



## THE VALLEY AND EAST COAST VOICE INC. \$1

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47.18 FEBRUARY 12th 2015

Deadline for 47.19 is 5pm February 23rd 2015



### A day at the races...

The St Marys Pacing Club is holding an Appreciation afternoon on Saturday February 14th, details page 14



Lions Club of St Marys Christmas Parade gallery and article next edition

An open letter to Tasmania Police, Media, Politicians and the Public from Hannah Rubenach page 4

Break O'Day Council's Shorebird Walk and Dogs Breakfast page 8

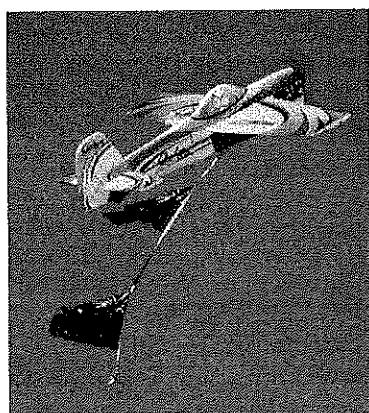
ST. MARY'S... The Mercury, Hobart 21/09/1898 page 13

St Helens Walking Group page 14

The Fingal Valley Neighbourhood House has organised five outings during February/March page 18

Book review 'A Sense of the World' page 23

Healthy House St Helens info...page 25



Australia Day with the East Coast RC Flyers page 11

This Saturday 14th February the St Marys Cricket Club will hold its second McGrath Foundation Pink Stumps Day at the St Marys recreation ground starting 10am. Details page 9



Evandale Village Fair and National Penny Farthing Championship - 21/2/15

Launceston Country Club Casino and Kmart - 26/2/15

Pickles Restaurant and Bar - 1/3/15

Beaconsfield Mine and Heritage Centre - 5/3/15

Richmond Old Hobart Town Model Village - 20/3/15

## Letters to the Editor

### An open letter to Tasmania Police, Media, Politicians and the Public

My youngest brother, Tim has been using medical cannabis for the past two months with significant benefit. He acquired a brain injury at five months of age (bacterial meningitis infection), then began having epileptic seizures as a result of the brain injury 11 months later. He is now 28 years old. Tim had been prescribed a range of anti-convulsant medications since he was diagnosed with epilepsy through until he was 18 years of age – at that point, my parents were advised (by doctors and specialists) that he should not try any further anti-convulsant medications as he had developed severe reactions to all of them. It was determined that anti-convulsant medications would not work for him, and in fact were unsuitable for him.

My parents tried a range of natural therapies, with some benefit to Tim's health and wellbeing (gluten-reduced diet, magnesium supplements, massage, homeopathic drops, etc). However, it seems much of his seizure activity and challenging behaviours also arise from ongoing infections; he often suffers ear infections, throat infections, digestive problems, etc. We noticed about two years ago that every time Tim was prescribed antibiotics, he would have less/no complex partial seizures (but he still continues to have the severe tonic-clonic seizures). We asked our GP to prescribe Tim a lengthy dose of antibiotics around six months ago which he did. After several months, however, he said the long-term side effects were too risky – Tim gained significant health and wellbeing outcomes during this time, along with better quality of life.

Around two months ago, due to the generosity of friends and acquaintances, we were able to acquire a sample of cold processed (THC has not been activated) medical cannabis oil to try. Tim received even better health and wellbeing outcomes than he had on antibiotics, and gained other benefits such as increased muscle tone (he often struggles to walk or even hold his own body in a sitting position). We believe the benefits arise from a combination of both the anti-convulsant properties as well as the antimicrobial properties of cannabis. He has had no side-effects from the medical cannabis in the two months he has been using it. However, our supply is just about to run out.

A brief summary of what medical cannabis means to Tim's quality of life.

- ◆ he can feed himself some days and can even hold a bowl in one hand and a spoon in the other
- ◆ he can sometimes indicate whether he wants or does not want something – such as food, a drink, a certain DVD
- ◆ he can walk without assistance some days, and even get in/out of a bath with little help at times
- ◆ he can also sit up better (due to better muscle tone, as well as better coordination)
- ◆ he can do jigsaw puzzles, drawings, etc on a good day to stimulate his brain and keep himself occupied, due to having almost no complex partial seizures
- ◆ he can learn to use some simple brain development activities on his ipad and watch youtube clips
- ◆ he can watch a DVD right through, and for the first time in his life understand the story line (as he is no longer having continual complex partial seizures that interrupt his life completely – he used to watch a DVD dozens of times, sometimes five or six times in one day in an attempt to try to understand the story line)
- ◆ he usually wears clothes, rather than wandering around completely naked
- ◆ on some days his challenging behaviours can be somewhat managed through rationally talking with him about the consequences of his behaviours
- ◆ he can sometimes laugh and understand a joke or something funny
- ◆ he no longer has serious cluster seizures which result in him being hospitalised for days (his cluster seizures usually now are only four to six in 24 hours, rather than up to 20 or so)
- ◆ although he still has tonic clonic seizures, he recovers much quicker/better
- ◆ he is much more aware of other people and other's needs
- ◆ he can understand conversation so much better

These are significant health and wellbeing outcomes for a young man who has never really experienced quality of life before. If we could continue to access medical cannabis, I am confident he will continue to gain significant improvements and quality of life. Unfortunately, it seems the state and federal governments are cruelly uninterested in assisting the most vulnerable and suffering members of our community to live a life worth living.

We were given around \$1000 of medical cannabis oil (around 6-8 weeks supply) – if it were not for the generosity of friends, there is no way we could afford this (Tim is on a disability pension; my parents are on carers pensions and have no capacity to work as they both care for Tim 24 hours a day/7 days a week; and I am a low income earner. Due to the impossibly high costs, we have no choice but to grow our own cannabis.

