



THE VALLEY AND EAST COAST VOICE INC. \$1

Established 1968

48.01 May 7th 2015

Deadline for 48.02 is 5pm May 18th 2015



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View the Valley and East Coast Voice Inc. gallery at

valleyvoice.com.au/2015/04/beautiful-photos-from-valley-and-east-coast-voice-inc-readers/

107 lovely images of the east coast and valley areas, taken by readers.

Happy Happy Birthday Sister Lorraine for the 1st May, and thank you for your support over the year.
From all members of the Break O'Day Woodcraft Guild



- FVNH George Town trip - 13/5/15
- BODRA Tie-Dye workshop - 16/5/15
- FVNH Legerwood trip - 22/5/15
- BODRA Plarn Crochet workshop - 24/5/15
- Bushfire Survival Planning Workshop St Marys - 30/5/15
- 'Argonaut' Annual Assessment St Helens - 31/5/15
- FVNH 'Eating With Friends' - 3/6/15

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 (Family Group) meets 2-3.30pm Sundays at St Helens Neighbourhood House. Please call (in order) *Rose 0456 063 943 / Ann 0409 763 270*

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 at 7pm 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 4415*

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

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 2971 / 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 10-3 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:sthelemarket@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 5pm in the St Marys Community Health Centre, Day Care Room.

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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

Damara/Dorper x sheep, great colours, no shearing, been running with a pure Damara ram. Priced from \$120. Call **Gary 0417 331 536**

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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**

Wanted

Adults **mountain bike** and second hand **roofing iron** wanted. **Jack 6372 2034**

Aviary, phone/ SMS 0418 271 315.

For Sale
Large Commercial Building
at 2 Story Street St Marys.
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on separate title.
\$140,000 Ph 0401 870 316

Apologies to those Valley Voice readers who had trouble reading their copies of the last issue because of the stapling - new stapler, still learning how to drive it. **Editor.**

Shredded paper and small boxes with lids available, free. **Call the Editor on 0403 430 452**

To **Linda** re: the above boxes, your mobile number was incomplete in your message and I couldn't return your call, so please call again. **Editor.**

Community Notices

From the BODC General Manager
John Brown

Growing the local economy and creating jobs is an important area of focus for the Council which is touched on in many ways, through assisting local businesses on issues; important projects such as the Mountain Bike Trail; infrastructure issues such as streetscape within the centre of our major towns; the St Helens Barway; support for organisations such as the Business Enterprise Centre; delivering services such as the Visitor Information Centre just to name a few. We also work actively with people wishing to develop in the Break O'Day area. We will be conducting the East Coast Regional Innovation Action Session in a few months and this is seen as a key activity to generate new ideas and to take advantage of opportunities. Previously the position of Economic Development Coordinator was advertised and not filled. The overall approach taken towards Economic Development has been clarified and Council will restart the recruitment process in the near future. Many opportunities exist across the whole Break O'Day area and the region, we just need to be able to respond to them. I had the opportunity to attend the launch of plans for the new cellar door at the Devils Corner Vineyard owned by Brown Brothers. During his speech, Ross Brown referred to "coopertition" where competition and cooperation work hand in hand for everyone's benefit. This encapsulates the way we need to work for the betterment of the area.

St Marys Streetscape Upgrade project

Shaw Contracting commenced the St Marys Streetscape Upgrade on Monday April 27th 2015 with Stage 1 starting from the Caffeine Surfer to the IGA ramp in Main Street, St Marys.

Car parking is available in the car park area of the St Marys Hall. Council is upgrading this car park with line marking and signage, to ensure maximum available car park spaces. Parking will still be available on the northern side of Main Road, opposite the shops.

Shaw Contracting advise that the works will be noisy and disruptive at times, and to observe all signage. Shaw Contracting have asked that if people have issues in regards to the works that are being undertaken to contact John Harbinson on 0400 374 306 . Hours of work will be approximately 7am to 5.30pm, subject to weather.



"The main street? This was it sister! This was it!"

Community Notices

Our S.A.I. Group

Support, Advocacy and Information for anyone living with Chronic Health Conditions.

When you replace “i” with “we” “illness becomes wellness”

The Support, Advocacy and Information sessions are held fortnightly, on Wednesdays, commencing at 12pm at the St Marys Community Health Centre. Guest speakers or activities are organised as the group determine a need; the format is more often an informal discussion between participants. The focus is on peer support. These meetings are for anyone living with, caring for, or working with any Chronic Health Condition. Chronic Health Conditions include both mental health and physical conditions such as depression, bipolar affective disorder, chronic pain, fibromyalgia, etc.

The aim of these meetings is to create an ongoing support and advocacy network in the Break O’Day, area in the hope of influencing services and government policies and to provide a peer based support network in our community.

Next meeting – Wednesday May 20th 2015 at 12pm

St Marys Community Health Centre

Gardiners Creek Road, St Marys TAS 7215

Contact Shan Williams, Social Worker 6387 5555 for further information

The resurrection of the ANZAC banner

Information supplied by Ian Bradbury, St Marys.

At the end of World War I, soldiers returning home to our local community and town, St Marys, were greeted by a large forge-welded steel banner forming the words "WELCOME HOME", the letters and framework wrapped in red, white and blue tissue paper.

Surrounding the outer framework was (now old) electrical cable containing light globes for night illumination. The banner in its entirety, was hung over the entrance to Todd's Hall, one of the town's central community establishments.

I have seen a black and white photo of this scene with the local Brass Band in the foreground.

The banner was then stored away, but reappeared for the home-coming of our soldiers at the end of World War II. Again packed away beneath the stage of Todd's Hall, it remained until the 1980s when the new owners decided that (without knowledge of its historical significance) it should be thrown to the tip and hence was loaded onto a trailer for that journey.

Witnessing this, I asked the then owner Thomas Moore if I could have it and because it saved the trip to the tip, he agreed. With my father's help we transported it to Cornwall where it stayed in a shed until 1997 when I moved to St Marys, along with the banner.

In 2015 I offered it to the St Marys Memorial Group who, with the help of others, straightened and rust proofed it and sprayed it red, white and blue and in all its glory proudly hung it over the Community Hall entrance on Anzac Day 2015 (one hundred years later).

The following questions remain:

- ◆ Who made the banner?
- ◆ Who has a photo of it? (at any time)
- ◆ Who knows the whereabouts of the two WW1 machine guns, one English and one German, that were housed in the RSL Institute St Marys and the Cornwall Hall?

Any information regarding the above would be greatly received and appreciated.

*Article submitted by
Kevin Faulkner,
St Marys*



INVITATION The Ship's Company of Training Ship Argonaut

cordially invites the
GENERAL PUBLIC

To Our

ANNUAL ASSESSMENT

Address: 117 Tully St, St Helens TAS 7216.

