

\$1



THE VALLEY AND EAST COAST VOICE INC.

Established 1968

48.23 April 21, 2016

Deadline for 49.01 is 5pm May 2, 2016



TARGA in St Marys, p19 Full gallery online



Sporting coup for St Helens First ANZ State League netball game to be played outside major cities April 8, 2016

In what has been described as a coupe for a regional town, The Break O'Day Council and Netball Tasmania are pleased to announce there will be an official, rostered, ANZ State League netball game held in St Helens on April 30. With a successful exhibition game under its belt, the Bendigo BOCS, (Break O'Day Community Stadium) is ready to host its first, official, rostered fixture between the Karana Flames and the Northern Hawks. More on p5

ST MARYS COMMUNITY HEALTH CENTRE TEMPORARY SUSPENSION OF SERVICES Thursday April 28 – Sunday May 1 Details p25



WOODCRAFT GUILD OPEN DAY FAIR 2016 p8, 9

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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
- ◆ Permanent classified ads \$20 p.a.

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.

Kindly 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 The address and phone number will not be published but are for verification purposes only.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.

Garage Sale Furniture, bric-a-brac at 44 Morrison St Falmouth. 8.30am on Saturday April 23

Avoca Museum & Information Centre Annual General Meeting 4pm, Tuesday April 26 at AMIC



Fingal Valley
Neighbourhood House Inc

Bus trip to

AGFEST

Saturday May 7, 2016

Leaving FVNH 8am

COST: 6 people - \$15 each
8+ people - \$12 each

BYO Lunch or buy at AGFEST
\$15 tickets can be purchased
at the gate on the day

A prior deposit of \$5 would be appreciated

Ph 6374 2344
or call into the Office

St Marys Op Shop needs donations of:

<i>Clothing</i>	<i>Media & books</i>
<i>Homewares</i>	<i>Toys</i>
<i>Small items of furniture</i>	<i>Accessories</i>
<i>(NEW)</i>	<i>Antiques & collectibles</i>
<i>Working electronics (NEW)</i>	<i>Working Computers (NEW)</i>

We have a new volunteer who is willing to TEST & TAG electrical items for us, so we are now able to take working electrical items and they will be tested and tagged before sale. Previously we were offered electrical items but could not take them, so please note the change to policy. Thank you very much in advance.

Janet Drummond Coordinator

On this day in 1861
Explorers Burke, Wills and King stagger into their base camp at Cooper Creek upon their return from the Gulf of Carpentaria, and find it deserted.



Community Notices

Break O'Day Woodcraft Guild

raffle results are as follows:

First prize Tom Brady who chose the BBQ
Second prize John Goss who chose the garden seat
Remaining prize (side of lamb) went to Gordon from Queensland who requested that the monetary value of the meat pack be given to the St Marys Salvation Army.
Thank you to all who supported us by buying a ticket.

Wendy Brennan Secretary

Break O'Day Woodcraft Guild

For Sale

Auto 96 **Mitsubishi Magna wagon**, good condition, runs well, cargo barrier, timing chain replaced and fully serviced, 6 months rego. \$1,700 ono. **0403 430 452**

Industrial **overlocker & cottons**, \$250 neg. **6372 2756**

3 seater **lounge**, cream pseudo lambswool in gd cond \$100. Black pseudo leather highback **swivel office chair** in gd cond \$30. 7kg LG **clothes dryer** in gd cond \$60. Westpoint **stove** - 4 hotplates in gd cond \$100
Call **6372 2012**

Ford falcon BA 03. 4 doors, boot, 2 taillights & left guard \$80. **0437 873 154**

Wanted

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

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Festival Markets attract West Coast Artisans

On hearing of the success of previous year's Bay Of Fires Winter Arts Festival Artisan Markets, North West Artizano Group decided they just had to be a part of the event.

The Ulverstone based group which features 11 artists with varying talents ranging from textiles, wood craft, blacksmithing, chain-maille jewellery and more said they were really pleased to be able to join the event.

"Over the last few years I had heard some great things through the 'arty' networks, so when looking for a new opportunity with a difference it fits perfectly," Artizano coordinator and artist Lyn Broomhall said.

"Being from the North West we hope to connect with many new people, both customers and artists, while also catching up with long-time supporters.

"Often stepping out into one opportunity will lead to something new and interesting."

This is the first time the Artizano Group have visited the East Coast with their wares and Market Coordinator Carol Liefing said she was excited to see what the group would have on show.

"When I received a phone call from the group, I pulled out all the stops to get them a space worthy of their work," she said. "The Trade Training Centre building in Groom Street offered the perfect venue for this display and will allow visitors to feel like you're in a gallery as you wander through each of the rooms. The degree of excellence and skill this group offers is very special, and something not to be missed."

The Trade Training Centre will be open from 9am on Sunday June 12, an hour earlier than the rest of the Market stalls which will be situated in St Helens and a free shuttle bus will be operating between the venues.

For more information on workshops and wares offered by visiting artists as well as ticketing, go to, www.bayoffireswinterartsfestival.com.au

St Marys Memorial Service

ANZAC DAY SERVICES NOTICE

Anzac Day Services will be held at the

Cenotaph, Main Street St Marys

Dawn Service commences at 6am

The Dawn service will be followed by a Gunfire Breakfast, Tea and Coffee in the St Marys Hall

Morning Service commences at 11am

Please note the morning service will commence with a march from

"Faulkner's Green" to the Cenotaph –

Assemble at 10:45am

The Morning Service will be followed by Tea and Coffee in the St Marys Hall

Hub4Health



Our Community Project with a Difference

Hub4Health is facilitating a new project in the Fingal Valley. The restoration of the Tasmanian Hotel in Fingal. The beautiful old building is the home of the Fingal Valley Neighbourhood House and is owned by the Break O'Day Council. Hub4Health has been planning the restoration for many, many months and stage 1 is expected to start shortly.

It is an innovative approach to training and education offering long term unemployed and students the opportunity to gain skills in the restoration of heritage buildings. Restoration skills and knowledge are in short supply and the project will provide possible future employment opportunities to participants. Further to this participants will have the opportunity to gain certificates in a range of areas including construction, horticulture and soft furnishings.

When completed the Fingal Valley Neighbourhood House will have more room to grow and expand their services; Hub4Health will have space to run Clinical Services; there will be an Art Gallery for local artisans; a beautiful indoor/outdoor venue; activity rooms; a conference meeting room , popup shops and more. It will provide a central and vibrant heart to Fingal.

We look forward to working with the council, Fingal Valley Neighbourhood House and the Tasmanian Heritage Council to make it happen.

Exciting times ahead!