Whilst there have been statements made by politicians that those who have made submissions to the Legislative Council Select Committee on Medical Cannabis will not be prosecuted for their use of medical cannabis, I would like to know more details on this, including where I, my family and my friends legally stand in regard to:

- ◆ Growing cannabis plants
- ◆ Sourcing cannabis from other growers (which I have done to acquire the trial for Tim)
- ◆ Transporting cannabis to processors (I have travelled with 3 ounces of cannabis in my car to take the raw material to a processor)

## Letters to the Editor

- ◆ Giving cannabis oil to a disabled person with a brain injury and epilepsy who is non-communicative
- ◆ Asking a processor to cold extract/process the cannabis and create cannabis oil
- ◆ Transporting \$1000 worth of cannabis oil in my car and storing it in my home
- ◆ Sourcing seeds to grow cannabis

We are more than willing to discuss this further. We would also be happy to introduce Tim to anyone who is interested in meeting him, and gaining some understanding of his disability and life.

**Hannah Rubenach, St Marys**  
[hannahrubenach11@gmail.com](mailto:hannahrubenach11@gmail.com)

### Epilepsy advocates hoping to seize the power of medical marijuana

An epilepsy support group has endorsed Keira MP Ryan Park's calls for access to medical marijuana to be made available quickly, saying the drug can stop seizures in patients who suffer as many as 400 seizures a day.

**Carol Ireland spoke to 97.3 ABC Illawarra Breakfast** [abc.net.au/local/stories/2015/01/12/4160939.htm](http://abc.net.au/local/stories/2015/01/12/4160939.htm)

### To Diana Foster re: the Peoples Poles Project

Whilst researching and reading various historical material we came across the following page three article, published in the Daily Telegraph Thursday 3 July 1902. I hope it may inspire you to re-visit your idea of local tributes, but perhaps revisiting the pole idea in a different form; for example bench seats, to enhance and compliment a town history walk, perhaps with specialised local carvings and history plaques to tell a story. The following article describes an occasion where landmark trees were named. Maybe this article could serve as inspiration for future development of an idea unique to St Marys. From the additional historical featured article on page 13 we get a sense of St Marys, a sense of community and a sense of place. There'll be additional features in coming editions.

**Lynne Dawes, Seven Mile Beach/St Marys and Hilary Jones, Wattle Hill/St Marys** (Contact details provided on request. Ed.)

"ST MARY'S. 3<sup>rd</sup> July 1902 page 3

Favoured with ideal holiday weather, the peace celebrations were carried out here on Thursday and Friday with great success under the management of the St. Mary's Peace Demonstration Committee, consisting of Messrs. J. T. Cramp, L. Schier, W. J. Todd, Cannell, Cullenan, Phillips, Napier; S. Ditcham treasurer, and W.M. McHugo (secretary)...Continued page 7

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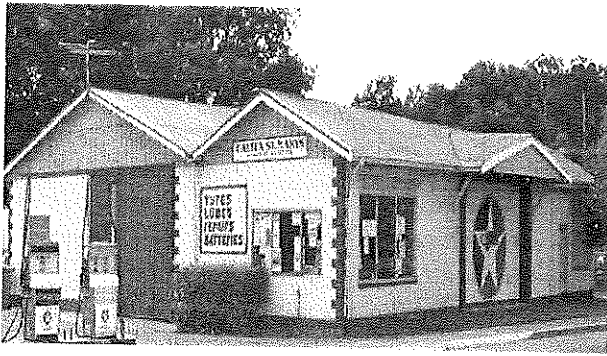
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Authorised by Eric Hutchinson MP, 53B Main Road, Perth TAS 7300.

