



THE VALLEY AND EAST COAST VOICE INC.

Established 1968

48.15 November 19, 2015 Deadline for 48.16 is 5pm November 30, 2015



Mental Health Week activities at St Marys
p9, 15



St Helens Walking Group at Grant's Point,
by Ron Ralph. Article on p13



JAMmer's off to see Colin Buchanan p16

It's official: Bendigo Bank agency coming to St Helens

The successful response to the recent community survey coupled with the imminent closure of a major banking agency in St Helens has provided a valuable opportunity to the St Helens and St Marys Community Bank Steering Committee.

The first Bendigo Bank agency will be established at the end of November within the well-known Carlyle building, in downtown St Helens.

Successful and local business identities Tom and Jossie Bassett, have agreed to operate the new Bendigo Bank agency for the short term, in their store.

While the establishment of an initial presence in the Break O'Day municipality is an important achievement, it also marks the approach of the final stages required to open our first Community Bank.

The Bendigo Bank is working closely with the Steering Committee on developing the business plan and prospectus to assist with opening date scheduled for either June / July 2016.

If you have been thinking of opening a new account, transferring an old account or discussing any other personal, commercial or rural banking needs, the opening of the agency will be a fantastic opportunity to do this.

Any accounts and/or business established with this agency will be credited to the St Helens and St Marys Community Bank and assist with opening the branch.

This does not mean St Marys will miss out.

The initial St Marys presence will be through a weekly visit and an ATM, though Sammi Charles and her efficient team are just a short phone call away.

And we still need to get as many pledges as possible.

Remember, these pledges are non-binding, though on realisation, will be converted to shares and make you a shareholder of your very own Community Bank.

Pledge forms will be available in the new agency.

You may have seen Roger Harlow and Chris Triebe outside Hilly's IGA in St Marys last weekend, or even stopped and chatted while sampling the tasty barbecued sausages.

Over the next month or so, they will be alternating between Hilly's St Helens and St Marys IGAs, so don't be shy, come and say hi.

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

Advertising rates

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

Community announcements are free. Private classified ads are free for two issues. Annual posted subscriptions are \$51 and annual online subscriptions are \$20. Articles for publication may be left at the St Marys Pharmacy, posted or emailed. For online advertising, contact the Editor.

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 must 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. To establish eligibility, ABN / IA details may be requested'.

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



Break O'Day Council's Community Funding Program 2015-2016

The Community Funding Program provides grants to communities to improve facilities/programs in their township or to improve the overall amenity of their town. All community groups that represent the ratepayers of their community are eligible to apply for funding.

Projects that will be considered for funding but not necessarily restricted to:

- ◆ *Beautification projects*
- ◆ *Projects to improve or construct recreation facilities*
- ◆ *Projects that will improve the amenity of the township/community*

Projects that **will not** be considered:

- ◆ *Any projects on privately owned land or which cannot be freely accessed by all community members*
- ◆ *Capital Works projects (ie. Footpaths, kerb and guttering etc.)*

Eligibility

- ◆ All community groups that represent the ratepayers of their township/area are eligible to apply for funding.
- ◆ Only local **NOT-FOR-PROFIT** community groups will be given consideration for funding assistance.
- ◆ Preference will be given to incorporated organisations with proven capacity to administer grants.

A detailed submission must be developed.

Applications can be made under the Community Funding Program up until Monday 22 February, 2016. For further information contact Julie Severin or Chris Hughes at the Council Office on 6376 7900.

julie.severin@bodc.tas.gov.au

chris.hughes@bodc.tas.gov.au

or download from Council's website

www.bodc.tas.gov.au

Community Notices

Welcome home Patrick Wells - you were missed. We all wish you a speedy recovery. From all your friends in St Marys

For Sale

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**



Fingal Valley Neighbourhood House Inc.

Old Tas. Hotel Community Centre
POB 322 Fingal Tasmania 7214

6374 2344 Fax 6374 2355 / 0488 562 538
e: fvcommcent@gmail.com

WANTED - Catering Coordinator

Requirements:

- ◆ Safe Food Handling Certificate
- ◆ Knowledge of ordering food quantities
- ◆ Be able to supervise a team of volunteers
- ◆ Flexible hours
- ◆ Working with Vulnerable People (Police Check)
- ◆ Wage negotiable

*Resumes to be received at the
Fingal Valley Neighbourhood House by
Thursday November 26, 2015*

Free to good home

Lovely pale brown **female rabbit with large cage** free to good home. **Ph: 6372 2765 / 0417 055 555.**

Dear Wendy Brennan, and Valley Voice readers

Thank you for offering your support regarding the magazine *Exploring St Marys with Kids by Kids for Kids*. At first I received quite a lot of local negative feedback, I feel this was quite cruel and unwarranted but as they say, water off a duck's back - moving on!

The children (with an average age of 9.2), worked really hard to gather information and include whatever tickled their fancy at the time, as kids do. They all worked together, on many of the articles, whether they went out to the site or not.

For me I had a ball, I learnt many things - one of the most important being that kids are kids, each with their different personalities, different perspectives on life and very different energy levels and sense of humour.

The combination of media tools and modern times allowed our experiences to be captured and presented in magazine form, adding many and experiencing a range of new skills.

Yes Wendy, I did fund it, and I will continue to do so.

Many of our first magazines have gone interstate and have been positively welcomed - warts and all.

Book 1 is now on order for reprint. The great cover photo was taken by Calem Jones.

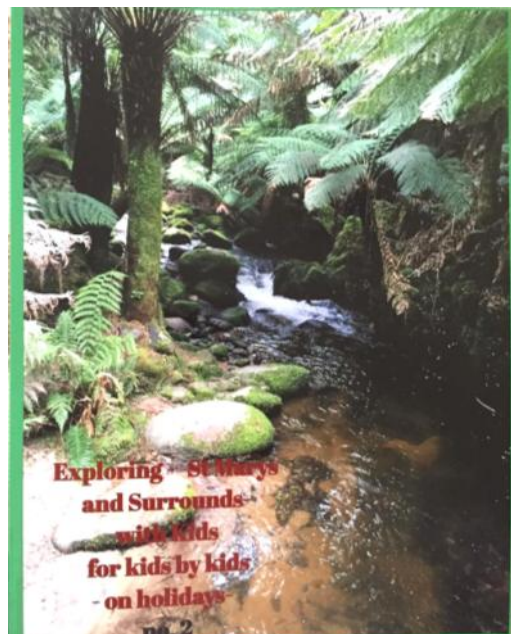
Inside is a brief introduction and articles on coins, St Marys passes, St Patricks Head, Grey Mare's Tail, Mathinna Falls, Evercreech and South Sister.

Book 2 will be available at Madd Mudd within the next three weeks.