Date: Sunday 31st May 2015

Time: 0900 Hours (9.00am)

Please arrive by 0845

Commanding Officer LEUT M. Montgomery, ANC
TS Argonaut 0417 371485

Executive Officer SBLT J. Watkins,
ANC TS Argonaut 0418 362640

St. Marys Hospital Auxiliary Easter raffle

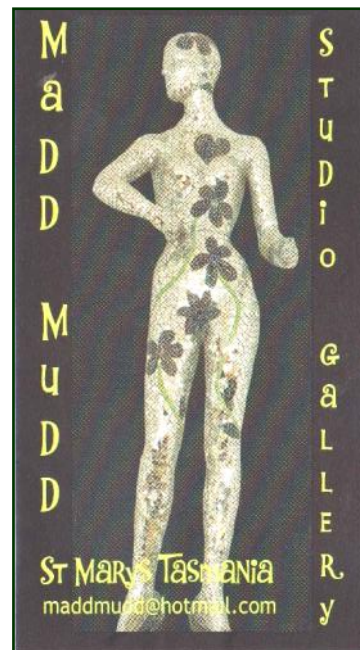
Thanks to the generosity of the immediate community we were able to raise \$1150 from our Easter raffle with the prize being generously donated by Mr Graeme Derbyshire - thanks again Graeme!

This, along with other donors, allows the purchase of the much needed lifting aid now being utilised at our hospital.

Congratulations to the raffle winner Kirrily Barbagello of St Marys. Our thanks again to all those involved in making this possible.

Sincere thanks,

Kevin Faulkner Secretary



Fingal Valley Neighbourhood House Inc.

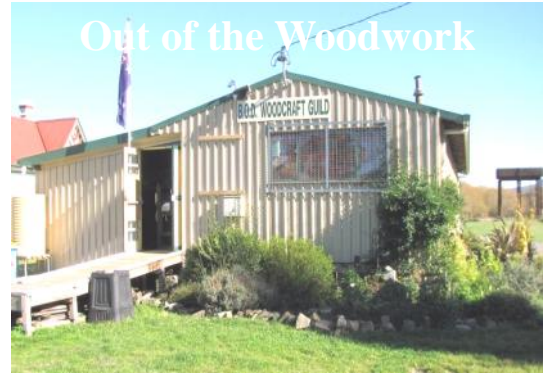


Come along and enjoy the company, savouring this "Eating With Friends" Chinese Feast Prepared and presented by *Jun and Feng Li* at the St Marys Town Hall

This evening is being offered at an introductory price of just \$10 per person or book a table of 10 for \$80

Date: Wednesday June 3rd 2015
Time: 6.30 for 7pm start
RSVP: Tuesday 2nd June

Ph 6374 2344 to book



The Woodcraft Guild pays homage to the commemoration of ANZAC Day



LEST WE FORGET

Post script: Open Day
My apologies to the Old Tasmanian Machinery Club whom I inadvertently forgot to mention in our Open Day article, Pings Place who also displayed our poster and Buster's Signs St Helens ... senior moment!!

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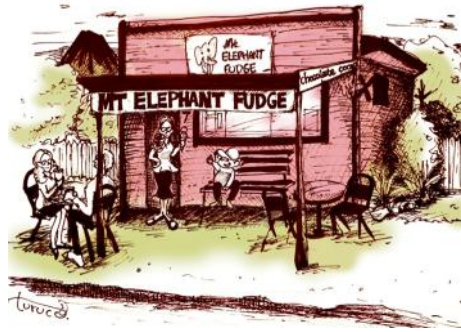
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St Helens old Post Office building 11.00am-1.00pm

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46 Main Street St Marys

LOOK GOOD, FEEL GOOD

East Coast RC Flyers News - May 2015

The St Marys Wood Guild invited the East Coast RC Flyers to present the club at their Open Day on April 11th, 2015. Many of the models are handmade from balsa and plywood, and the exhibition, therefore, fitted perfectly into the general theme.

The club has grown significantly since the previous year, and so did the number and size of the model aeroplanes. Planes weren't the only display objects, however. A club member, Brian Powell, displayed two of his handmade historic ships, which usually have their home in the foyer of the Tidal Waters Resort in St Helens.

Two members of the Tasmanian House of Assembly, Mark David Shelton and Guy Barnett, stopped at the club's gazebo for a chat. Mark Shelton picked the American Mustang P51, a scale model of Paul Davern, as his favourite plane.

As mentioned previously, the club has grown beyond expectations and more members will join in the next financial year. Merv Clarke, of St Marys, is one of the new members and is known as the "Rocket Man" for his devotion to another branch of model flying: launching rocket models. Such launches are quite spectacular, as the rocket reaches heights up to 1500ft. At the zenith, a parachute emerges from the rocket's tip on which the model descends, hopefully, not too far away from the launching site.

One advantage of having many members is the variety of model aeroplanes on display, and in the air, on the club's flying days; gliders, aerobatic models, trainers, jet-style racers, helicopters, and war-birds, to name a few. While watching a plane race at up to 150 km/h along the runway is quite a thrill, nothing can beat the grace of a bi-plane replica.

Feel free to visit the club one day, but check the website, eastcoastrcflyers.org.au (right-hand side), for the next flying days. Flying models is dependent on the weather and the club may have to cancel flying days on short notice.

By Manfred Weihrauch

All images are courtesy of Angelika Weihrauch



Club Exhibition at the Woodcraft Guild Open Day in St Marys



Historic ship built by Brian Powell



Mark David Shelton MP with his favourite Mustang P51. Next to him (left to right): Alan Butler, Paul Davern, Manfred Weihrauch



Bernie Goodyer and Merv Clarke counting down to the rocket launch



Bernie Goodyer and Merv Clarke are launching a model rocket



Scale model of a British SE5a WW1 bi-plane

It is illegal to abandon your parents in China. Anyone whose parents are older than 60 is legally required to visit them often, and make sure their financial and spiritual needs are being met.

Mike MacDonald's aerobatic bi-plane





*Photos by Ann-Maree Thomas,
Glyn Johnson and Wendy Brennan
View the full gallery of 60 images at
[http://valleyvoice.com.au/2015/05/
anzac-day-2015-in-st-marys/](http://valleyvoice.com.au/2015/05/anzac-day-2015-in-st-marys/)*



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‘A Soldier’s Thoughts’

By James Gray

Published in the Examiner Newspaper, Launceston
Tasmania on the January 4th 1917

Researched by Roberts Jones and brought to the attention
of the community by Geoff Morris

Read by Ian Bradbury at the 11am Service

I am sitting by the campfire on a far off distant shore
Within the noise of battle and the deadly cannon’s roar.
But when the guns cease firing and all is calm and still
I see my dear, my native home dear Cornwall on the hill.
I see the friends I love so well the faces dear to me
And oh! What happy thoughts they bring to me
across the sea.

When friends and foe are falling and fond hearts are still
I think of dear old Cornwall on the hill.

I choose to be a soldier to help the motherland
To shield, defend the Empire from cruel Hunnish hands
To keep the flags together of the allies’ friends until
I come back to Cornwall dear old Cornwall on the hill.
The soldier’s lads in khaki and the sailor lads in blue
Their hearts are bound together with friendship
Firm and true.

They face the din of battle with steadfast daring will
But often I think of Cornwall dear Cornwall on the hill
The Russians they are fearless they face the shot and shell
The Frenchmen are their equals as nations know full well
The Anzacs and the Tasman’s they fight with dash
and skill

In honour of their kindred, and dear Cornwall on the hill.
And when this war is over and peace declared once more
I’ll sail for dear old Tasman leave this foreign shore.
I’ll join my friends and comrades with free heart and
good will

And dwell in peace and gladness in
Dear Cornwall on the hill.

