



# THE VALLEY AND EAST COAST VOICE INC.

Established 1968

48.13 October 22, 2015 Deadline for 48.14 is 5pm November 2, 2015

## St Helens Walking Group p14



Stieglitz boat ramp to Akaroa Beach  
by Ron Ralph

## Fingal Valley Neighbourhood House starts its Community Garden p9



Ana's Hairdressing Salon wishes to advise that due to family commitments, the Salon will be closed from Tuesday October 27, reopening on Tuesday November 10.

♪ Saxon is getting married ♪

## 2 Storey Street update

Well, they say a lot can happen in a week; this is the case providing you are not dealing with a government department ...

With the environmental report submitted to the EPA for assessment/verification there is not much to do but wait. Whilst TASWATER were happy to accept a letter from the Environmental engineer stating the site is clear so that they could replace the water main, the same cannot be said for the Break O Day Council who have stipulated that they require confirmation from the EPA before proceeding with the footpath reinstatement.

Concerned that I hadn't heard from the EPA, I decided last Monday 12, to phone them and enquire as to the expected time frame for finalising the report.

After some confusion as to who I needed to talk with, the receptionist decided to email all in the department in the hope that one of them would return my call.

At 4:58pm Monday afternoon, I received a call from a lady at the EPA and after listening to my query replied with "we are very very short staffed at the moment and I have no idea when your paper work will be processed". followed by "why, is there something important hinged on this?"

I shared with her that the Council is refusing to reinstate the footpath until they have the paper work from the EPA, to which she replied "well I will move your file to the top of the pile".

I know I should have sounded grateful but I cautiously then asked "now I am at the top of the pile, how long do you think it will take?" The reply came back " oh, probably 2 weeks".

I enthusiastically check my mail in the hope that the 2 week time frame is a maximum. I can only hope that the Council, having had copious amounts of planning time, will be in a position to finalise works as soon as the paper work is in.

I have had two enquiries about the rubble from the footpath - yes, believe it or not, broken concrete has value! As the footpath is Council property, I have referred these people to Council and to my knowledge it has been agreed that the rubble will be transported to a new home rather than land fill.

As to when, I have no idea.

I am hopeful there will be no need for future updates.

*Ross Quinn, St Marys*

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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 / libel / 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.**

#### **Cornwall Community Development Group Inc**

AFL point margin tickets winners were Marylee Griffiths and Clinton Mitchell. Thanks to all who bought tickets

**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 **6372 2766**

**The St Marys Salvation Army** values and greatly appreciates the following people for their continuing love and support:

Lily-Mae Hayes	Glyn Johnson
Wendy Dawson	Stuart Kerr
Sonya Allison	Martin Monaghan
Kerry Whit	Wayne Bishop

**Malahide Golf Club Inc.** A notice to all members, the Annual General Meeting will be held at the Clubhouse on Saturday November 14, 2015 at 2.30pm.

**Bill Swann, Honorary Secretary, 0408 568 678**

The results of the **Valley and East Coast Voice Inc.** AGM are as follows:

President Glyn Johnson

Secretary Kerry Whit

Treasurer Reon Johns

Public Officer Wendy Dawson

Committee members Heather Lodge, Jill Faulkner, Irene Smith, Wendy Brennan, Sonya Allison

**Notice to all non-profit groups re changes to advertising charges:** 'Half a page or more to cost 50% of the regular advertising charge. These changes will take effect as from November 19, 2015. To establish eligibility, ABN / IA details may be requested'.

These changes are to help ensure the Valley Voice can continue providing the service we have for 47 years - and we welcome the continued support of the regional clients whom we have helped promote during our long coverage of the Fingal Valley, Scamander and east coast areas.

#### **Dear poppy making friends.**

The project just keeps on going, I'm sure you were as overwhelmed as I was to see the ocean of handmade red poppies at Federation Square on ANZAC Day.

The story has another chapter ... they (the poppies) are off to the Chelsea Flower Show in the UK next year, and then possibly off to Flanders.

It has been so exciting to be part of the project and I do hope the display will make its way to Tasmania before the end of 2018.

Australian Service Men and Women will never be forgotten.

Thanks again for being part of it.

**Wendy Fowler, St Marys**

## Community Notices

I have been approached by **Jan Sparkes** to take the following proposal to the next St Marys Memorial Services Association meeting:

That we place on the Cenotaph a plaque with "*Dedicated to the women in war for their skills, courage, and compassion*" displayed on it.

If anyone has an objection to this could they please call **Wendy Brennan 6372 2094**

I count my blessings for being fortunate enough to reach this milestone (my 80th).

To my loving family and kind hearted friends, thank you for all the sincere sentiments that played in making this celebration so memorable for me.

Thank you again.

**Heather Lodge, St Marys**



The **St Marys Hospital Support Association Inc.** will hold their **AGM** on Monday October 26, 2015 at 7pm in the Day Centre Room at the St Marys Community Health Centre. All welcome.

**Len Miles, President. 6372 2285**

Wednesday November 2 at St Marys Community Health Centre 12-2

**Our SAI - Peer Support Advocacy and Information** is a peer support group for anyone living with a Chronic Health Condition. This is an open invitation to an information session for anyone in the community living with or caring for someone with a chronic health condition. This will be an informal meeting, tea and coffee will be provided.

The Support, Advocacy and Information sessions are held fortnightly on Wednesdays 12-2pm at the SMCHC. The 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. This is an informal group and no referral is required. There is no cost involved.

**Contact Shan Williams, Social Worker 6387 5555 for further information**

## Wanted

**Rental property wanted:** Mature female requires cottage/house in St Marys area on long-term lease, from approx November 20, 2015. Larger block with privacy preferred. **Call Sue 6372 2721 or 0432 981 508.**

**Gardening work** wanted. Experienced, reasonable rates. **Call Sue 6372 2721 or 0432 981 508.**

## Positions vacant

**Housemaid** positions are currently available at the **Scamander Beach Hotel Motel.**

Please apply by phone or email to arrange an interview.  
**6372 5255 / tascu137@gmail.com**

## For Sale

440 ltr **Rhino-rack** luggage pod only, good cond \$150.  
**Stepper gym**, cardio exercise, thighs & calves with ropes. \$50. **Foldup bike** Dahon 3spd 4130 Cromaly lightweight rarely used, has rear luggage carrier, built in pump & manual, \$220. Giant Comfort/hybrid, **road and mountain bike**, very good condition, includes helmet, front basket and manual, \$100. **Marilyn 6384 2366**

Colonial **cedar windows** 1 of 1800 x 1812mm, 6 of 1800 x 1220, 1 of 1800 x 925. \$300 ono. **George 0478 228 265**

