



The Valley & East Coast Voice Est. 1968

Volume 46 No. 4 Thursday June 20th 2013 \$1

Rita Summers Takes Grand Prize! by Franki Kohler

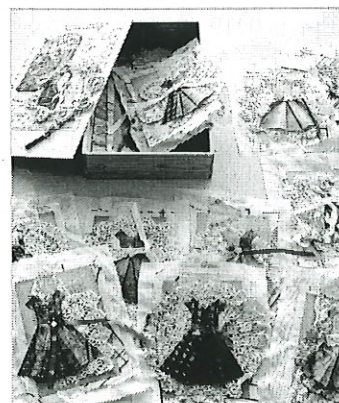


Each year, Blarney Books and Art in Port Fairy, Victoria, British Columbia hosts a major competition and exhibition of art made from books. Rita Summers, who was the only Tasmanian entrant this year, submitted *Agatha's Wardrobe*, a mixed media artwork incorporating pages from an 1835 publication entitled *Agatha's Husband*. Rita's entry, described by the judges as a 'very subtle and emotional piece', was awarded the grand prize of \$1,500. Blarney Books and Art have also purchased Rita's winning entry for their permanent collection.

Rita explains, 'I like to push the boundaries in my art to create my own original style. My qualifications and background focus on visual contemporary art, craft and design, and stitching is my chosen medium. I often incorporate upcycled materials and found objects. I like to combine a mix of artistic processes: stitching, photography, digital manipulation, printmaking, collage, sculpture, painting, drawing and books or text.'



Agatha's Wardrobe represents the hopes and dreams of a young woman from the 1800's as she prepares for her wedding: the shy delight she feels as she chooses her trousseau; the stitching of precious silks and laces for her 'hope chest' or 'glory box' (probably begun while she was still a child); the anticipation as she tries on her wedding dress; the mystery and uncertainty of love and its passions; the solemnity of the marriage vows. Love makes us vulnerable to pain, as Agatha discovers. Rita experienced this with her as she read the book and created this artwork. She felt Agatha's pain as she faced loss, betrayal, isolation, and a deep despair which almost drove her to suicide. Ultimately, love triumphed, but not before it almost destroyed both her and her husband. There are twelve dresses in the box – a dress for each month of the year. Each dress has a swing label attached to it; each label features a phrase from the traditional marriage vows. Rita added a key to the box lid as both a symbolic and practical embellishment – 'the key to my heart'; the key which makes precious items secure; the key which keeps things private.



Safety pins and buttons – again, both practical and symbolic. Hand crocheted lace, vintage (torn) silk, stitching – everything is given a hidden meaning beyond their intrinsic beauty and structure.

Things hinted at and not always explained. Materials and skills which women have implemented through the ages. In transforming the original book into something beyond the printed word, Rita hopes that *Agatha's Wardrobe* touches the hearts of everyone who sees and absorbs what it has become.

Rita Summers is co-owner and operator of Gone Rustic Studio & Gallery, in St Marys, Tasmania, Australia.

<http://postmarkdart.com/2013/06/10/rita-summers-takes-grand-prize/>

<https://www.facebook.com/pages/BLARNEY-BOOKS-ART/48918388996?fref=ts>

The next Valley Voice is due out on 4th July 2013 and the deadline is 5 pm Monday 1st July 2013.
 vvoicerevisited@gmail.com 6372 2442 / 0403 430 452
 W. Dawson, 12 Groom Street St. Marys Tasmania 7215

Community Announcements

St Marys Hospital Auxilliary meet on the first Monday of every month at 2pm in the St Marys Community Health Centre.

The **Break O'Day Woodcraft Guild Inc** meet on the last Thursday of the month at 11 am in the Goods Shed behind the St Marys Railway Station.

The **Tasmanian Lymphoedema Centre Inc** hold their meetings on the 3rd Monday of the month, 10 am at the St Marys Community Health Centre, Day Care room.

St Marys Ladies' Midweek Tennis meet @ 9.30am each Wednesday. New players of any standard and beginners welcome. Child minding included – a lovely safe place to bring toddlers while you play. Ring Karon 6372 2382 or Dana 6372 2033

Suncoast Singers meet every Friday, 10am in the Catholic Hall Cecilia Street, St Helens. New singers always welcome... if you can yawn - you can sing. Mary-Anne Wadsworth. 6376 2969.

St Helens Alcoholics Anonymous (AA) meet every Wednesday 8pm at St Paul's Anglican Church Hall, St Helens. Murdoch 6376 3335

The **Scamander and Beaumaris Community Development Association** meet at 7pm in the Scamander Sports Complex every third Wednesday of the month. New members are most welcome.

St Patricks Head & Esk Valley Historical Society Inc meet every second month on the third Wednesday at 3pm at various venues throughout the valley. Barry 6372 5752 (aulich@bigpond.com) or Jim 6372 2127 (jimhaas@bigpond.com) www.fingalvalleyhistory.com

The **Falmouth Community Centre** contact for booking club facilities is Rachel Woods on 03 6372 5118.

The **Break O'Day Stitchers** meet each Friday in the Bungalow at Neighbourhood House in St Helens from 10 – 3. Participants are welcome to stay for as long or short a time as they choose and the choice of projects to work on is also optional - either bring your own or join in and assist on a group project.

BINGO at the Cornwall Hall every Monday at 7pm, 2 jackpots each week. All welcome.

The **Chocolate Shop Singers** meet at the Mt Elephant Fudge shop St Marys every Thursday at 5pm. Everyone welcome.

The **St Marys School Association Op Shop** is open Monday to Friday 11-3 and market Saturdays 10-12.30. We currently need winter clothing, bedding and curtains. All pre-loved items or goods will be gratefully received during opening hours or can be left at the St Marys Newsagency. All funds raised go towards specific school projects.

Thanks to the community for the support provided to the Op Shop. (Janet Drummond Shop Co-ordinator on behalf of the St Marys School Association)

TASMANIA Valleys of Adventure

ALICEA • BIVAL • GEORGE • ROSEBUSH • FINGAL • MARGARIA • MATHURIN • UPPER ESK • CORNWALL • ST MARYS

GREATER ESK TOURISM

GET TOURISM: Please note the next meeting is 15th July 2013.

Enquiries to the president on 6372 2783.

Stallholders Market Inc is a non profit organisation which holds markets every Saturday from 8am in the Library car park, St Helens. There are a variety of stalls and the fees charged to stall holders are donated to various charities. Cheryl 6372 2194 (please leave a message)

The **Cornwall Community Development Group** hold their general meetings on the first Tuesday of the month at 7pm in the Cornwall Hall. All welcome.

Break O'Day Regional Arts general meetings are held on the first Tuesday of March, June, September and December at 4pm in the Supper Room of the St Marys Community Hall. All welcome. Michelle 6372 2056

ST MARYS / FALMOUTH PLAYGROUP

MONDAYS 10:30 – 12:30
at the Falmouth Community Centre
Does your child/children enjoy

- Painting and arts & crafts activities
- Riding bikes
- Playground play
- Exciting activities & celebrations
- Interacting with others?

Join us at Play Group for only a small charge of \$3 per family in a relaxed and friendly atmosphere for children, mums & dads. Contact Tash Speers 0419 591 905 or Amy Faulkner 0417 152 337



St Helens Al-Anon Family Group (Al Anon) helps families and friends of alcoholics recover from the effects of living with the problem drinking of someone close. Sunday 2pm weekly @ St Paul's Anglican Church Hall St Helens. Call Anne or John on 6376 4270 or Rose on 6376 3335

The **Fingal Valley Neighbourhood House Op Shop** is happy to receive your preloved clothing and goods Monday to Friday 9 - 3. Donations can be collected on Mondays or items can be dropped off at the Centre. Come along, check it out and pick up a bargain. Deb Speers, Fingal Valley Neighbourhood House

St Marys Alcoholics Anonymous (AA) meet every Friday 8pm at Holy Trinity. Mick & Shirl 6372 2909

Community Announcements

Soccer season has started! All soccer enthusiasts are welcome to come along on Saturdays at the St Helens Sports Complex. Soccer for juniors 10.00-11.15. Adult game starts 11.30. More info contact Todd on 6376 1049

Scamander Garden Club meet at Scamander Sports Complex 1.30pm on the third Monday of each month. Enjoy sharing garden activities. Val 6372 2762

The Fingal Valley Meals on Wheels Annual General Meeting is on 15th August 2013 at the St Marys CHC at 2 pm. Lundy Vosper, Secretary.

The **St Marys District Hospital Support Association Inc.** would like to remind members that subs of \$5 are now **due and payable** to the Treasurer by June 30th 2013, or payment can be left at the St. Marys Post Office. Thank you. Len Miles (President) Murray Bennett (Treasurer)

St Marys Community Market

First Saturday of the Month - 9am to 1pm

(except July and August)

St Marys Community Hall

For Bookings - Ring Robina 6372 2022

bodregionalarts@gmail.com



Wanted

Upright electric stove/oven wanted in good clean condition. Please ring Harry on 6372 2292

Miscellaneous

Looking for a unique handmade gift for your new grandchild or an upcoming birthday? Quilts made to your requirements. Susan 6377 1265 swurst@westnet.com.au

Retail Therapy with Judy - Judy Duckett from *Bagdad Quilting Supplies* will be setting up shop at *Gone Rustic Studio & Gallery* for a day! Fabrics, sewing supplies, gifts, patterns, craft books and more. Free tea and coffee all day; class with Judy at 7 pm. To preview Judy's products - <http://bagdadquiltingsupplies.com/>; for enquiries and to RSVP - please call Rita on 03 6372 2724 or email gonerustic@gmail.com.

Interested in learning to sew? Hand or machine sewing, quilting, cross stitch. Please register your interest by phoning Susan 6377 1265 E: swurst@westnet.com.au

Classifieds in the Valley Voice are free of charge for two issues. **For regular classifieds please contact the editor. Please note change of deadline to Mondays @ 5pm.**

For Sale

Firewood, best dry split bush wood 2 metre loads, please call 0438 071 296 for prices.

Drum Kit - Pearl 5 piece. 4 Sabian cymbals plus extras and adjustable stool \$850. 6373 6265

Alpacas, 1 tan female and 2 black males, \$200 each, also fleeces. 6377 1168

Firewood, dry ironbark split and cut to size. \$90 approx. ton St Marys, \$100 outer areas. 0498 971 956 or 0411 538 367

1999 Holden Vectra auto, blue sedan, 116,000kms with rego 'til 8/13. Needs new head gasket, \$1200 ono. 0429 411 728

Moo Poo and Mulch, any quantities. 6372 2380

Round Bales, garden mulch or bedding, \$50 each with free delivery in St Marys area. 0407 944 158

Refrigeration chiller unit 1 1/4 hp, recently tested \$800. Portapottie Companion brand new with unopened 5 litre chemical \$150 firm. MTD brush cutter as new \$200. Lee Hunter 250cc Quad Bike \$900 or offer. 0447 937 717

7 June 2012 Community Update 7 June 2013



A community meeting was held on the 17 May where the St Helens community expressed concerns with the service levels received from Independent Practitioners Network within the St Helens general practice. Following on from this, the Minister is being called on by Break O'Day Council and Healthy House to address the concerns raised.

