



THE VALLEY AND EAST COAST VOICE INC. \$1

ESTABLISHED 1968

47.19 FEBRUARY 26th 2015

Deadline for 47.20 is 5pm March 9th 2015



Chief Crank and Tinkerer
page 8



The Lions Club of St Marys 2014 Christmas
Parade gallery and report, page 12 and 13

\$1.55m Indoor Stadium for St Helens page 4
New Green Army projects for Lyons pages 8,9

Breast Screening Van letter from
Barry Le Fevre page 11

ST. MARY'S... 8/09/1908 page 11

AMIC newsletter page 15

Fingal Valley Festival page 16

Follyfoot Friends page 25

Mathinna Community Street Garage Sale
will be held on the weekend of March 7th and 8th
with an 8am start. A BBQ will be available 10am-
12pm at the Recreation Ground and the Club
opens at 12pm for fuel and refreshments. Outside
enquiries welcome - call *Christine Scott* on
6377 1168 for info.



St Marys welcomes
Jay, Linda and
Keanu (not pictured)
page 7



Fingal Valley Festival - 28/2/15
Pickles Restaurant and Bar - 1/3/15
International Women's Day at Portland Hall - 4/3/15
Beaconsfield Mine and Heritage Centre - 5/3/15
Mathinna Community Street Garage Sale - 7/3/15 and 8/3/15
Richmond Old Hobart Town Model Village - 20/3/15

Community Groups

AA St Helens meets each Wednesday 8pm at St Paul's Anglican Church hall, St Helens. *Murdoch 6376 3335*

AA St Marys meets Fridays 7pm at Holy Trinity. *Mick / Shirl 6372 2909*

Al Anon St Helens (Family Group) meets 2pm Sundays at St Paul's Anglican Church Hall St Helens.

Anne/John 6376 4270 / Rose 6376 3335

Beaumaris Swap Markets meet on the 1st Sunday monthly at Beaumaris Park from 11-1pm. Plastic bag free, gold coin donation per stall (bookings required).

Laura 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 Thursday in the Supper Room at St Marys Community Hall, 5.30pm. **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 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 5.30pm 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. *Raz / Deb 6372 2261*

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

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

The **FVNH Op Shop** is happy to receive pre-loved clothing & goods weekdays 9-3. Donations can be collected on Mondays or items can be left at the Centre. Come along, check it out and pick up a bargain. *Deb Speers 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 2015

February 20th, May 22nd, August 21st - AGM, November 20th

Operation Coverup meets 3rd Friday monthly from 11-2 pm making quilts & knitted/crocheted items for those in need. Please supply own tools, supplies and materials. \$5 donation towards wadding for quilts; tea and coffee provided. BYO lunch. *Gone Rustic, 37 Main Street, St Marys (03 6372 2724 or 0417 027 424)*

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

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

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

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. *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 / 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.

Michael Smith (BODR Arts) 6372 2056 / 0407 046 865

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

The **St Marys School Association Op Shop** is open 10-4 weekdays & market Saturdays 10-12.30. We are happy to receive ALL pre-loved items excl. electrical. SMALL donations can be left at the St Marys Newsagency. Check out the Facebook page.

Janet Drummond 0404 562 320

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)

Jim 6372 2127 (jimhaas@bigpond.com)

www.fingalvalleyhistory.com

Stallholders' Market Inc. markets are held each Saturday from 8-12pm 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. *Mary-Anne Wadsworth 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.

Wanted

Wine making equipment wanted, will pay a fair price. *Bob 0428 345 265*

Toyota Seca auto hatch or similar, in good condition, 1996 or earlier. *6372 2953*

Maths Tutoring available.
K Oosterloo, phone 6372 2152

On this day in 1930: West Indies make 1st Test Cricket win by 289 runs over England

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 POB 230 St Marys 7215

Advertising rates

- ◆ 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 \$51 and annual online subscriptions are \$20. Articles for publication may be left at the St Marys Pharmacy, posted or emailed. For online advertising, contact the Editor.

For Sale

2 **reclining outdoor lounge chairs** complete with cushions \$30 each. Excellent condition, never used.

0419 154 193

'95 **Toyota Hilux 4WD ute** \$7,500. **6372 2152**

3 **seater chunky pine sofa** with loose cushions \$85.

0439 334 539

Raspberry seconds \$12kg. **Jack 6372 2034**

The St Marys Sports and Social Club has **wooden dining chairs** with dark yellow vinyl padded seats and backs for sale, \$2 each. **Jim 6372 2441**

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

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

Panasonic KX-FLM651 Multi-function **Laser Phone/fax**, very little use in good condition \$80. Old style steel pipe **Hills Swing** 2 swings (single and double) + 2 rings \$25. 2 drawer wooden **student desk** 900mm x 750mm \$30. Vulcan Quasar 4 Star Elite **Heater** \$15. **Beale** piano + stool \$600. **6372 5079 / 0419 725 077**

Saxon glass door **wood heater** with 3 speed electric blower, approx 5 years old, mint condition except for minor surface scratches and normal wear & tear, \$1000. (Replacement cost \$3,000.) Bring plenty of help to lift it, it's BUILT. **Bob 0428 345 265 (St Marys)**

Community Notices

AMIC Annual General Meeting will be held on Tuesday 17th March at 4pm, all welcome. **Mary Knowles**

Happy trails to dear '**Sammy**' - we wish you a kind word, a warm bed and the best table scraps. Editor.

The next **BODC** meeting will be held on Monday 16th of March, 2015 at 10.00am in the Council Chambers, 32-34 Georges Bay Esplanade, St Helens. Minutes from Council meetings are available on the website.

Update on St Marys Peoples Poles Project

Contrary to some rumours going around St Marys, the People Poles Project is still ongoing. It has been 'on hold' during the high tourist and holiday season but will be continuing in 2015, perhaps with some different approaches. Jill Swann strongly supports the project and has kindly offered to take a proactive role which will be of great help.

It is a project that has huge potential for St Marys – for tourism, income and employment amongst other benefits. One only has to look at Sheffield's Wall Murals to see the possible positive outcomes. The same or more could happen in St Marys.

Many thanks to Lynne Dawes and Hillary Jones for their ideas, outlined in the previous Valley Voice, including an historical work with bench seats and plaques. It is certainly something that could be developed in conjunction with, or separate to, People Poles but it is not really something new that I personally would be willing to take on at present – the PP project has been more than enough already.

Diana Foster, Project Coordinator

St Marys People Poles Project



Northern Midlands R&SLA Sub Branch Avoca

ANZAC DAY SERVICE 2015

11am Saturday 25th April

Cenotaph, Boucher Park

Venison/lamb spit roast lunch to follow

The Fingal Valley Neighbourhood House Inc



SUPPORTED BY
Tasmanian Government

has organised the following trips:

Pickles Evenings, Indian Restaurant & Bar

Sunday 1st March 2015. Bus cost: \$10 - \$15 p/p depending numbers, restaurant prices range up to \$22. Bus leaves FVNH at 11.30am. *A deposit of \$5 would be appreciated by 27/2/15*

Beaconsfield Mine & Heritage Centre

Thursday 5 March 2015. Bus fare: \$20 per person, (entry fees to the mine are not included). Bus leaves FVNH at 8.30am. *A deposit of \$10 would be appreciated by 27/2/15*

Richmond Old Hobart Town Model Village

Friday 20th March 2015

Bus cost: \$20 (entry fees into the model Village are not included). Bus leaves FVNH at 9am

A deposit of \$10 would be appreciated by the 13/3/15

If you are interested in any of these trips call in to the Office or phone 6374 2344 to book your seat.

International Women's Day will be celebrated at Portland Hall St Helens from 11-2pm on March 4th 2015. Light lunch provided. Proudly supported by BODC, Healthy House, LINC, BOD Child and Family Centre and St Helens Neighbourhood House. RSVP by February 27th

6376 1134 /admin@neighbourhoodhouse.org.au

Listen, talk, share, laugh, think, create



2015 Australia Day Awards

On Monday 26 January 2015, we celebrated with the following recipients who were acknowledged for the work that they do within our community:

Mayor's Special Award - Nigel Johnson for his outstanding contribution to the community and community activities as a member of the St Helens Rotary Club.