**Mont raincoat** - breathable hydronaute fabric (like Gortex), excellent condition, blue/black. Size sm/med. \$40 **6372 2686.**

**2 Seater couch** as new, \$60. **0409 856 681**

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

**Norm 6372 2380**

**Sharp** heat/air conditioner \$200 ono. Victa **lawnmower**, as new \$239 ono. **0419 861 957**

R/h **golf clubs, bag and buggy** \$50. New Sunbeam **bread maker** \$70 ono. **0409 856 681**

**Computer desk and chair.** Exc cond, minimal use.  
**Please call 0417 152 691 St Marys**

## GARAGE SALE Saturday October 24

**9am start. No early birds!**

**56 Gardiners Creek Rd St Marys**

Stihl brushcutter	assorted workshop & woodcraft tools.
Triton router & jigsaw table	Worm factory
Radio towers & radio gear - co-ax etc.	pair chrome 600 mm Grab rails 32mm diameter
Elephant brand 3ph sander & grinder	fishing rods.
ringlock fencing	old Coca Cola crates
PVC pipe, black poly.	white cane chair
Round mirror with bevelled edge & frosted pattern	motorbike gear.
metal jerry can.	ladies & gents jackets & jumpers
Small timber tables & various woodcraft items	books, bric-a-brac & <b>lots more.</b>



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**John Campbell**  
**0438 392 621**

**Jamie Harper**  
**0408 012 145**

## Gonski School Funding

**What is Gonski?** Gonski funding for schools would ensure every school has the resources it needs to meet the needs of every child. That means that schools with higher needs including being a small, regional and rural school; students with additional needs or a disability; Indigenous students and students from a low socio-economic background will get more funding.

With Gonski properly delivered, every school would have the right resources to give students the individual support and attention they need.

**What would it mean for our community?** Gonski funding would deliver an estimated additional \$1.27m to St Marys District School, \$2.23m to St Helens DHS and \$632,746 to Bicheno Primary School over six years. This funding would be targeted to reach kids who need it most.

St Marys District School have looked ahead to what this would make possible in terms of extra programs and individual support. These programs could be: in-class one-on-one support for many more students, alternate programs for disengaged students and additional literacy and numeracy support for every student in need. It could also enable us to have more vibrant extra-curricular programs.

There would be more community engagement programs and family supports, such as extra social worker time and community liaison officers. We could offer additional assistance for students to plan their future and achieve their full potential. Gonski funding would give the school the ability to better plan for the long term, with more stability in staffing and programs offered and more flexibility in the way these are delivered.

The social and economic benefits Gonski would deliver our community are enormous.

**What is happening now?** Tasmania has a signed agreement to deliver full Gonski funding over six years; however, the current Federal Government will only commit one third of the federal funding contribution to Gonski. Added to that, so far schools are not receiving the full Gonski funding allocation for each school, and have suffered staffing cuts in last year's state budget.

We have formed a community group to fight for Gonski for our schools on the East Coast. We will be campaigning for these much-needed Gonski funds to be fully delivered to our schools. Join our Facebook page for up to date news and information about up-coming events: [www.facebook/necoastgivesagonski](http://www.facebook/necoastgivesagonski). If you haven't already, make sure you show your support for Gonski at: [www.igiveagonski.com.au](http://www.igiveagonski.com.au)

Look out for us on **October 24 in St Helens town centre 9am - 12pm!** Come and say hello and learn more about why Gonski is so important.

This is a once in a life time opportunity to have our schools fully funded according to their needs so that every child in our community can achieve their potential.

*Lucie Ellis*

*NE Coast Gives A Gonski organiser*

*lucierivers@hotmail.com*

## Tenders open for Perth to Breadalbane duplication October 16, 2015

TENDERS will be called tomorrow for the duplication of the Midland Highway from Perth to Breadalbane, one of the biggest safety upgrades in the \$500 million Midland Highway 10-Year Action Plan.

Deputy Prime Minister and Minister for Infrastructure and Regional Development Warren Truss said the \$60 million project, which has been developed with extensive local consultation, is one of the most significant road projects in Northern Tasmania in nearly a decade.

"Crashes are estimated to cost the Australian economy an estimated \$27 billion per year. This upgrade is therefore an investment not just for Tasmania but for the national economy as well," Mr Truss said.

Member for Lyons Eric Hutchinson said the upgrade will create a safer road and more jobs.

"This project will deliver a divided four-lane highway from Youl Road north of Perth to the existing four lane southern Outlet into Launceston, just north of the Breadalbane roundabout," Mr Hutchinson said. "It will create 60 full time jobs, improve freight efficiency, and most importantly, increase safety on this notoriously dangerous highway."

Tasmanian Minister for Infrastructure Rene Hidding said the project will bring safety and time-saving benefits for Tasmania's key north-south passenger and freight route.

"Our overall aim is to bring the full length of the highway up to a minimum AusRAP 3-star safety rating by the end of the 10-year action plan," Mr Hidding said. "The design features safer access to the highway for local residents and businesses, such as a new underpass arrangement for both Devon Hills Road and the business precinct on the western side of the highway. There will also be an underpass for airport and Hobart Road traffic, and the design includes substantial consideration of cyclists, as this area is a popular cyclist link to the Northern Midlands."

"While a good deal of the works will take place adjacent to the current road formation, we recognise that there will be some disruption and delays for motorists travelling along the highway as the safety improvements are progressively rolled out, and we thank motorists for their patience."

The Australian and Tasmanian governments remain firmly committed to improving road safety along this strategic passenger and freight route.

**Tenders will close on Wednesday, 2 December 2015 and more information is available at <http://www.midlandhighway.tas.gov.au>**



St Marys Milo Cricket commencing Friday October 23, 2pm at St Marys Recreation Ground.  
Contact Clayton Speers 0458 448 263 for further information.

### The St Helens Local Chaplaincy Committee

It is now over a year since our St Helens District High School Chaplain, Mrs Christine Waters, was appointed to our school. Please check our face book page to see our progress.


To compliment our Federal Government funding, last year the local committee banded together to organise a Fun Run to coincide with the Centenary celebrations for Anzac Day 2015. This was a most successful event, with only a few glitches, and many participants asking for the event to be repeated again in 2016.

In view of this, the committee are planning to be more organised and intend forming a sub-committee to handle all the nitty gritty of such an event. We were thrilled to have over 100 participants in our Fun Run.

For 2016, to aid with planning, we are holding a public meeting on Tuesday October 27, 2015 at 7pm in the Anglican Parish hall for all those interested in participating in the preparation for next year's Fun Run.