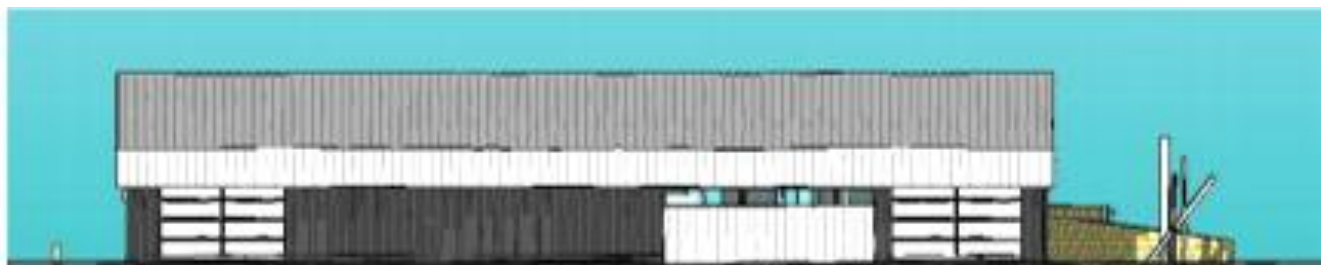
The cover photo for Book 2, another great photo, was taken by Harley Jones - well done Harley. Inside includes articles on Germantown, Cullenswood, Mangana, Moorina, Mt Paris Dam, Halls and St Columbia Falls. So if you're local, a traveller or just explorers like us grab a copy, you might be inspired!

Thank you to all the kids involved and parents who stepped forward to help.

Lynne Dawes, Seven Mile Beach



Plans for proposed St Marys Arts, Culture and Heritage Precinct at
St Marys Railway Station



This project will require external grant funding - conceptual plans look at the future of areas and become part of Council's planning.

Comments Requested - Concept Design - Museum & Community Art Space, St Marys. Comment forms are available online at http://www.bodc.tas.gov.au/sites/all/files/breakoday/documents/resources/mcas_comments.jpg

Chris Hughes

Manager, Community Services / Break O'Day Council

t: 03 6376 7900 / f: 03 6376 1551 / m: 0407 795 393

e: chris.hughes@bodc.tas.gov.au / w: www.bodc.tas.gov.au

Letters to the Editor

Dear Editor

A few years ago the Break O'Day Woodcraft Guild and Men's Shed Inc. members had a meeting with the then Mayor Sarah Schmerl and Chris Hughes to discuss a proposal to develop the old railway precinct. It was pointed out that the proposed building was within a metre of the disabled ramp, and blocked the vehicle entrance for people with a disability. Furthermore the proposed building would be built over:

- ◆ Existing sewer line
- ◆ Existing water pipe
- ◆ Existing outlet for the small creek that runs parallel to the road

It appears that the shift in location of this proposed building STILL encounters the same problems, plus encroaches on the parking area of the Guild's parking.

The original proposal for this development was in the eastern section of the precinct where there are no such problems, and at the last on site community meeting this was the preferred area.

One can only hope that these issues will be addressed with common sense and stop the waste of ratepayers money on plans that are clearly unrealistic.

On behalf of the Break O'Day Woodcraft Guild and Men's Shed inc.

Reon Johns, President

Dear Editor

I would like to thank the 20 people who stopped to pay their respects at the 97th Remembrance Day Service. However, it was disappointing that there was no council representation via a wreath or any councilor in attendance, especially when one local councilor was observed in the local hairdressers blow drying her own hair during the service.

Reon Johns, St Marys



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



Message from the Healthy House Board of Management

At our recent Annual General Meeting we reported on a very successful year of activities in 2014-15 involving more than 1700 clinical appointments, we introduced seven new innovative and original programs and continued to provide a broad range of health promotion activities.

The board is grateful to our dedicated staff and volunteers who are committed to their work in providing services to the Break O'Day region.

Finding and retaining talented board members has been a challenge in the past so we were pleased to install our new board at the AGM.

We now have 11 local people with a broad range of skills and experience in local, state and federal government, private enterprise and self employment. They are drawn from the health, education, community and business arenas.

The Board are all looking forward to guiding Healthy House through the challenges of working in the ever changing health environment.

We are confronting head on the challenge of broadening our funding base, as without recurrent funding, continuing to do what we do relies on our ability to

attract appropriate funding each year. This enables us to keep our services either free or low cost to the community. We recently achieved Deductible Gift Recipient status with the Australian Taxation Office, so donations to Healthy House are now tax deductible for donors.

New funding will sustain our plans to provide more services across the region and to continue to support other services as we have done in the past.

Nev Shaw, CHAIR

Rebecca White MP, Shadow Minister for Health and Human Services

The Labor party's firm and unwavering view is that Government has the responsibility to look after those who are most vulnerable, and this includes providing appropriate public housing.

The Liberal Government have other ideas, having announced they will give away up to 500 public housing properties with title. The Minister has not produced a shred of evidence to support this sudden decision to begin giving away public assets. No cost benefit analysis, no modelling, certainly no independent advice.

One of Labor's concerns is that there has been a lack of transparency around the Government's intention to transfer these 500 titles. The Minister has stated that it was a policy taken to the 2014 election, but the election policy only says the Liberal Party will "examine" the possible transfer; it does not place a timeframe on that and certainly does not make a firm or clear commitment.

From any reasonable person's reading of the Government's Affordable Housing Strategy and the Affordable Housing Action Plan, it would be safe to assume that the Government's intention was to enable community housing providers to have the opportunity to manage additional properties and use this to further invest in public housing stock.

However, we have now learnt that this is not the Government's intention at all. What they actually meant is they intend to give away up to 500 public housing properties. There is no process detailed for how the transfer of these 500 properties will happen, and what safeguards will be put in place to ensure these homes will be maintained as affordable housing. There is no detail about what, if any, modelling exists for how the Government has identified 150 new properties can be built if the transfer of 500 titles occurs. There have been no details provided from this Minister about what, if any, work the Government has done to address the legitimate concerns raised and acknowledged by the Minister herself about the transfer of title.

There are too many questions that remain unanswered about this rushed process, and the Government should put the transfer on hold until the Tasmanian public has more information.

Community Outreach Dinner

Holy Trinity Anglican Church Hall, St Marys

Saturday November 21, 2015

5.30 for 6pm

Christmas Celebration & Welcome Dinner



Christmas Dinner

Enjoy a shared meal with friends and neighbours.

Please bring a side dish or dessert to share.

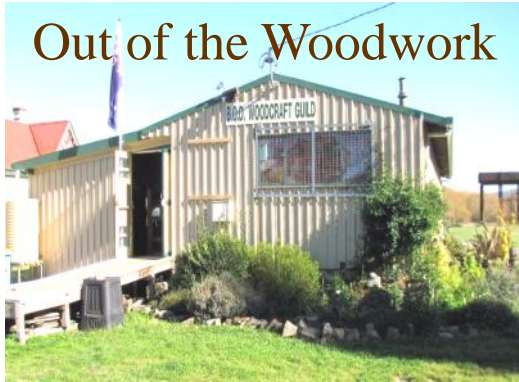
Lucky door prize.

