

The Valley & East Coast Voice Est. 1968

Volume 46 No. 7 Thursday August 1st 2013 \$1

Happy Birthday Australian Horses

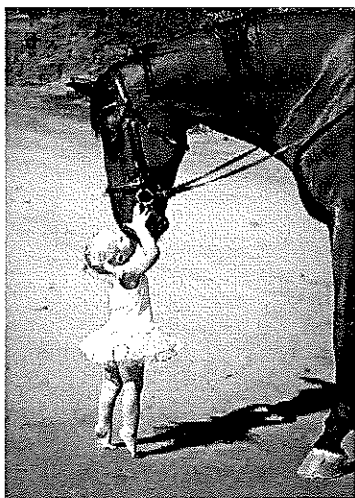
It's August 1st which means every Australian horse just got a year older. Originally this only applied to race horses. The reason for having an official birth date for thoroughbreds like Phar Lap and trotters like Hondo Grattan is because horses are raced according to age and in order to alleviate confusion when entering horses in races, their date of birth is deemed to be on August 1st of the year in which they were born.

But why August 1st? The choice of date has to do with the breeding season. Breeders generally try and breed in September or October so that the horse will be born as soon after August 1st as possible (the gestation period for horses being 11 months). This way the horse will be as mature as possible when it begins racing.

In the Northern hemisphere all thoroughbreds celebrate their birthdays on January 1.

Shayne, a liver chestnut Irish Draught cross, is currently recorded as the oldest living horse, at the age of 51. He has spent a lifetime in a private stable and has only been ridden occasionally. The 15 hand gelding is now enjoying a laid-back retirement with four meals a day at the 40-acre Remus Memorial Horse Sanctuary in Brentwood.

The oldest horse ever was called Old Billy, who was foaled in Woolston, Lancashire in 1760, and was 62 years old when he died on November 27, 1822.



WELCOME TO OUR NEW DOCTOR.

Dr Kaylee Nash-Rawnsley has just commenced practice at the St Marys Community Health Centre. She is a GP registrar, currently completing her general practice training and will be working under Dr Latt.

Kaylee finished year 10 at St Marys District High School, before moving to Launceston to complete college at Newstead. She then went to Hobart, and completed her medical degree in 2009.

Kaylee worked at the Gold Coast Hospital before moving back to Hobart to work in Obstetrics and Gynaecology. She then worked for 6 months as a locum doctor in various locations in Australia.

Recently, Kaylee worked at Swansea Medical Practice. She is now back in her home town of Scamander and has just been on 6 months maternity leave. She is particularly interested in women's and children's health, but enjoys all aspects of general practice. She will be working 2 half days a week, so she still has time to spend at home with her new baby. She is looking forward to working back in her local community.

The next Valley Voice is due out on 15th August 2013 and the deadline is 5 pm Monday 12th August 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

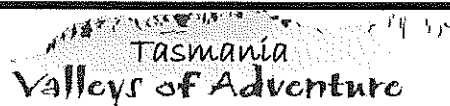
The **Falmouth Community Centre** contact for booking club facilities is Cherrie Schier on 03 6372 5272

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



GREATER ESK TOURISM

GET TOURISM: Please note the next meeting is 12th August 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).

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 **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 Pauls 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

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



Wrapped in St Marys 2013 - check out the latest photos and info here - www.wrappedinstmarystas.com

For Sale

Wooden doors in excellent condition, \$20 each. Please phone Don on 0428 482 648

2 rolls of carpet, bathroom vanity, toilet, large aluminium windows, kitchen cupboards, flyscreens, 2 chairs and venetian blinds. Please phone Mel on 0409 838 816

12' Aluminium boat on as new trailer with 6 hp Johnson outboard motor, call 6372 2133

Samsung side by side s/steel fridge freezer (912w x 670d x 1789h) as new \$750, Fisher & Paykel 5.5kg top load washing machine \$250 Ph. 0409 742 155

Ute canopy, 1.84 x 2.42 Flexiglass, 3 windows, lockable back door, v.g. cond. \$800 ono. Call Rob 6372 2370

0-4 Mother's Choice Brand car seat- great condition. Also has newborn insert \$50.00 . Ab-Circle Pro, as new \$40.00. Ph: 0408 174 193 St Marys

Moo poo, any quantity, finely screened - trailer load \$40, large trailer loads \$50 to \$60, truck loads delivered. Ph Norm on 6372 2380

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

1983 Mitsubishi Sigma Sedan automatic, \$800 ono. Ph 6372 2034

Couch/fold down bed, very good condition, forest green fabric, \$220 ono. Ph 6372 5163

Wanted

Smallish fridge/freezer, must open from right to left (hinge on left hand side). Call 63722 442/0403 430 452

Advertising

There is no charge for community notices and classified ads of 25 words or fewer are free for two issues; permanent classifieds are \$20 p.a. Advertising space is available from \$12 to \$50, please contact the editor for more information. A year's posted subscription is \$50. Articles for publication can be left at the St Marys Pharmacy on Main Street or mailed to the editor.

Miscellaneous

Interested in learning to sew? Hand or machine sewing, quilting or cross stitch Please register your interest with Susan on 6377 1265, email swurst@westnet.com.au

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

Vietnam Veterans Day 18th August 2013

This year's service will commence at 11am at the Vietnam Veterans Memorial Site, at the Cenotaph in St Helens.

If you wish to join our veterans in the march, form up will be at Hilly's IGA Supermarket at 10.50am. You are also invited to lay a wreath for the fallen during the Remembrance Service.

Gary Graham
President V.V.A.A.
East Coast S/B
Ph: 6372 5727

The June **Community Dinner** at the Anglican Church hall was well attended with 18 diners enjoying the variety of foods from the many countries which make up the Scandinavian area. \$50.25 was raised and will go to the Community Health Centre. Well done everyone. Next Dinner, "Comfort Foods", will be held on Saturday 17th. August.

The St Marys Memorial Services Association
will be commemorating
Vietnam Veterans Day/ Long Tan
at the St Marys Cenotaph
at 11 am on the
18th August 2013

All veterans, residents and families are invited to attend.
For further information phone
David Watkins on 6372 2267.
If your organisation would like to lay a wreath
phone Wendy on 6372 2094.

Valley and East Coast Voice circulation last issue - 475

AURORA EMERGENCY 132004	SES EMERGENCY 132500
POISONS INFORMATION 131126	TFS EMERGENCY 000 AND ENQUIRIES 1800 000 699
POLICE EMERGENCY 000	CRIMESTOPPERS 1800 333 000
POLICE ENQUIRIES 131444	

On this day in 1939 - "The Wizard of Oz" premiered in Hollywood. Judy Garland became famous for the movie's song "Somewhere Over the Rainbow."

Letters to the Editor Vol. 46 No 7

August 1st 2013

The Editor

Dear Sir/Madam

Green protestors continue to block law abiding businesses from operating and working men and women from working.

Peace in our forests is nothing but a mythical fairyland under Labor. The protests continue.

We need to toughen our laws and increase the penalties to stop the fly in fly out and locally based ferals involved in eco-terrorist activity. It is not that hard. The Liberals can and will do it.

The Giddings Labor government refuses to act preferring to appease Mr McKim and their Green partners to stay in office a few more months at the expense of suffering businesses, workers, families and communities.

Kind regards

Guy Barnett

State Liberal Candidate for Lyons

Evandale

Letter to the Editor.

Dear Editor,

I would like to say thank you to Rita Summers for her story about the Jestrinski family.

(Valley Voice, Vol 46, No. 6.) The Jestrinski family pictured in the photo with Rita's story are my grandparents and Clara on the right of the photo was my mother.

Rita wrote about the accident which took the life of my grandfather Jakob, after being thrown from a 'Jinker'. I was only five years old at the time, but I remember it so well. The horse he was using in the jinker was renowned for being frisky, and I remember driving past him in our first car, an Overland, on that day, waving to him as we passed. The theory later was that the horse was spooked by the car and they never made it around the next corner.

Our family had gone to visit our Uncle Ralph (third from left in photo) and Auntie Mathilda at "Anchor Vale". We loved to get together with our cousins. Ralph and Mathilda had a large family, 14 all told.

Uncle Ralph was blind, losing his eyesight at the age of twenty-five. Despite this disability he did all his own work.

His vegie garden was a sight to behold, rows and rows in such straight lines. He had sticks cut to the sizes he required to measure distances, and his garden would put many in the shade today.

We lived at the time in the hills above Pyengana, about 5 miles away. Uncle Ralph never missed my mother's birthday which was on Boxing Day. He walked from Anchor Vale to our home, about 10 miles, on his own, using only a walking stick.

This remarkable man, on the way to our house, would call into the Pyengana Post Office and local shop, doing all

this unattended. He would then arrive at our home in time for breakfast at around 8am.