Please come along with your ideas, skills and comments to help make 2016 an even better event, and for St Helens to be on the State Fun Run map with their own major Fun Run, bigger and better than 2015!

**Enquiries to Carole Withers 6376 1638 / Christine Tregloggen 0419 386 954**



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All registrations / payments are made online at [www.playcricket.com.au](http://www.playcricket.com.au) Use the 'Where do I play?' feature to find your nearest centre. For more information contact Cricket Tasmania GDO, Alan Eadie - 6336 7020 [aeadie@crickettas.com.au](mailto:aeadie@crickettas.com.au)

MILO in2CRICKET Program is ideal for children aged 5-7 learning the skills. The next progression will be MILO T20 Blast which is for children aged 8-12 to learn the game.

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



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Sat  
Nov 14  
11am -  
2pm



# Community Day

Come along and celebrate our 30-year anniversary with us!  
We have something for everyone!  
25·Circassian·Street·St·Helens!  
Turn left at Hilly's Supermarket and we are end of Circassian Street ☺

LIVE PERFORMANCES: ·LINE DANCING· ·DRUMMERS· ·UKULELES·  
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BOUNCY CASTLE· ·FACE PAINTING· ·ARTS AND CRAFTS CORNER· ☺  
MOSAICS· ·COOKING CLUB· ·GOURMET KITCHEN· ☺  
DEVONSHIRE TEAS BY ·EATING WITH FRIENDS ☺  
LUCKY DOOR PRIZES· ·HAND MASSAGES ☺  
QUILTING DISPLAYS BY ·BOD STITCHERS ☺  
SHED SHOP· ·OP SHOP· ·COMMUNITY GARDEN· ☺  
COMMUNITY SHED ☺

 St Helens Neighbourhood House ☺  
The Heart of our Community ☺  
Funded by the Crown through the Department of Health and Human Services ☺

**Tasmania has been ranked bottom for waiting times for elective surgery in public hospitals nationally.**

The Australian Institute of Health and Welfare (AIHW) found the median waiting time for elective surgery in the last financial year ranged from 27 days in Queensland to 55 days in Tasmania.

In the same period, the proportion of patients who waited more than a year for surgery ranged from 0.5% in Queensland to a high of 12.9% in Tasmania. That number increased from 9.6% in 2010-11 to 12.9% in 2014-15.

While most states have improved their waiting times, since 2010-11 the median waiting time for elective surgery in Tasmania increased from 38 to 55 days. In response to the report, the Government said it had spent record amounts on health in the 2014-15 budget and was implementing reforms to cut waiting times.

In a statement, Health Minister Michael Fergusson said the report showed more elective surgeries were conducted in public hospitals across the country last year than in previous years. He said an increase in median waiting times was consistent with the Government's policy of ensuring that the longest waiting patients were now treated. "Many patients had waited so long for surgery that, once treated, their waiting times were large enough to skew the median wait time upwards," he said. "Clearing the longest waiting backlog can only be achieved by accepting a temporary increase in median wait times."

He said his government had delivered record spending of \$1.56 billion on health in 2015-16

The Nursing Federation's Neroli Ellis said the report was damning for the state's health system.

"Despite all the nurses and health staff working incredibly hard, the results show a complete lack of acute funded beds in the Tasmanian public health system," she said. She said hospitals were running at full capacity meaning surgical beds were being taken up with medical emergencies, which is leading to cardiac surgery being cancelled. "This [report] is just the tip of the iceberg," she said.

"We've got thousands of people waiting to see a surgeon in the outpatients department who haven't even got onto those lists yet. It is truly very damning for our state." Ms Ellis said she was not surprised but she was concerned about the people who were waiting up to 424 days for surgery.

"This is absolutely due to the fact that we've closed down whole wards due to budget cuts," she said.

The Australian Medical Association's Tim Greenaway said waiting times may actually be worse than those published in the report.

"The AMA has encouraged all governments to publish not only the waiting time to elective surgery, but also the waiting time to be seen by surgeons to be put on the waiting list," he said. "It is a marker of the strain that the public health system is under. It's also a marker that we do need to proceed with the reforms to the public hospital system in Tasmania. We're not doing well enough and things need to change. Business as usual just will not serve the Tasmanian people well enough."

Associate Professor Greenaway said the results reflected the fact that Tasmania had the fewest hospital beds per head of population in Australia.

[abc.net.au/news/2015-10-15/tasmania-worst-performing-state-on-elective-surgery-wait-times/6854928](http://abc.net.au/news/2015-10-15/tasmania-worst-performing-state-on-elective-surgery-wait-times/6854928)

**The Say, by Cagerattler**

This weather is really unusual for October as we all know - five days already with temperatures above 29c which hasn't happened for a very long time, barely halfway through the month. Already total fire bans have been enacted on some days as well; I wonder where this will lead by the onset of the summer months.

Tell you what though, the Tasmania Fire Service is already switched on. It's reassuring to know these hard working, dedicated people are on the job. That said, the onus falls on all of us, especially in low population areas like here in the valley. Two things that ALL OF US can do is to be vigilant, and responsible. Keep an eye out for small fires that may be otherwise insignificant, and be prepared to report odd or unusual smoke sightings just in case it is the start of a much more serious incident. Our responsibilities include adopting a Fire Plan (should a fire really threaten) and taking steps to manage heavy dry growth on properties, especially once we hit the expected hot summer months of December to February/March. This is tempered of course with common sense, and I trust that statutory bodies will monitor genuine fire hazards including their own responsibilities, not just the property/land owners. I'm sure they will, or let's trust they will, because for some of our older folk, statutory growth lengths cannot be physically managed during peak growth times, or just too expensive to implement. I'd like to think that other local people will be able to help out, especially if this upcoming fire season turns out as they are predicting. Let's hope it's a peaceful, safe, summer period ... What do YOU think?

