



The Valley and East Coast Voice Inc. \$1

valleyvoice.com.au

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The deadline for 47.11 is 5pm September 22nd 2014



Happy Birthday!

On the 16th of August, the **East Coast RC Flyers** celebrated their first anniversary as a club.

Article and photos on page 16



Conceal at the Country Club Casino

Local a Capella group **Conceal** performed three shows on August 29th and 30th with Celtic Force, to much acclaim. Pictured (l to r) are Wendy Dawson, Liz Dean, Linda Robson Iles, Anne Cannon, Isabel Witton, Hannah Rubenach and ensemble leader Susannah Coleman-Brown.

Skyline Tier Plant Identification and Restoration Field Day details page 11

Lots happening at Avoca page 12

Book Review page 19

The 46th 'Do You Know Tasmania' show page 10

Memorial service for Maurice Wilson details page 4

Sourdough breadmaking workshop report page 7

Open letter to BODC from Keri Webb page 14



Art to Wear launch at **Gone Rustic**, page 13

Exhibiting Artists Sherryn Woodward left, and Andi Mara right.

Meals on Wheels

Meals on Wheels is once again asking for drivers. We are all getting older - some more than others - so if you have an hour or two to spare each month we would gladly welcome you to our team.

We provide good orientation for the work we do, and the recipients really do enjoy our visits.

For more information contact me on 0488 384 344 Lundy Vosper, Coordinator Fingal Valley Meals on Wheels

The President's Report is on page 4



Community Bushfire Awareness & Preparedness Forum - September 13th 2014

AMIC Feel Good Workshop - September 13th 2014

Skyline Tier Field Day - September 28th 2014

Glebe Garden Visit with FVNH - October 23rd 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 Shirl 6372 2909.

AI 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 jack-pots each week. All welcome.

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

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

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

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

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

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

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

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

Gone Rustic Studio + Gallery 37 Main Street St Marys. Operation Cover-up meet on the 3rd Fridays monthly from 11-2, creating quilts and knitwear for those in need locally and overseas. \$5 donation towards quilt wadding; BYO lunch, cuppa included.

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

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

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

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

The St Helens Walking Group walk each Wednesday and 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 (BODR Arts) 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 September 15th 2014 at 10am in the Council Chambers, Georges Bay Esplanade, St Helens. Minutes from Council meetings are available online.

Editor: Wendy Dawson
e: wdawson@valleyvoice.com.au
m: 0403 430 452
web: valleyvoice.com.au

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

1997 VS Holden Commodore Executive S/W Auto. Good condition. \$2400 ono. **0437 397 219**

Shetland pony, 8yr old gelding, 9hh, broken in, good to shoe, catch, float etc. Must go to good home! \$500 ono. **0437 148 845**

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**

Farm gate 10' with fittings, \$140. Beaumaris. **0429 411 728**

Deep freezer, dining table, electric recliner chair, all in good condition. **Fishing rods**. Please ring 6372 5127 after 6pm.

Excellent dry wood, mostly ironbark. \$120 p/tonne. Will deliver to most areas and can stack for a small fee. **6372 2322**

Wanted

Would anyone have any old **National Geographic** magazines they don't want anymore? Trying to fill gaps in an existing collection. Call Bob on **0428 345 265** if you can help.

Give Away

Two king single Simmons **innerspring mattresses**. Clean and in very good condition. Pick up only. **6372 2214**.

Notice to people who submit Valley Voice inclusions via email: please check your emails after you have sent your inclusions in case there are any issues that need your response. Editor.

Community Notices

The **Fingal Valley Neighbourhood House Inc** will hold their **AGM** at the FVNH on Wednesday September 17th 2014 commencing 7pm. Please call 6374 2344 for membership/general queries.

The **St Patricks Head & Esk Valley Historical Society** will hold their **AGM** on Wednesday September 17th 2014 at the St Marys Online Access Centre, commencing 3pm. Matters arising will include the Presidents Report, Financial Report, Election of Office Bearers and future direction of the Society. All welcome. Jim Haas, Public Officer

Greater Esk Tourism will hold their **AGM** on Monday September 22nd 2014 at the Fingal Valley Neighbourhood House commencing 7pm. Details of proposed changes are on page 17.

The **Rossarden Progress Association AGM** will be held Monday September 8th 11am at the Rossarden Museum.

The **Lions Club of St Marys Inc.** wish to advise St Marys residents that our club will be running our annual Christmas Party and Parade on December 24th, 2014. Put your thinking caps on and help us make this the best parade and party so far. A public meeting will be held in November at a date to be advised to toss ideas around. Ruth McGiveron, Treasurer.

The **Australian Government Mobile Service Centre** will visit St Marys on Monday September 22nd, 2014 adjacent to the Memorial Hall, Main Street from 9.30am - 4pm. Visit the centre to find out about Australian Government payments for rural families, older Australians, students, job seekers, people with disabilities, carers, farmers and self-employed people. For more information call 132 316 or go online at humanservices.gov.au



Community Dinner

Holy Trinity Anglican Church Hall St Marys
Saturday September 20th 2014
5:00 for 5:30pm

Maltese Themed Dinner

Please bring a side dish or a dessert to share

Main course will be provided

RSVP Kevin on 0455 837 004

or on the FaceBook page -

www.facebook.com/

[events/365277240290135/](https://www.facebook.com/events/365277240290135/)



Letters to the Editor

Dear Editor.

Reply to Lew Bretz (August 14th 2014 Letters to the Editor)

If the Valley Voice is not 'the forum for arguing the many different local views on domestic politics', then Lew Bretz would do well to heed his own advice.

To sympathise with my 'bitter wartime memories' is unnecessary Lew - I have very few memories of those years, possibly mostly hearsay and what I've read. My parents never harboured bitterness, anger or revenge and we talked freely on many aspects of those years (70+ years ago now).

I'm not interested in political or economic 'courting' of peoples or countries. There is never honour in violence, brutality or cruelty, no matter the times, peoples or countries.

My anger re Tony Abbott is his total lack of thinking before he opens his mouth - 'no-one is the suppository of all wisdom' - and all his other sloganeering. Once can't but wonder if he is our own George W Bush?

'Loyal Australians...should support any leader' seems a fine populist retort, though of late a number of our political, religious, economic and financial leaders have not proven themselves worthy of support or following.

Lew, thank you for you views; freedom of speech is a precious thing, but to try to confuse and inflate the issues is not straight, but crooked, thinking.

Thank you for your interest and time in reading this - I now have more pressing issues to deal with.

Yours sincerely

Jan Sparkes, St Marys

Vale Maurice Wilson

Maurice Wilson of Tasman Highway Scamander passed away suddenly at home on July 22nd.

Maurice and his late wife Nellie previously owned the 'Carramar' Holiday Flats in Pringle Street, Scamander (now known as 'Carmen's Inn') from 1984 to 1993, before retiring to a 5 acre bush block near the Upper Scamander Rd turnoff.

Nellie and Maurice were active members of Ted Clayton's "June's Ramblers" and the Scamander Probosc Club until Nellie's ill health and subsequent death in 1997.

The family warmly invites friends of Nellie and Maurice to attend an informal Memorial Service at Diana's Basin on Sunday September 28th at 2pm - a final tribute to the East Coast beaches which they both loved.

Linda Munting (Daughter)



Fingal Valley Meals on Wheels

President's Report 2013/2014

In the past year, 2,552 meals (consisting of hot and frozen) were delivered to recipients at St Marys, Fingal, Mathinna and Scamander.



We must thank the kitchen staff at the St Marys Community Health Centre for their continued supply of nutritious and tasty meals, which our recipients enjoy. A vitamin supplement is also provided.

Most of our clients indicated they prefer hot meals to salads. Sweets are always a popular part of the meal.