I have very fond memories of Uncle Ralph's visits, he always had sweets in his pockets, which was most important to a young child. When it came time for him to leave, I was allowed to go a short way with him, to a place called "where the water goes over the road", and the last thing he did was to give me a sweet.

In the early days when the pioneers were beginning to settle at Pyengana, the first thing they did was to plant an orchard, usually apples, pears, plums and cherries. My dad did the same thing and I remember what a lovely orchard it was, the cherries in particular doing very well. Most settlers did not stop at one tree of each, but had many of all varieties in a well fenced garden, also including a lovely vegetable garden.

Although we don't see them today, gooseberries were another popular fruit, which tasted like the Chinese gooseberry or Kiwi fruit we have today.

Here is my mother's recipe for gooseberry pie:- Top and tail the gooseberries and place in a large pie dish. Make a very rich custard using 4 beaten eggs, 2 cups cream, ½ cup sugar and pour over gooseberries. Sprinkle top with nutmeg. Cook in medium oven and ENJOY (if you can find gooseberries).

(As I said before, gooseberries had to be topped and tailed ready for use and using a pair of scissors to do this job, I managed to give myself my first hair cut - a lovely fringe!)

Maisie Finney, aged 98½.

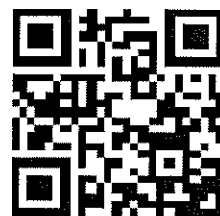
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The Bleat.

I am led to put pen to paper by the sadness I feel when people use publications to express deep cuts or hurt of a personal nature to attack and/or counter-attack others. It may make great reading for those who revel in gossip, but I fear it is not what Mother taught us. If you have nothing good to say about someone then it is better to say nothing at all.

I have no axe to grind about any person, so maybe there is a chance that what I have to offer will stop the bitterness. Personal attacks do not show the community in a good light, especially when the children are winning awards at school on an international level while the grown ups fight. But do we care?

I do not presume to be better than anyone but I try to live to a standard. I may not even be your equal but I have a good teaching on what is good and right. I have gained some wisdom not of myself or on my own but by the wisdom written in the Bible (Oh No, Not a Bible Basher). I have no intention of pushing religion down anyone's throat, just suggesting that there is a good way and it's only by GOD's grace.

I share this because you do yourself a disservice when you engage in personal attacks on others. Christ said "Turn the other cheek." That is true wisdom. Proverbs 21:23 says "Whoever guards his mouth and tongue Keeps his soul from troubles."

When we retaliate we prolong our own pain and hurt; sure we may get our own back but what have we gained? People see and they judge us by our actions.

We need to let go and heal, the sore will not heal if you pick at it, cover your hurt with grace, use grace as a bandage to cover the wound and it will heal much sooner. Allow grace to the ones that hurt you.

Revenge, they say is sweet, I have tried it and it left a bitter taste in my mouth that I never want to taste again.

I have written this not to attack anyone but to bring to your attention perhaps what we are doing, giving a different thought process, producing healing.

I hope this helps in some way, I doubt all will see what I am getting at but surely we are better than this.

Pastor D. (David Brewster)



www.fingalvalleyhistory.com
SCAMANDER RAMBLE

On Sunday the 18th August the History Society is conducting a walk and historical study of the Old Coach Road .

The old road ran from Falmouth to Scamander between Henderson Lagoon and the sand banks and has a very colourful history.

Everyone is welcome to come along and enjoy the walk, BYO lunch and learn about the great history of Scamander.

Meeting place will be at the Upper Scamander turn-off at 10:00 am.

For more details phone Barry on 6372 5752

Our \$5 coffee and cake offer is the perfect cure for the winter blues!

There's nothing worse than sitting at home feeling miserable these cold winter mornings. But we've got just the thing for you – coffee and cake for only \$5 in our snug and warm café, and every chance of a good laugh or two.

The coffee's served just the way you like it and you can choose from Date and Walnut Slice, Fig and Ginger Tea Cake, Carrot Cake or Lemon Slice.

For gluten-free folk, there's White Chocolate and Raspberry Slice, Chocolate Walnut Brownie or Rocky Road Slice. Mornings, afternoons, right through August – we hope to see you soon!

Purple Possum
Wholefoods & Café

5 Story Street St Marys. Phone 6372 2655.

TASSIE KIDS WITH TYPE 1 DIABETES SUPPORT PROGRAM LAUNCH By Guy Barnett, Ambassador for Diabetes Australia

Hundreds of young Tasmanians are set to benefit from an innovative new program for children and families affected by type 1 diabetes. With over 500 young people aged under 25 diagnosed with type 1 diabetes, Diabetes Tasmania has launched the Type One Youth Support (TOYS) program. This innovative program, which complements the clinical care within the hospitals, aims to assist schools, families and children, from birth up to the age of 25, to manage an incurable and life-threatening disease.

The TOYS Program has five key elements – Youth Camps, Online Support, Information and Support for Families, Diabetes Friendly Schools and health promotion targeted at school age children.

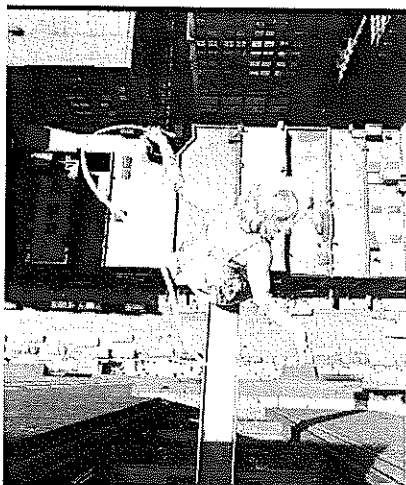
Diabetes Australia Ambassador Guy Barnett, who lives with type 1 diabetes, says he is proud to be launching the TOYS program, which will benefit so many Tasmanian children.

"It's not easy to live with a life-threatening condition as well as facing all the other challenges that come with growing. For many it causes an increased risk of depression and anxiety, but when managed diligently, diabetes need not hold you back," said Mr Barnett. "The Program will help children and families in rural Tasmania which is so important. I am particularly passionate about the Diabetes Friendly Schools aspect of TOYS which will help to ensure our Tassie kids and their families will have the network of support they deserve to stay well at school."

Diabetes Tasmania has released to the public the TOYS prospectus during National Diabetes Week. The program will require \$275,000 to be raised over the next 3 years, with \$75,000 already raised. To support the campaign and to donate to the TOYS program visit www.diabetestas.org.au or phone 1300 136



Jason McGimpsey, 8 years old who requires multiple daily injections, with Guy Barnett, Ambassador for Diabetes Australia who also has type 1 diabetes.



Acrobats over Chicago, 1955.

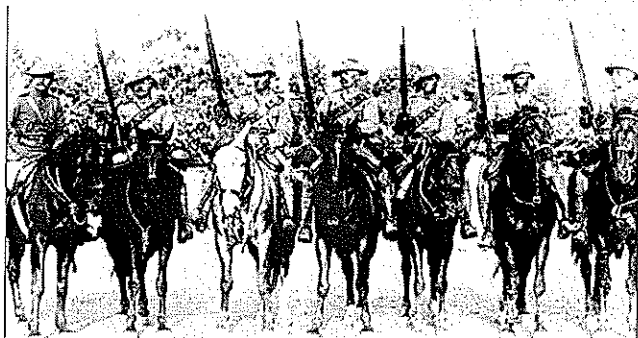
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Bowen Therapy

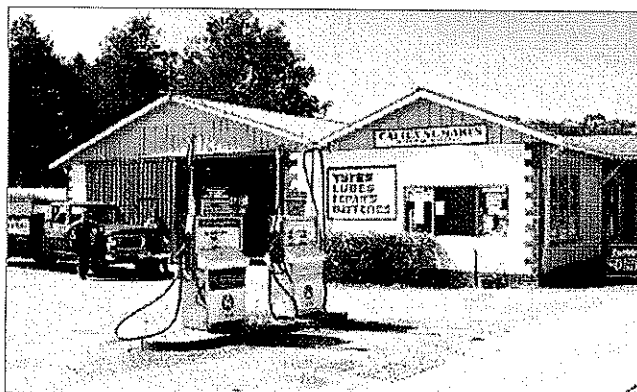
Jak Isaksen @ St Marys Health Centre.

May assist with back pain, sciatica, migraines, muscular and skeletal imbalances and much more.

