



# The Valley & East Coast Voice Est. 1968

Volume 46 No. 5 Thursday July 4th 2013 \$1

The Say by Cagerattler - Rod McGiveron.

Beware of being overly cynical or skeptical about things. Some time back a workmate commented after returning from a trip down south that he'd seen a fox. Without giving it much consideration we kind of said "Sure you did Dick" and thought no more of it. Last Tuesday night I was driving out towards the top of the Pass and still in the town limits just after dark to check my headlights which seemed to be playing up a bit - just needed to get away from streetlights so a trip to the top of the Pass to check was easy. As I came off the bridge approaching the first house one of my dogs alerted - it's usually a rabbit or hare, but not this time. I'd slowed to maybe 45kmh for the animal and as soon as the headlights caught it my reaction was 'Geez, that's a fox'. Unmistakable, no doubt and before it fled it looked at us for a couple of seconds or so...it was blatantly and obviously a fox. I forgot about the headlights thing and went up the road a bit, did a u'ey and came back but it had well and truly gone. I drove straight home and waited a little while before ringing the Fox Task Force number, wondering if they'd think I was nuts. When I did ring, nothing could have been further from the truth.

Without any prompting I was asked to describe the animal. I described the rusty brown fur, grey/black tail, black tipped ears, thin spindly legs, large-ish head, long pointed muzzle and the size being that of a decent tom cat or slightly bigger. The Fox Task Force person said "Guess what ... you've seen one". I asked if anyone else had reported foxes in our area and was told yes but offhand they couldn't tell me how many. We spoke about the fox situation and I was informed that if they get to more than a few hundred in Tasmania they will have a detrimental impact on 75 species of native fauna. I was told that the details would be passed to an investigator; next day I received a call from Craig at the Task Force doing an initial check up on the location before bringing the tracking dogs to St Marys.

When he arrived, Craig and I went to the sighting area and I showed him exactly where I'd seen it. He told me that the heavy gorse and creek with easy tucker was the sort of places foxes could well prefer. We spoke to nearby residents John and Robert, and Robert indicated that another land owner had mentioned a possible fox sighting previously. After Craig had sought more information and filled us in on potential actions he suggested a visit by the

tracking dogs within a few days but rain and other factors might impede any actual evidence - however other methods could be tried. I believe the dog crews visited later in the week. Foxes were the last thing on my mind until those few seconds last week but since then I've gone from being a cynic to apologising to Dick and I now believe we DO have foxes in Tasmania.

Please do not hesitate to call the Task Force if you see one because as Craig pointed out, this animal is one of the most elusive of all and only four genuine carcasses have been recovered in Tasmania so far. Their best estimation is maybe a hundred are currently here and a mating pair will have four cubs once a year so control is paramount. The Fox Task Force number is 1300 369 688 (24 hours a day). Please let them know even if you don't get a proper look like I did and you're not certain...they still need to know.

## More than an ordinary Queen...



At the St Marys Day Centre we are lucky enough to have a lady who is fondly referred to by the group as the 'Matriarch'.

Why? Because she's 98!

Maisie Finney is a dearly loved member of our weekly group and to express our fondness for her, as the real Queen's birthday approached, we thought it only appropriate we celebrate her

birthday with 'Our Matriarch'.

Heather Lester found a knitting pattern of the Queen and her corgis and Wendy Mallett kindly knitted it for us.

On Wednesday 12/6/13 Maisie was presented with her gift of the knitted Queen and her corgis from the group. We just wanted to share her lovely surprise with you all.

Hayley Gilbert



The next Valley Voice is due out on 18th July 2013 and the deadline is 5 pm Monday 15th July 2013.

vvoicerevisited@gmail.com 6372 2442 / 0403 430 452

W. Dawson, 12 Groom Street St. Marys Tasmania 7215

## Community Announcements

**St Marys Hospital Auxiliary** 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 at 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 are 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 Pauls 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

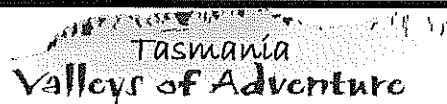
The **Falmouth Community Centre** contact for booking club facilities is Rachel Woods on 03 6372 5118.

**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 as directed by the St Marys School Association. Janet Drummond, Co-ordinator



AVOCA • NORTHERN GEORGE • ROSEBUSH • FINGAL • FALMOUTH • TASMANIA • SUPERB • 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 hold markets every Saturday from 8am in the Library car park, St Helens. There are a variety of stalls and stall holders' fees 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 at 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.

**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](mailto:bodregionalarts@gmail.com)



Wrapped in St Marys 2013 - check out the latest photos and info here - [www.wrappedinstmarystas.com](http://www.wrappedinstmarystas.com)

## For Sale

2 D/b foam mattresses in exc. condition \$50 each. JVC 17" LCD TV and wall mount, hardly used - not digital, requires set top box \$60. Double Australian made swag, as new \$300 ono. Motorcross helmet, grey/black, exc. condition, size small \$35. Samsung ES25 digital camera, 12.2 megapixels \$25. 6372 2438 / 0439 333 398

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 ono. 0447 937 717

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

Moo Poo and Mulch, any quantities. 6372 2380

Wooden table and 4 chairs \$100. 6372 2584

Raspberry canes \$1.50 each. Rhubarb crowns \$3. Red / black currants \$3. Comfrey \$2. All good stock. Call Jack 6372 2034

Consul gas/electric full size fridge - 220 litre, works well \$850 ono. Nissan Pulsar '89 1.6L damaged mud guard 4 as-new tyres, includes near complete 2nd car with 1.8L engine, \$400 the lot. 0401 870 316

### Advertising

Community notices are free and classified ads of 25 words or fewer are free for two issues; regular classifieds are \$20 p.a. Boxed ads are available from \$12, 1/4 page for \$20 and a 1/2 page for \$30. Full page ads are \$50. Please note change of deadline to Mondays @ 5pm. 1 year posted subscription is \$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

## Wanted

Work wanted: gardening, odd jobs and tree lopping, \$15 p/h. 6372 2584

Work wanted: house cleaning, experienced lady, \$16 p/h. 6372 2584

Work wanted: ironing, pick up and deliver \$25 a basket full. 6372 2584

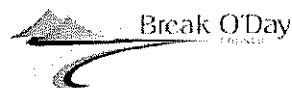
Teenage boy would like some light gardening work, mowing, weeding, odd jobs. 6372 2584

Chest freezer wanted, ph 6372 2034

## JUNE COMMUNITY DINNER

Despite the foul weather, 14 brave people attended the Asian Night at the Anglican Church Community Dinner on 15th June 2013 and had a wonderful evening of fellowship and food together. Donations came to \$57 and these funds were given to a local couple to help toward their training at missionary school. Thanks to all for your generosity. Our next dinner will have a Scandinavian theme and will support one of our local community groups. See you there on the 20th July 2013.

**Correction** to the front page article from the last issue - Blarney Books and Art is in Port Fairy, Victoria, Australia - not British Columbia, which is in Canada.



### RIFLE FOR SALE BY TENDER

**BREAK O'DAY COUNCIL** is offering the following rifle for sale by tender:

Make: Marlin

Model: M882

Tenders must be submitted on a formal tender form, further details on the rifle and the tender forms are available on Council's website [www.bodc.tas.gov.au](http://www.bodc.tas.gov.au), by emailing [marilyn.keenan@bodc.tas.gov.au](mailto:marilyn.keenan@bodc.tas.gov.au) or by phoning 6376 7921.

Tenders must be received by no later than 2pm Tuesday 23 July and must be in a sealed envelope clearly marked "Rifle Tender".

Tenders should be sent to PO Box 21, St Helens TAS 7216 or delivered to the Break O'Day Council office located on Georges Bay Esplanade, St Helens

**Des Jennings**  
General Manager

On this day in 1889 - The modern pizza is invented

## Break O'Day Council Budget 2013/2014



Break O'Day Council adopted its Budget for the 2013/2014 financial year at the Council meeting held on Monday, June 17. The Budget was strongly impacted by the fact that properties around Break O'Day were recently revalued by the Office of the Valuer General, something that only happens once every six (6) years.

The revaluation saw property values fall markedly in some sectors, with forestry the hardest hit. The Budget aims to balance community expectations regarding service provision and projects with the community's capacity to contribute financially.

"Council has endeavoured not to burden residential ratepayers with making up the shortfall in rates that would normally be received from the forestry sector, where values have decreased substantially. Council has a responsibility to maintain infrastructure to an adequate standard for the community and is committed to doing so," said Mayor Sarah Schmerl.

To minimise the impact of the change in valuations while still meeting the needs of the community Council has introduced a differential rating system. This system is divided into three categories - Primary Production, Commercial and all other ratepayers. To meet Council's budgetary needs, rate revenue will increase 6% overall; this includes the usual CPI increase and the rise needed to meet infrastructure maintenance and service provision needs. The increase in individual rates paid will not be uniform but will be based on the new property valuations and the differential rating structure; as such, individual rate rises will vary. Any concerns ratepayers have regarding their property valuations should be directed to the Office of the Valuer General.

This year's Budget provides for a bridge replacement program in the order of \$3.6 million. The majority of these bridges, which provide access to people's homes and iconic tourist areas, had previously been subject to load limits, reducing the service and access. These load limits may have hampered any recovery of the forestry industry in Break O'Day. Once the replacement program is complete, load limits will no longer apply.

Council will continue to work proactively to reduce expenses in other areas. Department managers have been required to keep their department within last year's budget amount, and they have succeeded. Council's workforce has not grown, and some existing staff members have taken on new duties to more closely reflect the services Council wants to deliver to the community.

Break O'Day Council fully acknowledges the financial pressures faced by ratepayers, but also realises the importance that the community is provided with infrastructure that is maintained to an adequate standard.

**Piping hot soups –  
another  
winter winner from  
Purple Possum!**



**Don't let the cold weather get you down.  
Pop in for our homemade soups including  
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Adzuki, traditional Pea soup, or classic  
Lentil – along with some new creations. All  
gluten-free and served with a crunchy roll  
in our warm and welcoming café!**

**Making soup at home? Then use our Super  
Soup Mix – or create your own from our  
wide range of beans, grains and lentils!**

**Purple Possum  
Wholefoods & Café**

**7 Story Street St Marys. Phone 6372 2655.**

**Dick Adams MP**  
**Federal Member for Lyons**

Please contact one of my offices if I  
can be of any assistance.