The Mayor, Sarah Schmerl of the Break O'Day Council and Ms Sandra Healey, Chairperson of the St Helens Healthy House have convened a meeting with key stakeholders for 17 July 2013 in St Helens.

The stakeholders who have been invited are:

Dr Malcolm Parmenter, CEO of Independent Practitioner Network

Mr Peter Barns, CEO of Health Recruitment Plus

Mr Phil Morris, Ministerial Representative for Minister Michelle O'Byrne

Ms Lianne Barden, Operations Manager, Healthy House

Professor David Adams of UTAS has been invited to Chair the meeting.

After the meeting a further update will be provided with outcomes.

For further information please contact Mayor Sarah Schmerl on 6376 7900 or 0428 736 578.

1966 - Sheila Scott completes 1st round-the-world solo flight by a woman

Letters to the Editor Vol. 46 No 4

June 20th 2013

Letter to the Editor

In reply to M Howells, Falmouth (VV 6th June, 2013):

Firstly, several questions: How many people have the Greens put out of the forestry industry and fishing industry? How much of the forest industry decline can be attributed to unsustainable industry practices rather than Green policy? I would like to hear some actual facts from the writer - I am tired of repeatedly hearing (within politics and the community) mere broad statements and complaints with nothing to back these up.

The writer mentions seeing hardships as he/she drives up and down the East Coast - what are these hardships? I believe the current generations have never had it better - we have never had better and cheaper access to communication, education, health services, transport, choice in employment, choice in lifestyle, etc. I have recently been reading stories of local people back in the 60's and 70's who actually endured some hardship - for example, walking dozens of kilometers to get home after being discharged from hospital.

I would like to point out that if industries are not innovative and not sustainable in their current structure, then undoubtedly they will decline - how about the Dorset -button making industry in England in the 1800's: this industry collapsed (putting hundreds of workers out of jobs) due to the innovation of other button makers using machines. I do not think anyone blamed a political party for this - it was seen as an industry that could not compete in a changing society. Or how about the small local dairy co-ops (there was one in St Marys up until about 60 years ago) - these collapsed due to changes in the industry structure (eg. big corporations buying up small co-ops) - was a political party blamed for this? Why is it that declines in particular industries always attract a political back-lash, whereas other industries can slip quietly away and it is seen as natural attrition?

Hannah Rubenach, Gray

LIVE OR LET DIE

St Marys is a town to be proud of...it has so much but could have so much more. Losing Todd's Hall was a major loss to the community and we do not want to lose any more - the next to go will be St Marys Sports and Social Club without your support. IT WILL GO! Everybody's input is needed to put new life into your community club even if it's only some ideas or if anyone could take on committee duties for the whole year the club would soon revive to its former glory. New energy is needed and fresh input. I feel the best way to start would be a get together and exchange all ideas on Sunday 30th June at 1.30pm at the club for a sausage sizzle and a chat. We can't let this club fold, it's a wonderful refuge from the rat race where friendships are forged and there is always someone to lend an ear, a shoulder, a hand or all of the above. **Give it a go!**

JIM TURNER club supporter.

The Say by Cagerattler

Politics at the best of times is a murky affair with compromises seemingly influential in decision making. This is so wrong I believe. Why can't these bozos make informed decisions on the overall majority of their constituents and vote accordingly, not just on what might help them get re-elected. Party politics has a lot to answer for too, where the backroom boys/girls really call the shots and not necessarily the consensus of the majority. I'm sure it disenfranchises us voters and leads to distrust of what they tell us each time an election approaches. Every party does it - every single one of them. Then you have promises that these polities cannot genuinely hand on heart guarantee but they still dish them out each time and we gullible voters make decisions on those 'locked in' policies, only to find out after the vote that without substantial amendments or compromises that it "ain't gonna happen anyway". I sometimes wonder who is more stupid, us or them.

ACCOUNTABILITY and politicians can't often be talked about in the same breath. If a normal worker missed doing their job as their job description suggested we'd quickly be shown the door, yet politicians on all sides can dish out rhetoric as if it was going out of fashion and not really carry any consequences until at least the next election period. I've been "promised" a reply from a local polly twice now over a matter I contacted his office about and after an extended period the promised reply hasn't yet come. I know he's a busy bloke but I would have had a lot more understanding if they'd just give me a genuine 'can't help just at the moment' reply or something instead of keeping you waiting.

It'd be a bit simplistic to tar all politicians with the same brush because I'm certain that most if not all go into politics with the most honourable of intentions but the system just eats them up - not all but most. Lots of other countries have got it right I reckon on one other aspect of politics...you vote if you want to, not because you have to. Surely this serves two purposes; 1. You then take an interest in WHO you really want to see there in parliament because you consciously have to decide and 2. If you decide not to vote you can't make a song and dance when you don't like what happens so over time I'd suggest you'd soon become a lot less ho-hum over under-performing representatives...as Sam Kekovich says "You know it makes sense".

The other subject briefly is a lot closer to home. I was disturbed to hear comments suggesting that the St Marys Sports Centre is struggling and faces the threat of going under for good. It IS to a degree, only because pride or apathy and the ability to talk out our personality matters keeps getting in the way. The ramifications of this are beyond argument, messy in regard to who owns what and the shame of denying our current and future kids access to an amazing facility and sports is beyond comprehension. Imagine having to cart them off somewhere else to enjoy golf/bowls/indoor bowls/ darts friendly evenings etc.

WE MUST PUT OUR DIFFERENCES ASIDE AND TALK. PLEASE, before it really is too late...Let's just try, and quite soon. How do we get the ball rolling...literally...ring me on 6372 2215 if I can do anything to make a genuine attempt... What do you think?

Rod McGiveron.

Launch of Fingal Valley Men's Group.

On a crisp clear morning last week, the Fingal Valley Men's Group was launched as a group of men from the Fingal Valley set off for a day's fishing on St Georges Bay under the expert guidance of Michael Haley. In no time at all they were amongst some large squid that were eager to take the lure.

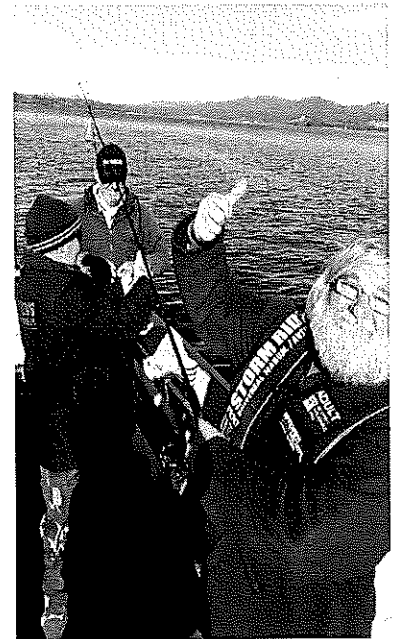
As the day progressed the fish tank filled with other prime species such as trevally and garfish, so everyone took home a good feed. Considering that most of the men had hardly met before, Richard Craghill from St Marys said "it was a tremendous day of fishing and a fantastic group of blokes. We got on famously."

A barbeque at St Helen's Healthy House concluded the day with everyone keen to get together again.

The event was sponsored by Rural Alive and Well, in partnership with Fingal Valley Neighbourhood House and Healthy House, St Helens. RAW manager, Mr Wayne Turale, said "the aim was to develop community wellbeing, especially amongst those affected by the downturn in the Forest Industry".

For more information about this great group of blokes contact Theo Dingjan, at the Healthy House in St Helens.

Phone 6376 5242 or email: theo.dingjan@healthyhouse.org.au



Campaign to merge US and Australia fails. Saturday, May 25, 2013 » 12:11pm The campaign to force US President Barack Obama to look at merging the US and Australia to create a new super nation called Ameristralia, where inhabitants eat hotdogmeatpies and the coat of arms features a bald eagle with a koala's head, is dead. A petition on the White House's official website calling for the US and Australia merger failed on Friday to receive the 100,000 signatures needed for it to be reviewed by Mr Obama's policy experts. Supporters had one month to muster up the signatures, but they fell well short with less than 7000 signing up. The Ameristralia campaign was born on the social news and entertainment website Reddit. Enthusiastic supporters created a flag featuring US stars and stripes blended with the Southern Cross, the koala-bald eagle coat-of-arms and proposed the national sport to be Austus, an AFL-gridiron hybrid.

The Falmouth Community Centre 8 Ball Team would like to thank the St Marys IGA and the St Marys Bakery for their sponsorship and their continued support for this season.

Our home games have been a great success with wonderful suppers and great prizes on offer.

Thanks again to everyone who helps on Friday nights!

GO THE SHARKS!!

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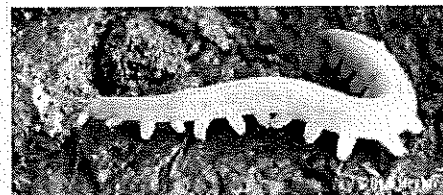
Ear Piercing \$27

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Cassie*

Break O'Day Community Velvet Worm Award 2013

Calling for nominations
Champions of our local environment



The Award is open to community groups, individuals or businesses and the projects or activities they have undertaken in Break O'Day Municipality.

*Nominations must be received at the Council office
by 5pm on Friday 11 July 2013.*

You can obtain the Award Guidelines and
Nomination Form from Council's website or office.

www.bodc.tas.gov.au admin@bodc.tas.gov.au
Ph.63767900

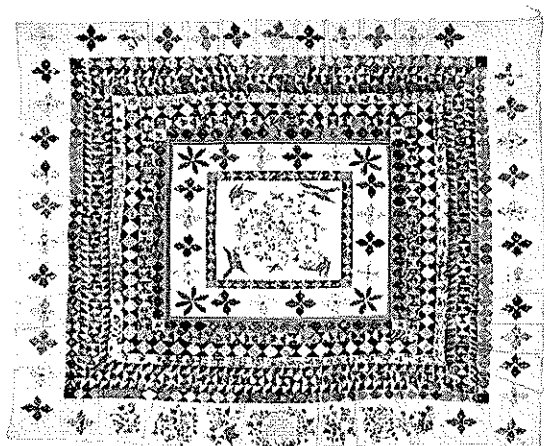


Convict women's lives under sentence – Children

73,000 men, women and children were transported to Tasmania.

Approximately 25,500 convict women were sentenced to transportation to Australia and around 50% of the convict women served all or part of their sentence in Van Diemen's Land. Convict women spent months, sometimes years in prison in the British Isles before they sailed to Australia and were frequently imprisoned with their children in large overcrowded cells shared with male and female prisoners. The plight of convict women and children sentenced to transportation did not go unnoticed.

