



THE VALLEY AND EAST COAST VOICE INC.

Established 1968

48.19 February 25, 2016

Deadline for 48.20 is 5pm March 7, 2016

Break O'Day Community Stadium opens with fun, frivolity and esteemed accolades

February 22, 2016

Hailed as an extraordinary facility for a regional area, the Break O'Day Community Stadium in St Helens was officially opened on Saturday February 20.

About 1000 people attended the double event which saw market stalls, live music and food vans until early afternoon, followed by a state league netball game between the Karana Flames and Cavaliers in the evening.

The facility was officially opened at 11am by Federal member for Lyons Eric Hutchinson and State infrastructure minister, the honourable Rene Hidding, both of whom expressed how impressed they were that such a facility had been built in a regional community.

"This is an extraordinary facility and something that any city in Tasmanian would be proud to be opening today," Mr Hidding said.

"It is something that the community should be very proud of and understand that this is going to be a big driver, not just of health and wellbeing in the area, but for economic development as well."

Mr Hutchinson agreed.

"A \$2 million facility in a little community like this is something that is quite extraordinary and is testament to, not the money that the Commonwealth or the State put in to it, but the local community, Council and sporting clubs who really got behind this project and made a compelling case to see this delivered as it is here today," Mr Hutchinson said.

"I also acknowledge that Council has further plans and they're to be welcomed and I look forward to working constructively with all those parties involved to see that come to fruition as well."

The Break O'Day Council contributed more than 60 per cent of the funds required to build the state-of-the-art facility and will continue to seek funding to further enhance the multi-use nature of the Stadium.

"While the day was a huge success and showcased the flexibility of the stadium, our work here is not done," Break O'Day Mayor Mick Tucker said.

"The potential this facility represents to our area has only just begun to be explored and I am sure the Break O'Day area will benefit from this amazing facility for decades to come."

For more information please contact **Break O'Day Communications Coordinator, Jayne Richardson on 6376 7900 or 0400 454 089, email, Jayne.richardson@bodc.tas.gov.au**



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Advertising rates

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

Community announcements are free. Private classified ads are free for two issues. Annual posted subscriptions are \$69 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 non-profit groups re changes to advertising rates: Half a page or more will cost 50% of the regular advertising charge. To establish eligibility, ABN / IA details need to be produced.

East Coast Vet Clinic home visits for St Marys and Cornwall

Dr Jeff Parsons from the East Coast Vet Clinic in St Helens will be conducting home visits in the St Marys and Cornwall area on Saturday afternoon, March 12! Please call 6376 1577 during clinic hours, Monday to Friday, 8.30 - 5 and Saturday morning 9 - 12, to register your interest and discuss your needs! Visits are during the afternoon and by appointment only. Times will be confirmed prior to the visits. We look forward to assisting you with a home Vet visit!

We wish to thank the following people for their kindness and help during the recent floods in St Marys: Tracy, Rick, Stacy, Natasha, Maddie, Irene and families, and to all those who offered their help in the clean-up. Your generosity and compassion are very much appreciated.

St Marys Bakery



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Reducing Risk of Coronary Artery Disease in Families Study Volunteers Needed

Menzies Research Institute Tasmania is conducting a study on prevention of Coronary Artery Disease in people who have a family history of this illness

If you are

- between 40-70 years of age
- have a close family member (parent, sibling, aunt, uncle) who has had a heart attack, stent or heart surgery under the age of 60, and
- not currently taking a statin drug

you may qualify for an important study of coronary scanning to reduce the risk of heart attack or other evidence of arterial disease.

If you are interested and would like further information please call Kristyn or Adam (03 6226 4235) and leave your details about the CAUGHT-CAD study or email: Menzies.CAUGHT@utas.edu.au

Research approved by the Tasmanian Health and Medical Human Research Ethics Committee

Community Notices

It's Your ABC

Regional Tasmanians are invited to have their say on Australia's national broadcaster. Federal Member for Lyons Eric Hutchinson is encouraging submissions to an inquiry looking at what Australians want from their ABC.

"Local issues are important to regional Tasmanians and there is sometimes a feeling communities are not served as well as they could be," he said. "While from my experience ABC Tasmania can serve our state well, especially in times of emergency, I receive feedback that general programming could be more suited to community attitudes. "I want a public broadcaster that we can all be proud of, so would encourage anyone with concerns to make a submission to the Environment and Communications Legislation Committee inquiry."

The committee is seeking submissions by the 26 February, on what local residents think and how they believe the ABC can improve its services.

"Hearing from regional Tasmanians will give the committee further insights into what people want from the public broadcaster and the services it delivers," Mr Hutchinson said. For more information or to make a submission visit

ABC Inquiry

Transbod update: We have been trying to get the second preserving workshop in a venue in St Helens but things have not worked out and as we are running out of time have decided to run the workshop on Mt Elephant (Gray) at my house.

Because of the venue, numbers will be limited so please book early!!! You can book by sending an email to transbod@gmail.com and waiting for confirmation and then depositing your workshop fee in our bank account: **Transition Break O'Day Community Group - Bendigo Bank, BSB 633 108 Account No 151568631**

Workshop Details:

Making Pickles and Jams

Date: February 27 and 28, 2016

Time: 10 - 3 (lunch 1 hour)

Price: \$30 for 2 days (Includes all ingredients)

Tea and Coffee will be provided on both days.

Lunch: Saturday we will be making savoury and sweet scones and scrolls

Lunch: Sunday please bring your lunch

Please bring along some jars (cleaned of labels) to take home some jam and pickles.

Venue: 822 Elephant Pass Road, Gray (entrance via Pancake Barn car park)

Kind Regards: Robina Balzer (tel: 63722022)

On Behalf of the Team at Transition Break O'Day (TransBOD)

Fingal Valley Neighbourhood House



Change of office opening hours:

Monday to Friday 9 - 3pm

Saturday and Sunday closed

Public Holidays closed

6374 2344

e: fvcommcent@gmail.com

POB 322 Fingal, 7214 Tasmania

Permanent classified ads are available for \$20 per year. Contact editor for details.

Wanted

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

Fridge, St Marys area. Please call **0448 515 890**
Medium sized **briefcase**, phone **6372 2251**

For Sale

Frozen **local raspberries** \$15 kg. **Jack 6372 2034**

Ladies Tommy Armour rh **golf clubs**: 9 clubs, 3 woods, putter, 1 King Cobra driver, golf bag also a 2nd light bag, buggy, wet weather suit sz 12, bag cover, strong umbrella with bag attachment plus other bits and pieces eg. tees, balls etc. All items are in very good condition. **\$300 ono Please call 6372 5667 (Scamander)**

Moo poo, any quantity. **Norm 6372 2380**



Auto 96 Mitsubishi Magna wagon, good condition, runs well, cargo barrier, timing chain replaced and fully serviced. Rego due March. \$2,200 ono. Phone 0403 430 452

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Phone Bob 6372 2881

Situations vacant

Permanent part-time Reception and Administrative Officer - 36 hours per fortnight

We are seeking a suitable qualified person to assist the Manager with the day-to-day operations of St Helens Neighbourhood House. Applications close Monday February 29, 2016 at 5pm. For further information and / or application pack, please contact

Trish O'Duffy, Manager on 6376 1134

e: trish.oduffy@neighbourhoodhouse.org.au

Funded by the Crown through the Department of Health and Human Services

House for rent

House for rent St Marys Furnished 4 bd/ 2 bathroom house from early April to late September 2016. Option of a further 6 months (longer term may be available), on 3 acres overlooking St Marys and the valley. Stunning views compliment comfortable, relaxing living. Gas / electric cooking, wood heater, instant gas / electric hot water. A substantial wood heater warms the open plan and bedroom spaces. Town / tank water. Suitable for pets and other small animals. Inspections welcome, price negotiable. **Further inquiries, contact John 0418 632 644**

Letters to the Editor

Dear Editor

Once again, despite a couple of minor interruptions due to heater problems and floods, I have made good use of the local (St Marys) pool this summer and look forward to continuing to access it over the next few months. What a great community asset it is.

I've not lived here long enough to understand the politics behind the decision to site the pool at the school rather than at the Recreation Ground, but I cannot help wondering if it is not perhaps time to examine the way it is utilised.

