

The Valley and East Coast Voice Inc. \$1

valleyvoice.com.au

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The deadline for Vol 47 No 2 is 5pm May 19th 2014

ANZAC Day Dawn Service St Marys

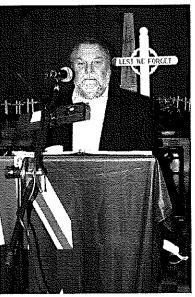
Although every breath taken was expelled with a warm mist vapour, the speeches were still delivered with reverence and poignancy. Thank you to David Watkins, Deputy Acting Mayor Hannah Rubenach, Michael Smith and Stuart Kerr who braved the minus temperatures to pay homage to our fallen with their heartfelt deliveries. We express our gratitude to the community of St Marys, the Break O'Day Woodcraft Guild and the St Marys Memorial Services Association.

LEST WE FORGET





Above: Avoca Cenotaph, photo by Mary Knowles. More photos on page 18.





Article and photos by Wendy Brennan, more photos on page 10.

ANZAC Day 11am Service Cornwall

On behalf of the Cornwall Community Development Group Inc. I would like to thank the St Marys Memorial Services Association for inviting us to hold our inaugural 11am ANZAC Day service at Cornwall.

On a perfect day over 70 people attended the service. Wreaths were laid at our lone pine, a direct descendant of the original lone pine from Gallipoli, planted in the Cornwall Park by the late Noel (Gunner) Bradbury in 1996; this was very fitting for our day of remembrance.

After the service most of the people ventured over to the Cornwall Hall for hot drinks, a bite to eat and of course a chinwag. A big thank you must go to all the people who made this day happen and run so smoothly.

Raz McDonald

Public Officer of The Cornwall Community Development Group Inc.

Photos on page 21.

St Marys Car Show ~ June 1st 2014
St Marys Festival of Voices and Wrapped in St Marys ~ July 19th & 20th 2014

Community Announcements

AA St Helens (Alcoholics Anonymous) Wednesday at 8pm St Pauls Anglican Church hall, St Helens. Call Murdoch on 6376 3335.

AA St Marys (Alcoholics Anonymous) Friday 7pm at Holy Trinity. Mick or Shirl 6372 2909.

Al Anon St Helens (Family Group) 2pm Sunday at St Paul's Anglican Church Hall St Helens. Anne or John 6376 4270 / Rose 6376 3335.

Beaumaris Swap Markets 1st Sundays of the month at Beaumaris Park from 11-1pm. Plastic bag free, gold coin donation per stall (bookings required). Laura 6372 5687.

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

Break O'Day Regional Arts meet on the 1st Tuesday monthly in the Supper Room at St Marys Community Hall, 4pm. e: bodregionalarts@gmail.com All welcome.

The B.O.D. Stitchers meet each Friday 10-3pm at the Neighbourhood House Bungalow in St Helens.

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

The Chocolate Shop Singers meet at the Mt Elephant Fudge shop St Marys every Thursday at 5pm for informal & fun singing. Everyone welcome.

The Cornwall Community Development Group meet monthly on the 1st Tuesday at 7pm in the Cornwall Hall.

Jan Saunders, East Coast Community Transport. Community Hall, 23 Main Street, St Marys. 6372 2137.

The Falmouth Community Centre contact for booking club facilities is Cherrie Schier on 0417 887 941.

The FVNH Op Shop is happy to receive pre-loved clothing & goods weekdays 9-3. Donations can be collected on Mondays or items can be left at the Centre. Come along, check it out & pick up a bargain. Deb Speers for FVNH.

Gone Rustic Studio + Gallery 37 Main Street St Marys Operation Cover-up 3rd Friday monthly at 11-2. Creating quilts & knitwear for those in need locally & overseas. \$5 donation towards quilt wadding; BYO lunch, cuppa included. 6372 2724 / 0417 027 424

Greater Esk Tourism meet 7pm at Fingal Neighbourhood House on the 2nd Monday of each month, unless otherwise notified. 0412 425 666.

RAYC Regional Arts Youth Company (school aged children) is on Thursdays 3.30-5pm. Session cost \$5 p/week or \$40 p/10 week term. Michelle on 0407 046 865.

Meals on Wheels meeting dates for 2014: 15/5/14, 21/8/14, 20/11/14, held in the Community Health Centre St Marys. Lundy Vosper, Secretary. 0488 384 344

The Scamander and Beaumaris Community Development Association meet monthly on the 3rd Wednesday at 7pm in the Scamander Sports Complex. New members are most welcome.

Scamander Garden Club meet monthly on the 3rd Monday at 1.30pm in the Scamander Sports Complex. Enjoy sharing garden activities. Val 6372 2762.

The St Helens Walking Group walk each Wednesday and 3rd Saturday monthly. New members are most welcome. Call Healthy House 6376 5242 or Bryan Edhouse 6376 3439 for info.

St Marys/Falmouth Playgroup is held 10:30-12:30 each Wednesday at the Falmouth Community Centre. Join us for only \$3 per family in a relaxed & friendly atmosphere for all the family. Tash Speers 0419 591 905 / Amy Faulkner 0417 152 337.

St Marys Hospital Auxiliary meet monthly on the 1st Monday at 2pm in the St Marys Community Health Centre.

St Marys Ladies' Midweek Tennis 9.30am each Wednesday. New players & beginners welcome. Child minding included - a lovely safe place to bring toddlers while you play. Karon 6372 2382 or Dana 6372 2033.

St Marys Markets are held monthly on the first Saturday at the St Marys Community Hall 9-1pm. June Market is on 31st May this year due to Annual Car Show/Wrapped in St Marys. Easter and Christmas may see a second market in the month - stay tuned for updates. Bookings or queries call Michael Smith (BODRArts) on 6372 2056 or 0407 046 865.

St Marys Online Access Centre, 23b Main Road St Marys. Mon~Fri 9.30-4.30 Sat 11-2. Ph 6372 2005.

The St Marys Op Shop (School Association) is open 11-3 weekdays (as volunteers are available) and Market Saturdays 10-12.30. We are happy to receive ALL preloved items excluding electrical. SMALL donations can be left at the St Marys Newsagency when the shop is not open or contact Janet Drummond - Coordinator 0404 562 320 for assistance. Check out the Facebook page for current information and special offers. facebook.com/pages/St-Marys-Op-Shop-St-Marys-District-School-Association-Fund-Raiser/211790102364866

St Patricks Head & Esk Valley Historical Society Inc. meets every second month on the 3rd Wednesday, 3pm at various venues. Barry 6372 2575 (aulich@bigpond.com) or Jim 6372 2127 (jimhaas@bigpond.com) www.fingalvalleyhistory.com

Stallholders' Market Inc. is a nfp organisation that holds markets on Saturdays 8-12 in the Portland Hall St Helens. e: sthelenmarket@yahoo.com.au

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

The Tasmanian Lymphoedema Centre Inc meet monthly on the 3rd Monday at 10am in the St Marys Community Health Centre, Day Care Room.

The next Council meeting will be held on Monday 19th May 2014 at 10am in the Council Chambers, Georges Bay Esplanade, St Helens. Minutes from Council meetings are available online.

Editor: Wendy Dawson e: wdawson@valleyvoice.com.au ph: 6372 2442 web: valleyvoice.com.au facebook.com/ValleyEastCoastVoice

Advertising rates:

- Business card ads \$15
- 1/2 page ads \$40
- Intermediate ads \$18
- Full page ads \$65
- 1/4 page ads \$25

Community announcements are free. Classified ads are free for two issues. Annual posted subscriptions are \$50.60 and annual online subscriptions are \$20. Articles for publication may be left at the St Marys Pharmacy, posted to 12 Groom Street St Marys 7215 or emailed. For online advertising, contact the Editor.

For Sale

Queen bed & mattress with side tables/drawers \$550, Double bed & mattress \$250, King single & mattress \$250. All in very good clean condition. Small Crosley fridge approx. 300 litres no freezer but good condition \$100. Westinghouse Range Hood. Good condition \$120. Poulan Pro (Husqvarna) ride on mower - 16 hp - 38" cut - Briggs & Stratton. 6 years old with little use \$2,600 ono. Poly Ag Pipe 100mm drainage in good condition - 1/ 20.5m \$50, 1/7mm \$17. Approx. 100m x 13mm Poly Dripline in good condition \$30. Colorbond corrugated roofing sheets - 1 / 5m (brown) \$30, 1/3m (brown) \$20, various lengths & colours - approx 1.2 to 2m from \$10. Cox mulcher/chipper, good condition. \$750 ono. Ph 6372 2626

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

Hay, small squares cut in late December, \$5 ea. 0447 151 871

Round bales, garden mulch or bedding, \$50 ea, free delivery in St Marys area. 0407 944 158

Carpet square, green tones \$100. Sturdy small cupboard \$10. Ironing board & cover \$30. Cane baskets \$20 ea. Column heater \$30. Assorted kitchen basket \$40. Magnifying glass & case \$20. Oak single bed & mattress with nice bedding & mattress protectors \$90. All in very good condition. Ph 0437 224 892

Toyota Hilux '95 SR5 4x4 manual dual cab, 2.7 petrol, dvd player, canopy, all new running gear, goes well. (At Evandale) \$6000 ono.

Atomic 2 seater kids buggy like new, outgrown, has remote key with start & stop within 30 metres, suit kids 9 & under, 5.5hp, LED lights, goes well \$1000 ono.

Ph Rhiannon 6398 6258 / 0438 535 102

Wanted

House Cleaning work wanted by mature, honest and reliable lady with references. \$16 p/hr. Ph 6372 2584

Culvert pipes, call 0407 944 158



Please note that dogs are no longer allowed inside the St Marys Op Shop; the exception to this is ANY assistance dog. Your support in this area is much appreciated.

Thank you.

Janet Drummond, Co-ordinator.

Quad bike crush device wins Agfest safety award by Rose Grant

The "Best New Safety Product or Innovation" award at Agfest has been awarded to a New Zealand quad bike safety device.

The Lifeguard ATV rollover protection is a flexible, segmented are that absorbs the impact of a quad bike roll

Matthew Tiplady says the device has already won awards in New Zealand in addition to the PASS Agfest award.

"This is the world's first flexible crush protection device for quad bikes and ATVs," he said.

