

\$1



THE VALLEY AND EAST COAST VOICE INC.

Established 1968

48.11 September 24, 2015 Deadline for 48.12 is 5pm October 5,, 2015



SUICIDE PREVENTION AUSTRALIA Fund Raiser at Malahide Golf Club 12 September 2015 .

Hosted by the Johns Family, Fingal

What a great success! Sixty-three players arrived from as far as Launceston, Hobart and Moorina.

We chose *Suicide Prevention Australia* as recipient this year. To date we have raised \$4,709, with some substantial donations.

It was such a great day all players are returning in 2016, as this has become an annual event

Annette Johns



St Marys and St Helens Lions

Saturday October 17, 2015

BBQ on St Helens Foreshore 6.30 - 8pm

Fundraiser for Leukaemia Foundation

'Light the Night'

Donate or buy a lantern for \$10 at the St Marys Pharmacy, or St Helens Newsagency or on the night

All Welcome



2 Storey Street update

Many people have asked me "what's going on?" It's been an interesting few weeks. The Council's streetscape is now extending down Storey Street to the police station (a long time in the waiting).

Unfortunately, when the contractors removed the old gutting and part of the footpath, the presence of old fuel lines under the footpath saw a stop to works. Many discussions with Council/contractors and EPA left me with some serious decisions.

A new footpath was not going to happen until I removed the old fuel infrastructure, a potentially very expensive exercise necessitating a complete decommissioning of tanks, fuel lines and any contamination .

The EPA were prepared to grant me an exemption from decommissioning the tanks, allowing me to have the fuel lines removed independently for the new footpath construction - the problem being that I would still need to do soil tests when the tanks were removed at a later date, with the possibility of having to dig up the new footpath. The only real solution was to decommission, the scary bit was the unknown cost! Two days of intense work saw the old infrastructure removed, then it was up to the environmental engineer to do his bit. 19 soil samples later and the agreement to pay extra to have them analysed quicker (one week instead of two, and it took three weeks!).

Nothing could be done until these results come back. I am very pleased to now say I have had verbal confirmation that no further works are required, and a letter will be presented to Council stating the that site is clean and they will be able to finally complete the footpath!

Once earthworks are finalised and the footpath reinstated, the property will again be offered for sale, this time with a clean bill of health!

Ross Quinn, St Marys 0401 870 316



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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.

MANY THANKS - to everyone who has contributed to this edition of the Valley and East Coast Voice Inc. Articles are always welcome, but we do not accept responsibility for the accuracy of information provided by contributors! Opinions expressed are not necessarily those of the editor or volunteer staff.

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.

All articles for submission must bear the author's name, town of residence, address and phone number. The address and phone number will not be published but are for verification purposes only.

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.

Community Notices

Please make sure your community notice includes the name, position, town of residence and contact number of the authorised representative.

Meals on Wheels are appealing for drivers; it is rewarding, visiting our clients, who like to see us and have a chat. There is a good induction process, and all the information you require. Just an hour or less, once a month, would help us continue this vital community service.

Lundy Vosper Secretary St Marys

The Cornwall Community Development Group Inc. are holding modern day **Carols by Candlelight** on December 20, 2015.

We are looking for any musicians or singers who would like to come and perform or sing a carol. If you would like to take part in this night please contact **Debbie or Raz on 6372 2261**

Debbie Squires, Cornwall Community Development Group Inc

Shredded paper and boxes with lids (27 height x 32 length x 23 width in cms) are usually available free from the Valley and East Coast Voice Inc. Ring the editor on **0403 430 452**

Community Transport Services Tasmania Inc.

has a new name and logo!

We are now known as **CTST**, and the East Coast District Office number is **6372 4414**
For all new clients registrations and new volunteers enquiries phone **1800 781 033**

We'll get you where you need to be!
23 Main Street St Marys / www.ctst.org.au



St Marys Volunteer Fire Brigade

We wish to advise the general public that we will be conducting fuel reduction burns on school property at Gray Road St Marys during the upcoming school holidays. We will take all precautions to minimise any smoke across the township.

These burns will be carried out to help ensure the safety of our children and school buildings, in the event of a fire in that area.

For further information contact **Gerald Aulich, Group Officer, Golden Gate Group 0438 543 300**

For Sale

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

No Interest Loan Scheme (NILS)



The NILS Network provides interest-free loans of up to \$1200 for essential needs such as medical and dental care, vehicle registration, fridges, washing machines, beds and hot water systems. To be eligible for a loan you must:

- ◆ have a current Health Care Card or Pension Concession Card
- ◆ have lived at your current address for at least six months
- ◆ and be able to repay the loan.

For more information please call St Helens Neighbourhood House on 6376 1134 or NILS on 1300 301 650

Wanted

Adult Literacy volunteer tutors wanted

LINC Tasmania is seeking volunteers interested in tutoring learners in St Helens and the surrounding communities. Literacy tutors may be asked to provide:

- ◆ one to one literacy learning support
- ◆ small group literacy learning support
- ◆ computer based literacy learning support or other adult
- ◆ learning support activities based on individual literacy learning needs

All tutors receive support and advice from the LINC Literacy Coordinator

Wanted to buy, **old dog license metal tags**, starting at \$2 each, more for very old ones. **6372 2570**

Bar fridge in reasonable/good cond. & older style **wooden kitchen / dining room chairs**. **0439 001 533**

House cleaning work wanted by honest, reliable mature lady with references. Please leave your details and I'll return your call. **Tiffany Hurd 6372 2584**

Bridge players wanted

We are looking for people who already play the game, or who want to learn to play bridge, in the St Marys and Scamander areas. Please contact me if you are interested. **Jack Foreman 6372 2034**

On this day in 1908 .

Ford Model T 24th Sept. 1908 : The first factory-built Ford Model T was completed which became affectionately known as the Tin Lizzie.



FUNDING SECURITY FOR MEN'S SHEDS FEDERAL September 8

Lyons MP Eric Hutchinson says that more than 15 men's sheds across the electorate will benefit from the Federal Government's Father's Day announcement that funding has been secured for the organisation for a further three years.



Applications for round 11 of the National Shed Development Program close on September 18, which still leaves time for men's sheds in Lyons to apply for up to \$8000 each from the program.

"Our local men's sheds play an important role in our community to keep men active both physically and mentally," Mr Hutchinson said.

The Lyons electorate has nearly 20 men's sheds across the region from Longford, Deloraine Kentish and Exeter, in the North to Coles Bay and St Helens on the East Coast, and Sorell and Derwent Valley in the South.

"The Federal Government decision to guarantee funding for men's sheds for a further three years to 2019 will enable the local organisations to plan maintenance for their sheds, buy new tools and start new projects," Mr Hutchinson said.

Until further notice, the contact number for the Valley Voice is 6372 2766. Editor.



MT ELEPHANT FUDGE

Re-Opening Friday September 25
HOORAY - HOORAY

After a very long break - & with the help & talent of some amazing people I'm back ...with a whole new look and an outside seating area.

Please come and take a look ☺
Look for the balloons!!

Madd Mudd
Studio & Gallery

St Marys - Tasmania
maddmudd@hotmail.com
m: 0409 461 737

The Say, by Cagerattler

If it hadn't just happened again I wouldn't have believed it. Musical chairs for the Prime Minister. How can this garbage be allowed to happen? Both major parties are treating their voters with total disrespect. I also believe the Liberal Party has lost all credibility (if they had any before, that is) by changing leaders during the first term of their government. Remember how they shamed the ALP relentlessly for doing the same thing? I didn't like Mr Abbott that much, but he definitely deserved a full term to pay respect to the voters' choice, at the very least. Just like the Rudd - Gillard - Rudd farce of the ALPs last run in government - his carry-on just proves how disgraceful our politicians really are.

Am I wrong, but are these geese there as much for 'what can I do for my promotion and ego?' as they are for their party and the voters. Whoever said that there are no backroom deals in the Liberal /National coalition are kidding themselves, it's just that the Labor Party factions are a bit more obvious.