53B Main Rd Perth 7300 (POB 50) 6398 1115

58A High St New Norfolk 7140 (POB 271)  
6261 3366

1300 132 689

D.Adams.MP@aph.gov.au

**WORKING WITH YOU FOR A  
STRONG COMMUNITY**



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

## Break O'Day Council Budget 2013/2014 continued

Features of this year's Budget include:

- ☐ Investment in the central business districts of St Helens, St Marys and Fingal.
- ☐ Additional expenditure on road networks.
- ☐ The finalisation of the Municipal Management Plan (MMP) providing strategic direction to assist with future decision making for development within the municipality.
- ☐ A major new stormwater drain in Cecilia Street, St Helens.

The Budget includes a \$7.6 million Capital Program for 2013/2014, which will be delivered in addition to Council's ongoing commitment to operational service delivery and asset maintenance.

Capital works planned include:

- ☐ Stormwater upgrades in St Helens, Stieglitz, Cornwall and Mathinna (\$1.2 million).
- ☐ Environmental compliance works at waste transfer stations in St Marys, Scamander and St Helens (\$170,000).
- ☐ Re-sheeting of Reids Road and Ansons Bay Road.
- ☐ Replacement of toilet blocks at the Fingal Recreation Ground and Talbot Street, Fingal.
- ☐ A new BBQ and shelter at Beauty Bay, St Helens.
- ☐ Bridge replacement and maintenance program (\$3.6 million).
- ☐ Playground equipment replacement program (\$70,000).

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

### ROUGHSHOD

Nowadays we see this word in the expression "to run/ride roughshod" over somebody or something, meaning to tyrannize or treat harshly. It came about as a way to describe the 17th century version of snow tires. A "rough-shod" horse had its shoes attached with protruding nail heads in order to get a better grip on slippery roads. It was great for keeping the horse on its feet, but not so great for anyone the horse might step on.



### Incorporating all your needs in:

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- ◆ TOP SOIL
- ◆ SCREENED TOP SOIL
- ◆ SAND
- ◆ ROCKS
- ◆ ON SITE SCREENER 20mm to 75mm  
(TURN YOUR RUBBISH INTO TOP SOIL)
- ◆ 20 TONNE EXCAVATORS WITH TILT  
BUCKET & RIPPER, ROCK & LOG GRAB &  
QUICK HITCH
- ◆ D 65 KOMATSU DOZER, RIPPER & TILT  
BLADE
- ◆ 10 YARD TIPPER
- ◆ COMPACTION ROLLER
- ◆ WHEEL LOADER

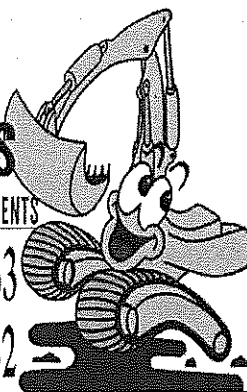
## AND MUCH MORE

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**LOCAL OWNER - OPERATOR WITH  
OVER 20 YEARS EXPERIENCE**

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6372 2033 / 0439 722 032**

## LIFE AS A POSTMASTER

We moved to St Marys late in December 2004. We had sold our last business (a large but old fashioned general/liquor store/Post Office/Newsagency on the far North Coast of NSW) and had sort of semi-retired but came down to Tasmania for a holiday in July 2004. Before arriving I did an internet search on businesses for sale in Tasmania and stumbled across the St Marys Post Office. The rest is history.

For Kerry and me the move was relatively easy but it was a terrible time for our daughter Alex. We left NSW the morning after her year 10 presentation night at her old school (Mullumbimby High School). Alex was honoured to receive the school's most prestigious award for leadership. Everything in Alex's life at that time was close to perfect; she had a large network of very good friends, was successful at school and sport and loved her life living by one of the most beautiful beaches in NSW. All this came tumbling down when we moved to St Marys but while the first few months here were difficult for all of us she picked herself up and is now a qualified teacher doing extremely well teaching in a remote aboriginal community in NT and we are very proud of her. I suppose the maxim that every cloud has a silver lining certainly applied in this instance.

Our son Jake was a bit more fortunate. He had successfully completed year 12 and was only in St Marys for three weeks before he embarked on a 12 month Rotary Student Exchange in Belgium. Jake did struggle a bit upon his return but is now leading a successful career in the Navy.

So our move to St Marys was not just about coming to grips with the Post Office; any parent who has had to move teenage children across state borders or to distant locations will understand the challenges we faced.



Kerry and Harry Veldums with their son Jake and daughter Alex

On to the Post Office. We had about 10 year's experience running a Post Office in NSW so we were well versed on procedural matters but in St Marys we were required to sort mail going to Bicheno, Scamander and Coles Bay each morning. It took us some time to come to grips with all the Singlines, Spilsburys, Gillies, etc etc and the connections between them all and where they all lived. Mail addressed to the children of these various families was also a challenge.

Christmas was the worst time; having to deal with Christmas cards addressed simply to "Nan & Pop, St Marys" or seeing Christmas cards for people that had passed away months before was always difficult. Returning a card to sender with "deceased" written on it always felt so sad and impersonal.

I don't wish to sound like I am complaining but we consistently had problems with mail being incorrectly or inadequately addressed and it was always a challenge to make sure all mail was delivered

correctly while adhering to clearly laid out Australia Post procedures. We often had to remind people that we were licensed by Australia Post and any breach of procedures, particularly where loss of revenue was concerned, was viewed as a breach of our licence conditions by Australia Post. We were regularly and critically audited by Australia Post staff.

I simply mention this because occasionally we had to make decisions which customers thought harsh or unreasonable and occasionally just mean; we had no choice, our licence was our livelihood and we couldn't risk it just to be "nice" or save a customer a dollar here or there.

All of this, however, pales into insignificance when we move on to the subject of people. Our working day in the Post Office started at 6.30 in the morning when we were required to sort mail and parcels for downstream Post Offices at Scamander, Bicheno and Coles Bay as well as a number of customers who had private mail bags in addition to all the mail and parcels for St Marys. We were always under pressure at that time because we had to make sure the various contractors were on the road by a certain time and the volumes of mail and parcels could fluctuate widely from day to day. This was always an intense and extremely busy time. The ever increasing volume of parcels, particularly large heavy parcels such as cartons of wine as well as changes in procedures such as the need to scan all parcels added another layer of difficulty.

Again I simply make mention of this for people to understand that when we opened the doors at 9.00am we hadn't just drifted in from the breakfast table after a leisurely breakfast and cup of tea, we had gone through a very demanding couple of hours sorting and despatching an enormous volume of mail and parcels so there were times when the nerves were a bit frazzled by the time we opened the doors. Add to this the habit of many people in town to be on the doorstep of the Post Office at one minute to 9.00am (I often wondered what they did for the rest of the day!) looking for their parcels or whatever; the first half hour could be quite stressful. Finally, when do most people telephone a Post Office? It would appear from experience that it is one minute after 9.00am just to add to the pressure. 99 times out of a hundred it would be a query along the lines of "is there a parcel there for me?" or "is there any mail in my PO Box?"

Then you had to deal with the "dirty" people; the ones that got straight out of bed and came straight to the Post Office, the stinkers, the ones with incredibly bad BO and rotten teeth, hands so filthy you were reluctant to take things from them or hand things to them. There were more than a few occasions where both Kerry and I would be holding back the dry

retching because a customer stunk so badly.

Then there were the whingers and moaners, the people who ALWAYS have a missing parcel or a letter that didn't arrive.

I have been in business for over twenty years and in that time I reckon I have posted thousands of letters and parcels, not one of which didn't arrive. Yet there are people in St Marys where this sort of things appears to happen almost weekly. I remember one time being upbraided and insulted because the express envelope a customer posted the day before had not been delivered only to see the same letter come back to St Marys the next day because the sender put the postcode on the letter as 7215, not the destination postcode – no apology was forthcoming. We have also often been taken to task by customers claiming that a parcel was sent "weeks ago" and why hadn't it arrived only to discover that when the parcel eventually did arrive it was post marked a few days previously. It seems quite a lot of ebayers and/or on-line merchants are not always entirely honest about when they post their parcels.

So that's the bad. Of course there were many, many people who were patient, understanding, reasonable and most importantly friendly. I'll never forget Val McDonald bringing in a beautiful coffee and walnut sponge for us to have for morning tea or Val Dawson bringing in a plate of matchsticks or some other home baked treat and Joyce Wines bringing in a big slab of her famous Christmas cake. Arthur Progle regularly dropped in a jar of beautiful home-made jam and many people would drop in a bag of apples, pears or plums during fruit season.

In the early days it was quite touching the number of people who were concerned about Alex's progress and welfare – they seemed to really care for us and about us. We had heard a lot about the community spirit in St Marys and over the years saw much evidence of it.

We also quickly became aware of how important the Post Office is in a small community. During the 2006 bushfires we became an essential hub for all manner of communications. We fielded telephone calls from all over the world from people concerned about friends and relatives. I did numerous radio and press interviews and acted as a contact for the Tasmanian Fire Service to disseminate critical information about the town as well as being a contact point for Australia Post management and other public utilities. It is with some pride that we were awarded a "Certificate of Excellence" from Australia Post management for our efforts in this area. Similar situations also arose during a number of regional flood events.

If you are from outside an area and wish to know what is going on in another area who do you contact? The Post Office of course – I was constantly amazed at the number of phone calls we got from people seeking information about people or events in or around St Marys.

So like in all things there are good and bad. Our nearly nine years in the Post Office were at times very demanding but overall very rewarding and at the end of the day it was the people that made it so. I know at times I could be quite prickly but while I mightn't have been the most talkative person in town I always strived to be efficient and to serve people quickly. Fortunately Kerry was much more sociable and I often envied how patient and chatty she could be. There are times people can just wear you down; take a hot day for example – it is something of a challenge to be chatty after the 100<sup>th</sup> person has mentioned to you "gee it's hot outside!" and I imagine any other small business operator in town would know the feeling.

At the end of the day we are just another couple of personalities that make up the wonderful mosaic of people in this small town.

Some individuals stand out though. There was the local identity who tried to "damage me" professionally by casting aspersions to a local politician on my ability to be a Justice of the Peace because they disagreed with a view I had expressed in the Valley Voice. The politician approached me and we had a good laugh about it. After that episode I decided to keep my views to myself.