Community Gym, St Marys

Please phone **63762971** if you would like to join as a member. Group inductions to the gym will be arranged as required to ensure easy access to both classes and individual circuit work. You must be signed up to access the facility for insurance purposes

Active 4 life Community Gym News

Are you interested in learning Kalari?

Kalari (short for Kalarippayat) is the ancient martial art of South India that developed alongside Yoga and Ayurveda. The practice teaches concentration, balance, stamina, flexibility, fluidity and grounding on both the physical and the mental level. After mastering a fundamental set of exercises and so-called body forms practiced individually, partner forms and later wooden "weapons" as extensions of the body may be introduced. The regular practice of Kalari leads to a clear, peaceful mind in a healthy body.

If enough people are interested we would be happy to run taster sessions with the view of offering it as an after school activity and/or adult classes.

If you are interested phone Hub4Health on **63762971** to register; or fill out the forms held at Purple Possum, Mount Elephant Fudge or the St Marys Post Office. We will then contact you.

New programs

Yoga:
Tuesday 4.45pm

Strength2Strength
Thursday 1-3pm

Sporting coup for St Helens continued from front page

“Netball Tasmania have been great supporters of the stadium from the outset and we consider it a privilege to be able to have a game of this calibre in our small town,” Break O’Day Mayor Mick Tucker said. “We had more than 300 people attend the exhibition game at the official opening on February 20, and we hope a game like this will attract a similar crowd.”

Netball Tasmania CEO Julia Phillips said: “When discussions about the new netball centre at St Helens first took place, Netball Tasmania promised that an ANZ State League fixture would be played there. It is a key goal in Netball Tasmania’s strategic direction to support netball in all parts of the state, and I’m thrilled that we were able to make this happen in 2016.”

The Bendigo BOCS has a unique Pulastic surface, specifically selected to accommodate multi-use as well as accommodate professional games. The surface was thoroughly tested during the exhibition game and the head coaches of both teams gave it, and the facility, two thumbs up.

“The stadium inside is just fabulous, the surface was great as well, I hadn’t seen a surface like that before but all the players had great feedback in regards to the surface and they all pulled up really well,” Cavaliers Head Coach Dani Carstens said. “I also loved the glass foyer area where you could view the outside courts, it’s just awesome for those not very nice days.”

“It was a fantastic opportunity for us and great we were invited to come and try the surface out like that,” Karana Flames Head Coach Lou Carter added. “We had a fantastic time and we are really looking forward to coming back in April.”

For more information contact Break O’Day Communications Coordinator Jayne Richardson (0400 454 089).



Right: Local artist Heather Lye will be conducting the **children's workshops** on **Saturday June 11** for the **Bay of Fires Winter Art program.** Call Michelle on 0407 046 865 for details.

ADVERTISEMENT The Turnbull Liberal Team

Eric HUTCHINSON MP

Federal Liberal Member for **Lyons**

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Here's how you can contact me:

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-  erichutchinsonmp



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

BREAK O'DAY

Business Enterprise Centre

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Nick checking out Matt's Fat-tyre hire bike? Insert: Matt doing what comes natural to him after 20+ years.

Following a holiday to St Helens in 2015 Matt could see the potential for a dedicated bike shop, as it was clear the Break O'Day Council was serious about investing in the sector.

After moving to the area Matt set about researching locations for the shop, one day he had the good fortune of being referred to the BEC by a local business owner. This proved to be the tipping point, Nick's enthusiasm for his ideas and the prospects for the area were key to Matt fully committing to opening his bike shop.

Following that first visit at the BEC Matt's fledgling business had the tools to help guide it through the legal and marketing obstacles that lay ahead.

As Matt put it, "Nick helped me see all the hidden little things you don't think of when starting out".

Nick helped with a clear business plan, setting out a time line and establishing a framework for marketing the business across various platforms. As is the case with all retail businesses prudent advice on stock management and profit margins never goes astray.

Matt also called on Nick to help with rental negotiations and the advice he received was invaluable.

Then there was the all important "getting to know who's who in the zoo", this was helped along by the BEC as well, through encouraging Matt to attend a number of business events.

Break O'Day Cycles currently stocks both Giant and Apollo bikes, with a full range of sizes available. Matt carries a huge range of spares to suit all brands of bikes and Matt is one of Tasmania's most experience bicycle mechanics.

Call the BEC on 6376 2044

Shop 1, 34 Quail Street, St Helens TAS 7216

Or visit the website www.smallbusiness.org.au

The services provided by Break O'Day Business Enterprise Centre are partially funded by the Australian Government.



BEC Australia Member

Greens announce Federal Candidate for Lyons: Hannah Rubenach-Quinn

Friday 15 April 2016

The Greens are proud to announce today that Break O'Day Councilor and St Marys District School Chaplain Hannah Rubenach-Quinn is the Greens Federal Candidate for Lyons. Party Convenor Kay McFarlane said Hannah has been a passionate advocate for legal and affordable access to medicinal cannabis since seeing the astounding health outcomes of family and friends.

"Hannah is an outstanding candidate who will stand for a healthier, better educated, and flourishing Lyons," Ms McFarlane said.

Hannah is a chaplain at St Marys District School, and has a strong Christian faith which informs her beliefs and actions. She is actively involved in her community, being on many committees and is a volunteer firefighter and SES officer.

Hannah Rubenach-Quinn has lived at Gray, near St Marys, on the East Coast all of her 38 years. She has served as a Councilor on Break O'Day Council since 2009, and was Deputy Mayor from 2011-2014. She has worked mostly with people living with disabilities and with the aged, and has attained a Graduate Diploma of Science (Psychology) and a Bachelor of Arts with Honours (in Sociology) from UTAS.

Having seen the astounding health outcomes of family and friends from medicinal cannabis, Hannah has become a passionate and active advocate for the legalisation of medicinal cannabis.

"There needs to be immediate compassionate action from all levels of government to ensure suffering Australians can access medicinal cannabis without delay and without fear of prosecution, and the Greens are committed to working with experts, patients and politicians from all sides of politics to deliver policy reform that ensures access to medicinal cannabis", said Greens Federal Candidate for Lyons Hannah Rubenach-Quinn.

"My 29 year old brother Tim has been using medicinal cannabis for the past 17 months to manage epilepsy which resulted from a meningitis infection when he was 5 months old. Tim was bedridden, non-communicative and having dozens of tonic-colonic seizures and thousands of complex partial seizures each week. Since being on medicinal cannabis he has been able to go for periods of up to 4 weeks without seizures, and he has been able to walk, talk, make day-to-day decisions, go on social outings, and even mow the lawn.