**For appointments please call
0438 297 723**



Breaker Morant Exonerated - Lieutenants Harry Morant and Peter Handcock were tried and executed over a century ago for killing prisoners during the Boer War, but today the charges were overturned after a moot appeal in the Victorian Supreme Court found their initial trial was unfair. 21/7/2013



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The Battle of Long Tan (18 August 1966) took place near the village of Long Tan, in Phuoc Tuy Province, South Vietnam between Australian forces and Viet Cong and North Vietnamese units after the 108-man D Company, 6 RAR clashed with a force of between 1,500 to 2,500 men from the Viet Cong 275th Regiment, reinforced by at least one North Vietnamese battalion and D445 Provincial Mobile Battalion. The 1st Australian Task Force (1 ATF) had arrived in April/June 1966, constructing a base at Nui Dat. After two months 1 ATF had moved beyond the initial requirements of establishing itself and securing its immediate approaches, beginning operations to open the province. Meanwhile, in response to the threat posed by the Australians the 275th Regiment was ordered to move against Nui Dat. For several weeks Australian signals intelligence had tracked a radio transmitter moving south to a position just north of Long Tan; aggressive patrolling failed to find the unit. At 02:43 on the night of 16/17 August Nui Dat was heavily bombarded by Viet Cong mortars, recoilless rifles (RCLs) and artillery fired from a position 2,000 metres to the east. Although the Viet Cong were expected to have withdrawn, a number of company patrols would be dispatched. The next morning B Company, 6 RAR departed to locate the firing points and the direction of the Viet Cong withdrawal. Weapon pits were subsequently found, as were the positions of the mortars and RCL's. Around midday on 18 August, D Company took over the pursuit; at 15:40 the lead platoon clashed with a Viet Cong squad, forcing them to withdraw. Shortly after resuming the advance, 11 Platoon came under small-arms and rocket propelled grenade fire at 16:08 from a company-sized force after drawing ahead of the other platoons and was isolated; they called for artillery support as a monsoon rain began, reducing visibility. Beginning as an encounter battle, heavy fighting ensued as the advancing Viet Cong attempted to encircle the Australians. After less than twenty minutes more than a third of 11 Platoon had become casualties and the platoon commander was killed soon after. 10 Platoon attempted to move up on the left in support but was repulsed. With D Company facing at least a battalion, 12 Platoon tried to push up on the right at 17:15. Fighting off an attack on their right before pushing forward another 100 metres they sustained increasing casualties after clashing with several groups moving around their western flank to form a cut-off prior to a frontal assault. They subsequently opened a path to 11 Platoon yet were unable to advance further and threw smoke to mark their location. With D Company nearly out of ammunition, at 18:00 two UH-1B Iroquois from No. 9 Squadron RAAF arrived overhead to resupply them. Meanwhile, the survivors from 11 Platoon withdrew back to 12 Platoon during a lull, suffering further losses. Heavily engaged, both platoons returned to the company position covered by the artillery. By 18:10 D Company had reformed but was still in danger of being overrun. A Company, 6 RAR was subsequently dispatched in M113 APC's from 3 Troop, 1st APC Squadron to relieve them - B Company was still returning to base on foot and was also ordered to assist. Departing Nui Dat at 17:55, the relief force moved east, crossing a swollen creek before encountering elements of D445 Battalion attempting to outflank D Company and assault it from the rear. The Viet Cong were caught by surprise as the cavalry crashed into their flank and they broke through at 19:00, while B Company entered the position at the same time. Arriving at a crucial point, the relief force turned the tide of the battle. The Viet Cong had been massing for another assault which would have likely destroyed D Company, yet the firepower and mobility of the armour broke their will to fight, forcing them to withdraw. The artillery had been almost constant throughout the battle and it proved critical in ensuring the survival of D Company. By 19:15 the firing ceased; the Australians waited for another attack. However, after it became clear no counter-attack would occur, they prepared to withdraw 750 metres west where their casualties could be extracted by helicopter. With the dead and wounded loaded onto the carriers D Company left at 22:45, while B and A Company departed on foot. A landing zone was then established by the cavalry with the evacuation of the casualties finally completed after midnight.



Long Tan Action, by Bruce Fletcher, 1970

Forming a defensive position ready to repulse an expected attack the Australians remained overnight, enduring the cold and rain. They returned in strength the next day, sweeping the area and locating a large number of Viet Cong dead. Although initially believing they had suffered a major defeat, as the scale of the losses suffered by the Viet Cong were revealed it became clear they had in fact won a significant victory. Two wounded Viet Cong were subsequently killed after they moved to engage the Australians, while three were captured. The missing men from 11 Platoon were also recovered; their bodies found lying where they had fallen, largely undisturbed. Two of the men had survived despite their wounds, having spent the night in close proximity to the Viet Cong as they attempted to evacuate their own casualties. Due to the likely presence of a sizeable force nearby the Australians remained cautious as they searched for the Viet Cong. Over the next two days they continued to clear the battlefield, uncovering more dead as they did so. Yet with 1 ATF lacking the resources to pursue the withdrawing force, the operation ended on 21 August. Despite being heavily outnumbered, D Company held off a large assault of regimental strength supported by heavy artillery fire, before a relief force consisting of cavalry and infantry fought their way through and forced the Viet Cong to withdraw. Eighteen Australians were killed and 24 wounded, while the Viet Cong lost at least 245 dead which were found over the days that followed. A decisive Australian victory, Long Tan proved a major local set back for the Viet Cong, indefinitely forestalling an imminent movement against Nui Dat and challenging their previous domination of Phuoc Tuy Province. Although there were other large-scale encounters in later years, 1 ATF was not fundamentally challenged again.

http://en.wikipedia.org/wiki/Battle_of_Long_Tan

ERIC HUTCHINSON Federal Liberal Candidate for Lyons Tuesday 30th July, 2013

East Coast Community Ignored Again – Enough is Enough Dick Adams!

As the East Coast community suffers from the dismantling of the forestry industry by Labor and the Greens, it's now been dealt another cruel blow, Federal Liberal Candidate for Lyons Eric Hutchinson said.

"This community has been ignored by Labor's \$100 million forestry shutdown package," said Mr Hutchinson. "The Break O'Day Council and its community did not receive one cent from this so-called 'rescue package'."

"Labor's decision to ignore these regions is creating even more pain and demonstrates just how ineffective the Federal Member for Lyons Dick Adams really is. The East Coast community has suffered enormously by the timber industry shutdown and is in desperate need of these funds."

"Dick Adams had a final chance to stand up for our regions, but, after 20 years in Parliament, he has simply given up. It's time for new representation. Dick Adams is part of a Rudd Labor government that is simply not working. The Liberal Party has a proud record of listening to people and standing up for regional Australia," said Mr Hutchinson.



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BLADE
- 10 YARD TIPPER
- COMPACTION ROLLER
- WHEEL LOADER

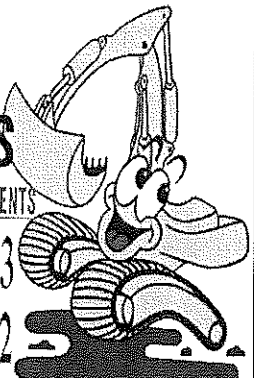
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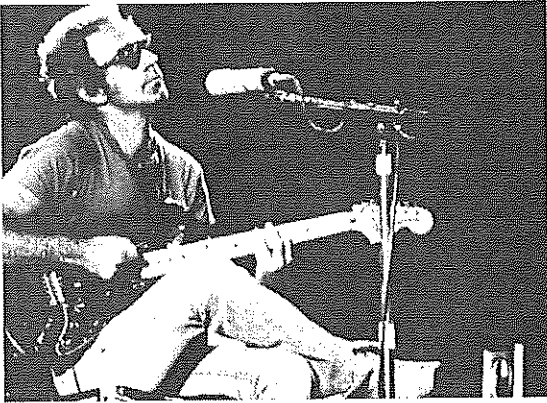


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John Weldon Cale (December 5, 1938 – July 26, 2013), known as **JJ Cale** or **J.J. Cale**, was a Grammy Award-winning American singer-songwriter and musician. Cale was one of the originators of the Tulsa Sound, a loose genre drawing on blues, rockabilly, country, and jazz influences. Cale's personal style has often been described as "laid back".

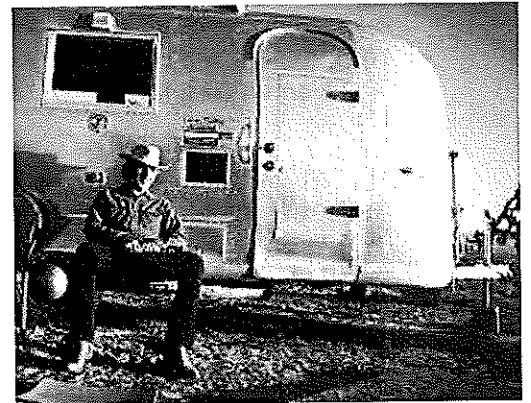


Songs written by Cale that have been covered by other musicians include "After Midnight" and "Cocaine" by Eric Clapton, "Cajun Moon" by Randy Crawford, "Clyde" and "Louisiana Women" by Waylon Jennings, "Magnolia" by Jaiand Poco, "Bringing It Back" by Kansas, "Call Me the Breeze" and "I Got the Same Old Blues" by Lynyrd Skynyrd, "I'd Like to Love You, Baby" by Tom Petty, "Travelin' Light" and "Ride Me High" by Widespread Panic, "Tijuana" by Harry Manx, "Sensitive Kind" by Carlos Santana, "Cajun Moon" by Herbie Mann with Cissy Houston, "You Keep Me Hangin' On" by Kevin Ayers, and "Same Old Blues" by Captain Beefheart.