Quaker Elizabeth Fry was a wealthy young married woman from London and the founder of the Ladies Association for the Reformation of Female Prisoners. Elizabeth, her sister-in-law and a small group of supporters regularly visited the women and children in Newgate prison in London, and later prisons in Ireland, teaching convict women and children to read and write. Elizabeth also recognized the women would need employable skills in order to work and make a living to support their children. Elizabeth and the Ladies Association provided sewing materials for the women to make clothing and quilts on the voyage aboard the convict ships. The women could then sell the quilts when they arrived in Australia. Only one of the quilts made by convict women has survived, the *Rajah Quilt*, now in the National Gallery of Australia in Canberra. The convict ship *Rajah* arrived in Hobart Town in 1841 with 180 women and 10 children including one of the members of the Ladies Association, Kezia Hayter, and the *Rajah* quilt completed by the women on board during their voyage to Australia. The quilt was entrusted into the care of Lady Jane Franklin to be presented to Elizabeth Fry on behalf of the convict women on Lady Franklin's return to England a few months later. The inscription stitched into the quilt reads;



*"To the ladies of the convict ship committee. This quilt worked by the convicts of the ship Rajah during their voyage to Van Diemen's Land is presented as a testimony of the gratitude with which they remember their exertions for their welfare while in England and during their passage and also of proof that they have not neglected the Ladies kind admonitions of being industrious *June*1841"*

Convict women were only permitted to take two of their children with them to Australia and we can imagine how difficult that decision must have been, should they take their children and if so who do they take and who do they leave behind?

On arrival children aged 3 years and over were sent to the Queen's Orphanage, St. John's Precinct in New Town. Newborns and infants stayed within the walls of the Female Factories being cared for by their mothers for the first 3 months or so. Convict mothers were then separated from their babies and returned to hard labor tasks as punishment for giving birth and their babies were placed in the convict nursery where they were cared for by other convict women.

Poor nutrition, over-crowding, damp, unhygienic conditions and the loss of contact and nurturing from their mothers resulted in extremely high mortality rates among the babies in all Female Factory establishments across Tasmania. For example, of approximately 1,300 infants born or residing within the walls of the convict nursery at Cascades Female Factory in South Hobart, tragically only 300 survived to see their 3rd birthday.

Children admitted to the Orphanage faced a regimented and disciplined system of care with limited opportunities to see their mothers. Children also died at the Orphanage although not at the same rate as babies in the Female Factories. Poor nutrition again played a major role in the children's ill health as did cruel treatment and physical punishment, especially for the boys.

When children were 11 to 12 years old they were sent out as domestic servants and farm hands to property owners and free settlers. It is very difficult to trace the children once they were out in the community, some absconded and were never found by the authorities, others managed to escape over to the mainland and others were released to their mother when she received her ticket of leave.



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In the Regan family's case, two sons sailed on the convict ship with their mother and another son was born at Cascades Female Factory. The boys all spent time at the Female Factory and the Queen's Orphanage and were discharged to their mother's care when she gained her freedom. The Regan boys are 3 of the 300 children who survived.

Opposition to transportation of convicts was significant in Tasmania with the owner/editor of the Launceston Examiner, John West, forthright in his condemnation of the problems associated with placing violent abusive criminals among the wider community. John West was a founding member of the Anti Transportation League of Van Diemen's Land, holding public meetings and petitioning the governments here and in Britain for the abolition of transportation from 1838.

From the 1840's the transportation of convicts to New South Wales, Victoria and Queensland ceased and even more convict ships started arriving in Tasmania. Incidents of violent crime and abusive behavior among convicts increased across the State, together with a significant increase in available convict labor. As a result free settlers, farm laborers and workmen could not find employment and many left Tasmania to find work on the mainland or in New Zealand.

The Anti Transportation League, with strong community support, continued to petition for abolition with signatories including the Bishop of Tasmania, Archdeacon of Launceston & Hobart Town, clergy, magistrates, mayors, merchants, mechanics, newspaper proprietors, free settlers and families from across Tasmania.

With the discovery of gold on the mainland the Government recognized potential criminals may commit crimes purely to be transported to Australia, and finally the end of convict transportation was in sight. Transportation of convicts to Tasmania ceased in 1853 with the arrival of the last convict ship, 'St. Vincent', arriving on 26th May, 1853 with 207 male convicts on board.

Hilary Jones - www.timesearch.tas@gmail.com

Ref: Tony Rayner, 2004, *Female factory Female convicts*, Esperance Press
Female Factory Research Group, 2009, *Convict Lives: Women at Cascades Female Factory*, Print Centre Hobart
www.livehistoryhobart.com.au
www.femaleconvicts.org.au
www.orphanschool.org.au
www.nga.org.au



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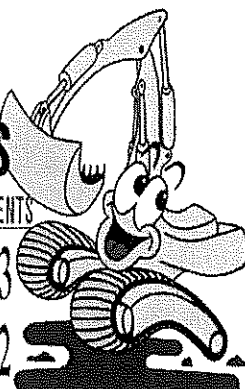
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OUT OF THE WOODWORK
SECRETARY WENDY BRENNAN 6372 2094
www.breakodaywoodcraftguild.weebly.co

Many thanks to the members of the Guild who have made a wooden replica of a Cenotaph for the St Marys Memorial Services Association to be utilised in the hall when the weather turns too blustery for the outside service.

A warm welcome to our two new members namely, Rowan and Jacinta. Rowan is doing house restoration and Jacinta is refurbishing old furniture.

I was told I could quote a visitor from interstate who said "I think Men's Sheds are one of the best things that could happen for women". I questioned her more about her reasoning. The lady replied "it gets my husband away from the house and from under my feet and keeps him occupied." I fully concur!

Gentle reminder that subs will be due at the end of June.

Guild's Home Hint:

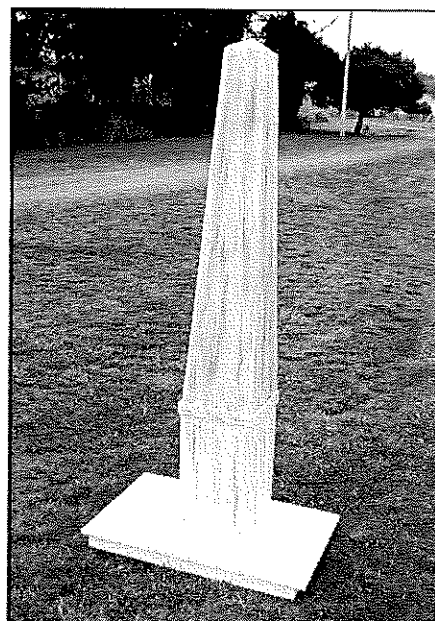
Apologies for all who have read this home hint in previous issues, however, many have asked for a repeat.

Many rugs have white fringes that over time become grubby and oriental runners cannot be cleaned with harsh chemicals as the colours may run. Solution, get an empty cardboard inner liner from gladwrap or foil, place under fringe and spray with dry shampoo. Follow directions and then brush out fringe.

The St Marys Pharmacy now stocks **dry shampoo**.

The Guild meets on the last Thursday of every month at 11.00am in the old railway goods shed situated behind the Railway Station complex. New members are always welcome, both men and women. We are open Monday, Wednesday, Thursday and Saturday. Other times by appointment.

(Please note that our previously advertised day of Friday has now been replaced by Thursday)



Picture of a replica Cenotaph
made by Guild members.

East Coast Vet Clinic

is celebrating our



25th

Birthday!!!

To help celebrate,

Jeff, Jenna, Leanne & Tracey would like to
say thank you to the community
for their valued support.

So during the month of June 2013 all consultations
and vaccinations will receive a

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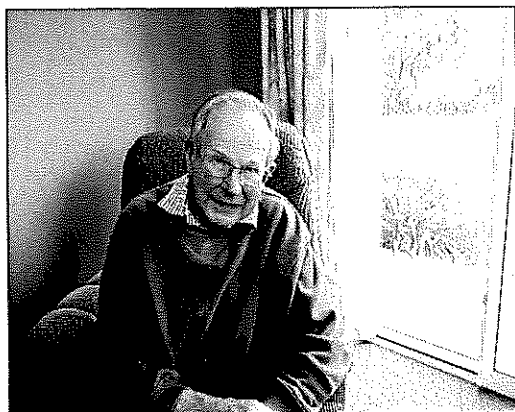
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ARTIST OF THE MONTH



GRAEME CHERRY

featured from 15th June

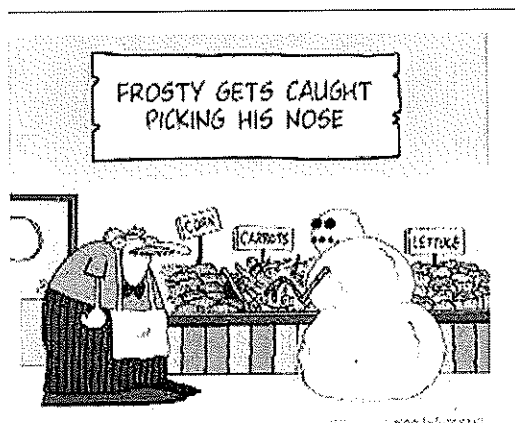
Come into the Suncoast Gallery at 27B Quail St St Helens to see the talent of Graeme who usually uses watercolours outdoors but in recent times has been facing the challenge of painting flowers inside. He is a humble man and quietly spoken so it was a pleasure to find that he is widely travelled and has studied under many great names such as Max Angus, Clifton Pugh, Ross Paterson, Alvaro Castagnet, Frank Webb and Tony Van Hasselt.

Many will remember our local artist Leo Cook. It was during oil painting classes with Leo that Graeme got the drive to return full of enthusiasm to his beloved artwork.

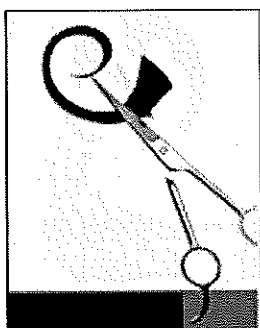
Favourite memories are of being in Kakadu National Park and Flinders Ranges with all their magical colours, and of capturing the essence of coastal scenes such as the Bay of Fires and local fishing boats.

Graeme also paints on commission. His strokes show the ideal of spontaneity and self discipline, getting the spirit of the scene without it becoming a burden, although patience is required.

I leave you with his words "I paint mainly in watercolour, usually outdoors on location and attempt to translate into paint, the many moods and colours of nature."



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Federal Member for Lyons

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Written and Authorised by Dick Adams, 53B Main Road
Perth

BREAK O'DAY STITCHERS

Our annual fund raising efforts this year concluded with the Easter Quilting and Embroidery Exhibition in the Portland Hall, and we held our special morning tea in the Bungalow at St Helens Neighbourhood House to hand over proceeds from our Quilt raffle on the 24th May 2013.

Proceeds were distributed to:-

- The Royal Flying Doctor Service (Tas) - \$4,000 to be used towards the new patient transfer shelter at the St Helens Airport.
- St Helens Community Car - \$1,650. Represented by Pauline Williams.
- St Marys Hospital Lymphoedema Auxiliary - \$500. Represented by Mrs Legge.

Ann Luttrell, Break O'Day Stitchers Inc.



Peggy welcoming guests



Peggy presenting cheque to Pauline for Community Car



Peggy and Mrs Legge

The "hue" of "hue and cry," the expression for the noisy clamour of a crowd, is not the same "hue" as the term we use for colour. The colour one comes from the Old English word *hiew*, for "appearance." This hue comes from the Old French *hu* or *heu*, which was basically an onomatopoeia, like "hoot."