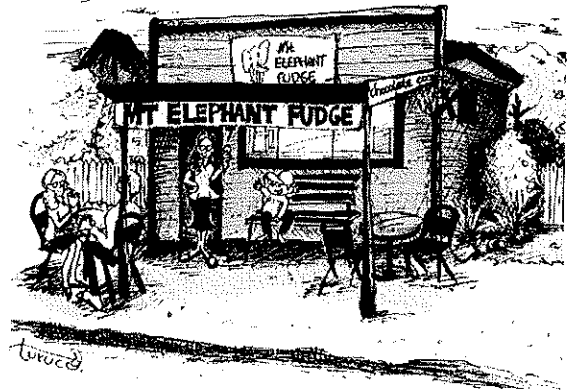


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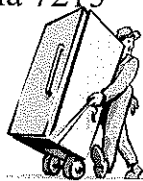
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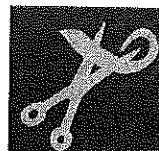
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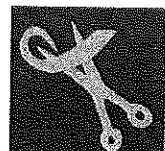
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continued...At 1.30 p.m. there was a large gathering at Lucas's Hall. Thanksgiving addresses were delivered by Revs. Cockrill and Wellard. The 'Old Hundredth,' Kipling's 'Recessional' and 'God save the King,' were sung. A procession was then formed, headed by the marshal, Trooper Moore, and proceeded to the Roman Catholic church ground, where Mr Cullenan, in the absence of Father Fleming, was called upon to plant an oak tree (the gift of Mr R.S. Scott M.L.C.), and in complying with the request, named the tree 'Victoria,' in honour of the late Queen, St. Mary's brass band playing the National Anthem. The procession then proceeded down to the Anglican church ground where another oak tree was planted by Mrs Cockrill, and named 'Edward.' The procession then proceeded to the Methodist church ground where the Rev. Wellard planted an oak and named it 'Peace' after which the procession filed along the street to the ground adjoining the State school, entering under the arch with the motto, 'Peace with honour' thereon. The children were then regaled with buns and tea, and passed the afternoon with games, the band, under the baton of Mr Jos. Madden, enlivening the proceedings with Selections. In the evening there was a packed house at the concert, given in Lucas's Hall, in aid of the widow and orphans of the late Thomas Parsons, who met his death in the Mt. Nicholas coal mine. The stage was tastefully decorated for the occasion. The Rev. Wellard presided. The concert opened with a pianoforte duet by Misses C. Steel and N. Wardlaw. Father Fleming's items were enthusiastically received: Mesdames Wardlaw, Ditcham, and Goldsmith's songs were rendered nicely. Mr A. Williams contributed two items in good voice. The Misses Propsting and Nichols were received with much applause. Messrs. Dawson Bros, acquitted themselves favourably. Miss Cox has long since established herself as a favourite among local lovers of music, and her songs, 'The cry of the little one,' and 'Lullaby,' were heartily welcomed. The secretary, W. M. McHugo, acknowledged the liberal patronage which had been given to the efforts on his behalf of the widows and orphans. The entertainment concluded with a beautiful tableau in two parts, representing the British and Boers shaking hands over the Union Jack, with Peace holding a laurel wreath over them. The lady and gentlemen who took the parts were Miss C. Steel, Messrs W. Steel, Dawson and J. Madden. The singing of 'God save the King' brought a pleasant and successful evening to an end. A dance was held after the concert for a few hours. Thanks are due to Mr Lucas for the free use of the hall and light. The proceeds from the concert and dance were £19 10s 6d ; sacred concert, £2 4s ; Donations: G. Adams ('Tattersall'), £2 2s; Mrs J. T. Cramp, £1 1s; Mr J. Morey, 5s; Mr F. Napier receipted account, etc., 2s 6d; Mr H. Binns, 2b; 50 per cent, on printing account, 'Daily Telegraph,' making a net total of £25 7s. On Friday night a torchlight procession headed by Trooper Moore - splendidly mounted - started from Lucas's Hall at 7, and paraded the principal streets, 'St. Mary's brass band discoursing music on route to the sports ground, where a grand display of fireworks took place lasting for a few hours. The bonfire was then lit. Everything passed off successfully, and the committee responsible for the management are to be highly congratulated. The one dark cloud that marred the gathering was the serious condition of King Edward, and many are the fervent prayers for his speedy recovery."



## Look After You

Most of us know someone who has had cancer; it is very common, with about one in two Australians developing cancer in their lifetime. The good news is that there is much you can do to look after your body and cut your risk of developing cancer.

Cancer is a process where something goes wrong in the body. Our bodies are made of trillions of tiny building blocks called cells. Normally these cells grow, behave and go about their daily business as normal. Sometimes, something goes wrong and the cells start to grow wrongly and out of control into a cancer. They can form a lump and start to invade the blood and other areas of the body. Anyone can develop cancer, but some people are more likely due to their family history or lifestyle factors like smoking or a poor diet.

So, can anything be done to help prevent cancer? Sometimes cancer develops and we just don't know why, but we do know around one third of cancers can actually be prevented. Making healthy choices including not smoking, exercising regularly and eating a healthy diet is important.

If cancer does develop, many don't know that if it is found early it can often mean better results from treatment. So, know your body; how it looks and feels. If you notice a change that persists, go and see your doctor. There are some tests (called screening) that can also help you look after yourself and find any changes:

- ◆ Women aged 50 to 74 are encouraged to have mammograms (an x-ray of the breasts) every two years. (Women aged 40 and over are also eligible). They are free and no doctor's referral is needed. BreastScreen Tasmania has clinics in Hobart, Launceston and a mobile unit that visits rural and regional areas. For an appointment call 13 20 50.
- ◆ Pap smears are the best way to find cervical cancer early. For women aged 18-70, your doctor or health nurse should perform a Pap smear every 2 years.
- ◆ Bowel screening kits are posted to Australians in the year they turn 50, 55, 60 and 65. The kit is easy to complete and can help find any changes in the bowel that need to be investigated. For more information call 1800 118 868.

By looking after yourself and participating in appropriate screening tests like mammograms, pap smears and bowel screening, you can help decrease your risk of cancer and find any changes in your body early.

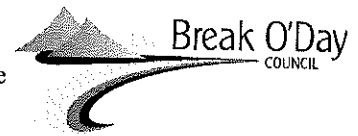
Cancer Screening & Control Services offers information on cancers including breast, bowel, prostate, skin, lung and cervical to promote screening (including mammograms, Pap smears and bowel cancer screening), early detection of cancer, community and workplace education sessions and health promotion.

For more information, call us on 6216 4319.

Laura Cini Department of Health and Human Services



## Dog policy strikes balance in Break O'Day



Break O'Day Council has updated its Dog Management Policy after extensive consultation last year along with environmentalists' fears for threatened birds on beaches. Mayor Michael Tucker believes the balance Council has struck between public safety, protection of birds on beaches and the welfare of dogs is fair and good for all.

"The national listing of the hooded plover as a threatened species during Council's policy review has underlined the new policy's protection of the plover's beach habitats in Break O'Day," Cr Tucker said.

A 2013 review of data by BirdLife Tasmania found that Break O'Day's beaches are home for up to 5% of the world's remaining breeding pairs of hooded plovers.

Cr Tucker said compliance with the policy was the biggest issue put to Council by residents, interest groups and the Parks and Wildlife Service during the policy review.

"It is a shame then that few locals came to Council's Shorebird Walk and Dogs Breakfast information day at Scamander recently to find out what people need to do and why. Amazingly, visitors all the way from South Korea and China did, and saw some red-necked stints which I'm told fly via South Korea and China on their migration from Siberia to Tasmania," he said. "Council has stepped up beach inspections this month and will continue to work cooperatively with everyone to ensure beaches are shared well for beach goers, dogs and our many shorebirds. There are plenty of off-lead exercise beaches available for dogs in Break O'Day and lots more with on-lead access."