Now Abbott can say he knows how Caesar felt except not "Beware the Ides of March", but the "Ides of September"... It'll be fascinating if either party ever brings up the loyalty to the leader card in Parliament ever again. Both parties would be hypocrites if they ever did, because there is certainly no loyalty to the leader once many get ideas of the top job.

That old chestnut that the Liberals hang their hat on - "We are a broad, open church," may well be said, but so can "Watch your back son". God help the rest of us poor suckers who fall for their so called ideals too; they may well go into politics with grand and honest ideals, but way too many don't come out the same way. These leadership changes mid stream and who gets into the Cabinet or not on the back of the leadership proves the point for sure.

What do you think?

Rod McGiveron, St Marys

Answering Cagerattler Issue 48.10 September 10 2015

Rodney McGiveron, I would like to point out that there is so much history about the immediate area regarding mining, sawmilling, and farming, that I don't think another production would enhance what has already been done, involving many hundreds of hours. Additionally, to talk about "pie in the sky" stuff is a real worry, as any historical information should be as near to perfect as possible, otherwise - don't print it.

There is a lot of information on the St Patricks Head & Esk Valley Historical Society Inc. site - www.fingalvalleyhistory.com

There are many other sites with information available; Cornwall now has a very good facebook page.

We are inviting you to come along to our next meeting at the Online Centre on October 21 at 3pm, to discuss the matter.

Barry Aulich President SPH&EVHSoc Inc

The St Marys Salvation Army would like to offer heartfelt thanks to the OPERATION COVERUP group of ladies who work at Gone Rustic Gallery, tirelessly creating works of love and beauty, as gifts for others.

Pictured are two people who have recently been blessed by one of the gorgeous quilts - made with material featuring a pretty array of our feline friends!

This gift is particularly special because Troy and Carleen recently lost everything in a house fire at Fingal. They even thought they had lost their precious pet cat ... until it finally returned a few days ago!

So it was a very special kind of joy to invite them to St Marys Corps, in order to give them their quilt.

Thank you to all concerned for helping us to help others!

Mel Norton, St Marys Salvos



Skateboarding Scamander / St Helens - 6/10
FVNH Stonesthrow Aquatic Centre - 2/10
St Marys BODRA Markets - 3/10
Aquatic Centre Trip - 3/10
FVNH Table Cape Tulip Festival - 3/10
OKTOBERFEST Launceston - 10/10

yarborough (n) – hand of cards containing no card above a nine

Come Skateboarding Tasmania!

Get ready for 2 days of skateboarding as Ownlife come to the Break O'Day region



ownlife

Bicheno Monday October 5, 1-3pm at the Bicheno Primary School

Scamander Tuesday October 6, 10.30-1pm at the Skatepark, Scamander Ave

St Helens Tuesday October 6, 2.30-5pm at Skatepark, Tasman Hwy

Ownlife is a collective of passionate skaters, who specialise in highly captivating skateboarding experiences for the youth through participation focused workshops, competitions and demonstrations. For this event, iconic Melbourne skateboarder Richard Flude and Devonport's former Junior Olympian Rachel Delphin will be hosting the sessions.

Free skateboards and safety equipment provided. Participants can register on the day. A parental / guardian signature will be required for minors. Huge thanks to Break O'Day Council, Healthy House, Bicheno Primary School, Building Blocks, Northern Children's Network and St Helens Neighbourhood House for making this special event a possibility.

Hope to see you at the skatepark!

ownlife  presents

COME SKATEBOARDING TASMANIA!

SEPT/OCT 2015...



BICHENO: MON 5th OCT, 1PM-3.30PM

Bicheno Primary School - 2 James Street, Bicheno

SCAMANDER: TUE 6th OCT, 10.30AM-1PM

Scamander Skatepark - Scamander Ave, Scamander

ST HELENS: TUE 6th OCT, 2.30PM-5PM

St Helens Skatepark - Tasman Highway, St Helens

All ages skateboarding workshops - from beginners to experienced - with Richard Flude & Rachel Delphin. (Back-up date in case of rain: Wednesday 7th of Oct)

SKATEBOARDS AND HELMETS PROVIDED. REGISTER ON DAY. PARENTAL/GUARDIAN SIGNATURE REQUIRED FOR MINORS.



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

Tourism, International Education ministries present challenges and opportunities for Richard Colbeck September 21, 2015

Newly appointed Tourism and International Education Minister Richard Colbeck will need to embrace Tasmania's wilderness values to be a success in the role, Australian Greens Senator Nick McKim says.

"He needs to realise that Tasmania's wilderness underpins our tourism sector by attracting tourists and international students to Tasmania to visit," Senator McKim said. "Senator Colbeck is the only Tasmanian representative in this Government, and as the minister responsible for two of the state's competitive strengths he should start working to protect the things that make Tasmania worth visiting."

Senator McKim congratulated Senator Colbeck on his new roles, but said his track record as a Parliamentary Secretary was not an encouraging sign.

"Senator Colbeck tried to shrink the Tasmanian Wilderness World Heritage Area, and supports logging and mining in the WHA," said Senator McKim. "He was also responsible for the disastrous decision to allow the Geelong Star super trawler to fish Australian waters."

Senator McKim said the demotion of Senator Eric Abetz was a positive for Tasmania.

"While there are no Tasmanians in Cabinet, having no voice is actually preferable to the politics of division that Senator Abetz elevated into an art form," Senator McKim said. "With any luck, some more progressive voices may finally emerge from the Tasmanian Liberal Party in the coming months and years."

Wow! New at Suncoast Gallery! September 2015

We are very excited to welcome spring, with a new display featuring the colours of new life and new beginnings. Baby wear, home decor and personal accessories for young and "not young" abound!

New collections from long-term members of our collective are also featured. If you are planning Christmas gifts for overseas family and friends, look no further.

Karl Balzer, our esteemed master leather craftsman, has a new line of small leather boxes for the desk or dressing table.

Brenda Haas, botanical artist, has launched a new collection of artworks printed on cushions, cloths and aprons; they are beautifully presented and packaged, and feature native flora in delicate tones.

Perfect gifts for posting overseas, or for slipping into your suitcase, for that matter!

We have also welcomed some new and exciting artists into our group. They include the talented Cindy McCann, who uses her weaving skills to produce not only rugs, but clothing, tote bags and toys.

Rosemary Harper's stunning jewellery adds a new dimension to our selection with the use of semi-precious stones.

In our spring display you will find traditional knitted baby wear, but if you are lucky also some of the gorgeous knitted dolls produced by Margreet Thompson ... I say if you are lucky, as these fly out the door as soon as they hit the shelves! (Often with a Gallery worker!).

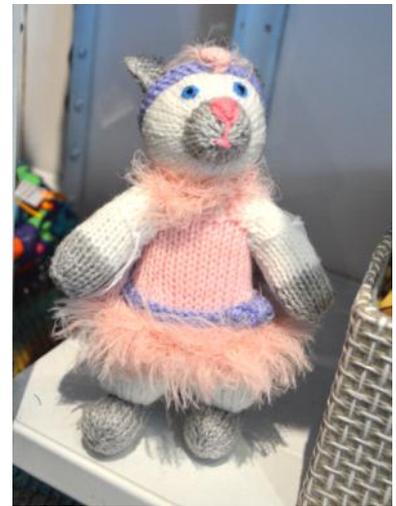
If you are still feeling the chill, we have some winter woollies for sale, but these are also disappearing fast!

Don't miss out on your chance to win the Grand Raffle: For \$2 you can win a charming mounted watercolour, a wholecloth lap quilt, Bluebell the beaded dolly or Lily the lollipop lady.

Tickets are on sale at the Gallery and the draw is on November 21. Members also have tickets to sell outside Gallery hours.

So much new and unique stuff, you must pop in for a look! Suncoast Gallery is behind the Lifebuoy Cafe and Pieces boutique in Quail Street St Helens, and is open 10-4 weekdays and 10-1 on Saturday.