Cale was born on December 5, 1938, in Oklahoma City, Oklahoma. He was raised in Tulsa, Oklahoma, and graduated from Tulsa Central High School in 1956. Along with a number of other young Tulsa musicians, Cale moved to Los Angeles in the early 1960's, where he first worked as a studio engineer. Finding little success as a recording artist, he later returned to Tulsa and was considering giving up the music business until Clapton recorded Cale's "After Midnight" in 1970.

His first album, *Naturally*, established his style, described by *Los Angeles Times* writer Richard Cromelin as a "unique hybrid of blues, folk and jazz, marked by relaxed grooves and Cale's fluid guitar and laconic vocals. His early use of drum machines and his unconventional mixes lend a distinctive and timeless quality to his work and set him apart from the pack of Americana roots-music purists."

Some sources incorrectly give his real name as "Jean-Jacques Cale". In the 2006 documentary, *To Tulsa and Back: On Tour with J.J. Cale*, Cale talks about Elmer Valentine, co-owner of the Sunset Strip nightclub Whisky a Go Go, who employed him in the mid 1960's, being the one that came up with the "JJ" moniker to avoid confusion with the Velvet Underground's John Cale. Rocky Frisco tells the same version of the story mentioning the other John Cale but without further detail.



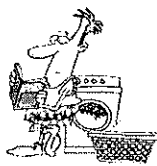
His biggest U.S. hit single, "Crazy Mama", peaked at #22 on the U.S. Billboard Hot 100 chart in 1972. During the 2006 documentary film *To Tulsa and Back* Cale recounts the story of being offered the opportunity to appear on Dick Clark's *American Bandstand* to promote the song, which would have moved it higher on the charts. Cale declined when told he could not bring his band to the taping and would be required to lip-sync the words.

Cale died on July 26, 2013, at Scripps Green Hospital in La Jolla, California, after suffering a heart attack

http://en.wikipedia.org/wiki/JJ_Cale#cite_note-7

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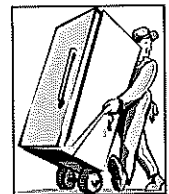


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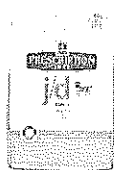
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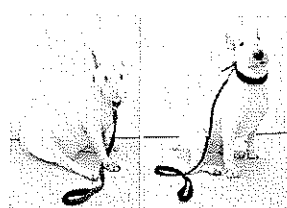


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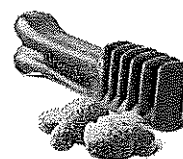


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ACTING LIKE A GROWN-UP

Being green isn't right-wing or left-wing. In his latest Going Green column Robert Butler argues it's merely about behaving with courtesy ...



During the French revolution, Mary Wollstonecraft, author of "A Vindication of the Rights of Woman", was living in Paris with her lover, Gilbert Imlay, and their young child, Fanny. Wollstonecraft recorded the various lessons that she taught her daughter. One day Fanny asked her mother what thinking was. Fanny was concerned that this was a skill she would never acquire. Her mother reassured her that she had already learnt how to think a little and reminded her of the afternoon when her father had been asleep on the sofa. Fanny had needed to cross the room to fetch a ball and had tiptoed past her father so as not to wake him, and then closed the door very quietly behind her. That was thinking.

It's not the type of thinking that gets you top grades in class, but it may be the most useful kind there is. We need it the whole time. It's why, when the doors open on the tube or the metro, we let other people get off before we try to get on. It's why we stand to one side of the escalator, allowing those in a hurry to overtake. It's why we don't let the door slam in the face of the person behind us.

This isn't about manners in terms of etiquette. It's not about how you hold your knife and fork—ideas about that differ round the world. It's about behaving with a degree of courtesy, and because we live in a globalised world, that courtesy now extends further than we might imagine. Going green is not about changing lightbulbs, measuring parts per million of CO2 in the atmosphere, owning a Toyota Prius or installing a personal energy monitor. All that may come later. First and foremost, it's about what Mary Wollstonecraft was telling her child—noticing there's someone else in the room.

For this reason, going green isn't left-wing or right-wing. It isn't a threat. It isn't a conspiracy by scientists or a means of introducing socialism by the back door. It isn't even anti anything much, except boorishness. (Though boorishness has many manifestations.) Its real enemy is not-thinking. If you poison the well, people can't drink from it. If you overfish the ocean, you end up with no fish. If you burn coal, you warm the planet.

If you take more than your share and behave as if other people didn't exist, you piss them off. One day they will strike back, as one or two of the world's autocrats have discovered this year. There was a picturesque example of this a few years ago at a hotel on the Italian Riviera. A Welsh coach driver was so incensed by German tourists getting up at the crack of dawn and putting their towels on all the sun-loungers that he got up early one morning, gathered up all the towels and set fire to them. The other holidaymakers cheered.


The conservative philosopher Roger Scruton has a new book out, entitled "Green Philosophy", in which he sees the environmental problem as arising from "the loss of equilibrium that ensues when people cease to understand their surroundings as a home". One way to think of your surroundings as home is to think of the things you say at home, the things you say to your children or that were said to you as a child. We want our children to be reasonably polite - to say "please" and "thank you" and offer things to other people - because, even if they want something right this minute, we want them to be aware that they aren't the only people in the universe. Getting what you want, just when you want it, and ignoring everyone else, would be spoilt. No child wants to be called that.

So we encourage them to think beyond the moment, to see that there needs to be enough to go round. If you make a mess, clear it up. If you break something, fix it. If you borrow something, you need to return it. Don't take things that aren't yours. Leave a place the way you found it. Make sure there's enough to go round. If you use it all now, there won't be any for later. Make sure everyone's had a go.

It's not very complicated. Of course plenty of people will say this is terribly naive. The real world isn't like this. They will have precepts of their own that they'll want to pass on to their children. I want it and I want it now. We are exceptional. Our way of life is not negotiable. Shop till you drop. Drill baby drill. But, as Mary Wollstonecraft would have explained to her daughter, that isn't really thinking. It's not-thinking.

Going green is about trying to act like a grown-up.

From INTELLIGENT LIFE Magazine, Spring 2011



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The Trip.

It all started out as a simple suggestion, 3 blokes on motorbikes, Rodney Franklin, Terry and Jason Mitchell, backed up by a support vehicle manned by Blackie Faulkner and Macca, taking a short drive and ride to Darwin. Not much forward planning, "just bring yourself and a swag and we'll make it up as we go" was the suggestion. As we all knew, we were far from being the first to take on such an adventure and we would not be the last but with the timeframe of only four weeks, we were in for one very hectic trip.

The boat crossing over the ditch was as smooth as a baby's bottom, the first two days were spent touring along the Great Ocean Road where just out of Warrnambool the usually reliable falcon sprung a rather minute leak in the transmission. Being a Sunday, it was decided that the riders go on ahead as the car was booked in for the simple fix the next day. Unfortunately no one told the truck driver who pulled the front off Grant's car outside the repair shop that we had a schedule to stick to. At the time, a few old sayings came to mind, one involves the insertion of a greasy stick (which can't be used here), the other about the driving of ducks to water, either way, the steerer of the truck could have been labeled with them all. Two days later and many kilometres behind, we set off after the bikes.

After the car had been driven around 1,000km the next day - well done Blackie - we finally caught the boys on the bikes at Leigh Creek and were able to change into shorts and T shirts, and we were on the start of the Oodnadatta Track. A dirt road of over 350km had to be traversed to get to Coober Pedy, to which some of the locals at Maree remarked that it was unusual enough to see a two wheel drive vehicle out that way but a Vulcan 1500cc road bike was unheard of. There began the legend of Rodney the Grand Poobah. If you have been through that way you'll know exactly what I am talking about, corrugated iron roads I think they are referred to.

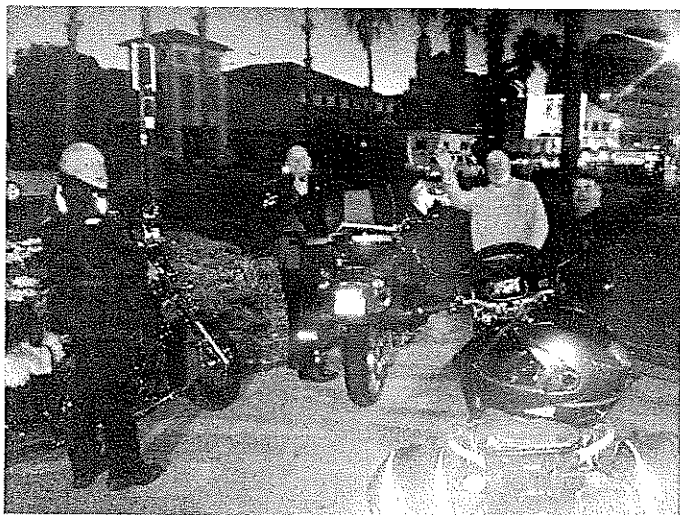
Whilst at Coober Pedy we took the chance to stay in one of the underground motel rooms, what an experience but someone should have told the romantic couple a few rooms away about the great acoustics down there, anyway, we weren't kept awake for long. We also learned another lesson; as the temperature climbed to 25 degrees so did the fuel prices, at this stage around \$1.90 a litre but worse further up the road.