The Dog Management Policy includes maps highlighting beach access zones and is available on Council's website at [www.bodc.tas.gov.au](http://www.bodc.tas.gov.au)



(Left) Participants at Break O'Day Council's Shorebird Walk and Dogs Breakfast at the Scamander river mouth in January included tourists and some migratory birds from China and South Korea, plus a few local residents. The event was supported by Liz Znidersic of Birdlife Tasmania and Discovery Ranger Anthea Shedley from the Parks and Wildlife Service.

(Right) Hoyoung Wun from South Korea was amazed to see (and learn about) the red-necked stint at Break O'Day Council's Shorebird Walk and Dogs Breakfast at Scamander in January. The matchbox-sized bird migrates past his home country each year on its way from the Siberian tundra to Tasmania, where Mr Wun was holidaying.



Break O'Day beaches are strongholds for the nationally threatened hooded plover.  
Photo Dr E Woehler, BirdLife Tasmania.

For more information contact  
Polly Buchhorn, NRM Facilitator on  
0459 678 200 / [polly.buchhorn@bodc.tas.gov.au](mailto:polly.buchhorn@bodc.tas.gov.au)

## The Say...By Cagerattler

G'day. Welcome to all as this paper of ours kindly lets me add a few lines every fortnight. Once again, I hope some readers will add their opinions to any of the subject matter - after all, the ideas and opinions that differ can make you look at a subject in a new way...I hope many will keep contributing and adding.

The Cranks and Tinkerers Museum - this is an absolute credit to the curator, Ian Summers. During the summer holidays I visited the museum on many occasions and was present when people called in, quite literally from all over the world. I met people from England, Canada, South Africa, New Zealand, Scotland, Germany, one particularly nice couple from Italy and other nationalities I'm sure... and many, many more from around Australia. It never ceases to amaze and thrill me how much they love their time with Ian and other locals. I believe some of them also asked about the equally interesting Woodcraft Guild, maybe a few met up with them too and the other local venues no doubt also got a visit while in St Marys on Ian's suggestions.

This unique museum is a true icon of our town. If you're one of the locals who've never popped in, as they say "do yourself a favour" and do so. Cranks and Tinkerers, a not for profit, welcoming, informative and accommodating service, is a genuine bonus for our town. To Ian, Rita and volunteers...THANK YOU, and to Break O'Day Council for providing the former Railway Station precinct for this and also the equally incredible Woodcraft Guild, also thank you. It's just terrific.

What do you think?

Rod McGiveron, St Marys

## RELAY FOR LIFE – ST HELENS 2015 Cancer Council Tasmania



St Marys District School Association would like to thank everyone who has expressed an interest in the Relay for Life fundraiser. Unfortunately the organisers have decided to postpone the event until later this year on the **28<sup>th</sup> and 29<sup>th</sup> November.**

We hope that this enables more teams to enter and we encourage everyone to continue to support this wonderful community event and join us in November to celebrate hope, fight back against cancer and raise vital funds to support those affected by cancer in your local community

### Get Involved & Make A Difference!

Getting involved is easy! You can join our St Marys School Association Team for a cost of \$20 pp. For more information visit [www.relayforlife.org.au](http://www.relayforlife.org.au) and contact your event coordinators below for registration forms.

#### FOR MORE INFORMATION


**Tanya Greenwood**  
(BH) 6372 2187 or

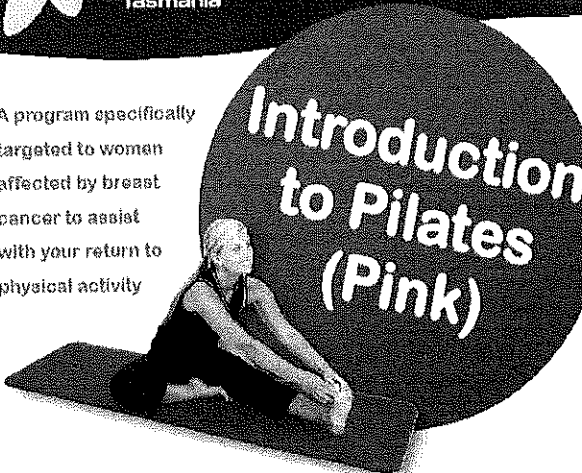
[stmarys@ncn.org.au](mailto:stmarys@ncn.org.au)

**Ros Smith (AP)**

**SMDS 6372 3900**

Hope Lives in Relay For Life





## Introduction to Pilates (Pink)

A program specifically targeted to women affected by breast cancer to assist with your return to physical activity

**A 6 week program commencing at St. Helens Hospital, Friday 6 March 2015, 9.00am-10.00am**

- Pre-registration essential, six participants maximum.
- All applicants must be prepared to sign a medical waiver form and be able to attend a 30 minute screening/assessment with the Program Facilitator in Launceston, before 1 March 2015 (prior to commencement).
- Beginners Pilates class, including stretching, core strengthening exercises, breathing control and progressive relaxation.
- Most of the activity is on the floor so applicants must be able to manoeuvre themselves comfortably and safely.

Please call Richard for more information and to pre-register your interest for this event on 6341 8407

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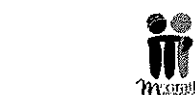
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## St Marys Cricket Club Pink Stumps Day 2015

This Saturday February 14th the SMCC will hold its second McGrath Foundation Pink Stumps Day at the St Marys recreation ground, starting at 10am.

St Marys v St Helens followed by Scamander v Pyengana at 1pm. These will be two fantastic games of cricket, showcasing our local cricket teams. A full bar and kiosk will be available, and face painting and jumping castle supplied by Paint Me Happy Entertainment will keep the kids entertained.