*Rod McGiveron, St Marys*





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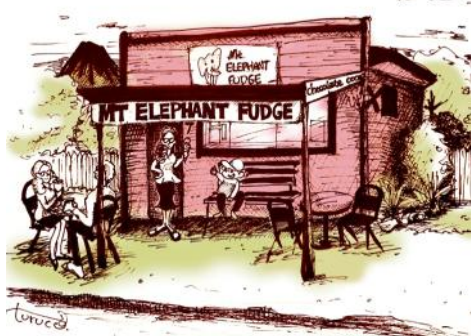
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The Valley and East Coast Voice Inc. encourages local/regional contributions from the public. Stories, current events, historical information, lifestyle pieces, anecdotes, articles, travel blogs and written or visual art with a community-based theme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



### MT ELEPHANT FUDGE

**Hi All**

**Thanks for a great opening week!**

**Please come and try some  
of the delicious treats @  
Mt Elephant Fudge...**

**Love to see you all. ☺**



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VISITING EVERY SECOND TUESDAY

St Marys Community Health Centre 9.00am-10.00am

St Helens old Post Office building 11.00am-1.00pm

Please call to make  
an appointment

**6337 5555**

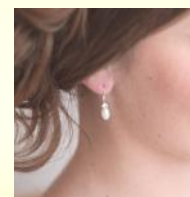
## St Marys PHARMACY

**Pharmacist instore Monday - Friday**



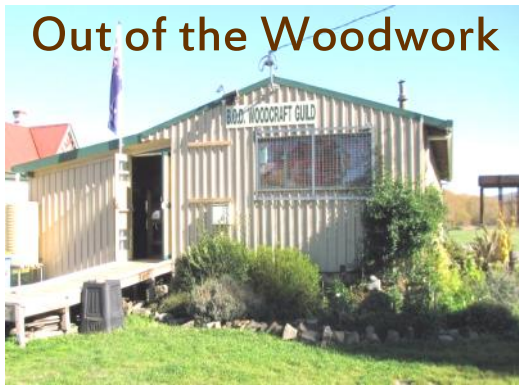
**Our Kodak machine is up  
and running, copies from 45c**

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



**Main Street St Marys 7215  
6372 2844**





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](http://breakodaywoodcraftguild.weebly.co)

[facebook.com/pages/Break-ODay-Woodcraft-Guild-Mens-Shed/](https://facebook.com/pages/Break-ODay-Woodcraft-Guild-Mens-Shed/)

*Don't forget to help support Mental Health Week,  
The Sizzler King will have his trusty BBQ at the  
St Marys Hall on October 29 between 11am and 2pm  
for a free sausage sandwich to accompany the  
St Mary's School Choir and Band.  
Please come along and show your support for this  
worthwhile cause.*

In the photos is the start of the **Fingal Valley Neighbourhood House Community Garden**



Come along and have a look at our Community Garden, and if you wish you may donate seeds and help with the upkeep.

*Debbie Speers, Fingal  
Photos by Shirley Lowe,  
Fingal*



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## Cambodia Trip: Update

All staff and students have returned from the epic adventure to Cambodia and Singapore. 12 very weary students and 2 staff slept on the floor in Melbourne Airport on the way home, but what a wonderful adventure they had all had.

The kids were awesome and we could not have been more proud of how hard they worked within Donsava School. They had jam packed their bags with extra clothes and stationery items to donate to the school. The children and staff were actually on school holidays, but you can see how many children came into the school each time we visited. The photo below shows the enormous amount of goods our students and staff donated.



When we arrived at Donsava School we were informed that the quote to renovate the outdoor kitchen had been much too low and we had not raised enough money to complete this work. Instead, the school Principal had decided to go ahead with the renovation of the school library. The students removed all of the old furniture, washed down the walls, undercoated and painted on two top coats – all in over 30 degree heat and high humidity. The floor was then professionally tiled, and they moved all the furniture back in and put out the new books. (See before and after shots.)

We had enough money left over to buy library books and posters, 80 school uniforms for the families who cannot buy their own uniforms, additional stationery items and we also purchased three pieces of new outdoor play equipment – two sets

of swings and a slide. The 420 children at this school were playing on 2 swings and 2 seesaws!

We should never underestimate the value that the money we donated to this school had.

The average wage for a Cambodian family is between \$30 and \$80 per month, so we had effectively taken at least two years wages for a family to the school.

We would like to thank our students, families, businesses and the wider school community for their donations towards our fundraising efforts.

We are putting together all of the photos which were taken whilst we were away and they will be kept on one of our shared drives.

We will also be coming to classes to talk to children about our trip, so that we can start fundraising again in the hope that we can renovate the kitchen on our next visit!!







13 Gray Road, St Marys, TAS, 7215.  
Phone: 6372 3900 Fax: 6372 2543  
e: [st.marys.district.high@education.tas.gov.au](mailto:st.marys.district.high@education.tas.gov.au)  
web: [stmarysdistrict.education.tas.edu.au](http://stmarysdistrict.education.tas.edu.au) [facebook.com/St-Marys-District-School-1409980305920261/](https://facebook.com/St-Marys-District-School-1409980305920261/)



## The Bank Tea House 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

Mon-Fri 7am-5pm - Sat 8am-5pm - Sun 9am-4pm

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



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

Opening hours Friday from 6pm, Sunday 1:30-4pm Thursdays after bowls practice

It was lovely to see some 20 golfers and a dozen bowlers participating in the 'Rediscover your Drive' last Friday evening. Thanks to all who participated. Don't forget, free golf is still on for October 23 and 30, as part of the national Golf Month membership drive. We would also like to thank the three Councillors and other members of the community who came along and helped us celebrate the completion of the renovations. To the dedicated members that helped bring the bar area up to scratch, another big THANK YOU.



**BOWLS NEWS**

A fantastic win for St Marys against Bicheno on Sunday. Unfortunately St Helens forfeited Saturdays game. Bowls practice is on Thursday from 5pm so if you are wanting to learn how to play please come and join us



**HAPPY HOUR** Friday 6:30 - 7:30pm  
Meat tray raffle. Jag the Joker \$540  
Win a carton in the Lucky members draw

**SAFE FOOD HANDLING SEMINAR**

*This is a free course run by the Break O'Day Council. We would encourage our kitchen volunteers to attend one of the courses available.*

*WHEN: Thursday 5th Nov. WHERE: Scamander Beach Hotel TIME: 10am or 3pm. RSVP by October 30 to 6376 7900, or ring Annette 0417 010 648 if you would like to travel with a group.*

**Mark it on your calendar.....**

**Sunday  
November  
8th**

**jam session**

**1pm  
until  
4.30pm**

Sound system provided  
Performers contact John 0409 959 121  
***Food will be available for purchase***

**Membership fees are now due!**

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://facebook.com/stmarysportsandsocialclub)



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*A great shopping experience -  
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  
member's own  
specials\**





**COLIN BUCHANAN**

**LIVE IN CONCERT!**

**SPECIAL GUEST NUDGE**

**LAUNCESTON**

4.30pm, Thursday 5th November  
Door of Hope Church,  
50 Glen Dhu Street,  
Launceston TAS 7249

For more information and to  
book a seat on the bus,  
please contact  
Mel Norton on 0409 838 816

**TICKETS  
\$12.50  
PER PERSON AGED 2+**

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Thylacine. Research. Unit.  
(T.R.U.) 14 October

The Hunt for the Tasmanian Tiger airs on Animal Planet in Europe (excluding UK) commencing October 21, 2015 for Episode 1 and through to October 30 for episode 2 at various times. It is a documentary about the modern day search for the believed to be extinct Tasmanian Tiger (Thylacine). The show features the use of modern technology and techniques, underpinned by science, in the quest to determine if the largest predatory marsupial carnivore still survives somewhere in the remote wilderness of Australia's southern island state - Tasmania. With Warren Darragh, Chris Coupland and Bill Flowers.