Sue Courtis Publicity Officer



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St Helens old Post Office building 11.00am-1.00pm

Please call to make an appointment **6337 5555**

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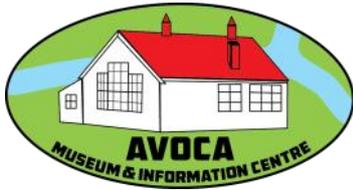
Our Kodak machine is up and running, copies from 45c

Ear piercing \$27 Piercing, earrings & solution With qualified staff Bec, Sally & Cassie



Main Street St Marys 7215

6372 2844



Avoca Museum and Information Centre

Old School Building
AVOCA TASMANIA 7213

Aquatic Centre Trip Invitation Saturday October 3, 2015

To Rossarden & Friends Kids Christmas Group
members & families,

Avoca, Rossarden & Royal George families
for a fun day out

Includes the bus, lunch at the Tailrace, Aquatic Centre entry
and free slide thanks to

Northern Midlands Council sponsorship

Bus pick-up 10am at Avoca Roadhouse - back by 5pm

Bring bathers, towel, sunscreen, drink & nibbles

RSVP: Sandi-Lee 0438 842 311 by September 25

essential as we need to know numbers



The next Avoca Museum & Information Centre meeting is September 15 at 3:30 and the next Roving Curator session is Monday September 28. All welcome.

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

Wendy Brennan, Secretary 6372 2094

breakodaywoodcraftguild.weebly.co

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

Many thanks to Graham Derbyshire who not only manned the fort for members while they attended the Tasmanian Men's Shed Annual General Meeting at Longford, he also added the finishing touches to Lizzy's tables (Mount Elephant Fudge) to his meticulous standards.

Reon reported that attending the meeting was worthwhile, as it was a good source of providing networks and fresh ideas, not to forget the

sumptuous lunch which was enjoyed by Reon, Tom Brady and Chris Ogden. Eighty members attended from 19 clubs across Tasmania, including the Break O'Day Woodcraft Guild.



The Guild would like to express their heartfelt condolences to the Hon. Guy Barnett who recently lost his mother. Regardless of your political persuasion, Guy has always been a keen supporter of our organization and for this we say thank you.

Guilds Home Hint:

A cup of vinegar added to the last rinse of your wash will keep your clothes lint and static free.

Below: The new addition to our growing family ... and to keep with town tradition we called her - wait for it - WENDY!
Wendy Brennan, St Marys



Maria Island by Glyn Johnson



5 Portland Court St Helens
6376 2971 / 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

mikes handyman service

St Marys and surrounding areas

- | | |
|---------------|------------------------|
| Gardening | Rubbish removed |
| Weeding | Full home maintenance |
| Yards cleared | Holiday homes serviced |

6372 2728 / 0448 284 743



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Living Hope is a 2 Day Training Program developed by The Salvation Army, with funding provided by the Department of Health and Aging, under the National Suicide Prevention Strategy.

This comprehensive program covers all aspects of suicide bereavement including:

- ◆ practical matters to be attended to, following the death of a loved one
- ◆ The grieving process
- ◆ Aspects of spirituality
- ◆ The influence and impact of culture on grieving
- ◆ Understanding emotions

In the Living Hope Bereavement Training Course you will learn:

- ◆ The impact on family, friends and the community of the loss of a loved one by suicide
- ◆ Grief and the grieving process
- ◆ The five big feelings
- ◆ The importance of rituals
- ◆ Trauma and resilience
- ◆ Qualities of a helpful carer
- ◆ Practical concerns - funeral arrangements, the inquest etc

Who should attend?

The course is targeted at people who may be called on to provide support to people who have been bereaved, as a result of the suicide death of a loved one. This could include chaplains, councillors, health and welfare workers, education professionals and support workers etc.

Dates: Thursday September 24 and Friday September 25, 2015

Where: St Marys Salvation Army Hall (behind the Town Hall)

Cost: Nil

Resources and workbooks, tea and coffee provided

Enrolment enquiries to **Melanie Norton** on **0409 838 816**

Content enquiries to **Hennie** on **0419 330 433**

hennie.watts@aus.salvationarmy.org



The Fingal Valley Neighbourhood House Inc. September / October 2015

School holiday activities

The FVNH has organised the Commuter bus to take children aged 9 - 14 to Launceston for

Stonestrow Aquatic Centre Friday October 2

St Marys - pick up from Post Office approx. 8am

Fingal - meet at FVNH approx. 8.30am

Avoca - pick up at the Roadhouse at approx. 9am.

Cost: \$15: This pays for kayak hire at Stonestrow and Aquatic Centre entry
BYO lunch, drink and nibbles, bathers, towel also if you wish a change of clothes (warm clothes if needed).

RSVP by September 25



T-Shirt Day and Face Painting for 3 to 9 years old (3yr olds to be accompanied by Parent/Guardian)

Tuesday October 6

9am - 2pm

Children will be picked up at St Marys Post Office 9am.

Bus fare \$5

Parents need to supply t-shirt

Lunch will be provided

RSVP by September 25



FVNH has organised a bus trip to the Launceston Show for teenagers 14 years and over on **Friday October 9**

St Marys - pick up at Post Office at approx. 7.30am

Fingal - meet at FVNH at approx. 8am

Avoca - Pick up at the Roadhouse at approx. 8.30am

Cost: Children 14/15yrs \$6 / 16yrs and over \$15 / Concession \$11

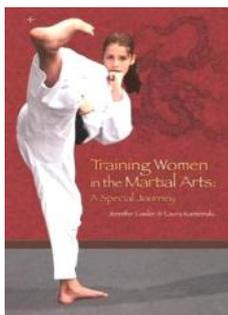
Bus fare: \$10

Show tickets not included

BYO lunch or buy at the show

Leaving Show Ground at 4.30pm., arrive home approx. 6pm

RSVP by September 25



Expressions of Interest

Womens general fitness and well-being group

Including Taekwondo/Martial Arts

at the Fingal Valley Neighbourhood House

Call in and put your name down if you are interested.

The commencement of this group is dependant on sufficient enrolments received.

Table Cape Tulip Festival Wynyard
Saturday October 3

St Marys - pick up from Post Office approx. 7.30am

Fingal - meet at FVNH approx. 8am

Avoca - pick up at the Roadhouse at approx. 8.30am.

Cost: \$20 - (\$15 for Pensioner Card Holders)

Entry fee for Tulip Farm: Adults \$10, Pensioners \$8

BYO snacks / lunch / drinks if you want

A \$10 (\$5 for pensioners) deposit by Wednesday September 30 would be appreciated



OKTOBERFEST

Launceston - Saturday October 10

Bus: 11 seats \$10 ea, 10 seats \$12 ea, 6, 7 or 8 seats \$20 ea

St Marys - pick up from home or St Marys Post Office 8am

Fingal - meet FVNH at 9am

Avoca - pick up from home or the Roadhouse 9.45am.

Times: 12 noon – 4pm

Tickets (includes free unfilled beer stein and entry to beer tent) **\$21.50 ea**

Bookings prior to Thursday September 17 can be made through the FVNH



A great time was had last year in Hobart, so come along and enjoy some great entertainment
18 years and over event

All enquiries / bookings - 6374 2344

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

The Fingal Valley Neighbourhood House Inc., is funded by the Crown through the Department of Health and Human Services.



Free Counselling Service now available in St Helens

CatholicCare Tasmania is now offering a free, fortnightly counselling service in St Helens.

The counselling service is available to any person who may be experiencing personal issues relating to well-being (anxiety, depression or grief), relationship difficulties and challenges.



For further information

including a request for a brochure – or to book an appointment, please contact the numbers below:



CatholicCare
TASMANIA

Break O' Day Child and Family Centre,

1 Groom Street, St Helens.

Phone 6376 7170.