Prizes will be awarded for the best dressed-in-pink male, female and child, so get creative and come in your best pink outfit. Our usual raffle will be running with a chance to win some great prizes and will be drawn after the final game.

So, if you're looking for a great family day out and want to help raise some money for a great cause, we would love to see you there.



Gold coin donation is requested on entry - Thank You!

*Chris Turner*  
Capt /Coach  
St Marys Cricket Club



## WHAT'S NEW IN ST MARYS?

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## East Coast RC Flyers News - February 2015

Summer, where have you been? Despite the inclement weather, the club was active, nevertheless. There was the annual Christmas dinner to attend, and Australia Day to plan and implement.

As always, Christmas dinner was the time to reflect on the year and to recognise outstanding contributions. This year, the members voted to give the honour of the Best Club Person to Brian Powell. Brian is also a member of the St Helens Bowls Club and a passionate community gardener. Nonetheless, he found the time and volunteered to maintain the club's grass runway.

A second honour went to Angelika Weihrauch, who is now the official club photographer. All the outstanding pictures in this column and on the club's website were taken by her.

Australia Day is the club's premier event, and this year was no different. 35 club members, their families and visitors enjoyed one of the few sunny and calm days. A fantastic air show and model display was followed by a free BBQ. The club wishes to thank Brenton Murphy, who volunteered on short notice to do the cooking, and to all the salad and sweets contributors.

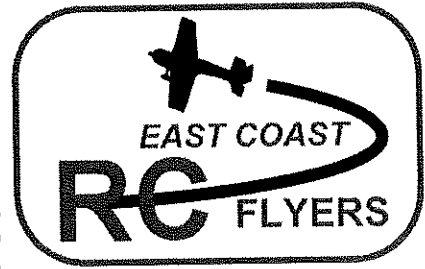
Andrew McEntyre and Steve Reece, both members of the Phoenix Flyers, Launceston, attended the club's event and brought along some stunning model aeroplanes. Steve displayed his skills as a Tasmanian aerobatic champion with a breathtaking performance. With two of his models he showed the members the extremes of

radio controlled model flying. On one end of the extreme was a tiny aerobatic biplane, weighing just 67grams with only 34cm wing span. The other extreme was a giant Yak 54, weighing around 12kg with a 2.6m wing span.

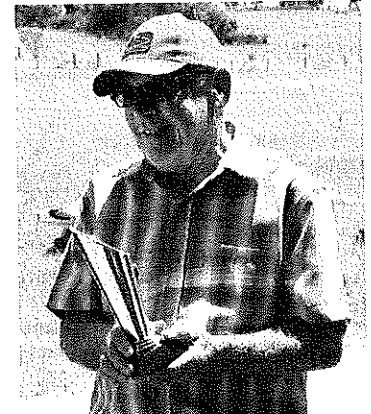
If you aren't aware, the club's website has a Gallery section with the latest pictures of events and flying days. There is also a video of Steve flying the giant Yak. Check it out at [eastcoastrcflyers.org.au](http://eastcoastrcflyers.org.au) and click on Gallery and Models for the video.

*Article by Manfred Weihrauch*

*Permission has been obtained from all persons pictured, and all images are courtesy of Angelika Weihrauch*



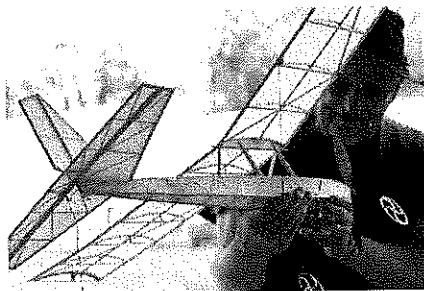
*Alan Butler of Beaumaris,  
Australia Day fashion*



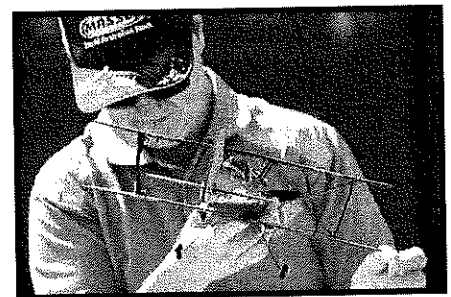
*Brian Powell of St Helens,  
Best Club Member 2014*



*Giant Yak 54 of Steve Reece,  
Evandale*



*Mike MacDonald of St Marys  
inspects the old-timer built by  
John Morrison of Bicheno*



*Steve Reece of Evandale with  
a tiny biplane*



*Static display*



*Australia Day*



*Lunch time*

## Surf Coast Realty

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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.

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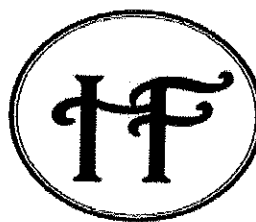
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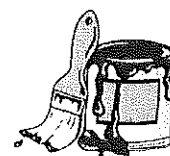
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**Prompted by recent discussions at the 2014 Valley Voice end of year lunch, the following articles are reproduced for the general interest of Fingal Valley residents. We found them all interesting.**

Lynne Dawes  
Hilary Jones

ST. MARY'S... The Mercury, Hobart 21/09/1898

Mr S Ditcham, the local manager of the National Bank, who has been acting temporarily here, is about to reside here permanently. He has already won respect by his most courteous and obliging demeanour.

The Criterion Hotel has another change in management, the present occupier is Mr A Lucas.

We are having delightful spring weather. The crops and pastures are looking well, and there is every promise of a most successful season.

A change is being made in the charge of the German Town State School. The present master Mr P B Flanagan who, during his term at German Town, has identified himself with the advancement of his pupils to the satisfaction of parents and heads of his department, has been promoted to Hythe and all wish him success and further well deserved promotion. His successor will be Mr Godbehen, who has had charge of the Ringville State school.

