to improve the Symmons Plains racetrack, with a schedule of works to be determined in consultation with the Confederation of Australian Motor Sport.

This investment will build on the raceway's reputation as one of the country's best spectator venues and technically challenging tracks for drivers.

By agreeing to a five-year deal, we have been able to provide certainty for the future while delivering a more cost-effective outcome for the taxpayer than a shorter agreement.



East Coast Veterinary Clinic - Found Dog

There has been a dog found on the Tasman Highway in Beaumaris on Sunday. She is a well looked after Terrier, golden or tan in colour and seems to be an older dog. She is in good or too good condition, and is being cared for until she can be re-united with her owners. There is no microchip detectable.

If you recognise her please call the clinic on 6376 1577 to arrange her owners to collect her.

facebook.com/EastCoastVetClinic?fref=photo

A few years ago I wrote an article in the Valley Voice called 'A Glimpse into Tim's World'. I tried to understand the trauma the 2006 bushfires had on my son.

Tim is 28 and needs constant 24/7 care and supervision. He contracted meningitis at five months of age which caused Acquired Brain Injury (ABI). This resulted in Tim suffering from cognitive, intellectual and physical disabilities, such as challenging behaviour problems (including difficulties in communicating and socialising), and severe epilepsy.

As August 11th to 17th is Brain Injury Awareness Week, I am again attempting the almost impossible task of understanding a little of Tim's world - seeing things through Tim's eyes...

Beverley Rubenach, St Marys

How I want to understand and be understood!

Right now I'm confused, I'm worried, I'm scared!

I'm confused because my head is going more crazy than normal because I'm having a bad bout of partial complex seizures (that means there is an abnormal amount of electrical activity happening in certain parts of my brain).

Hannah, my sister, is talking to someone on her mobile phone. I think the person she is talking to is someone important - a politician perhaps.

My mother is pacing about the room, listening to the conversation. She is getting very upset and crying and saying things like 'I won't have the operation if that is the case! There's no way I'll put Tim in hospital for four weeks just so I can get my hernia fixed. I've waited four years for the opportunity but we must have in-home support for Tim, or nothing. I'll take my name off the waiting list and I'll have to decline the offer of the operation on 25th August. There is no way I'll have Tim sedated for four weeks in a hospital bed during my recovery time - that would be abuse!'

Hannah thanks the person on the phone for trying to help, and explains that in-home support to help my father is the only workable thing, so mother's hernia operation won't be happening.

I'm confused about all of this, so I start hitting and yelling, in order to communicate with my family how I'm feeling. I can't talk much. I try hard but my family can't understand my jibberish talk. My family try comforting me by telling me it is not my fault - that it is the fault of the system. (I don't know what 'the system' is but my family sure complain about it a lot! I think its got something to do with the government.) But I feel it has something to do with me also. If I didn't need people to help and care for me all the time, my mother could have her operation. How I wish I was normal and healthy. I'm worried!

I know an operation would make my mother well, for I had an operation (in January, my family tell me - I don't understand things like time). I hurt my finger real bad. No-one saw how I did it, even though my mother and support worker were close by me and I couldn't talk properly to make them understand what had happened.

Anyway, I had to go to hospital in Launceston. Father and my support worker took me in our car. The ambulance people at St Marys wouldn't let me go in the ambulance, as they were worried about my 'challenging behaviour'. They thought I might hurt them but I was in too much pain to do anything - I couldn't even cry! I'm told I hurt people sometimes but I don't know I'm doing it, and I certainly don't mean to - I'm a gentle person.

I know operations make things better because the doctors fixed my finger up. They had to cut some of it off, so one of my fingers is shorter than the others but it doesn't hurt now.

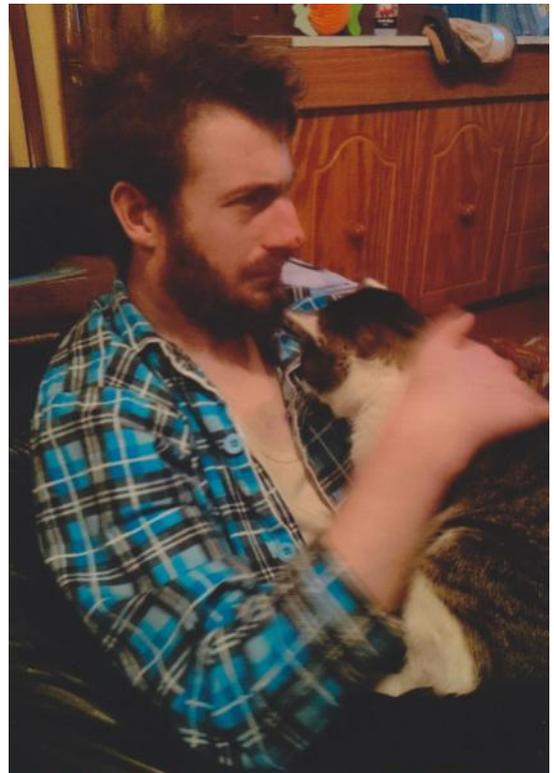
I'm scared! Who will look after me if mother or father get sick or hurt? Would I have to go to hospital for a long time? I hate hospitals! I've been in hospitals a lot ever since I was a baby. I try to get out of bed and run home, but the nurses always give me something to make me sleepy so I can't run away. This makes me feel very sick and very scared.

My family always stay with me whenever I'm in hospital but it's still scary. What if my family were not with me?

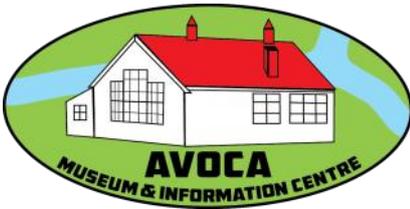
Oh, I'm so confused, so worried, so scared. Having Acquired Brain Injury is a terrible thing!

This week of Brain Injury Awareness will you please make an effort to understand the effects of ABI on these people, their families, the community. Please HELP us!

*Beverley Rubenach, Gray.
August 10th, 2014*



I'm a gentle person



Avoca Museum and Information Centre
Old School Building
AVOCA TASMANIA 7213



Country Night

with bull-riding fun!

Saturday August 30th, 2014

Avoca Memorial Hall

Cost: \$35 includes 3 course meal (includes spit roast and salads), raffle ticket, 'crazy raffle' and bull-riding fun afterwards

Gather your friends, book early and come along for the ride.

BYO alcohol - 18 and over - Dress code 'Country'

Any special dietary requirements, please let us know.

Contact details: Helen on 6384 2101 or Sandi-Lee 0438 842 311

RSVP August 22nd

Fundraising event for the Rossarden and Friends Kids Christmas Party



Feel Good Workshop

Come and relax, connect and be nurtured. Make a beautiful flower.

Learn about medicinal herbs and their use in natural skin care.

Saturday September 13th, 2014 from 11am - 2pm

at the Avoca Museum and Information Centre

Guest Speaker: Giovi from Pindari Herb Farm



The next AMIC Market is Saturday August 16th, 2014. Contact Steve on 6384 2188 for stall enquiries.