There was the rather vicious Facebook attack that was very deliberate in attempting to destroy our business over some trivial incident. To see a 40+ year old individual who felt they had some "power" to attempt this sort of thing was just laughable and did little to enhance their already tarnished image about town but what really made me sad was the use of "cyber-bullying" to make a rather silly and trivial point while pumping up their own level of social "importance". I just hope the children of those involved don't get drawn into this sort of dangerous and selfish activity; there have already been too many juvenile suicides over these facetious incidents.

Then there are the treasures; May Gall stands out above all others, her passing was a sad day indeed. So many people that made you laugh, that took genuine interest in your life, that always fondly asked about the progress of our children and were just pleasant to talk to and be around.

All in all our time at the Post Office was an enjoyable and memorable experience. We have been very happy in St Marys and hope to remain so for the foreseeable future at least. We have seen a lot happen in this town during our time here. We have seen children grow and mature, we have watched people during their courtship and even marriage and the birth of their children. We have witnessed events of great joy and compassion as well as the most unsavoury of events. Finally we have shared with many the tragedy of the passing of some of the most wonderful friendly people you would ever have the chance to meet.

I suppose in our time here we have seen it all and in many instances been a part of it. Through it all though we are proud to be part of the fabric that makes St Marys so interesting and in many ways unique. For this we acknowledge and thank you all.

Harry & Kerry Veldums





## The Jowett Javelin

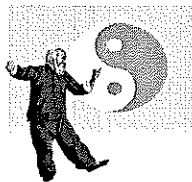
The **Jowett Javelin** is an award-winning British car produced from 1947 to 1953 by Jowett Cars Ltd of Idle, near Bradford. The model went through five variants labelled PA to PE, each having a standard and "de luxe" option. The car was designed by Gerald Palmer during World War II and was intended to be a major leap forward following the relatively staid designs of pre-war Jowetts. Just over 23,000 units were produced. The flat four overhead valve engine of 1486 cc with a compression ratio of 7.2:1 was water-cooled and had an aluminium block and wet cylinder liners. It

developed 50 bhp (37 kW) at 4100 rpm (52.5 bhp in the case of the PE) giving the car a maximum speed of 77 mph (124 km/h) and a 0-50 mph (80 km/h) time of 13.4 seconds. Two Zenith carburettors were fitted and PA and PB versions had hydraulic tappets, the radiator was behind the engine and a four-speed gearbox with column change was used. Early cars had gearboxes made by the Henry Meadows company, whilst the remainder of the cars had gearboxes made by Jowett themselves. The decision to make the gearboxes in house proved to be a costly mistake for Jowett. Design features included aerodynamic styling with the headlights faired into the wings and, for the time, a steeply sloped, curved windscreen. The body was of pressed steel, incorporating a box-section chassis and was made for Jowett by Briggs Motor Bodies in their Doncaster factory. The suspension used torsion-bars on all wheels (independent at the front) and internal gear-and-pinion steering. PA and PB models had mixed Girling hydraulic brakes at the front and mechanical braking at the rear; later versions were fully hydraulic. A de-luxe saloon version tested by The Motor magazine in 1953 had a top speed of 82.4 mph (132.6 km/h) and could accelerate from 0-60 mph (97 km/h) in 20.9 seconds. A fuel consumption of 29.1 miles per imperial gallon (9.71 L/100 km; 24.2 mpg<sub>us</sub>) was recorded. The test car cost £1207 (\$2005) including taxes. An early example won in its class at the 1949 Monte Carlo Rally whilst another won the 2-litre touring-car class at the Spa 24-hour race that same year. In the 1952 International RAC Rally a Javelin again won its class and also took the "Best Closed Car" award, while the 1953 International Tulip Rally was won outright by a privately entered Javelin.

[http://en.wikipedia.org/wiki/Jowett\\_Javelin](http://en.wikipedia.org/wiki/Jowett_Javelin)



## 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.

**When:** Every Tuesday 12 - 1pm

**Where:** St Marys Community Hall (Supper Room)

**Cost:** \$2 per class

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JULY 2013

All Building Blocks sessions are free of charge for children 0-5 years old, along with parents, grandparents and carers. Come along and see!

### Special July time-table

Art Activity with Robyn from Building Blocks Celebrating NAIDOC Week over the month of July

**Wednesday 17th**  
**Child & Family Centre**  
**1 Groom St, St Helens**  
10am -12pm

**Thursday 25th of July**  
**Fingal Launching into Learning**  
**Fingal Primary School K-2 Room**  
10.30am - 12.00 noon

**St Marys Launching into Learning**  
**St Marys District School Kinder room**  
1.30pm - 2.30pm

**Play & Learn**  
**Wednesday 31st July**  
**Bicheno Memorial Hall 10.30 am– 12.30pm**  
10.30am - 12.30pm

For more information or to share ideas/suggestions  
Please call Cathy at Healthy House on 6376 5242 or 0400 002 116  
Email: [cathy.parker@healthyhouse.org.au](mailto:cathy.parker@healthyhouse.org.au)



### Mabun "Messenger" Man



**cultural infusion**  
building cultural harmony and wellbeing



**Where:** Break O' Day  
Child and Family Centre  
**Date:** 1st August 2013  
**Time:** 1.00pm—1.30 pm

**Where:** St Marys Hall  
**Date:** 1st August 2013  
**Time:** 10.30 - 11.00

Learn Australian Indigenous history through stories and language that have been passed down; join in with ceremonial dancing; understand how traditional artefacts were used, and experience the enchanting sounds of the Yidaki (didgeridoo).

In this performance Richard pays respect to his ancestors of the Wiradjuri language group with traditional dance, music and sharing cultural stories. As a messenger he aims to draw from his heritage to promote Indigenous cultural awareness, respect for the land and for its traditional owners.

**Bookings are essential, seats are limited so call Healthy House on 6376 5242 to book a ticket. This program is aimed at 3-5 year old children.**

# ERIC HUTCHINSON

Federal Liberal Candidate for Lyons  
Perverse Irony Lies within new World Heritage Extension

Tuesday, 25th June, 2013

The suggestion by Nick McKim that locking up 172,000 ha more of Tasmania is a "stunning result for our forests, our globally recognised brand and the jobs it supports" is nothing but a falsehood, said Federal Liberal Candidate for Lyons Eric Hutchinson today.

"Since when has shutting down Tasmania's working forests been a win for Tasmanian jobs?" said Mr Hutchinson.

"There is a perverse irony with this listing. Either this is the ultimate compliment of the way the forests have been managed by local communities over generations, or it's the ultimate insult that the Greens now exert so much political influence over Labor to the detriment of these very communities.

"Despite suggestions to the contrary by Federal Environment Minister Tony Burke, communities have not been consulted at all during this process.

"In fact, many Tasmanians have been spectacularly sold-out by Labor, with draft recommendations being overturned and private landowners and local communities completely ignored in the process.

"Tasmanians should feel very, very angry and disillusioned with both State and Federal Labor who are allowing the minority Green party to set policy and systematically shut down viable industries in this stage," said Mr Hutchinson.

Eric Hutchinson – 0419 378 917

## Community Dinner

Holy Trinity Anglican

Church Hall, St Marys

Saturday 20th July 2013

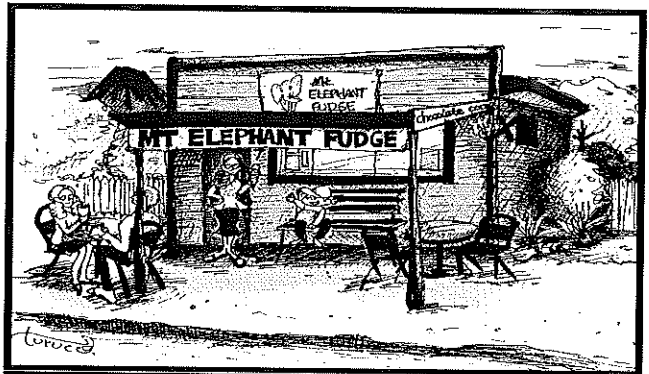
Arrive at 5.30 for 6pm serving

Scandinavian mains

including Swedish, Norwegian, Swiss etc.

Please bring a starter or a dessert to share

RSVP Kevin on 0427 062 406



## MT ELEPHANT FUDGE

I'm BACK!!!

Look for the balloons and flags for open days.

Looking forward to saying "giddyay"



## ST MARYS SPORTS AND SOCIAL CLUB

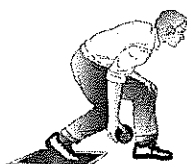
COME AND HAVE SOME FUN - INDOOR BOWLS

FRIDAY NIGHTS FROM 6PM

NEVER PLAYED BEFORE?

IT DOESN'T MATTER.

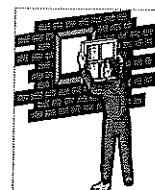
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To all concerned who have asked about our flag flying at half mast last Thursday, it was a mark of respect and quiet reflection for the repatriation of another young Australian soldier killed in Afghanistan.

Thumbs down to the person or persons who drove over our croquet court. Members have spent many hours trying to establish this worthwhile site only to have it damaged by some inconsiderate person. (We assumed that pickets would signal that this is not a designated parking area and that work was in progress)

**You have been caught by our camera. Unfortunately, we did not get a registration number but know the make of your vehicle!!!**

Gentle reminder that membership fees are now due.

**Guild's Home Hint:**

Plastic shower caps are inexpensive and make great covers for muddy shoes. Keep two near the door when you are working outside. If the phone rings or you need to go into a carpeted area of the house they can be slipped on quickly.

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)



Pictured is Jacinta refurbishing and recycling old furniture.