In the road race held at St Mary's under the management of Mr M Cullenan there was a large attendance of spectators, six wheelmen started and a splendid finish was witnessed between Turner and Rigby, Turner just winning by a couple of lengths. Another race is fixed 15 October, Mr H Coburn of Launceston kindly donating 35s to the race. A chopping match handicap was also held under the same Management which proved very exciting and a very close finish between Lehner, L Lohrey and P Mason. Lehner 1, Lohrey 2, Mason 3

Why do not some of our councillors move in the matter of suppressing cattle and horses straying on our streets to the danger of children, etc?

ST. MARY'S...The Mercury, 16/6/1906

On Thursday evening a number of residents and friends assembled in the Victoria Hall to tender to Mr H. G. Valentine, manager of the National Bank, a farewell. The guest, who has been associated with the town for the past three and a half years, has made a great number of friends, he being very attentive and obliging in his business, and always willing to assist in any good cause. As soon as his departure became known regret was expressed, and steps were at once taken to tender him a send off, and to present him with a token of the esteem that the residents held him in. The hall was tastefully decorated for the occasion with 'flags' and greenery, and the early part of the evening was filled in with games, which were followed by vocal and instrumental programme, the following ladies and gentlemen taking part: Mrs McHugo, Misses. Fitzroy, Youlton, Madden, Dr. Walker, Messrs. Finch, Madden, Valentine, Garridale, Pullen, and McHugo. After the programme was gone through, the Warden, Mr F. Napier presented the guest of the evening with a purse of sovereigns, congratulating him upon the very able manner in which he had carried out his duties, and said all were pleased to know that his removal was a benefit to himself. The guest suitably responding, a few well chosen words. Refreshments were then banded round, and a pleasant evening was drawn to a close by singing 'Auld lang syne,' and 'He's a jolly good fellow,' with three cheers. The room was then cleared and a dance indulged in.



BANK CHANGES. Mercury, Hobart, 9/06/1906

Mr. E. Pullen, cashier at the local branch of the National Bank, has been transferred to the charge of the branch at St. Mary's.

ST. MARY'S... The Mercury, Hobart 2/10/1908

The weather continues unsettled, with strong winds, accompanied by showers of rain and sleet.

The most go-ahead town on the coast at present is St. Mary's, that is, so far as buildings are concerned, and they are a true index for commercial vigour. There are, at present, a number of premises having alterations effected, and others being erected, or on the eve of being finished. One of the most imposing erections is the National Bank, occupying the best corner site in the town.

We are having very rough weather, and in consequence everything is backward. The crops are almost at a standstill, and one cannot form any idea of what harvest time may bring forward. The prices of fodder, etc., have advanced to a great extent, and the commodities are likely to see a much higher rate still. This together with the increased prices of all our daily wants, renders it hard to make both ends meet. As usual at this time of the year, there are a number of work-men on the tramp, looking for work. However, all hope for a good harvest and a general improvement.

*Duct tape is like The Force. It has a light side, a dark side and it holds the universe together.— Carl Zwanzig*



## **St. Marys Pacing Club**

### **Hello everyone**

Well, another race meeting has come and gone with a great crowd in attendance, witnessing a brilliant afternoon of harness racing despite the cooler weather blowing in.

As this year was the first go at a twilight meet, the large crowd suggests the Sky Channel meeting proved popular with race goers (despite making a long day for our helpers). Whether the Club continues with the twilight timeslot will depend on the final financial outcome and community input, and thoughts before our AGM. Initial talks with TasRacing suggest they would like the Club to continue with Sky Channel next year.

The committee would like to thank all those wonderful people who gave their valuable time in setting up, during the afternoon and cleaning up the day after. Without your contribution the day would not be able to be provided for your fellow community members and their families to enjoy. Hopefully next year a few more helpers will come forward to make the day easier and take a bit of pressure off everyone concerned.

The committee would like to thank all our loyal sponsors.

#### **Race Sponsors**

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Caltex - (unplaced horses travel incentive)  
Cense Consulting Group St Helens, St Marys Pharmacy,  
Ana's Hair & Beauty St Marys (Race Lady competition), St  
Marys Hotel, St Marys Bakery, Fingal Pastoral, John & Joan  
Lowe Garage, Becketts Heavy Plant, St Marys Newsagency,  
Hayshed Fingal, Mark Carrick, Cornwall Coal, Carols Swim School, Chrissies Café & Take Away Fingal, C&D  
Excavations.

Kerri and Murray Webb, Mark Carrick, Hayshed Fingal, SS Transport (Major Raffle)

Hopefully I haven't missed anyone, but apologies if I have. All contributed towards providing a free jumping castle and raffle for the children, as well as supplying prizes and something for every child Tiny Tot and Junior Fashions on the Field participant.

#### **Trophy Donors**

Mr and Mrs Kevin Faulkner (winning Cup driver)  
Mrs Claire Bean and family (Eric Bean Memorial, owner of the winning Cup horse)  
Johnson Family (Keith and Yvonne Johnson Memorial)  
Carols Swim School (Jack Buckney Memorial)  
Shier Family (Michael Shier Memorial)  
Eric and Ana Hayes and family (Halyer Junior Driver of the Day incentive)  
Peter and Janine McGill and family (leading Concession Driver of the day)

Thank you to these wonderful individuals and businesses who support this day. It's easy to see why horse owners and trainers, statewide, enjoy bringing their horse to St Marys to race with the tremendous incentives provided by the above people.



The committee will hold an Appreciation afternoon on Saturday February 14th at 12pm (Valentines Day - guys, take your wife out to lunch) for all our wonderful sponsors, and those people who helped in any way towards our race day. This will be held at the clubrooms and could you let me know if you're able to attend (for catering purposes).