So goodbye France and Belgium, goodbye England, dear
Your soldiers and your sailors, all who fought without
fear,

I’ll sing your praise forever, until my heart is still
When I’m home in Cornwall dear Cornwall on the hill.

Lest We Forget



Thank you to the St Marys Memorial Services Association for their continued dedication in organising our ANZAC Day Services, Lieutenant General Mark Cameron who deservedly took the exalted position of leading the march, the St Marys District School children Maddison McKimmie and Lachlan Bradbury for their insightful readings and teacher Roslyn Smith.

We would like to express gratitude to the Targett and McGiveron families for allowing us to display and use their precious war paraphernalia. Thank you to Diana Foster who has again shared and showcased her poignant war memorabilia, to Sister Lorraine Groves, David Watkins, Wendy Fowler, Constable John Chandler, Stuart Kerr, Ian Bradbury who did readings, prayers and poems with such fitting sensitivity and Grant Faulkner.

A special mention to Peter O’Toole and the Break O’Day Woodcraft Guild who assisted with the refurbishment of the Welcome Home sign, and the Bradbury family for providing us with this significant piece of war history. Thank you for all the monetary donations.

The St Marys Memorial Services Association is run by dedicated volunteers and all monies collected help to pay for services, war memorabilia and donations to other not for profit community groups. Finally, thank you to Glyn whose lens captured an important milestone in ANZAC history, the Break O’Day Council and to Wendy Dawson and all the volunteers of the Valley Voice.

LEST WE FORGET

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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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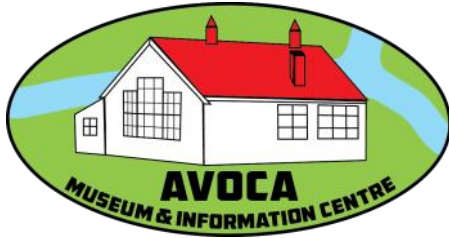
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Avoca Museum and Information Centre

Old School Building
AVOCA TASMANIA 7213

ANZAC Day Service at Avoca



Approximately 80 people gathered at the Avoca Anzac Day Service to commemorate the centenary of the Gallipoli landing. Avoca Primary School and Campbell Town District High students read poems and the guest speaker was Bill Chugg. After a roast venison and lamb lunch, Eric Hutchinson unveiled the plaques recently installed in honour of those who enlisted from Avoca. AMIC gained funding for this project from the Anzac Centenary Local Grants Program.

Photos by Mary Knowles, Avoca



Roving Curator Project at Avoca

Very interesting sessions on how to look after 'old' objects. Even if you don't want your articles displayed at the museum, this is a great chance to learn how to look after precious objects from your ancestors. Everyone is welcome. Future workshop dates are: May 25, June 22, June 29, July 6, July 27, August 24 and September 28 from 10am-2pm

New bridge at Avoca

State Growth, in conjunction with the Federal Government, are going to build a new bridge over the St Pauls River at Avoca. Consultation with the community has commenced and community views have been sought regarding the impact the location is going to have on the park. The bridge will be built on the southern side of the current bridge. The Avoca community have expressed their concern that no pedestrian access has been allowed for across the bridge, and that the traffic will now be closer to the play equipment for the younger children. The outcome of discussions will be announced after the Development Application has been through the Council process and final plans are decided. State Growth plans to commence building the bridge in October.



2 more photos from the Woodcraft Guild Open Day 2015. View the full gallery at valley-voice.com.au/2015/04/2015-woodcraft-guild-open-day/
Photos by Wendy Fowler and Wendy Brennan





A program specifically targeted to women affected by breast cancer to assist with your return to physical activity



Introduction to Pilates (Pink)

A 6 week program commencing at St Marys Community Health Centre on Friday June 5th, 9-10am.

- ◆ Pre-registration essential, six participants maximum
- ◆ All applicants must be prepared to sign a medical waiver and be able to attend a 30 minute screening/assessment with the program facilitator in Launceston before May 29th (prior to commencement)
- ◆ Beginners Pilates class, including stretching, core strengthening exercises, breathing control and progressive relaxation
- ◆ Most of the activity is on the floor so applicants must be able to manoeuvre themselves comfortably and safely

Please call Richard for more information and to pre-register your interest for this event on 6341 8407

Adventures in the Antipodes... By Red Roach

0900. That was the time the mission was to commence.

As the group leader I thought it was imperative to set the right tone for what was to occur that day. I arrived at 0845 and was delighted to see another of the crew already there waiting and I can only guess, perusing the scope of the project. He was in his car, intently reading.

More arrived; to see their happy faces cheered me but there was always the dark thought - how many would return?

This was just our meeting point, base camp was at the airport, and we didn't have much time to get there. I arranged the loading of the vehicles, supplies were pitifully small for such a mission but I knew that re-enforcements were already waiting for us at the camp.

At the camp I counted the squad - 13.

No.

I am not one to quail at supernatural mumbo-jumbo but even I felt a shiver of fear. Hoping no-one else noticed, we set off. A rag-tag group but sometimes diversity is the best guarantee of success in the face of adversity.

Happy at first, we set off down the runway. A plane was circling, coming in and then taking off again without landing.

One comment was, I think he must be practicing. I could only agree, but I thought quietly to myself, what exactly was he practicing?

We left this sign of the civilised world and struck out in the bush across some rough tracks. Having a superior knowledge of the bush I soon noticed a change, small at first but then, all of a sudden, it was lush, green, a verdant oasis in the bush? Something was not right. We came across a sign. DO NOT ENTER.

Could this be the place I had been warned about? A place that no native would enter? I had been told about a patch of ground where brown rain teemed from the sky. Piffle I say, what rot.

Or not????

I do not scare easily but I must say I did feel uneasy in this place, it was not natural. We kept a wide berth, sometimes these myths and legends have a grain of truth and I didn't want to risk losing anyone that day.

It was getting on, the sun was high and a couple were lagging (a good leader must take note of these things). It broke my heart but at a particularly rough section they could not go on. For the good of the group these fine heroes sacrificed their chance to complete the mission and stayed behind to cover our backs. I bade them farewell and good fortune, and prayed we would see them again.

On we marched up a rise and lo, there it was, our El Dorado, the target we had strived so hard for ... the sea.

There was a problem. We had limited time and supplies. Some of the braver souls wanted to carry on, but being a leader sometimes means you must make tough decisions. This was not easy territory. Soft sand underfoot and a steep climb down and back up. Though I could trust my fine deputy, I did not think all could make it. If they started down that treacherous path, I could not see all of them returning. I had to make a decision and that decision was to turn back.

It was hard for our little group to accept but in the end I convinced them and we re-traced our steps. Imagine our joy when we once again joined with the party left behind. I did not think we would see them again on that day or dare I say it, ever.

We struggled back to the airport, it was tough going and a few breaks were taken. I had to be sure all could make it. The last stage was the hardest. We could see the finish but the longer we walked, the farther it seemed to be away.

Eventually we did return and even though we didn't fully fulfill our mission, I thought we had done all that was humanly possible in the time we were given. We didn't lose anyone, and chances are we will, one day, once again face our fears and the unrelenting bush if only to say yes - we did it!