Clearly teaching the children in the community to swim must remain an important priority, but surely it is not used by the school all day, every day.

The Hub4Health is very keen to expand the service offered at St Helens to St Marys ... I note the last VECV flagged a lease arrangement with BODC which will see some health related activities taking place at the Recreation Ground. One wonders if it might be possible for BODC, the Department of Health and Human Services and the Department of Education to enter into some negotiations about upgrading the pool facilities so water based exercises could occur.

I am aware that there are issues around access to the toilets and change rooms, but surely some upgrading would be money well spent, both for school students and the broader community.

There is plenty of evidence based research into the value of water based exercise programs for the elderly, those with chronic pain and those with chronic disease. I am also aware that running supervised exercise programs has a cost component, but how about starting a conversation?

Wendy Fowler, St Marys

The Say, by Cagerattler

Just a few weeks ago we copped one of the biggest rains that anyone can recall. On the Sunday, about 36 hours after the bulk of the rain had fallen, I decided to go for a reccy to the two unbunged water storage dams that are the bane of many of us. Over the spillway on the bottom dam was maybe 30cm of water literally roaring, and also literally deafening.

It was almost captivating to watch.

The sheer volume of water that was rushing through was astounding. The dam/s were supposedly considered a few years ago as not safe, but I'd suggest that if a dam could hold back this massive volume and pressure and not collapse then perhaps this would be not exactly correct. Not saying of course that there aren't safety issues with these water storage facilities but ... if it can take this sort of punishment then it can't possibly be as bad as first thought.

Most of the time it has puddles and water filled depressions covering the very bottom. It stinks, it's an eyesore now and as an essentially empty facility it is genuinely dangerous, for children especially. The roadside wall has a three metre or thereabouts drop, the concrete retaining wall and spillway the same and there is virtually no safety fencing to stop unauthorised persons accessing it. It is an accident waiting to happen. *Continued...*

All I'd suggest to the powers that be is that a proper fence be erected, or it is reconstituted as a wetland for birds or fish stock or similar use.

If that is NOT going to happen, then pull down the spillways and regenerate the area as a creek catchment again and re establish the roadside walls with plant life.

Bottom line is this..WE NEED TO DO SOMETHING WITH IT!

What do you think?



Back in the day...

Rod McGiveron, St Marys

Building Blocks for Sale

Lots 2, 3 and 4, 44 Gardiners Creek Road, St Marys.

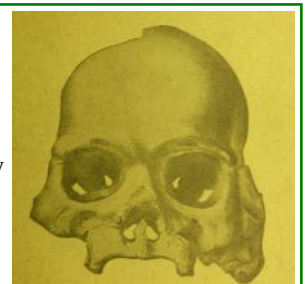
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jo@buildingdesignstudio.com.au

On this day in 1866 – Miners in Calaveras County, California, discover what is now called the Calaveras Skull - human remains that supposedly indicated that man, mastodons, and elephants had co-existed.



On January 13 the **East Coast RC Flyers** held a fundraising sausage sizzle in St Marys, at the St Marys IGA store.

Alan Butler, Ian Crothers, Merv Clarke and Mike Mc Donald showed their lovely craft and managed to raise over \$73 during the morning.

Many thanks to Mark Carrick of St Marys IGA for his considerable help in allowing our club the use of his premises.

On **Easter Saturday** we are holding a big BBQ and display at the St Helens Super IGA, so come along, grab something to eat and help support our fundraising activities.

Alan Butler, St Helens



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

Transition Break O'Day Preserving Workshop January 30 and February 7

Preserving: to prepare (fruit, vegetables, etc.) by cooking with sugar, pickling, canning, or the like

And that's what happened last Saturday, thanks to Robina and Bronwyn of the Transition Break O'Day team.

Despite the heavy rain, eight ladies and one gentleman arrived, from places all over our beautiful municipality, to the St Marys District High Schools' Trade Training Centre, to have a go at preserving.

We arrived to see a colourful array of bottled fruit grandly displayed, which immediately set a buzz within the group.

We started by washing heavy glass jars and began the peeling, slicing and dicing of the wonderful fruit and veg (thanks to Peggy, Michael, Robina and Bronwyn) such as; apples, nashi, plums and rhubarb to be used in the preserving process.

After lunch, our second task began. Robina demonstrated the making of sauerkraut; this type of preserving is a fermentation process. We gathered our muscles and grit and began pounding shredded cabbage using a wooden mallet. Then we filled jars, layering salty cabbage, sweet apple, aromatic bay leaves, and spicy caraway seeds and crushed juniper berries. The third preserving process was extracting juice with a hot steam juicing process. We used the scraps of apple peel and cores, and within an hour we were all enjoying hot concentrated apple juice. There is only one word – yum!

It was a fabulous day and we all learnt a bit more about how to keep fruit, vegetable and juice to use at a later date - if we have the patience to wait until winter.

Preserving is one of those wonderful art forms that was used by generations past to keep food longer, and to enjoy when not in season. However, this day was more than just another workshop. Being a part of this group gave a group of people, who may be friends, acquaintances or that person we see in the supermarket aisle, an opportunity to come together to learn and share, and enjoy that sense of community. *Evelyn Hoogland.*

Day Two – February 7, 2016

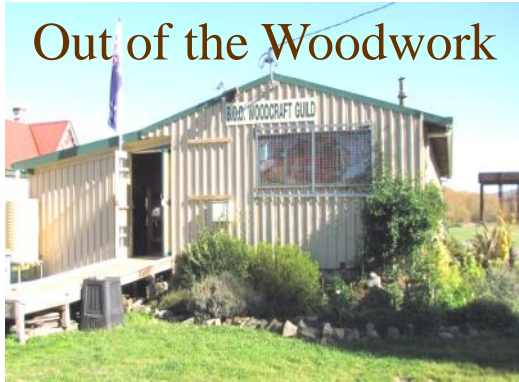
The second day of the original weekend course was postponed because of the weather until the following Sunday March 7. The group gathered at the same venue to learn how to make pasta and pesto in the morning. They then enjoyed a pasta lunch with home grown salad and in the afternoon we made fruit juice from crab apples and other donated fruit.

The day started with a crab apple picking at Jan Clements' house, and then washing and cutting up the crab apples ready for juicing. We were using a steam juicing method from Europe that hot bottles and sterilizes the juice for easy storage. The juicer and sterilization process was started and while this was heating we began the pasta making. All members of the group made some pasta and then created their own pesto recipe to enjoy for lunch, from the variety of greens and herbs, nuts and seeds gathered to use for the pesto.

To finish the day we turned some plum pulp from the juicer into fruit leather in the dehydrator. All participants of the workshop learned some new methods to preserve and create using the many vegetables, herbs and fruits available at harvest time in the area.

Robina Balzer, Gray. Photos by Robina Balzer and Bronwyn Zemanek





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

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

Well April is nearly upon us, and members are gearing up for another Open Day on April 16, from 10am till 3pm.

Please support us by buying one of our raffle tickets as all monies are put back into the club. Thank you to Mark from St Marys IGA who has always allowed us to use his verandah to fund raise. This year's raffle tickets are \$1 each, three for \$2 and seven for \$5. Prizes are a

three burner BBQ, side of lamb, or three seater garden seat. First ticket holder has first choice of prizes, next ticket drawn selects from remaining prizes and the third ticket holder has remaining prize. The raffle will be drawn at our open day. Please note well that if a ticket holder is absent then they will miss out on prize preferences.

The Guild is calling for expressions of interest for stall holders for the Open Day Market. Tables will be supplied and are \$6 each. **To book a stall please call Reon or Wendy on 6372 2094.**

Guilds home hint: Refresh Carpet.

Mix equal amount of unprocessed bran and bicarb, and sprinkle over carpet. Bran is an abrasive and bicarb is a deodorizer. Sweep the mixture through the carpet fibers with a clean broom. Leave for five minutes before vacuuming.

Chris Ogden and Col Mackenzie are pictured right, working on Mr and Mrs Rubenach's outdoor table.

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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**Main Street St Marys 7215
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If the world didn't suck, we'd all fall off.

Stress is when you wake up screaming, then you
realise you haven't fallen asleep yet.

Great Works at Fingal

A quick trip for coffee at Fingal on a grey Monday morning gave me the opportunity to check out progress at the railway station. I last visited it about 12 months ago and I have to say to the committee overseeing the restoration ... well done!