(Four x 1 hour sessions available fortnightly on the Wednesday)

St Helens Neighbourhood House,

25 Circassian Street, St Helens.

Phone 6376 1134.

(Three x 1 hour sessions available fortnightly on the Thursday)

CatholicCare Tasmania,

201 York Street, Launceston.

Phone 6332 0600.

This counselling service is funded by the Australian Government Department of Social Services.

A short, non-intrusive questionnaire is required to be completed prior to the confirmation of appointments, and in order to better serve your personal needs. This service is available to all Tasmanians.

www.CatholicCareTas.org.au

Gosses Bluff (Gosse's Bluff) is thought to be the eroded remnant of an impact crater. It is located in the southern Northern Territory, near the centre of Australia, about 175 km west of Alice Springs and about 212 km to the northeast of Uluru (Ayers Rock). It was named by Ernest Giles in 1872 after Australian explorer William Gosse's brother Henry, who was a member of William's expedition. The original crater is thought to have been formed by the impact of an asteroid or comet approximately 142.5 million years ago, in the earliest Cretaceous, very close to the Jurassic - Cretaceous boundary. The original crater rim has been estimated at about 22 km in diameter, but this has been eroded away. The 5 km diameter, 180 m high crater-like feature, now exposed, is interpreted as the eroded relic of the crater's central uplift. The impact origin of this topographic feature was first proposed in the 1960s, the strongest evidence coming from the abundance of shatter cones.





St. Helens Bowls Club Inc.

ABN: 36 015 329 620

PO Box 339, St Helens TAS 7216
Circassian Street, St Helens TAS 7216

Phone: 03 6376 1943

Email: sthelensbowls3@bigpond.com

Website: www.sthelens.bowls.com.au

**St Helens Bowls Club
and
Thorpe and Turner Travel Associates
cordially invite you to celebrate Seniors' Week
2015
with a fun day on the green!
WEDNESDAY 14TH OCTOBER**

The plan for the day is:

- | | |
|------------|--|
| 10.30 a.m. | Welcome and a cuppa |
| 11.15 a.m. | Some fun on the green for bowlers and non-bowlers |
| 12.15 p.m. | Lunch and travel presentation |
| 1.30 p.m. | 10 ends of bowls for those who want to play for a prize |
| or | for those who don't wish to play, time to have a chat and check out the Trade Table. |

The bar will be open and the urn will be hot.

We hope you and your friends will join us.

\$5 per head. Please wear flat-soled shoes and bring a hat.
For catering purposes, please RSVP to the Club by October 7th.



BODRA is very pleased to announce that we now have a Junior Member and Stallholder who has joined as a regular to our Markets - Calem Jones is working hard at potting and selling plants.

At 11 years of age, he is the youngest Market Stallholder we have ever had!

Calem is being mentored by Hannah Rubenach-Quinn. At our September market, he was the busiest of our members and pretty much sold out all his stock. Great job Calem!!

St Marys Markets 2015
are held on the
first Saturday monthly at the
St Marys Community Hall
October 3, November 7 and
December 5 and 19

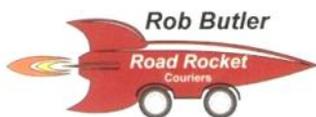
MARKET DAY

**St Marys, Saturday October 3
9am - 1pm**



Arts, Craft, Books, Leatherwork, Candles,
Jewellery, Handmade, Plants, Homegrown,
Clothing, Beautiful Things, (Nice) Smelly
things and Scrumptious things

Booking / enquiries
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bodregionalarts@gmail.com



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couriersroadrocket@bigpond.com



Wool shorn off an overgrown sheep found near Canberra on Wednesday has set an "unofficial" world record for the heaviest fleece removed in one shearing, the RSPCA says.

The sheep, dubbed Chris, underwent a risky shearing operation to remove 40.45 kilograms of wool. It smashed the previous world record held by a sheep in New Zealand called Shrek, whose fleece weighed 27 kilograms.

Yesterday a national shearing champion took on the challenge to clip the sheep, which was rescued by RSPCA staff after being reported by a member of the public. It was so woolly its life was at risk, as sheep can develop serious medical conditions if they are not regularly shorn. Vets were worried the animal could die from shock during the shearing, so it was sedated during the process.

The RSPCA estimates the sheep, which could barely walk due to the mass of wool, had not been shorn in more than five years. It took four-time Australian Shearing Championship winner Ian Elkins and four helpers 42 minutes to shear the sheep.

abc.net.au/news/2015-09-03/wool-world-record-set-after-42kg-fleece-shorn-off-canberra-sheep/6746200

"In the morning a new man was behind the front desk. "And how did you enjoy your stay, Sir?" he asked smoothly.

"It was singularly execrable," I replied.

"Oh, excellent," he purred, taking my card

"In fact, I would go so far as to say that the principal value of a stay in this establishment is that it is bound to make all subsequent service-related experiences seem, in comparison, refreshing."

He made a deeply appreciative expression as if to say,

"Praise indeed," and presented my bill for signature.

"Well, we hope you'll come again."

"I would sooner have bowel surgery in the woods with a stick."

His expression wavered, then held there for a long moment. "Excellent," he said again, but without a great show of conviction."

— [Bill Bryson, *In a Sunburned Country*](#)



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THE FINGAL COAL DISTRICT (By our own Reporter)

Launceston Examiner 9-11-1888

ST. MARYS.

One of the prettiest and most easily accessible holiday retreats in Tasmania is to be found at St. Marys, and after a visit to that truly rural little township I venture to commend it strongly to tourists, invalids, or business men seeking temporary respite from their cares, or debtors who don't want to be badgered by their creditors.

At St. Marys no one hurries or worries, the scenery and surroundings are rustic and peaceful, and except that the houses are built in colonial style an Englishman could easily imagine himself in one of the Arcadian villages of the old country. To get to St. Marys one travels from Launceston or from Hobart to Conara Junction, where a change is made onto the Fingal line of which St Marys is the present terminus, a distance of 47 miles east by north, and within a few miles of the East Coast. The total distance from Launceston is about 80 miles. Trains on the Fingal line adapt themselves to the district and do not hurry at all, so that there is plenty of time allowed to admire the beautiful hill scenery on either side of the plain, through which the line travels, and to wonder at the number of sharp curves which Mr. Clithie C.E. managed to get in so short a distance.

Until Fingal is reached the country is chiefly grazing land and agricultural farms, but nearing St. Marys it consists chiefly of dairy farms. Ben Lomond is in view nearly the whole of the journey, and ranges of mountains and hills, including the Mount Nicholas, form a splendid background to the plain, through which flows the winding stream of the South Esk. St. Marys has greatly altered of late years, and, without being a Chicago, has made considerable progress.

Five years ago and the houses could be numbered on one's hands, though the first settlement in the township was made as far back as 1848, when a Mr. Robert Leach erected a house, still standing, and occupied by Sub. Inspector Harrison.

In 1850 the township was surveyed and sold in allotments but the number of residents was very small. Messrs. Cameron, Legge, Groom and Ransom purchased large estates for dairy and grazing farms in the district, and were the first to really open it up. These estates are now mostly leased to tenants as small dairy farms. Cheese-making is the main industry, though sheep farming is also an important source of revenue. On Mr. Ransom's estate (about five miles from St. Marys) 5000 sheep are shorn, on Baron Von Becker's run about 3000, and the same number on Mr. Groom's estate about a mile off the township and there are a number of smaller sheep farms. The country is all flat between the ranges, and has rich black soil, fit for either pasture or agriculture. It is well watered by the St. Patrick's Creek, which is a tributary of the Break o' Day River.



Paddy's Head from Cullenswood

I have already spoken of the beautiful scenery in the district, one of the principal features of which is a high hill of cone shape and covered with timber, called St. Patrick's Head, or as I heard an urchin irreverently term the saint's caput, "Paddy's nut."