**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**



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

Wendy Brennan, Secretary 6372 2094

breakodaywoodcraftguild.weebly.co

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

The Woodcraft Guild pays homage to Remembrance Day

An extract from a digger's letter dated September 29, 1915
From the Isle of Limnos (off Gallipoli), Greece

My dear Mother,

We were just saying today what we would like to have when we get home.
I want a nice soft bed with sheets, a hot bath, hot buttered toast, tea with not condensed milk and no men except Father of course, and he won't have a uniform on. You must have plenty of strawberry jam and cake ready, and Mary will have to play the piano ad lib.

(Courtesy Australian War Memorial)



Lest We Forget

*On behalf of the Woodcraft Guild members, we offer the people of France
our heartfelt condolences*

Name the Break O'Day Multi-purpose Stadium Competition November 9, 2015.

The Break O'Day community will soon enjoy the use of a state-of-the-art Multi-Purpose Centre in Tully Street, St Helens.

Due for completion in January 2016, the centre was built with the vision of serving the entire community and will facilitate a wide range of community activities from sports and recreation to functions and the arts.

As this centre belongs to the community, the Break O'Day Council would like to invite the community to name the centre and has offered a prize valued at \$200.

"We wanted the centre to accommodate a wide range of activities so that everyone in the community could enjoy this amazing facility's benefits," Mayor Mick Tucker said.

"And as it belongs to the community, we thought it made sense to let them be the ones that name it.

"We are very proud of what we have achieved with limited government funding and time, and we hope the people of Break O'Day will feel that same sense of pride when we finally fling the doors wide open."

The competition is open to anyone. To enter go to the Break O'Day website, click on the Name our Stadium news item and fill out the form.

Entries will close 12 midnight on Monday November 30.

For further information please contact the Communications Coordinator, Jayne Richardson on 6376 7900 or via email, jayne.richardson@bodc.tas.gov.au

Helping regional Tasmanians into work - November 10, 2015

A new work experience scheme will provide valuable assistance to Tasmanians looking to secure long-term employment. Federal Member for Lyons Eric Hutchinson said the Turnbull Liberal Government's *National Work Experience Programme* is designed to help job seekers gain experience in workplaces.

"*National Work Experience* is going to give job seekers an opportunity to be placed in a work-like role so they can showcase their skills to a potential employer," Mr Hutchinson said. "It's going to directly benefit young job seekers in particular, as surveys have shown that insufficient understanding of workplaces can prevent them from getting and keeping a job. The programme aims to build confidence and real-life experiences as job seekers will be given the opportunity to learn practical skills."

Mr Hutchinson said employers who go on to offer a young person paid employment after their placement may be eligible to receive a wage subsidy of up to \$6,500 over 12 months.

Eligible job seekers will be able to volunteer to undertake work experience in businesses for up to 25 hours per week for a maximum of four weeks. Importantly, they will continue to receive their income support payment while in an unpaid placement together with a supplement to assist with the costs of participation.

For more information visit <http://www.jobactive.gov.au/>

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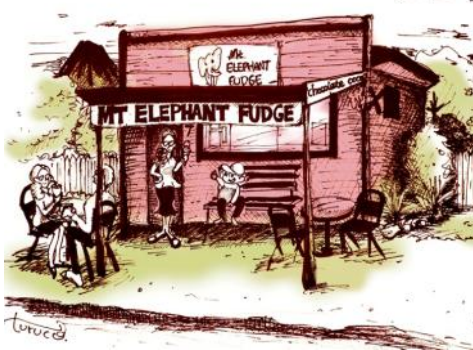
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The Valley and East Coast Voice Inc. encourages local/regional contributions from the public. Stories, current events, historical information, lifestyle pieces, anecdotes, articles, travel blogs and written or visual art with a community-based theme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



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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

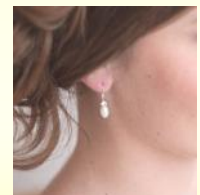
St Marys PHARMACY

Pharmacist instore Monday - Friday



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

Ear piercing \$27
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Bec, Sally & Cassie



Main Street St Marys 7215
6372 2844

Mental health **BEGINS WITH Me**

The Healthy House and community partners recently presented two community days for Mental Health Month in October. The St Marys event was held on Thursday October 29, and featured information stalls on mental health and wellbeing, an art display from St Marys District School students and outstanding performances by the school band and choir.

Visitors were also entertained by the Medea Park residents performance “DRUMBEAT” and the “Bros in Rhythm” Body Percussion Group from St Marys District School.

Thanks to the Wood Guild for their support in providing a free sausage sizzle.

Building Blocks and the Launch into Learning Families also attended, and children explored games and activities about emotions and identity, and shared a healthy morning tea.

The event promoted tips to help maintain mental wellbeing.

- **Sleeping well** - most people need an average of eight hours sleep a night, and lack of sleep can cause health issues; try turning off the TV at least 30 minutes before you go to bed.
- **Enjoying healthy food** - good nutrition can be just as important for your mental health as it is for your physical health. Try to eat regular, well balanced meals and maintain adequate fluid intake to ensure you feel good.
- **Planning and prioritizing** - focusing on one thing at a time, keeping calm and planning ahead can improve your skills to cope with life's pressures. You may also find it helpful to write things down. Celebrate your progress when you finish a task by crossing it off your list. Remember, always set realistic, achievable goals.
- **Tuning in** - listening to music while you work or study can help you relax and even increase your creativity, productivity and focus. The right type of music can be calming, relaxing and can help reduce stress levels.
- **Cutting down** - the amount of alcohol, cigarettes and other drugs you consume can have a negative impact on your mental wellbeing. Try cutting back on your intake and set yourself realistic goals. If you want to quit, find support to help you do it effectively and for good.



REMEMBRANCE DAY, ST MARYS 2015

Thank you to the St Marys Memorial Services Association, The Break O'Day Woodcraft Guild, Wendy Fowler who read In Flanders Fields with the sensitivity it deserves, The Valley Voice and the community of St Marys.



Mark Cameron, Reon Johns and Wendy Fowler

*In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.*

*We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.*

*Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields*

Lest we Forget

How The Stables Handmade Market was born!

It's all about linking into an existing plan for the St Marys Recreation Ground, drawn up in 2006. This was completed after community consultation, and has gradually been brought to life with full support from Break O'Day Council.

The establishment of the free short stay camping ground (with showers and toilets) has been a major plus for the town of St Marys, bringing many RV and other travelers to visit and stay, and bringing much needed income for local businesses. This has also resulted in St Marys being officially recognised as an RV-friendly town.

More recently, the refurbishment of the sports club has injected new life into the recreational scene, which has the potential to raise the level of community support for the Sports Association and the St Marys Pacing Club.

This year, a discussion was begun by a number of local artists and artisans about setting up a Makers Co-op, with a view to finding premises from which to sell handmade items. This has now morphed into a steering committee of volunteers, under the umbrella of Greater Esk Tourism. The long term plan is for the steering committee to become an independent body (as occurred with the Avoca Museum and Information Centre).

The date of the inaugural Stables Handmade Market (January 2, 2016 - to be confirmed) was suggested to take advantage of the many visitors who come to St Marys for the New Year Races, and the racing committee has also been very supportive of our new venture.

Break O'Day Council has offered to provide funding and work to install a concrete floor for 12 stalls initially, and power, which we hope will be completed in time for our inaugural market.