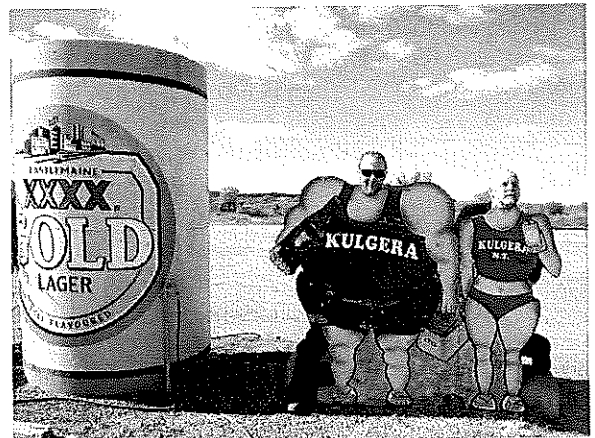
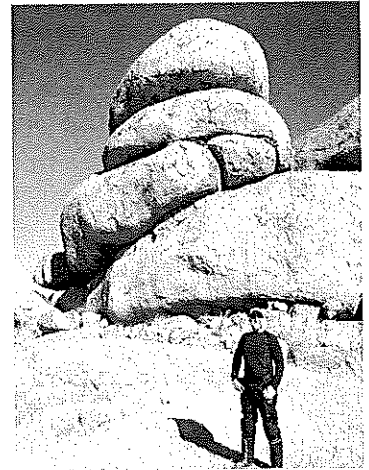
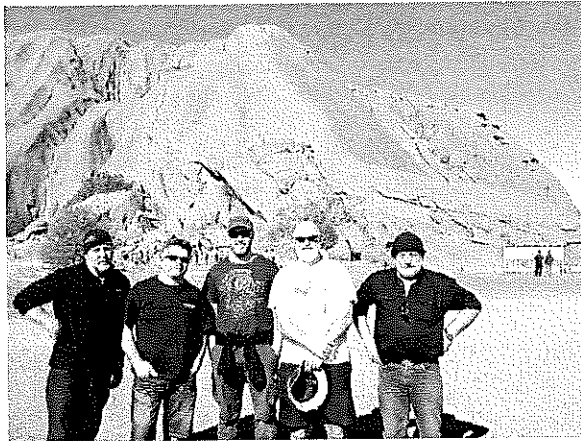
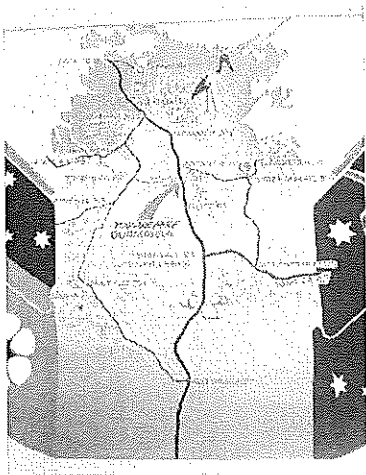
What trip through the middle would be complete without a look at Uluru, so we set off to what is now referred to as "The Resort" at Curtain Springs which is on the way in. We managed to take a few pictures of the famous monolith from the highway, only to find out that it was just another mountain range and we were still 60km from the rock (evidently we are not the first to be caught out). The next day we found out that climbing the rock was not possible due to high winds, even though we were disappointed we also understood why the climb is about to be closed for good, as a visit to the Aboriginal Centre goes part of the way to explain just what the area means to them. So instead we took on the 10km walk around the base, what a magical stroll it was, a must do on your bucket list if you are ever up that way. Later that day we decided not to stay another night at the resort and instead made a mad dash back to Erldunda on the highway, ready for the trip further north.

Next day, we were at Alice Springs and spent the night there, we also visited the Truckies Hall of Fame and it was time for some bits and pieces to be ordered for the bikes, including new tyres to see out the rest of the journey. Then off to Tennant Creek and a chance for a little R&R at the local RSL club, a fantastic meal and \$4.50 pots of beer, a welcome change from the \$8.50 we paid at William Creek on the track just a few days before. Not that it stopped us from partaking.

Next stop at the lovely camping grounds of Mataranka and as usual so many friendly people, we were ready for the last leg north to Darwin and 34 degrees with a chance for a few days' rest before the long return journey. We had planned to catch up with some friends whilst there but the middle of the city was totally booked out! No kidding, the height of the tourist season and not a room to be found anywhere, so the nearest accommodation for us was a caravan park 28km from the city centre at Howard Springs. After the amazing Red Centre that just went on forever, it was nice to walk out on the edge of Darwin Harbour and look out over the ocean, what a magical sight. To be continued...

Glen McDonald.





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Convict to Constable- tracing John Connolly. By Lynne Dawes.

In Tasmania we are lucky to have extensive records of our heritage and beginnings - and especially if your roots have convict ties. Some still require transcribing but with a little effort, and a whole heap of time, it is usually possible to find the answers you seek.

Over 30 years ago our family tree was put down in black and white, and back then, it included a trip back to "the old country" to collect the important information and complete the tree. Recently whilst working on another research project I realized that a black and white list with names and dates truly meant nothing to me - I longed to learn more about the evolution of the person; who they really were and who did they become? I wanted the story, I wanted to laugh 'til my cheeks cramped, cry 'til the tears ran dry and grieve, feeling the pain of incidents that have long passed. To do this was and is a definite work in progress, as I quickly realised I needed to comprehend and connect the people as individuals and within the town structure, power and hierarchy. As a result, this series does not follow a timeline and jumps a little here and there, but remains a factual account of anecdotal style.

Police Court Tuesday 5th June 1877 - Spring Bay

Charged by S. Murphy, Supt. of Police on the 26th May 1877, John Kreswell a plasterer, CUT AND WOUNDED ONE SAMUEL HARRIS WITH INTENT TO MURDER HIM..

The Superintendent disposed that on the night, he was informed of a man being stabbed down the street. Supt. Murphy attended and there he found Mr Harris bleeding from a wound in the cheek, which had already been sewn up by Messrs Carter and Merideth. Acting on information Supt. Murphy received at the scene, he then went to the prisoner's house, John Kreswell, where he was arrested the following day. The prisoner had blood on his hands and clothes, and a small knife was also found in his possession. Kreswell's blood-saturated clothes were presented to the court as evidence. The prisoner defends that the blood present was from a different incident, a street fight, which occurred on the same night.

Samuel Harris and John Kreswell were both at Carters Retreat Inn Triabunna on the 25th May, in company with a number of others. It seems the pair had words over work. Kreswell left, and seemed to be involved in the street fight also mentioned throughout witness statements. Harris remained, and Carters Inn closed at 10.15. Harris was outside the inn and was aware of "the fight up the road" although he did not recognise anyone involved.

Samuel Harris states he was near the porch when he thought he'd been struck with a stick, and he did not see his attacker. However he comments that he may have said he did, but he does not recollect it. Mr Carter, proprietor of Carters Retreat Inn at Triabunna, states, "Harris was outside when Toomey and Kreswell left at around 10.15pm, and about 8 or 10 others also left. I heard a fight up the street, and I heard Constable Connolly's voice amongst the people."

George Meridith disposes that he was at Carters on that night and states that prisoner Kreswell and Samuel Harris were wrangling, but he did not see them leave. He was getting his horse when Mrs Carter told him of the stabbing. He saw the cut, and goes on, as he describes: "It bled a lot - it began about an inch behind the ear, and then ran along and underneath the jaw bone for about 4-5 inches, getting deep towards the chin." He sewed it up and stayed to help Mr Carter with the bleeding. He also asked Harris who stabbed him? Harris replied he did not know, unless it was Kreswell. Several witnesses agreed that Kreswell left in the company of both Mr and Mrs Taylor and Mr Toomey.

Constable Connolly disposes that on this night he was called to a disturbance where he saw the prisoner fighting in the street. Mr John White helped Constable Connolly separate the fighting men. Kreswell continued and knocked another man off his feet, so Connolly knocked Kreswell down to gain control of the situation.. Connolly states he did not see Harris near this incident.