On National Meals on Wheels Day everyone receives a free meal. Christmas cards, cakes and calendars are also delivered to recipients, and at Easter chocolate eggs and buns add to their enjoyment.

In our rural community, due to the compulsory National Police checks, some of our loyal, long-term volunteers have indicated they will not continue to deliver meals; as a result our drivers now only number 12.

The East Coast Regional Meeting was held at St Helens District Hospital in May. Sean Burk, CEO, gave us an insight into the changes of Policies and Procedures required to meet the federal government's Common Care standards associated with funding. More efficient labelling of meals and more suitable food containers were discussed in detail. Volunteers are strongly advised, for Occupational Health and Safety reasons, to wear the Hi-Viz vests provided when delivering meals.

Lesley Kellaway, our Assessment Officer, has improved the positive feedback and efficiency of speedy assessments in this area. Lesley visits clients to discuss any concerns if they arise.

Thank you to the St Helens MOW Group for their warm welcome and for providing us with an example of their hearty Meals on Wheels - well done!

A very successful luncheon catered for by the St Marys Community Health Centre kitchen staff, was organised for all the MOW drivers and committee members in gratitude for their valuable service to the community. Drivers were given gifts of a pad and pen at the function, and Appreciation Certificates were given to long-term drivers leaving the service.

Petrol Vouchers are sent out to drivers (with the new rosters).

In conclusion, thank you to those who drive, deliver meals, collect payments and offer their friendship to our recipients.

It would be remiss of me not to congratulate our secretary/coordinator and support committee for another successful year.

Heather Lodge, President



If a guide dog judges a command unsafe it will refuse the command. This is called 'intelligent disobedience'.

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Coin operated washers and dryers
Summer opening hours are
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ANA'S HAIRDRESSING SALON



Open: Tuesday,
Wednesday and
Thursday



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New range of small
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Vote 1 in the Break O'Day Council Elections 2014

HANNAH RUBENACH

Working with you; working for you:

- **Experienced and professional**
 - 5 years as councillor, 3 years as Deputy Mayor and periods as Acting Mayor;
 - skilled in liaising with state and federal governments;
 - well established local and broader networks
- **Leadership, vision and integrity**
 - Responsible, well-researched decision making;
 - instilling community pride;
 - leading by example
- **Approachable and compassionate**
 - mindful of community and individual needs;
 - committed to making our municipality supportive and inclusive for all



Vote 1:
Mayor and
Councillor

Authorized by: Peter Rubenach, 36 Dalmayne Rd, Gray 7215



St Helens traditional European sourdough Breadmaking Workshop

Karl and Robina Balzer (*Daffodil Cottage, Gray*) pictured right, offered another enjoyable, very informative and fully booked workshop at the St. Helens District High School Kitchen on August 30th 2014.

Workshop participants observed and then practised the art of kneading, gluten activating, resting the dough, and moulding.

While the bread was in the ovens, Karl's great bread recipe was taste tested with shared toppings – and second helpings - for lunch! Happy folk left with their loaves of bread, step-by-step instructions, and sour dough starters to enable them to make the bread at home. Cheryl at *Going Nuts* (St. Helens) has offered to store some extra starter culture for those who'd like to try their hand at home-made organic sour dough bread.



Steve and Peggy Bogar
Photos by Susan Probert

Spring

For winter's rains and ruins are over,
And all the season of snows and sins;
The days dividing lover and lover,
The light that loses, the night that wins.
And time remembered is grief forgotten,
And frosts are slain and flowers begotten,
And in green underwood and cover
Blossom by blossom
The spring begins, for like as herbs and
Trees bring forth fruit and flourish, likewise
Every lusty heart that is in any manner a lover,
Springeth and flourisheth in lusty deeds.
For it giveth unto all lovers courage,
That lusty month of September.

Christopher Hurd, Cornwall

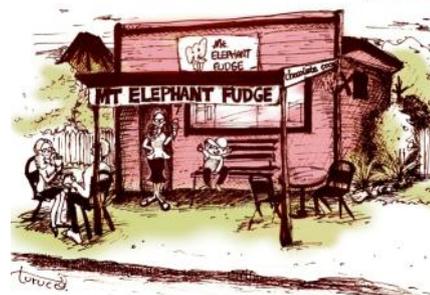


The Eisenhower interstate system requires that one mile in every five must be straight. These straight sections are usable as airstrips in times of war or other emergencies.

St Marys
PHARMACY

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Ph 6372 2844 Fax 6372 2874
Pharmacist on duty 5 days a week
Our Kodak machine is up and
running, copies from 45¢

**Sale: 25% off all giftware -
including jewellery and
watches - while stocks last.
Be quick!!**

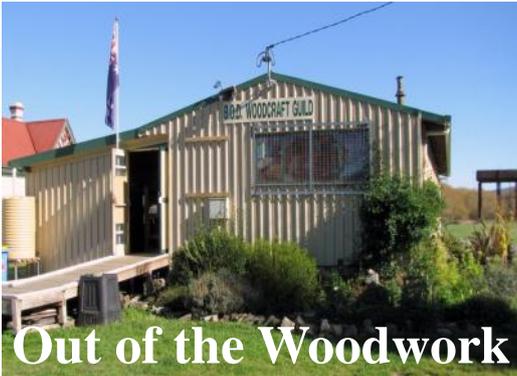


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20% of selected Gift Lines
Come in and have a look...

Maybe there is that special
something for Christmas.

"MEF" for ALL your Sweet Desires!!





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 would like to express our gratitude to the Hon. Rene Hidding who forwarded the promised cheque to the Guild to replace some of our stolen tools. Many thanks from all our members.

All members wish Grahame Derbyshire a speedy recovery and hope to see him bright-eyed and bushy-tailed soon.

Results of Woodcraft Guild Annual General Meeting:



Reon Johns
President/Treasurer



Wendy Brennan
Secretary/Public Officer



Col Mackenzie
Committee member

Right, Ted Koops
Committee member



Left, George Wrostek
Committee member

The Say...by Cagerattler

As the weather improves, more people are out and about as we head into Spring - isn't it great to see the general hive of activity around the place? With the explosion of growth comes the onus on all of us to keep the grass down. I know this is an ongoing saga but before it actually happens this season can someone from Council inform us of our obligations as ratepayers AND the responsibilities of the Council itself in regard to the maintenance of nature strips and parks. Maybe it's time for this to be better known so that the issues that happened with some people, last summer, are spelt out quite clearly so there is no confusion. I still don't know why some people received abatement notices and others didn't, but that's history now anyway. Time for a fresh start and clearly defined householder responsibilities. Not everyone is in the same situation; some work odd hours, some are disabled, incapacitated, frail or just can't afford machinery to maintain all of their property. Does Council have capacity to recognise individual situations and make allowances for that. I expect they do...

For those with no valid reasons, then it's fair enough for these people to be notified of issues or have abatement notices sent out but it has to be fair and equitable. Another fact pointed out quite rightly by a local councillor last year too, was unprecedented growth or unusual rain events (as was the case last year) that even affected well resourced Council workers from the basic road/nature strip and parks cutting, as the councillor told me.

All I ask for all is that due consideration and consultation occurs with our Council so that we all can get along with consistency in this regard. Can a Council official who reads this please respond and explain what individual ratepayer responsibilities actually are. If we know, I'm sure most will comply and make it better for all.

What do you think? Rod McGiveron



FVNH is funded by the Department of Health and Human Services



GLEBE GARDEN VISIT



**Thursday 23rd
October, 2014**
**K Mart visit after
the garden visit**

**Lunch at Water Garden, Launceston
Country Club Casino**

After lunch visit the Op Shops
Cost of bus per person \$15

**A deposit of \$8 would be appreciated before
Friday 10th October 2014**

Contact the FVNH on
6374 2344 to book your seat

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Remember the work of Legacy

Federal Lyons MP Eric Hutchinson urges the community to remember the great work of Legacy at the start of Legacy Week, 2014.

