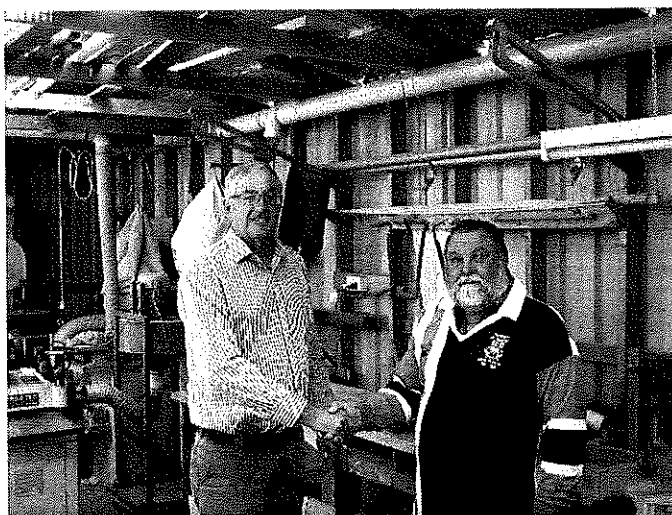




# The Valley and East Coast Voice Inc. \$1

Est. 1968 Vol. 46 No. 19 February 27th 2014

The deadline for Vol. 46 No. 20 is 5pm March 10th 2014



*Rene Hidding MP and Reon Johns, President of the Woodcraft Guild*

## **Libs commit \$2500 for the St Marys Men's Shed**

Recently, the St Marys Men's Shed was hit by a break in, resulting in the loss of \$5000 worth of tools and equipment. To make matters worse, insurance cover has left a gap of \$2500 making it impossible to replace what was taken.

To help the Men's Shed get on with what they do best, a majority Liberal Government will provide the Shed with \$2500 to bridge that gap.

In addition, a majority Liberal Government will invest substantially in Men's Sheds around the state because we know just how much they are valued and how much they benefit communities.

We will provide an additional \$555,000 to Tasmanian Men's Sheds, as part of our long term Plan for Tasmania.

The extra funding will help Sheds purchase tools and

heaters, meet growing operating costs such as electricity and insurance, and ensure a coordinated approach to the administration of Sheds across the State.

An evaluation of the benefits of Men's Sheds by Beyond Blue last year found clear health benefits associated with Men's Sheds and awareness of mental health issues like depression and anxiety is improved through Shed membership.

We are proud to support the St Marys Men's Shed because it supports the St Marys community.

Our commitment will be funded by the almost \$500m in savings already identified.

## **Return Thanks**

Valda and John McDonald wish to thank the many wonderful friends and relatives who came to the Sports Centre to help celebrate not only their birthdays, but also their upcoming diamond wedding anniversary. On the day of John's birthday the 'little' family gathering turned into a wonderful celebration, with his seven brothers and sisters all present, with Valda's two remaining brothers also present. Glenn and Leanne did a great job organising it all and it was a very well kept secret. Thanks to Grant for the lovely Ford Galaxy he drove us in; to Diesel for his wonderful cooking; to the kitchen ladies and the people who brought the lovely flowers; to Tony Gee, Murray Pyke, Andrea Round and Glenn for their kind words of praise. Thank you for the presents (there weren't supposed to be any) and beautiful cards. Seeing 80 people gather just to wish us well, from near and far, was just overwhelming and we'll always remember the day as something so very special. Thank you everyone, it was wonderful, and Kellie - the cake was delicious. Thank you Leanne.

Valda and John

**Have you visited the Valley Voice site yet?**  
**If you would like your group or business promoted, call us for details**

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## Wanted

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Good **whipper snipper** for around \$30. 6372 2584

**House cleaning** work wanted by experienced, honest and reliable lady with references. \$16 per hour. 6372 2584

**Odd jobs wanted** - gardening, painting, cleaning etc. \$10 per hour. 0437 148 845

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## Letters to the Editor

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Dear Editor,

The Tasmanian Opposition Leader Will Hodgman recently went to Canberra to discuss the NBN roll out with Federal Communications Minister, Malcolm Turnbull. Mr Hodgman's visit was in response to the Tasmanian electorate's backlash to completing the project with copper wire rather than optic fibre.

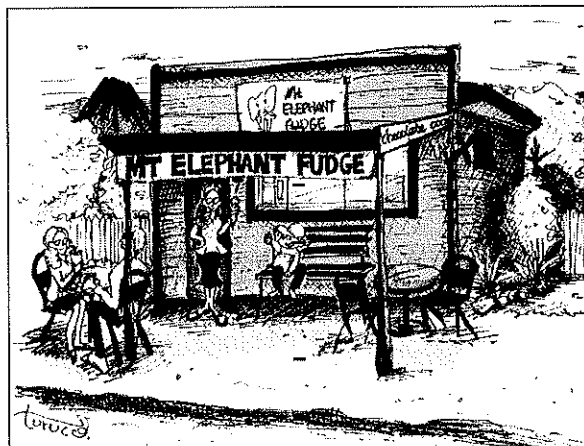
Tasmanians must be left wondering why Mr. Hodgman didn't consider picking up the phone rather than getting on a junket flight to the Federal Capital at tax payers expense.

And if Mr. Hodgman believed the existing copper wire telecommunication network wasn't able to cope with a simple telephone call, what hope has it got of dealing with an ever-increasing global internet.

Obviously Mr. Hodgman is a chip off the old "mouth from the south" block.

Cycling Sandi [the baby boomer biker who used to be a hitchhiker]

John Sandilands, St Marys



**MT ELEPHANT FUDGE**  
Wed, Thurs, Fri, Sat 10-5pm  
Sun 10-3pm Ph 6372 2787

**I am back!!!**

Thanks everyone for your patience!  
Trading hours should now be more  
regular with the odd closure here & there!

Hoping to see you all soon ☺ ☺ ☺



## Out Of The Woodwork

Wendy Brennan Secretary 637 22094  
[www.breakodaywoodcraftguild.weebly.co](http://www.breakodaywoodcraftguild.weebly.co)

Firstly, we cannot say often enough how humbled we are by the community's response with their kindness regarding our recent theft. All members express their sincere **Thank You**.

As there appears to be many newcomers to the Break O'Day I would like to reiterate what our Club can offer to any new residents. We are a non-judgemental apolitical incorporated organisation which is open to men and women who may be experiencing difficulties integrating into a new community. Our joining fee is \$20 per year which helps cover insurance costs.

We ask that all new comers complete an induction course for health and safety reasons. Our doors open at 10am and close usually at about 4pm depending on the availability of our volunteer members.

We do work for the elderly or infirmed at a cost recovery basis only or for free. We believe in helping other struggling community groups by way of donating prizes or with monies raised. We have a presence at the Tasmanian Regional Arts Market which is held on the first Saturday of the month at the St Marys Town Hall via our sausage sizzle.

We hold monthly meetings at the club house to enable all members to partake in any of the decision making or general housekeeping. If you feel that you would like to find out more please feel free to come down and share a cuppa with us. We are situated in the old railway goods shed St Marys. We are open every day except Friday and Sunday depending on volunteers. A cup of coffee will cost you 50¢. We charge \$2.50 per day to use the equipment or \$6 for the week this contributes towards ongoing maintenance costs.

We have an Open Day Fair once a year which assists our fund raising, this year to be held on the 5<sup>th</sup> April. We sponsor the **St Marys Annual Car Show** which is held on Faulkner's Green on the 1<sup>st</sup> June.

The St Marys Memorial Services Association which organises ANZAC Day services is a sub-group of the Break O'Day Woodcraft Guild.

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## Miscellaneous

**Room for rent** in remote, isolated bush property. Limited power available, would suit a quiet, mature single person (personal references required). 20 minutes from St Helens. For details call 0438 762 834

## The Say...By Cagerattler

This is not Schapelle Corby persecution, this is about the power of the media and this coverage is a good example of how much power mainstream media has.



A couple of weeks ago, once again, like with so many other "big news stories" the TV, radio and print media spent huge chunks of time and money inundating us with this story. If Corby had been convicted in Australia, not a foreign country, we probably wouldn't have heard too much about it and it may well have been consigned to an indiscriminate little spot on page 7 or something.

However, and ONLY because it would increase sales and in turn advertising, the story was made into a big deal, not least during the trial...and the carry-on with the sentencing... and so on.

Sound familiar?

Remember the Lindy Chamberlain trial by media in the early 1980s, until she was finally acquitted many years later? Countless magazines jumped on the sensationalism of the case, as did several TV shows, film and mainstream news.

Anyone who thinks 'the public needs to know' dictates the nature/veracity of popular media content is quite frankly naïve in the extreme. Time after time this goes on.

At election time media portrays politicians as they want to or need to (as the case may be)...and sometimes it's more important to depict how they say things and not so much what they actually say. Who cares what dress or pantsuit Julia Gillard wore, but the bloody media made her appearance seem important for some reason or other.

Back to the Corby case. Over the past nine years, regular media leaking of her depression and other personal matters has occurred, to keep the case simmering in the back of our minds; fanning the flame would keep it alive for the parole which would undoubtedly happen.

In Australia Schapelle would not have been considered newsworthy. The elements of the case (Indonesia, alleged corrupt authorities, an aussie in strife overseas and other contributing factors) enhanced with the power of the media and its need of financial success, made a criminal (convicted by an international court) some sort of hero or cult figure.

Whether she did or did not commit the crime is almost incidental. Our perceptions can be manipulated by media, and rather than just reporting the actual facts they think they need to embellish...and probably make a mini series, TV special, cover magazine articles etc. It's reprehensible and readers/viewers are treated to superficial/incorrect content rather than information, valid opinion and real news.

Personally I'd love to ask a media CEO 'if the Corby case had happened here, would you have given a toss?'