The chief crops grown around St. Marys are hay, oats, and wheat, and despite the great need of rain the young crops appear healthy. The last season was one of the worst known in the recollection of the proverbial "oldest inhabitant", and owing to the drought about 25% of the cows on some of the dairy farms died.

The town itself is assuming fair proportions and the infantile population is increasing rapidly, and as no one dies except from old age a few years should see St. Marys an important and busy centre, especially now that the coal mines in the neighbourhood are being vigorously worked.

Among the principal buildings are a well built and convenient post and telegraph office a short distance from the railway station, and the State School, at which there is an average attendance of about 40 or

50 children, whose young ideas are taught how to shoot by a schoolmaster (Mr. Ross), his wife, and an assistant. The school house itself is hardly large enough and is only of a temporary character, but a nice residence has recently been erected for the master.

There are three stores, and the Bank of Australasia and National Bank have each a branch at St. Marys. Travellers can find excellent hotel accommodation at an hotel kept by Mr. Thomas H. Smallhorn, who, with his good wife and daughters, is most solicitous of the comfort of his guests.

The spiritual needs of the townspeople are not neglected. Divine service is held on each Sunday at the Wesleyan Church (of which the Rev. H. C. Oldmeadow is the minister), and which will seat about 150 to 200 people, and also in the Church of England school-room by Rev. J. W. H. L'Oste. Sunday-schools have also been established in connection with both churches, about 60 or 70 being the usual attendance. A hall belonging to the Wesleyan denomination, and called Wesley Hall, is used for public meetings, concerts, and entertainments.

St. Marys being the terminus of the Fingal railway, a coach takes up the running, and starts from the St. Marys Hotel at times suitable for passengers arriving by train. The coach travels as far as Moorina, passing George's Bay, Gould's Country, and Thomas Plains (or Weldborough) en route. The main road is in splendid condition, and the scenery passed on the journey make the trip very pleasurable. The route lies right through St. Marys Pass, on one side of which rises high rocky cliffs, while on the other is a sudden descent several hundred feet deep, forming an immense gully, covered with trees, scrub, and other vegetation. St. Marys forms a portion of the Fingal municipality, and sends two representatives to the monthly meetings of that august Council.

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1kW to 100kW

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Nick Shaw 0439-414-299

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sth.electrical@gmail.com



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and through the Fingal Valley
Lic: 933671

Community Groups / Services Guide

For inclusions / amendments call 63722 766

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

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

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

Beaumaris Swap Markets meet on the 1st Sun 11-1pm monthly at Beaumaris Park. Plastic bag free, gold coin donation per stall (bookings required). *Laura 6372 5687*

BINGO at the Cornwall Hall Mon 7pm, 2 jackpots weekly. All welcome.

Break O'Day Council St Helens 6376 7900

Break O'Day Regional Arts meet monthly on the 2nd Thu at 5.30pm in the St Marys Hotel.

RAYC Regional Arts Youth Company for school children is on Thu 3.30-5pm. Session cost \$5 or \$40 p/10 week term. All welcome.

Michelle 0407 046 865 e: bodregionalarts@gmail.com

The BOD Stitchers meet Fri 10-3pm at the Neighbourhood House Bungalow in St Helens.

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

Carers for Wildlife Tas Inc.

St Marys 6372 2973 / 0417 017 105

The **Chocolate Shop Singers** meet Thu 5.30pm at the Mt Elephant Fudge shop St Marys for informal and fun singing. Everyone welcome.

Churches Anglican Church St Helens 6376 1144, Catholic Church St Marys 6372 2252, Salvation Army St Marys ,0409 838 816 Uniting Church St Helens 6376 2405

Community Transport East Coast 6372 4415 , *Jan Saunders, East Coast Community Transport Coordinator*

The Cornwall Community Development Group Inc. hold their general meetings on the 1st Tue 7pm monthly. 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 on the 2nd Mon 7pm at Fingal Neighbourhood House monthly. *0412 425 666*

Healthy House St Helens 6376 5242

Hospitals Circassian Street St Helens 63875570
Community Health Centre St Marys 6387 5555

Justices of the Peace K Faulkner 6372 2196

Libraries St Marys 6372 2114, St Helens 6376 1389

Lymphoedema St Marys Lymphoedema Centre 6272 2900

Meals on Wheels St Marys 0488 384 344

Museums Cranks & Tinkerers St Marys 0417 648845

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

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

Scamander Garden Club meets monthly on the 3rd Mon 1.30pm in the Scamander Sports Complex. *Val 6372 2762*

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

Primary Schools , Avoca 6384 2117, Fingal 6374 2197

The St Helens Walking Group walk each Wed and 3rd Sat 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 Wed at the Falmouth Community Centre. Join us for only \$3 per family in a relaxed and friendly atmosphere.

Bec Mason 0409 253 504

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

St Marys Ladies' Midweek Tennis meet 9.30am Wed. New players & beginners welcome. Child minding included - a lovely safe place to bring toddlers while you play. *Karon 0419 722 390 / Dana 6372 2033*

St Marys Markets are held monthly on the 1st Sat 9-1pm at the St Marys Community Hall .

Michael Smith (BODRArts) 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 w/days & market Saturdays 10-12.30. We are happy to receive ALL pre-loved items excl. electrical. *Janet Drummond 0404 562 320*

St Marys Sports & Social Centre Inc 6372 2177

St Patricks Head & Esk Valley Historical Society Inc. meets every 2nd month on the 3rd Wed 3pm.

Jim 6372 2127 (jimhaas@bigpond.com)

www.fingalvalleyhistory.com

Stallholders' Market Inc. markets are held Sat 8-12pm in the Portland Hall St Helens.

e:sthelenmarket@yahoo.com.au

Suncoast Singers meet Fri 10am in the Catholic Hall Cecilia Street, St Helens. *Mary-Anne Wadsworth 6376 2969*

The **Tasmanian Lymphoedema Centre Inc** meet monthly on the 3rd Monday 5pm in the St Marys Community Health Centre, Day Care Room.

Woodcraft Guild Old Railway Goods Shed St Marys 6372 2094

WOW meet on the 2nd Tuesday 6.30-8.30pm monthly at the St Marys Community Health Centre Day room . A fun social group for women of all ages. Supper provided. Contact

Christine Waters 0410 441 558 for more information.

ACROSS

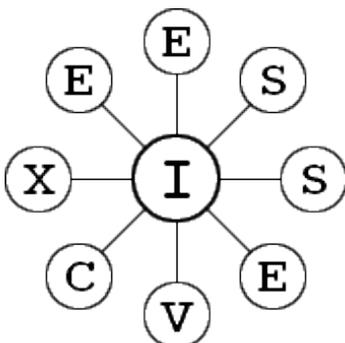
- 1. Light bulb unit
- 5. Mimics
- 9. 1 1 1 1
- 13. Maguey
- 14. Take exception to
- 16. Ark builder
- 17. Roman deity
- 18. Turf
- 19. Lawn mower brand
- 20. Brusque
- 22. Unsympathetic
- 24. Marcel Marceau was one
- 26. Kuwaiti monetary unit
- 27. Adjust
- 30. Data input specialist
- 33. Sensitive
- 35. Inn
- 37. A law enforcement agency
- 38. Binge
- 41. One or more
- 42. 1000 kilograms
- 45. One who warbles (British spelling)
- 48. Small carnivorous mammal

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

- 49. Anagram of "Sneer"
- 50. Account book
- 53. Wait on
- 55. Sharpen
- 56. Historical periods
- 57. Shower
- 58. Bobbin
- 60. Barely managed
- 61. Greek territorial unit
- 64. Attempt

DOWN

- 1. Drift
- 2. Wings
- 3. Transparent gem
- 4. Ductile
- 5. American Dental Association
- 6. South American country
- 7. Make improvements
- 8. Bathed in natural light
- 9. A province of Canada
- 10. Newbie (slang)
- 11. Nobleman
- 12. Sneaker or pump
- 15. Drizzly
- 21. Arab chieftain
- 23. 11th Hebrew letter
- 25. Hens make them
- 27. Flat float
- 28. Arm joint
- 29. Bite
- 31. A cylinder in a cave
- 32. Basic belief
- 34. Weep
- 36. Stringed instrument
- 39. Dawn goddess
- 40. Modify
- 43. Aircraft engine enclosure
- 44. Brother of Jacob
- 46. French for "State"
- 47. Madman
- 49. Anagram of "Sneer"
- 50. Account book
- 53. Wait on
- 55. Sharpen
- 56. Historical periods
- 57. Shower
- 58. Bobbin
- 60. Barely managed
- 61. Greek territorial unit
- 64. Attempt



Solutions next issue

How many words can you find in this grid? Each word must contain the central I 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: 8 words. Good: 6 words. Average: 5 words.