All invited to the AMIC meeting on Tuesday August 12th, 2014 at 4pm.

Snapshot of Avoca gets national focus - School Photographic Exhibition

In 2005, the Avoca Primary students were involved with the 'Snapshots of Remote Communities Project', and their works were exhibited in the National Museum in Canberra as well as Launceston's QMAG. The exhibition is now on display at the Avoca Museum and Information Centre.

Open 11am - 3pm Saturday, Sunday, Monday, Wednesday and Friday

ST MARYS SPORTS AND SOCIAL CLUB

Friday 15th August at 6.30pm
Seafood Chowder with Crusty Bread
and a yummy dessert!

ONLY

\$10 per person



You MUST book BEFORE Midday
Thursday 14th
SMS 0439 978 156

Winter

Wise Barry in his cabin so in the depth of winter

His rustic burner does glow

As he peers out his winter windows

Whilst holding his cat Lightning so

He looks up the valley where

The free winds sweep.

The earth is folded in an ermined sleep

That mocks the melting mirth of myriad days

Departed her disheartening duns and grays

And all her crusty black is covered deep dark streams

Are locked in winters donjon-keep

And made to shine with keen unwanted rays

O icy mantle, and deceitful snow!

Why can't you just go go go

So as to let my cat come from cover of blot and blur and

play

In the warmth of the sun once more

Christopher Hurd, Cornwall

Winter Warmer Weekends


White Sands Estate



White Sands Estate presents two very special weekends...

Featuring Indian and Chinese themed movies and an ambient dinner in Le Blanc. Each weekend will include a Saturday movie screening, a themed 2-course dinner with live music and dancing, together with a Sunday afternoon movie screening. Speciality cocktails will be available all evening!

"INDIAN SPICE" Dinner

Saturday 16th August, serving from 6pm.

\$44 Includes a selection of tapas and delicious 2-course Chef's Selection
PER PERSON Indian-themed dinner.

"CHINA TOWN" Dinner

Saturday 20th September, serving from 6pm.

\$44 Includes a selection of tapas and delicious 2-course Chef's Selection
PER PERSON Chinese-themed dinner.

LUNCHBOX

Mumbai's famously efficient lunchbox delivery system delivers just one in a million to the wrong address. This is the story of that one lunchbox, of Lia – the sender, a neglected housewife, and Saajan – the receiver.

Directed by Ritesh Batra
Drama/Romance, Rating: PG

\$15 Screening on:
Saturday 16th August at 4:30pm
PER PERSON Sunday 17th August at 2:30pm

THE NIGHTINGALE

Returning to his native village in his old age to release his companion nightingale, Zhigen finds himself accompanied by Renxing, his granddaughter – spoiled, young and from the city.

Directed by Philippe Muyl
Drama/Family/Arthouse, Rating: Unrated

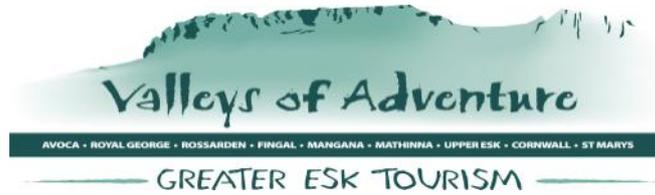
\$15 Screening on:
Saturday 20th September at 4:30pm
PER PERSON Sunday 21st September at 2:30pm

SPECIAL OFFER: \$5 OFF your movie ticket price if you book for either of the themed dinners OR a meal in the Brew Haus.

ACCOMMODATION PACKAGES: Children under 12 stay and eat FREE all weekend so why not book one of our self-contained Ocean View Villas. (One child free with every paying adult)

BUS TRANSPORT: \$15 per person return. Available for the Winter Warmer themed dinners from St Helens/Scamander and Bicheno. Bookings must be made in advance. Conditions apply.

Bookings are essential – Call (03) 6372 2228 or visit us at www.white-sands.com.au
Subscribe online to receive news + promotions from White Sands Estate



The GET Annual General Meeting is on Monday 22nd Sept 7pm at the Fingal Valley neighbourhood House to be followed by a General Meeting. All welcome

2014 Photographic Competition



The Greater Esk Tourism photographic competition for 2014 will again be judged by Tasmania's Master Photographer Owen Hughes, who will select 12 finalists and the overall winner, but the public will have a say too. There is a new category for under 18's.

This year's theme is **"People of the Valley"** so explore and get clicking. You need to show a connection to the Valleys. Entries must be submitted by 5pm on September 5th 2014. No late entries accepted. For lodgment details, general information and conditions of entry, go to our web sites www.fingalvalley.com.au www.valleysofadventure.com.au or the Fingal Valleys of Adventure facebook page.

Finalists will be notified and their photographs displayed at The Purple Possum Wholefoods, Café and Gallery, where the public can vote for their favourite photo. The winners of the Judge's Choice and the People's Choice Awards will be announced at our annual cocktail party at the Purple Possum Wholefoods, Café and Gallery in St Marys on Friday 14th November 2014 at 6pm.

Cash prizes are **\$250** for the winner, **\$150** for U18 and **\$100** for the People's Choice. All finalists will have their work exhibited in the Purple Possum for the next tourist season.

Wrapped in St Marys winners

A great weekend with glorious sunshine, 'Wrapped' power poles and flower bombing complimenting the Festival of Voices 'Unplugged' event at St Marys. The winners:

People's choice: St Marys Day Centre

Group: St Marys Day Centre

'Connected' Barbara McAllister

Junior: Sarah Greenwood

Textile Art: Judy Duckett



Congratulations to all winners



The Coziest Mug Competition at Gone Rustic Studio and Gallery, St Marys attracted 31 entries from around Northern Tasmania. Congratulations to Kate Larby of Scamander, who won the Viewers Choice Award!



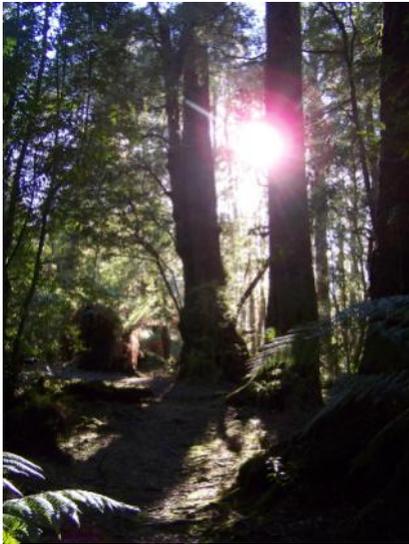
Photos by Peter Troode, Mary Knowles and Rita Summers

St Helens Walking Group

July 19th and a crisp, clear day saw the Saturday walkers heading off for the Blue Tier - this is a favourite destination for many of our group and it doesn't seem to matter what time of the year it is, there are always rewards!

It was a bit boggy underfoot for the first section of our walk to Mt Michael but we then climbed gradually, up through the mossy forest with its dense floor of fallen leaves and then a short, easy climb to the summit. The exposed granite boulders on the little plateau were still quite icy and careful footwork was required to avoid mishaps! But what a view we had - the Ben Lomond Plateau, off in the distance, was white with snow - a bright blue sky overhead and sunshine - how lucky!