"My brother has only needed an ambulance once for a seizure and has not been hospitalised for his epilepsy since being on medicinal cannabis. One member of our community has been taken off the waiting list for heart surgery due to her impressive health improvements," she concluded.



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INDEPENDENT
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APSLEY

VOTE 1

SATURDAY MAY
7,2016



I would appreciate your support to continue in my role as your Independent Member for the Legislative Council in the Tasmanian Parliament.

I commit to continuing as your full-time Independent Member, to be available as a strong voice and advocate to support individuals and organisations throughout the Apsley electorate.

Voting is compulsory, please exercise your vote effectively.

Authorised by Tania Rattray, Scottsdale, Tas 7260

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/

WOODCRAFT GUILD OPEN DAY FAIR 2016

The skies resembled an unfinished jigsaw puzzle and we all held our breath hoping that no pieces would fall until the day was finished. Although the air had a cool crispness to it, the warm smiles all around made up for any chill, and the pieces thankfully stayed in place and the rain held off. Members would like to express gratitude to our regulars who every year make the journey to join our country fair. Namely Cheryl Cox, The Colonial Strollers, Bruce Press for his interesting display of our native snakes and his informative and educational narrative, The Tasmanian Old Machinery Club, StarFM, the East Coast RC Flyers, the Four by Two's whose music added to the foot tapping and atmosphere, Lillian and Michael from the Medieval Society. Marketers and their stalls added a colourful array of items and the collectors table brought back many memories of yesteryear. A special thank you to Helen Napier for her clever demonstration of basket weaving, Arthur (our lovable rogue) and his wonderful skill in spinning and Jacinta Allen's beautiful loom weaving. Thank you to Marie and Mark Owens whose painted faces on the children brought many delightful laughs, accompanied by their colourful jumping castle and to Jung whose culinary delights kept hunger at bay. We would like to give special recognition to Graham Derbyshire who every year cooks our haute cuisine snags, and to Judy and Chris Ogden whose help has been immeasurable - Judy made cushions, baby rugs and provided plants to accompany some of our raffle prizes. For all the help we received for setting up and pulling down we would like to acknowledge Jeff Springer, Col Mackenzie, Tom Brady, Caleb Jones, Wendy Brennan and Ian Summers, who again let us use his electricity and opened up his Museum that added an extra dimension of interest. To our essential services we appreciate the appearance of our constable John Chandler, and Jim Watson. Members would like to acknowledge the Break O' day Council, Tracy Macdonald, Wendy Dawson and all the volunteers from the Valley Voice, the Coastal Column and to all local shop keepers who displayed our poster. Thank you to Grant's Garage, Evelyn from the bakery, St Marys Pharmacy, Mark's IGA, Pings Place, Mon's Café shop, Second Hand Rose, St Marys Post Office and to Rob for allowing us to exhibit his Go Kart. Finally, to the Break O' Day community we say thank you for your support, and last but not least three cheers for our President Reon Johns, whose drive and tenacity has kept us going all these years. *Photos by Wendy Brennan*





Hub4Health Walking Group

Recent Walks

A Mystery Tour in February 2016 Of the 7.8 billion people on the planet, 15 gathered at Hub4Health for a mystery tour that was magical. Venturing thirty something kms to the west of St Helens, we entered a pristine forest of mosses, ferns, lichens, fungi, myrtle, waratah and sassafras.

The track we took led us into a succession of rocks overhanging, for lunch and reflection. Two visiting Queenslanders expressed their good fortune experiencing such a unique part of Tasmania, and took with them memories of a magical mystery tour.

Contributed by Ms Taree Walker

Mt Michael Walk in March Great walk. Mt Michael on the Blue Tier was bathed in sunlight, with clear views to Flinders Island. A very interesting walk with natural and cultural delights at every turn. We followed a wet moss covered track from the Sun Flats car park, which climbed through myrtle and tea tree winding it's way over bare boulders to the summit. Expecting foul weather, we were delighted with light winds and full sun. The descent on the other side was a little tricky with some big rocks, but once over that hump the remaining walk was easy and historically fascinating. We stopped at the old Mt Michael tin mine then followed the old mine road back to the Sun Flats car park.

Contributed by Ted Thornley

Moulting Bay around to Humbug Pt and short cut back to Moulting Bay in April: We met at Moulting Bay and proceeded around to Humbug Pt. Because it was high tide we had to walk on thick seagrass to avoid getting wet. After one hour we gave everyone a choice to walk back the way we came - however we all proceeded on.

Even though the weather was overcast it was a beautiful coastal bush walk, with ocean views. We walked around to the shortcut junction just before Dora Point which took us back to Moulting Bay. All seemed to pull up well, and all enjoyed the walk.

Contributed by Brian Elliott

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



Mystery Walk, picture by Ted Thornley



Lunch in the carpark, Mt Michael walk.

Picture by Ted Thornley



Moulting Bay to Humbug Pt walk. Picture by Val Schier

Guy Barnett MP
State Liberal Member for Lyons

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Liberals



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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)

Soul Food

About 20 people gathered at Gone Rustic Studio and Gallery in St Marys last Friday evening to attend the launch of this very special exhibition by Tasmanian textile art group, Circle of 4. The members of this group have been working hard for 12 months to produce original textile art on the theme of 'soul food'. This exhibition is the culmination!

Participating artists:

Lauree Brown
Dorotea Hinrichsen

Judith McKinlay
Rita Summers

The exhibition includes extra artworks made by the artists, highlighting their diversity of skills, ideas and techniques. The exhibition runs until 4 pm April 30, 2016.

Venue: Gone Rustic Studio and Gallery, 37 Main Street, St Marys. 0417 027 424 / gonerustic@gmail.com

Exhibition times: Tues - Sat (10-4)

Entry: free

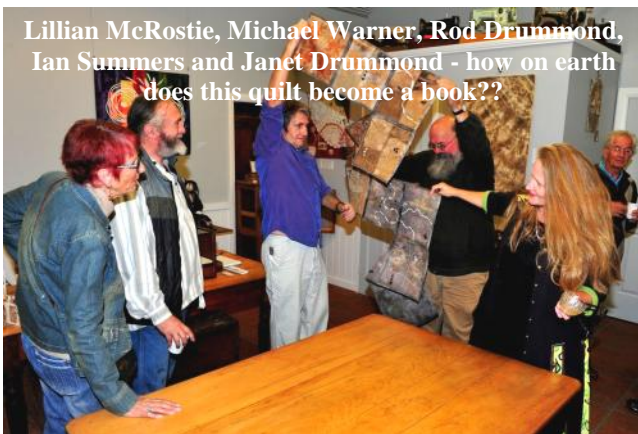
Article by Rita Summers St Marys, photographs by Peter Troode St Marys