Break O'Day Municipality Excellence Awards - Di Harris for her long standing contribution as a volunteer ambulance officer and *Lance Lohrey* – for his long standing contribution to our community in supporting people in need.

Australia Day Young Citizen of the Year Award - Zachary Hume Zac has been involved in Rotary since he was 15 and is one of the youngest serving members in Australia. Zac also mentors students at various Rotary camps and travels to various clubs to tell of his life experiences to date. Zac has also been a member of the navy cadets for 6 years and has represented TS Argonaut on many occasions during this period.

Australian Citizen of the Year Award - Ruth McGiveron Ruth is always available to assist any person, group, organisation with no fuss. Ruth spends hours in St Marys and surrounds fundraising, selling raffle tickets etc – Ruth has been a member of St Marys Lions Club in excess of 20 years as well as many years as a committee member of the Lymphoedema Committee – Ruth is a quiet achiever with a heart of gold – very much an unsung hero.



Money for councils February 16, 2015

THIRTEEN councils in the electorate of Lyons will receive more than \$7.7m for service delivery from the next round of the Federal Government's Financial Assistance Grant Program.

"The great thing about today's funding is that councils are free to spend this untied grant money according to local priorities including for infrastructure, health, recreation, environment, employment and roads projects" Mr Hutchinson said. "I am looking forward to seeing our local councils target local priorities with this funding."

The Break O'Day Council will receive \$656,200.

The \$7.7m announced today for councils in Lyons brings to a total of \$30,927,960 for Lyons in the 2014-15 financial year.

Tasmanian job seekers get work-ready through Work for the Dole February 19 2015

Work for the Dole is a key focus of the Federal Government's plan to help create jobs and boost workforce participation ahead of a national rollout of the program from July 1 this year. Federal Lyons MP Eric Hutchinson today met with participants and host organisations at two Work for the Dole projects – Woolmers Estate and Redwater Creek Steam & Heritage Society.

"The Government has done a great deal since its election in September 2013 to practically encourage job seekers to find work and employers to take on workers," Mr Hutchinson said. "Work for the Dole gives job seekers the skills and experience employers are looking for, and today I've seen firsthand how the programme can help people build the skills they need to find jobs and leave welfare behind. I was pleased that the Minister for Employment Senator Eric Abetz was able to view first-hand the fantastic work which is happening here at Woolmers Estate and Redwater Creek," Mr Hutchinson said.

Mr Hutchinson said at Woolmers Estate, participants are helping restore a genuine depiction of colonial life by working on a variety of maintenance and development projects.

"The Redwater Creek Steam & Heritage Society provides work-like experiences in building, equipment maintenance and restoration of the Sheffield Jail, a heritage timber building," he said. "This includes painting, restoration of museum items, track maintenance, gardening and landscaping. As I visit Work for the Dole projects, the feedback I receive is overwhelmingly positive – from both the participants and the host organisations," Mr Hutchinson said. "Young people taking part in these initiatives are learning valuable 'soft' skills such as teamwork, punctuality and application – traits that leave them better placed to find paid work." More than 10,800 people have taken part in the reinvigorated Work for the Dole scheme since it started in the 18 selected regions on July 1 last year, including a number of sites in Tasmania.



Lyons MHR Eric Hutchinson with Work-for-the-Dole program participants at Woolmers: (from left) Evelyn Badcock from Western Creek, Travis Marnell from Launceston, Trent Shand from Summerhill, Cameron Pryor from Cressy and Federal Employment Minister Eric Abetz

Break O'Day Indoor Multi-Purpose Stadium 18 February 2015

The Break O'Day Council at the Council meeting on Monday, 16th February 2015 approved the construction of the 'Break O'Day Indoor Multi-Purpose Stadium'.

The first stage of the project is estimated to cost \$1.55m with two smaller stages occurring in the near future. The completed Stadium will be a nationally recognised multi-purpose facility.

The significance of this project is paramount for building and sustaining long term tourism on the east coast, as well as encouraging the health and wellbeing of the local area. It will provide a boost to the local economy by attracting people affiliated to, or participants in, state-wide and regional sporting groups, schools for inter-carnivals, musical concerts, annual exhibitions, large scale events, local and regional community groups, health and wellbeing enthusiasts and general multi-purpose users. Break O'Day Mayor, Mick Tucker explained that through extensive consultation with the community, the need to upgrade the current facilities at the St Helens Sport and Recreation Ground has been identified as high priority.

"A sustainable facility that meets the community's aspirations and growth potential provides greater opportunities for social inclusion and health and wellbeing" said Mayor Tucker.

Both State and Federal Governments have recognised the high priority community need for this facility to be constructed within the Break O'Day Municipality with the Federal Government providing \$500,000 and State Government \$250,000.

"High quality community recreation and sporting facilities can offer direct benefits to a region's economy and were a key consideration of Councillors when considering the project" explained Mayor Tucker.



ADVERTISEMENT

Eric HUTCHINSON MP

Federal Member for **LYONS**



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Authorised by Eric Hutchinson MP, 53B Main Road, Perth TAS 7300.

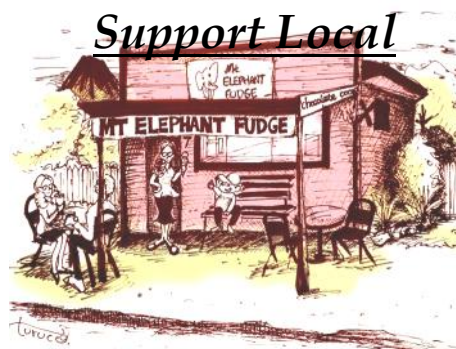


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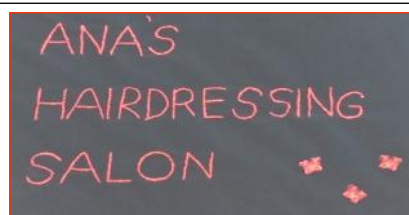
LAWYERS

of 113 Cimitiere Street Launceston

VISITING EVERY SECOND TUESDAY
St Marys Community Health Centre 9.00am-10.00am
St Helens old Post Office building 11.00am-1.00pm

Please call to make
an appointment

6337 5555



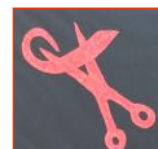
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Exciting new venture in St Marys

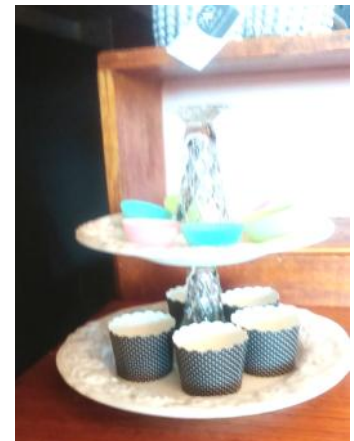
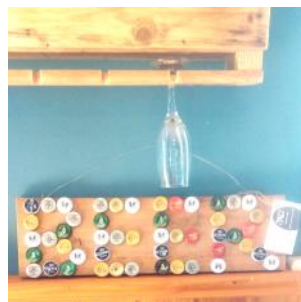
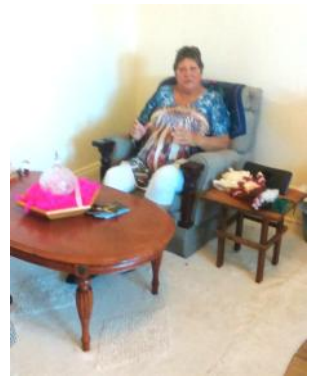
We are Jason, Linda & Keanu Lang. Originally from Queensland, we love rugby, cricket, comedy and positive people. We ran a business and my husband and I are qualified Structural Landscapers. After running our own business for many years, we gave it all up to travel Australia.