"It's designed so that when the bike turns over the device will actually flex and it will not crush the person by the weight and the bar itself.

completely It's with flexible,



two cables going through, it's like your spine, it will flex with the turning over of the bike."

The PASS safety award judges said the novel design can hold up a quad bike in excess of 350kg, can be simply mounted to the rear carrier, and is able to be attached onto most brands of quad bikes.

They also awarded the "Best Safety Display - Safety Feature / Focus" award at Agfest to a private exhibitor, Boat Safe and the runner-up price to their "Marine pod" floatable container for storing survival equipment to be used when a boat sinks.

abc.net.au/news/2014-05-02/agfest-safetyaward/5426532?WT.ac=localnews

Letters to the Editor

Dear Editor.

As the war propaganda machine went into top gear this past ANZAC week (and ongoing, no doubt) teaching our kids the 'necessity' and 'justification' of war with the saturation of war movies, personal anecdotes, commentaries and all the other paraphernalia that governments orchestrate when they want war support from the people they are supposed to be protecting - I went further and further into despair.

Lately, it was like living it all again - just like all I've been reading about and experiencing all my life. Like the deceit all over Europe that was confronting the masses, while Wall Street financed Hitler (a drop in the bucket).

I don't think enough people ever learnt that war is regarded by our big mover and shaker money masters, together with their politician minions, as a quick answer to population growth and a bountiful money harvest for the rich who can NEVER get enough.

I was on the verge of drawing on the experiences of a pretty active youth to which a wide scope of readers would relate (life in a quarry; firing a steam shovel, the big rock fall, bearing down on a 40m rock face, rock popping, powder monkey and blasting, my 85 year old driver - much much more). As an 18 year old driver on a 30 tonne Euclid (night shift) I was employed on the construction of Warragamba Dam; the dirt floor kitchen, bread and dripping school lunches, swaggies, and heaps more. But it would be a terrible waste of time and a dereliction of duty as I see it. I was reminded of what Christ told us; "Blessed be the peace makers".

The frustration of knowing what has gone on in the past with the terrible stupidity and ignorance of people who are supposed to be adults educating their OWN kids about the forgoing, instead of allowing and leaving it all to a rotten Satanic driven society, has been on my conscience. And I thank our Almighty Father for putting it there.

I don't care about your neat and happy little suburban paper policies. If you don't want to tell people that we are about to waste BILLIONS of dollars on 36 of the latest fighter planes because Wall Street and the City of London Money have decreed that we must go to war yet again on the coat tails of the Neo Cons in the 'States (while they surround and intimidate Russia and the Ukraine with missiles, and confusing the world with CIA & Think Tank initiatives) - then your paper is a sad disservice to the people you think you are supporting.

http://www.veteransnewsnow.com/2014/04/24/former-australian-foreign-minister-exposes-zionist-lobby-power/

http://www.youtube.com/watch?v=UntixeRiEK8

Don Pike, Four Mile Creek.

On this day in 1886 - Pharmacist Dr. John Styth Pemberton invented what would later be called "Coca-Cola."



Dear Editor.

I would like to add my two bob to the Richardson Road Reservoir debate.

I have been a keen observer of the reservoir over the past ten years by way of its capacity to reduce nagging to a tolerable level. Grab the fishing rod and a couple of stubbies and watch the float jiggle as the trout play with the hook while surrounded by an absolute Tasmanian diamond. I sat on the wall one day while a platypus and two pups swam at my feet. I blinked, they crash dived and came up for air about 30 meters away. Those pups would now be teenagers and like most teenagers they should have been strangled at birth because I reckon they are the cheeky little buggers that have vandalised and breached the wall. They have reduced their idyllic home to a mud puddle and the eight or ten that used to be the dam clan are now living rough on the street God knows where. It is harder to feel sorry for the smartaleck trout who for the most part ignored hundreds of dollars worth of fishing gear over the years.

When there is a heavy rain event two creeks feed directly into the reservoir and meet at a 90° angle. This sets up a turbulent vortex motion across the water surface. The dam rises and spills and the hundreds of tonnes of silt gets a buffing but remains in place behind the wall. The St Marys Rivulet runs cloudy for a while then cleans up soon after.

The thing that worries me is what would happen to all this accumulated silt if there was a catastrophic failure around the already breached wall or worse still if some wet behind the ears engineer/economic genius was to have the wall removed. I reckon a large sharp rain event would see all this silt arranging its sticky, stinking, toxic mass on or about the flood level of the St Marys Rivulet in the middle of town.

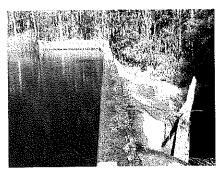
The silt is made up of rotted eucalypt material, rotted water weeds and some mineral matter carried up to and retained in situ by the wall. The anaerobic mass will be highly acidic, loaded with tannins and if allowed to move en mass down the system it will suck the life out of everything it contacts. The food chain downstream will cease to exist until the silt dilutes and the poor bloody platypus are going to cop it again.

Simply draining the dam is not a solution. The 30cm plughole will be overwhelmed by inflow in a rain event and will quickly block with sticks and leaves. The two breaches around the wall are both in areas of earth fill and will rapidly scour out and the silt will begin to move.

There is a serious environmental problem here caused by humans in building the dam. Ignoring this and buckpassing are unlikely to solve the potential for disaster. Someone needs to take responsibility and sort this out real soon.

A short term fix would be to pump some concrete into the platypus burrows and see if the pesky little buggers can dig through that. The right thing to do would be to de-silt the dam, fix the wall (which looks like it was built by the same bloke who made the nuclear bomb proof missile silos) and turn it back into the absolutely sensational gem that it has been for the past fifty years or so.

Bob Oates, St Marys













Pictures of the Richardsons Road Reservoir by Bob Oates.





... present a free workshop on polytunnels for the smallholders of St Marys and surrounding districts

Extending the Growing Season

Sunday 25th May 2014 10am (morning tea) to 1.30pm, & lunch 'Haven of Hope', 36 Dalmayne Rd, Gray

Learn and share ideas on constructing a variety of polytunnels, aiming at year-round

production, plus ideas on crop selection, planting and harvesting times for food production through winter and spring months.

Please note bookings are essential; sufficient for the workshop to go ahead, and number of attendees is also limited, so register your interest by Monday 19th May to avoid disappointment!



To RSVP and for further details, contact Polly Buchhorn 63767900 Polly.buchhorn @bodc.tas.gov.au or Kate Thorn 63337777 kthorn@nrmnorth.org.au









Being a parent...

Life is bitter for I am a sitter I put little kiddies to bed I wrap their sheets around their feets while they're busy slapping my head. They throw their trains and rattle my brains My head is full of dents No wonder I'm sour it goes on by the hour and each hour I earn 50¢ Christopher Hurd, Cornwall

Is it really about the drugs? Or is it about people?



den has 27 years in the AOD prevention field,

Parents, Grandparents, Community Parents, Community Elders, & Young People

to work together, to help prevent the uptake of Alcohol and Other Drugs (AOD).

What we know works we will share with you.

DEN is providing an educational session at Fingal Valley Neighbourhood House

> Tuesday 20th May 6pm start

This session will aim to cover topics of particular interest to the Fingal community regarding Alcohol and Other Drugs.

If you would like a particular topic discussed, please contact Zoe by phone or email: admin@den.org.au 1300 369 319

www.den.org.au

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Ransley's Appliance Service

POB 136

Scamander Tasmania 7215

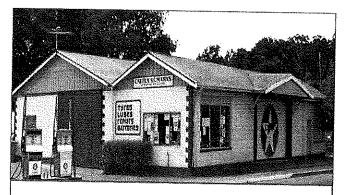
Washing machine noisy?

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CALTEX ST MARYS

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Fax 6372 2822



St Marys Salvation Army

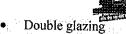
is pleased to offer the following services:

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- Shower screens
- Wardrobe doors
- Aluminium windov
- Security doors

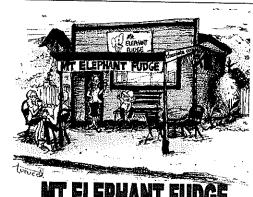
Locally owned and servicing the East Coast. Call David or Anne Cannon for professional friendly and reliable service. 6372 5361

CLEAN CRACK LAUNDROMAT

32 MAIN ST ST MARYS



Coin operated washers and dryers Summer opening hours are 6.30 a.m. ~ 8 p.m.



Wed to Sat 10 - 4.30pm, Sun 10 - 2pm 7 Story St Ph 6372 2787 Warm SHOP, Best COFFEE,

Great GIFTS. Amazing CHOCOLATE!

I'd LOVE to see you all!!

for ALL your Sweet Desires!! © ©

Mayor Sarah Schmerl to retire at next election



5 May 2014

Break O'Day Mayor Sarah Schmerl has announced that she will retire from her roles as Mayor and Councillor at the next Local Government election, to be held in October 2014.

Mayor Schmerl advised Councillors and staff of her retirement at the Council workshop held on 5 May 2014. The Mayor's retirement has been brought on by family and work factors, with a move to Hobart planned for the end of the year. Mayor Schmerl has served on the Council for the past five years, and held the office of Mayor for the past three.

Nominations for Council elections will be announced at the end of September, ahead of the election period commencing in mid-October. Mayor Schmerl will hand over to the new Mayor at the end of the election period. For further information please contact Mayor Sarah Schmerl on 0428 736 578.

Break O'Day

Council has received funding from the Commonwealth Government Sustainable Regional



Development program to undertake a study over three Council areas, Dorset, Break O'Day and Glamorgan Spring-Bay to deliver sustainable tourism outcomes through improved heritage protection and economic development strategies, policies and plans. The project will complement the current land use and development strategies and improve planning for matters of national environmental significance and the outstanding universal value of World Heritage properties.