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Authorised by Tim Morris MP, Parliament House, Hobart, 7000



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All Makes and Models



## THE ORIGINAL PRINCIPLES AND OBJECTIVES OF THE PARTY

- 1) To bring about the necessary changes for fair and equal treatment of all Australians, within a system of government recognising and acting upon a need for Australia to be truly One Nation.
- 2) To ensure the rights of individual citizens to freely express themselves and participate fully in all aspects of our democracy.
- 3) To protect and nurture our sovereignty and national pride.
- 4) To protect and preserve our flag, history and way of life and improve our standard of living.
- 5) To encourage, enthuse, protect, nurture and educate our young so they have equal opportunity to achieve all they can and take their rightful place in a decent society.
- 6) To actively pursue and promote treaties, investment and development as deemed appropriate and in the national interest.
- 7) To ensure the honour and memory of those who gave their lives in defence of our country.
- 8) To appropriately honour and reward those who risk their lives in defence of our country, in particular those who sustained wounds in the process or now suffer ailments as a consequence.
- 9) To ensure those accused of crimes are dealt with justly and those convicted of crimes endure appropriate penalties.
- 10) To ensure law abiding Australians, with legitimate purpose, will always have access to firearms to undertake various activities including the defence of themselves and their families in their own homes.
- 11) To ensure our society remains benevolent in its approach to our fellow citizens in genuine need.
- 12) To treat all Australians equally and justly and with government assistance based on need not race.
- 13) To support and advocate traditional family values and uphold the institution of the family in its fight against the many who aim to breakdown this important unit of any decent society.
- 14) To re-vitalise and support our defence forces and personnel and ensure Australia builds and maintains an appropriate level of national security and defence.
- 15) To restrict immigration except that related to investment and for this to continue at least until Australia's unemployment crisis is resolved.
- 16) To repeal the native title legislation, abolish ATSIC (ACHIEVED) and reverse the effect of the Wik Legislation.
- 17) To restrict foreign ownership of Australia, end the sale of public assets and repeal United Nations treaties of no benefit to Australia.
- 18) To restore tariff protection, revitalise Australian industry and manufacturing and initiate financial support for small business and the rural sector, in particular in the interest of creating national wealth and employment.
- 19) To take positive action on such matters as taxation reform, education, health, unemployment, crime, the environment and the discrimination created by political correctness.
- 20) To re-establish and maintain a genuine publicly-owned national bank like the Commonwealth Bank used to be, to develop our country for the benefit of all Australians.
- 21) To abolish divisive and discriminatory policies, such as those related to Aboriginal and multicultural affairs.
- 22) To secure the election to public office of members committed to the objectives of the party.

**It's time for a change. M Howells, Falmouth.**

Following on from the inaugural **Jane Austen Festival** held at St Marys in May, a group has been formed under Break O'Day Regional Arts to run costume making workshops each month. This is your opportunity to make a Regency Era inspired dress, jacket, bonnet, hat, etc (perhaps for next year's festival) and to learn about the history and structure of the clothing of that era.



The first workshop will be held on Sunday 21st July. If you are interested please contact Hannah to register an expression of interest so we know how many are likely to come and we can give you further details (as we are still in the initial planning stages). Come along, have some fun, learn some skills and make some costumes. Hannah can be contacted on 0417528088 or preference is email [dreambear@rock.com](mailto:dreambear@rock.com)

**20 June 2013**

## Healthy Communities report helps build picture of Tas health needs



The latest *Healthy Communities* report adds to the picture of Tasmanians' health needs and will guide work to address local service gaps, Tasmania Medicare Local CEO Phil Edmondson said today.

The report, released today by the National Health Performance Authority, records Australians' experiences with access to health care during 2011-12. Reporting is by Medicare Local catchment area across Australia (in Tasmania, the Medicare Local catchment area is the whole state).

"This data reflects the performance of part of our health system in Tasmania," Mr Edmondson said.

"While it pre-dates the current reforms – including the establishment of Medicare Locals – we welcome the opportunity such reports will offer to help understand Tasmanians' experiences with health service access."

Medicare Locals are tasked with helping coordinate and improve community-based health care services.

"There are no real surprises in the data," Mr Edmondson said. "It reconfirms our need to focus efforts on better chronic disease prevention and early intervention and to invest in effective primary care.

"It will help us identify where there are strengths and weaknesses in our health system so we can work with our partners in health to improve services locally and keep people well and out of hospital.

"It also provides a good baseline to measure progress moving forward."

The report says 82% of Tasmanians rated their health positively and 83% saw a GP during 2011-12. Fifty two per cent of Tasmanians reported having a long-term medical condition.

"Of course these Tasmanians are also supported by a range of community-based health professionals not yet captured by the *Healthy Communities* data, including nurses and allied health professionals," Mr Edmondson said.

He said the report highlights the importance of the collaborative work being done by Tasmania Medicare Local and its partners in health to come up with innovative ways of supporting frontline services so they can better meet local community needs.

**For more information/interviews: Jenny Denholm Communications Manager t 03 6270 6900 m 0418 773 233**

[www.tasmedicarelocal.com.au](http://www.tasmedicarelocal.com.au) Level 4, 172 Collins Street Hobart TAS 7000 GPO Box 1827 Hobart TAS 7001 t 03 6270 6900 f 03 6224 5284

Tasmania Medicare Local Limited (ABN 47 082 572 629) Medicare Locals gratefully acknowledge the financial and other support from the Australian Government Department of Health and Ageing

### SENIOR CITIZEN TEXTING CODES

ATD - At the doctors  
BFF - Best friend fell  
BTW - Bring the wheelchair  
BYOT - Bring your own teeth  
FWIW - Forgot where I was  
GGPBL - Gotta go pacemaker battery low  
GHA - Got heartburn again  
IMHO - Is my hearing-aid on?  
LMDO - Laughing my dentures out  
OMMR - On my massage recliner  
OMSG - Oh my! Sorry, gas  
ROFLACGU - Rolling on floor laughing and can't get up  
TTYL - Talk to you louder

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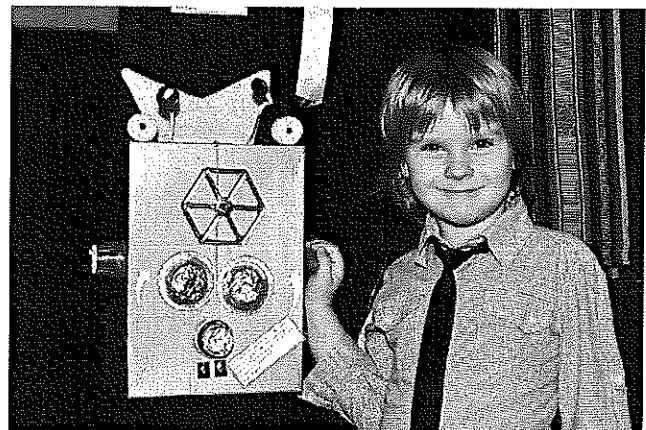
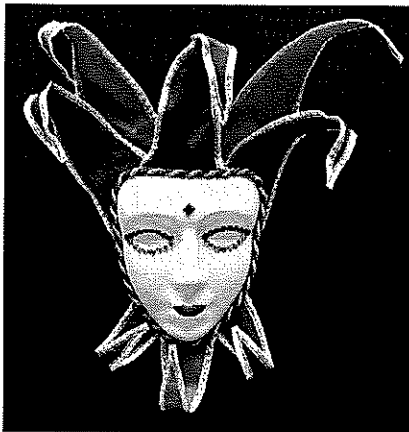
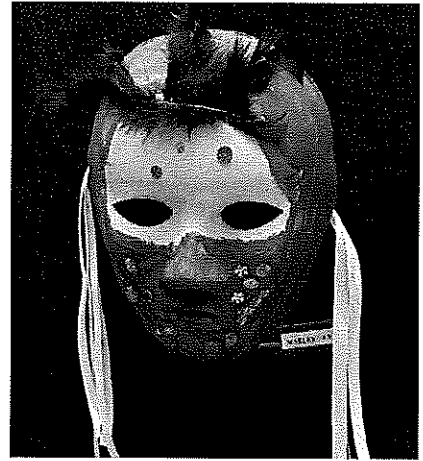
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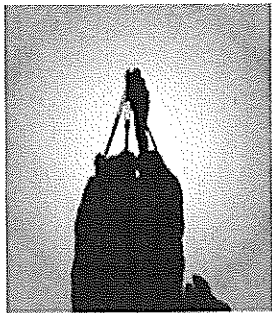
Highlights from  
**WRAPPED IN ST MARYS 2013**  
**Ramp it Up**

Music + Installation Exhibition at St Marys  
Community Hall  
Break O'Day Regional Arts Youth Company

*Photos by Peter Troode*







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FINGAL FOOTBALL TEAM circa mid 1930's

L to R: Top row - Les Legro, Col Jordon, Dick Freeman, Eric Egan, Arthur French, Mervyn Bean, Alby Thompson  
 Middle row - Jack Freeman, Bill Saunders, Bob French, Tort Smith, Ben Smith, Trevor Bean  
 Front row - Stan Smith, Halley Freeman, Harry Legro, George Freeman

This photo, taken at the Fingal Football Ground, is from the mid 1930's and features many prominent Fingal Valley names including Legro, Egan, French, Bean, Freeman, Saunders and Smith; in those days football must have been a family affair as can be seen by the four sets of brothers in this side. After a cold muddy wet match it wasn't straight into the hot showers, it was straight into a cold creek situated behind the sheds to wash the mud and grime off. The cold water certainly would have been a shock to the system.

Eric Bean.

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## **ST.MARYS TIGERS FOOTBALL CLUB INC.**

### **St.Marys Tigers V Launceston Sunday 16<sup>th</sup> June 2013**

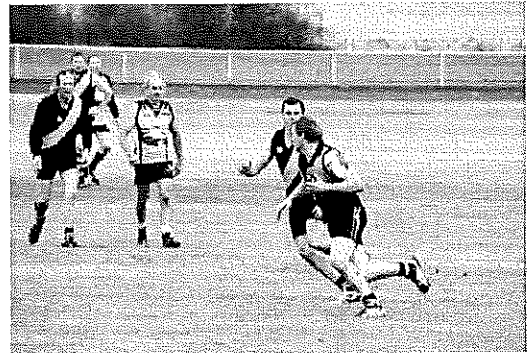
The Tigers took part in the AFL Masters Tasmania Gala Day for Prostate Cancer Research held at Campbell Town on Sunday 16<sup>th</sup> June 2013. 10 Masters teams from around the state participated and all games were of a high standard, played in good spirit and fiercely contested.

The St.Marys Tigers took on Sorell in game 2. In front of a very good crowd the Tigers, playing excellent team football from the first bounce, proceeded to dominate and at the final siren were convincing winners on the day by 42 points. It was a great win over a rival that was expected to win easily and the Tigers first win of the season. Finally the promise displayed by the Tigers in early games was consistent over the four quarters and a well deserved win was the result the boys have been striving for.