By Rod Niven, Scamander



The Fingal Valley Neighbourhood House Inc has organised the following trips during May



George Town Pilot Station and Maritime Museum



Bass and Flinders Centre

Wednesday May 13th 2015: cost is \$20 each and the bus will leave FVNH at 8.30am.
A \$10 deposit by May 6th 2015 would be appreciated

Harvest Market, Launceston - Saturday May 16th 2015

This market is held every Saturday 8.30am-12.30pm at Cimitiere Street car park (opp. The Grand Chancellor Hotel, between Cameron and Cimitiere Streets).

The market sells only food and beverages grown and produced in Tasmania. Assorted stalls available. We will then call in to Evandale for lunch, if you have not already eaten at the market.

Cost is \$15 each (if bus is full it will be cheaper). The bus will be leaving FVNH at 8am. Please book your seat by **Thursday May 14th, 2015**



Legerwood carved Memorial Trees and Scottsdale Op shops on Friday May 22nd 2015

The cost is \$15 and the bus will leave FVNH at 9am.

A \$7 deposit by May 15th 2015 would be appreciated

Launceston Op shop run with lunch at Morty's Food Hall, and tea at the Casino Wednesday May 27th 2015



Come find a bargain as you go around the Op shops in Launceston then head to the casino for a nice tea before heading home: cost is \$15 and the bus leaves FVNH at 8.30am.

A \$7 deposit by May 20th 2015 would be appreciated



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

The FVNH office is open Monday - Friday, 9am-4pm.





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Agricultural.

Tasmania exported 920,000 cases of apples overseas. There was a light crop. The export of pears was heavier than for many years.

Direct apple shipments from the Huon overseas were inaugurated when the s.s. Banffshire visited Port Huon in March. A cool store at Port Huon was opened in April. Top price at the Launceston wool sales was 44½ pence but prices generally were lower than for 1928. At Hobart the top price was 46 pence.

The Rural Credits Bank commenced operations on March 1st. The flax growing industry was established at Launceston. The Government entered into an arrangement with the Kermandie Wood Paper and Pulp Co. to reserve 20,000 acres for the supply of case material. Machinery was set in motion with the assistance of the Victorian Railway Department for the disposal of the Tasmania blackcurrant crop, the greater portion of which was unremarkable last year. A party of 26 Tasmanian farmers made an official tour of New Zealand. **The Mercury, 31st December 1929**



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2015 Theme
"Remembrance"
2nd weekend in
August.
If you can help
in any way
please contact
Judy on
6372 2504



5000 Poppies A community tribute of respect and remembrance

The 5000 Poppy Project started by Lynn Berry was so successful that over 150,000 poppies were on display in Federation Square, Melbourne and on the sides of the road for the Anzac Day march. Included are all the poppies contributed from the Fingal Valley, and hundreds of Australian communities. A letter of congratulation for the project was received from the Queen.

The **GET regional tear-off map** is being prepared by the committee. If you would like your business to be included on the reverse side with a photo and blurb please contact: Mary on gippscreek@skymesh.com.au or Louisa on louisa.rhodes@ecpc.com.au New membership flyers will be sent out as soon. Membership is due 1st July 2015. New businesses who joined since January 1st do not need to re-join.



The Say, by Cagerattler

I was quite miffed to listen to some bloke from Hobart speaking on talkback radio about the upcoming 100th Anniversary of Gallipoli on ANZAC Day ... it was a few days before. This bloke asked why do they "celebrate ANZAC Day when it was an unmitigated disaster"? He had no idea, no idea at all and went on to say that we should celebrate Armistice Day instead. **WRONG ON ALL COUNTS YOU UNEDUCATED GOOSE.** Firstly, we never "celebrate" ANZAC Day, we commemorate and remember. Secondly, we also commemorate the end of the Great War on Armistice Day - the 11th hour on the 11th day of the 11th month. This chap was probably in his sixties or seventies, did not have an Australian accent, and no genuine knowledge of what he was talking about.

What he should do is come to a little place like St Marys, Fingal, Cornwall, Mathinna, StHelens etc. and see the reverence and respect that everyone from the oldest citizen to the youngest child pays to those from even before World War I - 1914 to 1918 and through all conflicts, wars and peacekeeping to the present day. We never celebrate war, (never ever) but for those who sacrificed everything, including their very lives, or were maimed so badly that their lives were ruined, we must never forget them or take them for granted ... as the iconic term means, **LEST WE FORGET.**

On a very local level, 100th Anniversary or not of Gallipoli, I'd like to thank and congratulate all those who helped and organised to make the Dawn Service and the 11am Service at St Marys and other Fingal Valley Services a very reflective and grateful one, for the many who attended. The local schoolkids did us proud too, and played an important role in the day which all bodes well for the future. It seems to me that the kids get it but a small minority of new Australians need some further education on the strength of those radio comments.

My only issue with an otherwise excellent remembrance was that the daily newspaper supplement mentioned St Helens but didn't say anything about the Fingal Valley Services ... I trust this will be rectified soon by the East Coast reporter. We had a great commemoration and it deserves a mention.

What do you think?

Rod McGiveron, St Marys

CAT MICROCHIPPING OFFER

FROM BREAK O'DAY COUNCIL - ABOUT 1/2 PRICE

Council is offering a limited number of free microchips for cats, as part of its cat management program, including pet registration of the microchip (AAR), but excluding the cost of insertion.

Available while stocks last at both veterinary clinics in St Helens.

Numbers are limited and you will need to pay for the Vet's services (equates to about half the normal price).



Council encourages the responsible care of cats.

Council's cat management program also includes trapping of feral cats. The domestic cat population adds to the feral cat problem for native wildlife, and the spread of harmful cat-borne diseases.

Make sure your cat is desexed, microchipped and doesn't roam.

For more information, contact Council on 6376 7900



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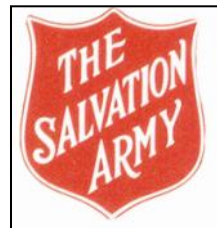


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Traffic in central London moves at the same speed as horse-drawn carriages a century ago.



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on 0409 838 816



North East Vet Clinic invited Ann Hughes from Delta Dogs to visit St Helens School on Monday April 21st.

Delta Society Australia developed Delta Dog Safe Programs to promote practical, proactive and dog-friendly ways in which children can learn about safe and sensible behaviour around dogs. One of its main aims is to reduce the incidence of dog bites in young children.

Ann used visual aids, audience participation and a life-size toy dog to convey important messages such as “Want to say hello? Ask the adult you’re with first ... then ask the dog’s owner. Ask the dog as well, by standing quietly next to the dog, then placing your hand out near the dog, curl your fingers and allow the dog to sniff...” and “Do NOT pat a dog on its head. It may not like it. Do NOT stare at the dog.”

Impressively, the 5 year olds retained a lot of that information when they visited the vet clinic the following Monday. Around 35 students benefited from this interactive session where they demonstrated what they’ve learnt in a fun environment.

The dogs involved on the day ranged from 3kg to 60kg – from largest to smallest are Darcy the Great Dane, Myrtle the wonder dog, Charlie who is owned by Michael the dog trainer, and Jasmine "the cutest dog ever".