More news as it comes in!

Showcasing Tasmanian handmade, giving preference to makers in the Break O'Day Municipality, Tasmania. Interested?

Please contact us on 0423 969 943 or thestablesmarkettas@gmail.com

Like us on Facebook – www.facebook.com/thestablesandmademarkettas

Steering committee: Bev Hornibrook (chair), Sue MacDonald (secretary), Rosemary Harper (treasurer), Rita Summers (publicity), Peter Troode (GET), Mark Thomas (committee member).

Council representatives: Cllr Janet Drummond, Chris Hughes



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Photos, from left (clockwise)

Latest eco dyed garments air drying in front of Gone Rustic; piles of damp garments just unwrapped; eco dyed bundles after removing from the dye-pots; more garments air dry at Gone Rustic.



Free exhibition space available! Contact me soon to find out more (includes launch party and invitations).

OR you can support this project here:

<https://life.indiegogo.com/fundraisers/free-exhibition-space-for-artists>

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The Say, by Cagerattler

First of all, sorry to Wendy our editor (yes, she did remind me as always) and to anyone else - I plain forgot to write for the last edition. I have no excuses and is only the second time in eight or so years I haven't done it. Thank goodness no-ones life depends on my rants!

I feel that this subject may well rattle the cage but I feel compelled to write this, given the complete disregard for humanity by the Muslim extremists in Paris over the past day or two.

The Muslim extremists are spurning and indoctrinating generation after generation of their young people to hate, and want to kill infidels in the name of Allah. Well extremists, Allah can go and get stuffed as far as any sane person thinks. I believe many of the extremist or fundamentalist ideals are predicated on lies and bending the Koran to the point of breaking, and because of this young children in Islamic countries grow up knowing nothing but hatred to us infidels, and anyone who doesn't subscribe to Mohammad the Prophet is essentially an infidel.

Their cultures (if these extremists or fundamentalists get their way) will treat their women as totally uneducated, no say in anything, breeding machines. Women have no rights whatsoever and cannot learn to read and write, as school is banned for them. Then you have Sharia Law that is simple unforgiving brutality at it's absolute worst.

So archaic it's impossible to believe it could be around in the 21st century under any guise.

Basically these terrorists use certain aspects of Islamic teachings to justify their actions, and, not unlike the Bible does in the way Christian clerics cherry pick some of the most antiquated laws from centuries ago to be seen to be bearing respect to God.

The Christian faith does not blatantly espouse Holy Wars though and we are taught to turn the other cheek if someone offends you, and teaches tolerance and forgiveness.

At the risk of going against that however, it's time that these Muslim nutcases don't get the other cheek treatment, and it's time instead that they get hunted down and made examples of in front of the whole world. Not only that, but if the Muslim clerics of great influence don't start imposing very strong views of tolerance and compassion with all other faiths soon, they will be seen as condoning these murderers. They have to start with the youngest of the young. It may take a couple of generations but the sooner they do the sooner it'll be better for all, themselves included. If this doesn't happen then the world will be a torturous place for many many years to come. These mongrels have to be stopped.

What do you think?

Rod McGiveron, St Marys

October rainfall (what there was of it)
figures supplied by Reon Johns

22nd 2.0

30th 0.8



St Marys Sports (and Social) Centre
Gray Rd St Marys

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

BOWLS NEWS



Our first official game will be against St Helens on November 21 at St Helens. It seems I owe St Helens an apology for reporting that they had forfeited a game when no official games were being played on that day. Sorry about that!

Practice Thursday 5pm onward.

Beginners welcome!



HAPPY HOUR

Friday 6:30 - 7:30pm

Meat tray raffle.

Jag the Joker \$680 \$2 tickets.

*Win a carton in the
Lucky members draw*

It is time to get this Golf Club back on the road! We need YOU, you and you to dust off your clubs and get swinging. WHEN: Every Sunday at 12.30 for a 1pm tee off. Ladies and Men, old members or new to town, you are all welcome. \$6 only, take home a chook, six pack or bottle of wine. WE DO REQUIRE A GAME ORGANISOR if you have the time or inclination.



Jam Session was great!
Musicians and their followers loved the venue and we loved the musicians and their followers!

The biggest ever thank you to performers, spectators and volunteers. Some real class acts out there, we can't wait to have you back again!

Word is it will probably be January 10, watch this space for confirmation!

Licensee/treasurer: Jim Turner 6372 2441
President: Jacqui Bianchi 0439 978 156
Vice President Bobby Harwood 6372 2445
Secretary: Annette Wines 0417 010 648
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****We have
members' own
specials****



Healthy House Walking Group

Previous Walks

July 19 - Parkside Loop

13 energetic walkers fronted for this new Wednesday walk (new to most). Heading south from the road we moved across burnt out bushland, and many of us were surprised by the number of very large, mature trees which had been blown over.

We sighted numerous small orchids. It was easy walking on vehicle and bush tracks, coming back to our place via O'Connor's Beach.

A cuppa afterwards was most pleasant.

(Contributed by Pip Buchanan)

August 5 - Dora Point and Bay

It was a freezing morning, but nine hardy walkers fronted for another great walk around part of George's Bay. After a brief side sojourn to the bay, we set out on the Humbug Point Trail. Within a few minutes, the thermal jackets started coming off and stored in backpacks.

The difference between this and last year's trail was most evident; ferns were prevalent and spread a green blanket which stretched out across the hill. Many kookaburras were sighted and heard throughout the bush, and the bay shimmered in the brilliant sunlight.

We arrived back at the cars about 11.20 and were back in St Helens at 11.30. Another energetic start to Wednesday morning.

(Contributed by: Wayne Fulford)

August 19 - Scamander Beach

14 members of our walking group met at the Scamander River mouth carpark, where chilly a wind was blowing off Ben Lomond. We had a pleasant, sheltered walk in the sunshine past the new Surf Club building and along the gravel road behind the sand dunes in a southerly direction. We climbed the stile into Winifred Curtis Reserve, and crossed onto the beach to walk in the direction of Falmouth in brilliant sunshine.

It was a perfect day to walk on the wide beach, as the sand was firm and the water sparkled in the sun.

Some members did the round trip through the Reserve, while the bulk of us returned to the carpark by continuing our beach walk back to the river mouth.

We rounded off a very enjoyable morning by having coffee and muffins hosted by one of our Scamander members - delicious!

Winifred Curtis Reserve is looking glorious at this time of the year. If you enter by the entrance near Upper Scamander Road, it is the perfect place to enjoy a bush experience with its abundant wild flowers and birds, as well as water birds on the adjacent lagoon and the spectacular backdrop of the mountains around St Marys.

It is a great place to take visitors to the district as it's easy walking there - the tracks are well marked and have maps to show you just where you are at every track junction, and the exit is impossible to miss.

(Contributed by: Wendy Saunders)

October 21 - Skeleton Bay to Dora Point

Gallant walkers go out in the bushland even when the weather is inclement and overcast, as can be seen in the photo *(on the front page - Editor)*.