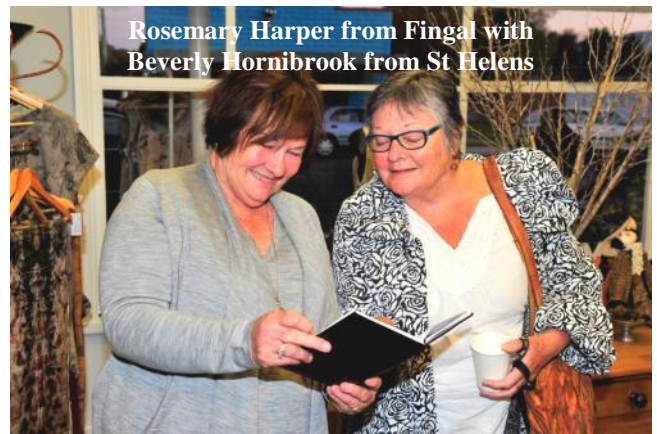
Artist Lauree Brown of Blackman's Bay, with husband Peter



Artist Judith McKinlay of Sorell, with her Soul Food artworks.



Lillian McRostie, Michael Warner, Rod Drummond, Ian Summers and Janet Drummond - how on earth does this quilt become a book??



Rosemary Harper from Fingal with Beverly Hornibrook from St Helens



Artist Rita Summers of St Marys, with her Soul Food quilt or book.



The official launch of Soul Food

ADVERTISEMENT

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**"Feel free to contact me
to discuss any issues"**

PO Box 526, Sorell, 7172 **M:** 0499 012 032
E: brett_hall@tasmaniaparty.org.au

Authorised by Jane Hutchinson, 15 Ridge Road, Dodges Ferry, Tasmania 7172



Tasmania
PARTY



St Marys Sports (and Social) Centre

Gray Road St Marys

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President: *Jacqui Bianchi* 0439 978 156

Vice President *Bobby Harwood* 6372 2445

e:stmaryssportsctr@internode.on.net

[facebook.com/stmarysportsandsocialclub](https://www.facebook.com/stmarysportsandsocialclub)

Bowls, Golf and Club

Dinner held Saturday April 16 - a good time was had by all. Delicious food, Liam and Karl received their Grand Final Medals. Life Membership medals were presented, John McDonald and Peter Davern both had excuses for not attending to receive their medals!!!

Work to the 8th green with the new corer in action on Saturday arvo. Roger, Chris and Trevor working well, thanks.

Dining

3rd Friday monthly: This meal is not done by the club ladies but by your hosts Christine and Michelle, as a service to the public. Next meal is *Friday May 20* at the new time of 6pm. Bookings by *Wednesday 18* essential - please phone *Christine Waters* on 0410 441 558

Indoor Bowls

We are looking at times and dates to commence this sport in winter, so keep your eyes on our notices. Some have preference for Thursday afternoons / evenings.

"...a waitress came out and plonked in front of each of us a small standard terra-cotta flowerpot in which had been baked a little loaf of bread.

"What's this?" I asked. "It's bread," she replied.

"But it's in a flowerpot?" She gave me a look that I was beginning to think of as the Darwin stare. It was a look that said, "Yeah? So?"

"Well, isn't that kind of unusual?"

She considered for a moment. "Is a bit, I suppose." "And will we be following a horticultural theme throughout the meal?" Her expression contorted in a deeply pained look, as if she were trying to suck her face into the back of her head.

"What?"

"Will the main course arrive in a wheelbarrow?" I elaborated helpfully. "Will you be serving the salad with a pitchfork?"

"Oh, no. It's just the bread that's special."

"I'm so pleased to hear it."

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

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Convicts: The Salt Water River Coalmine Research Project part 3

by Wendy Fowler R.N. B.A.(Hons).

A paper presented at the 14th annual conference of The Australian Mining History Association, held in Queenstown Tasmania from October 4 - 10 2008.

Zephaniah Williams was a Chartist, and together with two of his compatriots was sentenced to execution for treason in 1839, commuted to transportation for life. Unlike other political prisoners transported to Van Diemen's Land, the Chartists were not treated as gentlemen prisoners but as the most recalcitrant and hardened criminals.

The Welsh Chartists travelled on the Mandarin in 1840 and Williams was sent immediately to a work gang on the Tasman Peninsular, from where he made several unsuccessful escape attempts. His convict record is in very poor physical condition, but other correspondence pertaining to his history records a period as superintendent of the coal mines in 1841.

Examination of William's record, combined with his entry in the Australian Dictionary of Biography, provides some information which may explain his presence and possibly his responsibilities at Plunkett Point. His occupation prior to transportation is recorded as mineral surveyor and coal merchant, as well as publican. Williams remained within the mining industry on the completion of his sentence. He is credited with opening several coalmines in Tasmania, including those at New Town, and some small mines on the North West coast.

If lack of technical skills was one problem of the Plunkett Point operation the other major, perhaps more significant problem, was transport. The Tasman Peninsular was serviced by water until well into the 20th century (it is approximately 42 nautical miles from Port Arthur to Hobart), whereas the original overland route was considerably further and more difficult. Little more than a bridle track in parts, it was not a practical way of transporting coal. Coal was taken by sea from Plunkett Point but loading ships was both inefficient and a significant security risk. Norfolk Bay is very shallow with a large rise and fall of the tide, unlike Port Arthur where massive land reclamation works made loading and unloading ships in deep water possible with less dependence on the tides. The coal mines solution was a long jetty.

Two jetties were actually built. Serviced by dual track rail lines, they ran out into Norfolk Bay and the dimensions of the larger one are as follows: it extended into the water for 360 yards and while 10 foot wide for most of its length, is 52 feet wide at the sea ward end: Thomas Lempriere records a water depth of 11 feet at low water and 15 feet at high water at the seaward end of this jetty, and he describes a rail system operated by convicts on which travelled carts laden with 196 lbs of coal.