After a short break we clambered down the other side and back into thick tea tree forest. There were a few signs of the old tin mining operations in this area - pits now filled with water and overgrown, some rusted machinery etc - relics of the bygone years. We meandered back to the car park and lunched in the warm sun. Although only a short walk, a very enjoyable day.



The Wednesday group have enjoyed another walk in the Winifred Curtis Reserve, this time including the boardwalk to the ocean beach. Many of the heathland plants seemed on the point of bursting into flower and that is certainly something to look forward to.

On the 16th, the group parked their cars at the start of the Trafalgar track and then walked to Ferntree Falls where a good cascade of water was flowing. A bright yellow coral fungi was spotted along the way.

A ramble on private property off the Ansons Bay road was the destination on July 23rd - the track winding through scrubby bushland. Of some interest was a large pool of icy water still unthawed at 11am, and looking unlikely to do so at any time soon!!

August 23rd - the Saturday group are planning a return to The Blue Tier to walk the Australia Hill circuit.

New members are most welcome - please call Healthy House on 6376 2971 for further information.

Article and photos by Wendy Milgate

Road Closures

Location	Road	Bridge	Dates	
Fingal	Rossarden Rd	Tower Rivulet FP	18/8/14 - 22/8/14	Bridge bypass provided
Scamander	Upper Scamander Rd	Workers Creek	25/8/14 - 5/9/14	" " "
Goshen	Terryvale Rd	Powers Rivulet	8/9/14 - 19/9/14	" " "
Goshen	Terryvale Rd	Powers Rivulet	22/9/14 - 3/10/14	" " "
Weldborough	Groses Rd	Weld River	6/10/14 - 17/10/14	" " "
Priory	Priory Rd	George River	13/10/14 - 26/10/14	Bridge closed, no through access, bypass route via Tasman H'way, Councils Rd & Chaplins Rd
The Gardens	Garden Rd	Tuckers Creek	20/10/14 - 31/10/14	Bridge bypass provided
Priory	Clellands Rd	Little Childs Creek	4/11/14 - 11/11/14	Bridge closed, no through access
Pyengana	Linda Vale Rd	North George River Tributary	12/1/15 - 2/2/15	Bridge bypass provided

ARTS/CRAFTS



News from the Suncoast Gallery

27b Quail St St Helens

What a pleasant surprise we have for you. At last we have put our thinking caps on and come up with a wide range of gift ideas for the men aged 0-90+ and hope you'll visit soon.

Our hand produced items include some unique one-offs, such as the recipe book for men and some enviable woodwork.

What else do we have? Why Hot Chilli Sauce, Tas Oak and Pine breadboards, knit-wear mainly for babies and children including toy cars and a front end loader but some adult items as well. There is a child's knight's suit for the hero and for the senior citizens who may need a clothes protector we have dignified ones complete with bow tie.

Quilts and paintings, leatherwork by master craftsman, Karl Balzer, includes a briefcase (a possible graduation gift); covered pens and wallets giving males a great choice. We have cute nappy pants, a pirate wall-hanging, and an iPod stand. We also might be able to take your special order for particular colours and styles of whatever you are wondering about.

Winter warmers such as scarves, beanies, jumpers, shawls and tea pot cosies are here. Remember we have items from a few dollars to a few hundred dollars, so do come see!

Article and photos by Peggy Bogar



Textile Art Workshop

Recently, textile artist June Hope taught the technique of Nuno felting to an enthusiastic class at Gone Rustic Studio and Gallery. It was a great day, and the results were stunning!



Top left: Lindy Scripps
 Top centre: Beverly Hornbrook
 Top right: June Hope and Judy Duckett
 Centre left: Heather Lye
 Above: Lorraine Fraser, Jeanette Gilbert and June Hope
 Centre right: River Meadows
 Left: Rita Summers
 Right: A proud and happy group!

Article and photos by Rita Summers



ARTS/CRAFTS

Break O'Day Stitchers

We've been having lots of extra activity at BOD Stitchers since the Easter Show finished, and we are now planning our very popular Friendship Day, to be held on September 12th 2014, which will be bigger and better than ever. Because of increasing numbers we have moved to the Portland Hall in Cecilia Street St Helens this year – staying with the same time at 10am to 3pm. There will be morning tea, soup/sandwich and dessert lunch, and a kit for a sewing project will be provided BUT we do ask that you bring your own mug or teacup.

The Challenge (Fantasy) is open to all but do remember the size restriction – no bigger than 1m X 1m.

Our guest speakers will be Barbara Mellor and Helen Stubbings, and there will be a raffle, lucky door prizes, trade table and some of your favourite craft shops will be there too.

The entry is still only \$10 per person and further information can be obtained from Barbara Mellor on 6376 3771 or e: barbara20@live.com.au

Article by Agnes Johnston for BOD Stitchers



Workshops - open to all ages!!

Paper Making – with River

"Come along and learn the art of"

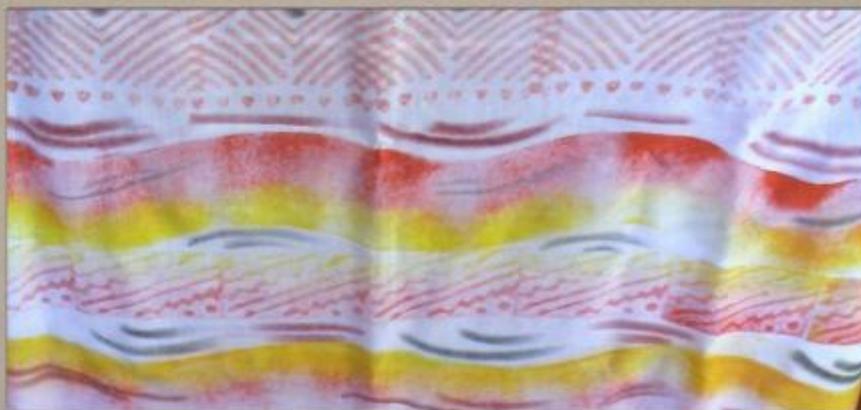
Sunday – 17th August 2014

1.30pm – 3.30pm Ages: 6yrs – 110yrs

@ St Marys Community Hall

Cost each Class: \$ 9 for BODRArts Members & under 14yrs
\$12 for General Public

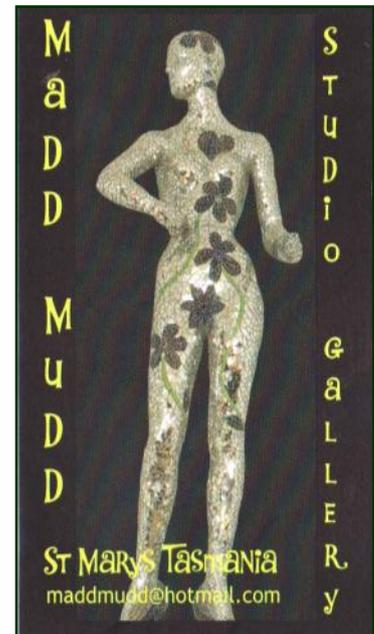
Bookings & Enquiries - Michelle on 0407 046 865 or e: bodregionalarts@gmail.com



FABRIC PRINTING & PAINTING

SUNDAY AUGUST 24TH 1PM TO 5PM
BOOKINGS - MICHELLE KAAL 63722056 (BODRA)

\$18 BODRA Members \$22 Non-Members (Price includes materials)



Bicheno's 'Toast To The Coast' Food and Wine Festival 2014

Bicheno Food and Wine Festival is back again and the date is Saturday November 22nd 2014, once again celebrating the gastronomic delights of Tasmania's East Coast. Held on Bicheno's magnificent waterfront, it's a day of exciting and unique events designed to get you up close and personal with leading local wine and beer makers; chefs; food producers and gourmet innovators from in and around the area. Indulge your senses in our world famous crayfish, mussels and oysters as well as amazing tacos, game burgers, paella, sweet treats and much more.