The objectives of the Sustainable Regional Development program are to assist local and state government authorities to

- provide greater opportunities for protecting and enhancing the environment, especially the protection and recovery of MNES
- increase long term regional sustainability and community liveability
- reduce regulatory burdens on business and governments
- provide certainty for developers, stakeholders and the general community about the future of development and achievement of long-term conservation outcomes

The regional sustainability planning project for East Coast Tasmania is comprised of the municipalities of Dorset, Break O'Day and Glamorgan Spring Bay (the project area). The project area contains a variety of matters of national environmental significance, including:

- three Ramsar wetlands, most notably Apsley Marshes and Moulting Lagoon
- ♦ components of the convict sites World Heritage Area
- numerous threatened ecological communities and species (e.g. Lowland Native Grasslands of Tasmania, Alpine Sphagnum Bogs, freshwater and burrowing crayfish)

If you would like further information and updates on how this project is running, you can access the project website at www.ourtourismfuture.com

A survey should be up and running early next week where you can have your say.

Chris Hughes, Manager, Community Services | Break O'Day Council

t: 03 6376 7900 | f: 03 6376 1551 | m: 0407 795 393

e: chris.hughes@bodc.tas.gov.au w:www.bodc.tas.gov.au

Rotary Aluminium Can Recycling Bin,

Recycling for your Community - What Goes Around Comes Around

In October 2013 The Rotary Club of St Helens launched our Aluminium Recycling Program. We decided it was time to look for a fund-raising exercise that did not require our community members to put their hands in their pockets, but just change the way they did things.

With the support of the manager of our local tip, MDG and Sims Metal we implemented the recycling program. We called it What Goes Around, Comes Around, Recycling for Your Community.

We were lucky enough to have the support of most in our community, with several people donating and sponsoring Green Wheelie Bins, now sign-posted and placed in strategic spots throughout the community. Bin donors and sponsors were Ann and Jack from Soul Foods, Sally Spurway Smith from St Helens Reflexology, Peter and Ian Power - Lawrence from Rainbow Retreat St Marys and Lesley Armstrong McKellar, one of our beautiful local St Helens ladies.

Locations of bins as follows:

St Helens-Binalong Fire Station, Neighbourhood House, the IGA shopping centre between Banjos and Choc'a'lolly, Mitre 10, St Helens District High School, Falmouth Community Centre, St Marys Op Shop and The Bookstore Café. The main drop off point is the St Helens Refuse Tip, and the management have given us the use of their skip bins for the collection of cans, so all aluminium cans dropped off at the Recycling Station at the tip go to our Recycling Program.

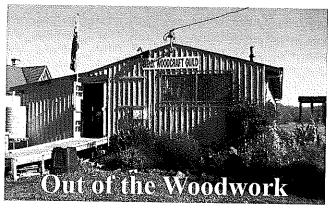
We said at the onset that we want to put this money back into our community via smaller clubs and youth activity groups, such as sporting groups etc. This is still our plan. Our hope was to be able to raise in the vicinity of \$2000 over the first year, and then offer the opportunity for the small clubs to apply for a share of this money.

Just this week we received our very first cheque from Sims Metal for October 2013 to February 2014. Thanks to the amazing support from our local community members, we managed to raise in this short time the grand total of \$992.00.

With continuing support, I believe we can smash that \$2000 target, and have even more to give to the youth of this town...

Thank you all for your continuing support.

President Kylie Wright.
Rotary Club of St Helens.
facebook.com/RotaryClubOfStHelens?ref=hl



Wendy Brennan Secretary 6372 2094

www.breakodaywoodcraftguild.weebly.co www.facebook.com/pages/Break-ODay-Woodcraft-Guild-Mens-Shed/654672894597969

The Guild is open every day except Friday and Sunday (depending on volunteers), and other times by appointment.

Many thanks to Gary Townsend who kindly donated a felled tree to the Guild and to Geoff Springer who helped with the delivery.

We would also like to acknowledge our gratitude to the St Marys Anglican Church who has again donated funds to help with the replacement of our stolen tools.

On behalf of all Guild members we would like to wish Sister Lorraine a Happy Birthday for the 1st May and we hope that the following years are filled with health and happiness. (Sister Lorraine has always been a strong supporter of our gang)

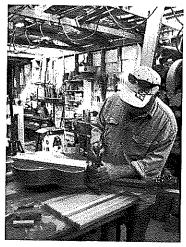
A debrief of our annual open day fair was met with all positives and we are now preparing for our 10th Anniversary next year!

Don't forget to keep June 1st 2014 free for the St Marys Annual Car Show on Faulkner's Green.

Guilds Home Hint:

Scratches on timber: Baby oil is great for taking out small scratches and stains on timberwork. For larger scratches, use coloured crayons that are made of wax. Mix colours to match your timber and draw over the scratch then lightly polish with a soft dry cloth.

The Guild meets on the last Thursday of every month at 11am in the old railway goods shed situated behind the Railway Station complex. New members are always welcome, both men and women.

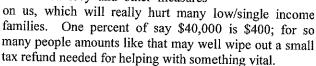


Ted Koops repairing one of his guitars.

The Say...by Cagerattler

Here we go - I knew this would happen.

This "We have a mandate" Federal Government is about to impose an unheralded levy and other measures



At the same time this mob are dishing out \$12.5b for jet fighters which are essentially rubbish. They are also wiping out a Mining Tax that requires high end pillagers of our resources to pay more for sending our 'good stuff' overseas. Similarly a Carbon Tax...poorly implemented by the former government but a good idea in general, is being cancelled without trying to improve it, and a justifiably ridiculous Paid Parental Leave deal.

If Australia's debt crisis is so bad, why is our economy rated in the top few on the planet? Low inflation, low unemployment, huge resource wealth and one of only 13 countries in the world with a Triple A Rating...if we were an economic basket case as the Coalition suggests, how can this rating be possible? Most other countries sit back and gaze in envy at our economy.

This government, in my humble opinion, would be much better served by looking at ways to transform our resource rich country into a downstream processing country which could export high quality goods, not just high quality resources.

Why are we once again undermining some people who have done so much for this community??

For the record, the people who are the victims of some scurrilous innuendo DID NOT ask me to mention this because they're too respectful to do so... That said, I for one hope that the person or persons who have made comments in this regard stop doing so.

To make such comments is hurtful to the targets of the comments and is generally upsetting. Anyone who knows the targeted people would realise the huge amount of community involvement and fantastic service they have provided and will continue to do so for many years, but it's detrimental and disrespectful to them...

Another person who is a similar great asset to the community and quite new to the area knows the targeted persons well (and knows me as Cagerattler) and asked me to mention it, to hopefully appeal to anyone spreading innuendo and rumour which achieves nothing at all. This behavior just creates ill feeling...

So, to the person or persons who have been spreading negative comments, whoever you are...please give it a rest! It's not welcome or warranted by anyone I'm sure, in this or any other instance...

What do you think? Rod McGiveron.

Skyline Tier Restoration Field Day



When: Sunday 25th May 2014 Where: Meet 10am at Surfside Motor Inn car park, Tasman Hwy,

Beaumaris

Time: 10am - 2pm

Bring: sturdy footwear, warm

clothes, water bottle

Provided: BBQ lunch, tools, gloves

Supervised children welcome



Your opportunity to get involved in the restoration of Skyline Tier and help remove the last stand of pines from a section of the upper catchment. Learn weed management and restoration techniques including cutting and painting, lopping, hand pulling and seeding.

RSVP: Natalie Holman on 6224 6319 or e: Natalie. Holman@et.org.au









SOME THOUGHTS

Have you ever set a trap - for a possum or maybe a feral cat?

You no doubt positioned the trap where you hoped you would succeed in making your catch. You probably then selected the bait... bread, fruit, meat or even cheese. You may have scattered the bait around the entrance to the trap, inside as well on the floor, but possibly your last act was to mount some of the bait onto the hook which hangs down from the roof of the trap.

That hook is a snare because it tempts or lures the animal into the danger of being caught. It is from the action of the animal chewing on the bait, while it is hanging on the hook, that you do indeed make your catch!

Why? The movement of the hook causes the attached spring or lever to close the door, thereby entrapping the animal. Now did you know that the name of the hook on which the bait hangs, the part which lures the animal into the trap... comes from the Greek word SKANDALON, which means OFFENCE.

I wonder how many times a day we get trapped by choosing to take offence at something which has been said, or not said to us, or by thinking we have been left out, or forgotten, or being spoken to rudely or having to wait in a queue, being interrupted, ignored or even gossiped about?

Offence is a trap.

If we choose, (and we do choose, because we all have free will) to take the bait, to be offended, to get upset, to feel rejected or to hold a pity-party (and not many guests will turn up to one of those!) then we are trapped, just like the wild

The worst case scenario of taking offence is bitterness, resentment, hatred and unforgiveness, which in turn can breed like a cancer and progress to sickness: physical, mental, emotional or spiritual.

What's the remedy? The remedy is to treat being offended like the plague! We need to avoid it at every turn, to guard our hearts against it, choose to love and forgive instead.

But that's so not easy.

Taking offence does not help us to grow - it hinders us, like a stumbling block and puts all sorts of 'stuff' in our way. I have opportunities to take offence every day, but with Jesus as my Guide, I'm slowly learning to choose instead to ask Him to help me not to take the bait...to leave it on the hook, so I don't get trapped.

Mel Norton

St Marys Pacing Club are holding an appreciation afternoon of drinks and lunch at the St Marys committee rooms on Sunday 18th May at 1.00pm.

We extend an invitation to our sponsors and race day helpers to allow us to show our gratitude for your assistance in making the day the success it was; without your valuable support it would be impossible to organise this event. If possible a salad or dessert dish would be much appreciated.

Please RSVP by May 15th for catering purposes.

Thank You.

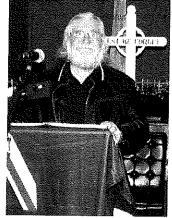
Craig Woods 6374 2381 / 0437 742 351 e: zugylarry@yahoo.com.au

ANZAC Day Dawn Service St Marys, photos by Wendy Brennan

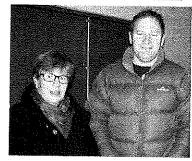




















Three course lunch \$20 pp
Individual courses:
Soup & Sourdough Bread \$5
Savoury Pancake \$10
Dessert \$5
Complimentary Tea & Coffee
Meals served from
12 - 3pm
text 0407 833 497
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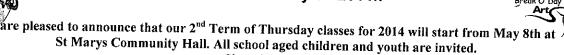
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www.gonerustic.com - gonerustic@gmail.com www.facebook.com/gonerusticstudiogallery O3 6372 2724 or O417 027 424 open tues - sat, 10 - 4 AGENT FOR WIDE SPAN SHEDS + HOMES

ARTS/CRAFTS

Term Two starts May 8th 2014!!