What do you think? Rod McGiveron

## Tasmanian researchers rewrite evolutionary history

Australian scientists have stumbled across a missing link, connecting the evolution of life to elements like gold and silver.

Researchers in Tasmania were investigating the impact of historic oxygen levels on the formation of ore deposits.

In doing so, they have helped explain why evolution was stalled 1.8 billion years ago, a time known as the 'boring billion'.

A team at the University of Tasmania has published research which challenges the scientific belief that the Earth's oxygen levels plateaued about two billion years ago, stalling the development of life for a billion years. The researchers found oxygen levels actually decreased and almost ended life on Earth.

The team used laser mapping to look at the way ore deposits are formed on the sea floor. By measuring oxygen levels in trace elements such as gold and silver, Professor Ross Large, says the researchers have re-written the history before and leading up to the explosion of life on earth.

"The trace elements vary significantly and tell you how oxygen varies," he said. "Now the reason for that is the increase in oxygen leads to rapid erosion on the continental surface and that the leads to these trace elements then moving down into the rivers and into the ocean."

The research is published in the journal *Earth and Planetary Science Letters*. The team at the University of Tasmania will expand its study to include biologists, chemists and oceanographers in the hope of unlocking more secrets about the evolutionary process

<http://www.abc.net.au/news/2014-02-19/tasmanian-researchers-rewrite-evolutionary-history/5270914?section=tas>

### Aware

*Happiness is a reference point, a relative state of mind to which we compare other emotions. Being happy is one of our ultimate goals. How we get there or if we get there often depends on how we live and how we treat other people.*

*When we were children, many of our needs were taken care of by others. Now, it is more often we who must create our own happiness. We are no longer children dependant on others for our dreams and joys.*

*We are adults, free to make our happiness in any form or shape we wish.*

*Christopher Hurd, Cornwall*



**On this day in 1964** - The government of Italy asks for help to keep the Leaning Tower of Pisa from toppling over.



## Lions Club of St Marys Inc. Christmas Party 2013

Another great day on Faulkner's Green for all the community members who made the time to relax and enjoy a good day prior to Christmas Day.

As everyone is aware, this is a free party to all who attend, proudly sponsored by the Lions Club of St Marys Inc., with Mark Carrick supplying the icy poles and ice creams, thank you Mark. The Jumping Castle and Ball Pit (always favourites with the children) had a line-up most of the afternoon.

Santa was a big hit with the children again this year, arriving on Barry Nelson's motorbike along with his little helper Elf Zara. Thanks Barry, for your assistance. Once again Santa made time in his busy schedule to speak with the children and take last-minute orders before he rushed back to the North Pole, ready for his flight around the world on Christmas Eve.

Kirk McGiveron and Trudy Barnes of 'Gypsy Rose' donated their time to entertain us during the afternoon with their great music and prowess on the microphone. Thank you both, you were very much appreciated by the members of the public and the Lions Club again this year.

Then the Christmas Parade, said to be one of the 'best ever' and enjoyed by all.

- ◆ 1st Prize for the floats went to Craig Cox
- ◆ 2nd Prize went to Mark Owens
- ◆ 3rd Prize went to the Surf Life Saving Club

After the Parade the free age groups gifts were drawn which saw many happy faces when opening the parcels, courtesy of the Lions Club once again. Then the big draw, the Lions Club Christmas Stocking, which was won this year by Ayla Clark.

After the draw it was back to Lion Brian Forsyth, with customers lined up for more hamburgers and sausages for their dinner. I think Brian and Margaret were glad to get home that night, after such a successful afternoon.

The Lions Club of St Marys Inc. wish to thanks the members of the community who assisted on the day; to those who helped with the decorated bikes and the Christmas Parade; to Paul, Jamie and Ricky for gathering pine trees and arranging them around town. With our members a little thin on the ground, and heaven forbid aging a little (or a lot), without the assistance from you, the people of St Marys, this Christmas Eve Party would not have happened.

And finally a special Thank You to Jeff and Margaret Faulkner for allowing us to once again use their land for this worthwhile event.

Ruth McGiveron, Lions Club of St Marys



## St Marys backs Claude the Lawnmower man!

In a single day the small township of St Marys has backed Claude the Lawnmower man, and through him Bravehearts program for abused children, to the tune of over \$660.

Staying in accommodation donated by Mariton House Bed & Breakfast, Claude pushed his trusty lawnmower around the streets of St Marys meeting the locals and telling the story of children and their families affected by sexual assault. "I want to make a difference to children who have been assaulted" said Claude "I knew of two little girls who had been assaulted and they were too frightened to speak out

– we can make a difference".

Claude was impressed by St Marys. "I was welcomed with opened arms, everyone was friendly and for a small town in Tasmania over \$660 of donations in a single day is fantastic". The local IGA Supermarket was the largest single donor, giving \$50.00 early in the day but other retailers and many individuals also gave freely and cuppas and cakes helped Claude keep going through the day.

Claude was also very impressed with a new acquaintance – Basil the sheep and his lawnmower, a fixture at Mariton House B&B on Irishtown Road where Claude stayed.

"I've never met a sheep that pushes a lawnmower before" said Claude.

Claude continues on down the St Marys Pass to Scamander, St Helens and then further over the next few weeks finishing up in Hobart at the end of March. If you see him stop and have a yarn and make a donation; he deserves all the support you can give.



Article and pictures by Diana Foster

# FURNITURE HOUSE

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FVNH IS FUNDED BY THE DEPARTMENT OF HEALTH AND HUMAN SERVICES

## OP SHOP TRIP

The Fingal Valley Neighbourhood House Inc. is organising another Op Shop Trip to Launceston in the FVNH Community Bus



DATE: THURSDAY 6th MARCH, 2014

Cost : \$15.00 per person

We will be visiting many Op Shops in the Launceston area and we will be having a nice, affordable lunch at Yummy, Yummy in York Street

Come along and have a great day out!



We will be leaving Fingal Valley Neighbourhood House at 8.30am

Cost : \$15.00 per person

If you are interested in going on this trip please contact the Fingal Valley Neighbourhood House on 6374 2344

**MUST HAVE FULL BUS**

FVNH IS FUNDED BY DEPARTMENT OF HEALTH AND HUMAN SERVICES

Fingal Valley Neighbourhood House Inc. has organised a bus trip to

## LONGFORD

Thursday 27th March, 2014



Visit a great nursery. Will take FVNH trailer if anyone wants to buy plants also visiting Hardware Store.



Morning Tea at Longford Bakery

After Morning Tea browse through the Antique Shops.



Blenheim Inn Hotel for lunch

Tour of Brickendon Estate including tour of Village and Garden cost of \$10 per person.

The Fingal Valley Neighbourhood House Commuter Bus Will leave Fingal at 8.30am.

Bus Fare: \$15 per person.

If you are interested contact the Fingal Valley Neighbourhood House on 63742344

Advertisement

## Re-elect Rene!

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- Strong, consistent representation
- Experience in government



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9 Gordon Street, Sorell

Tas 7172

Ph: 6265 6600

Email: rene.hidding@parliament.tas.gov.au

Tasmanian  
**Liberals**

Authorised by the Electoral Commission, 2014



## Exciting Times for Break O'Day - Labor Party

### Announcements

24 February 2014

Labor Member for Lyons and Minister for Human Services Rebecca White MP today announced further commitments by the Labor Party to the future of the Break O'Day area, ahead of the upcoming State election.

The first announcement detailed Labor's commitment to health services on the East Coast and the future of the



St Helens District Hospital. The Labor Party has committed \$11.5m to the replacement of the St Helens District Hospital, with the project to be delivered in the first term of a re-elected Labor

Government. Mayor Sarah Schmerl said "the hospital with its ongoing inundation problems during heavy rain, its lack of space and generally outdated nature is seen by the community as being essential to be relocated and upgraded to service the residents of the region. It is very pleasing to see that the Government acknowledge this and are working with Council to utilise an excellent block of land recently purchased by Council and it is the community's expectation that works begin as soon as possible. Medical services for an ageing population are vital, which is why Council took the pre-emptive move to secure the block of land in Annie Street for this purpose".

The second announcement outlined road safety upgrades for one of St Helens' busiest intersections; the junction of Tasman Highway and St Helens Point Road will be upgraded with a commitment of \$1m from the Government to fund north and south bound slip lanes, with further upgrades to the area to be funded by Council. "This has long been an identified hot spot. This funding announcement will allow Council to not only install slip lanes to assist with traffic flow but also Council will be using some of its own funds to upgrade the car parking and playground to create a safer family environment as well as a pleasing-to-the-eye first view of St Helens," Mayor Schmerl said.

These announcements come in addition to announcements already made regarding upgrades to the local road network and the replacement of St Helens wharf.

Under Labor's plan to fund \$110m of road maintenance projects over five years if re-elected, projects in the Break O'Day area include:

- ♦ \$10m for the Esk Main Road between Avoca and Fingal
- ♦ \$3m for St Marys Pass
- ♦ \$10m for bridge replacements on the Esk Main Road and Tasman Highway

The \$2.5m to replace the St Helens wharf was announced in January, and work on the wharf is expected to begin as early as May 2014.