There are cooking classes and face painting, demonstrations and tastings, a vintage surfboard exhibit and even a "Pop Up" cafe that only serves chocolate cake! Yum!

And this year there is a brand new event, The Iron House Brewery Home Brew Competition. This is a chance for home brew enthusiasts to put their skills to the test to win the opportunity of brewing and bottling their very own recipe at Tasmania's East Coast boutique Iron House Brewery. The champion home brewer is then invited to launch and sell their special blend at next years Food and Wine Festival! What a prize!

Competitors can enter as many beers as they like into the following categories:

- ◆ Lager (Pale, Pilsner, Dark)
- ◆ Pale Ale (Australian, English, Bitter)
- ◆ IPA (APA, IPA, Imperial)
- ◆ Wheat (Wheat, Rye)
- ◆ Dark (Brown, Porter, Stout)
- ◆ Other (Fruit, Sour, Farmhouse, Belgian Style etc...)

So get your kit and start brewing as judging takes place at this year's festival and there are also generous prizes for runners up. For more information and entry forms, visit Pasinis in Bicheno, The Iron House Brewery, online at www.bichenofestivals.com.au or visit our Facebook page.



St Marys Child Care Centre News

On Thursday July 24th, children at our service participated in Planet Ark's Schools Tree Day. Thanks to Forestry Tasmania's donation, we had some Lemon Bottle Brush, Hop Bushes and Tea Trees to plant in our playground and in the Health Centre surrounds. We dug holes, planted our seedlings and watered them in.

This experience supported children's involvement in some key learning around the environment, numeracy (how many trees? How deep should the holes be?), and communication as we worked together to ensure the seedlings were planted correctly.

We hope these plants will grow and thrive alongside the children, attracting birds and insects into our garden, making an interesting and attractive space to learn.

Connecting our early childhood setting to the environment is a key part of our program, and we were recently assessed as exceeding in this area under the National Quality Standards.

We have children aged 1-5 years attending. If you would like further information on enrolling your child at our centre please contact Tanya.



St Marys Child Care Centre
Gardiners Creek Rd
St Marys TAS 7215
ph: 6372 2187
e: stmarys@ncn.org.au

Permission granted to publish photos.



A Piece of Paper

Tony Malone sat on a wooden bench in Rotary Park and ate a hamburger. When he finished it he tossed the greaseproof paper wrapper in the general direction of a rubbish bin, then went off to meet his girlfriend.

The council worker who emptied the bin that afternoon missed the wrapper so it lay next to the bin overnight, collecting a light beading of dew. Next day the sun was hot enough to evaporate that moisture by early morning. The land heated, sending a shimmer of warm air skywards. Cool air rushed to fill the vacancy, creating little winds that teased the nodding grasses, and stirred the yellowing autumn leaves of the poplars which surrounded the park. It was one of these vagrant gusts that lifted the piece of paper and carried it, fluttering, above the trees, where it encountered wind of a different order. Fierce thermal updraughts seized it and whisked it aloft, like a jet fighter aiming for the stratosphere, then released it into the custody of a gentler breeze, which cushioned its zig-zag descent towards a little-used road where Scott Seabrook was trying out his new Ducati.

The bike's speedometer was nudging 180 kilometres an hour when the square of greaseproof paper plastered itself over Scott's visor. He tried to flick it away, but the wind pressure when he raised his hand into the slipstream prevented him from reaching his helmet. In desperation, he turned his head sideways and the paper whipped away.

Vision restored, he rode on at a much more sedate pace. He couldn't escape the image, though, that the paper, frustrated in its attempt to blind him, had hovered for a moment behind his shoulder like an angry wasp, before spinning off into the distance. He looked up and glimpsed a moving speck against the clouds, soaring towards the city.

Cities create their own climate. Heat convects strange zephyrs along canyons of concrete and glass; swirling eddies thread their way through the lattice of scaffolding that clings to the myriad of new constructions that inevitably dot the skyline of a thriving metropolis...

The piece of paper twisted and turned through labyrinthine streets then, boosted by the draught from a passing bus, spiralled upward between the spars and planks of one such project, until it reached the highest level of scaffolding. There was a gap of about half a metre without a safety rail which separated one section of scaffolding from the next, and Luke Marconi, builder's labourer, stepped across that gap twenty times a day as he went about his job. On this day he was in mid-step when a square of greaseproof paper blew into his face, blinding him. The paper swirled away, and a subsequent inquiry into Marconi's death could find no reason why an experienced man like him should have lost his footing at that particular spot.

Peter Cosgrove, the magistrate who presided over Luke Marconi's inquest, was grateful that the local council had provided him with a reserved parking bay right outside the Courthouse; it had been a long day and he was looking forward to getting home. He threw his briefcase into the back seat of his Audi and buckled up to do battle with the rush hour traffic, which was the only obstacle between him and a cold beer. The city was congested as always, and the magistrate gave driving his full attention. He relaxed a little as his surroundings became less commercial and more residential. The unrelenting concrete grey of the city was replaced by the greenery of suburban gardens and hedges.

A stiff breeze plucked at the uniforms of school kids who, in groups of three or four, were making their way homeward along tree-lined footpaths. Magistrate Cosgrove took one hand from the steering wheel to remove his tie; symbol, as it was, of the daily grind.

At that moment, the breeze lifted a square of greaseproof paper from the gutter. It flattened on the Audi's windscreen, blocking his vision. He didn't see the pedestrian crossing that he was approaching.

Bill Greer, Beauty Point



More information
Ashlee Walker
Cancer Council Tasmania
(03) 6341 8409
awalker@cancertas.org.au

Want to make a difference in your community?
...Cancer Council's Relay For Life is for you!



Relay For Life St Helens

21-22 February 2015
St Helens Sports Complex
Registrations are open!

Some (JLT) Thoughts by Mel Norton

In previous editions of this column I have written with the aim of bringing news from JAM (Jesus And Me), the weekly activity group for children from 5 to 12 years.

On this occasion, I felt it was time to update readers on another activity which is run at the St Marys Salvation Army – this is JLT (Junior Leader Training) which happens immediately after JAM.