[thylacineresearchunit.org/](http://thylacineresearchunit.org/)

## Healthy House Walking Group



*Manna Farm by Wayne Fulford*

*July 18 - Moriarty Lagoon:* Seven members of the walking group enjoyed a lovely blue-sky day, last Saturday, circumnavigating Moriarty Lagoon. Starting at the northern end, the route passed through semi-vegetated sand dunes and coastal shrubland, some of which was recently burnt, and then descended to the margin of the lagoon. By following wallaby tracks through the tall, sedgey, aquatic growth along the marshy edge, and through patches of teatree scrub, with the sun behind us, we reached Windmill Lagoon in time for morning tea. The return leg was over the low hills to the west of the lagoon where the recently burnt heathland was springing back to life amidst the blackened sticks. Lunch was enjoyed on a rise close to the water and the view from the hill took in the whole of the route walked. From there it was a short walk back to the cars to complete the circuit. (Contributed by: Alex Buchanan)

*August 12 - Stieglitz Boat Ramp to Akaroa Beach:* A chilly start to the morning did not deter 13 members of the walking group setting from Stieglitz Boat Ramp to Akaroa Beach and back. Within a few minutes from the start the sun appeared, making the day and the walk very pleasant indeed. The walk behind the beach is very flat and easy, but on reaching Akaroa and going onto the sand, due to the height of the tide, some rock clambering was required to reach Akaroa Beach. As usual there was no shortage of chatting among the walkers, which is another enjoyable aspect of this walking group. (Contributed by: Ron & Wendy Ralph)

*August 26 - Jones Track-Manna Farm:* A large group of 21 walked to Manna Farm at Upper Scamander along a gravel road through ironbark country full of birdsong and sunshine. At the end of the 2 km track lies the property which has an interesting history of healing and alternative enterprises explained to us by the present owner. He encouraged us to walk down to the weir on the river through his paddocks. Water levels are low and the bush is obviously suffering from the extended dry spell however we all enjoyed another morning in paradise. (Contributed by: Pam Bretz)  
Our walkers come from Fingal, St Marys, Beaumaris, Scamander, Binalong Bay and, of course, St Helens and around Georges Bay. A reminder that the Walking Group encourages car-sharing for members to get to the trail-head. The nominal amount is \$2 for the weekly Wednesday walk, and \$5 for the monthly Saturday walk. New members are most welcome.



*Jones Track Upper by Wayne Fulford*

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





## Community Expo and Performances Portland Hall, St Helens

**Friday, October 30**

**10am - 2pm**

Featuring

Information Stalls, Interactive Activities &  
Art Display

Performances by:

SMDS/ SHDS School Band

SMDS Choir

Rhythm of Life Drumming group

DRUMBEAT/Body Percussion Performers

Solo Artists + more

Suncoast Singers

*..Free Sausage Sizzle..*

## Mount Elephant and Beyond Book Group Review

The Mount Elephant and Beyond Book Group is one of LINC Tasmania's statewide network of book groups. The group currently has ten members who come from St Marys, Bicheno, Scamander and Beaumaris. Each month we meet to talk about a title we have selected from a list provided by LINC. Books may be fiction or non-fiction, and range from thrillers to chick-lit, travelogues to biographies and everything in between.

This month the group read *The White Tiger* by Aravind Adiga. The novel was Adiga's first, and won the prestigious Man Booker Prize in 2008. Adiga was born in Chennai, India in 1974 but migrated to Australia with his family in 1990. He subsequently studied at Columbia University in the United States and at Oxford University in England, and then worked as a journalist for several years. He currently lives in Mumbai.

*The White Tiger* is in the form of seven letters written by Balram Halwai to the Premier of China, to offer unsolicited advice and information on the occasion of the latter's impending visit to India. The Chinese Premier wants to find out about Indian entrepreneurs and Balram is an entrepreneur: India, says one of the characters, may not have drinking water or a sewage system, and no sense of discipline or punctuality, but it does have plenty of entrepreneurs.

Balram originally came from Laxmangarh in Bihar state, a village in the 'Darkness' where corrupt landlords enjoy feudal privileges and hold power over life and death. In the Darkness, democracy, of which India is so proud, does not exist; elections are rigged and anyone who speaks out risks being brutally killed.

In the course of the letters, Balram explains how he left his humble origins behind to become the head of a successful business, supplying cars and drivers to call-centres. Balram is not a humble man, and it is clear that he has been prepared to do almost anything to get ahead. Early on in the novel he states matter-of-factly that he has killed his former boss and he refers often, quite proudly, to the wanted poster that reports the crime.

As a child Balram is recommended for a scholarship, his ability marking him out from his schoolfellows: he is as remarkable as a 'white tiger'. However when he is unable to continue his education, it seems his early promise will not be fulfilled. Balram was born into the Halwai caste, traditionally a community of sweet-makers. His father seems to have lost the family business and has instead become a rickshaw driver. It looks as though Balram will follow suit, until he decides to take driving lessons so that he can become a chauffeur for the wealthy Mr Ashok, in Delhi.

Balram likens Indian society to a chicken coop. In the market, hens and roosters are crammed tightly into wire cages, pecking each other and jostling for air as they wait their turn for the chopping block. But they do not rebel or try to get out. In the same way the downtrodden of India do not rebel, they do not steal from their masters in spite of the temptation of very large sums of money. It is not because they are so honest, but because any mis-step could result in the deaths of their families at the hands of ruthless masters.