We bought a one way ticket to visit and travel Tasmania, and drove into St Marys on a whim - we instantly fell in love with her and her people. Those we met and have become close friends with already are generous, kind and giving. We were made to feel welcome by many locals who have been here for what sounds like an eternity when you talk to them. Most of them have welcomed people like us from the North Island, new fledgling Taswegians. Being new Tasmanians we are ready to give all we have in the way of loyalty, love and talent to compliment this beautiful little town.

Jason Lang: Entrepreneur, landscaper, talented upcycler, recycler and repurposer of all things second-hand and old, Jason has brought something new to St Marys - "A Man's Cave Giftware." Situated at 26 Main St, you can meet him and see him at work as he wields tools of all kinds, creating gifts and furniture that are unique and wonderfully different. Jay (as he is called by friends), is a very approachable, friendly and inspiring gentleman, giving and listening to any suggestions that can enhance the shop and work environment. Come along and be amazed.

Linda Lang: Author of her biography "Now I Am Free", Linda is a delightful chatterbox, living in a place of constant joy and positivity, wanting to share it with everyone. She is like a soothing plaster on that irritating graze. Her family call her "The Charmed Speaker." Her passion is helping people find their personal truth and create the life they've always wanted. Besides Psychic Healing she is also a Life Coach and Motivational Speaker. Her gift shop is filled with crystals and giftware appropriate to the work she does. All consultations are by appointment only and last one hour. When asked about why she came here she simply states with honesty and candour "I was sent here by the Universe because St Marys matches up with what my passion is all about."

Her business is called Empower Me and her slogan is "Empowering you Beyond Belief."



Pictured are (top right) Linda in her consulting room, Jay hard at work in his workshop, and a few of the interesting and unique articles for sale. Photos by Editor.

New Facebook Page a Runaway Success!

Within a few days of being set up, a post on the new *St Marys Cranks and Tinkerers* facebook page reached over 8,000 views. A video of its banjo-playing curator, Ian Summers, is the post in question (facebook.com/stmaryscranksandtinkerers). It was originally made for the *Go Behind the Scenery* tourism campaign in 2014, and already had national and even global circulation.

Social media is a great way to get the word out. It is quick, free and accessible. Daily updates keep it in the public eye, and it is easy to upload photographs or videos along with news updates and other information. So the new page was born, as a way to access an almost unlimited audience and attract visitors to St Marys.

The 'About' tab leads you to a site map (courtesy of Google) so that potential visitors can find it. Opening hours are listed, and an explanation of what it's all about is also featured:

"The St Marys Cranks and Tinkerers Museum showcases locally sourced railway and mining memorabilia as well as many other historical and interesting artefacts, including a wide range of ephemera and unique items. These exhibits are made available to the public due to the desire of the owners to share their collection with the general community. There is also a local history section featuring photographs of the area in times past, which is on loan from the St Patricks Head Historical Society.

The old railway station building was made available thanks to Break O'Day Council, after submissions were invited from the community for possible uses. The building was formally leased to the successful applicant, i.e. Ian Summers, after his submission was accepted.

Ian (otherwise known as Chief Crank and Tinkerer) is a retired teacher, and volunteers his time to host visitors and look after the collection, which he co-owns with his wife, Rita.

Entry to the museum is by donation, which helps to cover running costs, as this is an unfunded operation. Your donations also help to provide tea and coffee to local volunteers.

Books on local history and other publications are available for purchase on behalf of the authors. Items on display are NOT for sale.

Please note - A small number of items in the collection have been donated or lent by members of the public. Ian and Rita are very grateful for these, and undertake to look after them as best they can. If anyone would like their items returned, this will be done as promptly as possible. An inventory has been made of all donated items.

Open Monday to Friday, 10am-3pm. If you can't make it during opening hours, please contact us to make an appointment; we are happy to oblige where possible!"

Postscript – Ian also sends visitors on to other local businesses and attractions. Many ask what else there is to see, where to buy lunch or a good coffee and so on. If you have cards or brochures, you are invited to drop them in to the museum during opening hours.

Rita Summers, St Marys

Image credits:

Ian Summers (photos of museum exhibits)

Rita Summers (Facebook banner photo; photo of Ian)

Facebook banner photo: page from the book Tasmania, Island of Treasures, by Sue Atkinson



NEW GREEN ARMY PROJECTS FOR LYONS February 22, 2015

Federal Lyons MP Eric Hutchinson is pleased to announce the successful Green Army projects in Lyons from round two of the Federal Government initiative.

"I'm pleased to announce that Break O'Day Council and Greening Australia will be hosting four Green Army projects in Lyons in the next two years" Mr Hutchinson said. "The Green Army provides opportunities for young Australians, aged 17 to 24 years, to gain training and experience in environmental and conservation fields and explore careers in conservation management while taking part in projects that generate real benefits for the Australian environment."

The Lyons electorate will also be involved with another three Green Army projects with the Denison and Franklin electorates, hosted by NRM South and rolled out by Conservation Volunteers Australia over the next three years.

Green Army projects to be rolled out over the next two years in the Lyons electorate include:

... Threatened habitat protection and resilience building in the Break O'Day municipality – **project one:** in 2014-15, aims to improve the integrity of the important native vegetation of Break O'Day including along its coastline, (cont next page)

(continued) waterways and heathland, wetland, coastal woodland and inland forest habitats. Activities will enhance aquatic systems such as Georges Bay and Henderson Lagoon and protect beaches used by the hooded plover and other important migratory and shore birds.

- Threatened habitat protection and resilience building in the Break O'Day municipality – **project two:** in 2015-16 activities will enhance aquatic systems such as Georges Bay, Jocks Lagoon, a RAMSAR site and project beaches used by important migratory and shore birds.

- Threatened habitat protection and resilience building for Break O'Day municipality – **project three:** in 2015-16 aims to improve the integrity of important native vegetation habits in the municipality including building up habitat corridors across farmland in the Fingal Valley and enhancing aquatic systems such as Georges Bay and Templestowe Lagoon and protecting beaches used by important migratory and shore birds.

- Restoration and revegetation at key Northern Midland and Mt Nelson sites – the Green Army will work on a landscape scale conservation program in the state's Northern Midlands on a special project at Greening Australia's community nursery and bushland management on a University of Tasmania reserve, helping revegetate 250ha and enhancing 800ha remnant vegetation.

The shared projects across Lyons, Denison and Franklin electorates will include working in Southern Tasmania to protect and conserve species and places through revegetation, regeneration and fencing activities. Each of the individual projects receives \$192,000 to run the projects over the prescribed length of time and have applied successfully for extra, small grants between \$750 and \$10,000 for specific project materials. A full list of approved round two projects is available at www.environment.gov.au/green-army

Applications are now also open for community organisations, environment groups and local councils in the Lyons electorate to apply for new projects from Round Three of the Green Army, Mr Hutchinson said.

"Green Army project activities could involve restoring and protecting native habitat, weeding, revegetation, cleaning up waterways, creeks and rivers, fencing, gully remediation, preventing erosion, protecting and conserving heritage places and values, monitoring and surveying on indigenous and non-indigenous lands" he said.

Applications for Round Three Green Army projects are open until March 17. Further information, project guidelines and the application form are available at www.environment.gov.au/green-army.

Young Australians interested in joining the Green Army can apply through the appointed service providers for each state and territory. Contact details for service providers are available from www.environment.gov.au/land/green-army/service-providers

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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.



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Breast Screening:

The Breast Screening Van at this point in time is not scheduled to visit the Valley area this year.

The Van usually visits every second year with 2011 being the last scheduled service to the Valley and surrounding areas. In 2013 the service was discontinued with the reason given being a lack of interest. I believe this to be incorrect, in fact there was a waiting list of women requiring screens.