TAI CHI CLASSES



Tai Chi is a series of gentle movements that may improve flexibility, muscle strength, posture and balance and other health related benefits. Come along and join in our new Tai Chi for beginners classes starting in June 2013 and find out for yourself what Tai Chi is all about.

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Where: St Marys Community Hall (Supper Room)

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TRAIN TO HENGSHUI

One result stemming from China's remarkable economic boom is the rollout of a high speed train network stretching thousands of kilometres. This operates in addition to the older slower trains, which seem to have little in the way of restrictions regarding capacity. The following recounts a short journey on one of these older trains.

So we, Rebecca the office girl and me, went to the railway station so I could get a ticket back to Hengshui.

"They don't have seats" she said, "only standing."

"Ok get it, I need to get back there today" I replied.

Although I knew it was a three hour trip, I thought I would just put my pack and computer down in the storage area and then settle in for the trip. Well, as much as you can standing up.

So I make my way through the various checkpoints and onto the platform. All the carriages at the beginning are sleeper berths. I have to walk way down towards the end of the platform to carriage number one. I show my ticket to the conductor and he beckons me to get on. I manage to do this, but only just, because as soon as I enter the carriage I am confronted by a wall of people. The seats are all taken of course but the centre aisle is also full of people and what appears to be their lifetime possessions. I am stuck in what turns out to be the main thoroughfare in the train, near the entrance and exit doors, right next to the toilets. The train leaves the station. In the seat that is nearest to me, a kid is screaming his lungs out. The guys that I am standing next to have all put their luggage down and have taken up positions on the floor at my feet. The way they talk to each other is reminiscent of dogs barking and growling. One of them demolishes half a chicken and a couple of long cucumbers within minutes of departing. People decide that now is the time to start moving through the train even though there is barely a square inch of space anywhere. Cigarette smoke starts to billow up from beneath me as it seems everyone has lit up. I feel like I will be asphyxiated, and struggle to twist myself so I'm facing slightly away from the smoke. I am now looking directly at the howling child who has now found the inner strength to dramatically increase his pitch.

The conductor decides this is the time to bring out his drink and snack cart. He attempts to push it down the aisle. There is about a pencil's thickness clearance from the seats, either side of the cart. It's an excruciatingly slow process as people have to pick themselves up off the floor with their belongings and thrust themselves into the spaces between the seats. Nowhere has it ever been clearer that 'every action will have an equal and opposite reaction'. The snack cart's passage appears to affect everyone in the carriage even though nobody buys anything.

Through the haze of chaos I glimpse a girl's face beaming at me. She gestures in the opposite direction to which the snack cart went.

"Maybe we can go to the dining carriage" she says.

I don't know if this a suggestion or a question, but anything would be better than where I am now.

So we set off, with her boyfriend in tow. At every step I am bashing into people's heads with my computer, sideswiping them with my backpack, no matter how careful I am. The process is slow and arduous. The girl leading suddenly gets into a violent verbal argument with a woman; I am oblivious to the reason.

We eventually get close to the dining car, but it appears to be locked. The girl and her boyfriend now become involved in a heated exchange with the conductor who is guarding the door. He is unmoved by their argument. I learn that it will not open till 5 pm, by which time I will nearly be at my destination. I can barely move but I am thankful there are no crying children or smokers here.

Another conductor, there is a multitude of them, comes along. The couple engage him in conversation and after a few minutes he inexplicably admits us to the dining car. It's empty and the air conditioning is working. With great relief I unburden myself of my luggage and take a seat. They bring out chocolates to share, we drink some beers and I settle down and relax for the rest of the trip.

I am forever thankful for the special privileges that are often extended to foreigners in China.

By Frank Piscitelli

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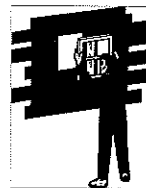
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1980s



1990s



2000s



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GREENS SENATOR PETER WHISH-WILSON

YOUR VOICE
IN THE
SENATE

I am a Greens Senator today because I feel, given my business background and unique combination of life experiences, a responsibility to propose smart, sustainable alternative opportunities for employment and human wellbeing.

I've been lucky enough to have brought up my family in one of the most beautiful places on the planet – Tasmania where my family roots go deep – but have lived and worked all over the world. I've been a labourer in the Western Australian mines, a stockbroker in New York and Hong Kong, and a farmer, stay at home dad, university lecturer, and small business owner in Tasmania.

I bring this experience – and my passions – to the Australian Greens, and to the Senate.

As a passionate surfer, my deepest and most enduring bond is with the ocean. We are truly a nation gift by sea. I love our wild Tasmanian coastline and I have been fortunate enough to have visited and surfed most of the world's oceans. I feel happiest when I'm in the sea.

In fact, we all share an important bond with the ocean and it is integral to sustaining life on this planet. But the ocean keeps giving, and we keep taking. This special relationship won't last forever unless we cherish it and treat it with the respect it deserves. Overfishing, ocean acidification and pollution all threaten our rich, life-supporting marine ecosystems. Unless we protect our oceans, the communities they sustain cannot flourish.

Nothing is a clearer demonstration of the fallacy that environment and economy are in conflict. The idea that economic growth and the "common good" is the same thing is a dangerous one. People need much more than money and products for their health, and happiness.

The economy and economic growth must have the welfare of all people at its heart. In the coming months I will present a green economic vision for Tasmania. This plan will target key areas to sustainably grow the Tasmanian economy over the next twenty years. If elected I will work hard to deliver this plan – a plan that includes caring for people and the environment.

Please feel free to contact me if you have any questions or queries.

My portfolio responsibilities of Tourism, Trade, Small Business and Competition Policy, Waste and Tasmanian Marine issues will put me in a good position to deliver positive outcomes for both Tasmania and Australia.

Yours sincerely,

Senator Peter Whish-Wilson.

CONTACT ME

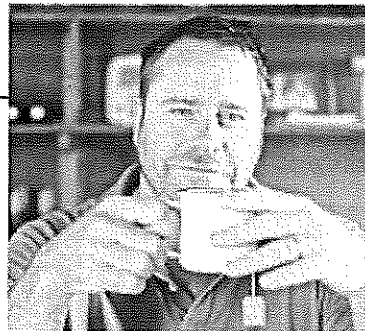
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Authorised by Peter Whish-Wilson, 37 George St, Launceston TAS 7250

In 1969 a young St Helens girl by the name of Michelle Semmens (now Cook) moved to Launceston to train as a nurse at the Launceston General Hospital. Over the next nine years she worked in various locations and in various roles – in Tasmania at Toosey Hospital at Longford, St Marys District Hospital, St Lukes Private Hospital, Launceston General Hospital and in NSW she spent some time working in an aged care facility. In August 1978, Michelle commenced her enrolled nurse appointment at St Helens District Hospital and she has remained in that position for 34 years and 7 months.

The 1970s and 80s were a very different era of nursing compared to today.

There were no paramedics in rural communities, so it was commonplace for Michelle to be woken at home from her nice warm bed to hop in the back of an ambulance – or take her own car – and meet the volunteers at the call-out. There were vehicle accidents, work accidents, cardiac arrests. Who knew when you would be confronted with a medical emergency? Remembering that everyone knew everyone, Michelle was always anxious before arriving at the scene, as she never knew if it was one of her own family or friends involved.

On one particular Christmas Eve Michelle had two trips from her home in St Helens to Launceston in the back of an ambulance and needed to phone a friend to organise Santa's visit just in case she didn't return home by daybreak. Michelle's children remember ambulances pulling up in the yard, tooting the horn ready for their mum to jump in the back.

Eighteen years of Michelle's employment were mostly night duties. These were the days in a small rural hospital when the sister (registered nurse) would sleep and the enrolled nurse would hold the fort. If something presented that she couldn't deal with, she would wake the sister to help.

Michelle has seen staff come and go and remembers fondly many a Chinese New Year party enjoyed with Dr Cheung, the community's only doctor back then.

Thirty-year-olds who present at St Helens District Hospital today often hear Michelle say "I delivered you," or "I remember the night you were born."

Michelle has seen many changes in nursing through the years. She has given beyond the call of duty many, many times. In the emergency department her sensible, calming influence with those in distress was always appreciated by staff and patients alike. If you talk to members of staff she has teamed with, they will tell you it's her infectious laugh, thoughtfulness and chocolate cake they think of when Michelle's name is mentioned.

Maintaining a home and supporting her family – husband, three children and now two grandchildren - whilst continuing shift work for forty-four years is no easy task.

Nurses will continue to evolve with high standards, best practice and patient-centred care, but to be known by most of the community as the kind nurse with the big heart who works at the local hospital really does say it all.

Thank you Michelle.

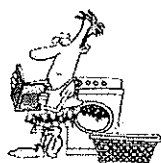
(Name and address of contributor supplied to Editor.)



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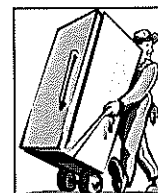
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This month the Mt Elephant and Beyond Book Group read *When we were Orphans* by Kazuo Ishiguro. Ishiguro was born in Nagasaki in 1954 but moved to Britain when he was five years old. He has written several well-received novels including the *Remains of the Day*, which won a Booker Prize in 1989 and was made into a movie. *When we were Orphans* was published in 2000 and is considered by Ishiguro himself as 'not his best'.

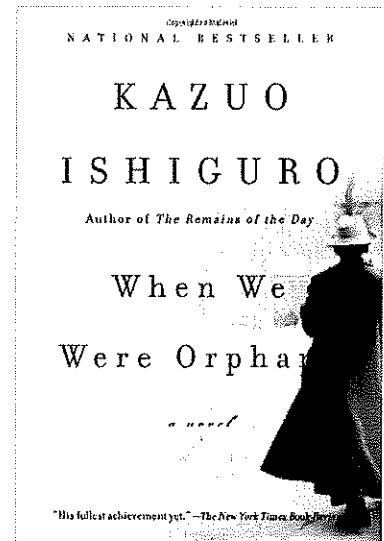
When we were Orphans tells the story of Christopher Banks, a man whose parents disappeared in strange circumstances when he was a boy in Shanghai in about 1910. His father worked for a company engaged in the opium trade while his mother was a prominent campaigner against the trade. After first his father and then his mother disappears, Christopher is sent back to England to be raised by an aunt and fulfils his dream of becoming a famous detective.

The story is told in the first person and begins on quite a confident note but it is soon becomes apparent that Christopher is not a reliable narrator. There are many episodes that suggest he lacks self-awareness or is suffering from delusions. Early on in the novel, for example, Christopher runs into an old school friend who remembers him as being an 'odd bird' at school. Christopher is quite offended by this, remembering instead that he fitted seamlessly into English school life, even to the extent of copying the mannerisms of his schoolmates. It also becomes clear that Christopher has difficulty forming friendships and doesn't understand when he is an object of mockery. The reader at first feels sorry for Christopher but is soon alienated by the character's detachment and coldness.