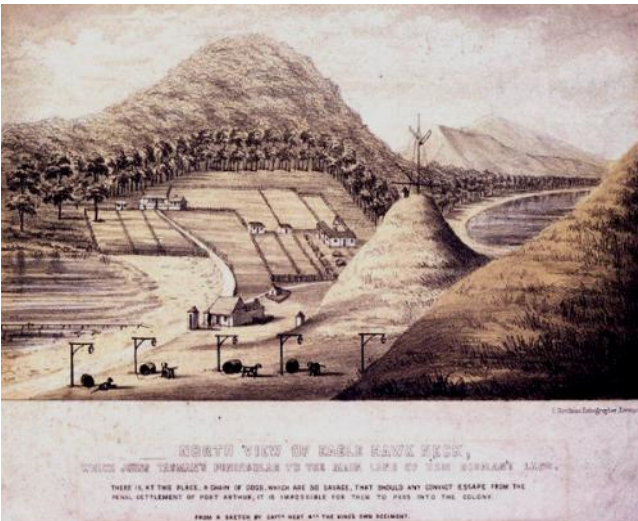
Security was ensured by a military presence at the coal mines, the dog line at Eaglehawk Neck, a maritime exclusion zone and the semaphore system. Each probation gang was jointly managed by convict overseers, men who acquired authority over their peers because of their own good conduct, and members of the military who tended to be, at best, ambivalent to their duties and their charges, and at worst actively hostile towards the convicts they were tasked with guarding.

Security, transport, and management are important features of a successful mining operation but it is equally important to consider the miners. Established as another level of punishment for Port Arthur, the Plunkett Point Mine was initially worked by men sent because of their conduct rather than their knowledge and skills. An examination of the records of the convicts in the area in the 1830s indicates that knowledge of anything under the broad classification of mechanical engineering was seen as a reason not to send a man to Plunkett Point. The short sighted and punitive nature of this sort of decision making was highlighted in Lhotsky's report, which draws attention to the operation's dependence on Lacey's skills.

During the probation period there appears to be a slight reversal of thinking, as the records reveal some men with skills potentially applicable to a mining operation being sent to the mines. However these men seemed to be in a minority at Plunkett Point, even when compared to their proportional representation in total convict numbers. It is clear that during the period of engagement at the coal mines men gained skills. When Lacey went to Recherché Bay he was accompanied by a group of men presumably selected because of their skills as well as their conduct records.



Zephaniah Williams





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Exhibition times: Tues - Sat (10-4), until 4 pm on 30 April 2016.
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Correspondence from the time indicates that 22 men expressed an interest in accompanying Lacey. Amongst those who nominated there is little in their records to indicate a background in mining or things mechanical, so it is reasonable to assume they learned their skills at Plunkett Point.

The coal mines story is multi layered and its interpretation complex. It is the story of an attempt to achieve some economic independence from New South Wales, the introduction of the probation system and of an administration with a focus on process rather than outcome. The period of government control is a litany of inefficiency, poor decisions and extreme punishment. Numerous reports into output and working conditions were ignored by both the local authorities and the British Government.

Having said that; the story of the Plunkett Point Coal Mine is also one of skill acquisition - the mine was clearly a stepping off point for the mining industry in the colony. Moreover, it is a story of human survival in the most difficult circumstances; ignorance, isolation, and misguided economic expediency.

The story of cheap pumps, short jetties, military protocols and unsuccessful escape attempts is a story of men and an alien environment.

Plunkett Point presents an opportunity to tell the story of the miners and their skills - regardless of the inefficiencies, the reality is that coal was mined and sent to Hobart.

That men dug shafts, built wharfs and produced a product for market is a statement about the knowledge of those convicts named previously, and of their ability to pass on that knowledge. Perhaps that is the real story of the enterprise when the engineering legacy is analysed.

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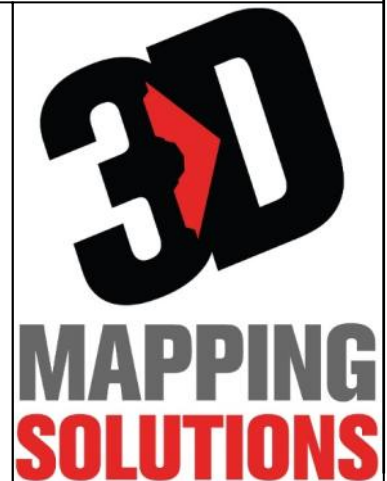
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Victorian-based rally team Matt Close and Cameron Reeve have claimed victory in the 25th Targa Tasmania in their Porsche GT3.

Close and Reeve went into the final day with a nine-minute lead on their nearest competitor, after defending champion Jason White withdrew when the engine of his Dodge Viper blew up yesterday. It should have been a straightforward victory, but Close said the team had to overcome a last-minute scare when their car hit the gravel on a bend near Tinderbox and nearly slid into a pole.

"As is often the case, when you haven't got the pressure or you're not plugged into competition or jousting, it's really easy to just drop the ball a bit," he said speaking after the race.

"We went into Tinderbox planning just to cruise and unfortunately we hit a bump. I didn't see until the last minute to be honest, and unfortunately the back of the car just bottomed out, and the next thing the back end's out and we're all over the place, pointing for the trees somewhere. It was a bit of a lucky save to be honest, and that sort of made us think well we better just get this home from here."

Michael Pritchard and Gary Maurant finished the Targa second in their Dodge Viper, and in third place were racing veterans and eight-time event winners, Jim Richards and Barry Oliver.

http://www.abc.net.au/news/2016-04-16/victorian-matt-close-takes-out-targa-tasmania-rally-for-2016/7332262?WT.ac=statenews_tas