Class: 3.30-5pm

Cost: \$ 5.00 per week \$40.00 upfront for 10 week term

Don't forget to look out for our school holiday Workshops!! We are currently arranging our second tie-dye class for this year so start gathering those items for a quick but fun makeover.

See you all soon!!!!



Qi-Gong Workshops

Saturdays 9~10am with Barb** open to all ages!!

Cost: \$5 for BODRA members & under 15s, \$7 for non members

**If Barb is unavailable on any particular Saturday, Sue will step into her shoes!!!

Tasmanian Regional

Break O'Day

For over 4 millennia men and women from the far east have practised a self-healing and strengthening method that requires little effort or time. It's safe and easy - young children and elderly use it. When used correctly, it circulates your energy through your body and activates your cells; your mind connects to the present moment into total relaxation and calmness. This energy manipulation can be used to heal, strengthen, and nourish your body.

FANCY REVISITING A CHILDHOOD ACTIVITY? TIE-DYEING

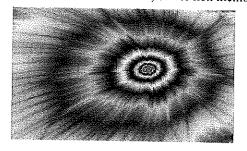
Come along and have some fun!!

Introduce your kids and your friends to this fun form of making something UNIQUE.

Back due to popular demand - Second Workshop on!!!

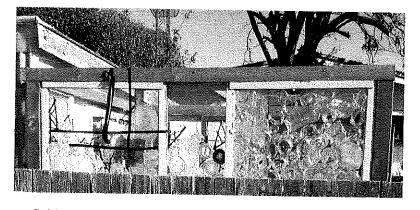
Sunday 18th May 2014 1.30pm-3.30pm

Cost: \$7 for BODRArts members, \$9 for non members



Please note you will **need to bring along** a white (mainly) cotton item for dyeing **small number of items available for purchase on the day**

Bookings & enquiries to Michelle on (03) 6372 2056 / 0407 046 865 e: bodregionalarts@gmail.com





St Marys most unique greenhouse under construction? Heather Lye and her practically beautiful up-cycled creation. Photo by editor.

ARTS/CRAFTS

St Marys People Poles Project

Many thanks to the following people and businesses who have contributed to the St Marys People Poles Project thus far:

St Marys IGA
Digital Coaching - Ian Whitehouse
Mount Elephant Fudge - Liz Dean
Blue Gum Lodge - Nathan and Amanda
Caltex St Marys - Grant Faulkner
The Gogolewski family
The St Marys Hotel
Gary and Zak, St Marys
St Marys Post Office, Sue Christiansen and
Barbara Longue
Wayne Boyde, NSW TAFE
Graham and Margaret Derbyshire, St Marys
Ella Fielding, Balmain NSW
Iain Taylor, Newport NSW



Julie Owers, Dudley NSW
Oakdene B&B, St Marys - Sandra and Peter Ransom
Gone Rustic Studio & Gallery, St Marys, Ian & Rita
Summers
The Valley and East Coast Voice Inc.
Surf Coast Realty, Scamander
Mariton House B&B, St Marys
Derek Scotney NSW
Devil Digital Pty Ltd, John Robinson, St Marys &
Melbourne
Mayor, Break O'Day Council, Sarah Schmerl
Shannon Cumming, Scamander

Jane & Emily Smith, St Marys

The plan for the next few weeks is:

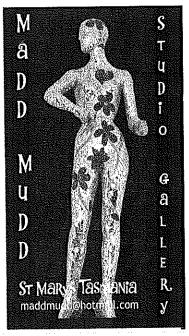
- *Research and collect information, including photographs on possible characters for the People Poles. We need your input for this especially if you have a family ancestor or historic character you would like to sponsor. We are planning that any business, family or individual will be able to sponsor a People Pole for approximately \$250, with a discount for those who have contributed to the fund-raising campaign; sponsors will have a say in who the poles represent, their appearance and, subject to Break O'Day Council requirements, where they are located. Once we have a list of 20 + characters we will circulate this information to the community for feedback and make a priority list.
- Prepare drawings of selected characters and sketch plans for where they might be located. We will be looking for artist(s) to help us with this.
- ◆ Produce one or two portable models approximately 1/3 or 1/2 full size and using the funds already raised, for illustrating the project and to show potential sponsors.
- Produce Peg People Barbara Longue, Heather Lye and photographer Glyn Johnson will be working on this, hopefully with the assistance of local youth such as school art classes and/or the BODRA youth group, making small 'People Poles' from wooden clothes pegs that can be sold for fund-raising and given as gifts and rewards.
- Produce Figurines John Robinson brought over from Geelong a model of one of their bollards, approximately 25cm high, which are sold as souvenirs for \$25 each. I will be ordering a few more to illustrate the project, and I have asked the Woodcraft Guild and some others to experiment with making similar wooden ones for our project.
- ♦ Seek out potential corporate sponsors HST Tree Specialists P/L have given us a very good quote for felling 8 trees, scaling and cutting into 2m lengths plus making woodchip from the waste (another source of revenue) and we will be seeking other major corporate sponsors for the project. If anyone has any suggestions or contacts let me know.
- ♦ Keep going with Community fund raising if you haven't already done so please support this project, particularly if you are involved in tourism in any way. It is going to happen and it will benefit your business.

The next meeting of the St Marys People Poles Project Working Committee, Ian Whitehouse, John Robinson, Hannah Rubenach and myself, will be 1.30pm Wednesday 28th May. If anyone would like to contribute and join this committee please let me know.

Many thanks to all who support the project. Diana Foster (Coordinator)

St Marys People Poles Project, St Marys, TAS 7215 (03) 6372 2059

peoplepolesproject@bigpond.com



Fish Luncheon at the Anglican Church St Marys on Good Friday 18th April.

About 20 community members joined in fellowship to share a Fish Luncheon cooked by Kevin Taylor and Lorraine Gill, with thanks for all the effort they put into the preparations. The lunch was enjoyed by all and new friendships were formed. We had attendees from St Marys, Cornwall, Fingal and St Helens.

Article and photos by Janet Drummond.



Michael Wakefield handing out plates to the luncheon guests



Sherryn Woodward Mara and Andi Sherryn Mara



Christine Stephens and Rod Drummond

I Dream of Djinni

Simon went to look over his neighbour's garage sale out of politeness and bought a \$2 carton full of assorted oddments for the same reason. He carried it home, plonked it on the kitchen table and went through it to see what he'd got: three Tupperware containers without lids, a stoneware coffee mug, a wooden savoury platter made in the Philippines shaped like a leaf, a bundle of metal kebab skewers and a strangely shaped, tarnished brass object which could have been a jug or gravy boat.

That might clean up alright, he thought. It'd make a good ornament. He gave it an experimental buff with the end of his sleeve.

Nothing could have prepared Simon for what happened next. The jug, or whatever it was, was elongated, with a handle at one end and a spout at the other. A cloud of opaque, milky vapour poured out of the spout. It swirled and twisted into a human shape, then coalesced and solidified into the form of a young man of middle eastern appearance. He was wearing a New York Giants baseball cap, a Republic of Yemen soccer team T-shirt, Levis and white Nike runners.



- 'You rubbed, O Master?' he intoned. Simon was flabbergasted.
- 'Who, or should I say what, are you?' he asked.
- 'I'm a djinni' was the reply. 'You might be more familiar with the word genie, from that old story about Aladdin's lamp.'
- 'So this funny looking brass thing is a lamp?' Simon asked.
- 'That's right,' said the djinni.
- 'And you're a genie?'
- 'Right again,' said the djinni.
- 'So do I get a wish?'
- 'You sure do. You rubbed, you get a wish. That's the way it works. So, wish away anything you like.'
- Simon thought for a moment. 'Power,' he said. 'I want power.'

'AC or DC?' asked the djinni,

'No, not electricity. Power. I want rich and influential people to tremble at my words. I want to strike terror into those who come before me. I want the high and the mighty to defer to me and cultivate my good will.'

'Hmm,' said the djinni, 'let me think. Okay,' he said after a minute. 'This should do the trick.' He rubbed his hands together, then opened them. Resting on his left hand was a white DL size envelope, which he passed to Simon.

While Simon was tearing open the envelope, the djinni turned translucent, dissolved into a cloud of vapour and disappeared back into the lamp.

Simon was left holding a sheet of paper which directed him to report to the Australian Taxation Office to begin work as a tax fraud investigator.

Bill Greer, in transit...

Bay of Fires Winter Arts Festival

in association with Tasmanian Breath of Fresh Air (BOFA) Film Festival and White Sands Estate presents four unique art films.





FILM ARTS

Screening on Saturday 7th June Sunshine on Leith (upbeat musical)

Two Scottish soldiers return from Afghanistan to Leith, Scotland, to the warm embrace of their families.

A stirring, heartfelt musical film based around 13 Proclaimers songs.

From 2:30pm to 4.10 pm (98 minutes). Also Opening Night film at Portland Hall, St Helens, Friday 6 June 7:30pm.

Mystery Road (thriller)

An indigenous detective returns to the Australian outback to investigate the murder of a young girl. A gripping thriller – this was the highest rating film at BOFA 2013.

From 7pm to 9 pm (116 minutes)

Screening on Sunday 8th June

The Trip to Italy (comedy)

Director Michael Winterbottom's 2010 movie The Trip took comedians Steve Coogan and Rob Brydon on a restaurant tour around Northern England. On 'A Trip to Italy' he reunites the pair for a new culinary road trip on a grand tour of Italy whilst indulging in highly entertaining banter and impersonations.

From 2:30pm to 4.15 pm (103 minutes)

Encoded (surfing movie)

The story of the most dangerous wave continues... Mark
Matthews, Shane Dorian, Laurie Towner, Alex Gray and Koa
Rothman are reunited for 2 extraordinary days in 2013 in Tahiti's
most infamous surf spot, Teahupo'o.

From 7pm to 8 pm (53 minutes)

BOOK IN ADVANCE

Tickets \$15 per person
All films screening in White Sands Estate's private cinema.
Ruses to White Sands will be available.