After the serious (educational) part of the session, students also got to meet Sparkles the miniature pony and Ella the Eclectus parrot who as always was a big hit with the kids.

Karen and Michael would like to extend a big thank you to Michael Smith, Leanne Hudson and Debbie Smith for their help, making this a memorable day for all.

Quick Facts for Parents and Kids

1. How to approach a friendly dog...

Ask the adult you’re with first, then ask the dog’s owner. Ask the dog as well by...

- Standing quietly next to the dog
- Placing your hand out near the dog, curl your fingers and allow the dog to sniff
- Waiting to see if the dog wants to be patted and comes to you
- If it's OK then just a tickle under the chin or on the chest is most welcome

Do not pat a dog on its head. It may not like it. Do not stare at the dog.

2. Leave a dog alone if...

- the dog lifts its lips or snarls
- the dogs growls
- the dog backs away
- the dog raises the hair on its back

3. What to do if approached by an unleashed, unknown dog...

- Stand still. Be absolutely quiet
- Hug yourself - tuck your fingers under your armpits
- Look away from the dog
- Wait for the dog to go away
- Tell a responsible adult

4. What to do if you are knocked down by an unleashed, unknown dog...

- Curl your body up like a snail to hide from the dog
- Stay quiet
- Wait for the dog to go away
- Tell a responsible adult

To organise this for St Marys school visit <http://www.deltadogsafetas.org.au/school-bookings.html>

Article by Karen Wong, photos by Michael Perrin



'Charlie' and Michael



Ella the parrot making friends

Remember...

Most dogs are friendly... friendly dogs appear relaxed, calm and interested

Some dogs are unfriendly... children need to recognise and respect a dog's feelings. A dog might be sleepy, angry, sick or frightened and may not want contact. It might not want to be interrupted because it is eating or playing with a favourite toy.

Angry or frightened dogs are unfriendly... An angry dog will stand straight, prick its ears, look at you, straighten its tail, might lift its lip or bark.

WINTER FARM FEAST

18TH JUNE, 4:30 -7:30PM

ST MARYS DISTRICT SCHOOL FARM, TRADE TRAINING ROOM

Pre-Sale Tickets Only: \$20/adult, \$5/child*

Includes:

- 3 course buffet
- Entertainment by Pete Cornelius
- Bonfire

Mulled wine available

Farm produce for sale

Tickets available through the school office

RSVP 4th June

RUG UP FOR A HEARTY WINTER FEAST AND FESTIVITIES!

This event is a fundraiser for an outdoor shelter and toilet area on the farm.

*Children must be accompanied by a guardian as alcohol will be served at this event.

Limited tickets

Contact: Lucie Ellis 63723900

lucie.elis@education.tas.gov.au



School Events Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4th May	5th May	6th May	7th May	8th May ♦ SCHOOL PHOTOS
11th May	12th May ♦ Naplan Testing	13th May ♦ Naplan Testing	14th May ♦ Naplan Testing	15th May
18th May	19th May ♦ School Banking ♦ Launceston College Visit	20th May	21st May	22nd May
25th May	26th May ♦ Performance— Primary and Secondary students ♦ School Banking	27th May ♦ K—10 Cross Country	28th May ♦ K- 2 Social— St.Marys Schol Hall ♦ Grade 7-10 Social—St.Marys School Hall	29th May



Thursday Garden Day!

When: Term 2: every Thursday, anytime between 2-4pm

Who: Anyone! Children very welcome

What: Community gardening in the **school's community garden**

Learn gardening skills with our volunteers

Meet other parents and school community members

Help us maintain the garden and take some produce home!

Where: St Marys District School Farm Community Garden, located next to the kindergarten

Bring a hat and sturdy footwear. We look forward to seeing you in the garden for a chat

For information contact:

Lucie Ellis

Farm Manager

lucie.ellis@education.tas.gov.au

6372 3900

Tanya Greenwood

Building Blocks

tanya.greenwood@healthyhouse.org.au

0400 001 126



13 Gray Road, St Marys, TAS, 7215.

Phone: 6372 3900 Fax: 6372 2543

Email: st.marys.district.high@education.tas.gov.au



Targa Tasmania 2015

Visit <http://valleyvoice.com.au/2015/05/targa-tasmania-2015-elephant-pass-and-st-marys-2/> and view the full gallery.
Photos by Glyn Johnson (Elephant Pass pics) and Editor (St Marys pics)





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The IRON HOUSE EXPERIENCE

22-24 MAY 2015



Last year's IronHouse Stout Launch was so successful we've extended the event this year and created a full weekend programme of entertainment, fine food, wine and beer events for you to experience on the stunning East Coast of Tasmania.

The IronHouse Brewery, IronHouse Vineyards and White Sands Estate are located at Ironhouse Point, on the site of the first iron-clad house ever built on the East Coast. This breathtaking part of Tasmania is synonymous with farming, fishing, world-class beaches, surfing and pristine natural landscapes. A perfect setting for the inaugural IronHouse Experience!

FRIIDAY 22ND MAY

The Experience begins with a tour of **Lease 65 Oyster Farm** – a short 30 minute drive from White Sands Estate. Learn about the oysters' journey from estuary to Australia's top restaurants. On your return to the resort, sample Lease 65 Oysters with sparkling IronHouse wine.

Friday evening, sample the much anticipated Autumn Menu in the **Brew Haus Cafe & Bar**, followed by a screening

of a specially chosen "foodie" movie in White Sand's **Private Cinema**.

SATURDAY 23RD MAY

Experience the exquisite beauty of **Wineglass Bay** without the crowds. Departing an easy 45 minutes drive from White Sands Estate, you will be served a gourmet Ploughman's Lunch aboard the new luxury Shouten Passage II. Special Experience price.

At 5pm, beer lovers will be in heaven, sampling to their heart's content on a tour of the **IronHouse Brewery** followed by pre-dinner drinks in **Le Blanc**.

Saturday night is the main event! You are invited to attend our annual **IronHouse Stout Launch** – a phenomenal 4-course beer matching dining extravaganza!

SUNDAY 24TH MAY

Enjoy a lazy morning with a late check-out from your luxury accommodation. **Brew Haus Cafe & Bar** will be serving from 11:30am-3pm so you can breathe in the ocean views over a long lunch before setting off in the afternoon.

ACCOMMODATION PACKAGES

Inclusions: Lease 65 oysters tasting, movie screening, IronHouse Brewery tour, pre-dinner drinks, IronHouse Stout Launch, gourmet breakfast basket, late check-out, plus your choice of IronHouse Brew 6-pack, or bottle of Sparkling/Sauvignon Blanc.

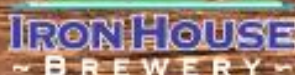
2 Nights for two

Modern Villa	Deluxe Villa
\$482	\$542

BOOKINGS ESSENTIAL

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IRON HOUSE

Stout

LAUNCH

23 MAY 2015



TICKETS ONLY
\$96 pp
BOOKINGS ESSENTIAL

Proudly hosted by:



IRONHOUSE BREWERY TOUR

5pm, IronHouse Brewery, IronHouse Point

Join us for an appetite-whetting tour of the IronHouse Brewery at 5pm. Beer lovers will be in heaven as you sample craft beers and learn in-depth about the making of the golden nectar. Chat with the knowledgeable and passionate brewery staff as you sample the beers to your heart's content.