**Final Score** was St.Marys Tigers 8 7 56 Defeated Sorell 2 2 14

**Goals:** Jeremy Patterson 2, Ray Squires 2, Mike Symonds 2, Darren Jones 1, "Coop" 1

**Best Players on the day were:** Craig Woods, Justin Faulkner, Darren Jones, Sam Nicholson, Mike Symonds, Roger Salter, Richard Gee.



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ICE CREAM.**

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You dump it, we pump it!*

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Septic pumping**

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## DEATH PENALTY – Part 2

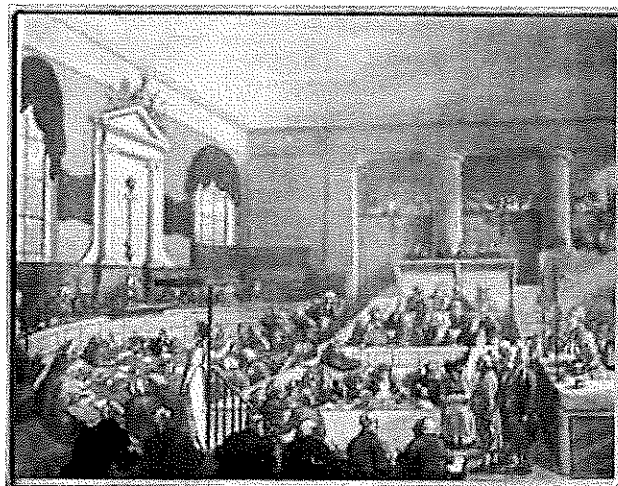
### The continuing story of James Gunyon (1790-1874) and his wife Sophia, nee Robinson (1793-1866)

*The first part of this article appeared in the last issue. James and Sophia's daughter Harriet married William Fitzgerald, whose story was published previously also.*

#### Sophia Gunyon's story

Sophia was charged with 'stealing in a dwelling house' and convicted at the Old Bailey on 13 September 1827. Her prosecutor was Miss Marian Mason, a single woman who earned a living by teaching gymnastic exercise to ladies (one source theorises that this was a 'cover' for a high-class brothel). Miss Mason had lodgings and business premises in the house of Mr. and Mrs. Charles Crosby at No. 3, George Street, St. George, Hanover Square, where Sophia worked as a charwoman. Sophia also had the use of a room there if she wished to stay the night.

The court records state that the money was stolen on Sunday 12th August 1827, but that Miss Mason did not notice it was missing until the following Saturday when she prepared to take her money to the bank, as the drawer was still locked. During the previous week, Sophia and James mysteriously had enough money to purchase new clothing and bedding, as well as to put money in safe-keeping with a cousin for a holiday in the country. However, nothing in the court records addresses the question of how the money was taken if the drawer was still locked, where the key was kept, who had the key, and who had access to it. Miss Mason, if she had forgotten to lock the drawer, did not admit this, and stated that it was never left unlocked. Miss Mason also testified that Sophia's husband James was called Charles, because Sophia would sign his name as Charles on receipts. However, when Sophia signed her confession, she wrote 'her mark', which was the usual symbol of an illiterate person, an X. The question must be asked: how could she have signed the receipts with Charles' name if she was illiterate? (Sophia could read, but not write). Another witness testified that nothing had ever been said against Sophia or her husband before, and that she had known Sophia since she was an infant. Sophia, in her confession, states that she thought one of the 50 pound notes was a 5 pound note, and maintained that she had not taken the amount for which she was charged. However, it was upheld at 100 pounds. This discrepancy, including the possibility that someone else might have also stolen some money, was not resolved. Even if it was the lesser amount, any theft of money above 10 shillings was grounds for the death penalty. Accordingly, the sentence of death initially pronounced over Sophia was not unusual, and would have been upheld if her prosecutor had not pleaded for leniency. Miss Mason did plead on Sophia's behalf, as well as Mrs. Crosby, the owner of the house where Sophia had worked, and several others, including Sophia herself through a 'scribe'. Perhaps Miss Mason regretted her part in the whole sad affair and the resulting dire consequences for Sophia, prompting her to do what she could to intervene.



Sophia arrived in Hobart Town on the *Mermaid* in June 1828. Initially she and the other convicts had been destined for New South Wales, but a terrible storm during the voyage meant the ship had to make for Hobart Town for repairs. Governor Arthur knew that the Parramatta Female Factory was overcrowded, with little chance of assignment for the inmates because of drought. He also would probably have recognised that the imbalance of gender in Van Diemen's Land would be helped by the arrival of almost 100 women. Whatever his motives, the outcome was that the convicts were disembarked at Hobart Town.

On her Description List, Sophia is described as having a rather sallow complexion, a head which was oval and of medium size, light brown hair, and a narrow, oval face. She had a high forehead which was 'narrow on temple', and had grey eyes, with eyebrows which were small and 'thin of hair'. Her nose was medium and thick at its end, her mouth was small and her chin narrow and pointed. She also had small pimples on her left cheek. (Detailed and not always complimentary descriptions were made of all convicts so that if they escaped, people would recognise them if they saw them.)

When she arrived in Hobart Town, Sophia and the other female convicts were held in the female factory, which had been converted from what was T Y Lowes Distillery. However, this facility was soon recognised as woefully inadequate. Its running costs were high, especially for the supply of wood and water for the laundry work performed by the inmates, which had to be brought from quite a distance away. The continual delivery of these (53 cartloads of water alone were brought in each week during May 1828) also posed a security threat, with carts and draymen coming and going constantly. In that same month, two female convicts climbed onto the roof of one of the buildings and managed to escape. The place was difficult to keep secure, and its nearness to the town increased this problem. Sophia began her incarceration here in June.

Plans to convert the Cascades Distillery into a new female factory were already well under way when Sophia arrived, with John Lee Archer drawing up the plans in 1827, and John Faber contracted to complete the work in 9 months. However, the work that was done was shoddy, and took 18 months to complete. Moreover, the site was low and damp and prone to flooding, and further time and money had to be spent in levelling and draining the yards.

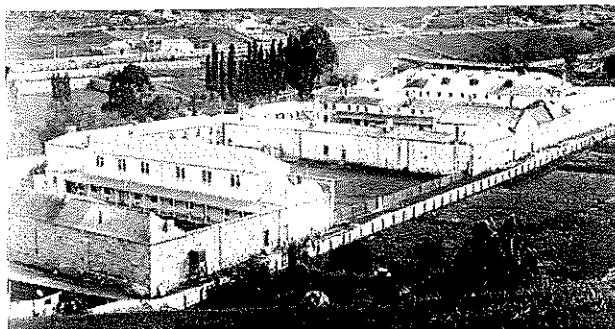
Most of the women in the old factory were transferred to the new female factory at Cascades on New Year's Day 1829 - over a hundred in all. However, because of building delays, part of the Domain Barracks had to be fitted out to house some of the female convicts over the transition period.

Barely six weeks after the move to the new factory, a serious riot broke out. Soldiers of the 40th Regiment who were passing began to talk to the women from the hills overlooking the site. They also threw parcels of bread, butter and cheese over the walls into the yards. The overseer, Jesse Pullen, confiscated them, but some of the women became angry and surrounded him in a threatening manner. Superintendent Lovell confined the 2 ringleaders, Sarah Bickley and Elizabeth Davis, to their cells, and locked the Crime Class women in their sleeping wards. These women, after shouting obscenities for about an hour, then lit fires in the ventilators, and those in other parts of the factory who had not been involved in the riot began to fear for their lives. When the stairwell also caught alight, the staff was hard put to extinguish it, since it was constructed entirely of pine. The Superintendent sent for help, but because of the distance to town reinforcements did not arrive until midnight, a full three hours later. The worst behaved women were then put into solitary cells and the panic and confusion finally died down.

When a report was made the next day to Arthur, the Colonial Secretary, he went against Principal Superintendent Gordon's advice, and placed all the women, whether troublemakers or not, under 'serious restrictions and subjected [them] to privations with additional labour'. No doubt this also included Sophia Gunyon.

Soon, further events occurred which demonstrated the new factory's inadequacy even more clearly. The proximity of the Hobart Town Rivulet to the factory inmates, and indeed the townsfolk, was noted in March 1829 as a health hazard, with sewerage and other effluents from the factory discharging into it. This was also the source of the town's drinking, washing and industrial water. Health problems for the inmates were exacerbated by the factory's situation in a damp valley. By the end of the first winter, conditions were so unhealthy and unbearable that Assistant Surgeon Bryant described the solitary cells as 'extremely damp and unwholesome'. He stated that water was oozing beneath the walls and soaking into the bedding, which was on the floor. The answer was an order to raise the beds by two feet, but this did nothing to address the damp atmospheric conditions.

What a relief it must have been for Sophia to leave this troubled place in July 1829! It was not long after Sophia's departure that another problem began to add to the difficulties already experienced at Cascades: overcrowding. Two hundred women were incarcerated there, which was twice the number the facility had been designed to hold. It is no wonder that in October 1829, Sarah Simmons, a convict who had been transferred from the old female factory, made a daring escape.



Another outcome of the unsuitability and dampness of the site (as well as the policy of early weaning of babies) was a shockingly high infant mortality rate. During the 10 years from 1829, hundreds upon hundreds of children died. The first major scandal about this human tragedy erupted on 7th August 1829, a month after Sophia's departure, when a letter to the Colonial Times described the conditions there. Hygiene levels were also extremely substandard, even for those days, to the point that the children's bedding was black with fleas. When Mr. and Mrs. Hutchinson became overseers at the factory in 1832 (about three years after Sophia left to rejoin her husband), the first thing Mrs. Hutchinson did was to tackle the hygiene problem, but because of overcrowding this was not always effective. (In late 1836, two magistrates charged that women servants had been sent on assignment in a filthy and lice-ridden condition.)

Whatever their crime, the conditions experienced by women and children in the Cascades female factory throughout its 60 year history were horrific, and brought increased hardship and suffering to many who already had endured much.

Sophia's early life of poverty with an alcoholic husband, her imprisonment, her separation from her husband (and from her 5 older children when they were placed in orphan schools), as well as the eventual break-up of her marriage, must have caused her much heartache. When eventually she left the marriage and began a new life with a new man, it is to be hoped that she at last found some measure of happiness and peace.