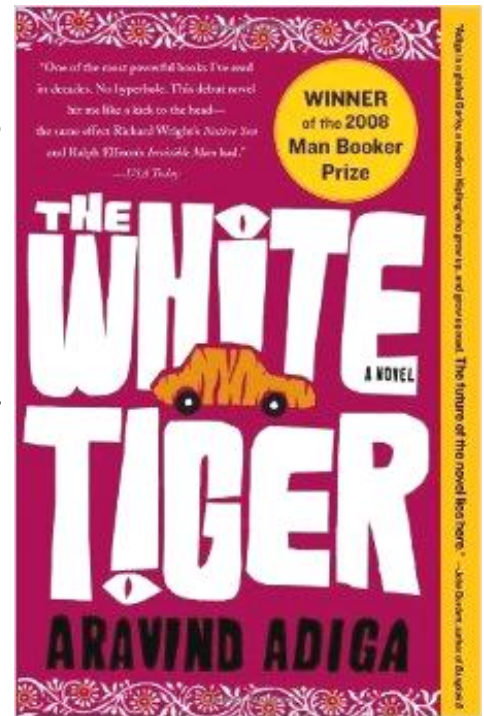
When Mr Ashok's American wife, Pinky Madam, kills a beggar in a road accident, Balram agrees to take the blame: if he refuses Ashok might exact revenge on Balram's family. Ashok's family are feudal lords in Bihar state. As it happens, the police do not pursue the case but Balram is aware that he too is trapped in the 'Rooster Coop.' He begins to steal small amounts from his employer: 'The more I stole from him, the more I realized how much he had stolen from me'.

Elsewhere Balram says that in British India the country was like a zoo, but that after the British left the cages were opened and now the law of the jungle prevails; there are only two destinies: 'eat – or get eaten up'. Balram cannot fight against the system, so he must become part of it. He feels no compunction about killing his master, stealing his money, forcing others out of business or paying off the police and corrupt politicians. And he has no fear of being caught: he has changed his name but as he says - 'I have switched sides: I am now one of those who cannot be caught in India ... I've made it! I've broken out of the coop!' But have his family back in Laxmangarh paid a terrible price for Balram's escape?

Although Adiga comes from a well-to-do background and has lived outside India for many years, he spent a great deal of time talking to people in Indian railway stations, bus stands, slums and servants quarters as research for the novel. Despite winning literary awards elsewhere, *The White Tiger* has not been well received in India, many suggesting that it is patronising and one-sided, and not portraying the real India.

The chatty tone of Balram's letters and his dark humour make *The White Tiger* very entertaining and easy to read.

*Lindy Scripps, St Marys*







# Community Expo and Performance

St Marys Town Hall and Green

**Thursday October 29**

**11am - 1:30pm**

Featuring

Information stalls & Art display,

Performances by

SMDS School Band

SMDS Choir

DRUMBEAT

Body Percussion Group

Solo Artists + more

*..Free Sausage Sizzle..*



**The Fingal Valley Neighbourhood House Inc.**  
**20 Talbot Street Fingal**

All enquiries / bookings - 6374 2344  
We are open Monday - Friday 9am-4pm



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

**The FVNH has organised the commuter bus for a trip to Deloraine Craft Fair on Saturday October 31, 2015**

Entry fee adult - \$17, Children 10 - 16 \$8

**Bus fare \$10 each, a very special price**

The bus will pick up at St Marys Post Office 8am, FVNH 8.15 - 8.30am and Avoca Road-house 8.45 - 9am

A \$5 deposit by October 21 would be appreciated

This trip is contingent on bookings



## ONCE UPON A STAGE

An evening of Theatrical Entertainment

**Presented by BODRA, Hosted by Willow Meadows**

**DO YOU HAVE A SECRET DREAM OF  
15 MINUTES FAME?**

**(OR EVEN 2 MINUTES!)**

**THEN PRACTICE YOUR ACT; AND**

**COME AND BE A PART OF**

**ST MARYS FINEST OR CRAZIEST**

**OPEN TO ALL AGES!**

**OR JUST COME ALONG FOR A LAUGH**

**PRESENTING AN EVENING OF  
"ANYTHING JOHN CLEESE &  
MONTY PYTHON"**

Light refreshments and supper

Entry by donation

**SATURDAY, OCTOBER 24**

**AT 7 PM**

**ST MARYS COMMUNITY HALL,  
ST MARYS**

## MARKET DAY

St Marys Saturday November 7, 2015



St Marys Community Hall 9am to 1pm

Arts, Craft, Books, Leatherwork, Candles.  
Jewellery, Handmade, Plants, Homegrown, Clothing, Beautiful Things, (Nice) Smelly Things ... and  
Scrumptious French-Style Things

November pop-up art – on stage in the Hall  
BODRA will be presenting the art installation  
"STICKS" for your viewing and participation

*(Keep an eye out around St Marys – it just might  
also be seen in other places)*

Bookings / enquiries


**Christine 0410 441 558**

**Michelle 0407 046 865**

**bodregionalarts@gmail.com**









**NICK SHAW 0439-414-299**

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**WE'LL BEAT IT BY 5 %**

Install one of our leading brands of  
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while still staying **COOL** in **SUMMER**.  
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-Fully Ducted systems  
-up to 18kW



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New houses, wiring and repairs  
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Supply and install all brands  
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Advice on all home heating