For many years we have believed in the importance of encouraging our young people at JAM to take on more responsibility and to be involved in the decision making and role-modeling process.

As the children grow through their early years at JAM, it becomes readily evident when particular JAMmers are keen to lead as well as learn, so we always want to be ready to nurture that inclination. As a result, we have always watched out for any older and enthusiastic children who have been ready to take on the position of helping with, at first, smaller jobs, such as organising the afternoon tea trolleys, then moving on to more demanding positions including the running of the game and more recently, the telling of the stories Jesus told to the people who so closely followed Him.

Currently we have 3 Junior Leaders, (one of whom is in High School) and we value each one; we are constantly aware of the privilege it is to be able to spend extra time with these children who bless us with their positivity, excitement, willingness to learn and preparedness to apply what they learn at JLT in subsequent JAM sessions. There is never a week of Junior Leader Training without laughter, great discussion, a generous sharing of ideas, constructive feedback, and fun and friendship. It's imperative here that we acknowledge the wonderful support of the parents without whose trust, love and patience, JLT would not happen.

As a team of adult leaders we must never take these young lives for granted. Each week as the JAM children run into our building, we see wonderful potential in every child. Yes, it's true, not all of them will be leaders, but God has a plan for every one of them and we believe it's our duty to honour the gifts with which they have been blessed.

If honouring those God-given gifts means that we continue to gently draw out the best, most creative and productive qualities of each of the Junior Leaders, then we believe we have played a small, but vital part in these precious children's lives, by encouraging them to *stand up*, *stand out* yet still *stand among* the children they are learning to lead.



Lions Club of St Marys Inc. 201T1

POB 101 St Marys Tasmania 7215
President: Kevin Faulkner 6372 2196
Secretary: Brian Forsyth 6372 5733

The Lions Club of St Marys Inc., along with guests from the Lions Club of St Helens, recently celebrated 39 years of service to the St Marys community at a dinner held at the St Marys Sport Centre.

Outgoing president Peter Troode delivered his report, outlining our Club's activities for 2013-14 year.

As a local Lions Club, we are proud of our achievements over our 39 years, with more than \$500,000 donated to charities and those in need since our formation. This past year, our Club donated over \$10,000 to Lions Charities and those in need in our community.

Our thanks to the Ladies Committee of the Sports Centre, for their excellent catering on the night. Well done ladies. New office bearers for 2014-15 are as follows:

President	Kevin Faulkner	Members	Henry Holder
Secretary	Brian Forsyth		Jean Legge
Treasurer	Ruth McGiveron		Robert Legge
Vice President	Len Miles		John McGiveron
Membership	David Young		Jack Smythe
			Peter Troode

Article by Ruth McGiveron



New Zealander James Grant, left, stabs a predatory shark to get free, swims ashore, stitches his leg back together and goes down the pub for a beer. No dramas, mate.

Sarah Butler, 28 from Barnsley, Yorkshire has been collecting My Little Ponies for 24 years and now has over 1,000 of them. Right, Sarah's pile of ponies.



Transition Break O'Day in partnership with
Tasmania Fire Service and BOD Council

*Invites you and your family
to attend a*

**COMMUNITY BUSHFIRE AWARENESS
& PREPAREDNESS FORUM**

Saturday 13th Sep 2014
11:00am and 3:00pm
at St Marys Community Hall

Topics include:

Tasmania Fire Service presentation
Caring for your pets
Social media in an emergency
Red Cross – Redi Plan

*Interactive and static displays, fire trucks,
children's programs*



Book Review

This month the Mount Elephant and Beyond Book Group met to discuss *Middlesex*, the Pulitzer Prize-winning novel by American author Jeffrey Eugenides.

Middlesex is primarily about gender identity but also about family, guilt, the immigrant experience and a whole range of other things. The book begins with a great ‘hook’ –

I was born twice: first, as a baby girl, on a remarkably smogless Detroit day in January of 1960; and then again, as a teenage boy, in an emergency room near Petoskey, Michigan, in August of 1974.

The narrator, Cal, is by this time a 41 year-old man, an employee of the U.S. State Department living in Berlin. To explain the anomaly of his gender, he takes the reader back to 1922 when his grandparents Lefty and Desdemona Stephanides left their home in Bithynios, a remote village in Turkey. Fleeing the Turkish Army that was advancing into Greek-occupied territory, Lefty and Desdemona witness the destruction of the ancient city of Smyrna (now known as Izmir) before boarding a ship bound for the United States. Luckily the pair has relatives in the US who can act as sponsors.

Lefty briefly works in the Ford factory in Detroit before becoming involved in the illegal liquor trade at the height of Prohibition. He and Desdemona have two children, a daughter Zoe and a son Milton who marries Tessie.

When Milton and Tessie’s second child, Calliope is born, the family doctor’s cursory glance fails to notice anything amiss. Unbeknownst to everyone Calliope suffers from a mutation of the fifth chromosome, an abnormality that makes the child initially appear to be girl although biologically and hormonally a boy. The child is identified as a girl and raised as such. In fact Calliope is quite a feminine and attractive child. However once he reaches puberty Calliope becomes noticeably taller, his facial appearance changes, and his voice deepens; he is attracted to girls. He is confused and fears that something is not right but he manages to convince his parents otherwise until a minor accident sends him to a hospital and a different medical practitioner. At the age of fourteen he is sent to Dr Luce, a specialist in hermaphroditism. Calliope becomes the doctor’s prize exhibit, the subject of papers that he hopes will cement his professional reputation. In fact Dr Luce is quite a ruthless individual: he regards Calliope only as a case study and deliberately misleads the family. He concludes privately that although Calliope is actually a boy, he has been brought up as a girl and an operation will be the most socially acceptable outcome. During the course of his consultations with Dr Luce, Calliope, now known as Cal, becomes increasingly certain of his sexual identity and runs away rather than submit to the operation.

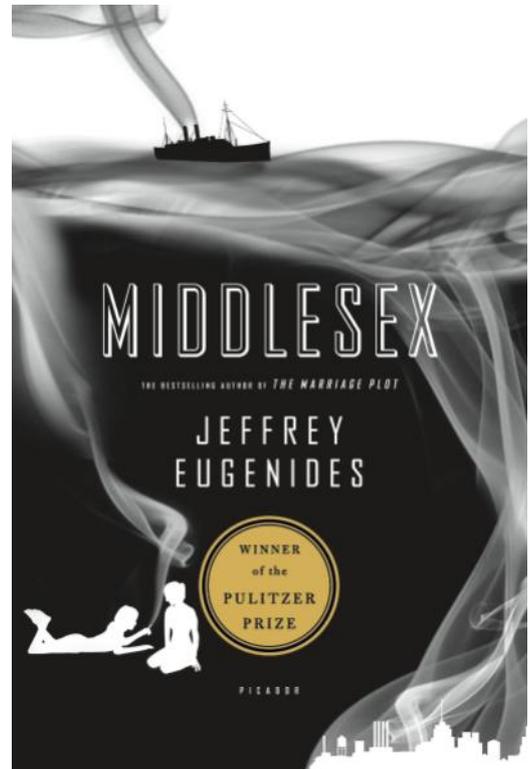
Cal’s condition is a product of inbreeding and not unknown in parts of Turkey where his grandparents originated: Lefty and Desdemona are brother and sister while Tessie and Milton are second cousins. Desdemona is racked with guilt all her married life – she had thought that marriage between close relatives was forbidden purely as a church matter and doesn’t realise the possible repercussions for any children born to the pair until she is pregnant with her first child. The realisation ruins her relationship with Lefty and sours her life but when Cal tells his grandmother what has happened to him, she is the one who really understands.