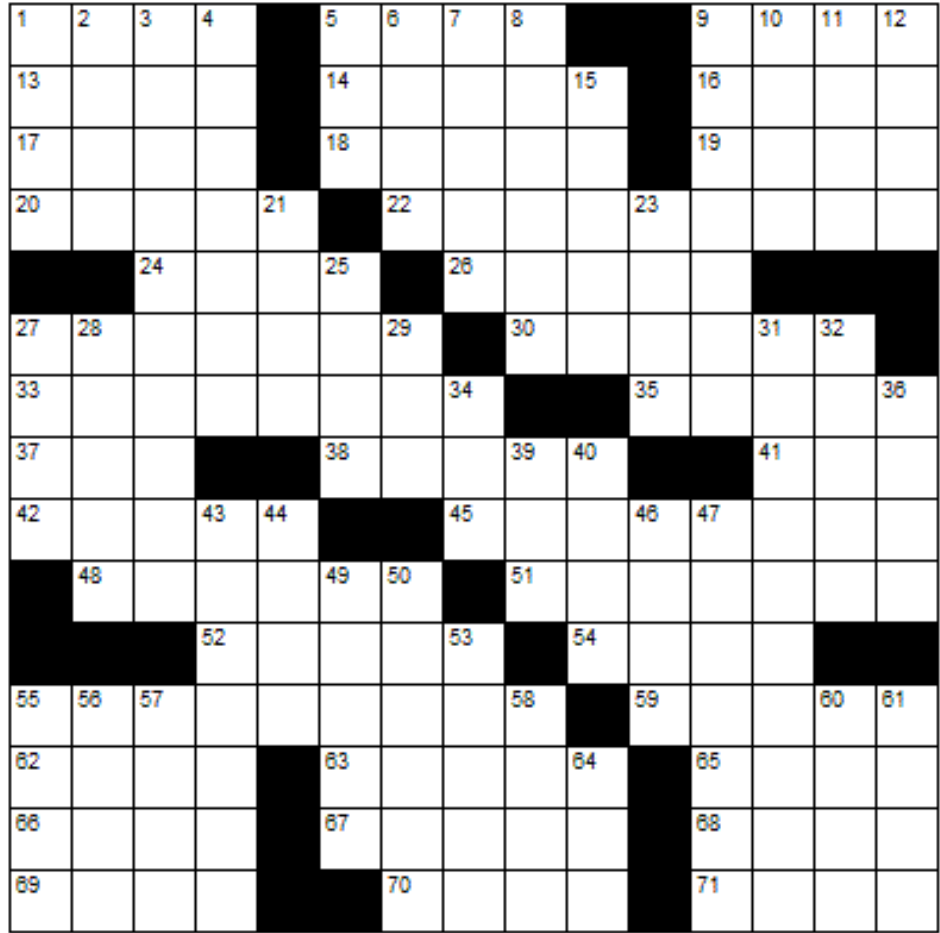


Photos by Glyn Johnson St Marys



ACROSS

- 1. Chills and fever
- 5. A rigid circular band
- 9. Twofold
- 13. Roman moon goddess
- 14. Operatic solos
- 16. Feudal worker
- 17. Terminates
- 18. Style
- 19. Of higher order
- 20. Sketches
- 22. Captained
- 24. Oceans
- 26. Travels on water
- 27. Whim
- 30. Hindquarters
- 33. Plentiful
- 35. Small finch
- 37. Mesh
- 38. Russian emperors
- 41. Genus of macaws
- 42. Streamlined
- 45. Sealed
- 48. Trim
- 51. City on San Francisco Bay



DOWN

- 1. Beers
- 2. Sludge
- 3. Unchallenged
- 4. Not western
- 5. Crone
- 6. Mining finds
- 7. Pig sounds
- 8. Outcast
- 9. Estate
- 10. End ____
- 11. Blind (poker)
- 12. Its symbol is Pb
- 15. Old photo color
- 21. Told
- 23. Add
- 25. Leave in a hurry
- 27. Tins
- 28. Poplar tree
- 29. N N N N
- 31. Geranium
- 32. Employed
- 34. Letter after sigma
- 36. Nil
- 39. Ribonucleic acid
- 40. Auctioned
- 43. Brainiac
- 44. Prefix meaning 1000
- 46. Twosome
- 47. Diplomatic building
- 49. Geeks
- 50. Merriment
- 53. A crime syndicate
- 55. Wicked
- 56. Connecting point
- 57. A ball of yarn
- 58. Take it easy
- 60. Colour of the sky
- 61. Bit of gossip
- 64. G

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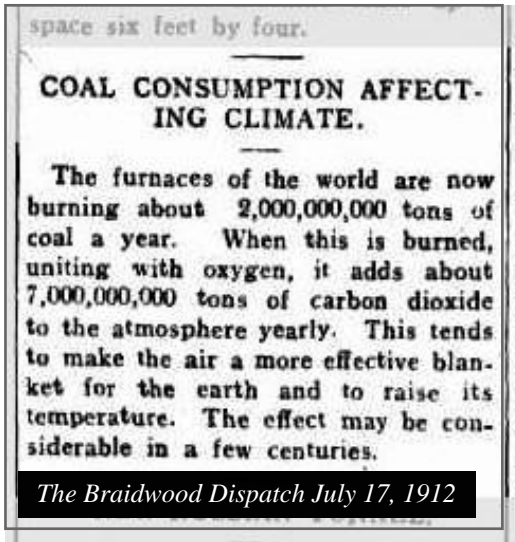
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 TZLSBEIIZIHUBHRVNWSBSBANSVHUZDGX
 BPTKHPJLMHSQHIDGXFAKLZJMEMVVCOE
 NNFOXPOCUCOMNUHTMWPDDNHPNZMQYBD
 IWURRAKWGUUVSUCTYJFUEOLFGSFCVIWU
 FGQAFVONJNSNVXJINLVWTGECQTELDFTZ
 LAZRVCUNUDQABVBABMRWCWBXXONNDIP
 TRFOQWXOECIPVZESYKSHBGGHRTYGHY

Question: My bath has two taps and a plug hole.
 The cold tap on its own fills the bath in 12 minutes, the hot one in 8 minutes.
 The plug hole can drain the bath in 24 minutes with the taps off.
 How long will the bath take to fill if I leave both taps on with the plug left out?

Answer: 6 minutes.
 In 24 hours, the cold tap could fill 120 baths, the hot tap could fill 180 baths and the plug could drain 60 baths.
 Therefore, in 24 hours, we have 120 + 180 - 60 baths full = 240 baths.
 Therefore each bath would take 6 minutes to fill.



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

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- ◆ Men's Health programs
- ◆ Counseling
- ◆ Building Blocks (children 0-5 yrs.)
- ◆ FriendSHIP Program
- ◆ Walking Group
- ◆ Exercise classes for all ages
- ◆ Strength and Conditioning Programs
- ◆ Get Active Groups
- ◆ Relaxation Workshops
- ◆ School Based Development Programs
- ◆ Information and Referrals
- ◆ Chronic Health Management Support

What's coming up?

Counseling Services

Please call Hub4Health for more details and booking enquiries. Counselors are suited to individual needs. No referrals necessary.

Hub4Health Active4Life Gym

Active4Life Gym is now opened as a part of St Marys Hub4Health. The Gym is located at the Exhibition Building, Harefield Road.

Activities to be run at the Gym include Men's Weight Loss, Fitness Classes, Exercise for Seniors, Children Playgroups, Relaxation Workshops and Health Promotion Activities.

Are you interested in Kalarippayat (also known as Kalari)? It is an Indian exercise and healing art form that evolved alongside Yoga and Ayurveda, and shares elements of both.

Please contact Hub4Health - 6376 2971 for information.

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Book Review

The Mount Elephant and Beyond Book Group met this month to discuss *The Shadow Year* by Hannah Richell. Richell was born in Kent, England but now lives in Australia. *The Shadow Year* is her second novel.

The Shadow Year is about love and betrayal, secrets and lies, and the shadow that the past can lay over the present. The novel is set in England and the chapters alternate between 1980 and the present, the connections between the story-lines gradually emerging as the novel progresses.