I have been informed St Marys has not been included this year in the schedule. The Van will be present at St Helens from April 27-May 15th. I, along with many others, celebrate the decision to retain the service to the St Helens area and don't want to see that changed at all.

What we need to do is support the reintroduction of the Van to St Marys for two weeks every second year.

The retainment of this service is a fundamental right of all women who live in our Municipality. Given the high prevalence of breast cancer detections in the area I believe it is essential, and common sense, for this service to be reinstated.

Our Council has worked diligently with State Politicians in recent weeks to support a change of decision regarding the breast screening.

Discrimination should not be accepted by us. If you feel as I do on this issue then please contact the Minister For Health and voice your opinion.

Barry LeFevre - concerned citizen

ST. MARY'S... Examiner Launceston 8/09/1908

St. Mary's has apparently gone into recess, as nothing of importance has happened of late to move us from the even tenor of our way. A lovely fall of rain has given the farmers and dairy men all the moisture they are in need of for present operations. Dog-poisoning is again in evidence, several valuable dogs having been poisoned. This matter is one that owners themselves must systematically try to stop, as owing to the cunning of those who do the mischief it is very hard indeed to catch them in the act of laying the poison, and nothing but a good lookout with something in the watcher's possession, is likely to do much good to cope with this evil. In common with the greater part of Tasmania, the rainfall for this district during 1906 has been below the average, though the rain of this month has evened things up a little. Up to the time of writing (midday, September 5) the fall for 1908 has been 16 inches, as against 32 inches 57 points during the same period for 1907. The weather for the time of the year has been unusual in two respects - the absence of wind and the continuance of frosts, more frosty weather having been experienced this year than for the past 15 years. Several transactions in property have lately taken place at prices that indicate values to be on the up-grade. New buildings are still being erected, notably one opposite the Post Office by Messrs. J. and T. Gunn for Mr. S. Birrell, which is to be used as bank premises for the National Bank. There is not an empty house in the town, thus evincing the solidity of its progress. There has been quite an influx of couples spending their honeymoon at Scamander lately, the last being Mr. J. Cunningham, of Launceston, and his bride (nee Miss Cochrane), only daughter of Mr. W. Cochrane, of Fingal. Their many friends were not slow in wishing them every happiness in their new sphere of life. Several anonymous letters have been received here by different persons. It is trusted that the senders will be found out and made an example of. Stabbing a man in the dark is anything but a manly action.



ST. MARY'S... Examiner Launceston 22/09/1908

Mr. Clarke, the district surveyor, is in the St. Mary's district, busily engaged in surveying a road through Forest to Gardiner's Creek. This is a much needed piece of work, and when the road is completed much benefit will be derived by those residents at Gardiner's Creek, etc. It is springtime. Nature has donned her most alluring garb. All the trees and hedges are putting forth their new green leaves, and the meadows are carpeted with the grass, while the gardens are spangled with pale primroses, shy sweet violets, and the yellow daffodils. What a profusion there is of the flowers that are, as Longfellow says, "emblems of our own great resurrection." The building in course of construction, to be known as the National Bank is making rapid progress. Several additions to premises and erection of houses have improved the look of the township. The cutting up of a portion of the "Londavra" estate into small blocks has certainly tended towards the progress of the district.

ST. MARY'S...The Mercury Friday 25/11/1898 page 4

A startling accident happened on Monday afternoon to Gladys McHugo, 2½ years of age, the daughter of Mr. W. M. McHugo, of St. Mary's. The child, with her brother aged 8 years, strayed away and was playing near the river, and by some means slipped into the water. On her brother noticing his sister in the water, he providentially ran away home, a distance of about 300 yards, when his father's attention was directed to the spot by his cries, Messrs. S. Ditcham and R. Mace accompanying him. Proceeding there he found his dear daughter floating on the river. Mr. Mace plunged into the water, and handed the child out, to all appearances dead. Mr. Ditcham took her in hand, and, thanks to his assiduity, respiration was obtained in from 7 to 10 minutes. I am sure it was only Providence that has saved the child, for she must have been in the water at the least 10 minutes. The father and mother are most grateful to Messrs. Mace, Ditcham, Boles, and Coombs, also to Mesdames R. Hardy, Mace, Holloway, Cramp, Oliver, and to all those that have called and expressed their sympathy at their trouble. The little one is getting over the shock very well.

2014 Lions Club of St Marys Inc Christmas Party and Parade

Christmas Eve in St Marys 2014 turned out to be another fun-filled afternoon for all who attended. By 3pm, Faulkner's Green was alive with families from around the district. The BBQ was running hot, and thanks goes to Darcy and Louise Williams and Paul and Genevieve Aulich, all of whom rolled up their sleeves to help out our Lions Club.

Free tickets were handed out for the prize draws, and raffle tickets in the Christmas Stocking were selling well. There was a long line for the face painting - great job Marie Owens! The jumping castle was also popular with the children and the new 'Bull Ride' was a big hit with children and adults alike. Our thanks goes to Kirk and Rachael McGiveron for supplying their small jumping castle for the under 3's, this was also much appreciated.

Kirk and Trudy of 'Gypsy Rose' once again kept the crowd hopping during the afternoon with their fantastic music, and Kirk also acted as MC for the day, drawing tickets for the free gifts and keeping everyone entertained between events.

Then it was time for Santa to arrive in a local Fire Brigade truck. Santa took time to speak with each child, as he passed out over 200 bags of sweets. Many photos were taken and last minutes orders whispered in Santa's ear, then it was off to join the Christmas Parade.

And what a Parade! Fire trucks, Aurora and other trucks, and a great variety of floats from around the district were led by a very interestingly decorated Police car. Children on decorated bikes flew down the street - the race was on!

After the Parade the crowd enjoyed more music from Gypsy Rose, and then the Lions Christmas Stocking was drawn and the Parade winners announced:

1st Prize in Parade of \$100 was won by the St Marys/Falmouth Playgroup

2nd Prize of \$75 was won by the Aulich family

3rd Prize of \$50 was won by the St Marys Community Health Centre

Winner of the Christmas Stocking was won by Anne Stevenson of St Helens, and the winner of the Christmas Ham raffle was won by Bernard Harris of St Marys. Our thanks to Jeff and Margaret Faulkner for allowing us once again the use of Faulkner's Green for the festivities. Our thanks also to our local Police, whose presence was most appreciated.

The members of our Lions Club are most grateful to Mark Carrick for his wonderful donation of all the ice creams for the party, as well as the ham for our raffle.

And, last but not least, to those members of our community who volunteered on the day - without your assistance our small Club could not present such an event. (We are all getting older!)

A great day was enjoyed by all.

(This year's Party, including some new street decorations, cost approximately \$3,000 - a Lions donation to the people of our district.)

***Ruth McGiveron, Treasurer
Lions Club of St Marys Inc.***





Photos courtesy of Peter Troode. Full gallery (145 pictures) can be viewed at valleyvoice.com.au/type/gallery/

A 2009 search for the Loch Ness Monster came up empty. However, scientists did find over 100,000 golf balls.

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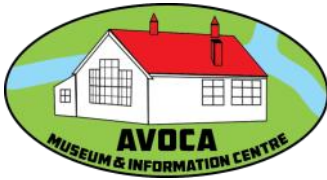
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52 MAIN ST ST MARYS.



Visit our website at valleyvoice.com.au and look back over nine years of archival content, galleries and stories, in addition to each new edition. Leave a comment/suggestion on what you would like to see included.

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Avoca Museum and Information Centre

Old School Building
AVOCA TASMANIA 7213



All invited to the AMIC **Annual General Meeting** Tuesday 17th March at 4pm
The next **AMIC Market** is **Saturday 21st March 2015** in the park
(weather dependant / otherwise it will be in the Hall)
Contact Steve 6384 2188 for a stall

Roving Curator Project

AMIC has been successful in an application for Roving Curator time to equip the volunteers with the skills to care for and handle museum articles, keep appropriate records and exhibit at proper museum standards so that locals and visitors can access and enjoy the collection.