The Walking Group wishes to wholeheartedly thank St Helens Healthy House, Heidi Howe and Wendy Dawson for their support throughout 2015.

To all our reader's - enjoy the Festive Season and get walking!

Wayne Fulford, St Helens



Parkside Loop by Pip Buchanan



Scamander Beach by Wayne Fulford

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TAS - AUS

Churches of the Valley Part 1

Since European settlement Christianity has played an important part in the life of those who lived in the Fingal Valley. As a result we are lucky enough to have a number of important examples of early Australian ecclesiastical architecture, together with several more contemporary examples. Some of the buildings remain in use as worship spaces and others have become private homes. Unfortunately, a number no longer exist.

At this time my particular interest is on the earliest buildings, in particular those which remain in use in the 21st century, and it seems that here in the Fingal Valley Tasmania we have splendid examples of work by important architects, from both a local and national perspective.

This is an ongoing process but every journey begins with a first step, and what better place to begin than at the chronological and geographic beginning.

The first building spotted when entering the valley from the west is St Thomas's Anglican Church at Avoca. Consecrated in 1886, the church has been in use since 1842. It is reputed to have been designed by James Blackburn, the architect also responsible for the beautiful St Georges Church in Battery Point.



St Thomas's Anglican Church, Avoca



St Peter's Anglican Church, Fingal



St Joseph's Roman Catholic Church, Fingal

The next stop, Fingal, is home to St Peter's Anglican Church and St Joseph's Roman Catholic Church by Henry Hunter. The "new" Anglican Church, the one in use today, was built over two years between 1867 and 1869 from local stone and contains a number of memorials including some fine stained glass and beautiful timber carving. St Joseph's is also a Hunter building, clearly made of local stone and has been in use since 1880 after a construction period which commenced in 1877.

Whilst beautiful in their own right, these two buildings are important examples of gothic revival architecture and demonstrate the influence of Augustus Pugin on the Archdiocese of Hobart, Bishop Willson, and subsequent church design.

A well signposted turnoff in the Main Street of Fingal leads one to the township of Mangana ... Home of "the Cathedral of the Valley", the Roman Catholic Church of The Sacred Heart ... designed by Alexander North from Launceston. Those of you familiar with Launceston may recognise his name as the architect of Holy Trinity Church and his is also the hand which produced the (now demolished) Commercial Travelers Club in Charles Street.

The information above is from The Australian Dictionary of Biographies (for more information on the architects named above search by surname) sourced online, my own copies of Brian Andrews' work on Pugin and Hunter in *Creating a Gothic Paradise: Pugin at the Antipodes*, and Geoffrey Stephens history of the sesquicentenary of the Anglican Diocese *The Anglican Church in Tasmania*.

Wendy Fowler, St Marys



The Sacred Heart Church, Mangana



In 2016, the Bay of Fires Winter Arts Festival is spreading even further through Break O'Day and Glamorgan Spring Bay, and we are seeking expressions of interest from the best artisans in all disciplines. So we want to hear from you! Do you host an event that you would like to see included in the 2016 Bay of Fires Winter Arts Festival

Are you an artist (of any description) and have a talent that you would like to share?

Do you have a great idea to add to the vibrancy of the Festival?

Named the best event on the East Coast in 2015 and a finalist in the Tasmanian Tourism Awards, the Bay of Fires Winter Arts Festival is gaining a reputation for delivering an exceptional experience for patrons and participants alike.

NOW is the time to confirm your interest in being part of the 2016 festival. Expressions of interest are being considered RIGHT NOW for new events to be incorporated as part of the 2016 festival, for artists to host workshops and for businesses interested in becoming corporate sponsors. Expressions of interest close December 6, 2015.

PLUS, if you are planning to hold an event over the June long weekend, please be in touch as we'd love to include your details in our programming and promotion.

Please email our Festival Director in confidence at sthelensevents@gmail.com with your proposal or for further information!

Two great training events held in St Marys!

In the last few months, our very own St Marys Salvation Army, in conjunction with our local peer support group OurSAI, has been thrilled to host two fantastic, fully accredited opportunities for learning, both of which were free to the participants.

The first, was **Hope for Life**, a suicide prevention & bereavement course, and the second was the **Mental Health First Aid Course (MHFA)**. Each course ran over two consecutive days and the MHFA included morning and afternoon teas AND lunch. Everyone ate very well indeed and was fuelled for learning!

Each course attracted between 15 and 20 people – a really good result for our population.

Janet Drummond and Mel Norton worked hard to make these two courses happen. Both are thrilled that more of our East Coast community is now empowered to put new theory into practice. This learning may help save lives, and provide skills to encourage others when they may be struggling.

Thanks to both of the wonderful trainers who came into our community, and all of those who committed their own time to learn about supporting others in our community.

Mel Norton, St Marys and Janet Drummond, St Marys



Great catering at the two day event, with thanks to the Purple Possum Wholefoods & Cafe team - Elaine, Astrid and Tamara

NOTE: This is not a call for entries for the Bay of Fires Art Prize or for exhibitor applications for the Bay of Fires Arts Market - but these will be out shortly, so keep posted.



Justin Emmerton, molten aluminium artist

The Bank Teahouse A Man's Cave Giftware

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

Jason and Linda Lang
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Another exciting excursion for JAM to see COLIN BUCHANAN!

Recently the children from JAM, their families and friends enjoyed a wonderful trip to Launceston to see Colin Buchanan in concert at the Door of Hope.

We all sang and cheered and danced and clapped and jumped and ... some of the JAM children were even invited onto the stage with Colin and his friend (puppet) "Nudge"!

What a great time we had in the auditorium, and after all that excitement, we all lined up to meet the man himself.

Colin met each child one-on-one, gave an autograph and posed for many photos.

I know that all the children will never forget this experience and just to see their faces, as they watched this incredibly gifted man, made all the preparation worthwhile.

Mel Norton, St Marys



Colin and Stuart



Colin and Ruby



Colin and Liam

Have a Hand-Made Christmas at Suncoast Gallery

Yes, that time of year is upon us ... only how many days till Christmas? Suncoast Gallery members have been busy producing gifts, cards, and even gift wrap for you and yours to share. If you want big, expensive, mass-produced items, don't bother coming to us! We only stock locally-made, individual work by Tasmanian artists and makers at very reasonable prices, and as a cooperative developed to support local artists and makers, money spent here goes into the local economy.

Come and see us at our Christmas stall, which will be held in the Lifebuoy Cafe/Pieces/Suncoast Gallery courtyard on December 5, weather permitting.

There is something for all ages from infants to oldies, girls and boys, ladies and gentlemen. Some of the new items on show are Tracey Bird's darling little Yetis and Koalas, Belinda Hass' botanical art prints on aprons and cushions and Maureen Fisher's happy-making oven gloves and spicy mats.

For adults there is fine leatherwear in purses, belts, boxes, pen cases and more from Karl Balzer, and lovely jewellery from our great team of makers, using all kinds of materials from pottery to crystals to natural semi precious stones.

Most of our goods are lightweight and easy to pack and post or to slip into a suitcase, and none are overpriced.