Middlesex is more than a sweeping family saga; it is a many-layered story blending fact and fiction. The novel was inspired by an actual case of hermaphroditism that Eugenides had read about. The Smyrna fire and the Detroit riots are based on real events, and Minister Fard, the radical Islamic leader that Desdemona meets, was a real person. There are some moving and beautifully written passages and the novel is often witty, with dry asides to the reader. But Eugenides occasionally goes off on tangents that aren’t really essential to the story. The descriptions of the Ford factory and Henry Ford’s brand of paternalism are interesting but do not further the narrative, nor do the details of Lefty’s rum running operations. There are also some annoying aspects – Cal’s older brother is known only as Chapter Eleven, seemingly Eugenides’ private joke and one that is never explained.

The story ends rather suddenly. Cal returns home following the death of his father in a car accident. There is very little to explain what happens to him between the ages of 14 and 41 – we can only assume that when his family moves from Detroit he is able to live as a normal boy in a place where his history is not known.

Middlesex is well written, a dense and richly textured narrative, but it is sometimes explicit and confronting. Readers either love this book or hate it.

By Lindy Scripps



Former Tasmanian premier Paul Lennon ejected from Melbourne's Crown Casino for 'licking finger' during poker game

Former Tasmanian premier Paul Lennon has claimed he was ejected from a Melbourne casino and subsequently fined after licking his finger during a poker game. Mr Lennon has confirmed he was kicked out of Crown Casino by security guards about 10:15pm last Thursday. Victorian police issued a \$738 infringement notice for failing to leave a licensed premises, which Mr Lennon has paid.

The 58-year-old said he was ejected from the venue for licking his finger during a game of \$2 poker. He was unaware he had broken a rule and said he was not given a reason when he was asked to leave.

"At one instance I licked my index finger before touching my dealt cards, as you sometimes do," he said in a statement. "But apparently this is against the rules - something I was not aware of. For this I was removed. I questioned the reason why, but was not given an answer."

A newspaper report quoted witness claims of Mr Lennon behaving aggressively towards a woman and refusing to leave when asked. However, Mr Lennon said the claim was ridiculous. The witness also claimed five or six security guards wrestled Mr Lennon out of the building, binding his hands with cable ties. Mr Lennon declined to give details, except to say he believed two to three people took him out. He asked for police to be called "so that everything was done properly."

Mr Lennon said he consumed no alcohol during the game. He declined an interview request.

abc.net.au/news/2014-08-01/paul-lennon-former-tas-premier-ejected-from-crown-casino/5640186



Beautiful valley picture taken by Glyn Johnson, St Marys

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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

A graphic of water splashing, with several blue droplets and ripples on a light blue background.

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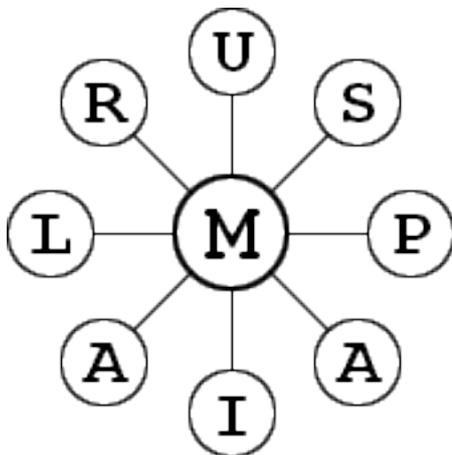
ACROSS

- 1. Bisect
- 6. Immediately
- 10. Constellation bear
- 14. Disney mermaid
- 15. Website addresses
- 16. Newbie (slang)
- 17. A sloping mass of loose rocks
- 18. Arrived
- 19. At the proper time
- 20. Druggist
- 22. Prima donna problems
- 23. Computer symbol
- 24. Pressure
- 26. Hack
- 30. Color
- 31. Many millennia
- 32. Bygone era
- 33. Makes a mistake
- 35. Banquet
- 39. A type of sugar molecule
- 41. Normally
- 43. Path
- 44. Have the nerve
- 46. See the sights
- 47. A spider spins this
- 49. Consumer Price Index
- 50. Protagonist
- 51. Redeemer
- 54. At one time (archaic)
- 56. Scheme
- 57. Appraisal
- 63. Connection
- 64. "What a shame!"
- 65. Close-knit group
- 66. Cain's brother
- 67. Adorable
- 68. Delicacy
- 69. It ebbs and flows
- 70. Pay attention to
- 71. Aquatic mammals

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20					21						22			
				23					24	25				
26	27	28	29		30				31					
32					33			34		35		36	37	38
39				40				41	42					
43						44	45				46			
			47		48		49				50			
51	52	53					54			55				
56					57	58					59	60	61	62
63						64					65			
66							67					68		
69							70					71		

DOWN

- 1. Metal fastener
- 2. Eyebrow shape
- 3. Former Italian currency
- 4. Swerve
- 5. Lacquer ingredient
- 6. Helped (British spelling)
- 7. Coach
- 8. Charity
- 9. Sleeping sickness carrier
- 10. Beneath
- 11. French for "Red"
- 12. Flies alone
- 13. Chasm
- 21. Pains
- 25. Curdled soybean milk
- 26. Vesicle
- 27. 60 minutes
- 28. Killer whale
- 29. Edible marine gastropod
- 34. Astonished
- 36. Found in some lotions
- 37. Aspersion
- 38. Apprentice
- 40. Margarine
- 42. Earthquake
- 45. Film material
- 48. Transgress
- 51. Water balloon sound
- 52. Excuse
- 53. Fledged (arrows)
- 55. Sensitivities
- 58. Swing around
- 59. Container weight
- 60. Notion
- 61. By mouth
- 62. Catches



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: 37 words. Good: 30 words. Average: 25 words

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

The Valley and East Coast Voice Inc. Guidelines

Opinions in any letters published are not necessarily those of the Editor or volunteer 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.

Vol 47.07 solutions.

All words: adeem, admen, am, amen, amend, **AMENDMENT**, ament, dam, dame, deem, deme, demean, dement, edema, em, eme, emend, emmet, ma, mad, made, madmen, mae, man, mane, maned, manned, mat, mate, mated, me, mead, mean, meant, meat, meated, meatmen, med, meed, meet, mem, men, menad, mend, menta, met, meta, mete, meted, mm, nam, name, named, neem, nema, tam, tame, tamed, tandem, team, teamed, team.

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

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

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ST JOHN AMBULANCE CPR COURSES

for pool key holders and community members

will be held on:

MONDAY 22nd September

In the ST MARYS DISTRICT SCHOOL HALL

BOOKINGS AND PAYMENT MUST BE MADE

DIRECTLY WITH ST JOHN AMBULANCE.