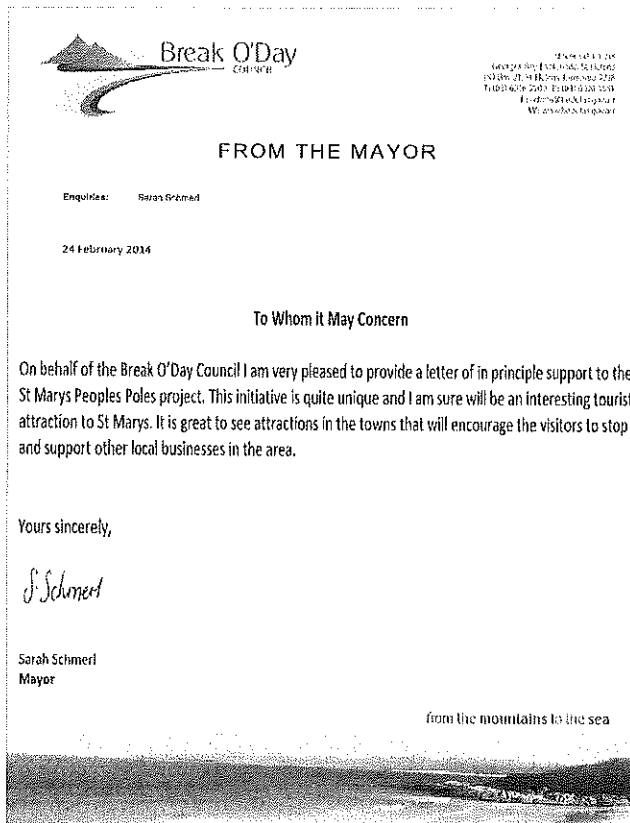
All up, these projects represent a positive and proactive vision for the future of Break O'Day. Council wishes to thank the Labor Party for making these commitments, and the local member, Rebecca White MP, for all her work in representing the community.



The next Council meeting will be held on **Monday 17 March, 2014 at 10am** in the Council Chambers, Georges Bay Esplanade, St Helens. Minutes from Council meetings are available online.



**National Penny Farthing Championship at Evandale.** Former local Ryan Sullivan who swapped Evandale for Nashville, Tennessee several years ago returned to claim the championship for a second time.



## Bay of Fires Viewing Platform

The newly constructed Bay of Fires Viewing Platform at Binalong Bay has been installed and is now open for all to enjoy the spectacular view. The platform is located at Boat



Harbour Point, is wheelchair accessible and can be reached from the existing car park.

## Ransley's Appliance Service

POB 136

Scamander Tasmania 7215

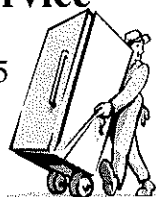
Washing machine **noisy**?

Refrigerator runs **too long**?

Clothes dryer blows **cold air**?

Then you need the service of our technicians.

**6372 5307 / 0428 761 811**



## St Marys Salvation Army

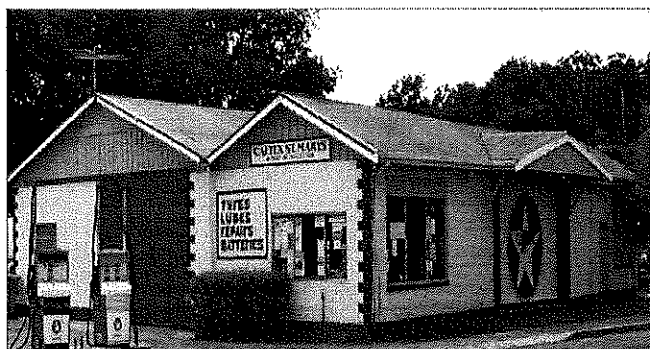
is pleased to offer the following services:

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See the artisans at work turning clay, felt,  
glass and silver into gifts for every age.

OPEN 7 days a week 10~4 until  
sometime after Easter.

Heather and Steve Lye  
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**0409 174 287**



## DIABETES TASMANIA POLLIE PEDAL 17 February 2014

Diabetes Tasmania's PolliePedal 2014 broke a fundraising record raising over \$50,000 for Tasmanians living with diabetes, with online donations still coming in. This brings the total raised since 2006 to over \$440,000, said Guy Barnett, State Liberal candidate for Lyons and Diabetes Australia Ambassador.

"Day one of this year's ride started at Grindelwald, travelling north along the Tamar River, to the Beaconsfield Mine Museum and Glengarry, the Hagley Farm School, Westbury Community Health Centre, and Deloraine. Day two saw riders visit Trowunna Wildlife Park, the Chudleigh Show, through the Meander Valley to stay at the Hadsden Caravan Park. The final loop on day

three was through Cressy, Longford, Evandale and concluding at Relbia. Penny Farthing cycling training was a feature at Evandale. Every day another seven Tasmanians are diagnosed with diabetes, which is not surprising when you consider it is currently Australia's fastest growing chronic disease. With this in mind it's very important that we continue to provide support and services, which can help delay or prevent diabetes complications, increase life expectancy and reduce medical expenses.

"Thank you for all generous donations, our sponsors and especially everyone on the route that supported the 23 cycling participants.

"The Tasmanian Pollie Pedal started in 2006 and we have big plans for our tenth year," Mr Barnett concluded.

28th of January 2014

Dear House of Assembly member,

### RE: TAMAR VALLEY WINE BUSINESSES' CONCERN OVER REVIVED PULP MILL

We are writing to you to register our collective concern regarding the potential negative effect of re-invigorating the Tamar Valley Pulp Mill project on our businesses and the Tasmanian wine industry in general.

In recent years Labor, Liberal and the Greens have lauded the wine industry as one of the pillars of the Tasmanian economy. All have agreed that the potential contribution of our industry to investment and jobs is extremely promising. On the back of this bi-partisan support for our industry and a growing interest nationally and internationally for our wine, a majority of wine businesses in the Tamar Valley have made very significant financial investments in growing our respective businesses. Investments in land, infrastructure, vineyard area, plant and equipment and marketing have all been made with future growth in mind.

A little known fact is that every year almost 50% of all Tasmanian winegrape production is from the Tamar Valley alone. In addition, our industry employs more people every year. We are certain that we have been pulling our weight for Tasmania by growing tourism numbers, finding new export markets, paying taxes, buying local goods and services and generally contributing positively to the Tasmanian economy.

For these reasons we find it to be an unconscionable kick in the guts for both sides of politics to revive the pulp mill project as a live issue. Leaving aside the environmental concerns we may have we feel the revived Pulp Mill project will:

- ☐ erode the hard fought value of our wine brands which have all been built leveraging off the clean, green, sustainable value proposition that the Tasmanian wine industry represents
- ☐ erode the value of Brand Tasmania and thus have a seriously negative impact on the willingness of tourists to visit the Tamar Valley, visit our cellar doors or buy our wines
- ☐ erode the value of our significant financial investments already made, including capital expenditure and real-estate value.
- ☐ diminish our ability to further grow our businesses and therefore our capacities to be future employers

We would like to state that as a group we are not anti-forestry nor anti-mill. However, given the nature of our concerns in terms of the potential effects on our businesses as we strive to build a vibrant industry based on tourism and exports, we are very much against any pulp mill in any form, anytime in our Tamar Valley.

We urge you to reconsider your positions on the "enabling" legislation before both Houses for the reasons outlined above.

Yours Sincerely

**Chartley Estate, Rowella. Delamere Vineyards, Pipers River. Sinapius, Pipers River. Grey Sands, Glengarry. Holm Oak Vineyards, Rowella. Humbug Reach, Legana. Loira Vines, Loira. Marions Vineyard, Deviot. Moores Hill Estate, Sidmouth. Three Wishes Vineyard, Hillwood. Waterton Hall, Rowella. Winterbrook, Loira.**

*For all enquiries/comments please contact Julian Allport. Moores Hill Estate. 0425212977. [julian@moreshill.com.au](mailto:julian@moreshill.com.au).*





## Exciting Opportunity for Break O'Day by transbod

At our last steering group meeting I raised the possibility of Transition Break O'Day being involved in an exciting opportunity to secure some funding for projects in our area that are closely related to our mission of "bringing people together to build stronger communities and a sustainable future". I have booked a room at the St Helens Neighbourhood House, 25 Circassian Street, for 11am Monday 24th February. Please come along and learn what it is about and give your ideas/views.

There are three other organisations involved with us on this proposal, namely St Helens Neighbourhood House, BAPTCare Gateway & Break O'Day Council.

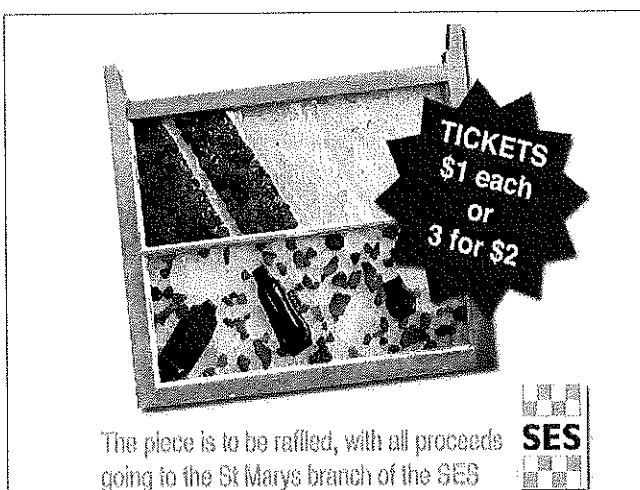
I recently received a briefing on the requirements for applying for the grants and would like to talk to other Transitioners about their ideas.