The exterior has a fresh coat of paint, in heritage colours of course, and whilst there is still plenty to do it is clear there are plans afoot for the interior.

The attention to detail and the retention of period features is terrific, and I'm not unhappy I wasn't tasked with the job of painting the details on the fascia boards or the veranda edging.

I know the committee was very pleased to receive a Tasmanian Community Fund Grant and it has been put to good use preserving this important part of our heritage.

I also know, from conversations with committee members and from my own research, that the station played an important part in the social and economic history of the valley.

I look forward to the interpretation of that history as the project progresses.

On a personal level I would like to thank Coral and Keri for allowing me to access the site and for keeping me in the communication loop. I'd encourage anyone who has a story to contribute or a few hours to spare to give either of them a call.

Keri can be reached via the Online Centre or by phoning 6374 2222 and Coral by phoning 6374 2285.

Wendy Fowler, St Marys



Channeling 'Arry at Work

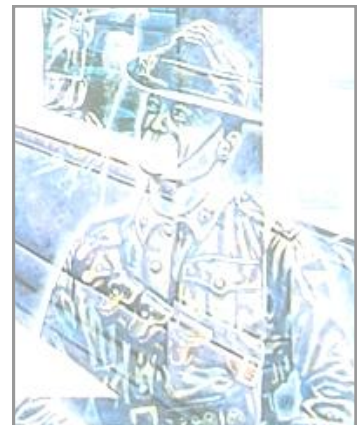
'Arry was an old soldier. He didn't say much about the war unless, of course, he had consumed more than enough brown ale to sink a battleship!

"When I was in the Army," he said, "I was a teacher of life. I taught the young officers how to command and survive; the enemy to fight and the pretty young lasses to love."

In the twilight of his years sitting on his favourite bar stool in the local RSL club, gazing lovingly into the frosted glass of ale, he lived again the adventures of his life. The day he convinced the very young Lt. Charles Archibald to sign a leave pass thinking he was signing a requisition form. Or the day he played footy with the bloke from the other side. And the glorious romances ... yes, those were the days. 'Arry passed away and was laid to rest near the gum trees. Missed by his mates, he still spends time in his favourite place. We hear him sometimes, feel his presence but he is not scary. Friendly in death as he was in life ... I think he may have grown up around sheep as he seems to like the soft knitting wool, he moves it around enough.

Yes folks, this is a bit of whimsy, a made up tale ... isn't it 'Arry?

Judy Duckett in E scape



VALLEY and EAST COAST VOICE Inc. WRITING COMPETITION 2016

Our writing competition for school students will run each school term in two sections,
one for primary students and one for secondary students.

We are asking for a short story, maximum 500 words,
and entries will be published in the Valley Voice.

You can write about anything you like - if it interests you, tell us about it.

To make things easier for our judges we would like your entry typed please.

(Our judges have no children currently or formerly enrolled in a school within the area,
and their decision is final.)

***** 2 prizes will be awarded at the end of each term *****

The Rules ... *yes, we have to have them!*

- ♦ Your entry must be your own work
- ♦ The Valley Voice has the right to publish your work with your name on it if you are a finalist
- ♦ Entries will be published anonymously throughout each term
- ♦ Entries must be in by the closing date ... no late entries will be accepted

Closing dates

Term 1 April 4

Term 3 September 15

Term 2 July 7

Term 4 December 8

Lodgment can be by:

- ♦ email to ***wdawson@valleyvoice.com.au*** OR
- ♦ mail to ***POB 230 St Marys Tasmania 7215*** OR
- ♦ leave at ***St Marys Pharmacy, Main Road St Marys***



Valley and East Coast Voice Inc. Writing Competition

Attach this section to your entry and please make sure all information is provided

Full Name _____

Class/Grade _____

School _____

Title of essay/ written work _____

Parent / guardian's signature ... *this implies permission to publish your work and your name (should you win a prize)* _____

Parent / guardian's address _____

Parent / guardian's contact phone number _____

Enquiries to W Dawson - 0403 430 452

Office use only (identifier code) _____



The St Marys Salvation Army would like to thank: *The St Marys Hotel, The St Marys Bakery, Mount Elephant Fudge, The St Marys Post Office, The Mount Elephant Pancake Barn and The Coach House* for their ongoing support of our local Corps, by allowing us the privilege of having a donation tin on their counters.

The money raised goes toward taking the children of the Valley into town for a concert at the end of the year.

We have been taking the JAMmers to concerts, picnics and fun days for the last 15 years and we are so grateful for local and tourist support via our Collection Tins.

This is the process for our year round collection points:

1. We place the tins on the counters....and let them sit
2. When they're heavy, we (always minimum 2 ppl.) collect, and then count the contents of the tins
3. We write a receipt for the establishment, thank the staff and the money is banked

Next we have the JOY of organising the trip for JAM.

The end result of happy laughter, big smiles, big hugs, genuine comments of gratitude from the children and the total satisfaction of seeing the children sing, dance, and display the love of Jesus to each other is worth all the hours of preparation. As we enter our 16th year of JAM, we say THANK YOU ST MARYS for your support and loyalty.

Stu, Vicki and Mel



Ching Shih (pronounced Jing Sih) (1775–1844) was a prominent pirate in Qing China, who terrorized the South China Sea in the early 19th century. She commanded over 300 junks manned by 20,000 - 40,000 pirates. Another estimate has Cheng's fleet at 1,800 and crew at about 80,000 - men, women, and even children. Her pirate code was tough but fair. Anyone harming women was instantly executed, and when a pirate married he had to remain faithful to his wife. All loot was handed to her, and the person/crew who took it got 20%. Villagers who helped the pirates were left alone, and given loot. She challenged the empires of the time, such as the British, Portuguese and the Qing dynasty. She sank over 60 Navy vessels. Undefeated, she would become one of Asia's strongest pirates, and perhaps one of the most powerful pirates in history. . In the end the Chinese (Qing era), British and Portuguese had to broker peace with her, as they couldn't beat her. She got to retire in China (in fact she got bored and opened a gambling house) and keep all her loot. She lived happily in great wealth and died in 1844, aged 69. Ching Shih has featured in numerous books, novels, video games and films in Asia.



OPSM  



OPSM will be conducting eye examinations at the St Helens General Practice on the:

23rd & 24th Feb
23rd & 24th Mar

For an appointment please call
OPSM Rosny on: (03) 62446600



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Lyme Disease

It is good that health officials are alerting us to the threat of the Zika virus. The response has been quick, totally unlike that to what some people are calling an emergency epidemic - Lyme Disease.

In spite of research and studies being conducted in Australia since the 1960s, and hundreds of people (both victims and professionals) speaking out and revealing evidence, this tick-borne disease has been largely ignored by governments.

In fact, its existence in Australia has long been denied by authorities, but thanks to the media things are changing.

A program on Lyme Disease on 'Today Tonight' in 2012 caught the attention of many, and started the ball rolling.

However, Lyme Disease is still largely unrecognised or admitted to as a valid medical condition by the majority of mainstream medicine. A recent program on ABC television revealed doctors who claim the disease exists, and treat patients for the condition, can receive disciplinary action from their superiors.

So what is Lyme Disease? By definition it is the infectious illness caused by the bacteria *Borrelia burgdorferi* (along with other strains of *Borrelia*). From a host animal it crosses over into the blood stream of humans during the bite of an infected tick. It is a diverse and complex illness.

Biotoxin symptoms include those as diverse as chronic fatigue, MC, numbness and tingling, muscle weakness, brain fog / cognitive dysfunction, irritable bowel syndrome, air hunger, chest pains, abdominal pains, blurred vision, fever, ice-pick headaches, phantom skin crawling and other sensory disturbances, mood disturbances, night sweats, electric shocks, epilepsy, insomnia, thirst, urinary frequency, shortness of breath, bladder irritation, diffuse fibromyalgic pain, poor short term memory etc.

Our family has experienced / is experiencing Lyme Disease. One family member was diagnosed with the condition in 2012, having contracted it from a tick bite in 2009.

For almost six years, the debilitating illness has caused much physical pain, emotional stress and financial loss. There were four years when only part time work was possible because of the agonizing pain and chronic fatigue, followed by two years of work insurance payments. Recovery is now under way and part time work is again possible.