PLEASE CONTACT ST JOHN AMBULANCE ON 6343 4226

TO BOOK AND PAY FOR YOUR PREFERRED SESSION.

SESSION TIMES:

DAY: 1:30PM - 3.30PM (2HOURS)

EVENING: 4.00PM - 6PM (2 HOURS)

COST : \$45.00

THANK YOU

Donation from Lions Club of Bicheno

Once again the Bicheno Lions Club have generously contributed to the St Marys District High School Music Department. Over the past 10 years they have donated many thousands of dollars to purchase PA equipment, marimbas, guitars and much more. This year they were kind enough to contribute \$650 towards this fantastic drum kit.

Lions Club funds are raised each year via the annual Rock Pool Concert held in Bicheno on the March long weekend at which many of our ex-students have played. They are a very small club and are always looking for new members.



School Events Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11TH AUGUST ◇ Active After School—Fingal Campus	12TH AUGUST ◇ School Banking	13TH AUGUST ◇ Country Gold Training ◇ Active After School—St.Marys Campus	14TH AUGUST ◇ ST.MARYS—COMBINED Launching Into Learning & Stepping Stones 1.15PM - 2.45PM ◇ Launching Into Learning - Fingal 9.15AM - 10.45AM ◇ PRIMARY SOCIALS	15TH AUGUST
18TH AUGUST ◇ Active After School—Fingal Campus ◇ Book Week & Scholastic Book Fair	19TH AUGUST ◇ School Banking ◇ Book Week & Scholastic Book Fair	20TH AUGUST ◇ Active After School—St.Marys Campus ◇ Book Week & Scholastic Book Fair ◇ Country Gold Training ◇ Secondary Social—St.Helens	21ST AUGUST ◇ ST.MARYS—COMBINED Launching Into Learning & Stepping Stones 1.15PM - 2.45PM ◇ Launching Into Learning - Fingal 9.15AM - 10.45AM ◇ SECONDARY SOCIAL AT ST.HELENS ◇ Book Week & Scholastic Book Fair ◇ Prep-Grade 6 character Parade ◇ Guide Dogs visit ◇ Godspell trip Grade 7-10	22ND AUGUST ◇ Book Week & Scholastic Book Fair ◇ Kinder Book Character Parade ◇ 7/8 Taster Program
25TH AUGUST ◇ Active After School—Fingal Campus	26TH AUGUST ◇ School Banking	27TH AUGUST ◇ Active After School—St.Marys Campus ◇ Country Gold Training ◇ Winter Sports	28TH AUGUST ◇ ST.MARYS—COMBINED Launching Into Learning & Stepping Stones 1.15PM - 2.45PM ◇ Launching Into Learning - Fingal 9.15AM - 10.45AM ◇ Maths Expo	29TH AUGUST ◇ Primary Assembly—Led by 4/5 Fyle



RECYCLED TABLES

Over the last four Mondays of Term 2, Mr Emmerton worked with a group of 9/10 boys to recycle some old furniture. Over this short period the boys were able to create small bedside tables from old kindergarten furniture, stored under the gym. The boys were proud of their work and learnt some new skills, such as arc welding and timber routing. This has motivated the boys to create drift trikes this term!



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

August 18th	Sonya Allison
19th	Valmai Spencer
20th	Lundy Vosper
21st	Lorraine Gill
22nd	Trish Pike
25th	Karl Balzer
26th	Lulu Keady
27th	Lorraine Gill
28th	Valmai Spencer
29th	Drew Adam

Tasmanian Lost Pet Register
[https://www.facebook.com/](https://www.facebook.com/tasmanianlostpetregister@gmail.com/)
e: tasmanianlostpetregister@gmail.com



We lost our beautiful Labrador "Angus" He ran away in the bush/forest in the Pipers Rivers area last Friday, Please help find him, he is shy and timid but very friendly, he might run away if you chase or try and catch him but will come up to you eventually if you ignore him. Please if you have any information please phone Tommy & Gunilla on 6334 2030 or Charlotte on 0438 002 862

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

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!
Tuesday JAM 3-5pm every Tuesday except school holidays.
Envoy Melanie Norton
0409 838 816

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)

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

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

July rainfall, thanks to Reon Johns

5th	Trace	23rd	Trace	Frost
6th	Trace	24th	Trace	Frost
7th	35.0	25th	Trace	Sunny
8th	7.4	26th	4.2	Fog
9th	1.0	27th	.8	Fog
10th	8.4	28th	Trace	Fog
15th	1.0	29th	12.8	Rain
17th	1.8	31st	30.0	Rain
18th	11.0			

ST MARYS COMMUNITY HEALTH CENTRE

DOCTORS ROSTER

- **Dr Cyril Latt**
13/8/14—29/8/14
- **Dr K. Rawnsley**
14/8, 19/8, 20/8, 21/8, 28/8 2014

For appointments phone: 6372 2111

IMPORTANT INFORMATION TO PATIENTS

Please be aware that Dr Latt's Surgery is currently fully booked for appointments 1 week in advance as of 13/8/14

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

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.

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

PHYSIOTHERAPY SERVICE

1 day/ fortnight— Physiotherapist from the LGH
Referrals will still be accepted and prioritised
Please see your GP for a referral or phone 6372 2111

LAUREL HOUSE COUNSELLING

PHONE 6334 2740 / A.H. & WEEKENDS 0409 800 394
Support for women, men and children who have experienced rape, sexual assault/ harassment or child abuse. Local appointments available.

ST MARYS MEDICAL PRACTICE REMINDER:

Dr Latt would like to remind the community about some circumstances that are **not covered by Bulk Billing** at the St Marys Community Health Centre:

- Visits related to renewal of Driver's licences
- Visits related to requested Medical Reports
- Visits related to Insurance Medicals
- Visits related to Harness Medicals
- Pre-Employment Checks

All of these are not covered by Medicare and therefore may incur a cost. Please check with the receptionists when making an appointment.

If you have concerns in relation to this matter please contact us and we will attempt to answer your concerns

ST MARYS COMMUNITY HEALTH CENTRE

WHAT'S ON AT THE CENTRE

- 14 Aug **Social Worker**– Shan Williams. Please phone 6372 2111 for appointments.
- 15 Aug **TML Diabetic Educator, Physiologist and Dietician.** Appointments available by referral from you GP.

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

Stepping Out Program 10:00am-2:00pm. Please phone Fiona Watts at LINC for details on 6376 2742.
- 18 Aug **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.
- 19 Aug **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
- 20 Aug **Day Centre**– For details on the group please contact Hayley Gilbert 6372 2111

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

Podiatry North– For appointments please phone 6336 5155
- 21 Aug **Social Worker**– Shan Williams. Please phone 6372 2111 for appointments.

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

Anglicare Drug & Alcohol Counsellor. For appointments please see your GP for a referral.

Meals on Wheels Meeting 1:30pm in the Family Lounge at Health Centre.
- 22 Aug **Social Worker**– Shan Williams. Please phone 6372 2111 for appointments

WHAT'S ON AT THE CENTRE Continued...