Mr Hutchinson said today that Legacy Week is an annual reminder of the work carried out by Legacy in helping the families of those who have served and sacrificed for their country.

Legacy was established by returned veterans from World War I who had promised to keep the torch alight for the children and families of veterans who were wounded or had died.

In 2014, Legacy helped thousands of widows, children and orphans whose parents have served as part of Australia's Defence Forces.

Legacy's annual fundraising campaign has been running since 1942 and provides continuous support to about 100,000 widows and 1800 children, as well as people with disabilities, nationally. This support includes essential services such as counselling, special housing, medical help, advocacy and social support.

Mr Hutchinson joins with Veteran Affairs Minister Michael Ronaldson to encourage Australians to support Legacy so it can continue its good work now and in the future.

All Australians can contribute by buying a badge, donating or even volunteering to take part in the appeal by selling Legacy badges in their local communities.

To donate to Legacy or to find out more about Legacy Week or the work that Legacy does go to www.legacy.com.au



A Japanese designer/illustrator has created edible chocolate Lego that you can actually build with.

Bob Marley's 'No Woman No Cry' is actually called 'No Woman Nuh Cry', which translates to 'No Woman Don't Cry'. It's a song meant to comfort a woman, not a comfort song for men without women.



Col Hughes

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The Launceston Walking Club presents

The 46th
DO YOU KNOW
TASMANIA
SHOW

Showcasing
Tasmania's Spectacular Wilderness

St Marys Salvation Army
Main St (behind Town Hall)
Sat 27 September 7:00pm
\$20 Adults, \$15 Concession, \$5 Children U14
\$30 Family (2+2)

Supper at intermission - gold coin donation

Skyline Tier Plant Identification and Restoration Field Day



When: Sunday September 28th 2014, 10am - 2pm
Where: Meet at Surfside Hotel car park Tasman Hwy, Beaumaris
Bring: Warm clothes, sturdy footwear, water bottle
Provided: Tools, gloves, free BBQ lunch, plant ID books

Call 6224 6319 or e: Natalie.Holman@et.org.au for more information and to register
Supervised children welcome



Learn about best practice ecological restoration techniques, how to differentiate between the eight Eucalyptus species growing on Skyline Tier, identify native and introduced Acacia species and help remove invasive pine wildings to restore this unique and valuable site. Free BBQ lunch provided. This project is supported by Environment Tasmania with funding by the Australian Government.



Australian Government



Senator Peter Whish-Wilson

Container Deposit Scheme is the most effective way to clean up Tasmania.

In response to the release of the National Litter Index by Keep Australia Beautiful, and comments by Tasmanian Environment Minister Matthew Groom, Australian Greens Senator for Tasmania Peter Whish-Wilson made the following comments:

"Keep Australia Beautiful is funded by the beverage industry who are opposed to effective recycling initiatives such as a container deposit reward scheme. Their litter index methodology is fundamentally flawed and doesn't accurately represent the litter problem.

Tasmanian streets and highways, in some cases leading up to Tasmania's tourist icons, are still littered with filthy beverage rubbish - cans and bottles. It is a disgrace.

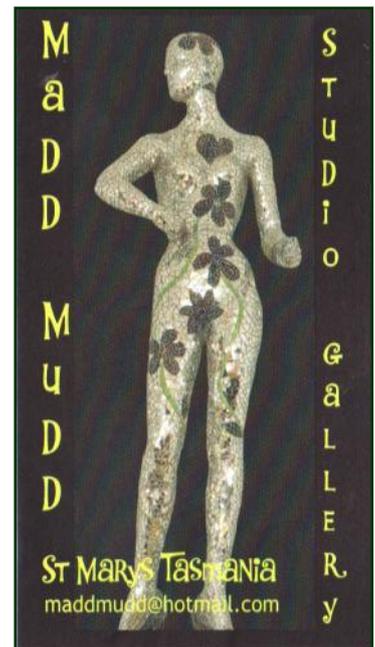
I invite Matthew Groom and Keep Australia Beautiful to come out and join me and a group of volunteers picking up discarded beverage containers around Tasmania. After this they may change their minds about the issue of litter in the state.

Putting a 10¢ refund on rubbish makes it valuable and we know it works to help clean up our environment.

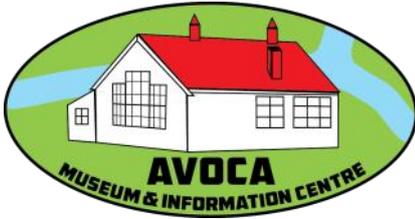
When are Groom and the Tasmania Liberals going to release the scoping study for a Tasmanian container deposit reward scheme initiated by the previous Government?

Tasmania has one of the lowest recycling rates for beverage containers in Australia; I would be interested to see how Matthew Groom proposes to fix this problem without a container deposit scheme.

We need action on a container deposit scheme now, the only reason this has not happened already is the influence big companies have over our Governments," he concluded.



On this day in 1963 the Beatles recorded their first single, Love, Love Me Do.



Avoca Museum and Information Centre
Old School Building
AVOCA TASMANIA 7213



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 and Launcestons QMAG. The photographic exhibition is now on display at the **Avoca Museum and Information Centre**
Open: 11am - 3pm daily (except Tuesday and Thursday)

Feel Good workshop is on Saturday September 13th at the Avoca Museum and Information Centre from 11-2pm

Aquatic Centre Trip

Invitation

to all Rossarden & Friends Kids Christmas Group members and families, Avoca, Rossarden and Royal George families

Saturday 4th October

Bus pick-up 10am at the Avoca roadhouse

Bring: bathers and towel

Lunch, bus and pool entry, including the water slide is supplied thanks to

Northern Midlands Council sponsorship.

Plan to arrive back by 5pm.

RSVP to Sandi-Lee on 0438 842 311 by September 26th as we need to know how big a bus to hire.



Taiko Drumming at Avoca

Invitation
Free event



Come along as a family! PLUS games and sports, including cricket, footy, basketball and dodgeball. Wednesday October 1st (in the school holidays) at the Avoca Primary School. If it's raining it will be at the Hall 11am - 1:30pm

Parental help required please
BBQ lunch. Under 6yo must have a parent/guardian.

Provided by



The next **AMIC Market** is **Saturday** September 20th, 2014 in the Hall
Contact Steve on 6384 2188 or Prue on 6384 2119 for a stall

RiverWillow Artspace

We are open again after the winter break, with a new look gallery featuring the works of River and Willow, and presenting some selected pieces from the local talent around St Marys.

In addition to the art gallery, River and Willow have expanded the premises into Country Déjà vu, a great place to buy your second hand and pre-loved furniture, right here in St Marys.

Country Déjà vu has a wide selection of good quality home wares and furniture to suit your décor.

RiverWillow Artspace is conveniently located at 2 Story Street St Marys, opposite Purple Possum and Mt Elephant Fudge, so pop in, say Hi and see what's in stock.

The hours are weekdays 10 - 4
(closed Wednesday and weekends).



Ian and Rita Summers at the launch of Art to Wear.

Art to Wear launch at Gone Rustic Gallery, September 5th 2014 Photos by Janet Drummond



Exhibiting Artist
Sherryn Woodward



Exhibiting Artist Andi Mara



Faye Thordardottir wearing one of the Orphic Creations and Jannette West. Rita Summers and Michael Warner in the background.



