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## THE VALLEY AND EAST COAST VOICE INC.

Established 1968

48.14 November 5, 2015 Deadline for 48.15 is 5pm November 16, 2015



### What a great achievement!

Maisie Finney celebrated her 101st birthday with all her family on Saturday. Congratulations to her from family and friends, near and far on reaching such a huge milestone.

An Irish Birthday Blessing  
dedicated to  
Maisie who has turned 101

May you always have  
Walls for the winds  
A roof for the rain  
Tea beside the fire  
Laughter to cheer you  
Those you love near you  
And all your heart might desire

Happy, Happy Birthday Maisie  
from all members of the  
Break O'Day Woodcraft Guild

**Remembrance Day Service**  
**The St Marys**  
**Memorial Services Association**  
will hold a brief service  
to commemorate Remembrance Day  
at the St Marys Cenotaph  
commencing 10:45am on  
**November 11, 2015.**  
**All Welcome**  
***Lest We Forget***

### AMIC wish to advise the new date for the Aquatic Centre Trip is Saturday November 7, 2015

Bus pick-up 10am at the Avoca Roadhouse and plan to be back by 5pm  
Includes the bus, lunch at the Tailrace, Aquatic Centre entry and free slide.  
Bring: bathers, towel, sunscreen, drink and nibbles.

**Call Helen Reynolds on 6384 2101 as we need to know numbers**  
Thanks to Northern Midlands Council sponsorship.



Editor: WM Dawson  
e: [wdawson@valleyvoice.com.au](mailto:wdawson@valleyvoice.com.au)  
6372 2766  
web: [valleyvoice.com.au](http://valleyvoice.com.au)  
[facebook.com/ValleyEastCoastVoice](https://www.facebook.com/ValleyEastCoastVoice)  
POB 230 St Marys 7215

#### Advertising rates

- ◆ Business card ads \$15      ◆ ½ page ads \$40
- ◆ Intermediate ads \$18      ◆ Full page ads \$65
- ◆ ¼ page ads \$25

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

Community notices need to include the name, position, town of residence and contact number of the authorised representative.

**Notice to all non-profit groups re changes to advertising rates:** 'More than half a page 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.

**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**

**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**

**St Marys Association for Community Development Inc. AGM.** The Annual General Meeting will be held on Friday November 6, 2015 in the St Marys Online Access Centre at 11am. ALL WELCOME.

**Paul Byard, Public Officer.**

The **St Marys Op Shop** opening hours are now 10 - 4 Monday to Friday, and 9.30 - 12.30 Saturday.

**Janet Drummond, Co-ordinator, St Marys**

#### St Marys Outreach Session

Cancer Council Tasmania provides regular drop-in outreach services at St Marys Community Health Centre on Gardiners Creek Road from 2 - 3pm

Next visit Wednesday November 25 - no visit in December.

**For further information contact Richard on 6341 8407**

The St Marys Salvation Army would like to thank the following people for their generosity and kindness:

Barbara McCallister

Brittany Smith

Roger Norton and

the anonymous person who left a bags of toys at our back door!



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Fax 6339 2900

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**John Campbell**  
0438 392 621

**Jamie Harper**  
0408 012 145

## For Sale

**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*

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

**Norm 6372 2380**

**Couch and two seater** \$90 the lot (ono) **0419 861 957**

7 x 4 foldaway **eight ball table and accessories** in excellent condition, \$450 ono. **6372 2780**

## 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*

**Tractor / slashing available**, fully insured, competitive rates, from Chain of Lagoons to St Helens, Fingal to St Marys. *Alan 0407 944 158*

**Possum trap** wanted, call **0429 162 932**



### Reserves, Parks and Gardens By-Law no. 2 of 2015

The objectives of a by-law of the Break O'Day Council to be made under the provisions of section 145 of the *Local Government Act 1993*, is to regulate, control and protect Council's reserves, recreation grounds, parks and gardens owned by or under the control of the Break O'Day Council.

Council is hereby inviting submissions from the public on the proposed by-law.

Submissions are to be in writing and addressed to the General Manager, Break O'Day Council, 32-34 Georges Bay Esplanade, St Helens, 7216 or alternatively can be emailed to [admin@bodc.tas.gov.au](mailto:admin@bodc.tas.gov.au) by 5pm on Wednesday November 25, 2015.

Copies of the Regulatory Impact Statement (RIS) and a Draft Copy of the By-Law can be downloaded from Council's website at [www.bodc.tas.gov.au](http://www.bodc.tas.gov.au) or by contacting Angela Matthews, Executive Assistant on 6376 7900 or by email [angela.matthews@bodc.tas.gov.au](mailto:angela.matthews@bodc.tas.gov.au)

**John Brown, General Manager**

## Letters to the Editor

Dear Editor

I would like to congratulate Lynne Dawes (who I believe paid the publication costs), Harriet Cameron-Sharpe, Charlotte Howells, Calem, Harley, Zoey and Katie Jones, Cassidy Howells, Max Salter and Jack Hendley on their delightful book entitled "**Exploring St Marys with Kids for Kids by Kids on Holidays**".

It is full of informative vignettes and great images of our district and surrounding areas, not to forget the chapter on Australian coins and their history.

I am looking forward to the next edition.

Well done to all!

**Wendy Brennan, St Marys**

**Editor's note: This book is for sale Madd=Mudd, St Marys**

Dear Editor

**Re: Closure of Online Access Centres in St Marys and Fingal**

The staff and Management Committee of the Fingal Valley Neighbourhood House are very concerned about reports that the Online Access Centres in St Marys and Fingal are under threat of closure in December 2015.

There are many in our regional, rural and isolated towns who cannot access the internet any other way except via the Online Centres.

Many others cannot afford the expense of putting the phone line on, or the satellite dish installed to access the internet – particularly if they are renting, or like many in our catchment area, on Centrelink benefits or on low incomes – afford the high costs of connection.

How are these people going to be able to respond to job offers?

How are these people going to increase their opportunities to gain work without the assistance given by local training?