In 1980 events are told from Kat's point of view. She is one of a group of five university students whose lives are changed after a visit to an idyllic lake in Britain's Peak District prompts them to question their ambitions for the future: what is the point of settling for jobs that they don't want to fund a lifestyle that means nothing to them? Fired by an idealistic enthusiasm for self-sufficiency, the friends decide to move into the abandoned cottage beside the lake.

Thirty years later, Lila lives in London with her husband Tom and is grieving the loss of her premature baby. One day out of the blue she receives a letter from a solicitor and, more mysteriously, the key to a cottage in the Peak District. When she visits the cottage she finds it derelict but showing traces of the previous occupants. She has no idea who has sent her the key and is unaware of any connection to the cottage, but something about it seems vaguely familiar. The location and isolation appeal to her and she decides to renovate the cottage while Tom remains in London. This will give her a project, time to think about what matters to her, and perhaps remember the details of the fall that led to her miscarriage.

In 1980 the friends soon fall into a routine at the cottage. Simon, charismatic but a control freak and basically amoral, becomes the self-appointed leader. Kat is emotionally needy, perhaps because of her upbringing, and she has been infatuated with Simon for years. Inevitably Simon and Kat become lovers within weeks of moving into the cottage. Ben and Carla, an established couple, do most of the cooking and gardening. Mac, shy and thoughtful, goes foraging and often disappears for hours at a time. Kat does whatever else needs doing. The friends supplement the produce of the overgrown vegetable garden with trips to the local village shop but go to great pains to keep their existence at the cottage a secret; they are after all squatting.

The group dynamics are completely disrupted by the unexpected arrival of Kat's younger sister Freya. Tensions at the cottage rise as winter sets in and food becomes scarce.

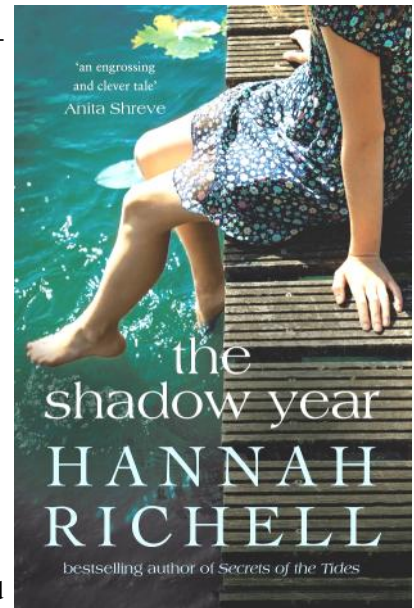
Relationships became even more fraught with the discovery of a pregnancy, and it becomes apparent that Simon is a self-centred bully. The commune inevitably breaks up but the events of those few months in 1980 continue to have repercussions decades later.

As the two narrative threads develop side by side, the reader begins to put two and two together and it seems as if the story is becoming predictable. However there are a few twists at the end that the reader doesn't see coming. The secrets and lies that have had such a devastating impact on so many lives are not totally resolved. Kat, for example, is intentionally or otherwise, responsible for two deaths. Her explanations are not totally convincing – is the person that she most deceives actually herself?

The Shadow Year is well constructed and competently written although the 1980's storyline is stronger than the one set in the present and the characterisation is a bit uneven. In particular, the characters of Ben and Carla are undeveloped: they are almost always seen only in the background and appear to be there to make up the numbers. Simon and Mac are stereotypical – Mac is the quiet one, the good guy, whilst Simon is the bounder, the bad guy.

However the story successfully maintains the reader's interest as the various mysteries unravel and the narrative is enhanced by evocative descriptions of the English countryside, reflecting Richell's own background. The book is enjoyable and easy to read.

Lindy Scripps, St Marys



The Say, by Cagerattler

It's not often these days we get to mention a sports success for our town. In recent years (apart from cricket) it's been only the local bowls team playing. Very recently that team did something no other previous team has ever done before, including a vastly successful golf pennant team ...THEY WON A STATE CHAMPIONSHIP!

Early this month St Marys took on the Southern Division 4 winners and the Northern Winners to claim their first ever STATE PENNANT. How cool is that?

To the players who made themselves available over a very long season, to the new team members who travelled long distances even to 'home' games, this success is an absolute credit to them and the club. One of the enduring things of our town is the St Marys Sports and Social Club - it's the only regular sports outlet other than cricket and tennis. It's also on the horizon in the next 12 to 18 months that our previously strong golf facilities will be focused on more and more, and if some new or previous members become involved it's looking great for the golf course and golf participation. This State Championship (they ain't easy to win) is testament to how determination can achieve a lot. Once again congratulations to you all.

Rod McGiveron, St Marys

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 three appointments you will be sent an account.

If you miss a fourth appointment you may be referred to another Medical Practice. Due to demand, doctor's appointments need to be booked at least **2 weeks in advance**. Waiting periods can apply.

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

Doctors Roster

Dr C. Latt

2/5/16—6/5/16

Dr K Nash-Rawnsley

22/4 & 3/5 2016

Dr E Lord

21/4 & 5/5 2016

Dr E Reeckman

12/4 & 13/4 2016

Dr Newton

21/4/16— 27/4/16

PUBLIC HOLIDAY

Monday 25 April— ANZAC DAY

Please see the after hours numbers for during this time. Normal doctor's surgery hours will resume on Tuesday 26/4/16

* See next page re Temporary Suspension of Services at Health Centre 28/4/16-1/5/16

St Marys Medical Practice reminder

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

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

The above are NOT covered by Medicare, and may incur cost. Please discuss this with reception when making your appointment.

If you have any concerns, please contact us and we will try and address them

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 pre-senting after hours 6387 5555

St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215
6387 5555

What's on at the Centre



April 21 **Psychologist** – Please see your GP for a referral.

April 25 Public Holiday- **ANZAC DAY**

April 26 **Max Employment** – 8:30am-5pm downstairs

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

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

April 27 **Day Centre**- call Hayley Gilbert on 6387 5555 for information on the group.

28 April – 1 May **Temporary Suspension of Services at Community Health Centre due to Switchboard upgrade.**

May 2 **Mindfulness Workshop** 10am-12 noon in the Day Room

Hospital Auxiliary Meeting 2pm in the Family Room.

May 3 **Max Employment**– 8:30am-5pm downstairs

May 4 **Social Worker**- Shan Williams
For appointments phone 6387 5555.

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

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

May 5 **Social Worker**- Shan Williams
For appointments phone 6387 5555

Psychologist– Please see your GP for a referral.