During the worst phases of the illness, remembering how to brush one's teeth was difficult, and this simple, everyday task became exhausting and mammoth.

Lyme Disease can be so debilitating it can render sufferers unable to walk, talk or even eat independently!

Other members of our family also have many of the symptoms of Lyme Disease, and all of us have been bitten by ticks on numerous occasions.

- ◆ Not all ticks carry the bacteria that causes Lyme Disease
- ◆ Fallow deer are the main carriers of the disease in Europe and America, but now evidence shows other animals are also hosts
- ◆ Recently we were told that two types of Lyme Disease exist in Tasmania - the one found on the mainland and a strain unique to Tasmania and Flinders Island
- ◆ Lyme Disease is at last being recognised in Australia; on November 12, 2015, the Australian senate referred the issue of the disease to the Senate Committee Affairs References Committees for inquiry and report

I am preparing a submission in Lyme Disease for this committee and am wondering if enough people are interested, we could submit a community report.

If you are interested in, have the illness or have knowledge of the illness, you might wish to contact me between 9am and 8pm please.

This Senate inquiry and report is a wonderful opportunity to discover more about this disease, and hopefully the outcome will help us stop this terrible, hard to cure disease before it becomes a full blown epidemic (if it isn't already!).


Many people have been waiting decades for an inquiry such as this to happen, so let's grab the moment!

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January rainfall, thanks to Reon Johns

January 3	2.0
4	3.2
5	3.0
6	1.8
7	4.2
12	13.0
13	0.6
25	3.6
27	5.6
28	72.0
29	360.0
30	35.0
31	61.8

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February 20 St Marys W Bicheno L

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Australian Greens Leader Dr Richard Di Natale has been hosting a series of roundtable talks, including in Hobart, the Gold Coast, Sydney and Newcastle this week, with people working on the front lines of dealing with drug harm.

"Australia has one of the highest rates of illicit drug use in the world, despite our no tolerance policy. Treating drug use as a criminal matter, rather than a health matter, clearly isn't working," Senator Di Natale said. "I was a drug and alcohol clinician before entering politics. The frustration of seeing first-hand what drug addiction does to families and communities, and the failings of the current approach, was one of the things that motivated me to enter the parliament. It takes courage to start a conversation on an issue considered too controversial for the other parties. I knew the Greens would face attacks from some elements of the media but I believe this issue is too important. We've been holding roundtables with experts from law enforcement, academics and health workers who all say the same thing: Australia is not going to be able to arrest it's way out of this problem. The Greens are methodically talking to experts around the country and will announce a new national response to drug addiction in the near future. The Greens are not advocating for the legalisation of ice or any drug. We're hearing from the experts that removing criminal penalties for personal drug use would go a long way to helping drug users come forward for treatment. I visited Portugal last year, where this has already happened. Serious penalties still apply to people dealing drugs, but since 2001 Portugal has poured almost all the money they used to spend on going after drug users into providing health treatment and social support to those who seek help. I think any parent whose kid got into trouble with ice would hope they got access to treatment, not locked up. It's a model that has been adopted overseas and has been proven to save lives without increasing drug use. Australia was once a world leader when it comes harm minimisation but sadly most politicians lost the courage to take this issue on. The Greens are not afraid to stand up for the right policy."

A National Drug Summit, to be hosted by Senator Di Natale and his co-convenors of the cross-party parliamentary group on drug policy and law reform, will take place at Parliament House in Canberra on March 2.

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Floods, floods and more floods

The January rains, and the impact those rains had, was covered in the last edition. However the impact of road closures and damage to bridges, fences and culverts reminded me of things I have read about - life before well-made roads and bridges, let alone government bodies with the capacity to effect repairs, after such inundation.

My mind turned to the journal of Louisa Anne Meredith, "*My Home in Tasmania*", in which she describes the journey from Cranbrook to Port Sorell in August 1844. Her description of what we now call the Old Coach Road had no recording of bridges but descriptions of bogs, brooks and river crossings, before finally arriving on St Pauls Plains (Avoca) within sight of Ben Lomond from whence they travelled to The Corners (Conara)

In the 21st century it is easy to overlook the details of the lives of the women and children who accompanied the men who opened up this region for Europeans. Surveyor's notes, convict musters, even parish records provide us with bare facts but women like Mrs Meredith give us a different perspective on colonial life ... and her sardonic observations about a convict road gang being removed from the district once the expensive (by 19th C standards) accommodation block had been completed, but prior to making a substantial contribution to the state of the road ... has a peculiar resonance in the 21st C. Her acid tongue and capacity for descriptive prose possibly made the governor of the day uncomfortable, but adds a human layer to the East Coast story.

Equally important, to my mind, is her interest in the flora and fauna, to say nothing of the topography of her island home. The journey mentioned above provided her with the opportunity to describe "a distant lofty expanse of crag, and battlement, and pea ... And the deep blue unclouded sky ...", her first sighting of Ben Lomond from St Pauls Plains on a clear if chilly August morning ... and subject of what she describes as a "quick sketch."

Just to reassure our dear editor that I haven't gone off on what was once described by an academic supervisor as "a little unrelated frolic", and to fill the gaps for newcomers and visitors; a little information is perhaps required.

The Meredith family, Louisa's uncle and ultimately father in law, arrived in Van Diemen's Land in 1821 on the "Emerald" and took up an extensive land grant in the Swansea area. Traveling with him were a number of other free settlers whose descendants remain in the Swansea area, including the Amos and Lynne families. The little stone church at Cranbrook; Gala Kirk, is home to a carved wooden plaque which tells the "Emerald" story in some detail. As a matter of specific valley interest, the first Talbot of Malahide was a fellow traveler with Meredith but elected to take up his land grant in the Fingal Valley.

Back to Louisa; wife, mother, settler, artist and writer, she lived on the East Coast for much of her married life and her publications (16 in total) provide an insight into colonial life. She observed and drew the indigenous wild life and thus her work is an important contribution to colonial science. She also wrote to politicians, newspapers and bishops expressing her indignation about a number of social issues, including the framing of the Australian Constitution, and the availability of contraceptive devices for women ... both of which are perhaps topics for another day.

So if you travel the Old Coach Road to Cranbrook, spare a thought for Louisa in a horse drawn buggy with several small children on board ... the road is a little rough in places these days but there are not too many black muddy bogs. When you get to Cranbrook stop at Gala Kirk, look at the interior of the church and take a little wander in the cemetery. Then as you drive towards Swansea you will pass two of her homes ... Riversdale and Springvale, together with that of her father in law, Redbanks.

Much of the information in this article is sourced from the research done for my Honours dissertation in 2006, or from Louisa's own work

Wendy Fowler R.N, B.App. Sc.(Nursing), B.A, B.A. Hons, M.A. (Public History), St Marys

MY HOME IN TASMANIA



Louisa Anne Meredith



The Daily Telegraph, Saturday April 2, 1910 Fire at St. Mary's.

St. Mary's, Friday.

An inquiry into the circumstances surrounding the fire which occurred at Cullenan's St. Mary's Hotel, early on Saturday morning last, was opened at the police court, St. Mary's, this morning, before the coroner, Mr F. Napier, and a jury, of which Mr C. Connell was foreman. Detective-Inspector Donovan conducted the case on behalf of the police, and Mr Elliston watched the proceedings on behalf of Mr Cullenan.