If anything, the Online Access Centres in Fingal and St Marys need an increase in funding to extend the coordinator's hours – not be faced with imminent closure.

If the closures go ahead, there will be very limited community access to computers from the coast to Campbell Town for anyone either living in the area, or travelling through.

This will increase the isolation of all the small towns – it is hard enough now.

One more thing to consider are all the "blackspots" in the Fingal Valley – mobile phones simply do not work in several of the small towns, so there is not the capability of utilising the new iPhones to access the internet.

The Online Access Centres are vital pieces of infrastructure that need to remain in place.

October 27, 2015

Fingal Valley Neighbourhood House Inc.

Old Tas. Hotel Community Center

POB 322, Fingal 7214

6374 2344 0488 562 538 / e: [fvcommcent@gmail.com](mailto:fvcommcent@gmail.com)

**Marilyn Statham, Secretary**

**The Management Committee**

**Fingal Valley Neighbourhood House Inc.**



## Shutting online access centres would hurt regional communities October 15, 2015

Labor is concerned for the future of up to 21 online access centres that have been put under a cloud by the Liberal Government.

Shadow Education Minister Michelle O'Byrne said reports that centres are being told to fend for themselves or prepare to close their doors are very concerning.

"Online Access Centres play a vital role across the state, helping Tasmanians stay connected with each other and providing valuable day-to-day support," Ms O'Byrne said. "The main issue is that without funding centres won't be able to offer the one on one service they currently do.

"They won't be able to purchase and install the software they need. They won't be able to purchase equipment and replace computers as they become outdated.

"Internet connectivity in regional Tasmania is low and the Government needs to acknowledge that not only do people not have connection to the internet, they often don't have a computer.

"Some people aren't familiar with computers and the Internet and rely on community centres for support and coaching.

"Labor offices are being regularly contacted by people associated with Online Access Centres who are concerned about the future.

"During the Estimates process the Minister seemed surprised that Centres felt threatened, and could not recall his correspondence to stakeholders about their uncertain future. We now know that 21 of Tasmania's 35 LINC centres are 'under review'.

"Minister Jeremy Rockliff needs to come clean with communities about what changes will be made to services at Online Access Centres.

"Labor does not agree with the Government when it says increased connectivity at home has decreased the need for community centres.

"For many people in our community, these centres are their only access to vital online services."

<http://taslabor.com/shutting-online-access-centres-would-hurt-regional-communities/>



On this day in 1605 - The "Gunpowder Plot" attempted by Guy Fawkes failed when he was captured before he could blow up all the members of Parliament and King James I.



## CALLING FOR TOURISM OPERATORS

FEDERAL Lyons MP Eric Hutchinson is calling on those involved in the tourist industry in Lyons to share their future plans with him.

The feedback will be part of an audit of tourism infrastructure in the Lyons electorate that Mr Hutchinson will conduct over the next couple of months. The information will be handed to the appropriate government departments such as the Department of Foreign Affairs, so that the material can be used by federal department officers when talking to potential international and national investors, or making decisions about possible funding. Mr Hutchinson welcomed the appointment of Tasmanian Senator Richard Colbeck as the new Federal Tourism Minister.

"It's an ideal time for Tasmania with the appointment of a new federal tourism minister, to take stock of what is going on in Lyons and start planning for future opportunities," Mr Hutchinson said.

Mr Hutchinson said that Senator Colbeck's appointment was good news for Tasmania at a time when there was huge potential for growth in the sector.

He said that the State's tourism industry had always punched above its weight and it was important to maintain that momentum.

"We have many of the most iconic places for visitors in Lyons like Maria Island, Mt Field National Park, Cradle Mountain and Port Arthur," he said.

Mr Hutchinson is calling on operators in Lyons to contribute to his tourism audit to build a plan for tourism expansion in the state which fits with the Federal Government's Tourism 2020 Strategy aimed at achieving Australia's tourism potential.

"I'm looking for a diverse range of information from roads to rest stops to multi lingual signage to accommodation and food," he said.

He also hopes for local government input to the audit.

"We would also be encouraging local government to authorise within state planning guidelines the land in their municipalities that would be suitable for tourism infrastructure," Mr Hutchinson said. "We are looking for an audit of the gaps that exist in the tourism sector that both levels of government might put money into. It might be viewing platforms like the whale watching platforms on the East Coast that received federal funding last month or signage for dangerous corners for visiting motorists up to the major tourism investments proposed across Lyons." Tourism is one of five national investment priorities for the Federal Government with national tourism investment of nearly \$54b in the pipeline. Senator Colbeck said that last year tourism contributed more than \$1b, or 4% of Tasmania's economy, 15,000 direct jobs and 22,400 indirect jobs in Tasmania.

The future looks bright for the tourism sector in Tasmania with international visitors up 22% in 2014-15 to 198,000 including domestic overnight trips up 10.9% to 2.3 million.

China is Tasmania's biggest international market, up 38% to 28,000 visitors last financial year, ahead of the UK on 25,000 visitors and the US on 24,000.

To contribute to Mr Hutchinson's tourism audit please phone the Perth electorate office, 6398 1115 or email [eric.hutchinson.mp@aph.gov.au](mailto:eric.hutchinson.mp@aph.gov.au) with your ideas.

## Swift Parrot's Critically Endangered Listing Demands Urgent Action October 30, 2015

The IUCN's decision to list the Swift parrot as critically endangered should prompt urgent action from the Federal Government.

Greens Senator for Tasmania Nick McKim said the loss of the Swift parrot would be an ecological disaster for Australia. "The Swiftie is trending towards extinction, and the Red List upgrade means the warning bells are sounding loudly, but this is a problem we can fix if we have the political will," Senator McKim said.

"The Tasmanian and Commonwealth Governments need to start treating this issue with the seriousness it deserves, and the first step should be to get the logging industry out of its habitat."

Australian Greens forests spokesperson Senator Janet Rice said there were clear steps the Government could take to help save the Swift parrot.

"The only way to protect Swift parrots and other threatened animals and birds is to protect their habitat," Senator Rice said.