Her gravestone reads: SACRED TO THE MEMORY OF SOPHIA WIFE OF JOSEPH WALKER  
who died July 29th 1866 Aged 71 years  
Why should our tears in sorrow flow when God recalls his own  
And bids them leave a world of woe for an eternal crown

© Rita Summers 2013

Sources: Old Bailey Court Transcript

Female Factory, Female Convicts, by Tony Rayner

Diana Terry

Thanks a Lot Guv! - The stories of 8 convicts, from trial in England to detention and freedom in Van Diemen's Land, by T. Garth Hyland; pub. 2004

Note:

Sophia was listed on the "Mermaid" passenger list as convict number 31692, and her 'native place' as St. Albans. It also lists her year of birth as 1794.

From *Mermaid* List, Female Convicts, Tasmania ([www.rootsweb.ancestry.com/~austas/mermaid.htm](http://www.rootsweb.ancestry.com/~austas/mermaid.htm))

## “Leaving the grieving”

He danced divinely, as she knew he would...holding her close. A college boy, tall and blonde, the muscular body of an athlete, his blue eyes and tanned laughing face making him the toast of the ball. She felt so special in his arms, the envy of the young girls watching the attractive couple. The older mature woman, beautiful yet refined, obviously adoring her partner.

She had been surprised when he had invited her, so many young beauties for him to choose from who would have gladly swapped places with her.

She had been through a lot in the past few months, and without him by her side she would not have coped, but a skip of excitement that surprised her had compelled her to go, time to move on, put the grief behind her and face the world.

Her thoughts wandered back and her eyes began to tear, so much had happened...

Her husband, her soulmate, the man she adored....had passed away suddenly, "shot in the line of duty" they had said. A policeman of twenty years, loving his job and working to improve those around him - now he was gone.

And her world collapsed, numb with grief, unable to move on, she had barely existed day to day, her grief consuming her. She withdrew from the world of friends and family unable to face the pity she saw on their faces, lost and alone.

He had found her wandering aimlessly, her blue eyed boy, along the beach where she and her husband had spent so much time. Loving the water, the two of them had spent nearly every day on the beach, fishing, swimming, loving. And then romantic dinners by candle light and dancing till dawn by the fireside - moments she would never forget. And now it was gone, he was gone, and her heart with it.

"Hi" he had said...and the pain on her face when she had looked up had taken his breathe away. She looked ten years older, her face ashen white, dark circles under her once laughing eyes evidence of her sleepless nights.

They had sat on the beach, saying nothing, not needing to. He could feel the depth of her pain so he held her, just held her...and the grief came out in floods of tears, pouring like water down a stream 'til she could cry no more.

As the sun came up on the horizon he stood and took her hand, drawing her gently to his side, exhausted the two of them slowly returned to the beachside cottage, where he had put her to bed. She had slept a dreamless sleep, the first for a long, long time.

On waking to the delicious smell of something cooking she was surprised to find him still there, the crumpled blankets on the sofa evidence of his having slept there. "Hope you don't mind" he said, his dazzling smile piercing her broken heart. "I didn't want to leave you alone". She smiled at him and for the first time, in a long time, felt warmth in the presence of another person. "I sorta took over your kitchen" he said. Looking around at the food and fresh flowers on the table, it was obvious that he had been shopping as her cupboards and fridge were bare. She realised surprisingly just how hungry she was. "Sit down " he said, " it won't be long". She looked into his clear blue eyes and thought..."life aint so bad after all".

All through breakfast they laughed and talked, the hours just drifting away, a warm glow returning to her face that had not been there for months.

Now here they were, the music sweeping them off their feet, as they waltzed around the floor. He glanced down at the beautiful woman in his arms, "I love you" he said, and her heart swelled with joy. So young...so young to have taken on so much, and to have literally bought her back to life...without him, she doubted she would still be alive.

He had been her one reason for living, the light at the end of the tunnel that shone so bright, she could do nothing but follow.

Now it was her turn to return the love, to repay the joy he had shown to her, and take back control of her shattered life. "I love you too" she had whispered. She was so proud of him, her boy, their son; so like his father, now a cadet in the Police Force and about to graduate. Grief was gone, and pride had taken its place, she was alive and thanks to the love of her son....able to move on.

By Suzanne Demasson

# Valleys of Adventure

AVOCA • ROYAL GEORGE • ROSSARDEN • FINGAL • MANGANA • MATHINNA • UPPERESK • CORNWALL • ST MARYS

## GREATER ESK TOURISM

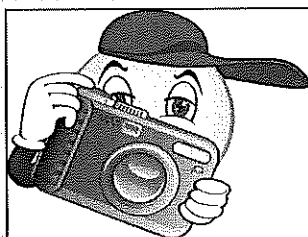
### The Keep at Conara



is a dedicated live-in arts workshop and gallery providing an immersive creative stay with the available mentorship of a widely experienced artist, J.G. Stewart BA (Visual Arts). Guests can be left to do their own work, assisted when needed. With homemade meals and cosy bedrooms The Keep has inside and outside workspaces for you to make a mess in. Poets and writers are welcome guests. Take advantage of this private, supported, uninterrupted work option.  
[ninjasweetart@hotmail.com](mailto:ninjasweetart@hotmail.com)

## 2013 Photographic Competition

Cash prizes are **\$250** for the winner and **\$100** for the People's Choice. All finalists will have their work exhibited in the



Purple Possum for the next tourist season. The Greater Esk Tourism photographic competition for 2013 will again be judged by Tasmania's Master Photographer Owen Hughes, who will select 12 finalists and the overall winner, but the public will have a say too. This year's theme is *"Touring through the Valleys"* so get out exploring and then get clicking. Entries must be submitted by 5pm on Monday September 2nd, 2013. For lodgment details, general information and conditions of entry, go to our web site [www.valleysofadventure.com.au](http://www.valleysofadventure.com.au). The winners of the Judge's Choice and the People's

Choice Awards will be announced at our annual cocktail party at the Purple Possum Wholefoods, Café and Gallery in St Marys on Wednesday 16<sup>th</sup> October 2013 at 6pm. Cash prizes are **\$250** for the winner and **\$100** for the People's Choice. All finalists will have their work exhibited in the Purple Possum for the next tourist season.

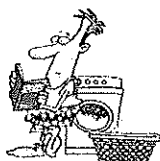
**OFFICIAL ENTRY FORM** *details available on website*

**Don't forget: Greater Esk Tourism Annual General Meeting**  
 Monday 12th August, 7pm at the Fingal Valley Neighbourhood House

### CLEAN CRACK LAUNDROMAT

32 MAIN ST ST MARYS

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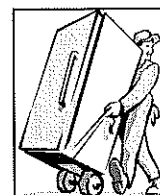
7am - 7pm  
 Fri & Sun a little later

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2013 is my fifth Tasbash, and Lions have supported our fundraising so now - I'm taking part in 'Freezin for a Reason' and hoping to raise much needed funds for Variety the Children's Charity and for Lions projects. I'd really appreciate your support.

Donations you make support Variety the Children's Charity along with the really valuable work of Lions, so grab your credit card and click on DONATE NOW!

Thanks for your support and helping to make a difference! By the way, you can come along and watch me plunge into the Derwent too. Or sign up and join our team.

From 10:15 am on August 18 our intrepid 'Freezin for a Reason' participants will gather at Long Beach. At 11:00 am, on a signal from the celebrity starter, they will bravely dash into the icy Derwent waters (in fancy dress, their pyjamas, swimmers or whatever they choose) to raise funds for their own favourite cause and for the Lions Club of Hobart Town projects.

The Lions Club of Hobart Town Inc was chartered on 15th December 1975 and has been actively supporting the local community and also the wider Tasmanian, Australian and international communities through Lions Foundations for well over four decades. The Lions Club of Hobart Town is part of the largest service organisation in the world and the men and women who are members of the club are committed to many worthwhile causes.

Please donate at <https://freezinforareason.gofundraise.com.au/>


Thanks. Lynne Dawes.

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Federal Liberal for Lyons

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Please contact me to discuss the issues in your region.  
e: [eric.hutchinson@tas.liberal.org.au](mailto:eric.hutchinson@tas.liberal.org.au)  
p: 0447 777 251  
PO Box 64, Evandale, 7212



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Authorized by Sam McQuinn, 2/24 Murray Street Hobart, TAS 7000

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## Cornwall Connections

- Captain Phillip Gidley King (1758 – 1808) the third Governor of New South Wales and Tasmania was born in Launceston, Cornwall, England. Governor King was responsible for naming Tasmania's Tamar River, Launceston (formerly known as York Town) and the county of Cornwall.
- On board 'Endeavour' Captain James Cook's second in command Lieutenant Zachary Hicks, a Cornishman, was the first to sight land on the South Eastern tip of Australia on 19<sup>th</sup> April, 1770. Captain Cook named the coastal headland Point Hicks (Victoria). Zachary Hicks is believed to be the first Cornishman to set foot on Australian soil.
- Cornish free settlers began arriving in Van Diemen's Land, and on the mainland, from the 1840's. Cornish settlers were experienced farmers, agricultural workers and miners escaping the effects of the Cornish potato famine of the 1840's.
- Beginning in the late 1850's Cornish miners arrived as free settlers attracted to the new tin, coal and gold mining potential in Tasmania. Approximately 17 gold mines were in operation in north eastern Tasmania by the 1870's. Beaconsfield Gold Mine opened in 1877 and still operates today. During excavations some of the original Cornish pit work was recovered and is on display at the Grubb Shaft Gold and Heritage Museum in Beaconsfield.
- Cornwall has its own flag, known as the flag of St. Piran, the patron saint of miners. Cornish miners took an active role in the rebellion at Eureka Stockade and the design of the Eureka flag is believed to have been based on the Cornish flag.
- The Cornish have their own Celtic language similar to Welsh and Breton. Cornish mining terms have become part of Australian language with *fossick* and *nugget* the most widely used.
- The Cornwall Colliery opened in 1886 and Mt Nicholas in 1888. The mine and town of Cornwall were named after a group of Cornish tin miners who passed on their mining skills to the new mining community.
- In the late 1890's the Golden Gate Mine at Mathinna was one of the highest yield gold mines in Tasmania. At that time the town's population rose to 5,000 making Mathinna the third largest town in Tasmania after Hobart and Launceston.
- The Coalminer's Heritage Wall at Cornwall is engraved with 1200 miner's names, a lasting memorial to the miner's immense courage, hard work and determination.