DINING OPTIONS

Book for dinner or a cocktail packages in the White Sands Estate restaurant to receive \$5 of your ticket price.

LIVE BLUES

From 4-6.30pm

ENTERTAINMENT FOR THE KIDS

Jumping castle and kids activities from 11am-4pm

ACCOMMODATION SPECIALS

Contact White Sands Estate to ask about accommodation specials available during the Bay of Fires Winter Arts Festival

BOOKINGS

Contact White Sands Estate on 03 6372 2228 or access www.white-sands.com.au for further details and to book today!



IRONHOUSE POINT : TASMANIA

History or Mystery? 'Jack' Hooper (b. 1876) and Florence Celia Terry (b. 1889)

Part 2

If you read Part 1 of this article, you will notice that Part 2 has had a slight change of title. This is because of the previously unresolved question of the true identity of Florence Terry's husband, 'Jack' Hooper.

As I've mentioned before, if you reach a dead-end or stumble over contradictory details, it is a good idea to check and re-check the information collected. The transcript of Flo's death notice stated that her husband was H J Hooper. However, these transcripts are done electronically and the type in the original notices is sometimes indistinct.



Florence Celia Hooper nee Terry, b. 1889

What if the 'H' was really an 'R' and the letter had been mis-transcribed?

I looked at the original scanned image online. Sure enough, Flo's husband was R J (Robert John) Hooper, not H J (Harold John) Hooper.

The online genealogical group of which I'm a member had tried to point me in the right direction, but I needed confirmation that Flo really was married to R J Hooper, a man who was some years older than she was. I had now found that confirmation. No wonder I hadn't been able to discover any record of H J Hooper in the records of lighthouse keepers! When the marriage certificate I've requested arrives, I expect that it will add further proof of Hooper's identity.

I was also waiting for the book I had requested from the State Library to arrive - 'Guiding Lights - Tasmanian's Lighthouses and Lighthousemen' by Kathleen M. Stanley. When it arrived, I could find only three references in the entire book about R J Hooper, but these were more than enough to establish his place in our family tree. They also add a very human element to what was ultimately a tragic story.

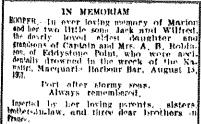
Other details also came to light, such as R J being recorded variously as John, R J, J R and (possibly) T J Hooper. Nothing is said of his nickname, but perhaps it was only family and close friends who called him Jack. Certainly, my mother-in-law knew him by this name.

When the Kawitiri was wrecked at Hell's Gates (see Part 1), witnesses reported that Hooper, 'a lighthouse man', was waiting on shore for his (first) wife Marion and their two

sons. Unfortunately, the women and children, who had been placed in a lifeboat, were in more danger than those who remained on board ship. All those on the wreck were saved, but six people on the lifeboat were drowned because of the rough seas - two women, two children and two infants. Marion Hooper and the two boys were among the dead. Two men were also lost when another boat capsized in a failed attempt to recover mailbags from the wreck.

The inscription on the tombstone marking the resting place of the first Mrs Hooper and the boys reads as follows:

They were lovely and pleasant in their lives and in death they were not divided. (Strahan Cemetery)





Hell's Gate Lighthouse Macquarie Heads

Only a few words, but what a depth of grief and loss is expressed in those two lines ... The author, when recounting what happened, was obviously not unaffected by Hooper's loss and further tragic events in his life:

The story of John Hooper could well be the saddest in the long history of Tasmanian lighthousemen. Some said that he became temporarily deranged and would wander about at night on the shore by the breakwater trying to find his wife and children. Others said that he changed the colour of the white-painted stones to black. This was only the beginning of his tragedy. Some time later he married Miss Florrie Lambert, of another lighthouse family. There was further sorrow when she died giving birth to twins, who also died. A third wife, Miss Terry ... also predeceased him. (page 141)

This was the man Florence married - a man who had grieved much, but who dared to hope for new happiness by marrying for a third time. The wedding photo (included with Part 1) seems to support this, with both bride and groom looking contented and happy, even relaxed, at the start of their new life together. And yet, a mere twelve years later, Hooper was again a widower. Was he also childless?

The last paragraph in this chapter says it all:

Nobody uttered a word of reproach when he (John) refused to take any part in the events attendant upon the death of John Hague at Deal Island many years later. He had had enough sorrow of his own. (page 141)

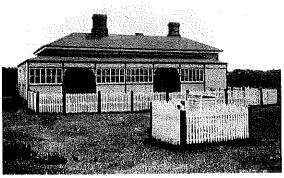
The next mystery to unravel was Hooper's service as a lighthouseman. Appendix 1, a general list at the end of the book entitled Men who have served in Tasmanian Lights (including present staff), includes Hooper, J. R (an understandable error, since he seems to have preferred his second name).

We already know he was at Macquarie Heads in 1907.

However, despite what Flo's funeral notice said about Hooper being keeper at Eddystone Point, he is listed in the records only as being an assistant to Keeper F. Lambert in 1917, along with Furness, King and Sellars. This would have been a year after his marriage to Flo Terry. He did not become keeper at Eddystone in his own right until 1933, five years after Flo died.

A T J Hooper is also recorded as serving at Currie Harbour from 1927 - 1930. My feeling is that this is a typographical error. If so, when Flo died in 1928 he was working at Currie, not at Eddystone. So this part of the mystery is still only partly unravelled!

At the time of writing, I do not know if Jack and Flo had any children together, or how Flo died.



Eddystone Keeper's cottage 1934



Eddystone and Front Light

© Rita Summers 2014

Sources:

Tasmanian Pioneer Index (Digger)
Examiner Newspaper (TROVE)
Tasmanians Finding Their Past (Online Genealogical Group)
Ian Summers

Part 3 of this story can only be written once those details come to light!

The late Effie Summers, nee Jestrimski

Guiding Lights – Tasmanian's Lighthouses and Lighthousemen, by Kathleen M. Stanley; pub. 1991 by Tasmanian Government Printing Office (many thanks to Wendy Fowler for bringing this book to my attention!)

KIDS SPREAD THE WORD!!

Friday 13th June 2014, 5.30pm start

It's coming to the Valley (Fingal) for the under 18s

Spooks and Demons prowling around

Music screaming out

Drugs and Alcohol free - No pass outs
Interactive graphic spectacular
Free transport within the Valley
Bring along your gruesome looking friends
and have

a terrific night - you could be a winner!

From Campbelltown up and through
the Valley

The need of helpers (older youth) paramount

FVNH IS FUNDED BY DEPARTMENT OF HEALTH AND HUMAN







Break O'Day Mobile Mechanical Service

Covering Bicheno to Fingal to Gladstone

25 year's experience in mechanical and engineering fields

Breakdown service and onsite repairs

OBDII scan tool and Air Fuel Ratio meter available

for all fuels

Specialising in diesel performance and turbo set-up
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Small engines to heavy equipment
All makes and models

0429 355 334



Avoca Museum and Information Centre

Old School Building
AVOCA TASMANIA 7213



INVITATION TO ALL ROSSARDEN RESIDENTS

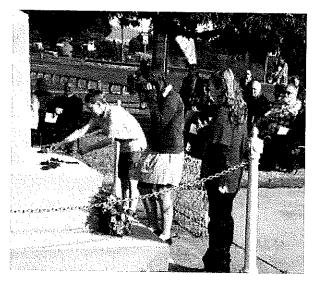
The Tasmanian Fire Service and the Northern Midlands Weed Officer will meet with Rossarden residents and interested people on Wednesday 21st May 1pm at the Rossarden Museum

A community meeting to fire risk, a local brigade and weeds.

What would you do if there was a fire threat? What you can do to protect your property?

AVOCA ANZAC DAY SERVICE 2014

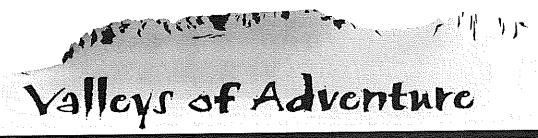




The Avoca Anzac Day Service was well attended with Kevin Mulligan and Eric Hutchinson addressing the gathering. Local students made our community proud with their poems and laying of poppies which were labelled with the names of the 49 World War 1 soldiers born at Avoca and St Marys. These poppies will be sent to Canberra for the 2015 Anzac Centenary as part of the national '5000 Poppies, Community Tribute of Respect and Remembrance' program created by Lynne Berry from Melbourne. These poppies were handcrafted by St Marys and Avoca locals. Thank you to all participants. Photos courtesy of George Keri and Mary Knowles

The next **AMIC Market** is **Saturday 17th May 2014** in the Hall Contact Steve on 6384 2188 or Prue on 6384 2119 for a stall Everyone is invited to the AMIC meeting Tuesday 13th May at 4pm

Don't forget Targa will close Rossarden Hill (Storys Creek Road) on Thursday 8th May 8am to 12:30pm



AVOCA • ROYAL GEORGE • ROSSARDEN • FINGAL • MANGANA • MATHINNA • UPPER ESK • CORNWALL • ST MARYS

GREATER ESK TOURISM



The People Poles Project

St Marys Tasmania













Stage One

The start of a project to raise the profile of St Marys, increase tourism and promote local artists and crafts. For more info about this great project contact Diana on 6372 2059 or donate at participating St Marys businesses.

Please note: Change of date, entry deadline and contact details

WRAPPED IN ST MARYS 19 & 20 July 2014

www.wrappedinstmarystas.com

THEME: 'Switched on'



Official entry Forms are available from www.valleysofadventure.com.au

or www.fingalvalley.com.au

Send entry form & SASE to:
Barbara Longue
Event Co-ordinator,
36 Main Street, St. Marys 7215

DEADLINE FOR ENTRIES 4pm on 4 July 2014

WRAP a power pole - categories:

- \Box textile art (\$250 + certificate)
- \Box theme switched on (\$250 + certificate)
- ☐ group (\$200 + certificate)
- ☐ junior (\$150 + certificate)
- ☐ people's choice (\$150 + certificate)

St Marys Festival of Voices "UNPLUGGED"

Starring

Pete Cornelius and other local artists Saturday 19th July 2014 4:30-7:30 pm

We are going to have a fun weekend of music and song at St Marys, featuring buskers throughout town all day Friday and Saturday, and singers and musicians on stage at Wombat Walk/Community Hall.