"Regional Forest Agreements have fundamentally failed to protect threatened animals.

"Rolling over Regional Forest Agreements will only push swift parrot closer to brink of extinction.

"The destructive era of RFAs must now come to an end."

**Contact: Pat Caruana 0400 425 380 (Senator McKim)**

**Sam Drummond 0400 352 935 (Senator Rice)**

### Tasmania's Swift parrot in danger of extinction, calls to list the bird as critically endangered

Researchers have found Tasmania's Swift parrot population is declining more rapidly than first thought and the species is "on a trajectory to extinction". The five-year study by a team at the Australian National University found the parrots were heavily preyed upon by sugar gliders and recommended breeding areas be protected from logging.

Researcher Dejan Stojanovic said the research found if nothing changed, the bird's population would decline by as much as 87%.

"This research clearly shows that the conservation status of the Swift parrot is significantly worse than previously supposed, and based on current land management practices, things are not going to get any better," he said. "We've found that current land management practices that reduce the cover of mature forest in the landscape around swift parrot nests makes breeding swift parrots extremely vulnerable to predation by sugar gliders. Irrespective of where Swift parrots nest on mainland Tasmania, the threat of being eaten by sugar gliders is real and is driving the species on an extinction spiral." Scientists estimate the bird could be extinct within 16 years.

*Continued overleaf*

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Federal Member for **LYONS**



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



## BREAK O' DAY STITCHERS

There have been a couple of successful in-house workshops at Stitchers over the last few months which will hopefully ensure we will have some interesting items for display at the Quilt & Embroidery Exhibition next Easter as well as the usual quilts and embroidered items.

We also had a very successful Friendship Day which was enjoyed by all who attended, including a demonstration by Kay Roberts on Hawaiian Quilting.

We are happy to welcome back two of our members who have been in hospital and both Peggy Ryan and Lundy Vosper who have been greatly missed.



Our group presented a lap quilt to the retiring Sister Lorraine Groves who now resides in Hobart having a well earned rest; we hope she will be back to visit in the future.

It is only a few weeks until we break up for the Christmas holiday and we do not re-open until January 2016.

Any queries can be directed to  
Felicity - 63766102 or Kay - 63763985

**Agnes Johnston, St Helens**

*Pictured are Marj Aulich and Sister Lorraine*



Continued from p5 "Based on current data, the best information available says that swift parrots are on trajectory to extinction," Dr Stojanovic said.

Questions about Tasmania's forest management and its impact on the Swift parrot have been raised this week.

Conservationists released Right to Information documents showing logging had been approved in parrot breeding areas , against scientific advice. Australian Greens leader Christine Milne said the revelations could damage environmental approvals being sought from the Forest Stewardship Council (FSC).

"The fact that the Government overrode its own scientific advice to allow the coupes to be logged knowing that this species is on the brink of extinction is absolutely the end of Forestry Tasmania's bid for FSC certification," she said. Dr Eric Woehler from BirdLife Tasmania called for all logging in Swift parrot breeding areas to be suspended.

"Do we really want to see another species go the way of the Tasmanian Tiger?" he said.

"We can't afford to be careless with this species and we could so easily lose the species to extinction."

He said the parrots' listing needed to be strengthened immediately.

"The Federal Government currently recognises the Swift parrot as being endangered, it clearly needs to be up-listed to critically endangered, and a complete reassessment of the management of the species is required," he said.

A nomination has been submitted to the Federal Government for the parrot to be urgently listed as critically endangered.

Forestry Tasmania said it took its responsibilities with protecting endangered species seriously and remained committed to achieving FSC.

Tasmania's Environment Minister, Matthew Groom, said the new population research would be reviewed.

In a statement, Mr Groom said his department had worked with Forestry Tasmania to ensure protection of Swift parrot foraging and nesting sites.

[abc.net.au/news/2015-03-26/research-shows-swift-parrot-in-danger-of-extinction/6350564](http://abc.net.au/news/2015-03-26/research-shows-swift-parrot-in-danger-of-extinction/6350564)

### **Community Outreach Dinner**

**Holy Trinity Anglican Church Hall, St Marys**

**Saturday November 21, 2015**

**5.30 for 6pm**

**Christmas Celebration & Welcome Dinner**



**Enjoy a shared meal with friends and neighbours.**

**Please bring a side dish or dessert to share.**

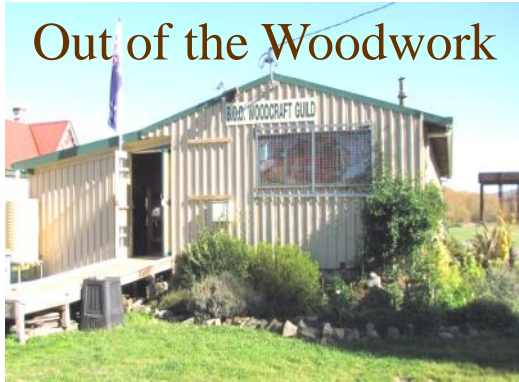
**Lucky door prize.**

**Please bring a \$2 wrapped gift for  
the gift exchange.**

**RSVP Michael on 6376 3882**

**or at [https://www.facebook.com/  
events/927099174003903/](https://www.facebook.com/events/927099174003903/)**

**Gold coin donations will go to buy  
Food Vouchers for local families**



## Out of the Woodwork

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/)

Congratulations to the organizers of the Mental Health Expo which was held at the St Marys Hall.

The St Marys School and solo performers should take a bow for the great event, not to forget our up and coming artists whose display was captivating. The information sharing and pamphlets will all find their way to the Guild as a reference material if needed.

Many thanks to Len Miles who gave the sizzler king a run for his money with his specialists tongs display. Len as usual was only too pleased to lend a hand ... one of our many unsung heroes.

**Finally a large thank you to a very nice couple who wish to remain anonymous for their kind donation of \$100 worth of sausages to the Guild.**

**One is sometimes lost for words by gratuitous generosity of this nature - thank you sometimes does not seem enough!**

*Guild's Home Hint:* How to remove rust on lino.