The photos may give you a little glimpse of what we offer, but only a visit in person will show you just how much we have to offer, so do come in!

Suncoast Gallery is at 27B Quail St, St Helens, behind the Lifebuoy Cafe and Pieces boutique, and is open from 10 - 4 weekdays and 10 - 1 on Saturday.

BTW while you are there, grab the opportunity to take part in our annual raffle! For \$2 you can win a charming mounted watercolour, a wholecloth lap quilt, Bluebell the beaded dolly or Lily the lollipop lady. Tickets are on sale at the Gallery and the draw is on November 21.

Sue Courtis, Publicity Officer



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5 Portland Court, (off Grant St)
St Helens 7216
6376 2971 admin@healthyhouse.org.au
Web: www.healthyhouse.org.au

Our Aim

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

What we deliver

- ◆ Podiatry services
- ◆ Toe Nail Clinics
- ◆ Australian Hearing appointments
- ◆ Family Planning services
- ◆ Men's Health programs
- ◆ Counseling
- ◆ Building Blocks (children 0-5 yrs.)
- ◆ Walking Group
- ◆ FriendSHIP Program

What's coming up?

Pap Smear and Well-Woman Clinic

December 1st and 2nd at Healthy House
Bookings essential!



Building Blocks 'Rock n Rhyme'

10.30 to 11.30 every Friday...

Get along to St Helens Library for a fun story and music time for families and children 0-5 years.
All welcome!

Hearing Test Checks

December 3rd at Healthy House
FREE session. Bookings required.



Learn to grow the easy way! FREE WORKSHOPS

- #### **FriendSHIP Program**
- ◆ November 16th, Pyengana
 - ◆ November 23rd, St Helens
 - ◆ December 7th, Scamander

- ◆ It's hands-on and fun
- ◆ Using an interactive workshop approach
- ◆ No experience needed
- ◆ Open to all abilities
- ◆ Facilitated by our own Garden Guru Mark Burgess



Counseling Services

Please call Healthy House for more details and booking enquiries.
Counselors are suited to individual needs.
No referrals necessary.

Phone 6376 2971 for bookings and enquiries

Fingal Community Garden

The Fingal Community Centre has recently completed the construction of a Community Garden.

The garden consists of four raised garden beds constructed from treated pine and sleepers. One of the beds has a greenhouse plastic cover for protection from frosts for crops such as tomatoes etc.

So far we have planted tomatoes, lettuce, beetroot, silver beet and two varieties of beans.

The project was completed mainly by local volunteers and was funded by a government grant.

The children from the local play centre group helped with the planting of the vegetables.

We would like to thank all those who assisted with this project, and hopefully the garden will produce many bountiful harvests over the coming years.

Written by: Paul Wynter

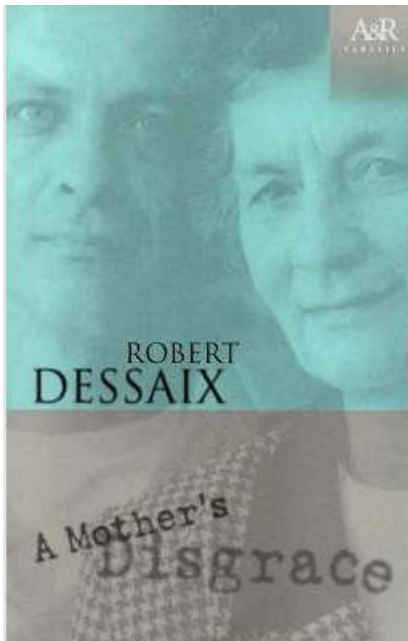
Photo by: Shirley Lowe



The 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, from travelogues to biographies and everything in between.

This month the group read an autobiographical work, *A Mother's Disgrace* by Robert Dessaix. Dessaix was born in Sydney but now lives in Tasmania. His most recent book, a memoir titled *What Days Are For*, has just been short-listed for the Margaret Scott Prize for the best book by a Tasmanian author.



A Mother's Disgrace is primarily about Dessaix's search for identity - through finding his birth mother, researching his family history and coming to terms with his sexuality. It begins with a confronting incident in Cairo, where Dessaix is mugged and the words that flash through his mind are 'What a waste' - he is going to die and doesn't even know who he is.

Dessaix was adopted as a small baby, his unmarried mother being forced to give him up for adoption. His birth in 1944 was, according to the social mores of the times, his mother's disgrace. Dessaix was brought up in a loving and supportive adoptive family, but there remained a 'shaft of silence' running through the centre of his life that represented the absence of his birth mother.

Later on, through a series of coincidences, he meets his birth mother Yvonne, and learns about the circumstances of his birth. Yvonne has no difficulty accepting the fact of Dessaix's homosexuality but she knows it will appear as yet 'another disgrace' in the eyes of her overbearing mother.

Dessaix seems to have had an extraordinary childhood - he was certainly no ordinary boy. He had a love of books and languages, and an imaginative intellect. He invented an imaginary city and a complex language for its inhabitants, complete with regional dialects. At the age of nine he decided to teach himself Russian.

Dessaix's experience as a student in the USSR in the 1960s forms one of the most interesting parts of the book. He makes the most of his opportunities to mix with the Moscow intelligentsia, but his dealings with the Soviet bureaucracy are sometimes bizarre. Despite being in the country specifically to study contemporary Russian literature, he is informed that this is not acceptable and that he is instead to study Dostoyevsky, Dostoyevsky having been recently rehabilitated by the Soviet authorities.

Dessaix is candid about the major events of his life. The explanation of his obsession with his wife Elizabeth and his devastation when she ends the relationship prompts some enlightening discussion about the nature of love, gender and sexuality.

The book reads like a series of essays rather than a cohesive whole, and ends with a brief essay on the nature of coincidence.

A Mother's Disgrace is sometimes complex but it is also interesting and thought-provoking.

Lindy Scripps, St Marys

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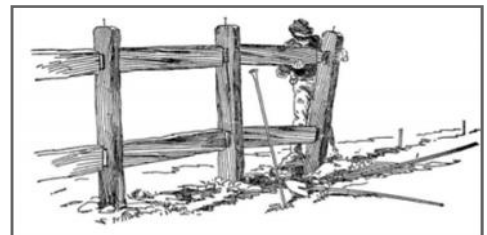
Post and rail fencing ...

A fence using two to four (split) rails fitted into mortises in (split) posts with the ends of adjacent rails overlapping in the mortises. Although post-and-rail fences are the most iconic of Australian rural fences, they were expensive and required some skill to build successfully. It is likely that they were less common than the simpler brush fences.

Right: The earliest image of a post and rail fence in the colony, 1789. Although rather stylized, it shows two distinct rails. The location of the upper rail suggests artistic licence. Detail from engraving "A Western View of Toongabbie" by William Lowry, 1789. From Collins, An Account of the English Colony, 413.



Right: Erecting a two-rail post-and-rail fence. Note the pegs in the ground marking locations of the post holes, and the nails in the tops of the posts used for sighting and aligning the fence.





Post and rail fence outside the Bega cheese factory.




'Heidelberg' by Emanuel Phillips Fox



Ross and Hannah building a post and rail fence on Storey Street.