Beverly Hornibrook
admiring one of Sherryn's
full length coats



The guests watching and listening to the
Official Opening speech by Rita Summers



Kim and Greg Bottle from New South Wales,
with a commissioned Roots piece for Kim



Tattered Princess dress
created by Sherryn



Christine Stephens and Sherryn with the
Tattered Princess dress created by
Sherryn



Suzie modelling one of
Andi's shawl and scarf
combinations



Yolanda - the Forest Fairy - modelling a
scarf by Andi and a full length coat by
Sherryn

Take Charge

Local Government Elections

Polling period Tuesday 14th - Tuesday 28th October 2014

The local government elections are upon us, it is time to take charge. The power is in our pens; are you satisfied with the way your money is being spent? Are you happy with the service you are getting?

I am a householder in the municipality and I can see money being wasted. Who, standing for election in the council, will step up and explain to me why it is beneficial and economically sound to have workers start work at St Helens every day?

I want to know.

I was against the restructure of the council but, as requested, gave the new system time to prove itself. Well it's been two and a half years now, time for the figures to prove the new system to me. Running a household, I know how to save money and stick to a budget, and I cannot see how starting workers in St Helens everyday, taking three hours out of their working day in travelling, especially when the work is in Fingal, Mathinna or Mangana, is economically sound. Show me the figures!!

I want to know the person I vote for will have the power and courage to stand up to bureaucracy. We need the councillors to look into this and other work practices and say 'It isn't viable, make the change'. We all have the right to speak up and let the council know we won't sit back and let it ride.

People may say 'why don't you run if you think the council is not doing it's job?' Well, I know my limitations, and feel I wouldn't be able to represent the people as they should be represented - is that the criteria all the candidates are using? The Valley Voice, Fingal Focus etc. are avenues the 'wannabee councillors' can use to answer our questions or actually, heaven forbid, come to the towns, meet the people and convince us you are prepared and able to work for the betterment of the valley and coast.

Come on, ask questions, now is the time to make your voice heard.

Keri Webb, Fingal

In 2011, people playing Foldit, an online puzzle game about protein folding, resolved the structure of an enzyme which causes an Aids-like disease in monkeys. Researchers had been working on the problem for 13 years - the gamers solved it in three weeks.



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**

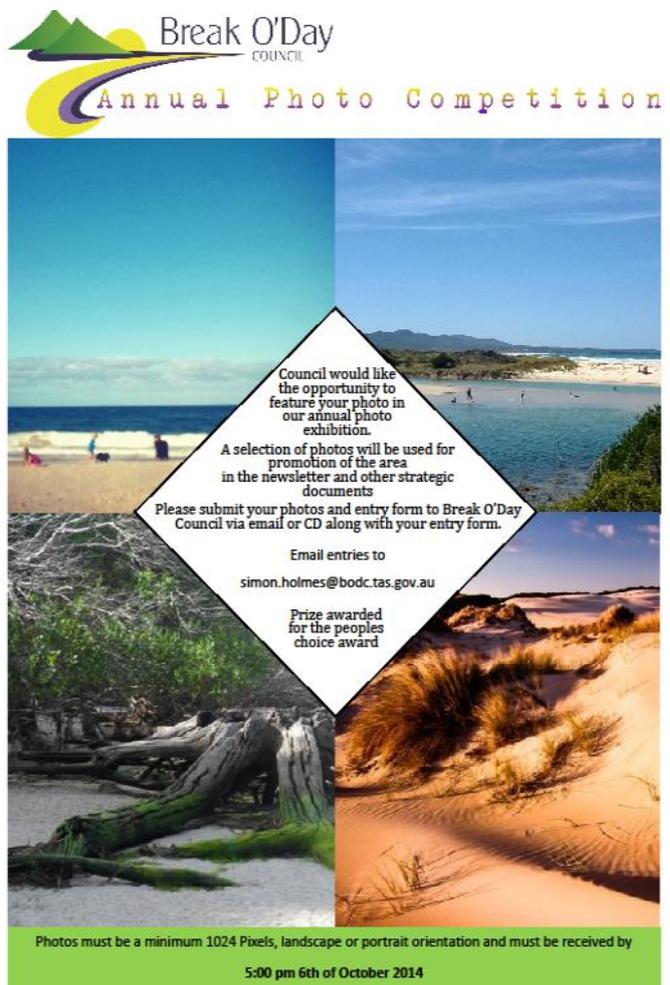
Saturday 13th Sep 2014
11:00am and 3:00pm
at St Marys Community Hall

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*



Tasmania Fire Service



**Break O'Day
COUNCIL**

Annual Photo Competition

Council would like the opportunity to feature your photo in our annual photo exhibition.

A selection of photos will be used for promotion of the area in the newsletter and other strategic documents

Please submit your photos and entry form to Break O'Day Council via email or CD along with your entry form.

Email entries to
simon.holmes@bodc.tas.gov.au

Prize awarded for the peoples choice award

Photos must be a minimum 1024 Pixels, landscape or portrait orientation and must be received by
5:00 pm 6th of October 2014



SMALL FARM LIVING SUPPLIES TAS

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98 Richardson Rd (off Frank St) St Marys**

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e: sflsupplies.tas@gmail.com

9 - 5 Monday to Friday

9 - 12 Saturday

NOW OPEN



East Coast RC Flyers News - September 2014

Around 30 members and guests arrived at the field on a sunny and calm day. Without doubt, most came with great expectations, and no one would have left disappointed.

The club's president and the club's sponsor opened the day with well-received and brief speeches. Both acknowledged the humble beginnings and obstacles the club had to overcome to get to where it is today.

Alvin Reid, the landowner of the field, and Ian Crothers, the club's sponsor, cut ribbons and revealed a plaque to mark the anniversary and the official opening of the flying field. The cutting of the birthday cake completed the official proceedings.

Helen and Terry Stingle fired up the BBQ, while the rest inspected the impressive static display of model aeroplanes. The youngsters discovered quickly that the birthday cake decoration, a small aeroplane, had a better use when tossed into the air.

A model-flying club cannot be without an aerial display, of course. Trainers, jets, biplanes, aerobatic planes, and gliders were in action all morning and into the early afternoon.

On a different matter, several visitors have mentioned that they came to see the club's flying operations on weekends, but found an empty flying field. Unfortunately, flying model aeroplanes depends on the weather. Rain is an obvious hindrance, but wind is another weather event that can make flying difficult, particularly for the many beginners at the club.

If you wish to see some flying action, please check the club's website (eastcoastrcflyers.org.au) where you can see, in the right-hand column, a section with the heading "Next Flying Days."

Article by Manfred Weihrauch

All images are courtesy of Angelika Weihrauch (permission has been obtained from all persons pictured)



Above left: Static model aeroplane display
Above: 30 onlookers enjoy the aerial display
Above right: Next generation of model pilots, Kole Bretag and Finlay Johnson



Centre left: Ribbon cutting with Alvin Reid and Ian Crothers
Below left: Alan Butler's Messerschmitt
Below right: Terry and Helen Stingle prepare the BBQ





Invitation to tourism operators in the St Marys area

On **Sunday September 21st 2014** a tour to the following destinations will be held:

- ◆ Golden Gate Gallery (morning tea)
- ◆ Evercreech Forest
- ◆ 'Cathedral of the Valley' Mangana
- ◆ Storys Creek
- ◆ Craggy Peaks (picnic lunch provided)
- ◆ Rossarden Museum
- ◆ St Paul's River Cabins
- ◆ Avoca Museum & Information Centre (afternoon tea)
- ◆ Aladdin's Cave at Fingal



Bus departs St Marys at 8.30am and we plan to return approximately 4pm. GET members free / non-members \$10

RSVP to Mary 6385 2002 e: gippscreek@skymesh.com.au by Sunday September 14th essential. Numbers are limited so you may need to nominate one person from each business.

The GET Annual General Meeting is on Monday 22nd September, 7pm

at the Fingal Valley neighbourhood House to be followed by a General Meeting. All welcome.