Cut a lemon in half, sprinkle with non - iodised salt and scrub over the rust stain. Wipe with a damp cloth. Repeat if necessary.



## 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 Commuter bus will be travelling to the Festival of Roses

Tickets: Single \$10 2 Adults \$15

Pick up at St Marys Post Office at 8.15am

Pick up at FVNH at about 8.30am

Pick up at Avoca Roadhouse at about 8.45am

Cost of bus fare \$10

A deposit of \$5.00 prior Thursday November 12 would be appreciated



The FVNH Commuter Bus will be travelling to  
Cornwall for

**CHRISTMAS CAROLS and a  
SAUSAGE SIZZLE on  
December 20, 2015**

Family Night at Cornwall Park - if it's raining the event  
will be moved into the hall.

**Start Time: 6 - 7pm** Entry fee: \$1 Sausages: \$1

Carols start 7pm

Come along and have a sing along with  
some local musicians.

Bus fare is a gold coin donation





## Surf Coast Realty

Ph: (03) 6372 5321



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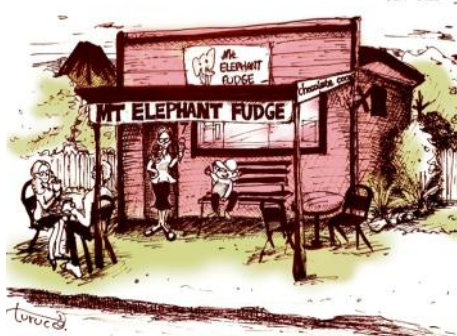
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The Valley and East Coast Voice Inc. encourages local/regional contributions from the public. Stories, current events, historical information, lifestyle pieces, anecdotes, articles, travel blogs and written or visual art with a community-based theme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



## MT ELEPHANT FUDGE



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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**

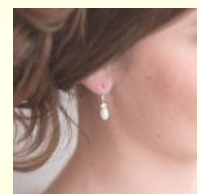
## St Marys PHARMACY

Pharmacist instore Monday - Friday



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

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



Main Street St Marys 7215  
6372 2844



Belinda Weyer and Vicki Hyland organised a fundraiser for the Leukaemia Foundation recently at the St Marys Historic Hotel.

After a great turn up last year Halloween was put to good use again by collecting \$84 for Leukaemia Foundation.

Mark Stintson supplied the music for the night and did a fantastic job; he will be back for Christmas eve.

Maree Owens took bookings early in the evening for gory makeup and pre-ordered scars. Although it was a small crowd, it was well behaved and everyone had a fantastic night. Thanks to all who came along in support.

*Lynne Dawes, Seven Mile Beach*



*Roger Donald and Francine Lowe*



*Chris Turner*



*Natasha Burn , Tiarna Roney, Teala Roney and Taylor Street*



*Rodney Spilsbury*



*Vicki Hyland and friend*



*Lynne Dawes, Francine Lowe and Roger Salter*



5 Portland Court St Helens 6376 2971 / [admin@healthyhouse.org.au](mailto: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



# PARTICIPANTS NEEDED

## FOR RESEARCH FOCUS GROUP ON BUSHFIRE PREPARATION AND COMMUNITY MAPPING



**Where:** St Marys Community Hall, Main St

**When:** Saturday 28 November 2015, 10am – 2pm

**A free light lunch will be provided**

**Purpose of the event:** To explore how new technologies and ways of collecting and sharing information (such as social media and mapping) can help communities prepare for bushfires.

**What will it involve:** Activities will include adding local information related to bushfire preparation to paper and digital maps of your area with other members of your community. Discussions and a survey will be used to collect anonymous feedback to assess the effectiveness and value of mapping and sharing information for bushfire preparation strategies. All tasks will be completed within the workshop time.

**Who should attend:** Anybody in the community who wants to share information to community maps for bushfire preparation, is interested in contributing to their community's bushfire preparedness, or just wants to learn more – all welcome!

**Please note:** Participants will not receive monetary reimbursement but will benefit from connecting with other community members and gaining information and ideas for bushfire preparation.

For further information please contact the researcher, **Mr Billy Haworth** directly on:

**0467 783 104** (mobile), or **[billy.haworth@sydney.edu.au](mailto:billy.haworth@sydney.edu.au)** (email).

All information collected during the workshop will contribute towards PhD research at the University of Sydney. HREC Approval No. 2013/1069



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**Call Dana or Craig  
6372 2033 / 0439 722 032**

## 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: Can I bring cutlery into Australia ? ( UK )

A: Why? Just use your fingers like we do...

Q: Can you send me the Vienna Boys' Choir schedule? ( USA )

A: Aus-tri-a is that quaint little country bordering Ger-man-y, which is - Oh forget it. Sure, the Vienna Boys Choir plays every Tuesday night in Kings Cross, straight after the hippo races. Come naked.

Q: Can I wear high heels in Australia ? ( UK )

A: You are a British politician, right?

Q: Are there supermarkets in Sydney and is milk available all year round? ( Germany )

A: No, we are a peaceful civilization of vegan hunter/gatherers. Milk is illegal.

Q: Please send a list of all doctors in Australia who can dispense rattlesnake serum. ( USA )

A: Rattlesnakes live in A-meri-ca which is where YOU come from.. All Australian snakes are perfectly harmless, can be safely handled and make good pets.

Q: I have a question about a famous animal in Australia, but I forget its name. It's a kind of bear and lives in trees. ( USA )

A: It's called a Drop Bear. They are so called because they drop out of gum trees and eat the brains of anyone walking underneath them. You can scare them off by spraying yourself with human urine before you go out walking.

Q: I have developed a new product that is the fountain of youth. Can you tell me where I can sell it in Australia ? ( USA )

A: Anywhere significant numbers of Americans gather.

Q: Do you celebrate Christmas in Australia? ( France )

A: Only at Christmas.