The funding is based on what are known as the Social Determinants of Health. The areas that I think fit well with Transition are:

- Access to fresh, nutritious and affordable food
- Focusing on health through prevention and early intervention
- Being included in community life
- Reliable and affordable transport
- Affordable and appropriate housing
- Caring for the environment
- Being able to read and write, and opportunities for lifelong learning
- Freedom from discrimination

You can find out more here:

*TasCOSS and the Australian Health Promotion Association have prepared 10 fact sheets on the Social Determinants of Health: [introduction to the fact sheets](#) / [Food](#) / [Aboriginality](#) / [Education & Literacy](#) / [Gender](#) / [Health & Social Services systems](#) / [Housing](#) / [Poverty](#) / [Social exclusion](#) / [Transport](#) / [Work](#). Here is a 4.8mb [combined set of fact sheets](#).*



### *Community Conversations*

*This piece of glass art was created by Heather Lye, using recycled material. The glass was collected from around the Fingal Valley by local fossickers who searched former house sites, informal dumps, old mine workings and river banks. The colour palette symbolises the changing colours of the valley...the grey of winter mists, the blues and greens of sky and paddock and of course, the brown of the bush during a hot dry summer. The intact bottles are things discarded and then recycled and the tumbled glass is a material example of the power of water to destroy, and its pivotal role in creation.*

### YOU KNOW YOU ARE LIVING IN 2014 when:

1. You accidentally enter your PIN on the microwave
2. You haven't played solitaire with real cards in years
3. You have a list of 15 phone numbers to reach your family of three
4. You e-mail the person who works at the desk next to you
5. Your reason for not staying in touch with friends and family is that they don't have e-mail addresses
6. You pull up in your own driveway and use your cell phone to see if anyone is home to help you carry in the groceries
7. Every commercial on television has a web-site at the bottom of the screen
8. Leaving the house without your cell phone, which you didn't even have the first 20 or 30 (or 60) years of your life, is now a cause for panic and you turn around to go and get it
10. You get up in the morning and go online before getting your coffee
11. You start tilting your head sideways to smile : )
12. You're reading this and nodding and laughing
13. Even worse, you know exactly to whom you are going to forward this message...
14. You are too busy to notice there was no #9 on this list
15. You actually scrolled back up to check that there wasn't a #9 on this list

: ) : ) : ) : ) : ) : ) : ) : ) : ) : ) : ) : ) : )

**We are updating the Arts/Crafts/Hobbies Guide. If you have a group you would like included please contact Rod McGiveron on 6372 2215 to pass on your details.**

### Transmogrified continued...

'Oh, and bring back some decent coffee, this instant stuff is swill.'

'Hang on a minute' said Elizabeth. 'I'm not your servant to order around. And why are you in such a hurry to leave? I thought that, after the last hour or so, maybe we...'

Prince Mikhail laughed. 'Maybe we what? A little Australian office girl whose ancestors were convicts or sheep farmers? You jest! Now run along and do what I told you.'

Elizabeth would have shaken with rage but she managed to contain herself.

'Since you insist on leaving,' she said, 'the least I can do is kiss you goodbye.' Smiling sweetly, she walked up to Prince Mikhail and kissed him passionately on the lips.

'Ribbit,' said the Prince.

**March flies** (Tabanids) have two large prominent eyes and are much larger and robust than stable flies; they have a shorter life than stable flies and an adult lives only 3-4 weeks. Although they are a major pest of livestock, several species will bite people. It is only the females that seek blood meals; the males feed on nectar and plant juices. Female tabanids are armed with two large blade-like mouthparts, used to pierce and slash skin. This inflicts a painful wound and produces a large puncture site that will continue to ooze blood long after the mouthparts are extracted. Tabanids are pests throughout summer and are a continual nuisance at outdoor activities, particularly near water.



Biting flies can produce an array of symptoms including pain, itching, urticaria and cellulitis. An allergic response is the most common, which may be characterised by hives, and in some cases wheezing. Tabanid bites are very painful, with some individuals developing severe lesions, fever and general disability. Local symptoms can be relieved with an application of antiseptic lotion or cream and in some cases a mild oral antihistamine is prescribed. Prolonged scratching of bites may lead to secondary infections. Hypersensitivity to biting flies is rarely seen in human population.

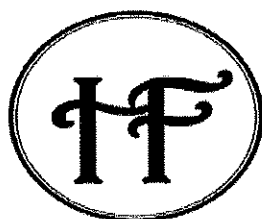
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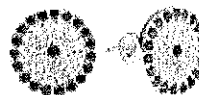
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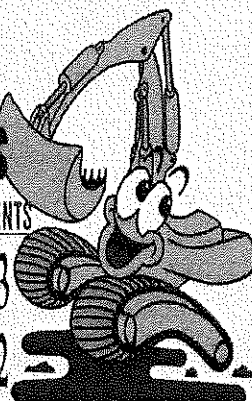
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**The next AMIC Market is Saturday 15th March 2014  
at Boucher Park unless it's raining, then it will be in the Hall.  
Contact Steve 6384 2188 .**

**Every Dirt Road!**

**Fingal Valley Heritage Project**

An Exhibition of George Keri's photographs can be viewed at the Avoca Museum & Information Centre from Saturday 8th March to Sunday 30th March 2014. This is an interactive Exhibition in which you are invited to revisit memories, fill in the details, add names and places and tell stories about your memories of those places. Opening hours Fri 1-3pm, Sat + Sun 11-3pm. Contact: Mary 6385 2002 or Prue 6384 2119



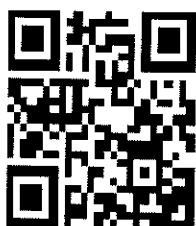
**Trip Advisor:** My favourite place is Nan & Pop's farm, in the middle of thousands of trees and surrounded on two sides by the mountain cliffs of Ben Lomond, because they have lots of animals like deer, sheep and goats which we get to feed after we have our breakfast. I love to feed the deer, the sheep and the goats. When I look out the window I see the sheep and the deer just waking up. Last time we were there (Christmas) there were baby deer and newborn lambs. When I wake up I hear the sheep talking and running. I mostly like to go there when it is in summer because there is fruit. I like Nan's apples which she cuts into spirals and dries out. This place makes me feel like I am in the middle of nowhere (Adventure spirit). My favourite food is deer (venison), carrots (picked from garden), strawberries (picked from plants) and parsley. I like to go in the trailer attached to the four wheel drive which Poppy is driving, sitting on the quad bike that Poppy is driving and helping Nanny pick the plants. I like to be with Nanny and Poppy because they are the best grandparents I have got. El-Anna, Samuel and I enjoy chasing each other around Nanny's garden paths. When we drive to the Farm it takes about two hours to drive, but it could take fifteen more minutes because the drive to Nanny's farm is really bumpy and rocky. When we get half way, at Avoca, we stop for a drink when it's really hot. We don't travel there in winter, because some times it floods, freezes and even snows, and the roads get mushy. This place makes me feel happy, excited and adventurous. By Cannon

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**CREATE A FAMILY TREE**

In June 2013 AMIC held a Family History Workshop. This follow-up activity is asking each family to 'Create a Family Tree'.

Families that have this information, or some information, are asked if they would mind sharing this with AMIC so that information is available to those who make contact with AMIC when researching their family histories, which happens regularly. Those families who don't have the information, just start with your own family (names and birth date and place) then add parents and/or children, grandparents (names, date and place of birth, and death if appropriate), getting as much information from relatives as possible. AMIC is developing a Family Tree format to make this easier, but you need to start gathering the information. Please contact Mary 6385 2002 or Frank 6384 2119 if you need help.

Recently a Mr Densley from Western Australia made contact requesting information and giving what he knew about his ancestors. AMIC was able to provide a great deal of information thanks to the generosity of Mr Stirrup. Mr Densley visited Avoca and was able to see the old cottage where his ancestors lived and was very appreciative.

# TIM



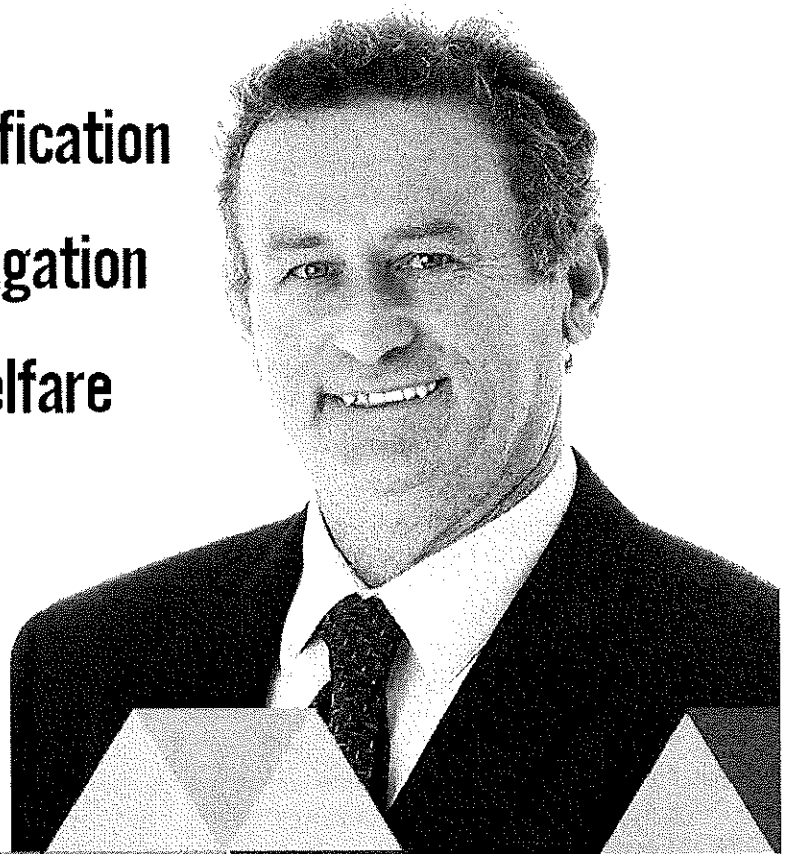
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Authorised by Tim Morris MP, Parliament House, Hobart



## Book Review

Summer reading for the Mount Elephant and Beyond Book Group included *The Broken Shore* by Peter Temple.

Peter Temple is a much-awarded South African-born crime writer who now lives in Australia. His popular Jack Irish novels have been dramatised for television and a telemovie based on *The Broken Shore* was shown recently on ABC1.

*The Broken Shore* is a crime novel but the story is less about the crime and more about the central character, Joe Cashin. It is also about corruption, racism, guilt, suicide, and child abuse. Cashin is a police detective and when we meet him at the beginning of the novel he has recently returned to work after suffering major injuries in the course of a surveillance operation. He suffers mental as well as physical scars from the incident that also resulted in the death of a junior colleague.