Many visitors are interested in researching family histories so this will also be an area of focus.

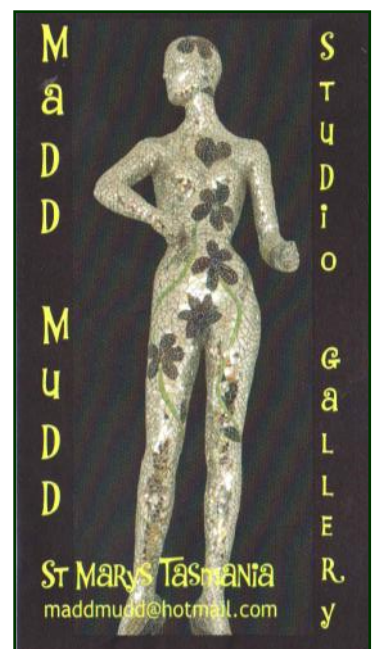
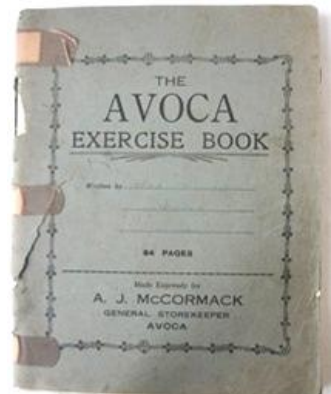
The first workshop is **10am-3pm, Monday 2nd March**
(dates for further workshops TBA).

The Flag Dress (left) on loan from Shirley Squires, may well have been made for the Avoca Celebration to mark the end of WW1 when the returned soldiers marched in the streets of Avoca on July 22nd 1919 and locals 'dressed up' for the occasion. It is precious articles such as this that we need to preserve, exhibit and look after so future generations can appreciate what 'the past' was like.

Guidance from the Roving Curator will give us the skills to do this.

We do have some volunteers but if anyone else is interested in preserving our history and heritage please come along as you will be most welcome. We want/need your ideas and input.

Bring a picnic lunch. Morning / afternoon tea provided. Kind regards, Mary.



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 - COAL SHOVELLING - \$2,000 FIRST PRIZE
 - ROOF BOLTING - \$5,000 FIRST PRIZE
- TROOPING SPOTT SHEAR COMPETITION
- WOOD CRAFTING - INCLUDING THE KITE TITLE
- VET DOG TRIALS
- VETERANS CYCLING - FINGAL TO MATHINNA & RETURN
- WILKINSON SPINNING TITLE
- FREE CHILDREN'S ENTERTAINMENT BY FUSION
- ART & CRAFT STALLS
- FOOD STALLS
- FIREWORKS DISPLAY - NEW



WWW.FINGALVALLEYFESTIVAL.COM.AU



Well, Sammy was such an icon of the Caltex Garage you felt like asking him when he would be available to do a grease and oil change. Unfortunately, we were

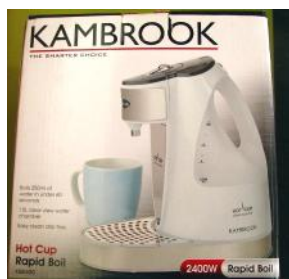
all saddened to hear of his accidental death; we will all miss his presence when on his boundary patrol he would visit members of the Woodcraft Guild to do his mandatory inspection and see if all was to his meticulous standard. To Jeff and Grant we offer our condolences on the loss of this little white fur ball that was much loved by all.

I apologise for this reiteration, however, as there are many new faces now living in St Marys I would like to take this opportunity to inform new residents about what our club has to offer.

Our apolitical organization is open to men and women. Our joining fee is \$20 p.a., which covers insurance. We provide a full working shed with relevant tools for woodworking. We ask that any new members do an induction for safety reasons. The cost of \$2.50 a day or \$6 a week helps cover electricity costs and tool maintenance. We do repairs for the infirm or elderly, at a cost recovery basis only or for free. We have a policy that if goods are made for personal resale, the club receives 10% of the takings. We will not do any commissioned work that could infringe on the livelihood of any tradesperson or handyman, and we hold raffles and an Open Day once a year, generally in April.

Interested? Please feel free to come down and join us for a cuppa if you have any further questions, or ring Reon on 6372 2094. We are open Monday to Thursday from 10am till 4pm, depending on volunteers.

Pictured are our raffle prizes... the electric kettle comes with a meat tray as well as a clock.



Guild's Home Hint

To remove an old tea stain from cotton/fabric (not wool): Wipe stain with two drops of glycerin and leave for 90 mins. Blot or soak in white vinegar and wash according to the fabric instructions.



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) Other times by appointment.



Lyle Closs jumping across to Albert's Tomb, Mt Wellington, taken in 1974

Federal funding for Break O'Day business

Federal Lyons MP Eric Hutchinson this week welcomed government funding from the Australian Small Business Advisory Service program for Break O'Day Business Enterprise Centre.

The Break O'Day Centre was one of three Tasmanian small business advisory services across the state to receive more than \$1.3 million funding announced by Small Business Minister Bruce Billson today. Mr Hutchinson said that Break O'Day Centre would receive \$330,000 over three years to further its support of small business on Tasmania's East Coast.

"Local communities in Lyons know small businesses are the engine room of our economy" Mr Hutchinson said. "That is why I am working to ensure small business – whatever their stage of start-up or expansion – has access to professional and low cost advice."

Under the Australian Small Business Advisory Service program Business Solutions 2014 round successful applicants will be funded to increase their capacity to deliver five advisory services to small businesses including:

- ◆ Funding avenues and financial analysis
- ◆ Building your business
- ◆ Making the most of your talent and team
- ◆ Management capabilities and
- ◆ Digital engagement implementation

For more information on the program go to www.business.gov.au/asbas or phone 13 28 46

Marie Curie's notebooks are still radioactive. Researchers hoping to view them must sign a disclaimer.



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show everyone**



BEAR ENCOURAGEMENT

6:30-8.30pm Tuesday 10th March

St Marys Hospital Day Room — up the ramp at side

Questions & Directions

Contact Christine Waters 0410 441 558

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(a ministry of the St Marys Anglican Church)



Macquarie Dictionary has announced "mansplain" as 2014 word of the year. Mansplain is a verb - a man explaining something to a woman, in a way that is patronising because it assumes that a woman will be ignorant of the subject matter (Man + [ex]plain with "s" inserted to create a pronunciation link with explain).

The committee said they felt mansplain was a much-needed word and that it was clever, neatly capturing "the concept of the patronising explanation offered only too frequently by some men to women".



Tasmanian hemp industry law changes welcomed by farmers

Tasmanian farmers are celebrating after the State Government announced plans to ease industrial hemp industry regulations.

The new industry laws include extending licensing from one to five years to give farmers more certainty, and increasing the permitted level of the drug delta-9-tetrahydrocannabinol (THC) to bring it in line with New South Wales, Queensland and the Australian Capital Territory.

Tasmanian Farmers and Graziers Association (TFGA) president Wayne Johnston said farmers had been trying for years to grow industrial hemp fibre, grappling with what he claimed were many hurdles unique to Tasmania.

"It is pleasing to see the Government move forward on the recommendations of the industry inquiry that was tabled in Parliament in 2013," he said.

"This will finally allow a potentially profitable and competitive young industry the scope to grow within the state."

<http://www.abc.net.au/news/2015-01-29/new-laws-aim-to-streamline-tasmanias-industrial-hemp-industry/6054618>

The Say, by Cagerattler

In recent weeks I've seen what goes on when authorities are expected to deal with 'critical incidents' pretty much everywhere. Whoever comes up with this rubbish perhaps needs to have a good hard look at the procedures and protocols...it's doing things to satisfy perceptions a lot of the time instead of doing it for a real need. It's on the TV, it's in the workplace and it's becoming an expected norm. To be blunt, it's crap. I wish the so called 'experts' in charge when bad things happen would credit the rest of us with some intelligence, and not treat us as morons - let **us** decide what we need to do and think after a tragedy or incident occurs. We are all different and in this case, one size DOESN'T fit all. All authorities need to do is to give out numbers, contact options and general information IF assistance is required. THAT'S ALL THEY NEED TO DO...very frustrating...and very annoying.