Christopher's determination to become a detective begins when his mother tells him to trust the detectives who are searching for his father. The young Christopher and his friend, a Japanese boy named Akira, develop an elaborate game playing detectives in search of the missing Mr Banks. Although the reader assumes that the adult Christopher becomes a detective at least in part to find out what happened to his parents, he doesn't do anything about it until very much later. And it is not until he works through his unresolved issues that he can finally grow up.

The extent of Christopher's arrested development is revealed in the second half of the book when he returns to Shanghai in 1937. The impetus for his journey to Shanghai is veiled in mystery - there is the suggestion that if he solves the case of his missing parents he will prevent a world catastrophe but the connection is never explained. It is soon apparent that he is suffering from the delusion that his parents are still being kept prisoner in a particular house in the city more than twenty years after they disappeared. Christopher's obsession takes him on a dangerous journey through the back streets of war-torn Shanghai to find the house but of course his parents are not there. In a telling statement he says, 'I'm beginning to see now many things aren't as I supposed... childhood is hardly a foreign land to me. In many ways, it's where I've continued to live all my life. It's only now I've started to make my journey from it.' He finally finds out what happened to his parents when he again meets 'Uncle' Phillip, a former family friend who has a decidedly nasty streak. The truth comes as a surprise and a shock to both Christopher and the reader.

The novel includes some interesting historical background to the British presence in Shanghai and the opium trade, and the political situation in China in the 1930s. *When we were Orphans* is only roughly chronological, events and meetings sparking off memories of long ago. Sometimes this can be a little confusing as the sequence of events is not always clear and some apparently insignificant events are given more weight than they seem to warrant. Many other episodes are not fully explained and the reader is left guessing. Some of the characters and plot lines seem lifted out of a comic book but a second reading reveals many nuances missed the first time round, and confirms that the novel is both well written and well structured.



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• St Marys 1924 premiership player "Johnson" Bean ... looking forward to the club's centenary celebrations.

Veteran St Marys player to celebrate

Saturday, June 9, will be a special day in the life of "Johnson" Bean.

Mr Bean, 88, of St Marys, will be the oldest former player of the St Marys Football Club to attend the club's centenary celebration dinner.

Mr Bean, who gained the nickname "Johnson" after the famous American black boxer won the heavyweight boxing championship in the 1920s, played in the St Marys 1924 premiership side.

"We only lost one game for the year — when I was out injured after falling off a motorbike," Mr Bean recalled.

A champion ruckman in his day, Mr Bean also coached the NEFU Tigers, and played seven seasons with Longford in the NTFA, representing the North against the TFL in 1929 — at the time of the record floods.

"People were rowing boats around York Park, and up and down Lymington Rd — I'm glad the match was on in Hobart."

Mr Bean produced an old photo of that NTFA team — and what a side it was.

The young Longford ruckman was flanked by such champions as the legendary Ray Cazaly, How Smith Gater to have the NTFA best and fairest award named after him Don Stewart, "Shirley" Waddle and many others.

"Cazaly was the best mark I've ever seen," Mr Bean said.

"Once he got his fingers on it, you couldn't kick it out ... he didn't drop even like they do today."

Bean and lived in the Pungal area. Mr Bean left school at 14 to work at stripping bark off trees from 7 am to 6 pm.

"It was a bit of a dance at school," he said.

But he was certainly no dance on the

By IAN MACPHERSON

football field, starting his senior career with Pungal at 10, and going on to represent the NTFA on several occasions.

In 1932, he was in Hobart preparing for an interstate match, when he received word that his brother Eric had drowned in tragic circumstances.

He withdrew from the team and returned home.

Mr Bean worked in coal mines in the Pungal Valley for 24 years, and credit himself lucky to have escaped a cave in.

"There were rocks falling all over the place. My brother Mervyn received broken ribs ... it nearly covered us up. But I was back working the next day."

In 1973, another family tragedy touched Mr Bean, when his 10-year-old son, Terrence, a champion scratch golfer, drowned during a sea fishing trip.

Although he still gets along in St Marys' home games, Mr Bean is no longer impressed with the way modern football is heading.

"Money hasn't done the game any good ... If one gets it they all want it ... they're never satisfied."

"It was different in my day ... we played for nothing."

About 400 people, including former coaches and players, are expected to attend the St Marys Football Club centenary celebrations, at the memorial hall, on Saturday June 9, and a record crowd of 1500 is tipped for its last match against Campbell Town on the Saturday afternoon.

No doubt old "Johnson" will be there to cheer them on.

BARKING

Why do dogs bark?

Barking is one of the most common complaints of dog owners and their neighbours! But barking is natural. It can serve as a territorial warning signal to other dogs and pack members. Dogs may vocalize when separated from their pack or family members. Barking also occurs during times of indecision, anxiety, or frustration. Medical problems can also contribute to vocalisation, especially in the older dog.

How can barking problems be prevented?

Socialisation and habituation — get puppies used to as many new people, animals, situations and noises as possible. This will minimize the amount or intensity of alarm barking. Barking should only be allowed to alert owners and then be controlled and stopped before the dog becomes agitated and out of control. Owner control, training and leadership are essential (see our handout on 'Puppy training - taking charge').



How can I stop my dog barking when I leave?

Effective crate training techniques when your dog is first obtained, should decrease the dog's anxiety when it is left alone in its crate (see our handout on 'House safety and crate training'). Your dog should gradually be taught to spend longer periods of time away from you. Obtaining two dogs may provide company for each other and may reduce distress vocalisation and departure anxiety. If your dog has been barking when you leave for some time, he may be suffering from separation anxiety and you should consult your veterinarian for treatment options.

What are my chances of correcting my dog's barking problem?

Chances are good for most barking problems. But the household situation in which the dog resides may make it extremely difficult to correct completely. Even a small amount of barking could disturb a sleeping baby, or upset neighbours (particularly in apartments or townhouses). When trying to resolve barking problems, the motivation for the barking behaviour is an important component. Some stimuli are so strong that it will be difficult to stop the barking behaviour. You need sufficient time to implement the correction training.

Further information can be obtained from the Dr Jeff Parsons at the East Coast Vet Clinic in St Helens on 6376 1577

ALIENS: AN APOLOGY

IN an article on Saturday headlined 'Flying saucers over British Scientology HQ', we stated "two flat silver discs" were seen "above the Church of Scientology HQ". Following a letter from lawyers for the Church, we apologise to any alien life-forms for linking them to Scientologists.



IRONHOUSE POINT - TASMANIA



Building on the success of a busy summer season, White Sands Estate is pleased to present several dates over the winter months which give you more reasons to head to Iron House Point and enjoy the warmth of their hospitality.

Our estate staff have been working hard to produce beers and wines that you can be proud to call local. Our vineyard is growing in leaps and bounds and we are keenly anticipating the arrival of our first harvest wine over the summer period 2013/2014.

Iron House Brewery

Head brewer, Michael Briggs, is looking forward to the annual IronHouse Brewery Stout Launch on Friday 26 July in the Le Blanc function room. Previous years have seen enthusiastic crowds in attendance keen to be among the first to sample the new season's Stout. To complement the Stout Launch this year, Michael has invited Will Tatchell, Director and Head Brewer from Van Dieman Brewing to participate and share his knowledge of the industry. The evening will be highlighted by a four course meal and beer matching experience showcasing IronHouse Brewery's winter beers. If you would like to join Michael and Will it's recommended that you book sooner rather than later.

White Sands Estate Events

Winter is looking great at White Sands Estate and we recommend you put our Warmer Nights in your diary! On selected Friday nights we head to different corners of the culinary globe to enjoy a multicultural four course feast accompanied by live music. Upcoming theme nights will be Mexican Fiesta Friday July 12, Asian Spice Night Friday August 9 and Red Italian Night on Friday August 23.

Brew Haus Café & Bar

We are introducing new winter trading hours and welcome you to dine in the Brew Haus Café and Bar from Wednesday to Saturday 11:30am – 7:30pm, Sunday 11:30 – 3:30pm* (Café closed Mondays & Tuesdays) with Happy Hour from 5 to 6pm, Wednesday to Saturday. It's an ideal chance to sample the winter flavours flowing through IronHouse beer taps.

*Exceptions – open on public and school holidays with lunch only available on Sundays. These new winter trading hours apply from 17th June, 2013 to 1st September 2013.

WINTER WARMER NIGHTS

Mexican Fiesta Friday 12th July
Asian Spice Night Friday 9th August
Red Italiano Night Friday 23rd August

Be prepared for 3 nights of fun, laughter and great food. Come along to Le Blanc with your partner or friends for a 4 course dinner and enjoy our *live music*.

Fancy a margarita? A special cocktail menu will be available at the Mexican Fiesta for those who dare!

Want to tantalize your tastebuds? Expect some fiery flavours on spice night.
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IRONHOUSE POINT - TASMANIA

How can I help my child be ready for school

In May 2013 results were launched of the 2012 Australian Early Development Index, for the Break O'Day Region and Australia. It was reported that "the 2012 results reveal the majority of Australian children are on track and doing well. However there are some children in Australia who are developmentally vulnerable as they enter school".

How can you, as parents, help your child/children develop the skills to be able to succeed at school and life?

Encourage your child to be independent by:

- dressing themselves
- toileting
- washing hands
- eating by themselves
- use lots of words to let them know they are doing a good job

Help your child learn routines such as, getting up in the morning, eating lunch, going to bed. You can do this by repeating the same routines on a daily basis. Your children will then learn the skills they need to be physically independent.

Practise outdoor play, climbing, riding bikes, ball skills and running about, walk to the park and play on the equipment

Puzzles, drawing, tearing and cutting are all skills to practise – have a cardboard art box with lots of things in for your children to play with by themselves and with you.

The results also say that in the Break O'Day region our children need to practise their social and emotional competencies and this can be done by:

- encouraging your children to pack up after themselves, by packing up together using lots of words like "What a great job you are doing"
- encouraging your child to have a simple job every day that they take responsibility for – feeding the chooks, putting their dirty clothes in the wash basket, putting their plate on the sink

Every time you say something negative to your child say something positive and watch your child's chest swell when you tell them you are proud.

Talk about emotions. "I can see that this is making you feel sad, sometimes I feel sad too."

"I can see this is making you feel scared, it is ok to feel scared."

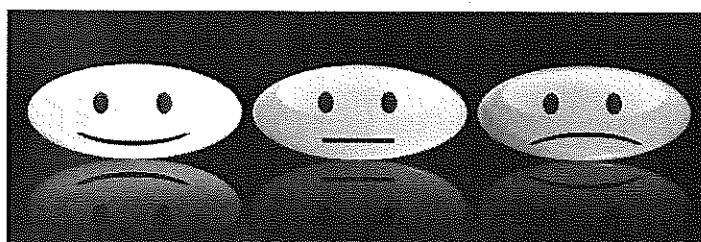
Read books on feelings and emotions

Encourage redirection of anger to objects such as punching bags. (Home made ones are easy to make with old stockings and foam or wheat).