- 22 Aug **Stepping Out Program** 10:00am-2:00pm. Please phone Fiona Watts at LINC for details on 6376 2742.
- 25 Aug **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.
- 26 Aug **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
- 27 Aug **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.

Continence Nurse. For appointment please see your GP or Health Professional for a referral
- 28 Aug **Social Worker**– Shan Williams. Please phone 6372 2111 for appointments

Anglicare Drug & Alcohol Counsellor. For appointments please see your GP for a referral.
- 29 Aug **Stepping Out Program** 10:00am-2:00pm. Please phone Fiona Watts at LINC for details on 6376 2742.

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

EYELINES

Visit the St Marys Health Centre every 6-8 weeks. For appointments please phone: 1300 139 363.
All consultations Bulk Billed to Medicare

PODIATRY NORTH

Community Podiatry Service

At the St Marys Community Health Centre
Please see your Health Professional for a referral or call Podiatry North for appointments direct on: **6331 5155**

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.

CHRISTMAS IN JULY

Sixty people joined us for a terrific three course meal on Saturday night. I am sure everyone enjoyed themselves, the food was terrific, Santa made a visit and the kids had a ball. Unfortunately due to extra bookings at the last minute we did run a little short. We do apologise to those few who missed out on the turkey but I guess there is a lesson to be learned, PLEASE try to book by the time requested.

To all those who have helped out in the kitchen, the bar, cleaning and ground maintenance in what has been a very busy month, thank you all, your efforts don't go unnoticed.

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

Winter weather is keeping the numbers down at Saturday Golf, there are however a few diehards that turn up regularly. Tee off is at 12.30, for 9 holes, followed by a light snack in the club rooms. Visitors are welcome.

THURSDAY NIGHT DARTS

The winter dart comp is drawing to a close. There have been four wins each with the decider being played at the hotel this week.

CRIBBAGE NIGHTS

Watch this space.

INDOOR BOWLS

Sunday afternoon we are offering indoor bowls for beginners. This is a great starter game for lawn bowls so if you are interested please call Caroline on 6372 2112.

JAG THE JOKER AND MEMBERS DRAW

The Jackpot is now up to \$440 so it's well worth dropping in to the club on Friday evening to try your luck. Just \$2 a ticket and non members are able to participate. I was lucky enough to have my number drawn last week but picking the joker was another story.

Diesel won a carton in the members lucky draw recently, and David Duthie's number came up this week but unfortunately he was not there to collect.

FRIDAY NIGHT MEALS

Chef Gerhard's **curried scallops** went down a treat. Unfortunately that will be Gerhard's last meal for a while as he has taken a position elsewhere. The catering committee will be offering very reasonable meals on and off in the future. This week (15th) we have seafood chowder with crusty bread followed by a yummy dessert. **Just \$10pp.** PLEASE text 0439 978 156 to book. Limited servings available so book before Thursday lunchtime PLEASE!

CYSTIC FIBROSIS GREAT ESCAPE 2014

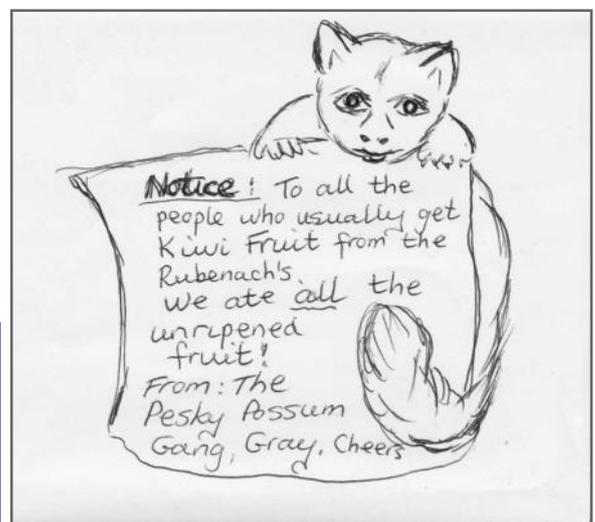
The ladies have the menu planned and the cooks organised. Jim is working on the bar staff required and we have someone taking care of the entertainment. We do however require help with erecting marquees, taking care of fires etc. If you can help out on September 12th and 13th please let us know.

Annette Wines Secretary

*There are 146,000 job vacancies for 740,000 unemployed Australians. Minister Abetz wants unemployed Australians to apply for 40 jobs per month, that's 30 million job applications submitted every month for 146,000 jobs.
Seems logical.*

Church ladies with typewriters:

Remember in prayer the many who are sick of our church and community. Smile at someone who is hard to love. Say "hell" to someone who doesn't care much about you.





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 13th - 19th August 2014

<i>Butchery</i>	<i>per kg</i>
Rump steak	10.99
IGA corned silverside	5.99
Topside beef roast	9.99
Forequarter lamb chops	9.99
Nichols chicken winter pack	3.75

Shelves

Moccona classic coffee bonus 250g	9.99
Bushells teacup teabags 100s	2.99
Devondale long life milk 2L	1.99
Samba firelighters 36s	1.99
Kellogg's Special K 300g/Nutri-grain 290g/coco pops 375g/sultana bran 420g	2.99

Coolroom & Freezer

Kraft cheese block 200g	2.99
Meadowlea margarine spread 500g	2.49
Devondale Dairy Soft butter tub 500g	3.69
McCain frozen box meals 320g	5.99
Bulla crunch 8pk/frozen yoghurt 8pk/splits 10pk/ choc bars 10pk	4.99

Specials from 20th - 26th August 2014

<i>Butchery</i>	<i>per kg</i>
Beef casserole steak	9.99
Round steak	8.99
Beef mince	8.99
Nichols chicken wings	2.79
IGA whole bird #19	10.99ea

Taste Tasmania

Duck River butter pat 500g	4.55
Four Roses flour 2kg	2.69
Tassal canned salmon 95g	1.49
Birds Eye frozen peas 500g	1.99
Dare espresso iced coffee 500ml	2 / 5.00

Under \$2 ea

Just Juice long life 2L	1.99
Arnotts clix/savoy/shapes 160-250g	1.99
Nestle medium choc bars 35-65g	.99
Tarax soft drink 2L	1.69
Continental pasta & sauce/rice 80-125g	1.49



Beef and mushroom bolognese

- 375g spaghetti or other pasta
- 1 tablespoon olive oil
- 500g beef mince
- 150g button mushrooms, finely chopped
- 575g jar tomato pasta sauce

Heat oil in a medium frying pan on high. Brown mince for 4-5 minutes, breaking up any lumps with the back of a spoon as it cooks.

Add mushrooms and cook, stirring for another 4-5 minutes, until mushrooms are tender.

Stir in sauce and bring to the boil. Reduce heat to low and simmer for 5-10 minutes.

Meanwhile, cook pasta in a large saucepan of boiling, salted water for 10-12 minutes following packet instructions. Drain well.

Serve pasta topped with bolognese. Sprinkle with a little shaved parmesan and chopped parsley, if you like.

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