Seeking: Volunteers to help run the event, buskers to sing in town on Friday and Saturday, singers & musicians on stage. All must be done without amplifiers – Totally UNPLUGGED

This will be a family event. No drugs or alcohol permitted.

Sponsored by Greater Esk Tourism, East Coast Tasmania, BODRA and Break O'Day Council. Contact Barbara Longue e: blongue@gmail.com m: 0422 849 382 for more information.

The St Marys Annual Car Show

Sponsored by the Break O 'Day Woodcraft Guild

Sunday June 1st on Faulkner's Green

For further information call

Grant Faulkner 0419 503 109 or Bill Targett 0417 354 001



Dare to be different! Part 1.

It was with great interest I read the article in the Valley Voice 23rd April 'Thousands of Parents Illegally Home Schooling'. My response - well done you brave ones!

From 1985 to 2001 my husband Peter and I were 'illegal' home schooling parents. What a great and adventurous time it was.

In February 1983, like all conforming parents, we enrolled our eldest daughter Sarah at St Marys District School to commence Grade 1. In February 1984 we enrolled Hannah. Sarah had spent a year at pre-school and loved it; Hannah spent one day and hated it! We were warned by teachers she would be totally disadvantaged because of this loss of early education but she coped well. Sarah however struggled, having difficulties figuring out which way '2s' and 'Ss' were supposed to face, and distinguishing between 'p' and 'q', and 'd' and 'b'. But we had great confidence in the school and staff; we knew them well as I had worked for nine years as a Lab technician at St Marys High School and Peter was there as a tech/woodwork aide. However, in the midst of this normalcy were persistent thoughts that we really wanted education for our children that was more consistent with our Christian beliefs and self-sufficient, simple life style. In fact, during those two years we had looked at starting a Christian or parent-controlled school in St Marys. All our attempts failed so we prayed for other options. I frequently thought of my own primary school days of Correspondence School they were happy days with a broad and varied education of practical work combined with formal learning.

Peter had hated school; he loved learning but his independent and practical nature was restricted by formal classroom education. We had no grounds to apply for Correspondence School but God miraculously opened a door to home schooling. We quickly decided we would be the fourth family in Tasmania to use the Accelerated Christian Education (ACE) newly formed home schooling program. So we did all the right things, and enrolled Sarah, Hanah and Andrew with ACE. This American-based system was internationally recognised as legal education and its headquarters were in Brisbane.

We attended the required training programs held by schools using the ACE program in Tasmania. This helped establish a great support network for home schooling in its experimental stage.

- we purchased all our ACE materials
- we set up school in our home
- we notified the school that we were withdrawing our daughters
- we contacted the Education Department to inform the powers-that-be we would be home schooling in 1985

February 1985 - The Battle Begins

- ♦ We are ordered by the Education Department to register. We refuse to do so! We stand firm in our belief that it is our God-given right as parents to choose the education we want, and that as parents we respect our children also and young as they are, both Sarah and Hannah want to be home educated. Also, we argued, we did not have to register with the Education Department when our girls attended St Marys school we simply enrolled them. We had now enrolled our daughters with a legally recognised education body in Australia, ACE, and that is all we will do.
- We invited the Department to send inspectors to our home whenever they wished, announced or unannounced, as we had nothing to hide. It was up to the Department to prove we were acting illegally.
- We are frequently told by family and friends that we are being irrational and irresponsible for we will turn our children into ignoramuses socially isolated and ill-equipped to cope with life.
- As well as this external conflict I am enduring internal conflict. As a requirement of ACE, prior to purchasing materials, Sarah and Hannah had completed aptitude tests. Many gaps were found in their learning. It was suggested Hannah do some Grade 1 work and Sarah do some Grade 1 and pre-school work. This would correct the problem she had in distinguishing p's from q's, d's from b's and writing 2s and Ss backwards. I have guilty mum complex I am setting my girls backwards instead of forwards. However, the wonderful ACE staff remind me that the ACE program was especially designed to cater for the individual needs of each student. Each child set their own goals and worked at their own pace to ensure learning was 'line upon line concept upon concept' to stop any gaps in learning.

Thus we began our home schooling journey.

First Day of Autumn - First Day of Home Schooling 1985

8.30 am. A perfect autumn day as I walk my students the five metres from our lounge room to the schoolroom. Three year old James and four year old Andrew want to go to school like their two big sisters. All four have their own 'office' - a spacious, private desk located at their chosen spot in the room, and decorated to their personal taste. Everything about our ACE program is about the individual. Two year old Esther has her own special place on a mat with books and toys. We follow the recommended opening of singing, prayers and discussion on any topic the children wish.

9 am. Formal academics begins for Sarah and Hannah. Their work books are called Paces and cover English, Word Building, Maths, Social Studies and Science. Extra curriculum Paces are available in Art, Animal Science, Bible Study etc. but we'll keep them for a later date. For now we have to concentrate on rectifying their learning gaps. ACE uses the phonetic program. I familiarise Andrew, and a very curious James, with the pre-school program, the abc's of ACE. We take a five minute break every half hour to reduce eye strain and stimulate concentration - a tired child will not learn easily. We have a 15 minute morning tea/playtime break.

12 pm. Goodness! How could time have moved so quickly? I know what our afternoon program will be. As Peter left for work this morning he said 'I've noticed there are blackberries ripe down in the gully. They need picking soon.' A hint, no

doubt, that blackberry pie would be appreciated for evening dessert!

1 pm. We go blackberry picking.

3 pm. Our first day of homeschool comes to a close.

A mouth-watering aroma wafts from the blackberry pie made by all five children. They are eager to see if it passes their father's taste test tonight.

Night time. I share our day's experiences with Peter (and yes, the pie was great - 'When are you good cooks going to make another?' Peter had asked his five proud children).

This, I concluded, was the ultimate in schooling; the discipline of formal academics, the practical applications of learning, the delight of enjoying God's creation on such a perfect sunny day, the blessing of doing fun things together as family - the sharing, the caring. Thank God for this journey we had embarked on today. May there be many more such blessed, fulfilled days!



The Examiner, October 18th 1992

The Ruberiach class: FROM LEFT — Beverley, Timmy (6), James (11), Hanneh (19), Sarah (16), Esther (9) and Andrew (12), Mollie the dog keeps an eye on things at left.

To be continued...

By Beverley Rubenach, Gray.

Anzac Day.

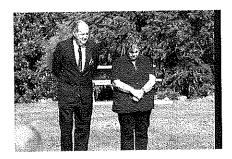
I grew up in Cornwall and consider myself part of that community; I also consider myself part of the St Marys community.

When asked if we would be involved in the Anzac Day due to lack of numbers to organise both Dawn and 11 am Services, we helped out. The Service at Cornwall was not done to annoy St Marys people.

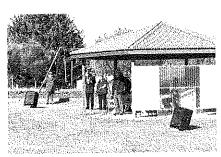
Cornwall Park was a picture and the day was glorious. Anzac Day was given the respect due to all who have served our country. The wreaths were placed at the Lone Pine - planted by Mr Noel Bradbury (a Cornwall Returned Soldier) in a fitting tribute.

If Anzac Day Services are to continue in our community, we all need to work together. Ruth Aulich.

ANZAC Day 11am Service Cornwall, photos by Ann-Maree Thomas

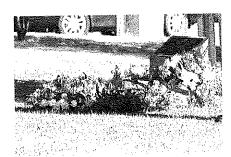






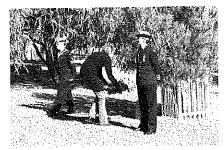












East Coast RC Flyers News - May 2014

The East Coast RC Flyers were able to call upon the services of Tolley's Excavations, who provided a heavy-duty road roller to compact the club's runway at Reids Rd. Up to this stage, any attempt to launch a model aeroplane from the rough surface would have been worth a submission to the Funniest Home Video TV show. The model flyers were, therefore, restricted to hand-launching their aeroplanes. Thanks to Anthony Tolley, these times are over and the club can showcase scale-like take-offs and landings with their bigger model aeroplanes.



At this point, a few more thank you notes are in order. Apart from the contribution

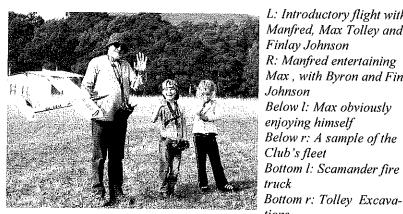
of Tolley's Excavations, the East Coast RC Flyers are deeply appreciative of Alvin Reid's kindness in allowing the club the use of his property at Reids Rd. A further thank you to the Scamander branch of the Tasmanian Fire Service for offering their facility to hold the club's monthly meetings.

While their dads were busy preparing the runway, the kids enjoyed flying lessons and demonstrations, and the visit of a Scamander fire truck.

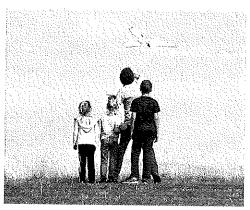
Flying radio-controlled model aeroplanes is a hobby for any age, boys and girls, men and women. In regards to the costs, most of the models and equipment are manufactured in China and, therefore, quite affordable. The beginner aeroplanes are usually made of a tough type of foam and can withstand the odd bumpy landing and are easily repaired. Nevertheless, to give a newcomer a fair start, the club offers introductory flights and free training thereafter.

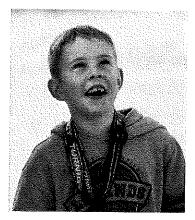
If you are interested, please visit the club's website at eastcoastrcflyers.org.au for more information and directions to the flying field at Reids Rd. The members aim to fly every weekend in the mornings. However, Tasmania's ever changing weather conditions can be restrictive.