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Call for a free quote

**Rod Shaw 0407-615-072**

**Nick Shaw 0439-414-299**

24798 Tasman Highway  
St. Helens, Tas. 7216

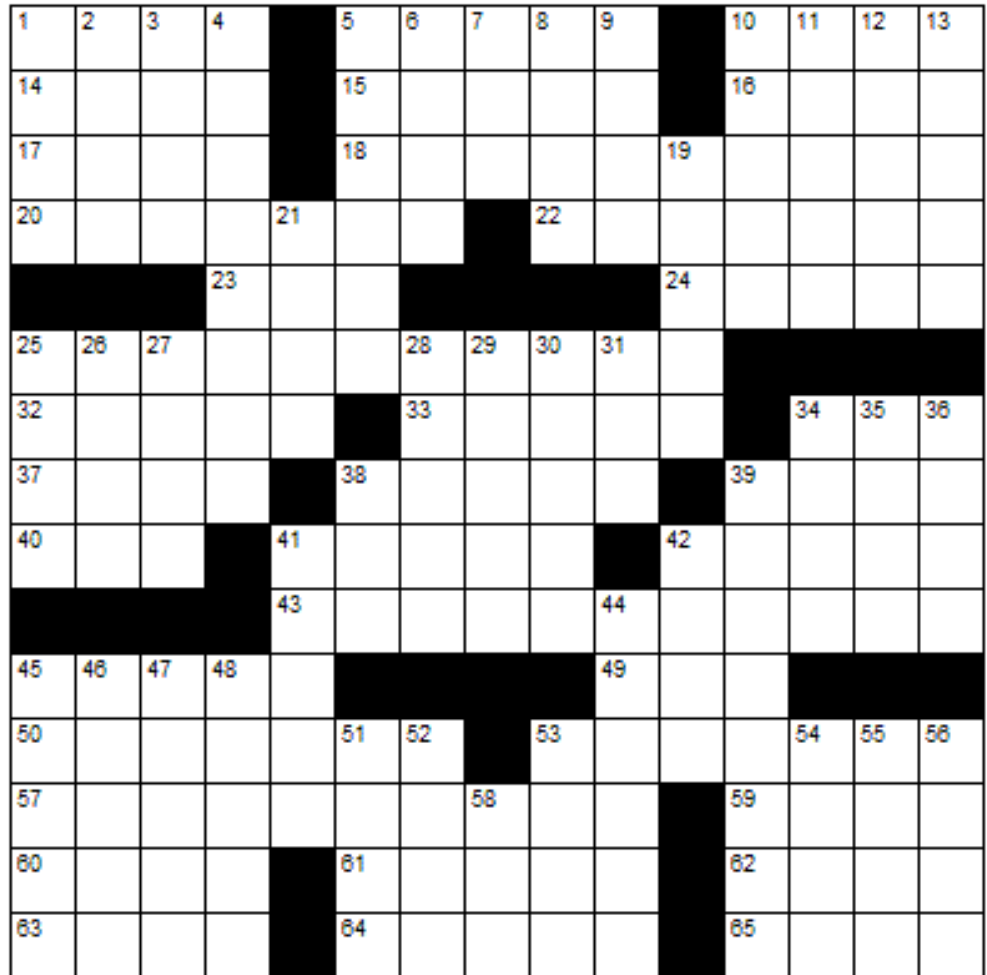
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[sth.electrical@gmail.com](mailto:sth.electrical@gmail.com)



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Servicing the East Coast from Pyengana down Coles Bay  
and through the Fingal Valley  
Lic: 933671

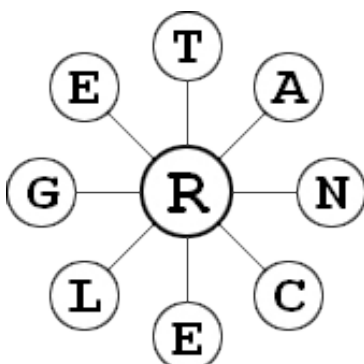
## ACROSS

1. Not aft
5. Cetacean mammal
10. Catch
14. Gorse
15. Hollowed out
16. An indefinite period
17. Harvest
18. Merges
20. Any unspecified person
22. Chemical agent
23. Put clothing on
24. Geeks
25. Alleviating fever
32. Plunders
33. Gorillalike
34. South southeast
37. A single time
38. Gale
39. Comes from trees
40. Startled cry
41. Soft leather
42. Unexpired
43. Compulsively
45. In base 8
49. Foot digit
50. Emit long loud cries
53. One thousand thousand
57. Permissiveness
59. Cocoyam
60. Always
61. Internment camp
62. Abound
63. A musical pause
64. River muds
65. Back talk



## DOWN

1. Pelts
2. Margarine
3. 500 sheets
4. Hasten
5. Neigh
6. Sharpen
7. Altitude (abbrev.)
8. Lascivious look
9. Border
10. Platform
11. Fertilizer ingredient
12. Revise
13. Exploits
19. Cattle farm
21. Klutz's cry
25. Balm ingredient
26. Not a single one
27. Clock sound
28. Charges per unit
29. Lyric poem
30. Rubber wheels
31. Belief
34. Only
35. Dirt
36. Countercurrent
38. A type of large sandwich
39. Ripples
41. Pertaining to the Sun
42. Six-stringed instrument
44. Insect wounds
45. Not inner
46. Split
47. Large bulrushes
48. Aware
51. Labels
52. Decorative case
53. Protective ditch
54. Notion
55. Poems
56. French for "Names"
58. Sick

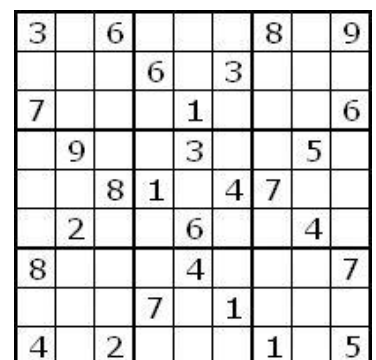


## Solutions next issue

How many words can you find in this grid?

Each word must contain the central **R** 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: 100 words. Good: 80 words. Average: 60 words.





## Meals on Wheels

October	26	Karl Balzer
	27	Pam Bretz
	28	Karl Balzer
	29	Valmai Spencer
	30	Drew Adam
November	2	Karl Balzer
	3	Louise Keady
	4	Trish Pike
	5	Heather Griffiths
	6	Drew Adam

## 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

## 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

## Last edition's solutions

**ASTRONAUT**, aunt, aunts, aura, auras, auto, autos, nous, nu, nus, nut, nuts, onus, our, ours, oust, out, outran, outs, outsat, roust, rout, routs, ruana, ruanas, run, runs, runt, runts, rust, rut, ruts, santour, santur, saturant, sau, sauna, snout, sou, sour, stour, stout, strunt, strut, stun, stunt, sturt, sun, sura, sutra, sutta, tau, taunt, taunts, taus, taut, tauts, tonus, torus, tour, tours, tout, touts, trout, trouts, truant, truants, trust, tun, tuna, tunas, tuns, turn, turns, tut, tutor, tutors, tuts, un, uns, unto, urn, urns, ursa, us, ut, uta, utas, uts.

E	M	I	R		A	L	G	A		A	T	O	M
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S	A	S	H			T	E	N	S		E	S	N

## Church Services

**Catholic Parish of  
St Marys - Father Bala**  
6372 2252 / 0419 314 692

*Bicheno*  
Mass 1st, 3rd & 5th Sunday  
9am  
Liturgy 2nd & 4th Sunday  
9am  
*Fingal*  
Mass 1st & 3rd Sunday  
11.30am  
5th Friday 10am  
*St Helens*  
Mass Saturday 6pm  
Thursdays 10am  
*St Marys*  
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 Com-  
bined Service with Uniting  
Church 9.30am  
*St Marys* 10am  
*Pyengana*  
[facebook.com/anglicanbod](https://facebook.com/anglicanbod)

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



## St Marys Salvation Army

is pleased to offer the  
following services:

- ♦ *Weddings*
- ♦ *Dedication of children*
- ♦ *Funerals*

**Envoy Mel Norton**  
0409 838 816



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

## 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 (BODR Arts) 6372 2056 / 0407 046 865*

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

The **St Marys School Association Op Shop** is open 10-4 w/days & market Saturdays 9.30 -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.