Constitutional Changes proposed: Purpose of the Association To establish the Greater Esk region of Tasmania as a tourism destination. **(addition)** A "conflict of interest" is any circumstance described in Rule 28 (1), (2) or (3) **(addition)** 3. The office of the Association shall be at 1230 Gipps Creek Road, Gipps Creek 7213 or such other place as the committee may, from time to time, determine. **(addition)**

Membership of Association 5. (1) (a) A person who submits a completed membership form and is approved for membership as provided in these rules is eligible to be a member of the Association on payment of the annual subscription and joining fee prescribed in, or fixed under, these rules. (b) Upon an application being approved by the committee the applicant is to be notified in writing, that he/she has been approved for membership of the Association and, upon receipt of the sum payable as the first year's subscription, is to be entered in a register of members to be kept by the Public Officer, whereupon the applicant becomes a member of the Association. (c) entitles the applicant to automatic membership of the East Coast Regional Tourism Organisation and Tourism Northern Tasmania. **(addition)**

Changed from: 5. (1) (a) A person who is nominated and approved for membership as provided in these rules is eligible to be a member of the Association on payment of the annual subscription and joining fee prescribed in, or fixed under, these rules.

5. (2) A person who is not a member of the Association at the time of incorporation of the Association is not to be admitted to membership - (a) unless the person is nominated in accordance with sub-rule (3); and (b) the admission as a member is approved by the committee.

5. (3) A nomination of a person for membership of the Association - (a) shall be made in writing, signed by two members of the Association; (b) shall be accompanied by the written consent of the person nominated (which may be endorsed on the form of nomination); and (c) shall be lodged with the Public Officer of the Association.

5. (4) As soon as is practicable after the receipt of a nomination, the Public Officer shall refer the nomination to the committee.

5. (5) Upon a nomination being approved by the committee the Public Officer is to notify the nominee, in writing, that he/she has been approved for membership of the Association and, upon receipt of the sum payable as the first year's subscription, is to enter the nominee's name in a register of members to be kept by the Public Officer, whereupon the nominee becomes a member of the Association.

8.(6) All cheques, drafts, bills of exchange, promissory notes, and other negotiable instruments shall be signed by the Treasurer or, in his/her absence, by such other member or members of the committee as the committee may nominate for that purpose, and shall be countersigned by a second such nominated committee member. **Changed from:** the Public Officer.

Constitution of the Committee 23. (b) a minimum of four other members, **Changed from:** a minimum of five other members

Meetings of the Committee and Sub-Committees 26. (1) The committee is to meet a minimum of 8 times each year at any place and time the committee determines. **Changed from:** 26. (1) The committee is to meet at least once in each month at any place and time the committee determines. 27. (4) A financial member of the Association is to convene meetings of a sub-committee. **Changed from:** The Public Officer

Notices 32. (b) by sending it through the post in prepaid letter addressed to the member at his/her usual or last known place of abode or by electronic media, eg. email. **(addition)**

JANET DRUMMOND

Committed to community,
dedicated to progress.



Vote 1 for
Councillor

Authorised by Rodney Drummond
121 Lower Germantown Road St Marys TAS 7215

The Valley and East Coast Voice Inc. encourages local/regional contributions from the public. Stories, current events, historical information, lifestyle pieces, anecdotes, articles, travel blogs and written or visual art with a community-based theme are welcome, especially with relevant pictures included. Regular columns can be made available for talented and dedicated contributors.

$$111,111,111 \times 111,111,111 = 12,345,678,987, 654,321$$

Road Closures				
Location	Road	Bridge	Dates	
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	
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

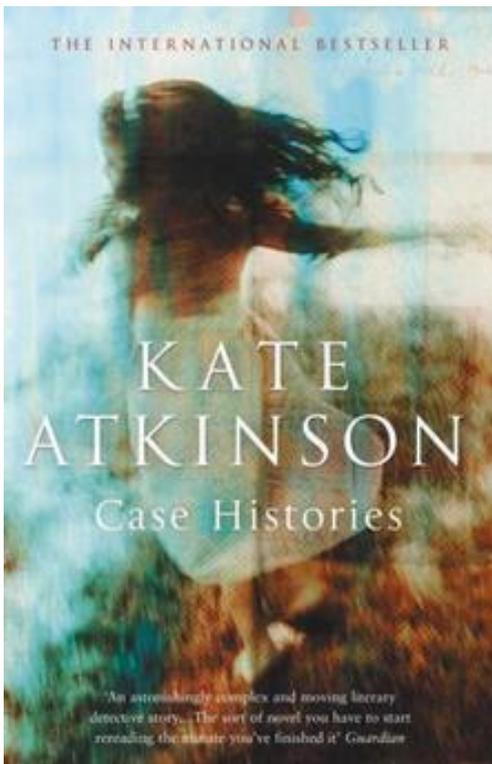
A Rubik's cube has 43,252,003,274,489,856,000 possible configurations.

Book Review

This month the Mount Elephant and Beyond Book Group read *Case Histories* by British writer Kate Atkinson. The book, published in 2004, is the first in a series featuring private detective Jackson Brodie.

Case Histories is about lost girls, girls who are murdered or missing, and the families left behind. The novel is built around three fictional cases that occurred in Cambridge, England over a period of 24 years. Case History No. 1 concerns the 1970 disappearance of three-year-old Olivia Land. The dysfunctional Land family is headed by Rosemary, who can barely differentiate between her three eldest daughters whom she thinks of collectively as Sylvia-Amelia-Julia, and Victor, the distant and, by his own account, brilliant mathematician. One hot summer's night, Olivia disappears from the tent in the garden where she has been allowed to sleep with Amelia. No trace has ever been found of the little girl.

Case History No. 2 is called, ironically, Just a Normal Day. In 1994 Theo Wyre is a widowed solicitor with two daughters, Jennifer and Laura his favourite. Worried about Laura walking home late at night from her job in a bar, he finds her a job in his own firm of solicitors where he thinks she will be safe. On her first day at work Laura is murdered in an apparently random attack by a man who runs amok in the solicitors' offices. Despite the perpetrator wearing a distinctive yellow 'golfing sweater', he is never found.



The events of Case History No. 3 take place in 1979 and seem to indicate a straightforward crime: Michelle, a young woman suffering from post-natal depression apparently kills her husband with an axe after he thoughtlessly wakes the baby who has just fallen asleep. Michelle is convicted and sent to prison.

With the scene set the reader is introduced to Jackson Brodie. Now in his forties, Jackson has a military and police career behind him, and currently works as a private investigator but dreams of retiring to the French countryside. He is divorced and has a young daughter, Marlee. As the novel progresses his personal tragedies are gradually revealed - the early death of his mother, the murder of his sister and suicide of his brother.

When Jackson first appears in the novel his work includes routine surveillance for a jealous husband and missing cats, but by the end of the chapter he has become involved in two of the 'case histories'. Shortly afterwards he is approached by Michelle's younger sister Shirley, who wants to find her niece Tanya.

Victor Land has recently died and while clearing out his study his daughters Amelia and Julia, now in their forties, find a soft toy, a blue mouse that was Olivia's favourite toy; it has not been seen since her disappearance. The two sisters want Jackson to find out what this means.

Theo Wyre who is obsessed by his daughter's death also retains Jackson. He has collected information about every detail of Laura's life and set up an 'incident room' in the hope it will help him identify her murderer but he is no closer to solving the crime. The passing years have done nothing

to diminish his determination to find the killer.

The novel seems to be following a fairly predictable path when a new character is introduced. Caroline is married to the wealthy Jonathan but has a crush on the new young vicar John Burton. How does she fit in with the story so far? It is only gradually that the reader discovers that she is not who she says she is.

In fact very little in this novel is what it seems. There are frequent flashbacks and sometimes the same scene is described from different points of view. The writer teases the reader with details that turn out to be red herrings: just when 'whodunit' appears to be obvious there is another twist to the story. As Jackson follows his leads it also becomes clear that someone is trying to kill him but who or why is for a long time a mystery both to him and the reader.