Take your child to social situations where they learn to play with other children, e.g. the park, Launching into Learning, Child & Family centres, Building Blocks, playgroups or child care centres - all these places will be able to assist you with further extending your children's social situations

Our community also needs to support language, communication skills and general knowledge by:

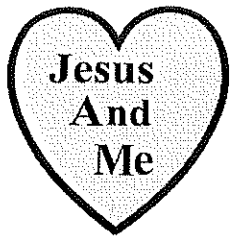
- reading stories **EVERY DAY** to your children, they don't mind if you skip words, just talk about the pictures and go slowly as they like to look at the pictures
- sing songs in the car, in the bathroom or around the house
- rhymes and poems teach children about numbers and counting
- talking to your babies and young children about what you are doing while changing their nappies, bathing them or going for a walk teaches them about their bodies and their space in the world e.g. "I am putting on your socks".



Glad

Sad

Mad



Do you need a bed?

Do you need a mattress?



Do you need some clothes? Shoes?

Do you need some kitchen goods?

Do you need some building materials?

Do you love to browse and shop for interesting objects?

Then please come along to the

St Marys Salvation Army

on

Saturday 29 June 2013 @ 13 Story Street

between 10am and 3pm

and you'll be sure to find a bargain!

We are having a big

FUNDRAISER

in order to raise money for a bus trip/concert and picnic

for JAM (Jesus And Me)

and for any other children who would like to join us!

Please feel free to contact Mel Norton on 0409838816 for
further information

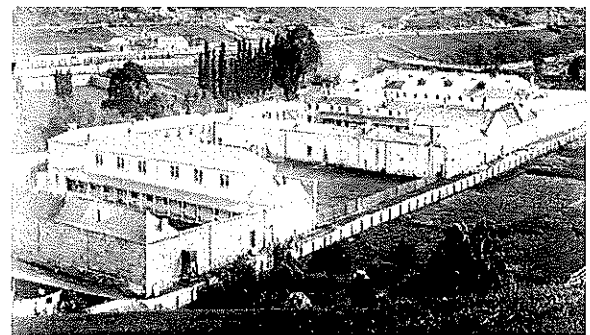
DEATH PENALTY – Part 1

The story of James Gunyon (1790-1874) and his wife Sophia, nee Robinson (1793-1866)

In my previous article, I wrote about William Fitzgerald; the next two articles are about his wife Harriet's parents.

James Gunyon's story

James Charles Gunyon (known as Charles) lived with his wife Sophia and their five children in Monmouth Street, London. Charles worked part time as a clerk/porter at a coach office; he also did occasional bar work when it was available. Charles struggled with alcoholism, and Sophia worked as a laundress and charwoman to supplement their income. They lived in poverty in cramped quarters, and probably because of their difficult situation, Sophia stole what she thought was 85 pounds from her employer to share with her husband, although the charge against her was for the theft of 100 pounds. They were arrested, and in September 1827 both were tried at the Old Bailey. Charles was given 14 years transportation for receiving stolen money, but Sophia was given the death penalty. Her employer showed compassion for her situation, and organized a petition urging leniency. As a result, Sophia's sentence was commuted to transportation for life. She and Charles did not know if they would ever see each other again. According to Sophia's Conduct Record, James was placed on the hulk "Phenix" (sic) to await his transportation.



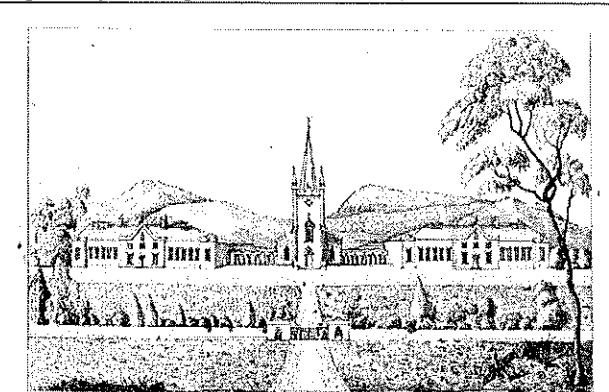
Cascades Female Factory, Hobart

Unknown to each other, they were both transported to Van Diemen's Land. Charles arrived there on the *Woodford* in August 1828. He and Sophia had been separated for almost 12 months before they were reunited, only to find that their children, who had also been sent to the colony, were in orphan schools.

Charles was recommended for appointment as a constable, which was similar to a job he'd been given on board ship. Apparently, he had handled this responsibility with some credit. He was posted to Launceston as a Petty Constable, but Sophia was forced to remain in the female factory. Charles requested a transfer back to Hobart Town, which was granted in July 1829, and he and Sophia found lodgings together in Bathurst Street. Their daughters were finally released to their care in late 1830, but the boys remained institutionalized for a longer period. James (aged 5) was admitted on 22nd August 1828, but not discharged until 13th November 1839; George (aged 9 yrs 6 months) was admitted earlier than James, on 5th July 1828, and also discharged earlier, on 9th January 1835.

Until a new orphanage was commissioned by Governor Arthur, boys in need of care at the time James' and George's admission were housed in a converted distillery at New Town. Girls were housed at 'Belle Vue', a stately mansion in Davey Street (this building still exists, but the address is now Fitzroy Place). Plans for a new, purpose-built orphanage were commissioned in 1829, and drawn up by John Lee Archer. The plans were approved in 1830. The bricks were handmade, and timber came either from Port Arthur or Mt. Wellington (records differ on this point). By the time the new building was ready for use, the Gunyon girls had gone to live with their parents. However, James and George would have moved in to the new premises in October 1833 with the other boys (the female children relocated in December 1832).

Especially in the early years, it was difficult to get suitable officers and servants (convicts were usually assigned as servants, and they often set bad examples). Those employed as supervisors also proved at times to be untrustworthy, especially in the period 1828 to 1831, which was when James and George were living in the old orphanage. Mr. and Mrs.



Charles Bruce's sketch of the Orphan Schools, 1831

Chorley, appointed on the recommendation of the Ecclesiastical Board in England, were dismissed in July 1828, the month that James was admitted. Evidence was given that they had been siphoning off some of the food meant for the children to sell for their own profit, and to feed their poultry. The children's rations were much reduced because of this, and it was the convict servants who reported to the Committee of Management that the children were so hungry that they had been scavenging in the bins for leftovers from the kitchen. By the time three years had passed, a beadle and his wife had been dismissed for drunkenness, and in 1831 Mr. Giblin, a master in the male orphan school, was sacked for his brutal treatment of the boys.

The clothes provided for the male children (including James and George) consisted of moleskin apparel during the week, and rough, blue cloth suits on Sundays. Shoes were only supplied in four sizes for boys aged two to fourteen, so those with larger feet had to cut the toes out of theirs, or end up with crippled feet.

Breakfast and supper consisted of tea with bread and milk; a midday dinner of soup made from meat and vegetables was served with a large piece of sweet wheaten bread. The children would eat their meals standing up until forms or benches were recommended in 1839.

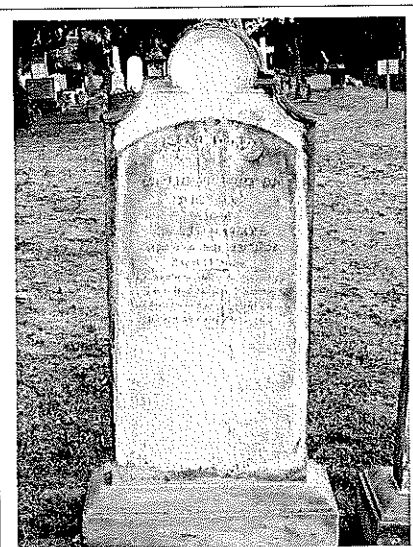
The regime was strict. The day started at 5 a.m. in summer and 6 or 6.30 in winter; bedtime was at 7 or 8 p.m. in summer and 6 p.m. in winter. Infants slept three to a bed, and boys slept in hammocks, 80 to a dormitory. Ablutions were carried out in cell-like rooms with stone floors and a stone trough in the centre.

Basic lessons in literacy were held. Exams were held regularly and honours awarded to those who achieved good results. In theory, this was commendable. In practice, classrooms were overcrowded, teachers were sometimes not much older or literate than their pupils, and there was a severe lack of equipment and training. The children were often listless and demoralised, due to their continued confinement behind high walls, lack of love and family, and loss of individuality.

Charles' continued problems with alcohol probably contributed to the difficulties he and Sophia experienced in reclaiming their children. He had a string of recorded drink-related offences, although he was somehow able to continue in his position as Petty Constable for some years. However, the penalties he underwent were harsh, including fines, time on the treadwheel and confinement on bread and water. Eventually, he lost his post and was imprisoned for 6 months with hard labour on the Bridgewater chain gang.

James and George did not leave the orphan school until the usual age when boys left (usually from age 14 to 16). It was considered that boys by this time would be old enough to find work of some kind. However, there was no follow-up on how they managed once they left, or whether they were able to support themselves or find somewhere to live. It seems that James and George at least had a home to go to, however difficult life there might have been.

The couple had 3 more children during their time in Van Diemen's Land, but in around 1840, a year after James left the orphan school, Sophia left the marriage. She began living with Joseph Walker, a farmer from Tea Tree; they are both buried at Pontville. Charles went to Victoria around the time of the gold rush, and died at Ballarat, where he is also buried.



Gravestone of Sophia Robinson/
Gunyon/Walker, Pontville

© Rita Summers 2013

Sources:

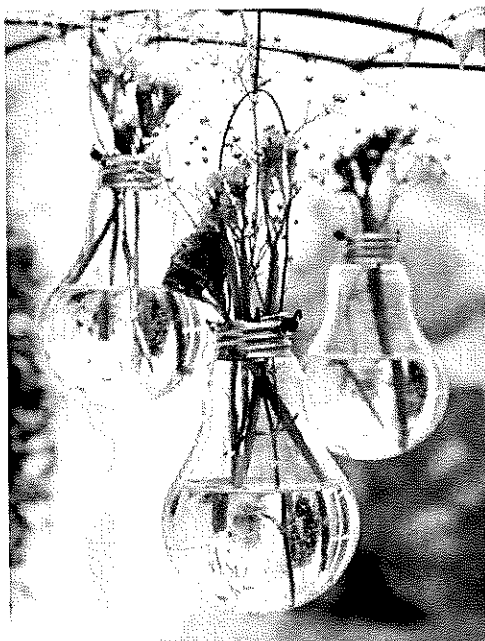
Conduct Record for Sophia Gunyon

Old Bailey Court Transcripts

Prisoners, Pioneers and a Prospecting Preacher, by Graham L. Fitzgerald

Children in Queen's Orphanage, Hobart Town, 1828-1863, compiled by Joyce Purtscher

Poverty is Not a Crime - Social Services in Tasmania, 1803 - 1900, by Joan C. Brown



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fuss out of ordering flowers.*

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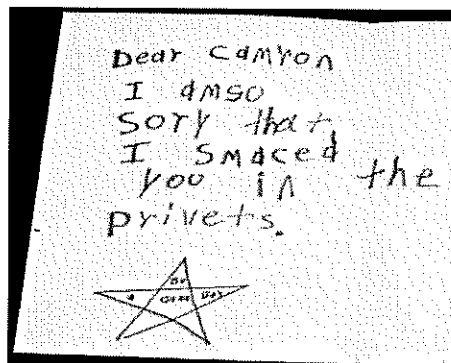
Ph Donna—6376 1211

Fun Range of Helium Balloons!