Ladies, please bring a salad or dessert - it would be much appreciated.

Thanks all

**Craig woods Secretary SMPC**  
0437 742 351 / zugylarry@gmail.com



Steward Zane Medhurst  
and 'Mossey'



## Tasmanian hemp industry law changes welcomed by farmers

Tasmanian farmers are celebrating after the State Government announced plans to ease industrial hemp industry regulations.

The new industry laws include extending licensing from one to five years to give farmers more certainty, and increasing the permitted level of the drug delta-9-tetrahydrocannabinol (THC) to bring it in line with New South Wales, Queensland and the Australian Capital Territory.

Tasmanian Farmers and Graziers Association (TFGA) president Wayne Johnston said farmers had been trying for years to grow industrial hemp fibre, grappling with what he claimed were many hurdles unique to Tasmania.

"It is pleasing to see the Government move forward on the recommendations of the industry inquiry that was tabled in Parliament in 2013," he said. "This will finally allow a potentially profitable and competitive young industry the scope to grow within the state."

[abc.net.au/news/2015-01-29/new-laws-aim-to-streamline-tasmanias-industrial-hemp-industry/6054618](http://abc.net.au/news/2015-01-29/new-laws-aim-to-streamline-tasmanias-industrial-hemp-industry/6054618)

*THE Meander Valley Council has supported a state government move to legalise the cultivation and supply of hemp for commercial production. Agriculture Minister Jeremy Rockliff announced the legalisation and extension of the state's 11 licences from one to five years recently.*

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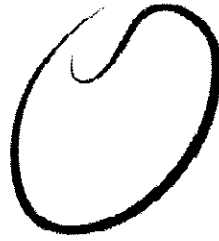
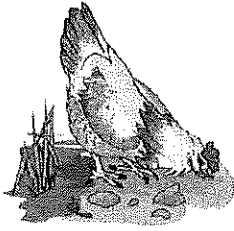
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## Healthy House Walking Group

"Cerise Brook" Fruit Orchard was a great location for the 2015 AGM of the St Helens Walking Group. Attendance surpassed 25, with all enjoying refreshments and the bush atmosphere. Bryan Edhouse was elected Coordinator of the St Helens Walking Group, with applause. The reason for the earlier than normal initial meeting was to discuss changes to how the walks were proposed to be organised this year.

The Healthy House Walking Group meets Wednesday every week for a short, low grade walk lasting approximately one hour, taken at a leisurely pace. Longer and more strenuous walks are organised for the third Saturday of each month. Walks leave at 9am from Healthy House at 5 Portland Court, St Helens.

Bryan put to the assembled participants it was timely to diversify responsibility with respect to who would organise and lead individual walks; as well, the development of any new exciting tracks the walking group could undertake. This would only involve each participant taking responsibility for two walks over 2015, with the schedule to be finalised as soon as possible. These suggested changes were wholeheartedly endorsed.

The schedules are:

11th Feb Halls Falls, 1 hr easy walking  
18th Feb Parnella Cons. Area, 90 mins easy walk  
21st Feb Ralphs Falls Loop Walk, 2 hrs easy walking  
25th Feb Ansons Bay Fire Trail, 1 hr easy walk, all flat  
4th March Marouard Beach walk, depending on tides  
18th March Burns Bay to Beerbarrel, 90 mins easy walk  
11th, 21st and 25th March walks TBA

Our walkers come from Fingal, St Marys, Seymour, Beaumaris, Scamander, Binalong Bay and of course, St Helens. New members are most welcome. Please call *Healthy House* on 6376 2971 or *Bryan Edhouse* on 0414 987 435

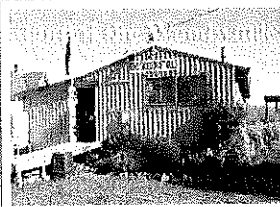


Local photographer Glyn Johnson's pic atop Jacob's Ladder.

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Well, another year is upon us and we hope the calories didn't go through the stratosphere during the celebratory period.

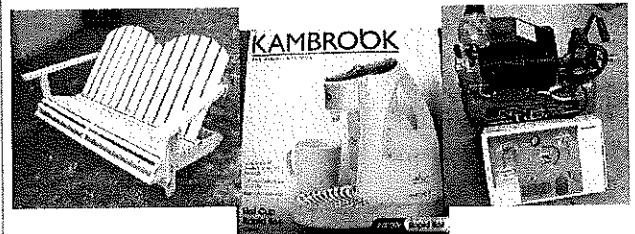
A reminder that our Open Day Fair will be on again on April

11th - stay tuned for more details and please keep a lookout for our yearly raffle. First drawn ticket has first choice of either a compressor with tool kit, an outdoor setting or electric kettle combined with a meat tray and clock. Second ticket drawn has choice of remaining two items and last ticket selected has remaining prize.

### Guilds Home Hint

I personally have a total aversion to blowflies and do not like to spray chemicals in the house. The solution? Darken the room where the blowie is and lighten the window or door where you want it to exit. As they head for light (hence the reason that are usually found trying to escape by a window) they will eventually find their way to this exit. Try it...it works.

Pictured, our raffle prizes (electric kettle comes with a meat tray as well as a clock).