## 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**



## Ana's Hairdressing Salon



Master Hairdresser

Tuesday, Wednesday, Thursday, Friday

- |             |                     |
|-------------|---------------------|
| ✦ Ladies    | ✦ Blow waves        |
| ✦ Men       | ✦ Shampoo & sets    |
| ✦ Teenagers | ✦ Colour correction |
| ✦ Children  | ✦ Beauty            |
| ✦ Cutting   | ✦ Waxing            |
| ✦ Restyles  | ✦ Hair products     |
| ✦ Colouring | ✦ Clothing          |
| ✦ Blonding  | ✦ Gifts             |
| ✦ Perms     |                     |

46 Main Street St Marys - 0448 532 531

**LOOK GOOD, FEEL GOOD**

## CLEAN CRACK LAUNDROMAT

32 Main Street  
St Marys



Coin operated washers  
and dryers  
6.30am - 8pm

## Ransley's Appliance Service

POB 136 Scamander Tasmania 7215



*Washing machine noisy?*

*Refrigerator runs **too long**?*

*Clothes dryer blows **cold air**?*

...then you need the services of our technicians

**6372 5307 / 0428 761 811**

## Harris Funerals

*St Helens, Bicheno & Fingal Valley*

*We are here when you need us.*

*Burial or cremation, traditional or  
unique funeral services available.*

### Office & Chapel:

46 Tully Street St Helens

**6376 1153 ~ 0418 133 420**

[tamara@harrisfunerals.com.au](mailto:tamara@harrisfunerals.com.au)

Member of the  
Australian Funeral Directors Association



## EAST COAST GLASS



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

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

**6372 5361**

# St Marys Community Health Centre

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

## 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**

## 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

## Doctors Roster

**Dr Newton**

22/10/15– 23/10/15

**Dr C Latt**

26/10/15– 6/11/15

**Dr K Rawnsley**

22/10, 27/10, 29/10, 3/11 & 5/11 2015

### **Public holiday**

Monday November 2 is a public holiday

No Doctor's surgery on this day. Normal Surgery hours will resume on Tuesday November 3, 2015.

Please see the After Hours Numbers during this time.

## St Marys Medical Practice reminder

Dr Latt wished to remind the community of the following exceptions to bulk billing at the SMCHC

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

The above are NOT covered by Medicare, and may incur cost. Please discuss this with reception when making your appointment. If you have any concerns, please contact us and we will try and address them

## St Marys Community Transport

Phone Jan or Colin for

Transport bookings on : 6372 4415

## 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

October 22 **Social Worker** Shan Williams  
Call 6387 5555 for appointments.

October 23 **Social Worker** Shan Williams  
Call 6387 5555 for appointments.

October 26 **PHT Psychologist-** Sam McCarthy. See your GP for referral.  
**Hospital Support Association**  
7-9pm.

October 27 **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.

October 28 **Podiatry North** For appointments please phone 6336 5155  
**Day Centre** call Hayley Gilbert on 6387 5555 for information on the group.

**Cancer Council Outreach Service** 2-3pm drop in session at Health Centre.

October 29 **Social Worker** Shan Williams  
Call 6387 5555 for appointments.

**Australian Hearing** for appointment phone 6332 4700

October 30 **Social Worker** Shan Williams  
Call 6387 5555 for appointments

November 2 **Long Weekend–** Recreational Day Northern Tasmania  
No Doctor's surgery on this day; normal Doctor's surgery hours will resume on Tuesday November 3, 2015.

November 4 **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 appointments.

November 5 **Social Worker** Shan Williams  
Call 6387 5555 for appointments.

November 6 **Social Worker** Shan Williams  
Call 6387 5555 for appointments.

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



### Meals on Wheels

Do you know you don't just have to be elderly or sick to receive meals on wheels?

You can also select from a 3 course down to a one course meal. You don't even have to get them every day - *you decide when and how often.*

#### ***Are you interested or have further questions?***

Call Alana at the SMCHC on 6387 5555 and see if you are eligible, or to discuss your options.

Home style meals are made on site at the Health Centre daily. Pick-up and delivery available. St Marys Meals on Wheels cover from Scamander to Bicheno, and as far as Fingal and surrounding areas.



## 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 October 21 - 27</i>		<i>Butchery specials October 28 - November 3</i>	
	<i>p/kg</i>		<i>p/kg</i>
Rump Steak	13.99	Porterhouse Steak	17.99
Boneless Lamb Roast	13.99	BBQ Steak	12.99
Mince	10.99	Silverside	8.99
BBQ Packs	10.99	Mince	10.99
T Bone steak	18.99	BBQ Lamb Chops	12.99
<i>Specials October 21 - November 3</i>			
McCain Peas 1kg	3.49	Bulla Ice Selections 8's	3.99
Nestle Icy Poles 8's	3.99	Pampas Sheet Pastries 1kg	3.99
Handee Tuff Mate Paper Towel 3pk	2.99	Cottees Cordials 1 lt	3.79
Tas Taste Flour 2kg	1.99	Red Bull Energy Drink 250ml 4pk	6.99
Cadbury Chocolate 200g	3.69	Whiskas Dry Cat Food 1kg	4.49
Maggi 2 min Noodles 5pk	2.99	Arnotts Tim Tams 165 - 200g	2.49
Whiskas Cat Food 400g	1.59	Andersons Tea Bags 100's	2.49
Uncle Toby's Plus Cereals	3.99	Defender Snail Bait 600g	2.99
Quilton Facial Tissues 90's	1.49	Arnotts Assorted Creams 500g	3.99
Mission Wraps 8pk	3.49	Chum Dog Food 8kg	13.95
<i>Keep A Lookout ... New Seedlings Arriving Weekly</i>			

## Graduate FastTrack

**These were posted on an Australian Tourism Website and the answers are the actual responses by the website officials, who obviously have a great sense of humour.**

Q: Does it ever get windy in Australia? I have never seen it rain on TV, how do the plants grow? (UK).

A: We import all plants fully grown and then just sit around watching them die.

Q: Will I be able to see kangaroos in the street? (USA)

A: Depends how much you've been drinking.

Q: I want to walk from Perth to Sydney - can I follow the railroad tracks? (Sweden)

A: Sure, it's only 3,000 miles, take lots of water.

Q: Are there any ATMs (cash machines) in Australia? Can you send me a list of them in Brisbane, Cairns, Townsville and Hervey Bay? (UK)

A: What did your last slave die of?

Q: Which direction is North in Australia? (USA)

A: Face south and then turn 180 degrees. Contact us when you get here and we'll send the rest of the directions.

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