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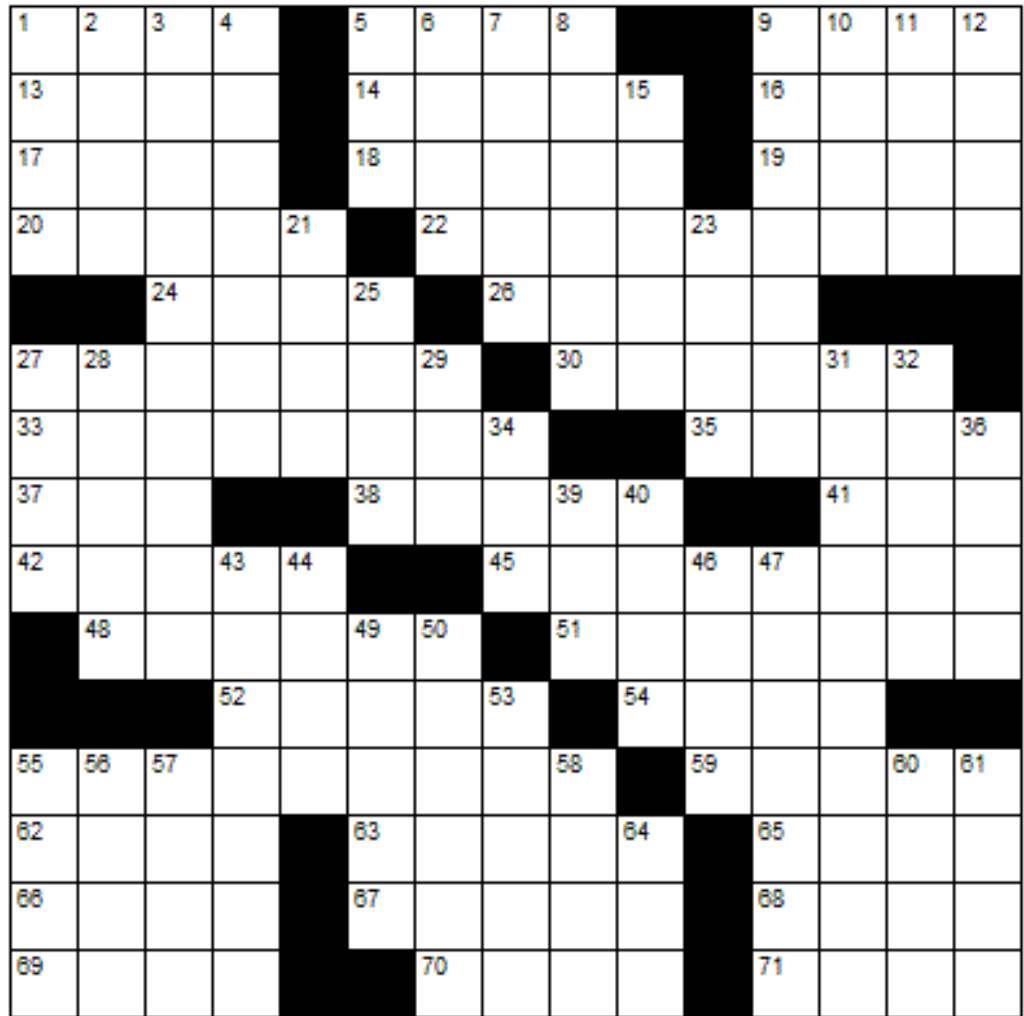
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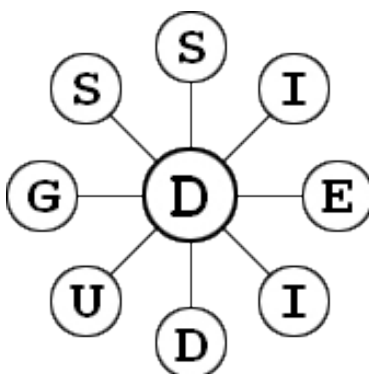
ACROSS

1. Gave money
5. A small wooded hollow
9. Flower holder
13. Tip
14. Lengthways
16. Angle of a leafstalk
17. Blips
18. A fabric resembling velvet
19. Express in words
20. Attune
22. Winners
24. Novice
26. Ancient Persian gold coin
27. Embodiment
30. Expose
33. Welcomers
35. Caper
37. Martini ingredient
38. Nigerian monetary unit
41. Ribonucleic acid
42. Religious splinter groups
45. Egyptian tourist attraction
48. Deduce
51. Overshadow
52. List components
54. Dispatched
55. Sleep longer than intended
59. Strainer
62. Kid
63. Practical
65. Principal
66. Bit of gossip
67. Subtract
68. Utilized
69. Formally surrender
70. To tax or access
71. Kittens' cries



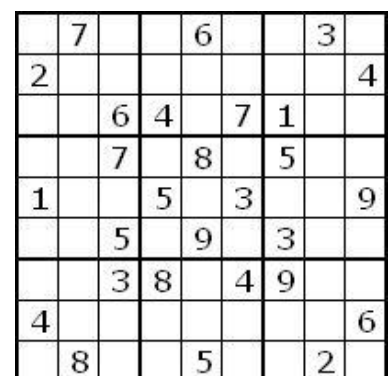
DOWN

1. Dad
2. Corrosive
3. Restlessness
4. Notwithstanding
5. Dip lightly
6. Test
7. Delineated
8. A four-wheel covered carriage
9. Where the Pope lives
10. Chopping tools
11. Sediment
12. L L L L
15. Gain knowledge
21. Gait faster than a walk
23. City in Peru
25. Portent
27. Hens make them
28. Jimmied
29. Historic period
31. Exotic dancer
32. Varieties
34. Take in slowly
36. Carryall
39. Type of whiskey
40. Circle fragments
43. Ancient Roman galley
44. Seats oneself
46. Beers
47. The least possible
49. Partial veil
50. It induces nausea
53. A river through Paris
55. Ear-related
56. Briskly (music)
57. Barely managed
58. Add
60. Opinion
61. Terminates
64. S



Solutions next issue

How many words can you find in this grid? Each word must contain the central **D** and no letter can be used twice, however, the letters do not have to be connected. Proper nouns are not allowed, however, plurals are. Can you find the nine letter word?
Excellent: 30 words. Good: 23 words. Average: 18 words.