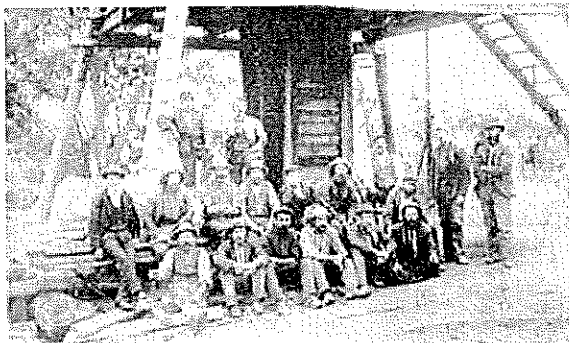
Hilary Jones

[www.parks.tas.gov.au](http://www.parks.tas.gov.au) Mining history

[www.fingalvalleyhistory.com](http://www.fingalvalleyhistory.com) Jim Haas 'A little bit of Heritage'

[www.ballaratheritage.com.au](http://www.ballaratheritage.com.au) Eureka

[www.cornishaustralian.com.au](http://www.cornishaustralian.com.au) Tasmania



## ADVERTISEMENT

# Proposed speed limit reductions on Tasmanian roads!

After many years of under-expenditure on maintenance and upgrades of state-owned roads, the Labor/Green Government proposes to lower the speed limits on most non-urban roads in Tasmania.

## We say NO! to these proposals.

The Liberals will provide Tasmanians with reasonable mobility with an acceptable risk, with stronger promotion of the "drive-to-the conditions" message.

## What do you say?

## Your comments are welcome!

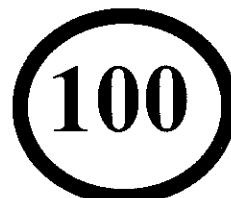
Email: [rene.hidding@parliament.tas.gov.au](mailto:rene.hidding@parliament.tas.gov.au)

Phone: 03 6265 6600 (Sorell)

Write to: Rene Hidding MP,  
9 Gordon Street, Sorell 7172

## Examples of affected roads:

- Tasman Highway, Launceston to Scottsdale  
St Helens to Sorell.
- Esk Main Road, Fingal to St Marys.
- Lake Leake Road
- All Highlands and Lake Roads.



**Rene Hidding** MP  
STATE LIBERAL FOR LYONS  
SHADOW MINISTER FOR INFRASTRUCTURE

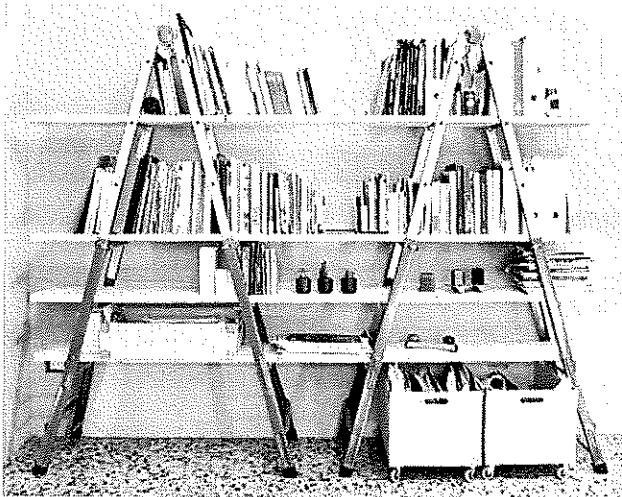
## Sign Petition today - Go to:

<http://www.parliament.tas.gov.au/EPetitions/CurrentEPetition>

Authorised by Rene Hidding MP, 9 Gordon Street, Sorell 7172

Dad quickly stopped the car  
 Across the road was a Deer  
 We passed the rifle from the back  
 Because the Deer was pretty near  
 Dad wound the window down  
 And so did us kids  
 We had our toy guns  
 And fired before Dad did  
 We didn't get the Deer  
 And Dad went very quiet  
 Thinking what might have been  
 As us kids began to fight.

by Chris Hyland



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There are 10 kinds of people  
 in this world. Those who  
 understand binary. And those  
 who don't.

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**ACROSS** 1. Collections

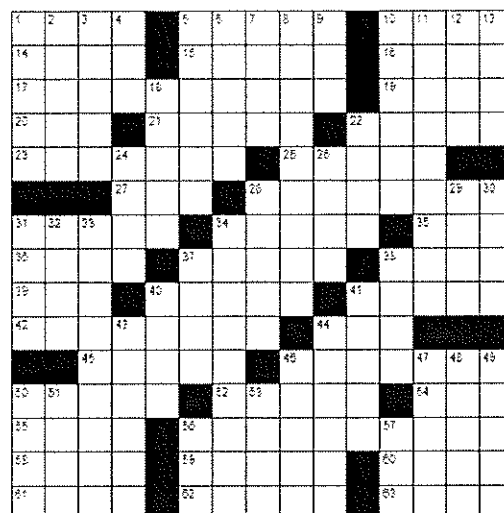
5. Waste matter  
10. Ancient Peruvian  
14. Bright thought  
15. Not here  
16. Principal  
17. Sobriety  
19. Short golf shot  
20. Amplifier (abbrev.)  
21. One spot after 9th  
22. Public transit vehicles  
23. Anagram of "Chatter"  
25. Picture  
27. Permit  
28. Laze  
31. Parish priest  
34. Encounters  
35. Levy  
36. Norse god  
37. Streetwalker  
38. No more than  
39. 2,000 pounds  
40. Leading the pack  
41. Praise  
42. Refinement  
44. Animal doctor  
45. Animal disease  
46. Kitchen set  
50. Makes well  
52. Clamorous  
54. Carpet

55. Countertenor

56. Bias  
58. Den  
59. Muse of love poetry  
60. At the peak of  
61. A single time  
62. A synthetic fabric  
63. Flippant

**DOWN** 1. Indian instrument

2. Swelling under the skin  
3. Lure  
4. Tree juice  
5. Road  
6. Intone  
7. Lease  
8. Building designer  
9. P  
10. Attack as false or wrong  
11. Queasy  
12. Give as an example  
13. Picnic insects  
18. Aromatic solvent  
22. Flexible containers  
24. Family group  
26. Arithmetic  
28. Feel  
29. Tropical tuber  
30. X X X X  
31. Select by ballot  
32. False god  
33. Pertaining to movies  
34. Soldier of fortune



37. Annex  
38. Speechless  
40. Supporters  
41. East African country  
43. Abundant  
44. Sight  
46. Repeat  
47. Hackneyed  
48. Private instructor  
49. Country of the Nile  
50. Angel's headwear  
51. Distinctive flair  
53. By mouth  
56. A writing implement  
57. One time around

**ACROSS**

- 1 She's a princess, knocking one out... (4)  
4 ...without equal, a Lady captivating student (8)  
11 To make things even worse, shortly told to leave Prague? (7)  
12 Charterhouse gives this person hours working? (7)  
13 Wonderful poet gets round America (10)  
14 Relative married a scholar (4)  
16 Stick around to run a cleric's office (9)  
18 One comes in to join later for free (5)  
19 Artist has to make pop still? (5)  
20 Plenty of rabbits doing the foxtrot? (9)  
23 Extremely light (4)  
24 Tart works on voice that's alluring (10)  
27 Funny article on Dynasty entertains us (7)  
28 They say you need two for this business (7)  
29 Giving barman gratuity, about a pound, when having a few drinks (8)  
30 What you buy at auction can be a good deal (4)

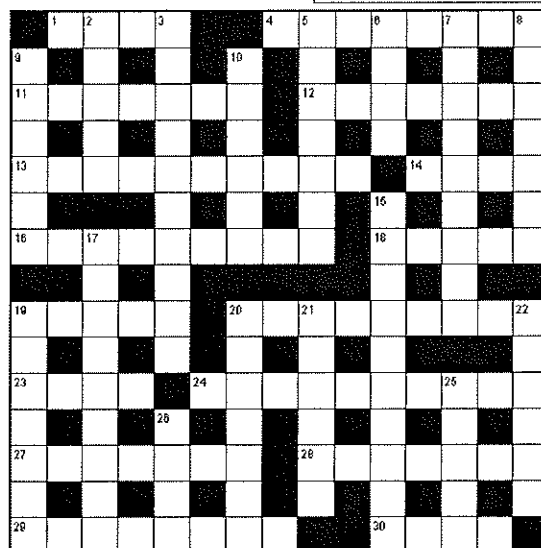
**DOWN**

- 2 Turkey's ready a second before salesman turns up (5)  
3 In the most undesirable circumstances, hot water's off and temperature's lowest (2,3,5)  
5 Make plastic tubing perhaps for export, with constant diameter inside (7)  
6 Hearing several choirs could be bore (4)  
7 Cheer England's openers doubling up to take catch at start of Test (9)  
8 Superficial ruler of the waves? (7)  
9 Using some telecom apparatus, it shows how families

interact in the community (6)

- 10 Speech problem displayed by a sovereign, inter alia (6)  
15 Pair given medical training based on 12 (10)  
17 Dancing fairy quietly descends – it's sweet (5-4)  
19 Innocent daughter's upbringing initially tempted pervert (7)  
20 It triggers an immune response against dope (7)  
21 Girl from college missing crucial broadcast (6)  
22 Waugh, Steve, stumped out by a woman? (6)  
25 It's not appropriate to sleep during sex (5)  
26 Drown perhaps in US river (4)

Solutions next issue.



## 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

#### 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  
3<sup>rd</sup> Saturday of each month  
Community Dinner @ St Marys

### JUNE RAINFALL CHART

from Reon Johns

1st .4	18th 1.0
2nd Trace	19th 4.2
3rd Trace Frost	20th 2.6
4th Trace Sunny	21st Trace Foggy
5th .4	22nd Trace
6th Trace Cloudy	23rd .6
7th 2.0	24th .4
11th 1.0	25th 1.8
12th Trace Foggy	26th 2.4
13th 12.0	27th 5.6
14th 20.0 Overblowing	28th .4 Foggy
15th 2.2	29th Trace Foggy
16th 20.0 Overblowing	30th Trace Sunny
17th 15.0	



## St. Helens Electrical

ROD SHAW

LIC: 933671

### Domestic Commercial Industrial

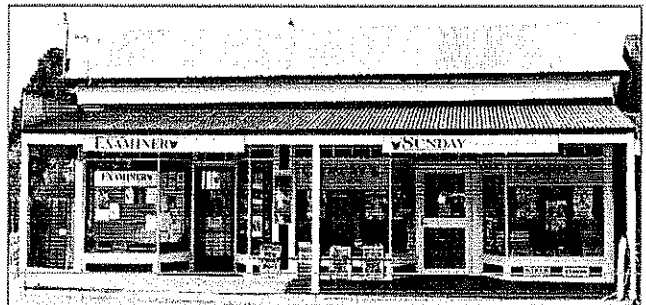
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# ST MARYS COMMUNITY HEALTH CENTRE

## DOCTORS ROSTER

**Dr Latt**

3/7/13- 19/7/13

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 3/7/13

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

July's Health Promotion is: ***How to Beat the Winter Blues?*** Come and see what the staff have suggested on the Health Promotion Board in the Reception area.