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

Meals on Wheels

- September 28 Lundy Vosper
- 29 Sonya Allison
- 30 Valmai Spencer
- October 1 Heather Griffiths
- 2 Drew Adam
- 5 Karl Balzer
- 6 Valmai Spencer
- 7 Trish Pike
- 8 Trish Pike
- 9 Drew Adam

Tip locations and opening hours

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

Emergency services

- AURORA Emergency 13 20 04
- Carers for Wildlife St Marys 6372 2973 / 0417 017 105
- Crimestoppers 1800 333 000
- Poisons Information 13 11 26
- Police Emergency 000 & Enq 13 14 44
- SES Emergency 13 25 00
- TFS Emergency 000 & Enq 1800 000 699

Church Services

- Catholic Parish of St Marys**
6372 2252 / 0409 172 741
Bicheno
Holy Mass 1st & 5th Sunday 9am
Liturgy 2nd, 3rd & 4th Sunday 9am
Fingal
Holy Mass 5th Friday 10am,
Holy Mass 1st & 3rd Sunday 11.30am
St Helens
Holy Mass Thursday 10am,
Saturday 5pm
St Marys
Holy Mass 2nd & 4th Sunday 9am, 5th Sunday 11am
- Anglican Parish of Northern Midlands**
Avoca
11am 2nd Sunday
Fingal
2pm 2nd Sunday
Mathinna
2.30pm 4th Sunday
Ross
10am 5th Sunday
Campbell Town
9am
- St Marys Salvation Army**
Envoy M Norton
0409 838 816
Sunday JOY 9.30am
Tuesday JAM 3-5pm
(except school holidays)
- Break O'Day Anglican Parish**
6372 1144
St Helens
9.30am 5th Sunday Combined Service with Uniting Church 9.30am
St Marys 10am
Pyengana
[facebook.com/anglicanbod](https://www.facebook.com/anglicanbod)
- Break O'Day Uniting Church**
The Manse 6376 2405
St Helens 9am
Fingal 11.15am

Last edition's solutions

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

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



St Marys Salvation Army
is pleased to offer the following services:

- ◆ *Weddings*
- ◆ *Dedication of children*
- ◆ *Funerals*

Envoy Mel Norton
0409 838 816



All words: ape, aper, apt, apter, arpen, arpent, cap, cape, caper, caperer, carp, **CARPENTER**, carper, carpet, cep, cepe, crape, creep, crepe, crept, enrapt, entrap, epact, etape, nap, nape, neap, neep, pa, pac, pace, pacer, pact, pan, pane, pant, par, parcener, pare, parent, parer, parr, part, partner, pat, pate, paten, pater, pe, pea, peace, pean, pear, peart, pearter, peat, pec, pecan, pecten, peen, peer, pen, pence, pent, per, percent, perea, pert, perter, pet, peter, prance, prancer, prat, prate, prater, preact, precent, pree, preen, preenact, prerace, rap, rapt, reap, reaper, recap, receipt, rep, repeat, repent, retape, tap, tape, taper, taperer, tarp, tepe, trap, trepan.

Healthy House Walking Group Recent Walks

July 1, Bells Marsh Walk

Nine of our more adventurist/hardy members turned up for our Bells Marsh walk. All were suitably rugged up, as the morning temperature was a chilly -4.0C. The paddocks and gardens were sparkling white with heavy frost. All walker were glad we were descending the slope down to the marsh area and appreciated the varied bushland vegetation. The steeper slopes were negotiated well, and all survived the climb and felt surprisingly refreshed for it. The luncheon appetites were increased somewhat. There was much discussion as to our exact location from some members - luckily our intrepid leader knew exactly where she was going ...
(Contributed by: Judith Carpentier)



July 8, Grants Lagoon and Binalong Bay

It was a dull and overcast day, however 13 turned up despite the possibility of rain. The walk started where Binalong Bay road runs close to Grants Lagoon. We walked along the track beside the lagoon to the road that runs to the footbridge, crossed the bridge and followed the track along the lagoon on the east side around to Binalong Bay. By this time the sun had come out and it had turned into a beautiful day. Some of us got really excited when we saw a three-masted tall wooden ship anchored out in the bay. We followed the track parallel to the bay around to North Binalong, where we rested. A change of plan not to go around to Jeanerette Beach, instead we proceeded up to Lyall road and followed a track that led to the north side of Grants Lagoon. We came out onto a beach where a sandbar, recently formed, extended about two thirds across the lagoon; some of us walked on the bar to the end. Alex was more adventurous - he took his shoes off, rolled his pants up and waded to the other side. We met up with him later. When us humans are not there, the sandbar is a popular hangout for all kinds of birdlife. We left that side of the lagoon on the same track until we neared a house, where we took a shortcut to the track back of Binalong Bay. We returned back to the start the way we came. All in all, it took us about two hours. Everybody had a good time and enjoyed the walk. (Contributed by Brian Elliott)



Our walkers come from Fingal, St Marys, Beaumaris, Scamander, Binalong Bay and of course, St Helens and around Georges Bay. New members are most welcome.

Please call Healthy House on 6376 2971 or Bryan Edhouse on 0414 987 435



HILLYS IGA ST MARYS

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everything in one convenient location*

Hillys Rewards

That's right!

Come in to Hillys IGA St Marys and Hillys IGA St Helens, pick up a rewards card and start saving - earn points every time you shop. Save up your rewards for Xmas, or use as instant cash

You can even donate to a local community group.



**We even have
members' own
specials**



Margarine was originally manufactured to fatten turkeys. When it killed the turkeys, the investors put their heads together to figure out how to recoup their losses. Margarine was a white substance with no food appeal, so they added the yellow colouring and sold it to people to use in place of butter. How do you like it? They have come out with some clever new flavourings....

The difference between margarine and butter:

- ◆ Both have the same amount of calories
- ◆ Butter is slightly higher in saturated fats at 8 grams; compared to 5 grams for margarine
- ◆ Eating margarine can increase heart disease in women by 53% compared with eating the same amount of butter, according to a recent Harvard Medical Study
- ◆ Eating butter increases the absorption of many other nutrients in other foods
- ◆ Butter has many nutritional benefits where margarine has a few and only because they are added!
- ◆ Butter tastes much better than margarine and it can enhance the flavours of other foods
- ◆ Butter has been around for centuries where margarine has been around for less than 100 years

And now, for Margarine..

- ◆ Very high in Trans fatty acids.
- ◆ Triples risk of coronary heart disease ...
- ◆ Increases total cholesterol and LDL (this is the bad cholesterol) and lowers HDL cholesterol, (the good cholesterol)
- ◆ Increases the risk of cancers up to five times..
- ◆ Lowers quality of breast milk
- ◆ Decreases immune response.
- ◆ Decreases insulin response.
- ◆ And here's the most disturbing fact ... Margarine is but ONE MOLECULE away from being PLASTIC, and shares 27 ingredients with PAINT.

Open a tub of margarine and leave it open in your garage or shaded area. Within a couple of days you will notice a couple of things:

- ◆ No flies, not even those pesky fruit flies, will go near it (that should tell you something)
- ◆ It does not rot or smell differently because it has no nutritional value; nothing will grow on it. Even those teeny weeny microorganisms will not find a home to grow. Why? Because it is nearly plastic . Would you melt your Tupperware and spread that on your toast?