This over-regulation applies to our building industry too. Why does it have to be so hard to get a building completed these days? I don't blame councils, I blame the government regulators who come up with a plethora of building regulations, some so over the top it's almost funny, except that the young couples building their first home, keen renovators and actual builders get bogged down in the regulatory mire. Why does it have to be so hard? Back in the day you submitted plans, had soil and ground tested, engineering clearance, building approval, building inspector check-up, finish construction, get certificate of occupancy and move in. Now there's wind ratings, there can be special requirements put on specific things as I've been told depending on where the building is, certain conditions for types of structural and component matters, lock out of site requirements etc...A building contractor told me recently that it was getting harder and harder to earn a living these days because all the fees and requirements for both the customer and the builder were essentially pricing more and more out of the market. Wouldn't it be great if one day building was a pleasure and joy, not a frustrating and overly expensive exercise.

What do you think?

Rod McGiveron, St Marys



Why are the church bells ringing around Australia?

Every week, the bells are ringing for ten minutes at churches and buildings around Australia. You may have heard them ringing out from the Holy Trinity Anglican Church in St Marys on Mondays at 3.30pm. We would like to tell you why. Most people are aware of the situation in Australia regarding asylum seekers and those considered "illegal arrivals" or "boat people". As a Christian community, we have decided that regardless of political affiliation we cannot stand by while people are treated inhumanely by past and present governments. We have asked ourselves: What would Jesus do in this situation? What is he expecting his church to do and say? It isn't a hard question to answer. We must love our neighbour and we must show compassion to the refugee and traveller from foreign lands.

What we are doing about it?

We are setting up actions that show support to refugees and asylum seekers held in detention in Australia and off shore.

We will help people to access accurate information about the issue in a safe and unbiased way.

We peacefully oppose the actions and policies of any government that cause harm and loss of hope to those in need.

We will ring our bells each week until all detainees are set free.

What can you do?

We understand that many feel angry or frustrated about this issue in many different ways. There are many things you can choose to do:

- ◆ Ignore it and hope it will go away
- ◆ Become informed about the facts so you can make an informed decision about where you stand
- ◆ Join with our community and make a stand - Please pray with us; Please join us when we ring the bells; Please help with other programs that support asylum seekers

If you have an enquiry about these actions or this event please do not hesitate to contact us. Freedom Bells for Asylum Seekers Campaign on FaceBook - <https://www.facebook.com/pages/Freedom-Bells-for-Asylum-Seekers-Campaign/507437249359711?fref=ts> or email us on artannex@hotmail.com (please put freedom bells in the topic line)

Christina Booth (Founder of Freedom Bells for Asylum Seekers Campaign) via Janet Drummond on behalf of the Holy Trinity Anglican Church

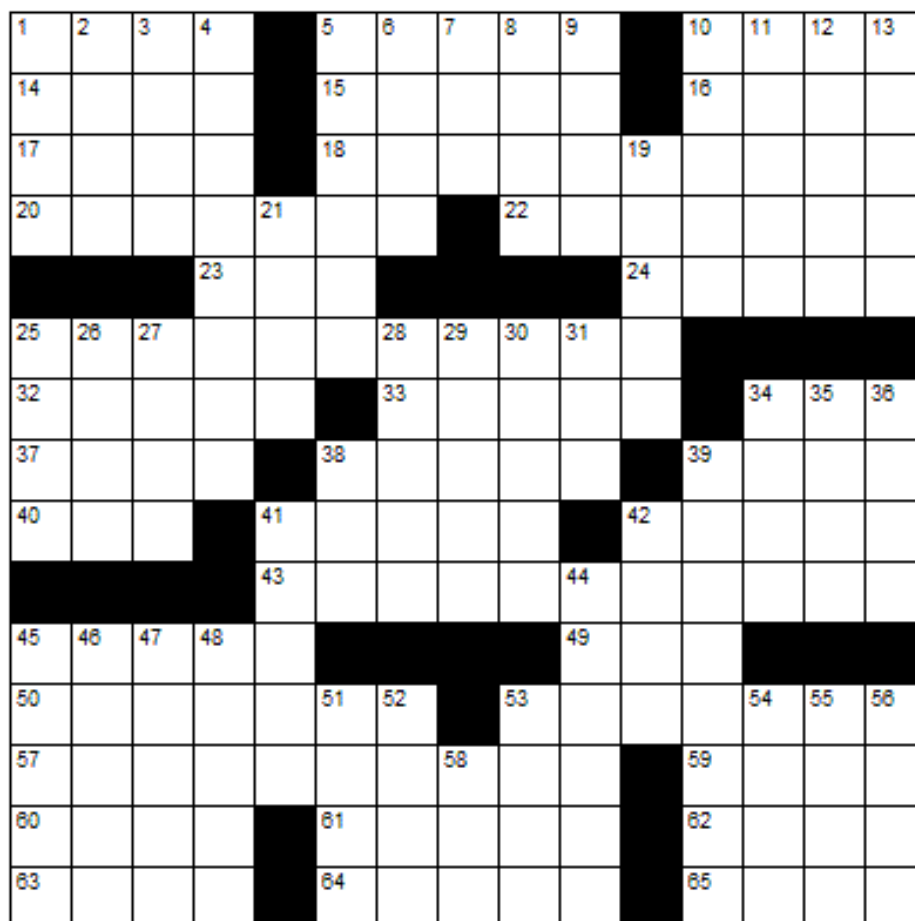
Welcome Picnic on Australia Day

A welcome picnic was held in the grounds of the church on Australia Day, during the bell ringing, to show support for all Australians. Prayers were read for all those who are forgotten or persecuted in Australia, including our Indigenous peoples, the homeless, those suffering domestic violence, the returned servicemen and women and all those in need within Australia.

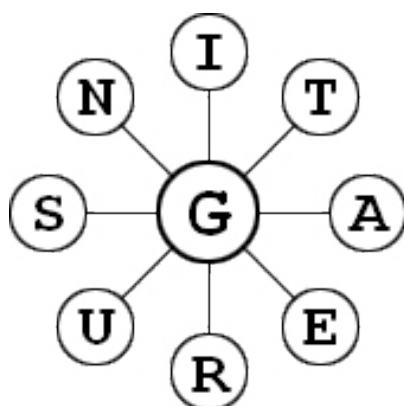


ACROSS

1. Alike
5. Tubular pasta
10. As a result
14. Distinctive flair
15. Steer clear of
16. Pledge
17. After-bath powder
18. Forever
20. Craftsperson
22. Breathing tube for swimmers
23. Beam
24. Unlawful rate of interest
25. Denying
32. Grownup
33. One after eighth
34. Mist
37. Stringed instrument
38. After ninth
39. Opera star
40. Santa's helper
41. Steam
42. Flax fabric
43. Presenting
45. Scrawny one
49. Biblical boat
50. Supply
53. Smiled contemptuously
57. Strictly obeying the law
59. Part in a play
60. Midmonth date
61. Positive pole
62. Being
63. Legal wrong
64. Pariah
65. Colors

**DOWN**

1. Bristle
2. Winglike
3. Kiln-dried grain
4. Gird
5. Melon tree
6. Not odd
7. Neither ____
8. Bites
9. Biblical garden
10. Package holidays
11. Japanese verse
12. Express audibly
13. Timidly
19. Bully
21. Sodium chloride
25. Broad valley
26. Bucolic
27. Ride the waves
28. Bumbling
29. Of lesser importance
30. Foreword
31. Greatest possible
34. French for Finished or Done
35. Baking appliance
36. Mob
38. Buff
39. Bargained
41. Wakefulness
42. Attraction
44. Terpsichorean
45. Divided
46. Doctrine
47. "Message received and understood"
48. Nautical for stop
51. Found on rotary phones
52. Feudal worker
53. On the left or right
54. Optimistic
55. If not
56. D D D D
58. Not bottom



Solutions next issue

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

Excellent: 109 words. Good: 80 words. Average: 50 words

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



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Where do you find us?