The story is told with a great deal of wit: it is not a funny novel as such but it is full of dry asides and witty observations about life and the foibles of the characters. For example Atkinson describes Amelia and Julia's meal of eggs and baked beans as 'the frontier of their culinary abilities' and there are numerous digs at the eccentricities of people who live in Cambridge.

There is little depth to the characterisation. Atkinson deals most sympathetically with Theo and he is probably the most likeable character in the novel. The characters and their cases overlap and sometimes the coincidences seem just a bit too neat and the ending seems rather pat. A few minor questions remain but most of the loose ends are tied up and it seems that Jackson's dreams have all come true - but of course we now know that this is just the first in a series of novels. Despite the intertwining of the cases and numerous flashbacks *Case Histories* is not too challenging but a satisfying and enjoyable read.

Lindy Scripps

Arts/Crafts



Make Christmas Cards

Sunday September 21st
St Marys Community Hall
1pm – 3pm

Cost: **\$20** per person - includes everything to make
6 cards and envelopes **PLUS bonus** gift tags

Bookings/enquiries: **Christine 0410 441 558** or
cs1967@exemail.com.au



Cancer Support Group

Support and information for anyone impacted
by a cancer diagnosis, survivors of cancer and
their partners.

Venue:

St Helens Neighbourhood House
25 Circassian St from 11-1pm on the first Friday of
every month from October 3rd.

For further information contact Richard on 6341 8407



District Guide - for inclusion/amendments call 0403 430 452

Accommodation Addestone House B&B St Marys 6372 2783
 Fish-Tales On The Bay - pet friendly 0439 265 362 AH 6372 2128
 Mariton House B&B, horse-riding St Marys 6372 2059
 Queechy Cottages St Helens 6376 1321
 Rainbow Retreat St Marys 6372 2168
 Seaview Farm & Youth Hostel St Marys 6372 2341
 St Marys Historic Hotel 6372 2181
 Tidal Waters Resort St Helens 6376 1999

Arts & Crafts Gone Rustic Studio & Gallery St Marys 6372 2724
 Big Shed Studios St Helens 0428 725 228
 Madd=Mudd St Marys 0409 174 287
 River & Willow Art Space St Marys

Australia Post St Marys 6372 2124
 Fingal 6374 2195
 Mathinna 6377 1168
 Scamander 6372 5664
 St Helens 131318

Bakers St Marys Bakery 6372 2131
 St Helens Bakery 6376 1260

Banks CBA St Marys (ATM) 6372 2268
 CBA St Helens (ATM) 6376 2295
 Westpac St Helens 6376 2751

Boarding Kennels The Gums Kennel & Cattery St Marys 6372 2512
 Upper Scamander Kennels & Cattery 6372 5157
 Wagabouts 0429 170 077 / 6376 2131

Break O'Day Business Enterprise Centre St Helens 6376 2044

Break O'Day Council St Helens 6376 7900

Bus Services Calows Bus Service St Marys 6372 2476
 St Helens 6376 2161

Butcher IGA St Marys 6372 2274

Cable Locations Michael Smith 0408 059 521

Carers for Wildlife Tas Inc St Marys 6372 2973 / 0417 017 105

Cartage Contractors
 C & D Excavations 6372 2033
 Trotter's Contracting 6372 2107
 6372 2742

Child Care St Marys Childcare Centre 6372 2187

Chinese Groceries & Medicines
 Ping's Place St Marys 0411 186 573

Churches
 Anglican Church St Helens 6376 1144
 Catholic Church St Marys 6372 2252
 Uniting Church St Helens 6376 2405
 Salvation Army St Marys 6372 2099

Community Car St Marys 6372 2137

Confectionary Mt Elephant Fudge St Marys 6472 2787

Dentist St Helens 6376 2359

Designer-Building Building Design Studio St Marys 6372 2000

Doctors St Helens 6376 1777
 ah 1300 780 011
 St Marys 6372 2111

Electrical Repairs Ransley's Home Appliances - 0428 761 811/6372 5307
 St Helens Electrical 0407 615 072
 6372 5522

Funeral Directors
 Harris Funerals St Helens 6376 1153

Gardening Services
 Clean Cut Gardening 0419 113 836
 Andrew Davenport St Marys 6372 2366

Glass Replacement East Coast Glass 6372 5361

Golf Clubs St Marys Sports Centre Inc 6372 2177

Insurance Brokers McKillop Insurance (Lyn) 0400 984595

Justices of the Peace
 K Faulkner 6372 2196

Hairdressers Ana's Salon St Marys 0448 532 531

Health Foods Purple Possum Wholefoods St Marys 6372 2655

Healthy House St Helens 6376 5242

Horticulturist Peter Dane 6372 2686

Hospitals Circassian St St Helens 6376 5222
 Community Health Centre St Marys 6372 2111

Libraries St Marys 6372 2114
 St Helens 6376 1389

Lymphoedema St Marys Lymphoedema Centre 6272 2900

Marriage Celebrants Peter Power 0417 017 105
 Terese Tanner 0400 512 845

Meals on Wheels St Marys 0488 384 344

Mechanics Michael Aulich 0417 507 239 / 6372 2991
 Grant Faulkner St Marys 6372 2335

Museums Cranks & Tinkerers St Marys 0417 648845

NEET Centre St Marys 6372 2175

Newsagencies St Marys 6372 2143
 St Helens 6376 1182
 Scamander 6372 5275

Online Access Centres
 St Marys 6372 2005
 Fingal 6374 2222
 St Helens 6376 1116

Painters East Coast Mobile Spray Paint 6372 5571 / 0457 583 099
 MLN Enterprise Painting 0439 722 718

Pharmacies St Marys 6372 2844
 St Helens 6376 1374

Plumbers P J & H K Child 6372 5378
 R G & R I Harwood 6372 2445

Proof reader Leissa Dane 6372 2686

Realtors Surf Coast Realty 6372 5321
 LJ Hooker St Helens 6376 2300
 Roberts Real Estate St Helens 6376 1799
 View St Helens 6376 1592

Restaurants/Cafes Coach House Restaurant St Marys 6372 2529
 Mt Elephant Pancake Barn 6372 2263
 Purple Possum Wholefoods 6372 2655
 Mt Elephant Fudge 6372 2787

Secondhand Dealers and Collectables Secondhand Rose St Marys AH 6372 2267

Septic tank cleaners
 Splash St Marys 0488 777 713

Schools - District High Schools
 St Marys 6372 3900
 St Helens 6376 7100

Primary Schools
 Avoca 6384 2117
 Fingal 6374 2197

Service Stations/Fuel
 Avoca 63842157
 Scamander 6372 5193
 St Marys 6372 2335

Supermarkets
 Avoca R/house 6384 2157
 Holder Bros Fingal 6374 2171
 St Marys IGA 6372 2240
 Scamander Supermarket 6372 5125
 St Helens Super IGA 6376 1177

Surfing Supplies
 Scamander Beach Surf Shop 6372 5529
 Bay Surf Shop St Helens 6376 1755

Telephone, Data and TV
 East Coast Phone & Communications
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 Delafrontera Dave Morris 0402 969 393

Surveyors East Coast Surveying St Helens 6376 1972

Vets
 East Coast Vet Clinic St Helens 6376 1577
 North East Vet Clinic St Helens 6321 8999

Water Carriers Splash St Marys 0488 777 713

Woodcraft Guild Old Railway Goods Shed St Marys 6372 2094

Giant wasps' nest found growing on single bed in spare bedroom

A man who went into a rarely used spare room in his mother's home was shocked to discover that 5,000 wasps had made a giant nest in the bed.