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

IMPORTANT COMMUNITY NOTICE CHANGES TO SERVICES

ST MARYS COMMUNITY HEALTH CENTRE TEMPORARY SUSPENSION OF SERVICES From Thursday April 28 – Sunday May 1

The St Marys Community Health Centre will be undergoing some electrical works to upgrade our switchboards.

Due to the upgrade we will be required to shut down ALL POWER sources to the Centre.

The St Marys Community Health Centre will be **CLOSED TO ALL SERVICES** from **5pm Wednesday April 27 until 9am Monday May 2, 2016** whilst this upgrade is completed.

Due to having **NO MEDICAL SERVICES** during this time all medical related calls can be directed through GP Assist 1300 780 011 or the Ambulance 1800 008 008 non emergency call or for an Emergency call 000.

Please ensure if you are accessing the Doctor's Surgery regularly that your scripts are current prior to the 28th April 2016.

We apologise for any inconvenience this may cause.

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

18th century shoes

Everyone loves stylish shoes and needless to say those lovers of fashion, the Georgians, were no exception.; they were very much about making a statement despite being somewhat hidden below those wonderful long gowns

The manufacture of shoes required great skill, no mass production existed in the Georgian Era, and each pair would have been crafted by hand.

A shoe maker 'if he be a good hand, sober and industrious will earn thirty shillings a week' that equates to about \$150 a week today.

For many shoe makers it was a relatively solitary life, working in their own workshop, for others they would have a large shop in which to exhibit their work.

The work involved in making a pair of shoes required the shoe maker to cut out a leather upper to a pattern. A small weight would then be placed on the skin to keep it from slipping; a hammer was then used to beat down any rough parts which lay on the inside of the shoe. Then, using a pair of pincers, the leather was stretched. The upper was then joined to the sole of the shoe, the parts were sewn together and waxed. He would then use an awl to make holes for laces to fit through if required. the best and strongest thread being that made from hemp.



Women were employed to bind shoes of all kinds and sew together those made of silk and satin. Women's shoes were highly ornate, often with curved heels and a strap to keep them in place. The streets of course weren't clean and paved as they are today so it was common for women to wear a 'clog' or 'patten' over her shoes in order to keep them clean, quite a good idea, if somewhat uncomfortable to walk in!

By the advent of the Regency Era women's shoes changed in style from heels to the equivalent of today's ballet pumps, much lighter in substance and fastened with ribbons. These shoes were unusual in so much as they were straight and

therefore there was no right or left shoe – would this have made them easier to wear?

With the advent of the Napoleonic Wars huge quantities of boots and shoes were required and this saw the advent of methods of mass production. Handcrafted boots and shoes continued to be manufactured, but obviously a premium price would have been paid for them, much as is the case today.

georgianera.wordpress.com/2015/12/15/18th-century-shoes/



Shoes worn by the doyenne of fashion, Marie Antoinette, which sold at auction in 2012 for \$65,600 AUD on the anniversary of the French queen's execution.



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Hotel, Vienna: In case of fire, do your utmost to alarm the hotel porter.

At a Budapest zoo: Please do not feed the animals. if you have any suitable food, give it to the guard on duty.

Hotel lobby, Bucharest: The lift is being fixed for the next day. during that time we regret that you will be unbearable.

Church Services

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 Anglican Parish

6372 1144 St Helens
 9.30am 5th Sunday Combined Service with Uniting
 Church 9.30am
 St Marys 10am
 facebook.com/anglicanbod

Break O'Day Uniting Church

The Manse 6376 2405
 St Helens 9am
 Fingal 11.15am

Catholic Parish 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 11am
 Tuesday JAM 3-5pm (except school holidays)

Meals on Wheels

April 21	Sonya Allison
22	Drew Adam
25	Karl Balzer
26	Lundy Vosper
27	Louise Keady
28	Valmai Spencer
29	Drew Adam
May 2	Lundy Vosper
3	Karl Balzer
4	Valmai Spencer



Tip locations and opening hours

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

RAE & PARTNERS

LAWYERS

of 113 Cimitiere Street Launceston

VISITING EVERY SECOND TUESDAY
 St Marys Community Health Centre 9.00am-10.00am
 St Helens old Post Office building 11.00am-1.00pm

Please call to make an appointment

6337 5555



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



Weddings Dedication of children Funerals

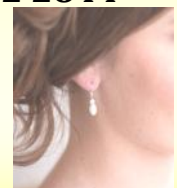
Envoy Mel Norton 0409 838 816



Main Street St Marys 7215 Ph 6372 2844

Kodak copies from 45¢

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



Pharmacist instore Monday - Friday



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 April 20 - 26</i>		<i>Butchery specials April 27 - May 3</i>	
	<i>p/kg</i>		<i>p/kg</i>
Inghams Bagged Whole Chicken	3.99	Rump Steak	15.99
Nichols Chicken Kiev Burger	9.99	Casserole Steak	13.99
Corned Silverside	8.99	Smoked Bacon Bones or Hocks	7.99
Lamb BBQ Chops	12.99	Nichols 6 Legged Chicken	4.55
Gerello Roast	12.99	Nichols Chicken Maryland	4.55
<i>Two week specials April 20 - May 3</i>			
Juicy Isle Pop Tops 6pk	3.69	Campbells Canned Condensed Soup 410-420g	1.69
Pedigree Meaty Bites 3kg	8.99	Palmolive Shampoo or Conditioner 350ml	3.49
Cadbury Share Packs 168-200g	3.69	Cadbury Drinking Chocolate 225g	2.49
Bundaberg White Sugar 2kg	2.99	Sunrice Ready Meals 350g	3.99
Nestles Milo 750g	9.99	San Remo Pasta Range 500g	2.49
CSR Raw Sugar 2kg	2.99	Continental Pasta Range Value Pack 145-170g	2.49
Kelloggs Sultana Bran 420g	3.99	Kelloggs Fruit Loops 285g	3.99
Multix Alfoil 30cmx10m	1.49	Talon Rat & Mice Killer 150g	4.99
Kraft Cheese Blocks 1kg	7.99	Kraft Dips 185g	1.99
Pampas Puff Pastry 1.6kg	4.99	Bulla Classic Ice Cream 2L	5.99

**The Valley and East Coast Voice Inc.
is available at:**

Avoca Post Office	Mathinna Post Office
Coachouse Restaurant	Mouth Cafe, Scamander
St Marys	Scamander Supermarket
Hilly's IGA St Helens	St Marys IGA
Hilly's IGA St Marys	St Marys Newsagency
Holder Bros, Fingal	



An eagle catching a drone



*Incorporating
St Helens Transport &
Coles Bay Carrier*

Launceston 6339 4900
St Helens 6376 1143
Fax 6339 2900
suncoastexp@netspace.net.au

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