The main thread of narrative begins with the bashing death of Charles Burgoyne, a prominent and apparently respected member of the local community. At first it appears that the crime is a simple robbery gone wrong – Burgoyne's valuable watch is missing and some young Aboriginal men are suspected of trying to pawn it in Sydney. The background to the crime and its implications are gradually teased out of a many-layered story.

Senior Detective Rick Hopgood of the Cromarty police is put in charge of the investigation and soon shows his true colours. Hopgood sidelines Cashin when an attempt is made to capture the murder suspects. A roadblock ends in violence, the death of two of the suspects and the capture of a third. Hopgood's willingness to blame the Aboriginal boys for the bashing and robbery of Burgoyne goes beyond racism. As the novel unfolds we discover that he is also corrupt. There seems to be two police forces – the likes of Hopgood on one side and those with integrity like Cashin and Inspector Villani on the other.

It is not a simple case of black and white however. In some ways Cashin mirrors the old fashioned community policeman, exercising discretion and preferring to keep some matters off the record - and he is not above taking the law into his own hands. He deals informally with Dave Rebb's trespass and ends up offering him a job. And he counsels his cousin's daughter when she seems to be becoming involved with drugs. But racism is something he cannot tolerate and he assaults a shopkeeper who suggests that the deaths of the young Aboriginal suspects should be applauded.

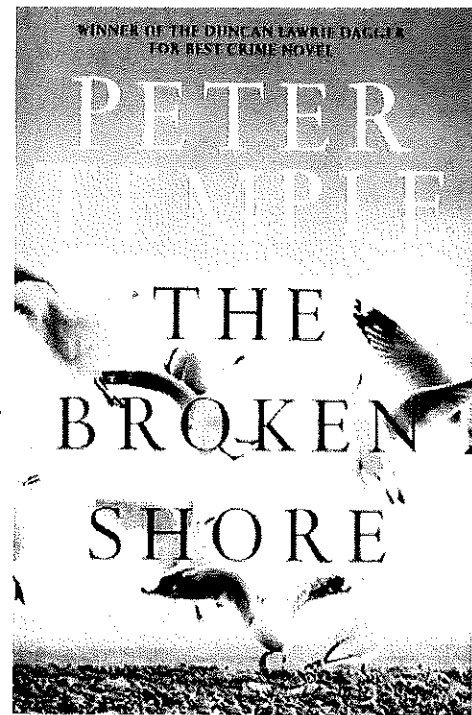
Cashin continues to pursue his inquiries into the murder, unwilling to accept the officially accepted version of events. Close to the Burgoyne house are the burnt-out remains of a former holiday camp for disadvantaged boys run by a group called the Moral Companions. Cashin soon discovers a link between Burgoyne and the Moral Companions and the deeper he digs the more disturbing become the facts. Although the reader can guess where it is all leading, the true horror of the situation only becomes clear in the final pages.

Cashin is a well-rounded character - he has a life beyond his role as a detective. It is almost a cliché of modern crime fiction for the detective to have a softer or more cultured side. Cashin enjoys listening to opera – it helps him deal with the pain of his injuries - 'notes that floated like the perfume of women you'd lusted after. Most of all he liked the silences, the gaps between what had been and what was to come'. There is also romantic interest in the form of Helen Castlemaine, who moves next door to the old family property that he is renovating.

Cashin's family background helps to explain something of the man he has become. Through his mother, Sybil, he has relatives in the disadvantaged Aboriginal community of the Darg. Perhaps because of this link, Sybil has no time for the police and is disappointed that Cashin became a police officer. She tells him that she always thought he would be the bright one and he replies dryly, 'I am the bright one ... You're confusing me with the rich one'. The rich one is his brother Michael, financially successful but depressed and later driven to attempt suicide following the death of his gay lover. Joe and Michael's father committed suicide when they were children but Joe discovers this only now. Both Mr Cashin senior and one of the Aboriginal suspects in the Bourgoyne case threw themselves into the sea at the Kettle, a feature of the coastline known as the Broken Shore. The shore isn't the only thing that is broken.

The strength of the characterisation is not the only quality that sets *The Broken Shore* apart from other crime novels. It is very well constructed and well written; Peter Temple obviously has a good ear for the spoken word; the dialogue is authentic and makes the characters believable. The quality of the writing and use of language provided a stark contrast to the book group's other summer reading. It is highly recommended.

Lindy Scripps



# Festival

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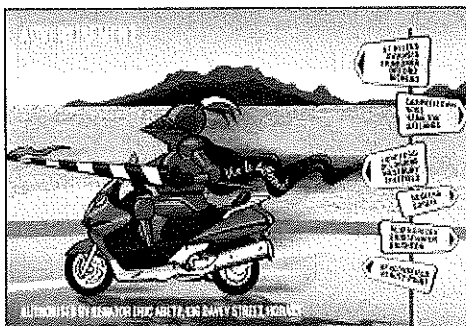
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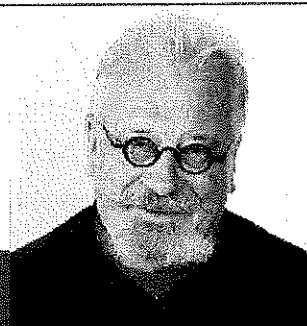


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## VICTORIA CROSS AWARD MAKES 14/100 FROM TASMANIA

Tuesday 18 February 2014

14 Tasmanians out of 100 Australians have now received the Victoria Cross said Lyons Liberal candidate Guy Barnett today, following the awarding of a posthumous Victoria Cross to Burnie-born soldier Corporal Cameron Baird by the Governor-General.

"It highlights the incredible valour Tasmanians have demonstrated in many theatres of war. Tasmania punches above its weight when it comes to bravery in wartime. 14% of all Australia's Victoria Cross recipients come from Tasmania but we only have 2.5% of the Australian population. This is an amazing contribution in which all Tasmanians can be proud.

"Harry Murray VC of Evandale is Australia's most highly decorated soldier and a statue of him was unveiled by the then Governor-General in February 2006.

"The first two Australian born soldiers to receive the Victoria Cross were Lieutenant Guy Wylly and Trooper John Bisdee both of Tasmania. The stories of Tasmania's Victoria Cross heroes are told in my book *Our Heroes-Tasmania's Victoria Cross Recipients*, produced with the support of the Tasmanian RSL, now in its third edition.

"Tasmanians to receive the Victoria Cross, and the locations of their memorials are as follows:

Sergeant Percy Statton – Zeehan Primary School  
 Lieutenant Alfred Gaby – Scottsdale Primary School  
 Sergeant Stanley McDougall – Dover RSL Sub Branch  
 Sergeant Lewis McGee – Ross Cenotaph  
 Sergeant John Dwyer – Alonnah, Bruny Island  
 Lt Col Harry Murray – Evandale  
 Trooper John Bisdee – The Hutchins School  
 Lieutenant Guy Wylly – The Hutchins School  
 Captain Percy Cherry – Huonville Primary School  
 Sergeant John Whittle – Cygnet Primary School  
 Corporal Walter Brown – New Norfolk Primary School  
 Lance Corporal Sidney Gordon – Hobart Anglesea Barracks Memorial Garden  
 Captain James Newland - Hobart Anglesea Barracks Memorial Garden



"I encourage all Tasmanians to visit these memorials to show their respect for the service and sacrifice of these brave soldiers."

Mr Barnett has also been an active campaigner for the awarding of a posthumous VC to Latrobe World War Two hero Teddy Sheean.

*Our Heroes - Tasmania's Victoria Cross recipients' book is available for free from the Longford RSL, Wellington Street Longford, upon request to Guy Barnett or downloaded from [www.guybarnett.com.au](http://www.guybarnett.com.au)*

Further information available from GUY BARNETT on 0428 622 333

*Church Ladies With Typewriters. For those of you who have children and don't know it, we have a nursery downstairs.*

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## First P.M.G. worker in the east of Tasmania

I would like to introduce myself. My name is Dot French (nee Cooper). I was born in St Marys and this is the story of the first P.M.G. officer to work in the area. This area covered from St Marys to Goshen in the northeast and to Gatehouse Marsh, almost to Buckland in the south east and to Rossarden and Avoca to the west. Yes, he was my Dad, Ernest George Cooper, who transferred from Sandy Bay line yard in June 1924.

At the time my parents had three children and lived in a caravan on the block at 33 Main St, St Marys until the house that is there now was completed. Our rental included the property to the river and round to the rear of Brown's Garage. This we kept clear of broom, gorse, thistles etc., and it was known as Cooper's Paddock. School friends of all ages met there afternoons and weekends for footy, cricket, hide and seek or any other sporting game. However there was a curfew of 9pm every night. I vividly remember in cricket, over the fence, over the road or in the river was 6 and out. Eventually the house was bought from Mr Legge, became our home and was lovingly named "Bridge Cottage".

My Dad's working transport was a small horse called Laddy and a cart to convey poles. Trips to Lisdillon or Swansea would take up to five days, depending on the work involved. To correct a fault at Gatehouse Marsh it could take up to 14 days. To erect a pole he would dig the hole and then offer a passerby a token amount of money to help stand the pole in the hole to secure it. At that period in time 8 hour days were worth 8 shillings (80 cents).

It was a work of art connecting phone lines as far away as St Helens, Bicheno and Swansea. A fault at Goshen was only one or two days absent from home if it didn't involve complications. Many of the goose necked insulators were connected (screwed) to sturdy trees to hasten the time and work. These were evident on the Elephant or St Marys passes as he was able to walk the valleys away from the roads to shorten the distance so the wires could be connected. Until the last major bushfire just a few years ago, evidence of these insulators were still visible from the road on St Marys pass.



*Kathleen Cooper receiving her Order of The British Empire from Her Majesty, Queen Elizabeth II, at Government House Hobart on the 27.04.88.*

Telephones in those days consisted of a large wall phone, mainly wooden, with a funnel to speak into and an earpiece to hold and a box at floor height. They were cumbersome to lug about and once on the wall were not shifted. After neat lighter phones were introduced our original wooden phone was handed back to the P.M.G. for posterity.