Michael Cullenan, licensee of the St. Mary's Hotel, deposed that on the night of March 20 he closed his premises at the usual time. He subsequently went into a room on the ground floor and had a rest in a chair previous to doing some writing. He dozed off, and was woke up by hearing an alarm of fire. As far as he knew all his lodgers were indoors. If any of them had been out they could have got in without knocking. On hearing the alarm, he rushed upstairs and found smoke in the passage, and heard a crackling sound apparently coming from No. 11 bedroom. He had a quantity of valuables in his bedroom, including between 30 and 35 pounds in money. He made no attempt to save the articles, but went and roused the boarders. He then went back to his bedroom, but the smoke was too thick for him to do anything. Previous to hearing the alarm of fire he had not been in the bedroom since 4 o'clock in the afternoon, when he put some silver away. He did not use a lamp in the room, but one was kept on the landing. Rooms Nos. 13 and 15 were occupied by some school children. He did not remember telling Trooper Crawford early on Saturday morning that he was upstairs in his room when the fire occurred, and that he had rushed out and found rooms 13 and 15 on fire. He did not tell Crawford that he rushed into his own room to get his money. He had been severely burnt about the head and face, which blinded him. He did not tell Crawford that there was 40 pounds in the room in addition to other money. He last banked his money on the previous Monday. He did not tell Crawford anything concerning the insurance. He believed the building was insured, but he did not make any enquiries. Part of the furniture in the house was his property, and with the stock was valued at 200 pounds in the Manchester office. He had made a statement to Mr Leslie, the fire adjudicator, which he had signed. Witness had been in the hotel for about fifteen years, and the rent, including the hall, was 4 pounds a week. The house was well furnished, and at the time of the fire he thought the value of the building was about 3000 pounds. He had his trousers, coat and shirt on. He frequently remained up till 2 o'clock in the morning. The business was a paying concern, and he had never tried to sell out, but he had several offers. He never discussed the question of insurance with any of the Todd family, Mrs Todd being the owner of the premises. He had linoleum on the floor in his bedroom, and a strip of carpet alongside the bed. He considered the value of the furniture in the bedroom to be about 81 pounds, and the value of the furniture and stock in the house at 367 pounds 16 shillings. The copy of his statement to Mr Leslie (produced) was correct to a certain extent.

To Mr Elliston: The money was in a box in his room. He considered that this time of year was the best for hotels in St Mary's, as there were several fixtures coming on, and he was of the opinion that he had lost a considerable amount of money through the fire.

To Inspector Donovan: The principal part of that was not insured. Most of the doors in the house were locked every night.

To the coroner: Some of his books were saved, but they had been taken possession of by the police.

Elizabeth Todd, owner of the St. Mary's Hotel, deposed that everything in the old building was her property. The premises were insured, but she did not know for what amount. Cullenan was her son-in-law. She had signed a declaration dealing with the insurance, which was correct. She had been agreeable to forego part of her claim.

After the luncheon adjournment, Henry Taylor Waterworth, storekeeper at Pioneer, deposed that on the night of the fire he was staying with his wife at the hotel. They retired about 11.30 p.m. They occupied No. 10. He was woke up about 2 a.m. by hearing a crackling noise. He did not know what it was, but got out of bed and lifted the blind. He looked out of the window, but could see nothing. As the noise continued he went out on the landing and found that the crackling came from a room opposite to his. There was also smoke coming from under the door. He knocked on the door and asked if anyone was there, but got no answer. He then endeavoured to open the door, but found it locked. He then called out "Fire", and went back to his own room and told his wife to get her things on and get downstairs as quickly as possible. Witness then tried the door opposite again, but could not get in. He then went along the passage and called out "Fire" again. Some man came out of a room at the end of the passage, and they went back together and burst the door of the room where he first saw smoke in. Flames were in the corner furthest from the door. He told the person with him to get some water, at the same time getting a jug from his own room and threw on the flames. As he could not find any more he went out on the balcony and called "Fire". He then endeavoured to reach the burning room again but the heat was too great. As he was leaving Cullenan came along the passage and tried to get in, but without success. Witness asked him for water, but he seemed a bit dazed, and the witness could get no answer from him. After calling out "Fire" again he went downstairs, where he found his wife. They got their things and came to the police station and woke Trooper Crawford up. Witness returned to the hotel with Crawford and gave assistance in rescuing the furniture. In the room where he saw the fire was a bed, near which was a chair and other articles of furniture. The blaze seemed to be running up the wall at the head of the bed, and coming from the chair was another blaze. Cullenan was not near when he first notice the fire and gave the alarm.

To be continued next issue. Thanks to Glyn Johnson for compiling this article.





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THE FINGAL VALLEY REGION.
TAKE YOUR PICK!



This kitten season, the adoption corner at **North East Vet Clinic** has been busy. Loving (and, most importantly, responsible) homes have been found for 11 kittens in total so far.

Here is a story, written by a 'dog lady' who recently became a 'cat lady' about her kitten Dusty (seen at right relaxing with Myrtle).

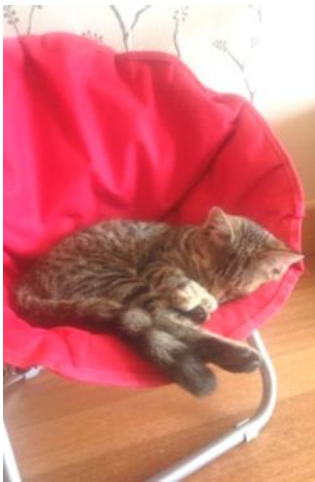
"In May of last year, I lost my loyal companion of 16 years. Even though I still have a little dog, it left a very big hole in my heart. Then, in January, I adopted an abandoned little kitten from Karen, a tiny little black scrap of a thing which stole my heart instantly. She has even won over my poor old remaining dog. He wasn't sure what to make of her at first and tried to keep out of her way, but she wasn't having any of that. She curls up against his back for naps, eats out of his bowl and plays with his fluffy tail. He is nearly blind and is deaf and stiff with arthritis, but I'm sure he enjoys the warmth of her little body when she snuggles in.

Playing with her daily and watching her play by herself has already given me more joy than I ever could have imagined. I know that however long we have together it will be a journey of love and joy. I only hope I can give her half as much happiness. I would recommend anyone who is thinking of getting a pet, adopt one that needs you as much as you need them. You will never be sorry." Laverne Brown.

Contributed by Dr Karen Wong, North East Vet Clinic.



Below: Cute kittens that have gone to their new homes.



Wildlife Skill-Share Sundays 13th March 2016 – held at North East Vet Clinic

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- ◆ Echidnas
- ◆ And much more

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St Helens Hub4Health Walking Group

Annual Meeting and Planning Session 2016: Cerise Brooke

A glorious St Helens morning and about 20 walkers met at the delightful Cerise Brooke. Bryan Edhouse was acclaimed enthusiastically as Coordinator for 2016. Kathy - Programs Manager and Somkid - Snr Admin Officer from Hub4Health were present; giving the group continued support for the excellent job being done by the St Helens Walking Group in encouraging local participants to stay active and improve the overall health of the community.

A robust round-table discussion was held about:

- * the role of the group
- * the types and length of walks being offered
- * whether different walk difficulty levels needed to be documented and circulated
- * items required on walks by individuals walking
- * registration processes
- * ranking of the 2015 walks
- * walks/leaders to be organised for the ensuing months

Of immediate importance are the "items required on walks by individuals walking", which includes sturdy walking boots, adequate drinking water, a snack or health bars, an elasticised bandage and sun screen.

Special thanks go to Christine & Rito, the owners of Cerise Brook, for allowing us to meet again at such a congenial location. Refreshments (especially the cherry torte) were enjoyed most heartedly by those attending. *Contributed by Wayne Fulford*

Recent Walks

Big Tree Walk. On Saturday 16 a small but keen group of walkers was rewarded by visiting three really interesting locations, all on the Blue Tier. We visited the natural wonder of the Big Tree first. This was a 20 minute walk in on a very well formed track with clematis vines, huge man ferns and a variety of trees including some very large E regnans or swamp gums. The largest at the end of the track were truly impressive, and the object of the walk. We saw several forest birds and some of our party were lucky to see a couple of snakes and wallabies. The bonuses of seeing some of the wildlife on our walks enriches our experience.

After lunching at the cars on our return from the Big Tree we drove to Lottah, where we sought out the Japanese water harp. This was built by some Japanese who were helping in the protest to try and save the Blue Tier from further devastation by the timber industry. The Friends of The Blue Tier were responsible for raising the awareness of the unique and special characteristics of this magical place, resulting in a much higher level of protection and better access to the general public. This of course benefits us all in so many ways. In



AGM at Cerise Brook photo taken by Wayne



Big Tree Walking Track photo taken by Ted

appreciation, the Japanese who were helping the locals with their protest built a water harp and set it deep in the ground about 50m off the intersection of the Lottah and Anchor Roads. It is a wonder to behold, and would have taken a lot of effort and skill to make. Apparently a Shinto priest was brought here to bless it. Log seats blend into the bush, and the harp lies buried deeply beside a small running creek. It is activated by turning on an inline tap on an unobtrusive poly pipe leading some metres down to the beautiful blue tiled top of the harp's echo chamber. This is level with the earth and the water runs across the tiles to a hole in the centre where it drops into the harp. The musical tinkling blends perfectly with the serenity of the surrounding bush.