Q: Will I be able to speak English most places I go? ( USA )

A: Yes, but you'll have to learn it first

Q: Can you give me some information about hippo racing in Australia? ( USA )

A: A-Fri-ca is the big triangle shaped continent south of Europe. Aus-tra-lia is that big island in the middle of the Pacific which does not ... Oh forget it. Sure, the hippo racing is every Tuesday night in Kings Cross. Come naked.



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

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

### LET THE BOWLS BEGIN!



Issues now seem to be sorted so the real competition starts at the beginning of Round Two.

Bowls practice is on Thursday from 5pm. It would be lovely to see some of our experienced bowlers turn up and assist the people wanting to learn.

*Great to see all the work happening on the greens, both bowls and golf! Thanks guys. Hopefully it wont be long before we can organise a golf fun day!*



### HAPPY HOUR

Friday 6:30 - 7:30pm

Meat tray raffle.

Jag the Joker \$560

Win a carton in the  
Lucky members draw

## Membership fees are now due!

*There is nothing worse than a  
crabby green keeper!*

*There is one thing that makes ours pretty crabby  
and that is when he is continually hitting big  
"barker nests" while mowing the fairways.*

**PLEASE THINK OF HIM WHEN YOU ARE  
EXERCISING YOUR DOGS!**

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**

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)



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You can even donate to a local community group.



*\*We have  
members' own  
specials\**





# Valleys of Adventure

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## GREATER ESK TOURISM

### You're Invited

Christmas Dinner at St Marys Hotel

Friday November 27, 2015 - 5:30 for 6pm. Order from menu

All members and friends welcome

RSVP to Mary 6385 2002 (leave msg) [gippscreek@skymesh.com.au](mailto:gippscreek@skymesh.com.au)



### Fingal Valleys of Adventure

Explore our beautiful valleys and National Parks, enjoy short, easy walks or challenging and rewarding hikes, climb a mountain or daytrip to the nearby east coast for fun in the sun.

It's all at your fingertips in the wonderful Fingal Valley.

Everything you need for a long or short stay is right here in the Fingal Valley. Great accommodation in a range of styles, fantastic places to eat and lots of attractions for young and old.

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

VIP cards available - pet friendly courtyard

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

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



Jacinta from St Marys sent in this lovely pic of Poppy.





## Avoca Museum and Information Centre

Old School Building  
AVOCA TASMANIA 7213

### Rossarden Town BBQ

All locals are invited to bring BBQ food and drinks for a monthly Community BBQ commencing on Saturday November 7 at 12 noon in the park at Rossarden. All residents welcome.

### Avoca Craft Group

Where: At the Avoca Museum & Information Centre

When: Thursday 12th November

Thursday 26th November

Thursday 10th December 2015

Time: 10am

Cost: \$3

Bring: Morning tea plus something to share for lunch.

Craft: Bring whatever you like to make or do, or just come along for a chat.

**Learn a new skill or teach someone a skill you know.**

**Dart Calcutta**

WINNER TAKES ALL

UNION HOTEL - AVOCA  
FRIDAY 13th NOVEMBER  
7pm START  
COMPETITION ENTRY \$5.00  
SUPPER \$5.00

RSVP 10th NOVEMBER  
Gary 6385 2166

Rossarden Progress Association



## Rossarden & Friends Kids Christmas Inc.

### Christmas Party

December 13 at the Primary School

Santa arrives at 11am Please bring a plate of party food  
Please pay the parent contribution of \$10 per child to Leesa or  
Helen before 1st December to ensure your child's inclusion.



### 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

### Advice from a Singer Sewing Machine Manual from 1949

*Prepare yourself mentally for sewing.*

*Think about what you are going to do. Never approach sewing with a sigh or lackadaisically. Good results are difficult when indifference dominates. Never try to sew with a sink full of dirty dishes or beds unmade.*

*When there are urgent housekeeping chores, do these first so that your mind is free to enjoy your sewing. When you sew, make yourself as attractive as possible. Put on a clean dress. Keep a little bag of French chalk near your sewing machine to dust your fingers at intervals. Have your hair in order, powder and lipstick put on. If you are constantly fearful that a visitor might drop in or your husband will come home, and you will not look neatly put together, you will not enjoy your sewing.*



# SPLASH

## Seymour

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You dump it, we pump it!

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Septic pumping

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0488 777 713

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52 Main Street  
6372 2131

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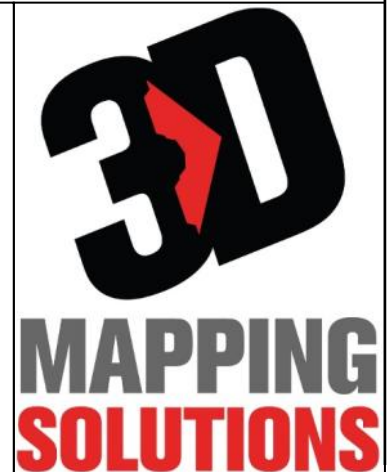
Ph: 6376 1972 or [admin@ecosurv.com.au](mailto:admin@ecosurv.com.au)

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## 32 facts you probably didn't know about Tasmania