Little girls teaching puppy
About the rules of the world
While puppy teaches little girls
How a baby should be held.

by Chris Hyland



"the war of life "

Come to me my weary soldier...
rest your head upon my shoulder..
close your eyes and hear my heart beat
pride and love resound with in
you have fought the battle royal
all alone you had to fight
do not let them slay you under
I am here to help you through
lance the boil that long has festered
release the poison let it go
bravely now you struggle onward
no more burden for to show..
though there seems to be no ending
I am here be day or night
I alone know how you struggle
fighting hard to make it right
hold my hand and rest my darlin'
know now that the pain has gone
let me heal you with my laughter
let me heal you with my love song
let my arms hold and embrace you
God is watching from above
rest now and you will recover
I am right here by your side
pride and love at your hard battle
together we will stem the tide...

by Suzanne Demasson

STEEL n DIESEL

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MARK OWENS

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Office: 03 6372 2500
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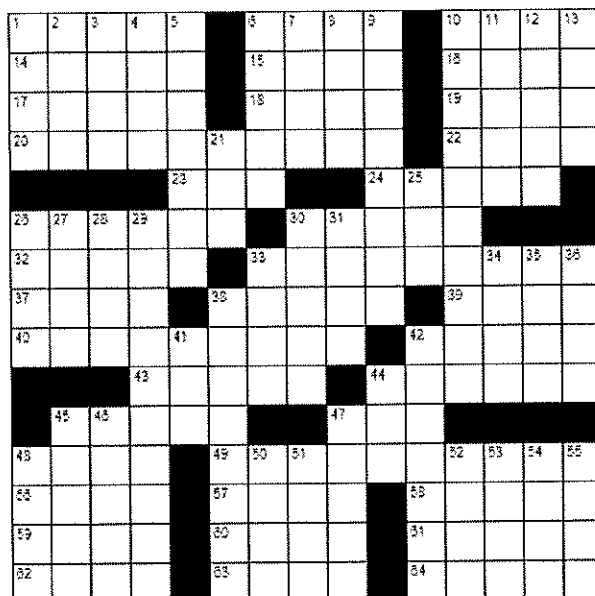
Welding, Fabrication & Construction

ACROSS

1. Muse of love poetry
6. Slip
10. Deliver a tirade
14. Tightwad
15. Neat
16. Arab chieftain
17. Homeric epic
18. Is indebted to
19. Small amount
20. 100th anniversary
22. Curved molding
23. Regret
24. Mistake
26. A deliberately offensive act
30. What we pay to the govt.
32. Nursemaid
33. Declaration
37. Poop
38. Noodles
39. What we eat
40. Deceiver
42. Association of craftsmen
43. Bonkers
44. Rapids
45. Existence
47. Possesses
48. Oceans
49. Recover
56. Near
57. Biblical kingdom
58. Lubricated

DOWN

59. Leer at
60. Storage cylinder
61. Flip over
62. Noxious plant
63. Sun
64. Squalid
1. Sweeping story
2. Anger
3. Analogous
4. Nipple
5. Hospital attendant
6. Rock
7. Flightless bird
8. Bright thought
9. Learning disorder
10. Repentant
11. Spanish for "Friend"
12. Fertilizer ingredient
13. Tall woody plant
21. Cashew or almond
25. Ump
26. 1/12 of a foot
27. Not
28. Break
29. Rough
30. Yummy
31. Initial wager
33. Principal
34. Dirt
35. Lacquered metalware
36. Probabilities



38. Advancement
41. Bamboozle
42. Vaporish
44. Dip lightly
45. Ecu
46. American symbol
47. The quality of being funny
48. Winter precipitation
50. Modify
51. Soft drink
52. Fully developed
53. Away from the wind
54. Care for
55. Countercurrent

Solutions next issue.

ACROSS

- 1 What's produced after, for example, tea's digested (6)
- 5 Stein is German? Correct without a hint of doubt (8)
- 9 Former almsman with Tory whip accepting nothing (8)
- 10 Former primates have the last word about a primate being beheaded (6)
- 11 Art has left wife, after split-up, to acquire new - now he'll have two of them? (7-2-3)
- 13 Drink brings a good man to the edge of insanity (4)
- 14 Lands from boat in Norfolk town (8)
- 17 It allows unimpeded capital movement (8)
- 18 It's wrong for a Leftie to move right of centre (4)
- 20 He's to lend out sums of money, we hear - they're required for performance of 23's works (12)
- 23 Robert Lindsay (6)
- 24 Where arch is providing support? (8)
- 25 Race to follow the intruder (5,3)
- 26 Order unpleasant old woman to

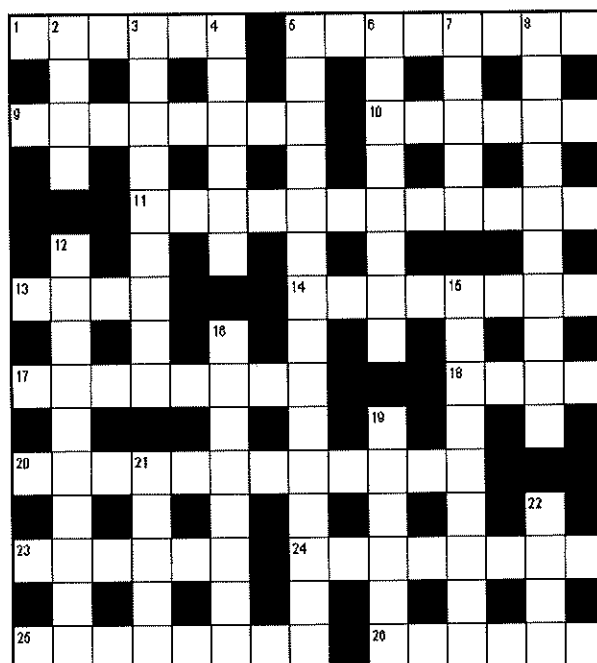
come round to observe last respects (6)

DOWN

- 2 See 7
- 3 Eponymous hero of part of the 22 dies with grief? Not exactly (9)
- 4 Foster's reportedly put work into lead parts of The Accused, Sommersby and finally Maverick (6)
- 5 Right away, city has millions invested into new grunge arrangement of part of the 22 (5)
- 6 Foolish woman, so to speak, about to be put in front of judge again (8)
- 7,2 In the 22 the timeless old treasure which gives name to a part of it (9)
- 8 Pass away stroll by river with part of the 22 (3,7)
- 12 Solemnly declare: "The fool's always worried!" (10)
- 15 The opposite of immunising fluid? Yes and no (9)
- 16 Pentagon is thus five-

fold put in difficulty (8)

- 19 Former Foreign Secretary, being short, had to climb to get to the seat on a Jumbo (6)
- 21 Star turn for Ben Elton's first daughter (5)
- 22 Bell of 23's cycle (4)



Church Services

Catholic Parish of St Marys

Sr. Lorraine Groves
Parish House 6372 2252 /
0409 172 741

1st Sunday MASS

St Helens Vigil 6pm
Bicheno 9am
Fingal 11.30am

2nd Sunday LITURGY

St Helens Vigil 6pm
St Marys 9am
Bicheno 9am
Fingal 9.30am

3rd Sunday MASS

St Helens Vigil 6pm
St Marys 9am
Fingal 9.30am
Bicheno LWC 9am

4th Sunday LITURGY

St Helens Vigil 6pm
St Marys 9am
Bicheno 9am
Fingal 9.30am

5th Sunday LITURGY

St Helens Vigil 6pm
St Marys 9am
Bicheno 9am
Fingal 9.30am

Enquiries to Sr Lorraine for
Baptisms & Weddings
6372 2252

Break O'Day Uniting Church

The Manse 6376 2405
St Helens 9am
Fingal 11.15 am

Seventh Day Adventist

Hodgeman Street Scamander
Sabbath School 10am
Divine Service 11am

Salvation Army Tuesday Jam

3-5pm every Tuesday
excepting school holidays
Envoy Melanie Norton
6372 2099

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

Anglican Parish of Northern Midlands

Avoca 11am 2nd Sundays
Fingal 2pm 2nd Sundays
Mathinna 2.30pm 4th Sundays
Ross 10am 5th Sunday
Campbell Town 9am every
Sun

Anglican Parish of Break O'Day

6376 1144
St Helens 8am
St Marys 10am
St Helens 10.30am
Pyengana 7.30pm
3rd Saturday of each month
Community Dinner @ St
Marys



St. Helens Electrical

ROD SHAW

LIC: 933671

Domestic Commercial Industrial

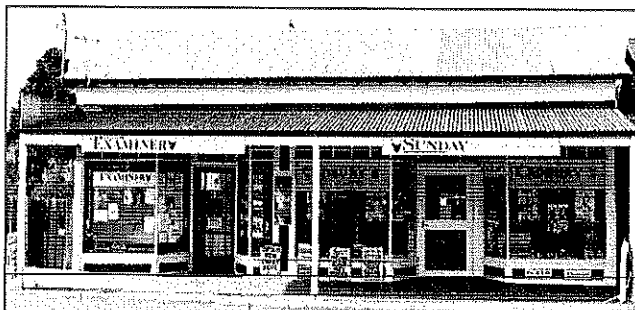
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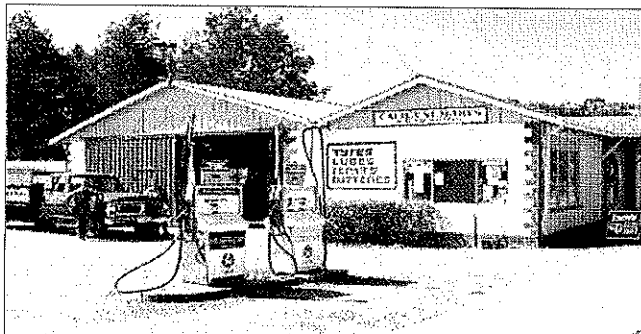
ST MARYS NEWSAGENCY

6372 2143

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Sat & Sun 7am - 6pm



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ST MARYS COMMUNITY HEALTH CENTRE

DOCTORS ROSTER

Dr Latt

19/6/13- 5/7/13

Dr L. Reeckman

1 & 2 July- Women's Health Clinic

For appointments phone: 6372 2111

**Please see After Hours Numbers
for during this time**

IMPORTANT INFORMATION TO PATIENTS

Please be aware that Dr Latt's Surgery is currently fully booked for appointments 1 week in advance as of 19/6/13

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

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.

Please speak to our reception staff about ordering scripts over the phone- as fees apply. Scripts are unable to be done over the weekends, ensure you have enough medications in advance.

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.

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



Australia's Biggest Morning Tea and Community Health Forum 'More Than Just a Cuppa'

On behalf of the Health Promotion Team at the St Marys Health Centre THANK YOU to the Break O'Day Council, the community, St Marys District School, Lions Club St Marys, the various craft groups around town and individuals who made tea cosy's, the St Marys Community Health Centre and Rural Alive and Well (RAW) and everyone else who contributed to make this event so successful.