The Bank Teahouse A Man's Cave Giftware

*... where the experience of
fresh coffee and delicious food,
gives you a distinct feeling
of coming home.*

Devonshire Teas are our speciality - a pot of tea for one or two,
with freshly baked scones, jam and cream.

Also available - all day breakfast, Turkish rolls, pies, burgers,
gourmet toasties, English breakfast muffins, freshly ground coffee,
hot chocolate and chai tea.

Eat in or take away - VIP cards available - we also have a pet friendly courtyard

Jason and Linda Lang - 26 Main St, St Marys - 6372 2578

St Marys Community Health Centre
Gardiners Creek Rd St Marys Tasmania 7215
6387 5555

GP Surgery Hours

Monday - Friday

8:50 - 10am

(10 -10:30am reception closed)

10:30am - 12.30pm

(12:30 - 1:30pm reception closed)

1:30 - 2:45pm

(2:45 - 3:15pm Reception closed)

3:15 - 4:30pm

Pathology

There is no pathology service prior to

8.30am, or from 12:30-1.30pm

If you require pathology prior to 8.30am,

an appointment must be made at the

Nurses' Station the day / evening before on:

6387 5555

Doctors Roster

Dr C Latt

24/9/15– 9/10/15

Dr K Rawnsley

24/9, 25/9, 29/9, 1/10, 6/10, 9/10 2015

PUBLIC HOLIDAY

Thursday 8 October– Launceston Show Day

SMCHC Teaching Site

We are a UTAS teaching site. We regularly host students from various health faculties, who attend our site to participate in training placement. If you are attending this practice and would prefer the students do not sit in on your consultation, please inform reception prior to your appointment. These placements are very important for the students, so your cooperation is greatly appreciated. **There will be medical students on placement at St Marys during October 2015.**

Scripts and Doctors Appointments

Please ensure doctors appointments are booked **PRIOR** to your medications running out, or **IN ADVANCE** if you attend this practice regularly.

Please be patient

Waiting periods to see your doctor may be experienced. We are not able to issue scripts during the weekends, please ensure you have enough in advance.

Please be aware we are not able to issue scripts by phone

St Marys Medical Practice reminder

Dr Latt wished to remind the community of the following exceptions to bulk billing at the St Marys Community Health Centre

- ◆ Driving licence renewals
- ◆ Insurance medicals
- ◆ Requested medical reports
- ◆ Harness medicals
- ◆ Pre-employment checks

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 with us?

Sometimes we need to contact you, or pass your details on to other health professionals.

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 us on 6387 5555 or call in and see our friendly reception staff for assistance

INR tests require a 5 minute doctors consultation.
- Please inform reception when booking

A.H. contact numbers

GP Assist 1300 780 011

Ambulance or Emergency 1800 008 008

Lifeline - Saving lives, crisis support and suicide prevention 131 114

St Marys Community Health Centre - please ring before presenting after hours 6387 5555

St Marys Community Health Centre
Gardiners Creek Rd St Marys Tasmania 7215
6387 5555

What's on at the Centre

September 24 **Social Worker** Shan Williams
Call 6387 5555 for appointments.

September 25 **Social Worker** Shan Williams
Call 6387 5555 for appointments.

September 28 **PHT Psychologist** Sam
McCarthy. See your GP for a
referral.

September 29 **Rae & Partners Lawyers** consult
fortnightly at the SMCHC. Phone
6337 5555 for appointments.

Child Health Session with Mary
Mumford Tuesday fortnights, by
appointment only. Phone 0428 136
381.

September 30 **Day Centre**, call Hayley Gilbert on
6387 5555 for information on the
group.
**Cancer Council Outreach Ser-
vice 2** - 3pm drop in session at
Health Centre

October 1 **Social Worker-** Shan Williams
For appointments phone 6387
5555

Eyelines- For appointments please
phone 1300 139 363. All consults
are Bulk Billed to Medicare.

October 2 **Social Worker-** Shan Williams
For appointments phone 6387
5555

October 5 **PHT Psychologist-** Sam
McCarthy. See your GP for a
referral.
Hospital Auxiliary Meeting 2pm
in the Family Room.

October 6 **Lightfoot Podiatry-** Perry Daly.
Phone 6331 9568 for
appointments.

October 7 **Social Worker** Shan Williams
Call 6387 5555 for appointments

**Consumer & Carer Advocacy
Group** 12 - 2pm downstairs at the
SMCHC. Call Shan on 6387 5555

Day Centre, call Hayley Gilbert on
6387 5555 for information on the
group

TAZREACH Antenatal Clinic with
Katie. Contact GP for appoint-
ments.

October 8 **PUBLIC HOLIDAY- Show Day
Northern Tasmania.**

Normal Doctor Surgery hours will
resume on Friday 9/10/15. Please
see after hours contact numbers for
during this time.

October 9 **Social Worker** Shan Williams
Call 6387 5555 for appointments

**PHT Diabetic Educator,
Physiologist and Dietician.**
Contact GP for referral.

2015 MAGAZINES

**Do you have any spare 2015 magazines you no
longer need or want?**

The SMCHC is looking for donations of 2015 maga-
zines. If you have any spare please drop them off
to the reception staff for use in the reception area
and for inpatients use.

SLEEP STUDIES AT THE SMCHC

Sleep studies are now being conducted through the
St Marys Health Centre in conjunction with Dr Latt
and Dr Chia from the Launceston Sleep Centre.

This is a fantastic opportunity for our community as
these studies have only be available in Hobart and
Launceston in the past.

If you are suffering from a sleep disorder please see
your GP for further advice. Phone 6387 5555

Can they smell fear?

How your pets perceive the world – part 2

We all know that a dog's sense of smell is better than our own, but just how much better? I want to share with you something I recently watched that clearly explains just how a dog's nose works.

As your dog catches the first hints of fresh air, their nose's moist, spongy outside helps capture any scents the breeze carries. The ability to smell with each nostril ("smelling in stereo") helps to determine the smell's source within the first few moments of sniffing.

As air enters the nose, 2-300 million olfactory (a fancy word for smell) receptor cells await (humans have 5-6 million such cells).

Also, the part of the brain that is dedicated to processing smells takes up around 40 times more relative brain area in dogs than in humans. We might notice if our coffee's been sweetened with a teaspoon of sugar; a dog can detect a teaspoon of sugar diluted in a million gallons of water - two olympic-size pools full.

Everything in the street, a passing person or car, contents of the neighbour's refuse, each type of tree (and all the birds and insects in it) has a distinct odour profile, telling your dog what it is, where it is and which direction it's moving in. So when you walk a dog and you think they are just taking it all in, they are truly quite busy processing all this information. Besides being more powerful than ours, a dog's sense of smell can pick up things that can't be seen at all. Dogs can detect the hormones all animals, including humans, naturally release. It alerts them to our various emotional states, and it can even tell them when someone is pregnant or sick. Indeed dogs are now trained to detect skin, breast, bladder, and lung cancers with an astounding degree of accuracy; they can also be trained to seizure-alert.

A note on fear: dogs can pick up on your fear, and will usually mimic your behaviour. If you'd like to alleviate your dog's fear, you need to alleviate your own first!

Dr Karen Wong BVSc. North East Vet Clinic 6321 8999



Fawlty Towers (1975–1979)

Having re-watched the first four episodes of John Cleese's wonderful, wonderful Fawlty Towers, the dysfunctional hotel run by the inimitable Basil Fawlty (Cleese), and his battle-wagon wife, Sybil (Prunella Scales). Amazing how many belly laughs and guffaws the show can still inspire, and this is probably my third or fourth viewing (still, it's been years).