Many years after being in St Marys, work transport was upgraded to a motor bike and side car. The poles were strapped to the side car and travelling became much faster. Eventually a little red truck arrived and my Dad was so proud of it. No wonder he was not too pleased when travelling past Killymoon a calf jumped off a bank and landed on it. We heard about this for weeks.

The first phone connected at St Helens was done by my Dad. It was at Dick Treloggen's and became St Helens 1. After working as a telephonist myself at St Marys many years later, if my memory serves me correctly, St Marys 1 was Cornwall Coal and St Marys 2 was the Hospital. His helpers in later times were Otto Smith, Jimmy Turner, (who was technically trained) Guy Hayes and Colin Targett. (Guy Hayes later took on the role of line personnel). It must have been a great help to have divisions who were trained specifically in their own fields of expertise. Dad was replaced on retirement by Ernie Barker.

On his retirement he made 2 caravans. One was bought by the Fingal Council and the other one became his workshop. It was out the front of our house and the writing on the side read "Touring Workshop", Boots, Shoes, Harness Repairs. C.O.D. Dad travelled to Fingal as I remember. He would hand sew soles to boots or shoes, and for racing personnel would make complete harnesses or saddles. I remember Mr Bert Woods from Fingal as a regular customer. Both Dad and Mum were kept busy making miner's caps for the underground miners. They were stitched canvas that covered the head like a cap and had a leather peak sewn to the front to hold the carbide lamps. These were supplied to Jubilee and Cornwall Coal employees.

After working for the Postmaster General (P.M.G. later to be changed to Telecom and now Telstra) for twenty odd years, it is not amazing for me to understand how grateful people must have been to receive some communications in their own homes. Especially in isolated areas where some of the first P.M.G. workers must have found it rather traumatic, by our standards, to supply equipment.

Not many years ago I personally wrote to the Break O'Day Council and suggested the park where the library is in the Main Street next to our home be named Cooper's Park. Sadly my letter was never replied to. I thought this would have been a great tribute to an early hardworking linesman, an original ANZAC and a foundation member of many of the clubs in St Marys. My mother Kathleen was awarded the Order of The British Empire for her tireless charity work over 65 years in the area. I hope this has been of some interest to readers, and for the older folks, great memories.

Dot French



*Ernest & Kathleen Cooper.*



*Ernest Cooper, surrounded by a group of girls from Victoria, who were cycling around Tasmania.*



### Tasmanian Lost Pet Register

<https://www.facebook.com/Tasmanianlostpets>

**MISSING DOG - DUNALLEY  
IT IS ONE YEAR TODAY**

This is Lucan; he went missing from Dunalley this time last year! Last seen heading to Conellys Marsh. He would be 3yrs old now! He is a black and tan Rottweiler who was entire when he went missing and was microchipped! He is very friendly and well trained! He is very missed and we would like him home asap! Please if anyone knows his whereabouts Call Amy on 0437169782 or Josh on 0438147540

**!!!REWARD IF FOUND!!!!**

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### Shrove Tuesday Celebration

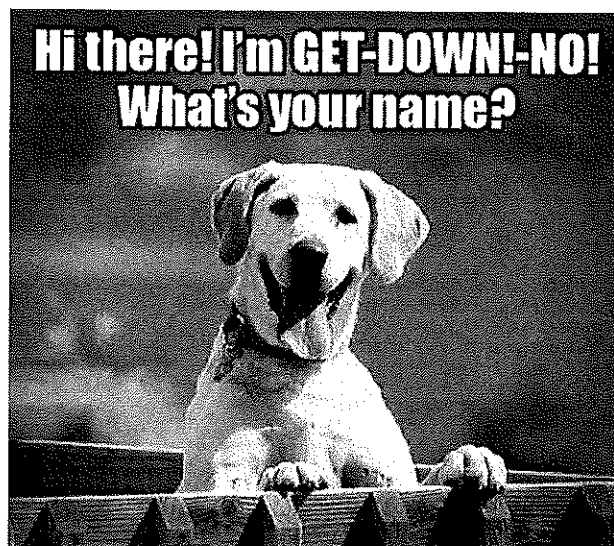
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### Rainfall at St Marys by Reon Johns

Dec 2nd	0.6
Dec 3rd	0.4
Dec 6th	4.4
Dec 7th	3.4
Dec 19th	Trace - overcast
Dec 29th	0.6



Jan 4th	0.4
Jan 5th	3.8
Jan 10th	2.0
Jan 21st	10.5
Jan 22nd	14.8
Jan 24th	Trace - Fog
Jan 27th	0.4



## The Valley & East Coast Voice Inc. Guidelines

Opinions in any letters published are not necessarily those of the Editor or voluntary workers. Our pages remain open to fair & honest criticism so that on all questions both sides may be presented, but any submissions containing personal attacks or hinting at libel or slander will not be accepted.

Please do not attack the editor, the paper or the authors of previous articles.

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 & 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 & East Coast Voice Inc. reserves the right at all times, without notice, to update, change or amend our guidelines. Whilst we value & welcome community input, the Valley & East Coast Voice Inc. does not provide specific feedback regarding any decision made not to publish a submission.

## Community Diary 27/2/14 ~13/3/14

Thursday 27th	Valley Voice #19
Friday 28	
Saturday 1st	Avoca Markets St Marys Markets Fingal Valley Festival New moon 7pm
Sunday 2nd	Anglican Community Outreach Dinner Volunteers' Lunch at Sports Centre
Monday 3rd	
Tuesday 4th	Shrove Tuesday Celebration, Anglican Church Hall St Marys
Wednesday 5th	
Thursday 6th	MOW meeting St Marys CHC
Friday 7th	IWD bus trip to Ross
Saturday 8th	Beaumarus Park Swap Market International Women's Day
Sunday 9th	
Monday 10th	5pm deadline for next Valley Voice 8 hour day
Tuesday 11h	
Wednesday 12th	
Thursday 13th	Valley Voice #20

## Tip locations and opening hours

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

## Emergency services

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**Carers for Wildlife St Marys 6372 2973~0417 017 105**  
**Crimestoppers 1800 333 000**  
**Poisons Information 131126**  
**POLICE Emergency 000 & Enq 131444**  
**SES Emergency 132500**  
**TFS Emergency 000 & Enq 1800 000 699**

## Church Services

<b>Catholic Parish of St Marys</b> Sr. Lorraine Groves 6372 2252 / 0409 172 741	<b>Anglican Parish of Northern Midlands</b> Avoca 11am 2nd Sunday Fingal 2pm 2nd Sunday Mathinna 2.30pm 4th Sunday Ross 10am 5th Sunday Campbell Town 9am
1st Sunday MASS St Helens Vigil 6pm Bicheno 9am Fingal 11.30am	<b>St Marys Salvation Army</b> Sunday Joy 12.30pm This is a bring-and-share lunch followed by a great time of friendship and fellowship. You are very welcome to join us and share our JOY! 0409 838 816
2nd Sunday LITURGY St Helens Vigil 6pm St Marys 9am Bicheno 9am Fingal 9.30am	Tuesday JAM 3~5pm every Tuesday except school holidays. Envoy Melanie Norton 6372 2099
3rd Sunday MASS St Helens Vigil 6pm St Marys 9am Bicheno LWC 9am	<b>Break O'Day Anglican Parish</b> 6376 1144 St Helens 9.30am St Marys 10am St Helens 10.30am Pyengana 7.30pm every 4th Sunday 3 <sup>rd</sup> Saturday of each month Community Dinner @ St Marys
4th Sunday LITURGY St Helens Vigil 6pm St Marys 9am Bicheno 9am Fingal 9.30am	
5th Sunday MASS St Helens Vigil 6pm St Marys 11am Bicheno 9am	
<b>Break O'Day Uniting Church</b> The Manse 6376 2405 St Helens 9am Fingal 11.15 am	

## SPORT NEWS

### St Marys Cricket Club

#### *Match Report 9/2/14 St.Mary vs Scamander at Scamander*

This match was played in the worst conditions I've seen in cricket. The players faced off in hot strong winds and the Tigers batted first. Once again Craig Freiboth top scored with 29 - with 28 off 1 over, that was something to see. Bowled out for 81, we were looking down the barrel and Scamander made the runs easily in the 12th over. Roger Salter 2/17 and Gary Cooper 2/18 were our best bowlers.

#### *Match Report 16/2/14 St Marys vs St Helens at St Marys*

In the last rostered game for the year St Helens won the toss and batted first. From 20 overs the Tigers kept them to 7/108. Best bowlers for St Marys were Jye Baldwin 2/17 and Craig Freiboth 2/18. In reply the Tigers could only manage 7/91. Craig Freiboth, 39, was our best batsman.

#### *Match Report 23/2/14 St Marys vs St Helens at St Helens (Semi-Final)*

After scraping into the finals the Tigers won the toss and sent St Helens in to bat. After 20 overs St Helens made 165. Our best bowler was Bradley Mitchell 2/18. The match was anyone's at the 10-over mark but our batsman lost their way, to be bowled out for 91. Craig Freiboth top scored with 43, outstanding once again.

**Club Note** So this season has come to an end and what a year it has been! I would like to thank our sponsors; C&D Excavations, St Marys Hotel and Caltex St Marys for all their support. The players, thanks for your effort to the club. We can only improve which will make us stronger. Also thank you to all the people who have come along to games and supported the new look St Marys Tigers. A big thank you.

Chris Turner, Coach

(The photos for Pink Stumps Day were taken by Janet Drummond.)

### St Marys Sports and Social Club

Thursday 5.30-7.30 Friday 5.30-close. Happy Hour 6.30-7.30.  
Sunday 1.30-4.30

**Bowls News** St Marys played two games over the weekend, with a loss to St Helens and a convincing win against Bicheno. Next week we have an away game against Swansea and the following week is at home against Scamander.