Later Constable Connolly was called back to Carter's establishment and the premises were "notably covered in blood." Constable Connolly asks Harris "Who stabbed you?" Harris replies Kreswell took a knife and said to him - you'll remember no more. Constable Connolly took charge of the prisoner the next day, where he still had blood on his clothes, fingers and the back of his right hand. The district doctor, Dr Turner of Richmond, was sent for the next day; he saw Mr Harris and stated that the wound ran from the cheek to the bone and from the direction of the wound and the quantity of blood lost, he was certain an artery had been cut. The bleeding had stopped prior to his arrival, "it would have been dangerous to interfere or open the wound" as the bleeding may begin again. He recommended Harris go to hospital as "a fresh attack of bleeding" would put his life in danger. However he also doubted the knife in evidence had the ability to make such a wound.

Samuel Harris then states "I cannot tell you anything further in this case, I do not remember telling Connolly what he states, if I did I must not of been sane at the time." He further states that he doesn't remember Constable Connolly at all on this night.

"I do not remember seeing Connolly at Carters that night, no persons have persuaded me not to prosecute in this case, no-one could overrule me if I knew who did it!"

This, obviously, closed the case. The Bench were of the opinion that there was perjury somewhere, but could not say where. There was no evidence to convict the prisoner with the wound and he must be discharged. The Prisoner was discharged. The Bench remarks that this case and the removal of the infant from the burial ground has created an uneasy feeling in the district, which it is hoped will be removed now we have four constables on the township. Warden Mace concludes- "In the multitude of councillors there is wisdom, let us hope in multitude of constables there is safety."

Meet my great, great, great-grandfather, Constable John Connolly of Spring bay, Tasmania.

Spring Bay started its life in 1820 as a whaling station and garrison town, supporting the penal colony of Maria Island. Maria Island penal colony was established in 1825. It was closed in 1832 for a time, as Port Arthur was opened, and Maria Island had a history of escapees and very slack discipline. It was re-opened as a probation station in the 1840's, with the probationers dismantling buildings and re-using materials.

Cropping was the prisoners' main duties and this grew to over 400 acres. 1850 saw the conclusion to the island's convict habitation and in 1852 the island was made available for private leasehold.

During the 1870's Triabunna was a small township at the head of Spring Bay known for its port, the only port suitable for heavy vessels on the east coast. Whaling was now in decline and many sailors turned to fishing; roads and bridges were being built and improved for future road transport of goods and the quarries were in full swing, both at Okehampton (Triabunna) and Orford (Spring Beach). The main exports were bark, grain, stone and wool.

Unfortunately the stock was not noted as high quality, the sheep and cows were not of the quality of those found in settlements at Buckland or further north at Falmouth. This was attributed to the lack of fresh running water; summer forced stock to drink from natural springs, which in turn produced lame disease in the cattle - however some

milking cows were producing 12 lb of butter per week. Lambing ewes had 55% survival rate and the weather was thought to be the blame. There were approximately 27,000 sheep throughout the district.

Mr Tapner (my great, great grandfather), an experienced fisherman, had successfully established oyster parks throughout the area, and claimed four distinctive breeds amongst his patches. He sold several thousand per year since establishing his rights and believed it was the way of the future.

The Anglican Church was built from Okehampton stone. The school was built in 1863 and had around 30 regular students: however some boys would have had to help their families on the farms from the age of 10, so attendance fluctuated. Other buildings in the town included 2 inns, a post and telegraph office, a couple of shops, the Roman Catholic Church and a few scattered cottages.

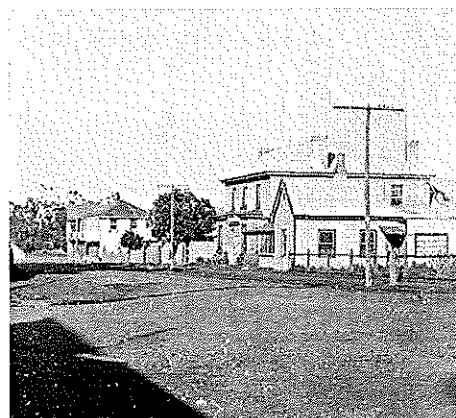
Recently discovered is a perennial spring, just east of the township, claiming medicinal qualities. It has been beneficial to cattle suffering rheumatic afflictions - the cattle drank it greedily and seemed to recover. It has been sampled and sent to the royal society to be tested for human consumption. Some locals are already drinking it for their rheumatic conditions, with great success.

This community was built on convicts, military personnel, whalers, sailors and quarrymen. Saturday night street fights fuelled by alcohol were a common occurrence and the Police force was increased from two to four constables during this period.

Constable John Connolly was a serving officer in the Spring Bay district from 1854 until his death in 1880 at the age of 62. Mr Tapner broke Constable Connolly's leg in yet another street fight in 1879 - perhaps this contributed to his death?

Connolly vs Tapner continues...

Lynne Dawes, nee Howells.



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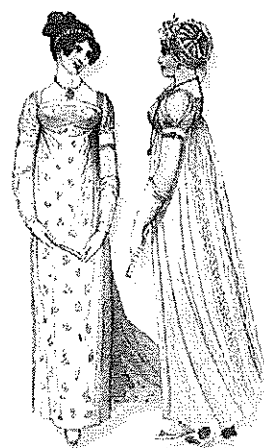
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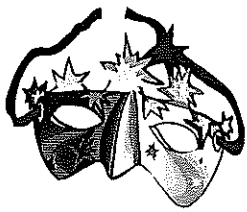
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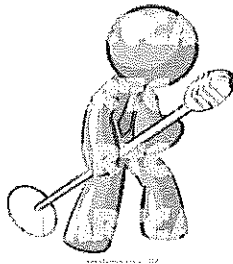
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Irish headline 'Cork man drowns' - his name was Bob.

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HOT FOOD,
COFFEE, COLD DRINKS,
ICE CREAM.**

52 MAIN ST ST MARYS.

SPLASH
ST MARYS

*You swill it, we fill it!
You dump it, we pump it!*

**Water cartage
Septic pumping**

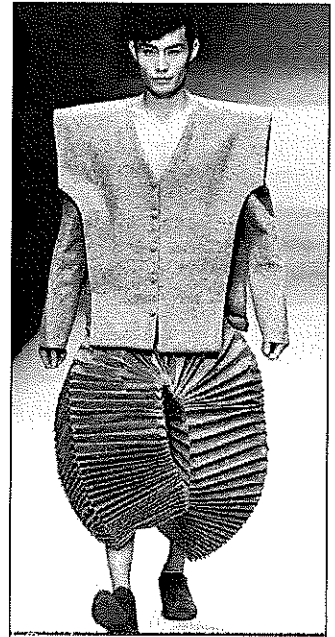
Contact: Mick

0488 777713

Wide eyed and amazed
 Hanging on to every word
 Granddaughter engrossed
 In whispers of a fairy world
 Pop would have to read again
 The same book many times
 Laugh at the same things
 And say the same rhymes
 We weren't frightened of Trolls
 Both of us had agreed on this
 And we very much loved Fairies
 So each Fairy page we kissed
 Regularly drinking pretend tea
 While eating invisible cakes
 And finding it more fulfilling
 Than even the finest steak
 Then as the years unfolded
 The books remained unopened
 So of course the Fairies died
 And our Fairyland was broken.

By Chris Hyland

Internationally renowned designer, Australian born Marc Newson, trained in jewellery making at the Sydney College of the Arts. His iconic piece, the Lockheed Lounge, is now considered one of the most important – and expensive – pieces of late 20th century design and at a recent auction sale had a price tag of \$2 million. The Lockheed Lounge was designed in the early 1980s in Sydney's Surry Hills.



A Reuters photo taken at the "Hempel Award 18th China International Young Fashion Designers Contest during China Fashion Week in Beijing, March 25, 2010."

Septemberize (v.): to murder for political reasons. "The warhawks talk of Septemberizing," Jefferson wrote in 1798. The word comes from the French "Septemberists" who advocated the massacre of political prisoners that took place in Paris in September 1792.