PRE-DINNER DRINKS

Le Blanc, White Sands Estate, IronHouse Point

Relax ready for the main event to follow with pre-dinner drinks in Le Blanc fine dining restaurant.

4-COURSE BEER MATCHING DINING EXPERIENCE

7pm, Le Blanc, White Sands Estate

IronHouse Brewery's annual IronHouse Stout Launch – a phenomenal dining experience like no other! You will gain a refined appreciation of stout – a brew characterised by its complexity and character. Local craft dark and international ales will be presented. Join our head brewer Michael Briggs for a dark ale extravaganza!

CALL TO BOOK (03) 6372 2228

www.white-sands.com.au | www.ironhouse.com.au



Workshops open to all ages, so... see YOU at the St Marys Community Hall

“Come along and learn the art of...”

Saturday May 16th, 2015
1.30–3.30pm

“Tie-Dye”

BYO White cotton items
\$12 Members / \$15 Others

Sunday May 24th, 2015
1–3pm

“Plarn” – Crochet

BYO Plastic Bags
\$12 Members / \$15 Others
(Crochet Hook Supplied – 25 plastic bags makes a hat)
You choose what to hook!

Light afternoon tea supplied

Bookings & Enquiries:
Michelle 0407 046 865

e: bodregionalarts@gmail.com



Community Outreach Dinner

CURRY Night

Saturday 16th May 2015
5.00pm for 5.30pm

**Holy Trinity Anglican Church Hall
St Marys**

Sausage Curry and Chicken Laksa provided



Everyone is welcome. Invite your friends to come along with you. Please bring a themed dish of your choice, or a dessert, to share.

RSVP – Christine on 0410 441 558

or @

<https://www.facebook.com/events/698456610281939/>

The gold coin collection this month will go to supporting food vouchers for Anglicare



New trend for giving dogs haircuts in Taiwan - this pup looks like a Minecraft dog

<http://cheezburger.com/474629>

On this day in 1998 Daimler-Benz AG agreed to buy Chrysler Corp. for more than \$37 billion.

Last edition's solutions

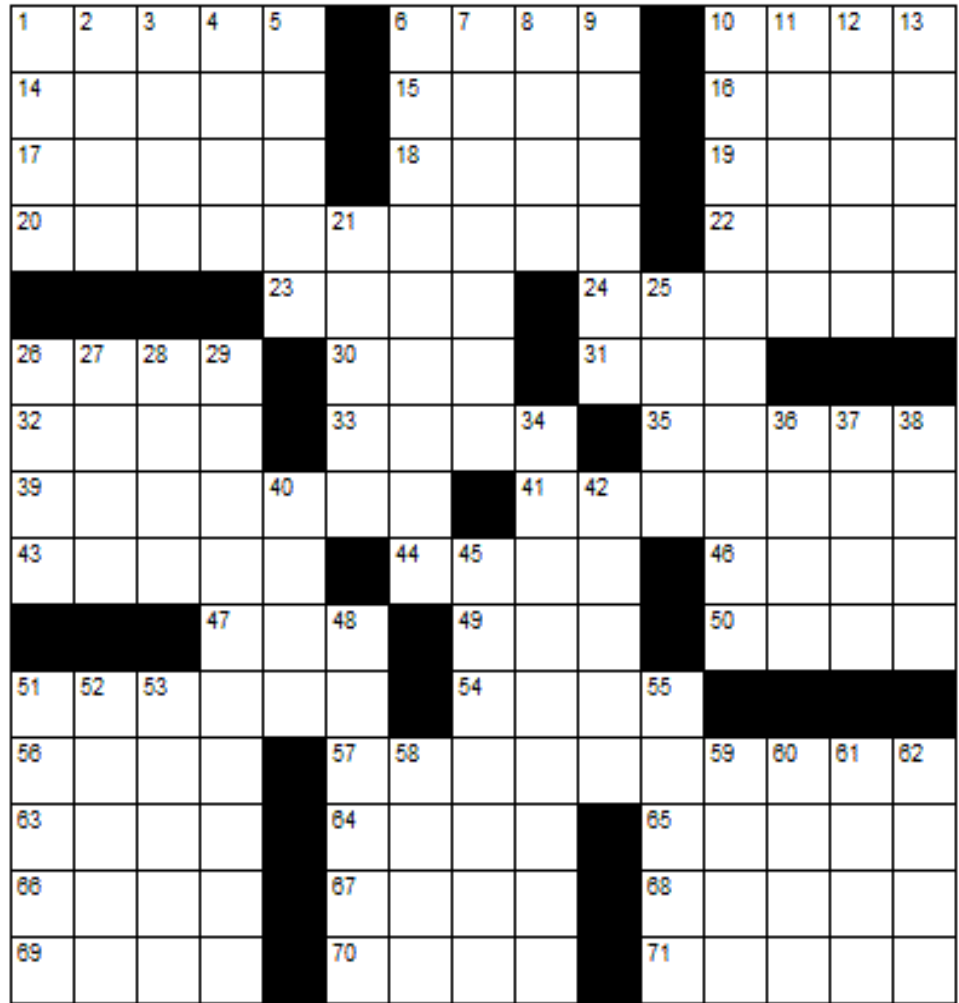
All words: epoxy, expo, help, hep, holp, holpen, hoop, hop, hope, hyp, hype, hypo, loop, loopy, lop, lope, nope, op, ope, open, openly, pe, peh, pelon, pen, peon, peony, phenol, phenoxy, phenyl, phlox, phon, phone, phoney, phono, phony, phooey, phyle, phylon, ploy, ply, poh, pol, pole, poleyn, polo, poly, pone, pony, pool, pox, pye, pylon, pyx, XYLOPHONE, yelp, yep.

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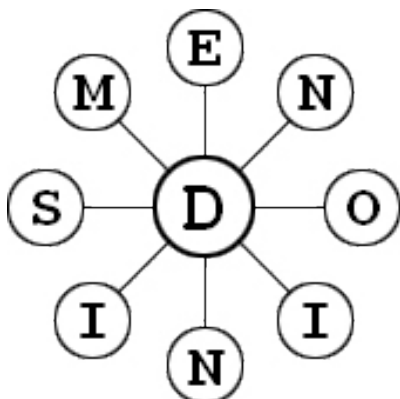
ACROSS

- 1. Noodles
- 6. A territorial unit of Greece
- 10. Nile bird
- 14. Electronic letters
- 15. X X X X
- 16. Short skirt
- 17. French for "Queen"
- 18. Campers
- 19. Add
- 20. Underestimate
- 22. Auspices
- 23. Lean
- 24. Refinement
- 26. Plateau
- 30. Prompt
- 31. And so forth
- 32. "Smallest" particle
- 33. Assistant
- 35. Keen
- 39. Excessive sun exposure
- 41. Backache
- 43. A seal
- 44. Gruesome
- 46. Plunder
- 47. Animal doctor
- 49. French for "Friend"
- 50. If not
- 51. A group of star systems
- 54. Found on rotary phones
- 56. Iridescent gem
- 57. Analgesic
- 63. Easy gait
- 64. Ancient Peruvian
- 65. Purple shade
- 66. Biblical garden
- 67. Immediately
- 68. Years
- 69. Defrost
- 70. Scrabble piece
- 71. Barely enough