#### **Upcoming events**

**Sunday March 2<sup>nd</sup> Lunch Time** To all volunteers, you know who you are! To show how much we appreciate you helping us out in whatever capacity we invite you to join us for lunch and a game of golf or bowls. Hot Lamb or Chicken Rolls with Coleslaw, no charge. Drinks will be at happy hour prices.

**Sunday March 9<sup>th</sup> Reverse course golf** All good fun, details at the club rooms.

**Sat 5<sup>th</sup> April Trivia Night** Start thinking about your teams, this promises to be a great night, details to come. You don't need to be Einstein to participate.

**Sun May 11<sup>th</sup> MOTHER'S DAY LUNCH** Beautiful pancakes, lucky prizes. You are sure to need to book for this one.

**Christmas in July, date to be announced.**

Don't forget, members, lucky draw and Jag The Joker are still happening Friday evenings. The jackpot is now over \$400...you must be there to win either prize.

Annette Wines, Secretary

### Vol 46 No 18 puzzle solutions.

E	L	A	T	E	S	P	A	N	P	A	D	S
C	O	M	I	C	T	U	B	E	E	B	R	O
R	A	I	N	S	I	S	L	E	R	E	A	D
U	N	A	T	T	A	C	H	E	D	M	A	M
T	H	E	I	S	M	O	C	E	A	N		
H	O	R	N	Y	I	S	O	S	C	E	L	E
U	P	O	N	T	O	I	L	S	N	U	D	E
D	E	S	O	L	A	T	E	D	O	C	T	E
V	I	C	A	R		G	R	E	E	N	S	
T	R	A	I	T		R	E	B				
S	W	A	T		I	N	T	I	M	I	D	A
L	I	I		C	O	O	L		T	O	N	E
A	L	S	O		A	N	T	E		A	M	O
G	L	E	N		L	E	E	S		L	E	N

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

All Words: low, lowe, lower, lowlier, lwei, ow, owe, owl, pew, pillow, plew, plow, plower, pow, power, prow, prowl, row, rowel, we, weir, well, wile, will, willer, willow, willower, WILL-POWER, wipe, wiper, wire, wo, woe, wore, wow.

*"The only reason some people get lost in thought is because it's unfamiliar territory." Paul Fix*

# ST MARYS COMMUNITY HEALTH CENTRE

## DOCTORS ROSTER

**Dr Cyril Latt**  
27/2/14-14/3/14

**Dr K. Rawnsley**  
27/2, 4/3, 6/3, 11/3, 13/3 2014

**Dr L. Reeckman**  
12/3/14- 14/3/14

**PUBLIC HOLIDAY**  
Monday 10th March

Normal GP Clinic hours will resume on  
Tuesday 11 March 2014.

For appointments phone: 6372 2111  
Please see After Hours Numbers  
for during this time

## SCRIPTS AND DOCTORS APPOINTMENTS

Please ensure doctors appointments are booked  
**PRIOR** to your medication/s running out or **IN  
ADVANCE** if you are attending this practice regularly.

**PLEASE BE PATIENT** waiting periods can apply to see  
the doctor. Scripts are unable to be done over the  
weekends, ensure you have enough medications in  
advance.

### PHONE SCRIPTS

Please be aware scripts are no longer  
able to be done over the phone.



## INR TESTS

A doctor's appointment is required if you are having an INR test.  
Please let reception staff know when making your appointment  
that you are having an INR test. This requires a 5 minute doctor  
consult.

## IMPORTANT INFORMATION TO PATIENTS

Please be aware that Dr Latt's Surgery is currently fully  
booked for appointments 1 week in advance as of  
27/2/14

If you are unable to get a doctor's appointment at the  
time of ringing and you feel you need more urgent  
medical attention *please inform the reception staff*  
who will put you through to the Nurse on duty.

Daily Doctor appointments are not always available but  
if the need arises we can prioritise.

If in doubt- Call an Ambulance 000  
Thank you for your cooperation

## St Marys Community Health Centre

### GP Surgery Hours:

Monday-Friday

8:50am-10:00am

10:00am-10:30am- Reception Closed

10:30am- 12:30pm

12:30pm-1:30pm- Lunch Reception Closed

1:30pm-2:45pm

2:45pm-3:15pm- Reception Closed

3:15pm- 4:30pm

For appointments please ring Reception during opening times.  
Appointments will not be taken at other times.

## AFTER HOURS CONTACT NUMBERS

Please phone  
GP ASSIST ON- 1300 780 011  
AMBULANCE 1800 008 008 or  
EMERGENCY 000

ST MARYS COMMUNITY HEALTH CENTRE  
6372 2111

Please RING before presenting after hours

Lifeline 131 114

*Saving Lives, Crisis Support and Suicide Prevention*

## HOSPITAL AUXILIARY

The St Marys Hospital Auxiliary has  
continued to support the Centre with  
recent purchases of 2 couches for the  
reception area, refurbishment of our  
video conferencing room and the purchase of an ECG  
machine. We would like to take this opportunity to  
thank them once again for their tireless efforts towards  
the continual development of the St Marys Community  
Health Centre.

## PATHOLOGY SERVICE

No Pathology Service between  
12:00-1:30pm or before 8:30am daily

If you require Pathology before 8:30am an appointment  
must be made with the Nurses Station the day/night  
before by phoning 6372 2111

## WOMEN'S HEALTH CLINIC

Regular Women's Health Clinic's are held with Dr Libby  
Reeckman at the St Marys Health  
Centre. For appointments ring 6372  
2111. Waiting lists can apply.

Next session: March 2014



# ST MARYS COMMUNITY HEALTH CENTRE

## WHAT'S ON AT THE CENTRE

- 27 Feb Social Worker-- Shan Williams. Please phone 6372 2111 for appointments.
- Healthy House-- Amanda Beams. Free Health Check and Nutritional Consultation. Every 2nd Thursday 10:00am- 3:00pm. To make an appointment please phone 6376 5242
- 28 Feb Social Worker-- Shan Williams. Please phone 6372 2111 for appointments.
- TML Diabetic Educator, Physiologist and Dietician. Appointments available by referral from you GP.
- 3 March Mental Health Clinician/ Case Manager-- Faye Thordardottir. For appointments please phone 1800 332 388
- Physiotherapist-- Naomi Ide. Please see your GP or Health Professional for a referral to the service.
- TML Psychologist-- Sam McCarthy. Please see your GP for a referral.
- 4 March Mental Health Clinician/ Case Manager-- Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- Physiotherapist-- Naomi Ide. Please see your GP or Health Professional for a referral to the service.
- Tom Bain, Rae & Partners Lawyers. At the Community Health Centre Tuesday fortnights. For appointments please phone 6337 5555
- Child Health Session with Mary Mumford every Tuesday-- Appointments only. Please phone 0428 136 381
- Hospital Auxiliary Meeting 2:00pm in the Family Room
- 5 March Day Centre-- For details on the group please contact Hayley Gilbert 6372 2111
- TAZREACH-- Antenatal Clinic with Katie. For appointments please see your GP.
- Social Worker-- Shan Williams. Please phone 6372 2111 for appointments
- Podiatry North- For appointments please phone 6336 5155
- 6 March Social Worker-- Shan Williams. Please phone 6372 2111 for appointments.
- Relationships Australia-- Leanne McMurtie for appointments please phone 1300 364 277

## WHAT'S ON AT THE CENTRE Continued...

- 7 March Social Worker-- Shan Williams. Please phone 6372 2111 for appointments
- 10 March PUBLIC HOLIDAY Normal GP Clinic hours will resume on 11 March 2014.
- 11 March Mental Health Clinician/ Case Manager-- Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- Physiotherapist-- Naomi Ide. Please see your GP or Health Professional for a referral to the service.
- Child Health Session with Mary Mumford every Tuesday-- Appointments only. Please phone 0428 136 381
- Continence Nurse. For appointment please see your GP or Health Professional for a referral.
- 12 March Day Centre-- For details on the group please contact Hayley Gilbert 6372 2111
- Mental Health Clinician/ Case Manager-- Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- 13 March Healthy House-- Amanda Beams Free Health Check and Nutritional Consultation. Every 2nd Thursday 10:00am-3:00pm. To make an appointment please phone 6376 5242
- Social Worker-- Shan Williams. Please phone 6372 2111 for appointments
- Tom Bain, Rae & Partners Lawyers. At the Community Health Centre Tuesday fortnights. For appointments please phone 6337 5555

The St Marys Community Health Centre will be commencing a protocol around meal times. This will be known as Protected Meal Times. Research has found that a percentage of patients on leaving Hospital appear to be more malnourished than on admission.

What are protected meal times? Protected Meal Times enables quiet time for patients to eat meals without interruptions.

Why do we need them?

- Patients recover faster when they eat enough of the right foods
- Some patients have difficulty concentrating on eating
- Some patients need supervision by staff during meal times

How can you help?