1. Australia's first novel, *Quintus Servinton* by Henry Savery, was published in Hobart in 1831.
  2. Hobart's Wrest Point Casino was the first legal casino to be opened in Australia.
  3. The Tasmanian Motorcycle Club is believed to be the second oldest continuously run motorcycle club in the British Commonwealth. It was formed in 1905 and was the first such club in Australia.
  4. The world's first Green party formed in Tasmania in 1972. The United Tasmania Group evolved to become the Tasmanian Greens.
  5. Launceston introduced the first underground sewage system in Australia in 1860. Launceston was only the third city in the world to be serviced by underground sewers.
  6. Hobart was the first Australian city to introduce parking meters.
  7. The Tasmanian Tiger was Australia's largest surviving carnivorous marsupial. The last documented Tasmanian Tiger died in captivity in 1936. Considered to be extinct, unsubstantiated sightings persist.
  8. What we know today as a notepad was invented by Launceston man J. A. Birchall. Until Mr Birchall took a piece of cardboard and glued the ends of the paper together in 1902, pieces of paper simply wafted around offices.
  9. Hobart is the second-driest capital city in Australia. Hobart receives about half as much rain (per year) as Sydney.
  10. Hobart was the first Australian capital city to have an electric tramway. A private company started the tramway operations in 1893.
  11. 1997 saw Tasmania become the first Australian state to formally apologise to the Aboriginal community for past actions connected with the 'stolen generation'.
  12. The Latin motto on the Coat of Arms of Tasmania is "Ubertas et Fidelitas". It translates as "Fruitfulness and Faithfulness."
  13. More than 42% of Tasmania is World Heritage Area, national park and marine or forest reserves.
  14. Beaconsfield in Tasmania's north-east was the first Australian centre to get fluoridated water in 1953.
  15. The first known exhibition of paintings in Australia was opened in Hobart by artist John Skinner Prout in 1845.
  16. St David's Park was once the main cemetery in Hobart from 1804 to 1872. After control was transferred to Hobart City Council in 1920, most of the remains were re-interred at Cornelian Bay Cemetery and walls were made using the surviving headstones. It was opened to the public as a park in 1926.
  17. Tasmania is similar in size to the Republic of Ireland or Sri Lanka.
  18. Australia's oldest brewery still in operation is the Cascade Brewery in Hobart.
  19. Ratho Golf Links at Bothwell is believed to be the oldest golf course in Australia. It is also one of the oldest surviving golf courses outside of Scotland.
  20. Tasmania was the first Australian colony to have a compulsory state education system in 1868. It was administered by local school boards.
  21. Tasmania's lower house became the first chamber of an Australian parliament to pass a bill to legalise same-sex marriage. It was later voted down in Tasmania's Legislative Council by eight votes to six.
  22. Tasmania was the last state in Australia to decriminalise homosexuality. Until 1997, the punishment for homosexuality was jail for up to 25 years.
  23. 300 female convicts decided to moon the Governor of Tasmania during a chapel service in 1832.
  24. Hobart is home to Australia's oldest Synagogue. The Hobart Synagogue was consecrated in 1845.
  25. Mount Ossa is the highest mountain in Tasmania. It lies in the heart of Cradle Mountain-Lake St Clair National Park and measures 1,617 metres in height.
  26. The first secular register of births, deaths and marriages in the British colonies was established in Tasmania in 1838.
  27. Tasmania was originally named Van Diemen's Land and was settled by the British as a penal colony in 1803. The name was changed to Tasmania when convict transportation stopped in 1853.
  28. Launceston was the first city in the southern hemisphere to get electric light after the first Tasmanian hydro-electric station was opened at Duck Reach on South Esk River in 1895.
  29. Hobart's Theatre Royal is Australia's oldest live theatre venue still in operation.
  30. The Richmond Bridge is Australia's oldest known large stone arch bridge that is still used by traffic today.
  31. *Lomatia tasmanica*, commonly known as King's holly or King's lomatia, is a self-cloning shrub discovered in Tasmania's remote south west in 1937. Fossil leaves of the plant found in the south west were dated at 43,600 years old. Given that the species is a clone, it is possibly the oldest living plant in the world.
  32. The first time ether was used as general anaesthetic for a surgical procedure in Australia was by Launceston doctor W. R. Pugh back in 1847.
- BONUS FACT:** Even though he's a Queenslander, Ben Dunk was playing for the Tasmanian Tigers when he scored the first ever double century in Australian domestic one-day cricket. Opening for the Tigers' match against the Queensland Bulls, Dunk eventually scored 229 not out in October 2014.









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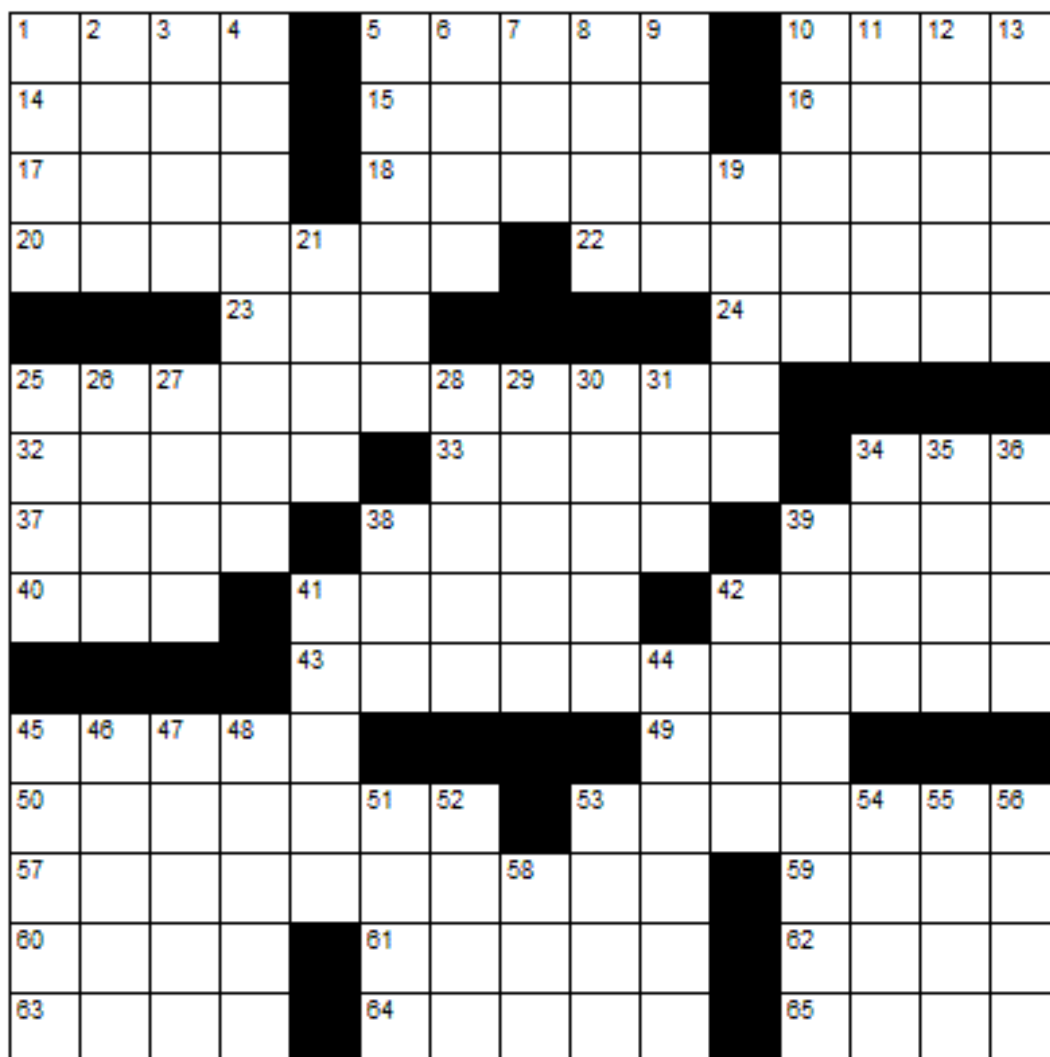
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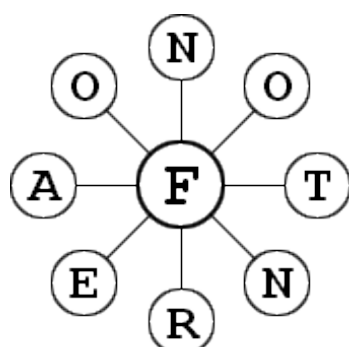
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**ACROSS**