The nest, 1m wide x .5m deep, was still expanding and the insects had chewed through the mattress and pillows to build it.

When pest controller John Birkett was called to the scene he realised it had been growing for several months. His client, who lives alone in the five-bedroom house in Winchester, Hampshire, had not been in the spare bedroom for months. When her son opened the door and discovered the nest in the single bed he realised a window had been left open the whole time.

Birkett, of Longwood Services, said: "We got a call as we normally do ... but a bedroom – I thought that was unusual. I opened the door and I just couldn't believe it. The pillow was covered in this 1m wasps' nest and the workers were still busy building the nest.

"In 45 years I have never seen anything like it. There must have been 5,000 wasps. It's amazing that the woman didn't realise she was living with them.

"I got dressed up like a spaceman and tried to destroy as many as I could with the workers flying around the room. In that nest there must have been up to 700 queen wasps."

He said the only nest he had previously found in a room was about the size of a tennis ball.

Birkett finally managed to clear the area using a spray to kill the wasps. He was even able to rescue the beloved blanket on the bed.

Though he got the job done, Birkett was saddened at the death of so many wasps. "It was a work of art and they had worked so hard, but she looked at it and said, 'No, no, no - you've got to get rid of it.' If they did that in three-and-a-half months, that's amazing, isn't it? They're just little things."

www.theguardian.com/environment/2014/aug/27/giant-wasps-nest-single-bed-spare-bedroom-winchester



Eagles may soar, but weasels don't get sucked into jet engines.

"Australia is the home of the largest living thing on earth, the Great Barrier Reef, and of the largest monolith, Ayers Rock (or Uluru to use its now-official, more respectful Aboriginal name). It has more things that will kill you than anywhere else. Of the world's ten most poisonous snakes, all are Australian.

Five of its creatures - the funnel web spider, box jellyfish, blue-ringed octopus, paralysis tick, and stonefish - are the most lethal of their type in the world. This is a country where even the fluffiest of caterpillars can lay you out with a toxic nip, where seashells will not just sting you but actually sometimes go for you. If you are not stung or pronged to death in some unexpected manner, you may be fatally chomped by sharks or crocodiles, or carried helplessly out to sea by irresistible currents, or left to stagger to an unhappy death in the baking outback. It's a tough place."

Bill Bryson, *In a Sunburned Country*

Flavours of Tasmania September 4th, 2014

Tasmanian producers will have the chance to showcase their wares nationally at the Flavours of Tasmania event at Parliament House in Canberra next month. The October 1, night-time event has been organised by Tasmanian Federal MPs and Senators for a number of years to showcase the best of Tasmanian produce.

On display for tasting will be gourmet food, wine, whisky and other beverages. More than 35 producers have signed up so far as exhibitors.

The 6.30pm to 9pm event will be attended by about 600 guests including ambassadors, government ministers, journalists and parliamentary staff as well as other guests invited by the Tasmanian Liberal MPs and Senators.

Federal Lyons MP Eric Hutchinson said that the event is seen as an opportunity for Australia's federal legislators and policy makers, their staff and guests to talk with Tasmanian producers and to view and sample from more than 35 different stands promoting seafood, beers, wine, spirits, cheeses, meats, sauces, chocolates and lavender.

There will be lucky door prizes including several major prizes of travel and accommodation holiday packages to Tasmania.

The aim is to promote the state as a place to visit to Australia's leaders and encourage them to spread the word about the many good things Tasmania has to offer.

The event is only weeks away but there is still a little time for others to get involved.

The 2014 event is being coordinated by Tasmanian Senator Eric Abetz's office.

For more information contact Nova Huizing, Office of Senator Eric Abetz, on 03 6224 3707

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24798 Tasman Hwy St Helens 7216

ACROSS

- 1. Portend
- 5. They live in monasteries
- 10. Break in friendly relations
- 14. Throat-clearing sound
- 15. French farewell
- 16. Unit of land
- 17. Citrus fruit
- 18. Freeing
- 20. Gatekeeper
- 22. Not strict
- 23. Wander aimlessly
- 24. Wrongs
- 25. They keep dozing off
- 32. Deservedly receives
- 33. To untwist
- 34. Bird call
- 37. Hue
- 38. Genuinely
- 39. A ceremonial staff
- 40. Citrus drink
- 41. Cursed
- 42. Fate
- 43. Loan shark
- 45. Anaglyph
- 49. Centre of a storm
- 50. Cover
- 53. Mollify
- 57. A type of infantry
- 59. Head covering



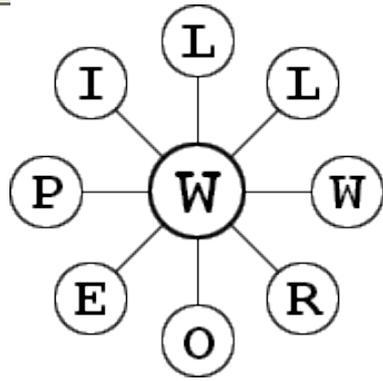
DOWN

- 1. Hairless
- 2. Buckeye State
- 3. Audition tape
- 4. Nascent
- 5. Illness
- 6. Norse god
- 7. Pen part
- 8. Ship part
- 9. Certain
- 10. Relative magnitudes
- 11. Less friendly
- 12. Not back
- 13. Canvas shelters
- 19. Jittery
- 21. Geographic illustrations
- 25. Bristle
- 26. Placed
- 27. Sea eagle
- 28. A Great Lake
- 29. Habituate
- 30. Laneway
- 31. 24 hours
- 34. Credit or playing
- 35. Highest point
- 36. Don
- 38. Pair
- 39. Tactic
- 41. Young salmon
- 42. Lock openers
- 44. Not greater
- 45. Dried coconut meat
- 46. Utilize
- 47. Mix together
- 48. Delete
- 51. Anagram of "Star"
- 52. He writes in verse
- 53. Church alcove
- 54. Relating to aircraft
- 55. Encircle
- 56. If not
- 58. Half of a pair

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

Solutions next issue

How many words can you find? Each word must contain the central **W** 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: 23 words. Good: 18 words. Average: 15 words.



ST MARYS COMMUNITY HEALTH CENTRE

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

DOCTORS ROSTER

Dr Cyril Latt

15/9/14—26/9/14

Dr K. Rawnsley

11/9, 15/9, 16/9, 18/9, 23/9 & 25/9 2014

Dr E. Reeckman

11/9/14—12/9/14

For appointments phone: 6372 2111

AFTER HOURS CONTACT NUMBERS

Please phone

GP ASSIST ON- 1300 780 011

AMBULANCE 1800 008 008 or

EMERGENCY 000

ST MARYS COMMUNITY HEALTH CENTRE

6372 2111

Please RING before presenting after hours

Lifeline 131 114

Saving Lives, Crisis Support and Suicide Prevention

IMPORTANT INFORMATION TO PATIENTS

Please be aware that Dr Latt's Surgery is currently fully booked for appointments 1 week in advance as of 15/9/14

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



AUSTRALIAN HEARING SERVICES

FREE Hearing Screening/ testing at the
St Marys Community Health Centre

Thursday 25 September 2014

Phone 6372 2111 to book
Limited appointments available

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

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.

Get the Most Out of Life

Practical skills for people with ongoing health conditions

6 week program (2.5 hours per week)

Venue: St Marys Community Health Centre

Time: 10:30am to 1:00pm

Dates: Fridays 24/10/14— 28/11/14

Cost: Gold coin donation (for tea & coffee)

To register phone:

Shan Williams

St Marys 6372 2111, St Helens 6376 5244

or 0439 765 244

- Suitable for anyone with a long term health condition.

- Supporters and carers are welcome to attend with you.

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

ST MARYS COMMUNITY HEALTH CENTRE

ARE YOUR DETAILS UP TO DATE?