We then drove down the Anchor Road to the Groom River

where we walked up to the stamper battery of the Anchor tin mine. Anyone interested in our pioneering efforts with regard to engineering and mining cannot be anything but amazed with the size of this metal monster, languishing in the bush. Access is excellent with rails and boardwalks with interpretive signage. This is an historical industrial icon of NE Tasmania.

On the whole we had a marvelous day rich in natural, cultural and historical wonders. As well as all this, our fitness level improves, how lucky are we? *Contributed by Ted Thornley*

Future Walks - dates TBA

Talbot Street loop, Mt Pearson Weir, Beerbarell Beach loop, Winifried Curtis, Argonaught Road Mystery Tour, Airport to Jocks Lagoon, Diana's Basin, Skeleton Bay, Chimney Lagoon to Parnella Drive; Jubilee Mine St Marys, Ansons Bay Fire Trail (mad cow swamp) and Casuarina/ Golden Fleece area.

New members are most welcome. Please call Hub4Health on 6376 2971 or Bryan Edhouse: 0414 987 435

Damon Gameau goes Super Size on the sweet stuff in shocking sugar experiment

by Emma Reynolds of news.com.au

IT'S been 10 years since Morgan Spurlock existed on just McDonald's for a month in the groundbreaking film, *Super Size Me*.

Now our waistlines face a new threat, and another guinea pig has undergone some risky self-experimentation to try to make sense of it.

Australian TV actor and filmmaker Damon Gameau stars in *That Sugar Film* in which he exists on "healthy" low-fat food with a high sugar content for 60 days. The results are more shocking than anyone could have expected.

Within three weeks, the previously healthy Damon was feeling terrible all the time, lethargic and snapping at the slightest thing. A visit to the doctor confirmed the worst - he had the beginnings of fatty liver disease.

"I had no soft drink, chocolate, ice cream or confectionery," Damon said. "All the sugars that I was eating were found in perceived healthy foods, so low-fat yoghurts and muesli bars and cereals and fruit juices, sports drinks ... these kind of things that often parents would give their kids thinking they're doing the right thing." Instead, the *Underbelly* actor reveals, these hidden sugars had a remarkably damaging effect on his physical and mental health. The father-to-be put on 10cm of visceral fat around his waist, and was informed that he was on the fast-track to obesity. He was also told his mental functioning was "unstable".

Damon had increased his intake to 40 teaspoons of sugar a day, just slightly more than that of the average teenager worldwide. Recommended daily intake is a maximum of nine teaspoons a day, or six for women.

He now believes labelling is deliberately ambiguous, and that we need to be conscious that every four grams of sugar equals a teaspoon of sugar.

Despite keeping his calories the same, Damon said he never seemed to feel full.

For breakfast, he would have low-fat yoghurt, cereal and apple juice. That contained 20 teaspoons of sugar.

"We're not being dogmatic and saying people have to quit sugar, it's just being aware," he said. "Sugar's now in 80% of the processed food we're eating. If we can remove that, that's the first step towards making a change."

The movie features cameos from Stephen Fry, Isabel Lucas and Brenton Thwaites, and king of food campaigners Jamie Oliver has called the film a "definite must-see".

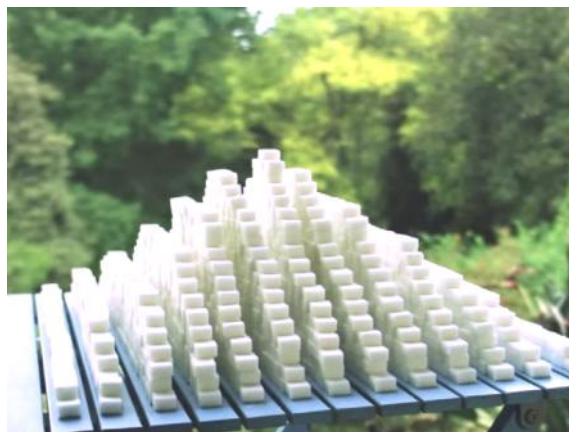
But will it convince people to change their habits?

There are now nearly six million Australians with fatty liver disease and only 6000 of those are caused by alcohol.

Type 2 diabetes is killing someone every six seconds worldwide, and Damon believes we've reached a point where we need to do something.

The creators of *That Sugar Film* have secured funding to create an educational program around the movie.

Its website offers tips, recipes and a study guide for kids, and will later grow into a larger hub, where people can take part in challenges such as cutting out sugar for 10 days. <http://thatsugarfilm.com/>



Damon consumed 40 teaspoons a day, just slightly more than the average teenager

Tasmania shines in Australian Tourism Awards

Pumphouse Point in the World Heritage Area at Lake St Clair was judged Australia's best new tourism development. Bruny Island Cruises, owned by Robert Pennicott, was inducted into the Australian Tourism Hall of Fame after taking out best tourist attraction for the second year running.

The Old Woolstore Apartment Hotel in Hobart won two awards for best deluxe accommodation and business events.



Three other Tasmanian businesses also won categories, including The Tasmanian Walking Company, which won the ecotourism award for its walking tours at Cradle Mountain and Bay of Fires, and walking and sailing trips at Freycinet National Park.

The Avalon Coastal Retreat, on the east coast south of Swansea, took out the self-contained accommodation category. Working sheep farm Currunga Farm Tours and Accommodation near Hamilton won its first national award for best hosted accommodation.

A further nine Tasmanian businesses placed second in their category, including the Port Arthur Historic Site, which won gold in the major attraction category last year.

Three businesses from Tasmania received a bronze award.





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Book Review

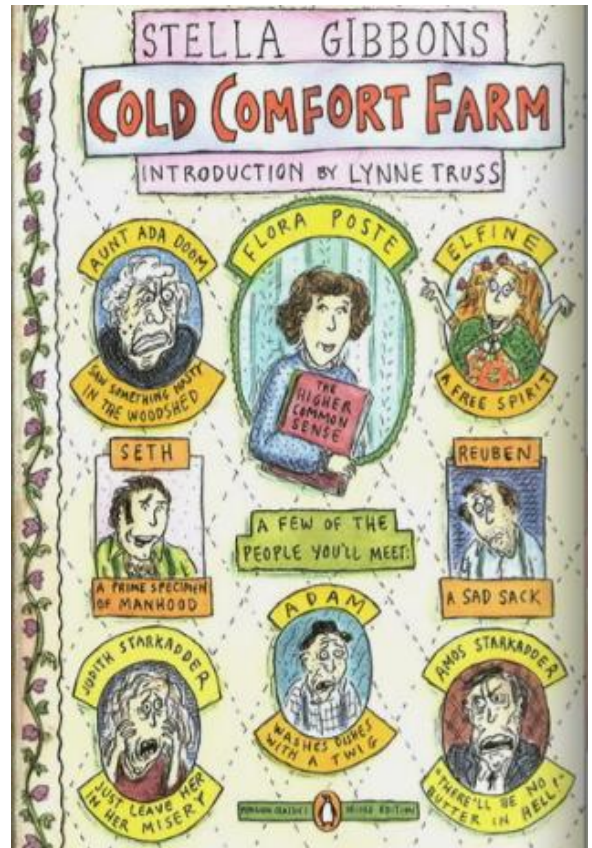
The Mount Elephant and Beyond Book Group is part of LINC Tasmania's statewide network of book groups. The group currently has eleven members who come from St Marys, Bicheno, Scamander and Beaumaris. Each month we meet to talk about a title that we have selected from a list provided by LINC. Books may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

Over the summer break, the group's reading included *Cold Comfort Farm* by Stella Gibbons. The novel was first published in 1932 and is now regarded as a classic comic novel. The novel is a parody or send-up of the kind of over-blown rural melodrama popular in the early twentieth century. The novels of Mary Webb, including *Precious Bane* are particular targets as are the more fulsome examples of D. H. Lawrence's work. *Cold Comfort Farm* was serialised by BBC TV in 1968 and made into a feature-length movie in 1995.