1. You (archaic)
5. Weight loss plans
10. God of love
14. Stitched
15. In base 8
16. Verdant
17. Region
18. Conjuring up the dead
20. Sequoia
22. Dimensional
23. Arrive (abbrev.)
24. Condemn
25. Of this earth
32. Chills and fever
33. Reddish
34. A spider spins this
37. Anagram of "Snob"
38. Forbidden
39. Filly's mother
40. South southeast
41. Slop
42. Hostel
43. Torment
45. Hawaiian veranda
49. French for "Friend"
50. Letter
53. Submissive
57. Kill
59. Operatic solo
60. Sow
61. Heathen
62. Chinese mafia
63. Alleviate
64. Sound of contempt
65. Terminates

**DOWN**

- |                        |                          |                             |
|------------------------|--------------------------|-----------------------------|
| 1. Russian emperor     | 21. Mining finds         | 42. Tibetan monk            |
| 2. Not there           | 25. Bronzes              | 44. Ability                 |
| 3. Was indebted        | 26. Prima donna problems | 45. Rental agreement        |
| 4. Unexpectedly        | 27. Country bumpkin      | 46. Breathing problem       |
| 5. Givers              | 28. Path                 | 47. 9 9 9 9                 |
| 6. Frozen              | 29. Russian currency     | 48. Comment to the audience |
| 7. And so forth        | 30. Graven images        | 51. What we kiss with       |
| 8. Sailors             | 31. Fuss                 | 52. Dash                    |
| 9. Swill               | 34. Dry riverbed         | 53. Sun                     |
| 10. Gladden            | 35. Therefore            | 54. Weightlifters pump this |
| 11. Anagram of "Incur" | 36. Existed              | 55. A region of SE Pakistan |
| 12. Academy award      | 38. Pair                 | 56. Crones                  |
| 13. Timidly            | 39. Incite               | 58. Yore                    |
| 19. Frantically        | 41. Metalworker          |                             |

**Solutions next issue**

How many words can you find in this grid?  
 Each word must contain the central **F** 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: 33 words. Good: 26 words. Average: 21 words.

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



## 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

All words: acre, ager, agree, alert, alter, anger, angler, antler, antre, ar, arc, are, arete, argent, argle, art, artel, cager, caner, canter, car, care, careen, caret, carl, carle, carn, carnet, cart, carte, cartel, cater, centare, center, centra, central, centre, ce-rate, cere, cereal, clanger, claret, cleaner, clear, crag, crane, crate, create, creel, crenate, crenel, eager, eagre, ear, earl, earn, eater, ecarte, eger, egret, elater, enlarge, enrage, enter, entera, enteral, er, era, ere, erect, erg, ergate, ern, erne, eter-nal, galere, gar, garnet, gear, genera, general, genre, gentler, gerent, glancer, glare, gleaner, gnar, gnarl, grace, gran, grant, grantee, grat, grate, great, greaten, gree, green, greet, lacer, lager, lancer, lar, laree, large, later, leaner, lear, learn, learnt, lectern, leer, leger, nacre, near, neater, nectar, negater, race, rag, rage, ragee, rale, ran, rance, ranee, rang, range, rant, rat, rate, ratel, re, react, reagent, real, rec, recane, recant, recent, reclean, recta, **RECTANGLE**, ree, reel, reenact, reg, regal, regale, re-gent, regental, reglet, regna, regnal, relace, relate, relent, relet, renal, rent, rental, rente, ret, retag, rete, taler, tangler, tanrec, tar, tare, targe, tarn, tear, teleran, tenrec, terce, tercel, terga, tergal, tern, terne, trace, trance, treacle, tree, treen.

## 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*

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

FORE	WHALE	SNAG
ULEX	HOLED	TIME
REAP	INTEGRATES	
SOMEONE	REAGENT	
	DON	NERDS
ANTI	RETIC	
LOOTS	APISH	SSE
ONCE	STORM	WOOD
EEK	SUEDE	VALID
	OBSESSIVELY	
OCTAL	TOE	
ULULATE	MILLION	
TOLERATION	EDDO	
EVER	GULAG	TEEM
REST	SILTS	SASS

## 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 Stitches** 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 .