Over \$650 was raised for the Cancer Councils annual Australia's Biggest Morning Tea event held at the St Marys Town Hall on Thursday 23 May 2013.

The feedback received has been very positive on all accounts with an 'increase in seating' being our biggest request improvement for years to come, maybe even next year!



EYELINES



Visit the St Marys Health Centre every 6-8 weeks. For appointments please phone 1300 139 363.

All consultations Bulk Billed to Medicare
Next session: Thursday 27 June 2013

The greatest wealth is health- virgil

ST MARYS COMMUNITY HEALTH CENTRE

WHAT'S ON AT THE CENTRE

- 19 June **Mental Health Clinician/ Case Manager**– Faye Thordardottir. For appointments please phone 1800 332 388
- Day Centre**– For details on the group please contact Hayley Gilbert 6372 2111.
- Podiatry North**– For appointments please phone 6336 5155
- 20 June **TML Podiatrist**– Annabelle. For appointment please see your GP or Health Professional for a referral.
- Social Worker**– Shan Williams. Please phone 6372 2111 for appointments
- Relationships Australia**– Megan Booth for appointments please phone 1300 364 277
- 21 June **Social Worker**– Shan Williams. Please phone 6372 2111 for appointments .
- Mental Health Clinician/ Case Manager**– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- 24 June **Physiotherapist**– Naomi Ide. Please see your GP or Health Professional for a referral to the service.
- Mental Health Clinician/ Case Manager**– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- 25 June **Child Health Session** with Sue Gofton every Tuesday– Appointments only. Please phone 0428 136 381
- Tom Bain, Rae & Partners Lawyers**. At the Community Health Centre Tuesday fortnights. For appointments please phone 6337 5555
- Physiotherapist**– Naomi Ide . Please see your GP or Health Professional for a referral to the service
- Mental Health Clinician/ Case Manager**– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- 26 June **Day Centre**– For details on the group please contact Hayley Gilbert 6372 2111
- MYSOAP**– Antenatal Clinic with Katie. For appointments please see your GP
- Social Worker**– Shan Williams. Please phone 63722111 for appointments.

WHAT'S ON AT THE CENTRE Continued...

- Physiotherapist**– Naomi Ide . Please see your GP or Health Professional for a referral to the service.
- 27 June **Social Worker**– Shan Williams. Please phone 6372 2111 for appointments
- Eyelines**– Phone 1300 139 363 for appointments. Consults Bulk billed.
- 28 June **Social Worker**– Shan Williams. Please phone 6372 2111 for appointments
- 1 July **Physiotherapist**– Naomi Ide . Please see your GP or Health Professional for a referral to the service.
- Mental Health Clinician/ Case Manager**– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- Dr L.Reeckman**– Women's Health Clinic
- 2 July **Dr L.Reeckman**– Women's Health Clinic
- Child Health Session** with Sue Gofton every Tuesday– Appointments only. Please phone 0428 136 381
- 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
- 3 July **Day Centre**– For details on the group please contact Hayley Gilbert 6372 2111
- 4 July **Relationships Australia**– Megan Booth for appointments please phone 1300 364 277
- Social Worker**– Shan Williams. Please phone 63722111 for appointments.
- 5 July **TML Diabetic Educator, Physiologist and Dietician**. Appointments available by referral from you GP.
- Social Worker**– Shan Williams. Please phone 63722111 for appointments.

GP NORTH DIABETIC CLINIC

Regular consults are available at the St Marys Community Health Centre with the Diabetic Educator, Dietician and Exercise Physiologist. If you require an appointment please see your GP for a referral and TML will contact you with an appointment time.

Next session at St Marys is: Friday 5 July 2013

Meals on Wheels

0488 384 344

June/July	St Marys	Fingal
Monday 24th	Lundy Vosper	Neighbourhood House
Tuesday 25th	Valmai Spencer	
Wednesday 26th	Lorraine Gill	
Thursday 27th	Kay Nailer	
Friday 28th	Drew Adam	Neighbourhood House
Monday 1st	Debbie Barnes	Neighbourhood House
Tuesday 2nd	Pam Bretz	
Wednesday 3rd	Lundy Vosper	
Thursday 4th	Heather Griffiths	
Friday 5th	Claire Bean	Neighbourhood House

Issue No. 3 solutions

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

	1	A		2	A		3	A				4	A		5	A
6	A	V	E	M	A	R	I	A		7	A	S	S	E	N	T
	O		I			I		S			N	P		G		
9	A	W	E	D		10	A	S	T	O	N	V	I	L	L	A
	A					N		R		A		R		I		
11	A	L	K		12	A	L	I		13	A	L	L	I	A	N
			S			S		P			T		A			
	14	A	C	C	O	M	M	O	D		15	A	T	I	O	N
	P		E					P			C		O			
16	A	P	P	R	O		17	A	C	H		18	A	N	N	U
	O		T			L		O		D					C	
20	A	S	S	A	I	L	A	B	L	E		21	A	B	U	T
	I		I			Y		I		M		F		M		
22	A	T	O	N	A	L		23	A	N	I	M	A	T	E	D
	E		S							A		R		N		

RAE & PARTNERS

Lawyers, barristers & solicitors of 113 Cimitiere Street Launceston visit the St Marys Community Health Centre every second Tuesday from 9-10 a.m.

Ph 6337 5555 for appointments

The Valley & East Coast Voice Guidelines

Opinions in any letters published are not necessarily those of the Editor and voluntary workers.

Our pages will remain open to fair and 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 editors discretion.

Please make sure of your facts. Do not write submissions just to let off steam. Articles most commonly published are those that relate 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 & East Coast Voice 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 does not provide specific feedback regarding any decision made not to publish a submission.

Advertising

Classifieds 25 words or fewer are free for two issues.

Community notices - free

Regular small classified - \$20 p.a.

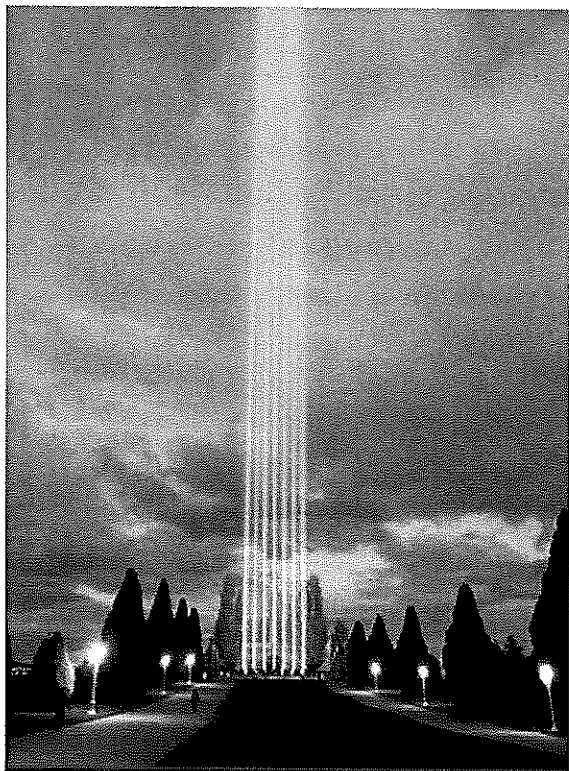
Large boxed ads - \$12

¼ page - \$20 ½ page - \$30

Full page - \$50

1 year posted subscription - \$50

Articles for publication may be left at the St Marys Pharmacy on Main Street or mailed to W Dawson, 12 Groom St, St Marys Tasmania 7215

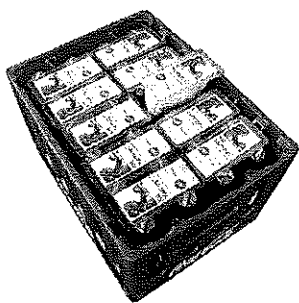


The Spectra tower in Hobart is made up of forty-nine floodlights of military strength, pointed skywards and is 15 kilometres tall.

This tower is the creation of artist Rhoji Ikeda.

It is part of Hobart's Dark MOFO winter arts festival and will shine every night until Saturday.

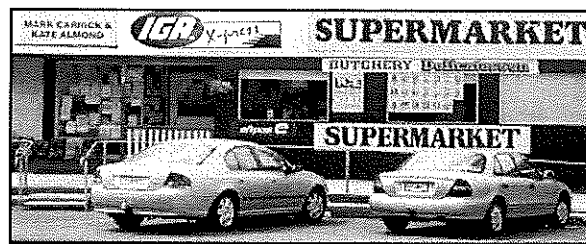
COLALIFE



Pete Collard, curator of the Design Museum in London, said one of his favourite designs was for a wedge-shaped package containing medical supplies which fits exactly into the spaces between Coca Cola bottles when they are delivered in plastic crates. ColaLife is an

independent non-profit organisation run and staffed by volunteers. The ColaLife design enables life-saving medicines such as anti-diarrhoea kits to be delivered in developing countries at no extra delivery cost by "piggybacking" on Coke deliveries. Simon Berry, who invented the packaging, said: "How can it be right that Coca-Cola reaches remote rural villages in Africa, yet simple lifesaving medicines for children don't? Instead of blaming Coke, we studied its success: you can get a product or service to anywhere in the world if you make it affordable."

<http://designmuseum.org/media/item/81014/5528/Designs-of-the-Year-2013-Shortlist.pdf>



ST MARYS IGA SUPERMARKET

38 Main Street

Phone/Fax 6372 2240 - Butcher 6372 2274

Mon - Fri 8 - 6 Sat 8 - 12

This week's specials from 20th to 26th June

Butchery

Rump steak 10.99kg

Gerello roast 9.99kg

Beef stirfry strips 13.99kg

Nichols Whole Bagged Bird 4.99kg

IGA chicken thigh fillets 10.99kg

Coolroom & Freezer

Flora Spread Original 1kg 3.99

Devondale Dairy Soft 500g 3.49

Kraft Cheese Singles 500g 3.99

Peters Billabong 10pk/Choc Wedge 8pk 5.99

Birds Eye Hash Browns 375g 2.75

Off The Shelves

Arnott's Chocolate Biscuits 150-250g 1.69

Bushells Tea Cup Bags 100pk 2.99

Colgate Toothpaste 80-90g .99c

Sorbent Toilet Tissue 8pk 3.99

Sanitarium Weetbix 1kg 3.49

Next week's specials from 27th June to 3rd July

Butchery

Leg of lamb 10.99kg

Forequarter lamb chops 9.99kg

Beef casserole steak 9.99kg

Round steak 8.99kg

Nichols turkey steak 16.99kg

Off The Shelves

Nestle Milo 450g 4.99

Juicy Isle Long Life Juice 2L 2.49

Devondale Long Life Milk 1L .99c

Cascade Ultra C Blackcurrant/Raspberry Syrup 4.99

Kleenex Cottonelle Toilet Tissue 12pk 5.99

All Only \$1.99

Arnott's Family Assorted Biscuits 500g

Schweppes/Pepsi Soft Drink 2L

Duo Laundry Powder 500g

Tas Taste Plain/Self Raising Flour 2kg

Samba Fire Lighters 36s

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