STEEL n DIESEL

Equipment Maintenance

MARK OWENS

Mobile: 0414 826 918
 Office: 03 6372 2500
 STATEWIDE SERVICE



Mining

Agricultural

Earthmoving

Shutdown and Breakdown Services

Scheduled Maintenance Repairs

All Fixed & Mobile Plant Services

Hydraulic & Diesel Applications

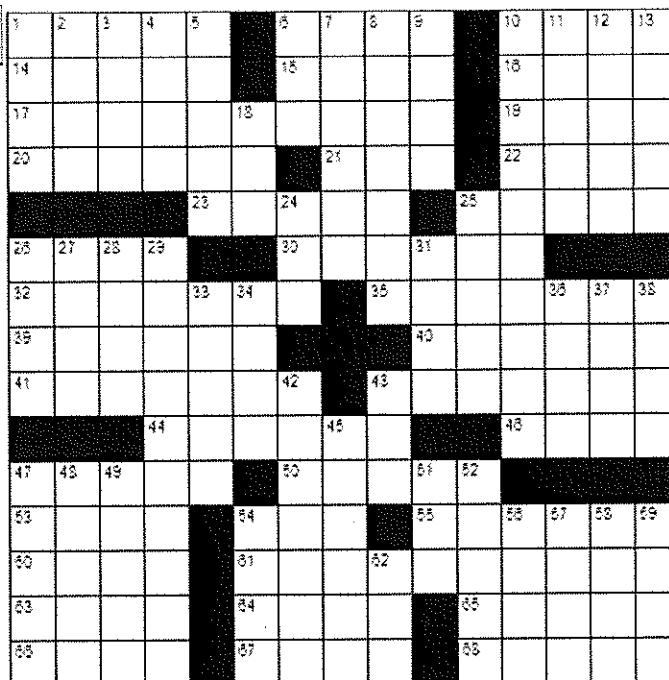
Welding, Fabrication & Construction

ACROSS

1. Step
6. Not front
10. Short sleeps
14. Urgency
15. Double-reed woodwind
16. Wicked
17. Replaceable
19. Diminish
20. Discouragement
21. L
22. Location
23. Rental agreement
25. Bestow
26. French Sudan
30. Sleeping sickness carrier
32. Pee-pee
35. Snuggled
39. Afternoon nap
40. Hit the sack
41. Pollywog
43. Aerial
44. Bivouac
46. Bobbin
47. Quickly
50. Fangs
53. Sediment
54. Water barrier
55. Large indefinite amount
60. Yachting cap
61. Shorten
63. Reflected sound
64. Parasitic insect
65. Follow as a result
66. University administrator
67. Nonflowering plant
68. Varnish ingredient

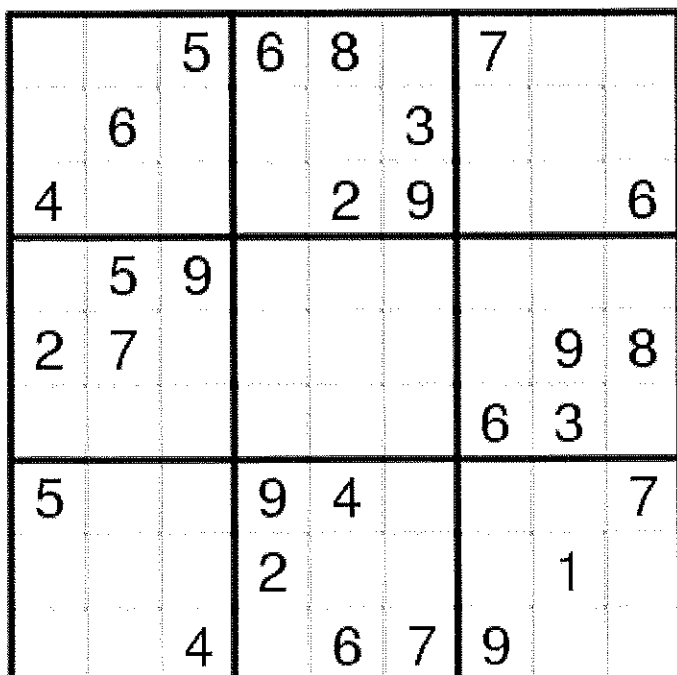
DOWN

1. Outbuilding
2. Cab
3. Vipers
4. Bit of gossip
5. Kidney-related
6. Type of snake
7. Mother superior
8. An Irish girl
9. Ship part
10. An open letter
11. Utilize
12. Kind of bean
13. Mixture of rain and snow
18. Colouring agent
24. Consumed food
25. Something of value
26. Be compelled
27. Diva's solo
28. Misled
29. Official examination
31. Small slender gull
33. Redress
34. After-bath powder
36. Connects two points
37. Sea eagle
38. Trade
42. Palatable
43. Gorilla
45. A part of an association
47. Requested

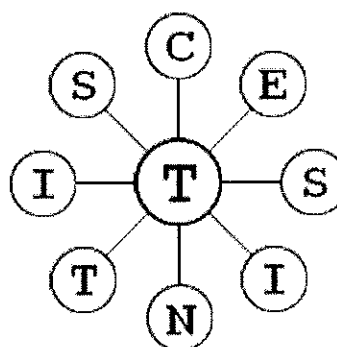


48. Portion
49. First Greek letter
51. Foot digit
52. Levitate
54. To cast aside (archaic)
56. Eat
57. Young girl
58. Decorative case
59. Observed
62. Dashed

Solutions next issue.



Sudoku



How many words of 4 or more letters can you find? Each word must contain the central T and no letter can be used twice. Proper nouns are not allowed, however, plurals are. There is at least one nine letter word. Excellent: 30 words. Good: 20 words. Average: 14 words.

© Kevin Stone

Church Services

Catholic Parish of St Marys

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

1st Sunday MASS

St Helens Vigil 5pm
Bicheno 9am
Fingal 11.30am

2nd Sunday LITURGY

St Helens Vigil 5pm
St Marys 9am
Bicheno 9am
Fingal 9.30am

3rd Sunday MASS

St Helens Vigil 5pm
St Marys 9am
Fingal 9.30am
Bicheno LWC 9am

4th Sunday LITURGY

St Helens Vigil 5pm
St Marys 9am
Bicheno 9am
Fingal 9.30am

5th Sunday MASS

St Helens Vigil 5pm
St Marys 9am
Bicheno 9am
Fingal 9.30am

Seventh Day Adventist
Hodgman Street Scamander
Sabbath School 10am

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
3rd Saturday of each month
Community Dinner @ St Marys

Break O'Day Uniting Church

The Manse 6376 2405
St Helens 9am
Fingal 11.15 am



St. Helens Electrical

ROD SHAW

LIC: 933671

Domestic Commercial Industrial

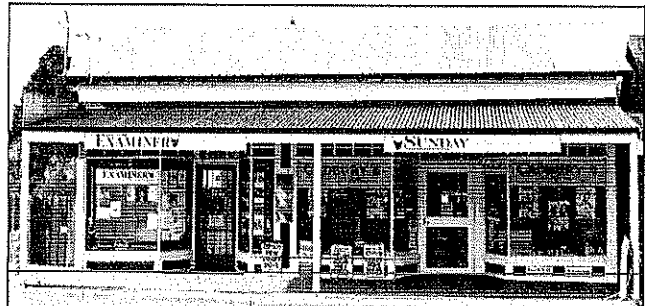
*Wiring and Repairs, Rewires,
Underground.*

Home Heating: *Advisory, sales and
installation of heat pumps and fixed
heaters.*

Lighting Specialist : *Interior and
exterior, advice, sales and installation.*

0407 615 072

24798 Tasman Hwy St Helens 7216



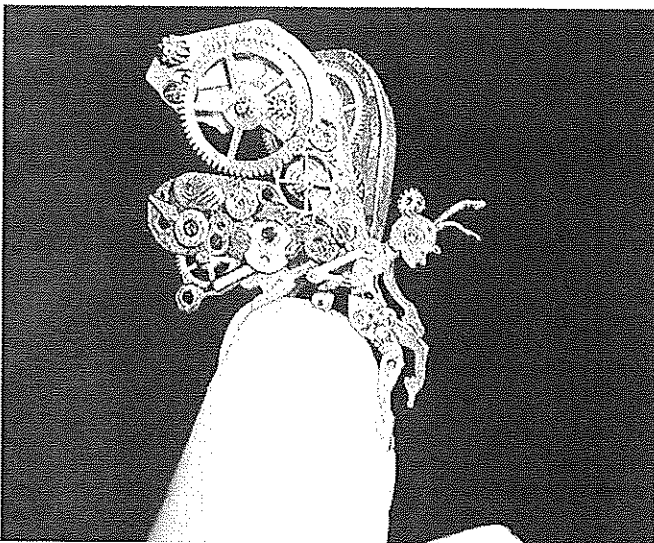
ST MARYS NEWSAGENCY

6372 2143

- | | |
|---------------|----------------|
| • AURORA PAYG | • PRE - PAID |
| • PHONE CARDS | MOBILES |
| • DVDs | • FISHING GEAR |
| • STATIONERY | • BAIT |
| • GIFTS | • ICE |
| • NEWSPAPERS | • CALOWS BUS |
| • MAGAZINES | DEPOT and |
| • WRAPPING | TIMETABLES |
| PAPER | |

Open 7 days a week for your
convenience

Mon to Thurs 6am - 6pm Fri 6am - 7pm
Sat & Sun 7am - 6pm



Using the smallest components from repurposed antique pocket watches and other time pieces, New-Jersey based artist Sue Beatrice of All Natural Arts assembles curious sculptures of animals and human figures.