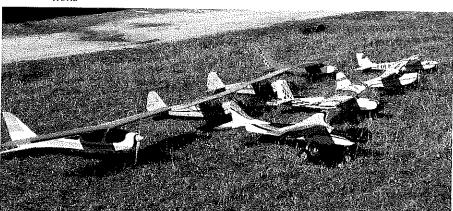
Article by Manfred Weihrauch and photos by Angelika Weihrauch



L: Introductory flight with Manfred, Max Tolley and Finlay Johnson R: Manfred entertaining Max, with Byron and Finlay Johnson Below 1: Max obviously enjoying himself Below r: A sample of the Club's fleet Bottom 1: Scamander fire truck

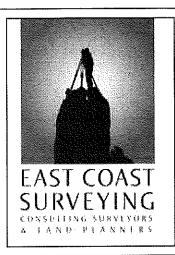












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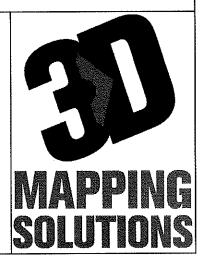
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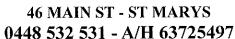
ANA'S HAIRDRESSING SALON

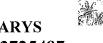


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Church ladies with typewriters: "The cost for attending the Fasting and Prayer conference includes meals."

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ACROSS

- 1. Angel's headwear
- 5. Slumber
- 10. Among
- 14. Two-toed sloth
- 15. Slight color
- 16. Diminish
- 17. The bulk
- 18. Opposition
- 20. Repairs of clothes
- 22. Breastbone
- 23. Downwind
- 24. Approaches
- 25. Territorial divisions of

France

- 32. Lift
- 33. Without company
- 34. 24 hours
- 37. Does something
- 38. Watchful
- 39. Karate school
- 40. Your (archaic)
- 41. Plot of land
- 42. Submarine detector
- 43. Ceramic ware
- 45. Offspring
- 49. Dashed
- 50. Boring

- 53. Dandyish
- 57. Comprehended
- 59. Bright thought
- 60. Shopping center
- 61. Creepy
- 62. He writes in verse
- 63. Implored
- 64. Go on a buying spree
- 65. If not

DOWN

- 1. Something that bulges out
- 2. Dwarf buffalo
- 3. Not first

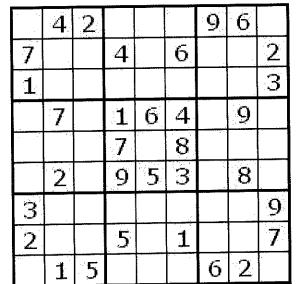
Set by Alberich www.freecrosswords. net

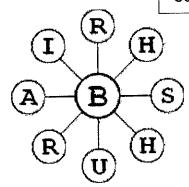
- 4. Surpass decisively
- 5. Avenue
- 6. Untruths
- 7. N N N N
- 8. Auspices
- 9. Annoyance 10. Cognizant
- 11. Bread from Heaven
- 12. Bring upon oneself
- 13. Considers
- 19. Anxious
- 21. Not there
- 25. "Darn!"
- 26. Every single one
- 27. Compassion
- 28. Of the cheekbone
- 29. Choose by voting
- 30. Not south
- 31. Explosive
- 34. Spanish lady
- 35. Not fully closed
- 36. Bygone era
- 38. Genus of macaws
- 39. Downspout
- 41. Adult male singing

voice

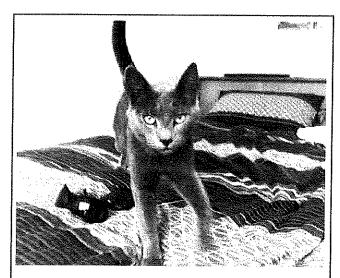
- 42. Break
- 44. Worn away
- 45. The base part of a tree
- 46. Prison-related
- 47. Befuddle
- 48. Brandish
- 48. Brandish
- 51. Applications
- 52. Stair
- 53. Thrust with a knife
- 54. False god
- 55. Views
- 56. Despise
- 58. Mineral rock

Solutions next issue.





How many words can you find? Each word must contain the central **B** and no letter can be used twice, however, the letters do not have to be connected. Proper nouns are not allowed, however, plurals are. Can you find the nine letter word? Excellent: 24 words. Good: 17 words. Average: 12 words.



Tasmanian Lost Pet Register https://www.facebook.com/Tasmanianlostpets

Jasper, a 2 yr old Russian Blue, has been missing from Acton Park (Cambridge) since 4/3/14. He is very friendly and will respond to his name. We miss him very much and are offering a generous reward. He may have been driven off in a vehicle to another area.

Please contact Angelka on 0439 483 139.

Community Dinner - Norwegian Themed Foods



Celebrating Norway's Constitution Day
Holy Trinity Anglican Church Hall St Marys
Saturday 17th May 2014
5pm for 5.30pm
Please bring a side dish or dessert to share
All welcome
Choice of main meal will be provided
RSVP Kevin on 0427 062 406 or respond on
the FaceBook page https://
www.facebook.com/

The gold coin donation from this dinner will be donated to the Bible League Campaign "BIBLES FOR THE PERSECUTED"

events/641401229273518/?source=29

St Marys rainfall by Reon Johns

April 2nd	Trace	Overcast
9th	2.4	
10th	1.4	
11th	15.0	
12th	9.2	444
13th	4	
16th	1.0	
17th	Trace	Fog
20th	3.0	
22nd	5.8	
23rd	Trace	Frost
26th	2.4	
28th	2.6	
30th	1.8	

Duchess Kate's royal wardrobe for the recent tour of NZ and Australia.

The Daily Mail puts the cost of "25 stylish and elegant outfits" at £49,560, which is about \$83,000.

The real figure — counting alterations to off-the-rack pieces plus the added expense of custom-made pieces — could be double that.



Vol 46 No 23 solutions.

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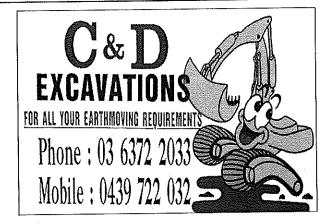
All words:

cee, cees, cel, celeste, cels, celt, celts, cep, cepe, cepes, ceps, cete, cetes, clepe, clepes, clept, clop, clops, close, closet, clot, clots, col, cole, coles, cols, colt, colts, cop, cope, copes, cops, copse, cos, coset, cost, cot, cote, cotes, cots, elect, elects, escot, pec, pecs, scop, scope, scot, sec, sect, select, socle, spec, TELESCOPE

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Pyengana, Tasman Hwy. No builders' waste please. Wednesday $9 \sim 1$ Sunday $2 \sim 5$ *Scamander, Coach Street.*Tues & Thurs 10 ~ 4
Sunday 2 ~ 5

St Helens, Eagle Street. Open 7 days 10 ~ 4

St Marys, Gray Road. Tues & Thurs $10 \sim 4$ Sunday $2 \sim 5$

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May 12th	Ruth Aulich	
13th	Trish Pike	
14th	Louise Keady	
15th	Yvonne Salter	
16th	Drew Adam	
19th	Pam Lynch	
20th	Valmai Spencer	
21st	Lundy Vosper	
22nd	Kaye Nailer	
23rd	Trish Pike	

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Church Services

Catholic Parish of St Marys Sr. Lorraine Groves 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 Bicheno LWC 9am 4th Sunday LITURGY St Helens Vigil 6pm St Marys 9am Bicheno 9am Fingal 9.30am 5th Sunday MASS St Helens Vigil 6pm St Marys 11am Bicheno 9am

Anglican Parish of Northern Midlands Avoca 11am 2nd Sunday Fingal 2pm 2nd Sunday Mathinna 2.30pm 4th Sunday Ross 10am 5th Sunday Campbell Town 9am

St Marys Salvation Army Sunday Joy 12.30pm This is a bring-and-share lunch followed by a great

lunch followed by a great time of friendship and fellowship. You are very welcome to join us and share our JOY!

0409 838 816

Tuesday JAM 3~5pm every Tuesday except school holidays.

Envoy Melanie Norton 6372 2099

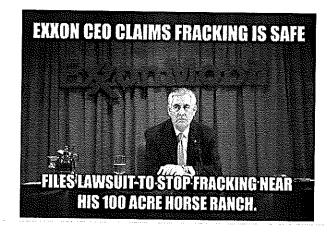
Break O'Day Anglican Parish 6372 1144 or PO Box 143, St Helens TAS 7216

St Helens 9.30am Sunday 5th Sunday Combined Service with Uniting Church 10.30am

St Marys 10am Sunday
Pyengana Please phone for
service times Check
www.facebook.com/
anglicanbod?ref=stream for
up-to-date information on
service times and special
events

Break O'Day Uniting Church The Manse 6376 2405

St Helens 9am Fingal 11.15 am



ST MARYS COMMUNITY HEALTH CENTRE

DOCTORS ROSTER

• Dr Cyril Latt 7/5/14-23/5/14

. <u>Dr K. Rawnsley</u> 8/5, 13/5, 15/5 & 20/5 2014

For appointments phone: 6372 2111

IMPORTANT INFORMATION TO PATIENTS

Please be aware that Dr Latt's Surgery is currently fully booked for appointments 1 week in advance as of 7/5/14

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

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

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

ST MARYS COMMUNITY HEALTH CENTRE PUBLIC NOTICE

Thanks for your patience! As you would be aware the Health Centre is having some difficulty with Communication (telephones) at present. We now have 2 phone lines working at the Centre. There are still some communication problems which are being worked on but it is getting a bit better every day! Please keep trying to ring if you need an appointment. If it is an emergency please ring the ambulance. Thank you

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.

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.

<u>PLEASE BE PATIENT</u> 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 <u>scripts are no longer able to be done</u> over the phone.

INR TESTS

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

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

ST MARYS MEDICAL PRACTICE REMINDER:

Dr Latt would like to remind the community about some circumstances that are not covered by Bulk Billing at the St Marys Community Health Centre:

- Visits related to renewal of Driver's licences
 - Visits related to requested Medical Reports
- Visits related to Insurance Medicals
- Visits related to Harness Medicals
- Pre-Employment Checks

All of these are not covered by Medicare and therefore may incur a cost. Please check with the receptionists when making an appointment.