## 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

## WAITING AREA AT HEALTH CENTRE

If you are attending any appointments at the St Marys Health Centre please be aware that the waiting area for ALL SERVICES is the Reception area of the Health Centre.

Please report to Reception when you arrive and the consultant you are booked to see will be contacted by our reception staff and they will come and collect you from the Reception area.

This is a compulsory requirement for our Occupational Health & Safety at the Health Centre.

## NEW GP REGISTRAR STARTING AT HEALTH CENTRE

Dr Kaylee Rawnsley will commence her GP Registrar placement at the St Marys Health Centre under the guidance of Dr Cyril Latt starting on 16 & 17 July 2013.

Dr Kaylee Rawnsley will be available 2 half days a week (9:00am-12:00noon) at the St Marys Health Centre.

Appointments can be made to see Dr Rawnsley by ringing the reception on 6372 2111.

Further details will be available in the next edition of the valley voice.

# ST MARYS COMMUNITY HEALTH CENTRE

## WHAT'S ON AT THE CENTRE

- 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.
- 8 July **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.
- 9 July **Mental Health Clinician/ Case Manager**— Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- Child Health Session** with Sue Gofton every Tuesday— Appointments only. Please phone 0428 136 381
- Physiotherapist**— Naomi Ide . Please see your GP or Health Professional for a referral to the service
- 10 July **Social Worker**— Shan Williams. Please phone 6372 2111 for appointments
- Day Centre**— For details on the group please contact Hayley Gilbert 6372 2111.
- Physiotherapist**— Naomi Ide . Please see your GP or Health Professional for a referral to the service
- TAZREACH**— Antenatal Clinic with Katie. For appointments please see your GP
- 11 July **Social Worker**— Shan Williams. Please phone 6372 2111 for appointments .
- 12 July **Social Worker**— Shan Williams. Please phone 63722111 for appointments.
- 15 July **Mental Health Clinician/ Case Manager**— Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- TLC Meeting** (Tasmanian Lymphoedema Centre) 10:00am in the Day Room

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

- Physiotherapist**— Naomi Ide . Please see your GP or Health Professional for a referral to the service.
- 16 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.
- Child Health Session** with Sue Gofton every Tuesday— Appointments only. Please phone 0428 136 381
- 17 July **Mental Health Clinician/ Case Manager**— Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- Day Centre**— For details on the group please contact Hayley Gilbert 6372 2111
- 18 July **Social Worker**— Shan Williams. Please phone 6372 2111 for appointments
- Relationships Australia**— Megan Booth for appointments please phone 1300 364 277
- TML Podiatrist**— Annabelle. For appointment please see your GP or Health Professional for a referral.
- 19 July **Social Worker**— Shan Williams. Please phone 6372 2111 for appointments

## EAST COAST MATERNITY SERVICE (TAZREACH)

The East Coast Maternity Service is available alternate weeks at the St Marys Community Health Centre and St Helens Child and Family Centre.

Appointments are made by referral from your General Practitioner.

Services will include:

- GP Obstetrics, Midwifery Antenatal Clinic, Physiotherapy and Social Work.
- Antenatal care will be provided in collaboration with the Launceston General Hospital Maternity Service.

Phone: Launceston 63487111 St Marys 6372 2111  
St Helens 63765222



## ST MARYS HEALTH CENTRE TEACHING SITE

The St Marys Health Centre is a UTAS teaching site. We regularly have students from all faculties of health i.e. nursing and doctor's that attend our site to participate in training placements. If you are attending this practise and would prefer the students do not sit in on your consultation please let the reception staff know when you arrive. These placements are very important for the students so your cooperation is greatly appreciated.

0488 384 344

<b>July</b>		<b>St Marys</b>	<b>Fingal</b>
Monday	8th	Ruth Aulich	Neighbourhood House
Tuesday	9th	Trish Pike	
Wednesday	10th	Drew Adam	
Thursday	11th	Liz Rice	
Friday	12th	Lorraine Gill	Neighbourhood House
Monday	15th	Pam Lynch	Neighbourhood House
Tuesday	16th	Lundy Vosper	
Wednesday	17th	Debbie Barnes	
Thursday	18th	Yvonne Salter	
Friday	19th	Hannah Rubenach	Neighbourhood House

## Issue No. 4 solutions

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## 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.

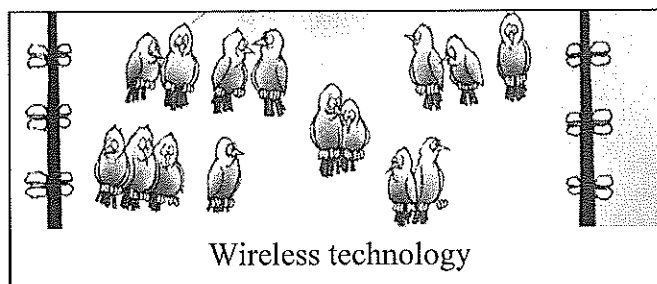
Keep articles short, simple and to the point. Letters are restricted to 300 words or fewer.

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.



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113 Cimitiere Street Launceston  
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Health Centre every second  
Tuesday from 9-10 a.m.

Ph 6337 5555 for appointments



## Great News!

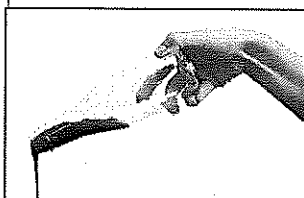
A massive thank you to well over 30 people who committed to the St. Marys Sports and Social Centre last Sunday June 30<sup>th</sup> - it was simply inspiring! A big thanks to Jim Turner who came up with the idea too, and to all those old and prospective new members who came along for an hour or so, THANK YOU!

Your enthusiasm is terrific. It was great to know that more than required put their hands up to help out in so many ways, not least by forming a committee, and we invite current, former and new members to the club on Saturday July 27<sup>th</sup> for an AGM to elect a "new" general committee to take the club forward (and maybe a nibble and a drink after). The aim, as much as trying golf and bowls, is a social aspect with plenty to do and at very affordable membership fees. If you want to participate in the rebirth of our club you will be made very welcome so please don't hesitate to contact us soon.

Also to Sunday's head chef "Sandy" Sandilands, the snags and patties were beaut. Don't forget July 27 and THANKS to all, let's make the old joint jump from this point onwards.

Rod McGiveron.

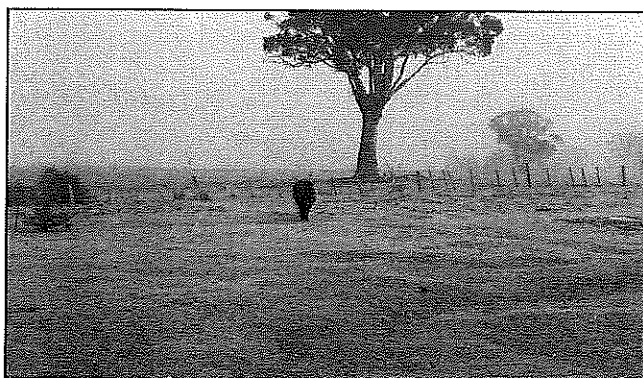
Getting sauce out of a bottle is a massive and unsolved engineering problem. Plastic squeeze bottles, upside down bottles, shoving a butter knife in there—nothing really does the job. But the wonderful nerds at MIT might have done it with their new non-stick LiquiGlide bottle.



LiquiGlide is a coating made up of super-slick materials that are food-safe and work on plastic, glass or other types of packaging. The creator, Dave Smith at MIT, told Fast Company that LiquiGlide is "kind of a

structured liquid—it's rigid like a solid, but it's lubricated like a liquid." The long term goals - beyond cracking the \$17 billion bottle industry - are anti-clogging for oil and fuel lines, or building a better, non-icing windshield.

<http://gizmodo.com/5912616/see-the-no+stick-ketchup-bottle-of-the-future-in-action>



-7° last winter, by Tracy in St Marys



### 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 4th July - 10th July*

##### **Butchery**

Porterhouse steak	15.99kg
Gerello roast	6.99kg
Regular mince	8.99kg
Ingham Fresh Chicken Drumsticks	2.99kg
Lamb loin chops	13.99kg

##### **Off The Shelves**

Heinz Baked Beans/Spaghetti 420g	1.39
Kleenex Extra Care Facial Tissues 95s	1.89
Cold Power Laundry Liquid 1L/Powder 1kg	4.99
Mars/Snickers Multipack (4pk)	2.99
Bouquets Toilet Tissue 16pk	4.99

##### **Only \$1.99**

Palmolive Dishwashing Liquid 500ml
Greens Traditional Cake/Muffin Mix 330-500g
Colgate Total Toothpaste 110g
Schweppes/Pepsi Soft Drink 2L
Arnott's Chocolate Biscuits 165-250g

#### *Next Week's Specials 11th July - 17th July*

##### **Butchery**

Rump steak	10.99kg
Topside beef roast	7.99kg
Beef stirfry strips	13.99kg
Nichols Turkey Leg Roast	5.99kg
Smoked bacon hocks/bones	7.99kg

##### **Off The Shelves**

Nescafe Blend 43 coffee 250g	9.99
Maggi Two Minute Noodles 5pk	1.99
Purina Friskies dry cat food 1kg	3.99
Fab Ultra laundry powder 1kg/Liquid 1L	3.99
Cadbury Family Block Chocolate 210-220g	2.99

##### **Coolroom/Freezer**

Devondale Extra Soft Butter 500g	2.99
Perfect Pizza Plus 500g	4.99
Peters Ice Cream 2L	3.99
Birds Eye Frozen Fish 425g	6.99
Birds Eye Garden/Mint Peas 500g	1.69

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