- Avoid visiting at meal times unless assisting with patients to eat their meals
- Understand why staff may ask you to leave during meal times

Meal times are: 11:45am-12:45pm and 4:45pm-5:45pm

This process will be commencing as of 3/3/2014

## District Business Guide

**ACCOMMODATION** Addlestone House B&B St Marys 6372 2783

Fish-Tales On The Bay - pet friendly 0439 265 362 AH 6372 2128

Mariton House B&B, horse-riding St Marys 6372 2059

Queechy Cottages St Helens 6376 1321

Rainbow Retreat St Marys 6372 2168

Seaview Farm & Youth Hostel St Marys 6372 2341

St Marys Historic Hotel 6372 2181

Tidal Waters Resort St Helens 6376 1999

**ARTS & CRAFTS** Gone Rustic Studio & Gallery St Marys 6372 2724

Big Shed Studios St Helens 0428 725 228

Madd=Mudd St Marys 0409 174 287

River & Willow Art Space St Marys

**AUSTRALIA POST** St Marys 6372 2124  
Fingal 6374 2195

Mathinna 6377 1168

Scamander 6372 5664

St Helens 131318

**BAKERS** St Marys Bakery 6372 2131  
St Helens Bakery 6376 1260

**BANKS** CBA St Marys (ATM) 6372 2268  
CBA St Helens (ATM) 6376 2295  
Westpac St Helens 6376 2751

**BOARDING KENNELS** The Gums  
Kennel & Cattery St Marys 6372 2512  
Upper Scamander Kennels & Cattery 6372 5157  
Wagabouts 0429 170 077 / 6376 2131

**BREAK O'DAY COUNCIL** St Helens 6376 7900

**BREAK O'DAY BUSINESS ENTERPRISE CENTRE** St Helens 6376 2044

**BUS SERVICES** Calows Bus Service  
St Marys 6372 2476  
St Helens 6376 2161

**BUTCHER** IGA St Marys 6372 2274

**CABLE LOCATIONS** Michael Smith 0408 059 521

**CARERS FOR WILDLIFE TAS INC**  
St Marys 6372 2973 / 0417 017 105

**CARTAGE CONTRACTORS**  
C & D Excavations 6372 2033  
Trotter's Contracting 6372 2107/6372 2742

**CHILD CARE** St Marys Childcare Centre 6372 2187

**CHINESE GROCERY & MEDICINE**  
Ping's Place St Marys 0411 186 573

### CHURCHES

Anglican Church St Helens 6376 1144

Catholic Church St Marys 6372 2252

Uniting Church St Helens 6376 2405

Salvation Army St Marys 6372 2099

**COMPUTERS** Maintenance & Repairs  
Ray Walker 0401 497 199

**COMMUNITY CAR** St Marys 6372 2137

**CONFECTIONERY** Mt Elephant Fudge  
St Marys 6472 2787

**DENTIST** St Helens 6376 2359

**DESIGNER - BUILDING** Building Design Studio St Marys 6372 2000

**DOCTORS** St Helens 6376 1777 AH 1300  
780 011  
St Marys 6372 2111

**ELECTRICAL REPAIRS** Ransley's  
Home Appliances - 0428 761 811/6372 5307  
St Helens Electrical 0407 615 072 / 6372 5522

**FUNERAL DIRECTORS:**  
Harris Funerals St Helens 6376 1153

**GARDENING SERVICES**  
Clean Cut Gardening 0419 113 836  
Andrew Davenport St Marys 6372 2366

**GLASS REPLACEMENT:** East Coast  
Glass 6372 5361

**GOLF CLUB:** St Marys Sports Centre Inc 6372 2177

**INSURANCE BROKERS:** McKillop  
Insurance (Lyn) 0400 984595

**JUSTICES OF THE PEACE** General  
enquiries 1300 366 611: K Faulkner 6372 2196  
H Veldums 6372 2124

**HEALTH FOODS:** Purple Possum  
Wholefoods St Marys 6372 2655

**HEALTHY HOUSE** St Helens 6376 5242

**HORTICULTURIST** Peter Dane, Horticulturist 6372 2686

**HOSPITALS** Circassian St St Helens 6376 5222  
Community Health Centre St Marys 6372 2111

**LIBRARIES** St Marys 6372 2114  
St Helens 6376 1389

**LYMPHOEDEMA CENTRE** St Marys  
Lymphoedema Centre 6272 2900

**MARRIAGE CELEBRANTS** Peter  
Power 0417 017 105  
Terese Tanner 0400 512 845  
Melanie Norton 0409 838 816

**MEALS ON WHEELS** 0488 384 344

**MECHANICS** Michael Aulich 0417 507 239 / 6372 2991  
Grant Faulkner St Marys 6372 2335

**MUSEUM** Cranks & Tinkerers St Marys 0417 648845

**NEET CENTRE** St Marys 6372 2175

**NEWSAGENCIES** St Marys 6372 2143  
St Helens 6376 1182  
Scamander 6372 5275

**ONLINE ACCESS CENTRES**  
St Marys 6372 2005

Fingal 6374 2222  
St Helens 6376 1116

**ORGANIC VEGETABLES** Jack Foreman St Marys 6372 2034

**PAINTERS** East Coast Mobile Spray Paint 6372 5571 / 0457 583 099  
MLN Enterprise Painting 0439 722 718

**PHARMACIES** St Marys 6372 2844  
St Helens 6376 1374

**PLUMBERS** P J & H K Child 6372 5378  
R G & R I Harwood 6372 2445

**PROOF READER** Leissa Dane 6372 2686

**REALTORS** Surf Coast Realty 6372 5321  
LJ Hooker St Helens 6376 2300  
Roberts Real Estate St Helens 6376 1799  
View St Helens 6376 1592

**RESTAURANTS/CAFES** Coach House  
Restaurant St Marys 6372 2529  
Mt Elephant Pancake Barn 6372 2263  
Purple Possum Wholefoods 6372 2655  
Mt Elephant Fudge 6372 2787

**SECONDHAND DEALERS & COLLECTIBLES** Secondhand Rose St Marys  
AH 6372 2267

**SEPTIC TANK CLEANERS**  
Splash St Marys 0488 777 713

### SCHOOLS

**District High Schools**

St Marys 6372 3900

St Helens 6376 7100

**Primary Schools**

Avoca 6384 2117

Fingal 6374 2197

### SERVICE STATIONS/FUEL

Avoca 63842157

Scamander 6372 5193

St Marys 6372 2335

### SUPERMARKETS

Avoca R/house 6384 2157

Holder Bros Fingal 6374 2171

St Marys IGA 6372 2240

Scamander Supermarket 6372 5125

St Helens Super IGA 6376 1177

### SURFING SUPPLIES

Scamander Beach Surf Shop 6372 5529

Bay Surf Shop St Helens 6376 1755

### TELEPHONE, DATA & TV

East Coast Phone & Communications

John Heron 0409 959 121 / 6372 2402

Delafrontera Dave Morris 0402 969 393

**SURVEYORS** East Coast Surveying St Helens 6376 1972

### VETS

East Coast Vet Clinic St Helens 6376 1577

North East Vet Clinic St Helens 4206 7409

**WATER CARRIERS** Splash St Marys 0488 777 713

**WOODCRAFT GUILD** Old Railway  
Goods Shed St Marys 6372 2094



## Meals on Wheels ~ 0488 384 344

Monday 3	Debbie Barnes
Tuesday 4	Pam Bretz
Wednesday 5	Valmai Spencer
Thursday 6	Heather Griffiths
Friday 7	Lorraine Gill
Monday 10	Ruth Aulich
Tuesday 11	Trish Pike
Wednesday 12	Louise Keady
Thursday 13	Liz Rice
Friday 14	Drew Adam

One day a cat dies of natural causes and goes to heaven. Greeting him, the Lord says, "You've lived a good life. If there is any way I can make your stay in heaven more comfortable, please let me know." The cat thinks for a minute and says "Well, all my life I lived with a poor family and had to sleep on a hard wooden floor..." The Lord stops the cat and says "Say no more!" Just then a wonderful fluffy pillow appears and the cat contentedly wanders off to find a good place to nap.

A few days later, six mice killed in a tragic farming accident go to heaven. The Lord is there to greet them with the same offer. The mice answer: "All our lives we've been chased. We've had to run from cats, tractors, even from that farmer's wife with her broom. We're tired of running..."

"Say no more!" the Lord replies. In a flash, each mouse is fitted with a beautiful new pair of roller skates, and they skate happily off to explore the heavenly landscape.

About a week later, the Lord stops by to see the cat and finds him snoozing away. He gently wakes the cat and asks, "How are things since you got here?" The cat stretches, yawns, and replies "Oh, it is wonderful here. I get a lot of great sleep on this pillow, and those Meals on Wheels you've been sending are the BEST!"

## ST MARYS IGA SUPERMARKET

38 Main Street  
Ph/Fax 6372 2240  
Butcher 6372 2274

Monday to Friday 8~6 Saturday 8~12.



### Specials from 26th February - 4th March 2014

Butchery	Per kg
Nichols 6 legged Chicken	4.99
Topside Beef Roast	8.99
T Bone Steak	17.99
Beef Stirfry Strips	13.99
Ingham Marinated Chicken Wings	6.99

### Coolroom/Freezer

Devondale Thick Cream 300ml	1.69
Devondale Light Sour Cream 200ml	1.69
Ski Yoghurt range 1kg	4.49
Flora Spread 1kg	3.69
Ingham Chicken Breast Nuggets 400g	4.99
Peters Drumstick/maxibon 4pk	3.74

### Only \$1.99

Kraft Cheese Singles 205-250g	Greens Tradition Cake/Muffin Mix 330-500g
Black and Gold Sliced Bread 680g	Mamee Instant Noodles 6pk
Arnott's Cream Biscuits/Butternut Snaps, Choc Ripple, 200-250g	Arnott's Raspberry Shortcake, Scotch Finger 200-250g



### Specials from 5th - 11th March 2014

#### Only \$1.99:

Sorbent Thick & Large Facial Tissue 95's	Pascall Bagged Confectionery 140-350g
Fab Ultra Laundry Powder 500g	Morning Fresh Dishwashing Liquid 450ml
IGA Cordial Syrup 2L	

Butchery	Per Kg
Rump Steak	9.99
Blade Steak/Blade Roast	7.99
Lamb Loin Chops	13.99
First Grade Beef Mince	9.99
Ingham Sweet Chilli Tenders 440g	6.99
Shelves	
Nescafe Gold Coffee 200g	9.99
Uncle Toby's Vita Weeties 700g	2.24
Uncle Toby's Vita Brits 750g	2.24
Nestle Milo 450g	4.99
Tarax Soft Drink 2L	1.69
Bushells Teacup Bags 100's	2.99

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