5 Portland Court, (off Grant Street)
St Helens, Tas.
6376 2971
e: admin@healthyhouse.org.au

Our Aim

To deliver health and wellbeing programs to rural and remote communities within the Break O'Day Municipality.

What do we deliver?

- Podiatry services
- Toe Nail Clinics
- Australian Hearing appointments
- Family Planning services
- Men's health issues
- Counselling
- Building Blocks (children 0-5 yrs.)
- Get Active Program St Marys
- Walking Group
- FriendSHIP Program

Please call in and check us out if you have any questions you would like answered, or simply like us on Facebook.

What's Coming Up:

Walking Group

Meets every Wednesday and third Saturday of each month, 9am at Healthy House. Please contact Bryan Edhouse on 0414 987 435 for more details.

Toe Nail Clinic

St Helens and Mathinna - phone 6376 2971 for an appointment.

FriendSHIP Program

- Scamander 2nd March 2015
- Pyengana 16th March 2015

Free Asthma session

Date: Thursday 19th February 2015

Time: 10-11.30am (Families 0-8 yrs)
1.30-3pm (students/families 8+yrs)

Location: Break O'Day Child & Family Centre, 1 Groom St. St Helens

Booking information: Contact Tanya
6376 2971 / 0400 002 116



50 Shades of Grey



Jeff Foxworthy...
You know you're a redneck
if your home has wheels
and your car doesn't.

In a 2008 survey, 58% of British teens thought Sherlock Holmes was a real guy, while 20% thought Winston Churchill was not.

Last edition's solutions

All words: cent, cents, cesti, cist, cists, cite, cites, cities, et, etic, iciest, incite, incites, insect, insects, inset, insets, insist, inti, intis, it, its, neist, nest, nests, net, nets, nett, netts, nicest, nit, nite, nites, nits, scent, scents, **SCIENTIST**, sect, sects, seniti, sent, senti, set, sets, sett, setts, sit, site, sites, sits, sitten, snit, snits, stein, steins, stet, stets, sties, stint, stints, ten, tens, tent, tents, test, testis, tests, tet, tets, ti, tic, tics, tie, ties, tin, tinct, tincts, tine, tines, tiniest, tins, tint, tints, tis, titi, titis.

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

C	A	S	T	S		H	A	L	T		U	R	L	S	
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Regional Business/Group/Services Guide

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

Arts & Crafts Orphic Art2Wear,
St Marys
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 and Arborist, Andrew
Davenport St Marys 0419 113 836

Glass Replacement East Coast Glass
6372 5361

Golf Clubs St Marys Sports & Social
Centre Inc 6372 2177

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
63875570
Community Health Centre St Marys
6387 5555

Insurance Brokers McKillop Insurance
(Lyn) 0400 984 595

Justices of the Peace
K Faulkner 6372 2196

Libraries St Marys 6372 2114
St Helens 6376 1389

Lymphoedema St Marys Lymphoe-
dema Centre 6272 2900

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

Meals on Wheels St Marys
0488 384 344

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

Museums Cranks & Tinkerers St Marys
0417 648845

NEET Centre St Marys 6372 2175

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

Online Access Centres

St Marys 6372 2005
Fingal 6374 2222
St Helens 6376 1116

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

Pharmacies St Marys 6372 2844
St Helens 6376 1374

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

**Proofreading and transcribing
services** 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
John Heron 0409 959 121 / 6372 2402
Delafrontera Dave Morris 0402 969 393

Surveyors East Coast Surveying
St Helens 6376 1972

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

Water Carriers Splash St Marys
0488 777 713

Woodcraft Guild Old Railway Goods
Shed St Marys 6372 2094

Meals on Wheels - 0488 384 344

March 2	Karl Balzer
3	Valmai Spencer
4	Lundy Vosper
5	Sonya Allison
6	Drew Adam
9	Ruth Aulich
10	Louise Keady
11	Valmai Spencer
12	Liz Rice
13	Lorraine Gill

Tip locations and opening hours

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

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.

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
Bichen 9am
Fingal 11.30am

2nd Sunday Liturgy
St Helens Vigil 6pm
St Marys 9am
Bichen 9am
Fingal 9.30am

3rd Sunday Mass
St Helens Vigil 6pm
St Marys 9am
Bichen LWC 9am

4th Sunday Liturgy
St Helens Vigil 6pm
St Marys 9am
Bichen 9am
Fingal 9.30am

5th Sunday Mass
St Helens Vigil 6pm
St Marys 11am
Bichen 9am

Break O'Day Uniting Church

The Manse 6376 2405
St Helens 9am
Fingal 11.15 am

St Marys Salvation Army

Envoy M Norton 0409 838 816

Sunday Joy 9.30am

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 (except school holidays)

Break O'Day Anglican Parish POB 143, St Helens Tas 7216 6372 1144

St Helens 9.30am
5th Sunday Combined Service with Uniting Church 10.30am
St Marys 10am
Pyengana Please phone for service times
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

EAST COAST GLASS

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

Locally owned - servicing the East Coast
Call David or Anne Cannon for professional, friendly and reliable service.
6372 5361

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

26/2/15—13/3/15

• Dr K. Rawnsley

26/2, 3/3, 5/3, 10/3, 12/3 2015

PUBLIC HOLIDAY

Monday 9 March 2015

Normal Doctor's Surgery hours will resume on Tuesday 10/3/15. Please see after hours numbers for during this time.

For appointments phone: 6387 5555

AFTER HOURS CONTACT NUMBERS

Please phone

GP ASSIST ON- 1300 780 011

AMBULANCE 1800 008 008 or
EMERGENCY 000

ST MARYS COMMUNITY HEALTH CENTRE
6387 5555

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 26/2/15

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

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 6387 5555

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.

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 6387 5555 or come in and update them with our friendly reception staff.

PHYSIOTHERAPY SERVICE

1 day/ fortnight— Physiotherapist from the LGH

Referrals will still be accepted and prioritises

Please see your GP for a referral or phone 6387 5555

ST MARYS COMMUNITY HEALTH CENTRE

WHAT'S ON AT THE CENTRE

- 26 Feb **Social Worker**— Shan Williams. Please phone 6387 5555 for appointments.
- Angicare Drug & Alcohol Counsellor.** For appointments please see your GP for a referral.
- 27 Feb **Social Worker**— Shan Williams. Please phone 6387 5555 for appointments.
- St Helens Neighbourhood House**— 10:00am-4:00pm in the Day Room.
- 2 Mar **Mental Health Clinician/ Case Manager**— Darren Veryard. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- TML Psychologist.** For appointments please see your GP for a referral.
- Hospital Auxiliary Meeting** 2:00pm in the Family Room
- 3 Mar **Tom Bain, Rae & Partners Lawyers.** At the Community Health Centre Tuesday fortnights. For appointments please phone 6337 5555
- Child Health Session** with Sue Gofton every Tuesday— Appointments only. Please phone 0428 136 381
- Mental Health Clinician/ Case Manager**— Darren Veryard. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- 4 Mar **TAZREACH**— Antenatal Clinic with Katie. For appointments please see your GP
- Day Centre**— For details on the group please contact Hayley Gilbert 6387 5555
- Social Worker**— Shan Williams. Please phone 6387 5555 for appointments
- 5 Mar **Relationships Australia**— Leanne McMurtie for appointments please phone 1300 364 277
- Social Worker**— Shan Williams. Please phone 6387 5555 for appointments.
- Eyelines**— For appointments please phone 1300 139 363. All consultations Bulk Billed to Medicare.
- 6 Mar **Social Worker**— Shan Williams. Please phone 6387 5555 for appointments.
- St Helens Neighbourhood House**— 10:00am-4:00pm in the Day Room.