*Michelle (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 & 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 monthly on the 2nd Tuesday 6.30-8.30pm 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*



## 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 C Latt

5/11/15 – 17/11/15

Dr K Rawnsley

5/11, 10/11, 12/11, 17/11 & 19/11 2015

Dr E. Reeckman

18/11, 19/11 & 20/11

### SMCHC Teaching Site

We are a UTAS teaching site. We regularly host  
students from various health faculties, who at-  
tend our site to participate in training placement.  
If you are attending this practice and would pre-  
fer the students do not sit in on your consulta-  
tion, please inform reception prior to your ap-  
pointment. These placements are very impor-  
tant for the students, so your cooperation is  
greatly appreciated.

### 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

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

### A.H. contact numbers

GP Assist 1300 780 011

Ambulance or  
Emergency 1800 008 008  
000

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

November 5	<b>Social Worker</b> Shan Williams Call 6387 5555 for appointments.
November 6	<b>Social Worker</b> Shan Williams Call 6387 5555 for appointments.  <b>PHT Diabetic Educator, Physiologist and Dietician.</b> Contact GP for referral.
November 9	<b>PHT Psychologist-</b> Sam McCarthy. See your GP for a referral.  <b>Hospital Auxiliary Meeting</b> 2pm in the Family Room.
November 10	<b>Rae &amp; Partners Lawyers</b> consult fortnightly at the SMCHC. Phone 6337 5555 for appointments.  <b>Child Health Session</b> with Mary Mumford Tuesday fortnights, by appointment only. Phone 0428 136 381.  <b>Lightfoot Podiatry</b> – Perry Daly. Phone 6331 9568 for appointments.  <b>Woman of Worth</b> 6:30-8:30pm in the Day Room of the Health Centre. A fun, relaxed, social evening for ladies of all ages. RSVP to Christine Waters 0410 441 558.
November 11	<b>Day Centre</b> , call Hayley Gilbert on 6387 5555 for information on the group.
November 12	<b>Social Worker-</b> Shan Williams For appointments phone 6387 5555
November 13	<b>Social Worker</b> Shan Williams Call 6387 5555 for appointments
November 16	<b>TLC Meeting</b> (Tasmanian Lymphoedema Centre) 5pm in the Day Room.
November 17	<b>Continence Nurse</b> – Sue Walker Please see your GP or Health Professional for a referral

November 18	<b>Social Worker-</b> Shan Williams For appointments phone 6387 5555  <b>Day Centre</b> , call Hayley Gilbert on 6387 5555 for information on the group  <b>Physiotherapist</b> Please see your GP for referral.  <b>Consumer &amp; Carer Advocacy Group</b> 12 - 2pm downstairs at the SMCHC. Call Shan on 6387 5555
November 19	<b>Social Worker</b> Shan Williams Call 6387 5555 for appointments.
November 20	<b>Social Worker</b> Shan Williams Call 6387 5555 for appointments.

Our SAI - Peer Support Advocacy and Information is a peer support group for anyone living with a Chronic Health Condition.

Special Guest speaker:

**Jason Saunders ~ MI Fellowship**

Support for families of those with a chronic mental ill health condition

**Wednesday December 2, 2015 at the St Marys Community Health Centre from 12-2pm**

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- no referral is required, tea and coffee will be provided and there is no cost involved.

The Support, Advocacy and Information sessions are held **fortnightly (Wednesdays 12-2pm) at the St Marys Community Health Centre.**

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.

Contact Shan Williams- Social Worker 6387 5555 for further information.



## 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 November 4 - 10</i>		<i>Butchery specials November 11 - 17</i>	
	<i>p/kg</i>		<i>p/kg</i>
Leg of Lamb	10.99	1st Grade Beef Mince	10.99
Lamb BBQ Chops	12.99	Pickled Pork	9.99
BBQ Steak	12.99	Corned Silverside	8.99
Ingham Gourmet Chicken Portions	6.99	Ingham Chicken Drumsticks	3.99
Ingham Chicken Kebabs	1.29ea	Ingham Chicken Marinated Wings	7.99
<i>Two week specials</i>			
I & J Frozen Crumbed Fish 570g	6.99	Eta Vegetable Oil 750ml	2.99
4N20 Traditional Meat Pies 700g	5.99	Masterfoods Recipe Bases 175g	1.89
Fruche 2pk	2.69	Pringles 150g	2.99
Olive Grove Spread 500g	3.69	The Natural Confectionery Co Bags 240g	2.49
Continental Pasta & Sauce 90g	1.79	Skippy Corn Flakes 500g	2.49
Nestle Milo 1.25kg	13.95	Golden Circle Fruit Drink Tetra 6pk	3.69
Gravox In Seconds 120g	2.99	Golden Circle Beetroot 850g	1.99
Multix Cling 33cm x 30m	1.49	Arnotts Cream Biscuits 250g	2.25
Pedigree Meaty Bites 8kg	19.99	Nescafe Menu Coffee Sachets 10pk	5.49
Sui Min Cup Noodles 70g	1.49	Seakist Canned Tuna 425g	3.45
<i>Keep A Lookout ... New Seedlings Arriving Weekly</i>			



Wanda's dishwasher quit working so she called in a repairman. Since she had to go to work the next day, she told the repairman,

"I'll leave the key under the mat. Fix the dishwasher, leave the bill on the counter, and I'll mail you a cheque. Oh, by the way don't worry about my dog Spike. He won't bother you."

"But, whatever you do, do NOT, under ANY circumstances, talk to my parrot!"

"I MUST STRESS TO YOU: DO NOT TALK TO MY PARROT!!!"

When the repairman arrived at Wanda's apartment the following day, he discovered the biggest, meanest looking dog he has ever seen. But, just as she had said, the dog just lay there on the carpet watching the repairman go about his work.

The parrot, however, drove him nuts the whole time with his incessant yelling, cursing and name calling.

Finally the repairman couldn't contain himself any longer and yelled, "Shut up, you stupid, ugly bird!" To which the parrot replied, "Get him Spike!"



**THE FACT THAT THERE'S A HIGHWAY TO HELL AND ONLY A STAIRWAY TO HEAVEN SAYS A LOT ABOUT ANTICIPATED TRAFFIC NUMBERS.**

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