**Do you have a new address/ phone number?
Do you have a new Centrelink/ Medicare Card?**

Have you updated these details at the Health Centre?

It is sometimes necessary for us to contact you or pass your details onto other Health Professionals and we are unable to do this if your contact details are incorrect or out of date.

You may also be charged for some medical services if your Centrelink/ Medicare Cards are not current.

If ANY of your details have changed please contact the St Marys Community Health Centre on 63722111 or come in and update them with our friendly reception staff.

WHAT'S ON AT THE CENTRE

- 28 Aug **Social Worker**– Shan Williams. Please phone 6372 2111 for appointments
Angicare Drug & Alcohol Counsellor. For appointments please see your GP for a referral.
- 29 Aug **Stepping Out Program** 10:00am-2:00pm. Please hone Fiona Watts at LINC for details on 6376 2742.
Social Worker– Shan Williams. Please phone 6372 2111 for appointments
- 1 Sept **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.
Hospital Auxiliary Meeting 2:00pm in the Family Room
- 2 Sept **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

WHAT'S ON AT THE CENTRE Continued...

- 3 Sept **Day Centre**– For details on the group please contact Hayley Gilbert 6372 2111
Mental Health Clinician/ Case Manager- Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- 4 Sept **Social Worker**– Shan Williams. Please phone 6372 2111 for appointments.
Relationships Australia– Leanne McMurtie for appointments please phone 1300 364 277
- 5 Sept **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.
- 8 Sept **TML Psychologist**– Sam McCarthy. Please see your GP for a referral.
Mental Health Clinician/ Case Manager- Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- 9 Sept **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
Lightfoot Podiatry– Perry Daly. Phone 6331 9568 for appointments.
- 10 Sept **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.
TAZREACH– Antenatal Clinic with Katie. For appointments please see your GP.
Mental Health Clinician/ Case Manager– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- 11 Sept **Social Worker**– Shan Williams. Please phone 6372 2111 for appointments.
- 12 Sept **Social Worker**– Shan Williams. Please phone 6372 2111 for appointments.

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 47.09 solutions.

All words:

ace, aceta, acetal, act, acta, actual, acuate, acute, alec, caca, caeca, caecal, **CALCULATE**, call, calla, callet, cat, catcall, cate, caul, ceca, cecal, cel, cell, cella, celt, cleat, clue, cue, culet, cull, cullet, cult, cut, cute, eclat, ecu, lac, lace, lacteal, luce, tace, talc.

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

S	E	A	T		H	O	M	M	E		D	R	I	P	
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A	R	I	T	H	M	E	T	I	C		Y	A	L	E	
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St Marys Painter

Painting & Decorating at realistic prices



(Special pensioner's rates)

No job too large or too small.

Bernard Harris

Ph 6372 2942 

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(BSA Licence No: 1120307)

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St Helens, Bicheno & Fingal Valley

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

Office & Chapel:
46 Tully Street St Helens
6376 1153 ~ 0418 133 420
tamara@harrisfunerals.com.au

Member of the
Australian Funeral Directors' Association



ST MARYS SPORTS (and SOCIAL) CLUB

Gray Road St Marys

Opening hours: Thursday 5.30 - 7.30 Friday 5.30 - 8.30.
Sunday 1.30 - 4.30.

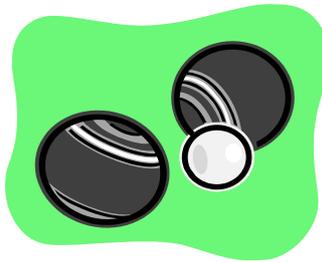
BOWLS NEWS

Are you ready?

Thursday September 25th at 5pm for practise please! Bowls season kicks off October 4th; we have a bye first up and meet St Helens at St Marys on the 11th.

All members must have appropriate footwear, clothing etc. The club does have a few second hand pairs of shoes available if required.

NOT playing bowls this season?
Please return you uniform to the club, we are running short and will require the uniforms for our new members. Thank you.
PLAYERS, THANK YOU



NAN STEWART ANNUAL MEMORIAL DAY

Scamander v St Marys
Sunday September 28th at 2pm
at Scamander Bowls Club
Casual dress
Names on board please!

WHAT ELSE IS HAPPENING AT YOUR CLUB?

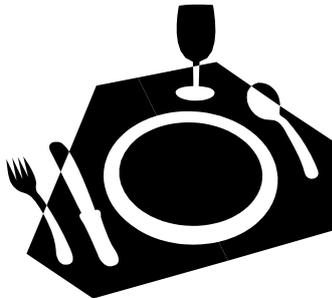
SOCIAL GOLF

Sunday tee off at 12.30
Ladies golf lessons are held every Wednesday at 9am.
Speak to Bobby on 6372 2445
INDOOR BOWLS
Sunday 1.30pm ring Caroline or Richard on 0439 089 960

FRIDAY EVENING HAPPY HOUR

6.30 - 7.30
Jag the Joker \$2 a ticket, Jackpot \$480
Members draw 7.30pm. To win a carton, you must be in house to collect.
Visitors welcome

Another great meal this week!
Thanks Tam and helpers.
You can cook carbonara for me any day.



Next meal will be **Scallops!!**
Watch this space!

Club Membership is now due. \$25pp
Sports membership \$60pp
Junior Sports \$40 .

Licensee/treasurer Jim Turner 6372 2441
President Bobby Harwood 6372 24455
Secretary Annette Wines 0417 010 648



ST MARYS IGA SUPERMARKET

*In the centre of town,
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 10th - 16th September 2014

Butchery	per kg
Rump steak	10.99
Nichols six legged chicken	4.99
First grade beef mince	9.99
Netted boneless leg of lamb	12.99
Lamb BBQ chops	9.99

Only \$1.99ea

Prima fruit drinks 6pk
Cripps fruit buns 6pk
IGA cordial syrup 2L
Thins & Samboy chips 175g
Cadbury Fingers & Crunchie biscuits 110-144g

Coolroom & Freezer

Peters original ice cream 4L	5.99
Scotts meat pies 6pk	4.99
Nannas snack pies 4pk	3.99
Bega tasty cheese block 1kg	8.99
Flora spread original 1kg	3.69

Specials from 17th - 23rd September 2014

Butchery	per kg
IGA corned silverside	6.99
Round steak	9.99
Short loin lamb chops	12.99
Ingham fresh turkey leg roast	7.99
Nichols chicken kiev	2.99ea

Shelves

Nestle Milo 1.25kg	12.99
Juicy Isle topping 375ml	2.49
Fab laundry powder 900g-1kg	4.99
Sorbent toilet tissue 12pk	5.99
Sunrice microwave meals 350g	3.99

Only \$2.99 each

Bushells teacup bags 100s
Maggi 2 minute noodles 5pk
Nestle block chocolate 118-200g
Kelloggs corn flakes 380g
Cripps master muffins 6pk



Balsamic Herb Lamb Chops

- 12 lamb rib chops
- 1/2 cup olive oil
- 1/4 cup balsamic vinegar
- 2 cloves garlic, minced
- 1 tablespoon fresh rosemary, chopped
- 1 tablespoon honey, sweetie
- 2 teaspoons Dijon mustard
- 1 teaspoon dried oregano
- salt and pepper to taste

Prep time: 15 minutes

Cook time: 10 minutes

Total time: 25 minutes

Yield: Serves 4

Place lamb chops in a shallow baking dish or resealable container. Combine olive oil, balsamic vinegar, garlic, rosemary, honey, mustard, oregano, salt and pepper and pour over chops. Toss to coat. Cover and refrigerate for 1 hour.

Preheat grill.

Grill chops under medium high heat for about 5 minutes per side or until browned to desired doneness.

Serve with vegetables or salad.

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12 GROOM STREET
ST MARYS TAS 7215.



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