If you have concerns in relation to this matter please contact us and we will attempt to answer your concerns

AFTER HOURS CONTACT NUMBERS

Please phone GP ASSIST ON- 1300 780 011

AMBULANCE 1800 008 008 or EMERGENCY 000

ST MARYS COMMUNITY HEALTH CENTRE 6372 2111

Please RING before presenting after hours

Lifeline 131 114

Saving Lives, Crisis Support and Suicide Prevention

ST MARYS COMMUNITY HEALTH CENTRE

L	The state of the s		
7 May	WHAT'S ON AT THE CENTRE Physiotherapist – Please see your GP or Health Professional for a referral to the service.	15 May	Lounge at Health Centre.
	Day Centre— For details on the group please contact Hayley Gilbert 6372 2111		Relationships Australia – Leanne McMurtie for appointments please phone 1300 364 277
	Mental Health Clinician/ Case Manager—Faye Thordardottir. For appointments please phone		Social Worker—Shan Williams. Please phone 6372 2111 for appointments.
	1800 332 388 where a referral will be lodged for you.		Stepping Out Program 10:00am-2:00pm. Please phone Fiona Watts at LINC for details on 6376 2742.
8 May	Healthy House— Amanda Beams Free Health Check and Nutritional Consultation. Every 2nd Thursday 10:00am-3:00pm. To make an appointment please phone 6376 5242	II 19 May	Mental Health Clinician/ Case Manager—Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
	Social Worker — Shan Williams. Please phone 6372 2111 for appointments		TML Psychologist—Sam McCarthy. Please see you. GP for a referral.
9 May	Social Worker— Shan Williams. Please phone 6372 2111 for appointments.		TLC Meeting (Tasmanian Lymphoedema Centre) 10:00am in the Day Room.
	Stepping Out Program 10:00am-2:00pm. Please phone Fiona Watts at LINC for details on 6376 2742.	20 May	
12 May	TML Psychologist— Sam McCarthy. Please see your GP for a referral.		lodged for you.
	Mental Health Clinician/ Case Manager – Faye Thordardottir. For appointments please phone		Child Health Session with Sue Gofton every Tuesday—Appointments only. Please phone 0428 136 381
	1800 332 388 where a referral will be lodged for you.	21 May	Day Centre- For details on the group please contact Hayley Gilbert 6372 2111
13 May	Child Health Session with Sue Gofton every Tuesday— Appointments only. Please phone 0428 136 381 Tom Bain, Rae & Partners Lawyers. At the		Mental Health Clinician/ Case Manager— Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for
	Community Health Centre Tuesday fortnights. For appointments please phone 6337 5555		you. Physiotherapist Please see your GP or Health
	Mental Health Clinician/ Case Manager- Faye	22 May	Professional for a referral to the service.
	Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.	LZ Way	Healthy House—Amanda Beams Free Health Check and Nutritional Consultation. Every 2nd Thursday 10:00am- 3:00pm. To make an appointment please phone 6376 5242
	Continence Nurse. For appointment please see your GP or Health Professional for a referral.		Social Worker – Shan Williams. Please phone 6372 2111 for appointments.
14 May	TAZREACH— Antenatal Clinic with Katie. For appointments please see your GP.	23 May	Stepping Out Program 10:00am-2:00pm. Please phone Fiona Watts at LINC for details on 6376 2742.
	Social Worker- Shan Williams. Please phone 6372 2111 for appointments	i	TML Diabetic Educator, Physiologist and Dietician. Appointments available by referral from
	Day Centre— For details on the group please contact Hayley Gilbert 6372 2111		you GP.
15 May	Social Worker— Shan Williams. Please phone 6372 2111 for appointments.		Social Worker– Shan Williams. Please phone 6372 2111 for appointments.
	i		l

SPORT NEWS

St Marys Sports and Social Club

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

NEW TO TOWN?

The Committee invite new and old residents of St Marys as well as visitors to our town to join us for Happy Hour on any Friday night.

You don't have to be a member or play sport of any kind to participate in any of the 'club house' activities or functions. We have an eight ball table, dart board as well as indoor bowls facilities available to all. See you there soon... and don't forget our Mothers Day luncheon. This is not just for Mums! Why not spoil Mum, Dad, your lover, your brother, your sister or Besty on Sunday 11th May!

MOTHER'S DAY LUNCHEON

Please members support this function!

\$20 for a three course meal. Not a big eater? Yes you can get just one or even two courses if you like. Fantastic value! PLEASE WE NEED A TEXT TO CONFIRM ATTENDANCE. 0407 833 497

BLACK ROCK SUNDAY is no more!

The golfers are keen to give Saturday another go, everything will be the same, just a different day. Details of each week's game are on the board in the club. The bar will be open prior to and after each game.

WINTER OPENING HOURS

Please don't be disappointed if you find the bar closed early on Thursday or Sunday during the winter months. While this may inconvenience a few, we know everyone will understand that we can't expect our limited number of bar staff <u>volunteers</u> to hang around for someone 'just in casel'

COMMITTEE MEETING

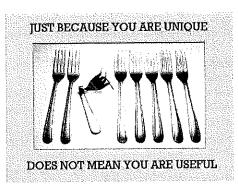
Next Committee Meeting Thursday 15th May 6.30 pm.

CATERING COMMITTEE MEETING Wednesday 20th May 2pm

ANNUAL GENERAL MEETING

Proposed date for the AGM is Friday 27th June. If you have any suggestions regarding Membership fees, running of the club etc please put it in writing and get it to a member of the executive committee ASAP.

Annette Wines Secretary





St. Masry: Pacing Club

Hi everyone.

On behalf of the St Marys Pacing Club Committee I would like to thank everyone who attended our race meeting and hope you went home a winner, and to all our wonderful helpers thank you, without your valuable contribution it would be impossible to put the day on. To all our sponsors a big thanks; without your sponsorship the club wouldn't be able to provide the racing and the prizes that we do.

All winning horse owners were very appreciative of the trophies they took home and no doubt will use their embroidered rugs at future race meetings around the state. To those wonderful people who bought along plates of savouries to help with the afternoon teas, thanks.

It was very heart-warming to see people bring along plates without being asked, and to just go and offer their help making up plates or helping with the dishes. I know the ladies certainly enjoyed your company and were thankful for your help.

On the racing side of things all went well with only one incident in the last race of the day and fortunately both driver and horse were uninjured. All the races were competitive with some close finishes.

I had a few drivers comment on how good the track surface was, which was very pleasing considering the trouble we had at New Years Day.

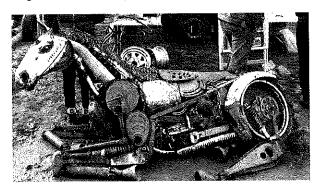
I've been in communication with Tasracing regarding the 2015 race date and am pleased to announce the club has been granted its traditional New Years Day meeting.

As a result of the large number of patrons who attended our Easter meeting, the club has been asked unofficially if it would be interested in having the Easter Saturday as an extra annual race day.

Tasracing congratulated the club on the presentation of the meeting and said that the crowd was the biggest to attend a race meeting in Tasmania this season, which is quite an achievement for us.

THANK YOU ALL!

Craig Woods, Secretary SMTPC



Horse by Todd Harris, Ngongotaha, New Zealand http://on.fb.me/13LhZcK Photo by Junk & Disorderly



ST MARYS IGA SUPERMARKET

38 Main Street
Ph/Fax 6372 2240 Butcher 6372 2274
Monday to Friday 8~6 Saturday 8~12

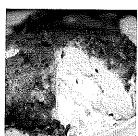


Specials from 7th - 13th May 2014

Specials from 14th - 20th May 2014

Butchery	per kg	Butchery	per kg
Porterhouse steak	16.99	IGA corned silverside	5.99
Netted boneless leg of lamb	13.99	Leg of lamb	10.99
Ingham chicken breast fillets	12.99	Gerello roast	8.99
Round steak	8.99	Blade steak	8.99
Forequarter lamb chops	9.99	Nichols chicken kiev tray	6.996
National Heart Week McKenzies soup mix/yellow, green split	1.60	Freezer/Coolroom	
peas/pearl barley 500g	1.69	McCain family pizza 500g	4.99
McCain super fries 1kg	3.49	Peters drumsticks 4pk	5.99
Uncle Tobys Vita Brits 750g/Weeties 455g	2.99	Nestle maxibon 4pk	5.99
Lowan Oats 1kg	2.99	Tablelands margarine 500g	1.39
Masterfoods Recipe base pouches 175g	1.79	Kraft cheese block 1kg	7.99
Shelves	,	Shelves	
Sorbent toilet tissue 24pk	9.99	Nestle Milo 750g	7.99
Blast dishwashing liquid 400ml	1.39	Sanitarium Weetbix value pack 1.3kg	3.99
Goulburn Valley natures finest fruit 1kg	3.99	Carte Noire freeze dried coffee 200g	6.49
Country Cup of Soup 2pk	.99	Bundaberg white sugar 2kg	2.99
Chum canned dog food 700g	1.49	Fab ultra laundry powder 500g	1.99

Garlic-Lemon Double Stuffed Chicken Breasts



Ingredients

- oil, for greasing baking dish
- 4 boneless, skinless chicken breast halves
- 125g cream cheese, cut into 4 slices
- 125g Cheddar cheese, cut into 4 slices
- 1/2 cup milk
- 3/4 cup seasoned or plain bread crumbs
- 125g grated Parmesan cheese
- 2 cloves garlic, minced or finely chopped
- 100g butter, melted
- 1 lemon, juiced
- 1/4 teaspoon salt, or to taste
- 1/4 teaspoon paprika (optional)

Preheat oven to 180°C. Lightly coat a large, shallow baking dish with oil.

Slice each breast in half horizontally through the centre, cutting almost but not completely through. Place one slice each of cheddar and cream cheese in the centre of each breast. Close again as if placing between the pages of a book. Set aside.

Pour milk into a shallow bowl. In a separate bowl, combine breadcrumbs and parmesan. Carefully dip each breast first in milk, then in breadcrumb mixture, patting lightly to firmly coat. Place breasts side by side in a single layer in pre-oiled baking dish, tucking edges under to seal.

Melt butter in a small saucepan over medium heat. Stir in lemon juice and garlic, and drizzle evenly over chicken. Season breasts with garlic salt and paprika, if using.

Bake in preheated oven for 30 minutes, or until no longer pink in centre and juices run clear.

The Valley and East Coast Voice Inc. encourages local/regional contributions from the public. Stories, current events, historical information, lifestyle pieces, anecdotes, articles, travel blogs and written or visual art with a community-based theme are welcome, especially with relevant pictures included. Regular columns can be made available for talented and dedicated contributors.

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