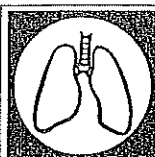
ST MARYS COMMUNITY HEALTH CENTRE

WHAT'S ON AT THE CENTRE

- 31 July **Day Centre**— For details on the group please contact Hayley Gilbert 6372 2111.
- Podiatry North**— Free Community Podiatry Service. For appointments please phone 63365155
- Mental Health Clinician/ Case Manager**— Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- Lung Function— Spirometry Clinic**. For appointments please see you GP.
- 1 Aug **Social Worker**— Shan Williams. Please phone 6372 2111 for appointments.
- 2 Aug **Social Worker**— Shan Williams. Please phone 63722111 for appointments.
- TML Diabetic Educator, Physiologist and Dietician**. Appointments available by referral from you GP.
- 5 Aug **Mental Health Clinician/ Case Manager**— Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- Physiotherapist**— Naomi Ide. Please see your GP or Health Professional for a referral to the service.
- Hospital Auxiliary Meeting** 2:00pm in the Day Room
- 6 Aug **Mental Health Clinician/ Case Manager**— Faye Thordardottir. For appointments please phone 1800 332 388
- 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
- Tom Bain, Rae & Partners Lawyers**. At the Community Health Centre Tuesday fortnights. For appointments please phone 6337 5555
- 7 Aug **Day Centre**— For details on the group please contact Hayley Gilbert 6372 2111
- Social Worker**— Shan Williams. Please phone 6372 2111 for appointments
- Physiotherapist**— Naomi Ide . Please see your GP or Health Professional for a referral to the service.

WHAT'S ON AT THE CENTRE Continued...

- 8 Aug **Relationships Australia**— Megan Booth for appointments please phone 1300 364 277
- Social Worker**— Shan Williams. Please phone 63722111 for appointments.
- 9 Aug **Social Worker**— Shan Williams. Please phone 6372 2111 for appointments
- 12 Aug **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.
- 13 Aug **Physiotherapist**— Naomi Ide . Please see your GP or Health Professional for a referral to the service.
- Child Health Session** with Sue Gofton every Tuesday— Appointments only. Please phone 0428 136 381
- Mental Health Clinician/ Case Manager**— Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- Continence Nurse**. For appointment please see your GP or Health Professional for a referral.
- 14 Aug **Day Centre**— For details on the group please contact Hayley Gilbert 6372 2111
- Mental Health Clinician/ Case Manager**— Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- 15 Aug **Social Worker**— Shan Williams. Please phone 63722111 for appointments.
- TML Podiatrist**— Annabelle. For appointment please see your GP or Health Professional for a referral.
- Meals on Wheels Meeting** 2:00pm in the Family lounge at Health Centre.
- 16 Aug **Social Worker**— Shan Williams. Please phone 6372 2111 for appointments



SPIROMETRY CLINIC APPOINTMENTS

A Spirometry Clinic (Lung Function Testing) is regularly held at the St Marys Health Centre. Appointments can be made through reception but a referral is needed from your GP. **Next Spirometry Clinic is: 31 July 2013**

ST MARYS COMMUNITY HEALTH CENTRE

DOCTORS ROSTER

Dr Latt

31/7/13- 16/8/13

Dr Rawnsley

2nd, 6th, 9th, 14th & 16th August

For appointments phone: 6372 2111

Please see After Hours Numbers
for during this time

GP REGISTRAR DR RAWNSLEY

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.

Please see the above Doctor's Rosters for her available days.

IMPORTANT INFORMATION TO PATIENTS

Please be aware that Dr Latt's Surgery is currently fully booked for appointments 1 week in advance as of 31/7/13

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

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.

AFTER HOURS CONTACT NUMBERS

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

ST MARYS COMMUNITY HEALTH CENTRE
6372 2111

Please RING before presenting after hours

SCRIPTS AND DOCTORS APPOINTMENTS

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

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

PHONE SCRIPTS

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



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.

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.



Meals on Wheels

0488 384 344

August		St Marys	Fingal
Monday	5th	Debbie Barnes	Neighbourhood House
Tuesday	6th	Pam Bretz	
Wednesday	7th	Valmai Spencer	
Thursday	8th	Liz Rice	
Friday	9th	Lorraine Gill	Neighbourhood House
Monday	12	Ruth Aulich	Neighbourhood House
Tuesday	13th	Trish Pike	
Wednesday	14th	Lundy Vosper	
Thursday	15th	Yvonne Salter	
Friday	16th	Hannah Rubenach	Neighbourhood House

Issue No. 6 solutions

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

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

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.

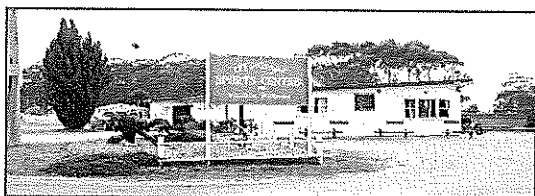
Whilst we value & welcome community input, the Valley & East Coast Voice does not provide specific feedback regarding any decision made not to publish a submission.

RAE & PARTNERS

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

Ph 6337 5555 for appointments

All words: acerb, acre, amber, arch, backer, baker, banker, bare, bark, barm, barmen, barn, bear, becharm, **BENCHMARK**, berm, brace, brach, bracken, brae, brake, bran, branch, brank, breach, break, bream, brecham, brechan, bren, caber, camber, caner, canker, carb, care, cark, carmen, carn, chamber, char, chare, chark, charm, crab, crake, cram, crambe, crane, crank, creak, cream, earn, embar, embark, hacker, hanker, hare, harem, hark, harken, harm, hear, herb, herm, herma, hern, karn, kbar, kebar, kerb, kern, knar, macer, maker, marc, march, marchen, mare, mark, merk, nacre, namer, nark, near, race, rack, rake, rance, ranch, rank, reach, ream, reck, rehab, reman, rhea



St Marys Sports and Social Centre

**Winter opening hours: Thurs 5.30 - 7.30 Fri 5.30 - 8.30
Sun 1.30 - 4.30**

Visitors most welcome, why not pop down to the club house, take a look at what we have to offer and consider becoming a member.

What a great turnout for the AGM, thank you all for showing your continued support for the club. The meeting went off without a hitch and we are happy to report that the new executive committee are:

President: Rodney McGiveron

Secretary: Annette Wines

Treasurer: Jim Turner

Six others put their names forward to be on the general committee and we have a dozen or more on the catering committee. FANTASTIC! Membership fees were set, and are as follows:

Club member: \$25 per person. *This will give you access to the club house and full voting rights, but does not cover you for playing social lawn bowls or golf.*

Sports members:

Juniors: \$40 per person

Adults: \$60 per person

Family: \$80 parents and children under 18 years. *Covers access, voting rights and participation in any social/non competition lawn bowls and golf.*

Membership fees are due now and can be paid at the club during opening hours.

Affiliations per person:

Bowls \$60 Golf \$60 Juniors \$35. *These are only paid if you are playing competition golf or lawn bowls.*

It is hoped that this new fee structure will enable us to build the membership back to what it was in the good old days. We are hoping to focus more on the social side of things so if you are not into golf or lawn bowls no worries.

Why not come down on Friday evening for a game of eight ball, darts or indoor bowls?

Often thought you would like to have a go at golf or lawn bowls? After winter we hope to get mid week social games going so watch this space.

Annette Wines, Secretary

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ST MARYS IGA SUPERMARKET

38 Main Street

Phone/Fax 6372 2240 Butcher

6372 2274

Mon - Fri 8 - 6 Sat 8 - 12

Specials from 1st August - 7th August The Butchery

Rump steak	9.99kg
Silverside	5.99kg
First grade beef mince	9.99kg
Lamb shanks	9.99kg
Osso Bucco	6.99kg

The Shelves

Nerada Cup & Pot Tea Bags 100s	1.49
Little Lucifer Fire Lighters 24pk	2.99
Cadbury Brunch Bars 210g	2.99
Nescafe Blend 43 Coffee 100g	5.99
Uncle Toby's Quick Oats 350-420g	3.69

Only 1.99 each

Safe Toilet Tissue Long Roll 6pk	
Schweppes/Pepsi Soft Drink 2L	
Cadbury Freddo Choc Biscuits 125-200g	
Greens Sponge Pudding Mix 260g	
Radiant Concentrated Reg Laundry Powder 650g	

Specials from 8th August - 14th August The Butchery

Leg of lamb	9.99kg
Lamb loin chops	15.99kg
Ingham Gourmet Chicken portions	4.99kg
Scotch fillet steak	25.99kg
Beef stirfry strips	13.99kg

Coolroom/Freezer

Devondale Cheese 1kg	7.99
Kraft Cheese Slices 250g	1.99
Ski Yoghurt 6pk	5.99
Ingham Chicken Kiev 350g	6.99
McCain Super Fries 1kg	3.00

Only 1.99 each

Arnott's Shapes/Savoy/Clix 160-250g	
Palmolive Soft Wash Liquid Soap 250ml	
Kleenex Extra Care Facial Tissues 95s	
Chum Canned Dog Food 1.2kg	
The Natural Confectionery Co Bags 140-200g	