At the beginning of *Cold Comfort Farm* Flora Poste is aged nineteen and orphaned by the recent death of her parents in an influenza epidemic. She has been educated at boarding school while her parents travelled abroad and now 'was discovered to possess every art and grace save that of earning her own living'. Her plan is to live off her relatives with the help of her inherited income of £100 a year. A letter to her cousin Judith Starkadder of Cold Comfort Farm elicits an enigmatic response and, intrigued, Flora sets off for darkest Sussex.

Arriving at the farm, it is as if Flora enters a gothic rural novel full of stock characters with deep-seated grievances and obsessions. There is the apparently mad grandmother who 'saw something nasty in the woodshed' and now holds the rest of the family under her thumb; Amos who preaches fire and brimstone to his congregation of Quivering Brethren; Rheuben full of suspicion and quick to take offence; Seth the local lothario; Judith who is full of doom ('Child, child, if you come to this doomed house, what is to save you?'); and a host of other memorable characters.

Normal, down-to-earth Flora Poste, fresh from the outside world, is here to tidy them up and sort them out. And sort them out she does – Cold Comfort farm will never be the same again. Flora finds the real people behind the stereotypes and shows them that life doesn't have to be all about storms and rows and slammed doors, faces white with fury and brooding in corners, misunderstandings and emotional wallowings. She puts an end to the mistrust and intriguing and helps the inhabitants of Cold Comfort Farm find happiness.



To help reviewers, and readers who may not be able to recognise 'Literature', Gibbons has marked her 'finest' pieces of writing - that is the passages most like the novels she is parodying - with one, two or three stars:

The man's big body, etched menacingly against the bleak light that stabbed in from the low windows, did not move. His thoughts swirled like a beck in spate behind the sodden grey furrows of his face. A woman... Blast! Blast! Come to wrest him from the land whose love fermented in his veins like slow yeast.

The use of local dialect and obscure words is another feature borrowed from the parodied novels. The reader is not sure that all the words are authentic— sukebind, coddling, hoot-pieces, scanleting, capsy wennet, clettering the dishes - but they sound convincing and in this novel add to the charm of the writing.

Cold Comfort Farm is not quite perfect. The novel was written in the 1930s and according to the author's note it is set 'in the near future'. This allows some flights of fantasy that don't quite succeed and strike a jarring note: for example, readers are puzzled when Flora rings Claud Hart-Harris and he is able to see her because he has a 'video telephone'.

The novel seems to end rather suddenly, leaving unanswered questions as the author teases the reader just one more time; what was the wrong done to Robert Poste and what are Flora's 'rights'? *Cold Comfort Farm* is a rare thing – a genuinely comic novel, always witty and sometimes laugh-out-loud funny. It is simply written and enjoyable to read. Thoroughly recommended.

Lindy Scripps, St Marys

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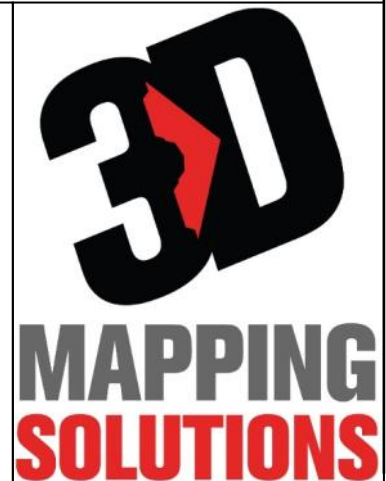
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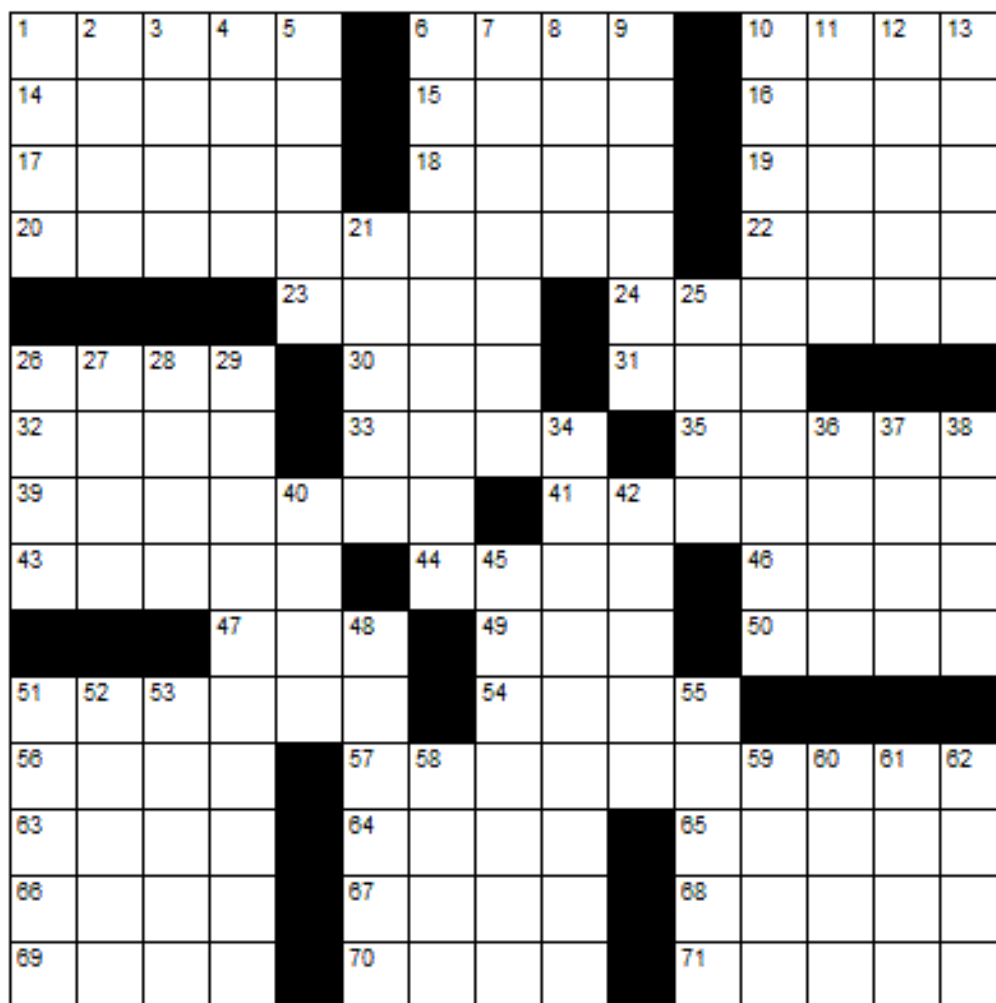
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**21 Quail Street St Helens
Ph: 6376 2555**



Last edition's solution on p29

ACROSS

1. Cuts into cubes
6. Stigma
10. Adhesive strip
14. Panache
15. What a person is called
16. Absent Without Leave
17. Not tight
18. Not closed
19. Police action
20. Interlace
22. Backside
23. At one time (archaic)
24. Male goose
26. Taps
30. "Eureka!"
31. Eastern newt
32. Shortly
33. Alone
35. Kidney-related

39. Grand style

41. Breach
43. First Hebrew letter
44. Observed
46. King of the jungle
47. Father
49. Biblical boat
50. Austrian peaks
51. Abounding in stars
54. Stair
56. Emanation
57. Make into a citizen
63. Boast
64. Affirm
65. Nuzzled
66. River of Spain
67. Not less
68. Internment camp
69. A soft sheepskin leather
70. Possesses
71. Inscribed pillar

DOWN

1. Sandwich shop
2. Computer symbol
3. Coagulate
4. Leisure
5. Cubic meter
6. Racquet-shaped footwear
7. Seat of government
8. Ends a prayer
9. Fail to fulfill a promise
10. A lively whirling dance
11. Honour
12. Composure
13. Church officer
21. Garbage
25. Hairdo
26. Dad
27. A Freudian stage

28. Anagram of "Note"

29. Showy bloom
34. Preliminaries
36. Found on a finger
37. At the peak of
38. Focusing glass
40. Blacken
42. Embellisher (comic art)
45. Not western
48. Generator
51. Cavalry weapon
52. Engine super-charger
53. A kind of macaw
55. Twinges
58. Affirm
59. Boor
60. Small island
61. Ardour
62. Border

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

Non Attendance of Doctor's Appointments

Please be aware there is a non attendance policy at this practice.