Even more amazing is the short documentary on the real Basil Fawlty - Donald Sinclair, manager and owner of the Gleneagle, an ex Navy commander who (as Ray Marks, present manager of the Gleneagle puts it) thought running the Gleneagle "would have been a wonderful job, if it wasn't for the guests". The guests spoiled his job.



According to legend, the Monty Python troupe once booked rooms at the Gleneagle, in the seaside town of Torquay; they still remember some of the things Sinclair did to them there. Pythoner Eric Idle carried an alarm clock inside his briefcase at the hotel reception; when Sinclair heard the ticking he said "My God, there's a bomb in there!" and threw it off a cliff. Later, Pythoner Terry Gilliam sat down to a meal and ate American style, cutting up the food first before picking up the pieces with his fork; Sinclair, passing by, picked up Gilliam's knife and snapped "we don't eat like that here!"

Eventually the entire Python troupe moved to another hotel - all except Cleese, who stayed. Apparently, he thought there was an idea for a TV show here somewhere.

It wasn't only the Pythoners that suffered; one guest asked for a drink at the bar, to which Sinclair replied by slamming down the grill and saying "the bar's closed." When his friend invited him to a nearby hotel to drink, Sinclair informed him that if he isn't back by 11 pm, the front door will be locked. He came back late, and just as Sinclair threatened, the front door was locked. "This is ridiculous," he said, "my wife and daughter are in there," and started banging on the door; a light turned on in a window, and Sinclair popped his head out and said "I told

you I'd lock the doors by 11!" The guest replied: "If you don't open the doors I'm going to knock them down!" Three or four minutes later, Sinclair opens the door, lets him in, bangs the door behind him loud enough to (as the guest put it) wake everyone in the hotel and yells "Don't let that happen again!"

Sinclair was also hard on the hired help. He hated builders, and would yell and curse at them; one Greek waiter was so fed up with Sinclair's treatment of him he jumped into a taxi and demanded to be driven to London. Rosemary Harrison, who once worked for Sinclair, describes how when one waiter, tired of waiting for Sinclair to make the tea, took a teapot meant for another table. Sinclair stopped the serving of breakfast and went up and down the tables like a policeman, questioning the guests. He came across a set of teapots at a table for two. He realised because of their size they were meant for a table for four, and he asked the guests for a description of the waiter."

Sinclair was apparently so appalling that when his wife had to go out shopping, she would lock him up in their room, and say to the staff "don't let him out, he's only going to upset you." Ian Jones, owner of the nearby Coppice Hotel, said "fugitives from the Gleneagle used to come knocking on our door, pleading accommodations."

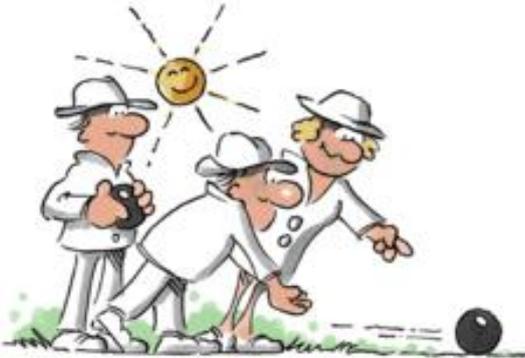
He was, as Cleese would put it, "the most wonderfully rude man I have ever met."

Still funny after all these years

14 May 2004 / by Noel Vera (Manila, Philippines)

**St Marys Sports and Social Centre
Gray Rd St Marys**

**Open for business
Friday from 6pm Sunday 1.30 - 4pm
Closed Thursdays until bowls begins**



BOWLS NEWS

Practise starts Thursday October 1
Nan Stewart Day October 4 at St Marys
(please bring a plate for afternoon tea)
Pennants starts October 10, bye for St Marys
October 17 St Marys v St Helens at home
October 18 St Marys v Bicheno away
Clive Berwick Day will be December 27, please enter
your name on the board if you intend to play.

New to town or wanting to learn?
You are most welcome to join us at training on Thursdays 5.30pm.
Social games starting soon.



**Rediscover your
Drive and Swing**

HAPPY HOUR

Friday 6:30 - 7:30pm
Meat tray raffle. Jag the Joker
Lucky members draw Lucky wheel
Toasted sangers available

VISITORS MOST WELCOME

*YES We will be open for the
Grand Final...Grab a sav at the club and
watch the big men fly!*



October is national Golf Month
so on Friday 9, 16, 23 and 30 we
invite you to participate in
9 holes of fun and frivolity.

Learners, non-members or new
to towners, come along and see
what we have to offer ... you will
be looked after!

Lapsed members ... we miss you!
Register between 4.30 & 5pm

Committee

Licensee/treasurer: Jim Turner 6372 2441 President: Jacqui Bianchi 0439 978 156
Vice President Bobby Harwood 6372 2445 Secretary: Annette Wines 0417 010 648
[facebook.com/stmarysportsandsocialclub](https://www.facebook.com/stmarysportsandsocialclub)

“Australia is mostly empty and a long way away. Its population is small and its role in the world consequently peripheral. It doesn't have coups, recklessly overfish, arm disagreeable despots, grow coca in provocative quantities or throw its weight around in a brash and unseemly manner. It is stable and peaceful and good. It doesn't need watching, and so we don't. But I will tell you this: the loss is entirely ours.”

Bill Bryson, In a Sunburned Country



ST MARYS IGA SUPERMARKET

38 Main Street
 Ph/Fax 6372 2240 Butcher 6372 2274
 Monday ~ Friday 8am - 6.30pm
 Saturday 8am ~ 5pm
 Sunday 10am ~ 5pm
 Butcher instore weekdays 8am ~ 2.30pm

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

<i>Butchery specials this week</i>	<i>p/kg</i>	<i>Butchery specials next week</i>	<i>p/kg</i>
Scotch Fillet Steak	27.99	Porterhouse Steak	17.99
Lamb BBQ Chops	10.99	Netted Boneless Lamb Roast	13.99
Mixed Grill Meat Pack	10.99	BBQ Blade Steak	11.99
Ingham Gourmet Chicken Portions	6.99	Short Loin Lamb Chops	15.99
Nichols Chicken Kiev Burger	.99ea	Ingham Chicken Schnitzel 600g	11.99

Specials September 23 - October 6

Meadowlea Spread 1kg	3.99	Nabisco Premium Crackers 250g	2.25
Birds Eye Fish Fingers 1kg	8.99	Nescafe Coffee 150g	7.99
McCain Superfries 1kg	3.29	Fronti Lambrusco 750ml	3.49
Global Cooked & Peeled Cocktail Prawns 300g	7.69	Earth Choice D/Washing Liquid Conc 500ml	1.99
Whiskas Canned Cat Food 400g	1.59	Fountain Sauces 250ml	1.99
Chum Canned Dog Food 700g	1.49	Betty Crocker Cake Mixes 450-540g	3.99
Bickfords Cordial Syrup 750ml	3.99	Hartz Spring Water 10L	4.99
Cottees Cordial Syrup 1L	3.99	Old El Paso Meal Kit Varieties 290-520g	5.99
Ajax Spray & Wipe 500ml	2.99	Sanitarium Peanut Butter 375g	2.99
Kellogg's Coco Pops 375g/Sultana Bran 420g	3.99	Koala Rice 1kg	1.99

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

A group of seniors were sitting around talking about all their ailments.

'My arms have gotten so weak I can hardly life this coffee' said one.
 'Yes I know' said another. 'My cataracts are so bad, I can't see my coffee.'
 'I couldn't mark an 'x' at election time, my hands are so crippled' volunteered a third.
 'What? Speak up! I can't hear you!'
 'I can't turn my head because of arthritis in my neck' said a fourth, to which several nodded weakly in agreement.
 'My blood pressure pills make me so dizzy!' exclaimed another.
 'I forget where I am, and where I'm going' said another.
 'I guess that's the price we pay for getting old' winced an old man as he slowly shook his head.
 The others nodded in agreement.
 'Well, count your blessings' said a woman. 'At least we can all still drive!'



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