WHAT'S ON AT THE CENTRE Continued...

- 9 Mar **PUBLIC HOLIDAY**— Normal doctor's surgery hours will resume again on Tuesday 10/3/15. Please see after hours contact numbers for during this time
- 10 Mar **Mental Health Clinician/ Case Manager**— Darren Veryard. 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
- Woman of Worth**— 6:30pm-8:30pm in the Day Room of the Health Centre. A fun, relaxed, social evening for ladies of all ages. RSVP for catering to: Christine Waters 0410 441 558. First weeks theme is: *Bear Encouragement*— bring your favourite bear and share its story!
- 11 Mar **Day Centre**— For details on the group please contact Hayley Gilbert 6387 5555
- Mental Health Clinician/ Case Manager**— Darren Veryard. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- 12 Mar **Social Worker**— Shan Williams. Please phone 6387 5555 for appointments
- 13 Mar **Social Worker**— Shan Williams. Please phone 6387 5555 for appointments
- TML Diabetic Educator, Physiologist and Dietician.** Appointments available by referral from your GP.
- St Helens Neighbourhood House**— 10:00am-4:00pm in the Day Room.

TML DIABETIC CLINIC

Regular consults are available at the St Marys Community Health Centre with the Diabetic Educator, Dietician and Exercise Physiologist.

If you require an appointment please see your GP for a referral and TML will contact you with an appointment time.

PODIATRY NORTH COMMUNITY PODIATRY SERVICE

A Podiatrist and Foot Care Assistant visit the St Marys Community Health Centre every 6 weeks. Please see your Health Professional for a referral or make your own appointment directly by calling

Podiatry North on: **6331 5155**

ST MARYS SPORTS (and SOCIAL) CLUB
Gray Road St Marys

Thursday 5.30 - 7.30 Friday 5.30 - 8.30.
Sunday 1.30 - 4.30

We had two games over the weekend resulting in a great win against Scamander on Saturday, and an unfortunate loss against St Helens on Sunday. We are presently in second place on the ladder with two games to go. We meet Swansea next week at Swansea. Bowls championships games are ticking along slowly, please if you have games to play can you schedule them in **NOW**.



Bowls Training for beginners

I have found someone willing to do some coaching. Please give me a call if you are a novice and would like a bit of coaching before the season ends. *Annette*

Friday night is happy hour

Jag the Joker still hasn't gone off **so it's well worth a visit!** Pete won the carton this week, Jacqui missed out on the money. *Nice to see so many happy faces.*

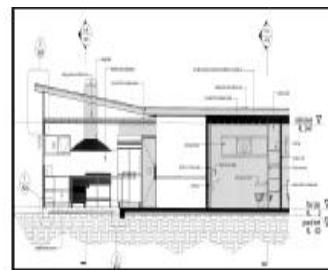
President Bobby Harwood 6372 2445 Secretary Annette Wines 0417 010 648 Licensee/treasurer Jim Turner 6372 2441

St Marys Sports Centre Upgrade - Alterations & Additions

Council has awarded the tender for the St Marys Sports Centre Upgrade to FJM Homes. The new additions and alterations include:

- ♦ installation of an accessible toilet facility (fully disabled compliant)
- ♦ extension to the north side of the building allowing for an extension to the kitchen facility
- ♦ provision of office space, relocating entry point and new deck
- ♦ a new roof is also proposed to the eastern side of the building to protect the building from prevailing weather
- ♦ a new water tank

Even though Council was not successful in obtaining grant funding for the upgrade, they have made the decision to support the community and fully fund the project. The project works are scheduled to commence on **Monday 16 March 2015** and the estimated completion date is **Friday 5 June 2015**.



FOLLYFOOT FRIENDS - Introducing 'Porsche'

It came about that I was exploring the bay at St Helens when I was interrupted by someone who collected me up and took me to a big shed with a dog run and kennel inside. I remember it was very cold and I was sad. My lady, Jax, first saw me there and was told I was a boy, but soon she was to be surprised to find I was a lady, just like her. I was so excited and happy, I thought yeah, now I can get out of here. But then my lady, Jax just went away. So sad was I once again. Later on that same day, I got a really big surprise. A nice friendly man came and opened my door, and not only did he pick me up and play with me...he took me with him in his big posh Mercedes car. I did feel so special...I didn't care where I was going, because I had a good feeling now. We drove along for a little way, when he finally stopped the car and took me out on a leash that he had. We went inside a building and guess what ... There was my lady again. I was so happy, and I got to sit beside her while she played music and talked into a machine. When it was home time, my lady, Jax drove me on a far far long away journey. I did not know where she was taking us. Finally the car stopped. Geez, what's going on? Dogs barking, horses making horse noises...and so many chooks.



My lady took me through the gate. First to greet me was a guy called Taio, he thinks he's pretty awesome, cos he's a Cavalier King Charles Spaniel and gets to sleep on my lady's knee. The other was a big white fluffy bouncy barking girl dog called Sia...my lady says she's special because she's a maremma and has to watch over all of the other animals. My lady then said to me, welcome to Follyfoot Farm, this is your new home. ... And your new name will be Porsche'. Now I get to go to that building twice a week with my lady, Jax. And I sit on my chair with my rug, so I can watch her play music in that special place that's called Starfm. My new life is just beginning.

By Jackie Roberts, Mathinna



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 - 6.30pm Saturday 8 - 5pm

Sunday 10 - 5pm

Butcher available Monday-Friday 8 - 2.30pm



Specials from 25th February - 3rd March

Butchery	per kg
Silverside	7.99
Lamb BBQ chops	9.99
Netted lamb roast	13.99
Topside beef roast	10.99
Nichols chicken bocconcini / marinated drumsticks	4.99

Cool room & Freezer

Miracle margarine 500g	1.49
Devondale extra soft butter 500g	3.49
Juicy Isle fruit drink 2L	1.79
Ingham chicken breast nuggets 400g	4.99
Peters drumsticks/maxibon 4pk & eskimo pies 6pk	5.99

Only \$1.99ea

Just juice long life 2L
Arnott's cream biscuits 200-250g
Pringles chips 150g
Kleenex viva paper towel 2pk
Pascal bagged confectionery 140-350g

Specials from 4th - 10th March

Butchery	per kg
Rump steak	11.99
Beef mince	10.99
Lamb loin chops	14.99
Ingham chicken breast fillets	12.99
Nichols chicken wings	2.49

Shelves

Bushells tea cup bags 100s	2.99
Arnotts chocolate biscuits 165-250g	1.74
Devondale long life milk 2L	2.49
Fructis shampoo/conditioner 250ml	2.72
Moccona coffee mixes 10pk	3.49

Deli

	per kg
Cabana	10.99
Champagne ham	8.99
Pandani saveloys	5.99
Middle bacon	10.99
Silverside	12.99

Fruit slice (no added sugar)

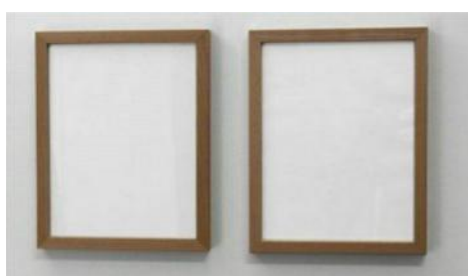
3 mashed ripe bananas	1/4 cup raisins (optional)
1/3 cup apple sauce	1 tsp vanilla
2 cups oats	1 tsp cinnamon

Mix it up, place on slice tray and bake at 350 degrees (170°) for 15-20 mins.



Chrysler offered Bruce Springsteen \$12m to use 'Born in the USA' in an ad campaign. Bruce turned them down and has still never let his music be used to sell products.

In 2011 a woman paid \$10,000 for a 'non-visible' piece of art.



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