If you miss 3 appointments you will be sent an account.

If you miss a 4th appointment you may be referred to another Medical Practice.

Dr Kaylee Nash-Rawnsley is on Maternity Leave until mid April 2016

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

Doctors Roster

Dr C Latt

29/2/16 -10/3/16

Dr L Reeckman

25/2/16, 26/2/16, 10/3/16 RFDS 2016

Dr E Lord

25/2/16, 3/3/16, 10/3/16

Dr Elizabeth Lord is a Medical Registrar who will be working 1 day a week under Dr Latt at the St Marys Medical Practice.

Dr Lord will be gaining experience in rural medicine in partnership with Dr Latt. We would like to welcome Elizabeth to the St Marys Community Health Centre.

Due to demand doctor's appointments need to be booked at least **2 weeks in advance**.
Waiting periods can apply.

St Marys Medical Practice reminder

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

- ◆ *Driving licence re-newals*
- ◆ *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
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

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

February 26 **Social Worker** Shan Williams
Call 6387 5555 for appointments.

March 1 **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

March 2 **Day Centre**- call Hayley Gilbert on 6387 5555 for information on the group.

March 3 **Psychologist**- Please see your GP for a referral.
Social Worker- Shan Williams
For appointments phone 6387 5555.

March 4 **Social Worker** Shan Williams
Call 6387 5555 for appointments.

March 7 **Hospital Auxiliary Meeting** 2pm in the Family Room.

March 8 **Lightfoot Podiatry**- Perry Daly.
Phone 6331 9568 for appointments.

March 9 **Consumer & Carer Advocacy Group** 12 - 2pm downstairs at the SMCHC. Call Shan on 6387 5555
Social Worker- Shan Williams
For appointments phone 6387 5555
Day Centre, call Hayley Gilbert on 6387 5555 for information on the group.

March 10 **Social Worker** Shan Williams
Call 6387 5555 for appointments.

March 11 **Social Worker** Shan Williams
Call 6387 5555 for appointments.

Non Attendance of Doctor's Appointments
Please be aware there is a non attendance policy at this Practice. If you miss 3 appointments you will be sent an account. If you miss a 4th appointment you may be referred to another Medical Practice.

TOOTHBRUSH EXCHANGE

for the month of February 2016



- ◆ Put your **OLD** toothbrush in the yellow container (located in the reception area of the Health Centre)
- ◆ Take a numbered ticket to reception
- ◆ Make a gold coin donation
- ◆ Receive a **NEW** toothbrush and toothpaste (Maximum of 2 exchanges a day)

The St Marys Health Promotion Team has a rotating monthly Health Promotion and we aim to address health issues that are relevant to **YOU** and **YOUR** needs. Do you have a health topic you would like us to promote for you? We are always open to suggestions! Give us a call on 6387 5555

SMCHC Teaching Site

We are a UTAS teaching site. We regularly host students from various health faculties, who attend our site to participate in training placement. If you are attending this practice and would prefer the students do not sit in on your consultation, please inform reception prior to your appointment. These placements are very important for the students, so your cooperation is greatly appreciated. **There are currently two 5th year Medical Students on placement through the GP surgery until the end of February 2016.**





Tip locations and opening hours

Ansons Bay
Long w/end Mon 12 - 4
Wed/Sun 12 - 4

Fingal, Mathinna Road
Tues/Thurs 10 - 4
Sun 2 - 5

Pyengana, Tasman Hwy
No builders' waste please
Wed 9 - 1, Sun 2 - 5

Scamander, Coach Street
Tues/Thurs 10 - 4
Sun 2 - 5

St Helens, Eagle Street.
Open 7 days 10 - 4

St Marys, Gray Road
Tues/Thurs 10 - 4
Sun 2 - 5

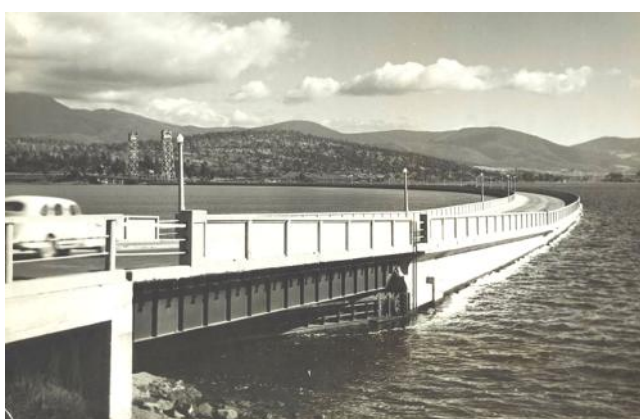


St Marys Salvation Army is pleased to offer the following services:

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

Envoy Mel Norton
0409 838 816





Floating bridge Hobart, 1950

Meals on Wheels

February 25	Sonya Allison
26	Drew Adam
29	Karl Balzer
March 1	Trish Pike
2	Valmai Spencer
3	Heather Griffiths
4	Drew Adam
7	Ruth Aulich
8	Valmai Spencer
9	Karl Balzer

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

St Marys Salvation Army
Envoy M Norton
0409 838 816
Sunday JOY 9.30am
Tuesday JAM 3-5pm
(except school holidays)

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

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

Break O'Day Anglican Parish
6372 1144
St Helens
9.30am 5th Sunday
Combined Service with
Uniting Church 9.30am
St Marys 10am
Pyengana
facebook.com/anglicanbod

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



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Saturday 8am - 5pm

Sunday 10am - 5pm

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<i>Butchery specials February 24 - March 1</i>		<i>p/kg</i>	<i>Butchery specials March 2 - 8</i>		<i>p/kg</i>
Topside Beef Roast		12.99	Rump Steak		15.99
Beef Casserole Steak		13.99	BBQ Blade Steak		10.99
Lamb BBQ Chops		10.99	Lamb Loin Chops		15.99
Ingham Chicken Portions		6.99	Leg of Lamb		10.99
Nichols Chicken Burgers		.99ea	Ingham Marinated Chicken Wings		7.99
<i>Two week specials from February 24 - March 8</i>					
McCain Super Fries 1kg		2.99	Kleenex Toilet Tissue 8pk		4.99
Ingham Chicken Breast Nuggets 400g		4.99	Sunrice Meals 350g		3.99
Peters Frosty Fruits 8pk		4.99	Fantastic Rice Crackers 100g		1.35
Pampas Puff Pastry 1.6kg		4.99	Dolmio Extra Pasta Sauce 500g		2.49
Devondale Butter 500g		3.49	Organic Care Spoo or Cond 400ml		2.69
Kraft Cheese Singles 216g		2.49	TNCC Lolly Bags 200-260g		2.49
San Remo La Pasta Range 120g		1.25	Schmackos Range 180g		4.49
Smiths Multipack Chips 20pk		5.99	Golden Circle Long Life Juice 2L		2.99
Sui Min Cup Noodles 70g		1.25	Fountain Tomato or BBQ Sauce 600ml		1.99
Jif Lemon Cleaner 375ml		2.49	Arnott's Assorted Creams 500g		3.99

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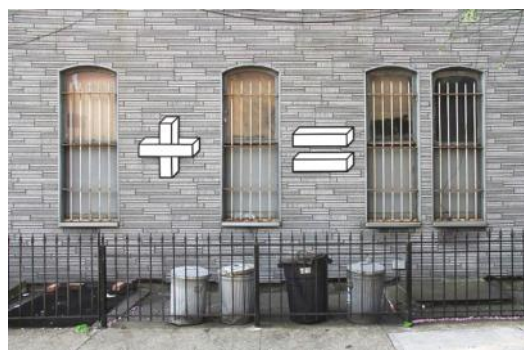
Mathinna Post Office

Mouth Cafe, Scamander

Scamander Supermarket

St Marys IGA

St Marys Newsagency



On the way to the tip the other day I thought I would call in to the cemetery and put some flowers on a grave.

Whilst there I noticed four men walking around, carrying a coffin.

The next day whilst passing I noticed they were still there, walking around with the same coffin.

I thought to myself 'Those silly buggers have lost the plot.'

Thanks to Wombat.



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Jamie Harper
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