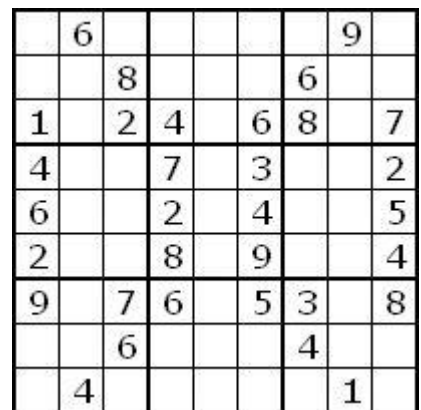
DOWN

- 1. South American country
- 2. Ends a prayer
- 3. Told
- 4. Prong
- 5. Watchful
- 6. Depreciating
- 7. Extolled
- 8. List of options
- 9. Ancient ascetic
- 10. Faultless
- 11. Cause to leak
- 12. Eskimo
- 13. Pantywaist
- 21. Parish priest
- 25. Bit of gossip
- 26. Catholic church service
- 27. Decorative case
- 28. A short musical composition
- 29. Uncertain
- 34. Eradicate
- 36. Jail (British)
- 37. Prima donna problems
- 38. Learning method
- 40. Gorse
- 42. Inuit boat
- 45. Revolutionary
- 48. Data input specialist
- 51. Automaton
- 52. Any animal with no feet
- 53. Continuation of the coat collar
- 55. Hobbles
- 58. Against
- 59. Nonclerical
- 60. Roman moon goddess
- 61. Not odd
- 62. A musical pause



Solutions next issue

How many words can you find? Each word must contain the central **D** 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: 64 words. Good: 42 words. Average: 30 words.



Meals on Wheels - 0488 384 344

May 11	Ruth Aulich
12	Lorraine Gill
13	Lundy Vosper
14	Valmai Spencer
15	Drew Adam
18	Pam Bretz
19	Louise Keady
20	Liz Rice
21	Sonya Allison
22	Lorraine Gill

Tip locations and opening hours

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

The Valley and East Coast Voice Inc. Guidelines

Opinions in any letters published are not necessarily those of the Editor and committee, 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 <i>Sr Lorraine Groves</i> 6372 2252 / 0409 172 741	St Marys Salvation Army <i>Envoy M Norton</i> 0409 838 816 Sunday Joy 9.30am Tuesday JAM 3-5pm (except school holidays)
1st Sunday Mass <i>St Helens</i> Vigil 6pm <i>Bicheno</i> 9am <i>Fingal</i> 11.30am	Break O'Day Anglican Parish POB 143, St Helens Tas 7216 6372 1144 <i>St Helens</i> 9.30am 5th Sunday Combined Service with Uniting Church 10.30am <i>St Marys</i> 10am <i>Pyengana</i> Please phone for service times facebook.com/anglicanbod
2nd Sunday Liturgy <i>St Helens</i> Vigil 6pm <i>St Marys</i> 9am <i>Bicheno</i> 9am <i>Fingal</i> 9.30am	Anglican Parish of Northern Midlands <i>Avoca</i> 11am 2nd Sunday <i>Fingal</i> 2pm 2nd Sunday <i>Mathinna</i> 2.30pm 4th Sunday <i>Ross</i> 10am 5th Sunday <i>Campbell Town</i> 9am
3rd Sunday Mass <i>St Helens</i> Vigil 6pm <i>St Marys</i> 9am <i>Bicheno</i> LWC 9am	Break O'Day Uniting Church The Manse 6376 2405 <i>St Helens</i> 9am <i>Fingal</i> 11.15am
4th Sunday Liturgy <i>St Helens</i> Vigil 6pm <i>St Marys</i> 9am <i>Bicheno</i> 9am <i>Fingal</i> 9.30am	
5th Sunday Mass <i>St Helens</i> Vigil 6pm <i>St Marys</i> 11am <i>Bicheno</i> 9am	



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

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.

AFTER HOURS CONTACT NUMBERS

GP ASSIST ON- 1300 780 011

AMBULANCE 1800 008 008 or
EMERGENCY 000

ST MARYS COMMUNITY HEALTH CENTRE
6387 5555

Please **RING** Community Health Centre
BEFORE presenting after hours

Lifeline 131 114

Saving Lives, Crisis Support and Suicide Prevention

DOCTORS ROSTER

• **Dr Cyril Latt**
7/5/15—22/5/15

• **Dr K. Rawnsley**
7/5, 12/5, 14/5, 19/5, 21/5 2015

Tazreach- Antenatal Service
Katie Burow 13/5/15

For appointments phone: 6387 5555

IMPORTANT INFORMATION TO PATIENTS

Please be aware that Dr Latt's Surgery is currently fully booked for appointments 1 week in advance as of 7/5/15

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

THANK YOU!

Congratulations to our staff for your *time and generous donations* of ingredients and to the Community for purchasing Cupcakes at our fundraiser which helped us purchase a new Stand Hoist for the Centre.

Also to our *Hospital Auxiliary* who assisted in paying the owing balance. Over \$1400 was raised with the aid of a generous donation.

The Stand Hoist will be used with inpatients at the St Marys Community Health Centre.

ST MARYS HEALTH CENTRE TEACHING SITE

The St Marys Health Centre is a UTAS teaching site. We regularly have students from all faculties of health that attend our site to participate in training placements.

If you are attending this practice and would prefer the students do not sit in on your consultation please let the reception staff know when you arrive. These placements are very important for the students so your cooperation is greatly appreciated.

MAY 2015- there will be Medical & Nursing Students on placement at the St Marys Community Health Centre from the University of Tasmania.

ST MARYS COMMUNITY HEALTH CENTRE

WHAT'S ON AT THE CENTRE

- 7 May **Continance Nurse**– Sue Walker. For appointments please see your GP or Health Professional for a referral.
- Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.
- 8 May **Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.
- 11 May **TML Psychologist**- Sam McCarthy. For appointments please see your GP for a referral.
- 12 May **Child Health Session** with Mary Mumford Tuesday fortnights– Appointments only. Please phone 0428 136 38.
- Tom Bain, Rae & Partners Lawyers.** At the Community Health Centre Tuesday fortnights. For appointments please phone 6337 5555
- 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.
- 13 May **Podiatry North**- For appointments please phone 6336 5155
- Day Centre**– For details on the group please contact Hayley Gilbert 6387 5555
- Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.
- TAZREACH**– Antenatal Clinic with Katie. For appointments please see your GP.
- 14 May **Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.
- Relationships Australia**– Leanne McMurtrie for appointments please phone 1300 364 277
- 15 May **Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.
- TML Diabetic Educator, Physiologist and Dietician.** Appointments available by referral from you GP.
- 18 May **TML Psychologist**– Sam McCarthy. Please see your GP for a referral.

WHAT'S ON AT THE CENTRE Continued...