Meals on Wheels

November 9	Ruth Aulich
10	Valmai Spencer
11	Valmai Spencer
12	Pam Bretz
13	Drew Adam
16	Pam Bretz
17	Louise Keady
18	Trish Pike
19	Liz Rice
20	Drew Adam

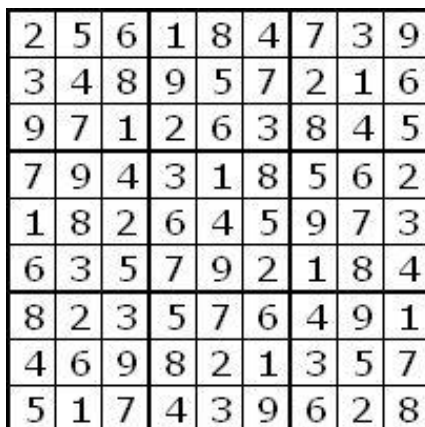
Tip locations and opening hours

<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



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



afoot, afore, aft, af-
ter, **AFTERNOON**, arf, ef, eft,
fa, fan, fane, fanner, fano, fanon,
far, fare, faro, fat, fate, fear, feat,
fen, fer, fern, fet, feta, fetor, foe,
foetor, fon, font, foot, footer, for,
fora, fore, fort, forte, frae, frat,
frena, fret, fro, froe, front, fron-
ton, nonfat, oaf, of, oft, often,
after, raft, ref, reft, roof, tref.

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 6387 5570
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 648 845

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



CLEAN CRACK LAUNDROMAT

32 Main Street
St Marys



Coin operated washers
and dryers
6.30am - 8pm

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

MARKET DAY

**Saturday December 5, and
Saturday December 19, 2015**

St Marys Community Hall
9am - 1pm



Arts, Craft, Books, Leatherwork, Can-
dles. Jewellery, Handmade, Plants,
Pottery, Homegrown, Clothing, Beautiful Things,
(Nice) Smelly Things and Scrumptious Things.
French-style cafe open inside. Exciting ... Pop Up
Arts exhibitors are an on-stage feature

Bookings & Enquiries -
Christine 0410 441 558 or
Michelle on 0407 046 865
e: bodregionalarts@gmail.com



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

Member of the
Australian Funeral Directors Association



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

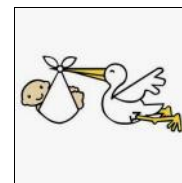
Dr C Latt

23/11/15 - 4/12/15

Dr K Rawnsley

19/11,24/11, 26/11 2015

** 26/11/15 is Kaylee's last day before commencing Maternity Leave.
Kaylee will be on leave until mid 2016.*



Dr E. Reeckman

18/11, 19/11 and 20/11 2015

St Marys Medical Practice reminder

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

- ◆ *Driving licence re-newals*
- ◆ *Insurance medicals*
- ◆ *Requested medical*
- ◆ *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 6387 5555 presenting after hours

St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215
6387 5555

What's on at the Centre

November 19	Social Worker Shan Williams Call 6387 5555 for appointments. Psychologist - Please see your GP for a referral.
November 20	Social Worker Shan Williams Call 6387 5555 for appointments.
November 24	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.
November 25	Day Centre , call Hayley Gilbert on 6387 5555 for information on the group. Cancer Council Outreach service—Richard Austin 2pm-3pm St Marys Health Centre. Drop in Service.
November 26	Psychologist Please see your GP for a referral. Social Worker - Shan Williams For appointments phone 6387 5555 MOW Volunteers Luncheon 12:30 in Day Room.
November 27	Social Worker Shan Williams Call 6387 5555 for appointments
December 2	Social Worker - Shan Williams For appointments phone 6387 5555 Day Centre , call Hayley Gilbert on 6387 5555 for information on the group TAZREACH Antenatal Clinic with Katie. Contact GP for appointments. Consumer & Carer Advocacy Group 12 - 2pm downstairs at the SMCHC. Call Shan on 6387 5555
December 3	Social Worker Shan Williams Call 6387 5555 for appointments Psychologist — Please see your GP for a referral.
December 4	PHT Diabetic Educator, Physiologist and Dietician. Contact GP for referral. Social Worker Shan Williams Call 6387 5555 for appointments.

Oral Health Services

Free Dental Care for ALL children and teens under 18

From 9/11/15 – 18/12/15

Located at the SMCHC

Phone 1300 011 013 and ask for an appointment at the Mobile Dental Clinic St Marys.

Get the Most Out of Life

Practical skills for people with ongoing health conditions

6 week program (2.5 hours per week)

If you are interested in registering for the program which will run from 4/2/16 – 10/3/16 at Fingal please phone :

Shan Williams :St Marys 6387 5555

Suitable for anyone with a long term health condition. Supporters and carers *are welcome* to attend with you.

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 SMCHC.**

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 on 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 18 - 24</i>		<i>p/kg</i>	<i>Butchery specials November 25 - December 1</i>		<i>p/kg</i>
Rump Steak		14.99	Yearling Scotch Fillet		25.99
Legs of Lamb		10.99	Silverside		8.99
Nichols Chicken Kiev's		2.79 ea	Mince		10.99
Pork Loin Chops		13.99	Blade Roast		10.99
Beef Stir Fry		15.99	Ingham Chicken Cuts		3.99
<i>Two week specials from November 18 to December 1</i>					
Ingham Ready Roast Thigh 1kg		12.99	Sarah Lee Cheesecakes 360g		4.99
Nannas Pies 4pk		2.99	Devondale Tasty Shredded Cheese 600g		5.99
Chicken Tonight Sauces 500g		2.69	Sanitarium Light n Tasty 620g		3.99
Raguletto Pasta Sauce 500g		1.69	Cottee's Cordial 1 lt		3.99
Mamee Noodles 6 pk		1.99	Kellogg's Rice Bubbles 705g		5.69
Nabisco Crackers 250g		2.25	Kellogg's Nutri Grain 500g		5.69
Babylove Nappies 30s to 48s		16.99	Kellogg's Special K 535g		5.69
Uncle Tobys Muesli Bars 185g		3.29	Schweppes Soft Drinks 2 lt		2.49
Naturale Paper Towel 2pk		1.79	Multix Alfoil 30m		3.99
John West Tuna Tempters 95g		1.49	Cheezels Box 110g		1.75
<i>Keep A Lookout ... New Seedlings Arriving Weekly</i>					

An elderly lady travelling on a bus offers the driver some peanuts, which he happily accepts and munches away on. Every five minutes she gives him a few more of the peanuts ...

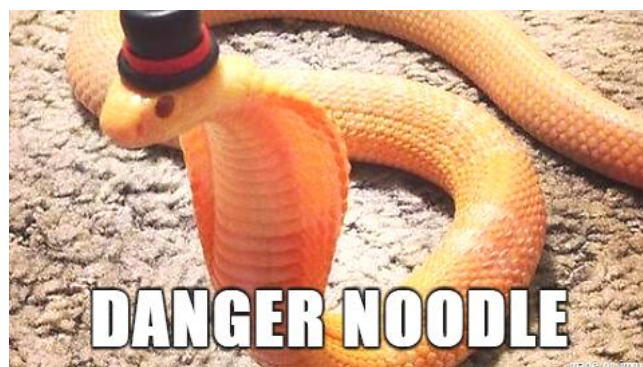
Driver: 'Why don't you eat them yourself?'

Lady: 'I can't chew. Look, I have no teeth.'

Driver: 'Then why do you buy them?'

Lady: 'Oh, I just love the chocolate around them.'

If the whole world stopped spending money on the military for just 8 days, we could provide 12 years of free, quality education to every child on the planet.





Madd Mudd

Studio & Gallery

St Marys - Tasmania

maddmudd@hotmail.com

m: 0409 461 737

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