- 18 May **TLC (Tasmanian Lymphoedema Centre)** meeting 5:00pm– 7:00pm in the Day Room of the Health Centre.
- 19 May **Child Health Session** with Mary Mumford Tuesday fortnights– Appointments only. Please phone 0428 136 38
- 20 May **Day Centre**– For details on the group please contact Hayley Gilbert 6387 5555
- Physiotherapist**– For appointments please see your GP or Health Professional for a referral and the Physiotherapist will contact you with an appointment time.
- Consumer & Advocacy Group**– 12noon– 2:00pm downstairs at Health Centre.
- 21 May **Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.
- 22 May **Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.

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.

Next session: Friday 15 May 2015

HAVE YOU HAD YOUR FLU VACCINATION YET?

The Flu Season is near *here*....

If you are aged 65+ or you have a chronic condition your flu vaccine is **FREE** Please phone the Community Health Centre on 6387 5555 to make an appointment.

If you are under 65 years of age please make an appointment to see your GP and get a prescription for your flu vaccine.



A doctors appointment is required to have your flu vaccine given. Please phone 6387 5555 for an appointment.

ST MARYS SPORTS (AND SOCIAL) CENTRE

Gray Rd St Marys

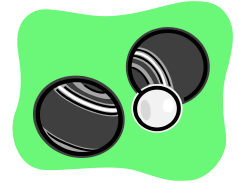
Renovation trading hours. Friday 5.30 - close. Sunday 1.30 - 4.30

Entrance through deck area.

East Coast Bowls AGM report

A big thank you to the five members who made the effort to attend. Due to other commitments I had to leave early. But this is what happened prior to that.

- A new committee was appointed.
- St Helens Bowls Club produced a letter from a legal company where they sought clarification on the validity of the six votes per club clause in the constitution. This from what I could make out was due to items on the Agenda which they felt were going to directly effect their club.
- A motion was moved that East Coast Bowls be run by Bowls North for one year with the proviso that the host club system of running finals be maintained and that we retain the right to choose which format we will follow. Reviewed in twelve months time.



The AGM was then put on hold while a lengthy discussion regarding the format took place. It does at this stage look as if we will be forced to go back to two divisions, three rinks of 1st division and two of 2nd division. I have heard many of our members say they will not be available for pennants should this format be adopted. This would be a sad state of affairs and for this reason I would ask as many members as possible attend the Annual Dinner (details to be announced soon) as this will be the last chance for us to decide where we stand should this format be adopted.

FRIDAY NIGHT HAPPY HOUR

Why not come along and show your support....

May 8th *Irish Stew* May 15th *Chicken Dish*
May 22nd *Spaghetti Bolognese* May 29th *Veggie Pasta Pie*

Licensee/treasurer - Jim Turner 6372 2441
President - Bobby Harwood 6372 2445

Secretary - Annette Wines 0417 010 648
Catering - Jacqui 0439 978 156

MEETING OF LIKE MINDS ...

Over the past few months local resident Michael Smith has been actively assisting Veterinarian Karen Wong (owner of the North East Vet Clinic) with practical advice on obedience training to dog owners - initially working with Karen's puppy class and then, at the behest of attendees, progressing beginners and agility sessions.

Recently at the clinic, he assisted Karen with workshops for "Children and Animals" being safe together.

Michael has more than 30 years' experience as a Dog Trainer and Handler. He often donates his services to various organisations such as primary schools and animal shelters.

Michael has worked with and trained dogs for disabled persons; trained and assessed therapy dogs for aged care homes; re-educated and assisted to re-home abused dogs; and managed an agility and working "dog-squad".

Since moving to Gray in the Break O'Day, on his retirement, he has assisted many local people who have had problems with their dogs. Along with Karen, Michael believes that knowledge can always be gained and keeps up with developing his own dog handling skills wherever possible.

Council has recently confirmed that Michael, as a volunteer Dog Trainer for the North East Vet Clinic, is able to utilize the smaller fenced designated dog off-lead area at the St Helens Sports Complex (South Eastern corner) on Saturday mornings, between 11am and 1pm, to provide dog training sessions to people in our region.

Support of the vets and dog owners in our communities is a matter that Michael believes is imperative. His time is given freely through the North East Vet Clinic (donations for petrol welcome) to those who want help and advice.

You can find Michael at the Council Dog Park (corner of Eagle and Young Streets) set up with agility equipment, holding socialisation or obedience classes on the 2nd, 3rd and 4th Saturdays monthly.

Enquiries can be made directly to the North East Vet Clinic on 6321 8999 or Michael on 6372 2056.

Next issue - Karen and Michael will pass on some hints for happy and safe walkies with your dogs.

"A socialised, exercised and obedient dog is an absolute joy ... and can be your best friend,"

Article by Michelle Smith, Gray





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 instore Monday to Friday 8 - 2.30pm,

Specials from 6th - 12th May

	per kg
Butchery	
Ingham chicken pieces	3.99
Nichols whole bagged bird	4.99
Porterhouse steak	17.99
Round steak	10.99
Mince regular	9.99

Specials from 13th - 19th May

	per kg
Butchery	
BBQ meat packs	9.99
Scotch fillet steak	24.99
Lamb loin chops	14.99
Marion bay marinated whole chicken	5.99
Nichols chicken Maryland	4.55

Two week specials available 6th May - 19th May

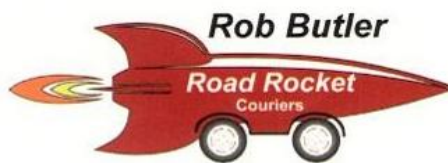
Peters choc wedge 8pk	5.69	Smiths multipack chips 20pk	5.99
Drumstick vanilla 24pk	21.99	Uncle Tobys oats 1kg	4.99
Streets blue ribbon ice cream 2L	5.49	Friskies cat biscuits kg	4.35
Kraft cheese singles 216g	2.49	Fountain tomato or bbq sauce 600ml	1.99
Pauls vanilla custard 600ml	2.49	Red bull energy drink 250m	1.99
Moccona coffee 200g	14.99	White king bleach 2.5L	8.94
Cadbury chocolate blocks 200g/share packs 180g	3.69	Chum dry dog food 8kg	13.95
Jiffy firelighters 24pk	2.99	Vita C blackcurrant syrup 750ml	4.99
Gravox in seconds 120g	2.99	Garden fresh cooking oil 2L	7.99
CSR white sugar 3kg	4.99	Prima drinks 200ml 6pk	2.49

Don't forget we offer free home delivery. Phone orders welcome.

Important facts to remember as you age:

1. Death is the number 1 killer in the world
2. Life is sexually transmitted
3. Good health is merely the slowest possible rate at which one can die
4. Give a man a fish and he'll eat for a day. Teach him how to fish and he'll spend every Sunday in a boat on the lake, wearing a holey t-shirt, drinking beer
5. Health nuts are going to feel stupid someday, lying in hospital dying of nothing
6. All of us could take a lesson from the weather. It pays no attention to criticism
7. In the 60s, people took acid to make the world weird. Now the world is weird and people take Prozac to make it normal
8. Don't worry about old age - it doesn't last that long

Milquetoast, or milktoast: A timid person, a shy coward - from the old comic strip Casper Milquetoast



*Servicing Launceston to St Helens, Campbell Town,
Fingal Valley, Swansea, Coles Bay and Bicheno*

0409 991 031 / 0407 421 753

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