Wendy Brennan, Secretary 6372 2094

[www.breakodaywoodcraftguild.weebly.co](http://www.breakodaywoodcraftguild.weebly.co)

[www.facebook.com/pages/Break-ODay-Woodcraft-Guild-Mens-Shed/654672894597969](https://www.facebook.com/pages/Break-ODay-Woodcraft-Guild-Mens-Shed/654672894597969)

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



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## The Fingal Valley Neighbourhood House Inc has organised the following trips

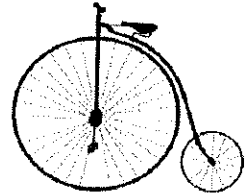
### **Evandale Village Fair & National Penny Farthing Championship**

Saturday 21 February 2015

Bus Cost: \$15 per person, fair entry per person \$12

Bus leaves FVNH at 8.30am

*A deposit of \$10 would be appreciated by 12th February 2015*



### **Launceston Country Club Casino**

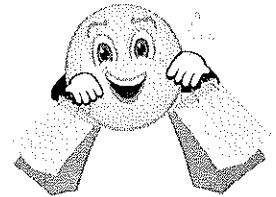
Thursday 26 February 2015

Bus fare: \$15 per person (does not include your meal)

A nice affordable meal at the water garden and  
late night shopping at Kmart

Bus leaves FVNH at 5.30pm

*A deposit of \$7 would be appreciated by 19th February 2015*



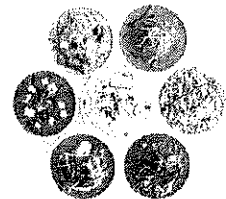
### **Pickles Evenings, Indian Restaurant & Bar**

Sunday 1st March 2015

Bus cost: \$10 - \$15 p/p depending numbers, restaurant  
prices range up to \$22

Bus leaves FVNH at 11.30am

*A deposit of \$5 would be appreciated by 27th February 2015*



### **Beaconsfield Mine & Heritage Centre**

Thursday 5 March 2015

Bus fare: \$20 per person,

(entry fees to the mine are not included)

Bus leaves FVNH at 8.30am

*A deposit of \$10 would be appreciated by 27th February 2015*



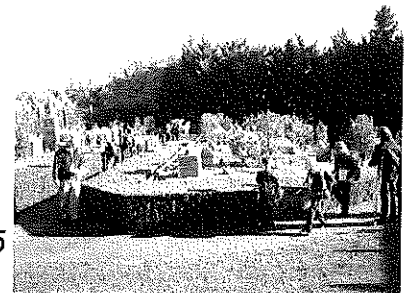
### **Richmond Old Hobart Town Model Village**

Friday 20th March 2015

Bus cost: \$20 (entry fees into the model Village  
are not included)

Bus leaves FVNH at 9am

*A deposit of \$10 would be appreciated by the 13th March 2015*



If you are interested in any of these trips call in to the Office  
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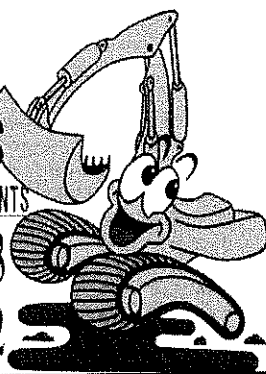
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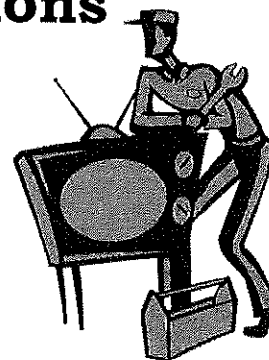
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### **The Break O'Day Anglicans will be hosting the Bishop Of Tasmania for the weekend of 21-22 February 2015**

On Saturday morning he will conduct a Teaching Seminar, outlined below at St Helens in the Parish Hall. Tea and coffee will be provided, however please bring your own snacks and lunch.

Saturday evening he will be visiting the Holy Trinity Church at St Marys for their monthly Community Dinner 5.30pm for 6pm. On Sunday morning he will be our guest preacher at the St Paul's service commencing at 9.30am. If you have any queries about his visit please direct your questions to Rev. Alexander Withers, 6376 1638. Our Ash Wednesday service will be held at 7pm at St Pauls in Cecilia Street, St Helens on 18th February.

*Thanks, Carole and Alexander*

Bishop John's Teaching Seminar 2015: Christian Voices in Public Places

This year I will consider Christian discipleship in the real world, shaped by the Lord's Prayer.

- ◆ How do the phrases of the Lord's Prayer support our discipleship?
- ◆ Who is the God of our discipleship? (God-centred)
- ◆ What is our discipleship? (Devotion)
- ◆ What does discipleship look like in the real world which has real issues? (Social Engagement)

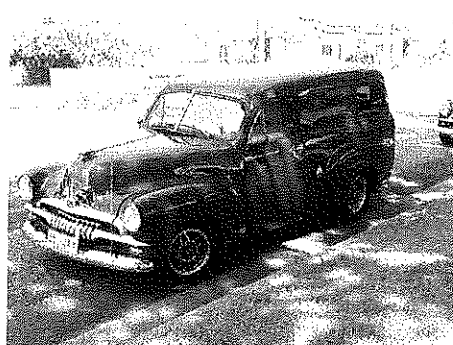
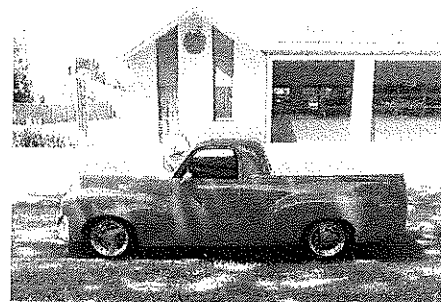
Seminar topics:

- ◆ The Lord's Prayer and Discipleship in the World/ Engaged Discipleship
- ◆ Gambling / poker machines
- ◆ Euthanasia
- ◆ Domestic violence
- ◆ Establishing God's rule/ Jihad

Dates & Places: Times are all Saturdays 9.30am to 3.30pm:

- ◆ 21 February – St Paul's St Helens
- ◆ 18 April - St James New Town
- ◆ 16 May – St John's Devonport
- ◆ 20 June - St Mark's Bellerive
- ◆ 4 July – St George's Burnie
- ◆ 18 July – St Aidan's Launceston

*Some stylish visitors to  
St Marys recently*



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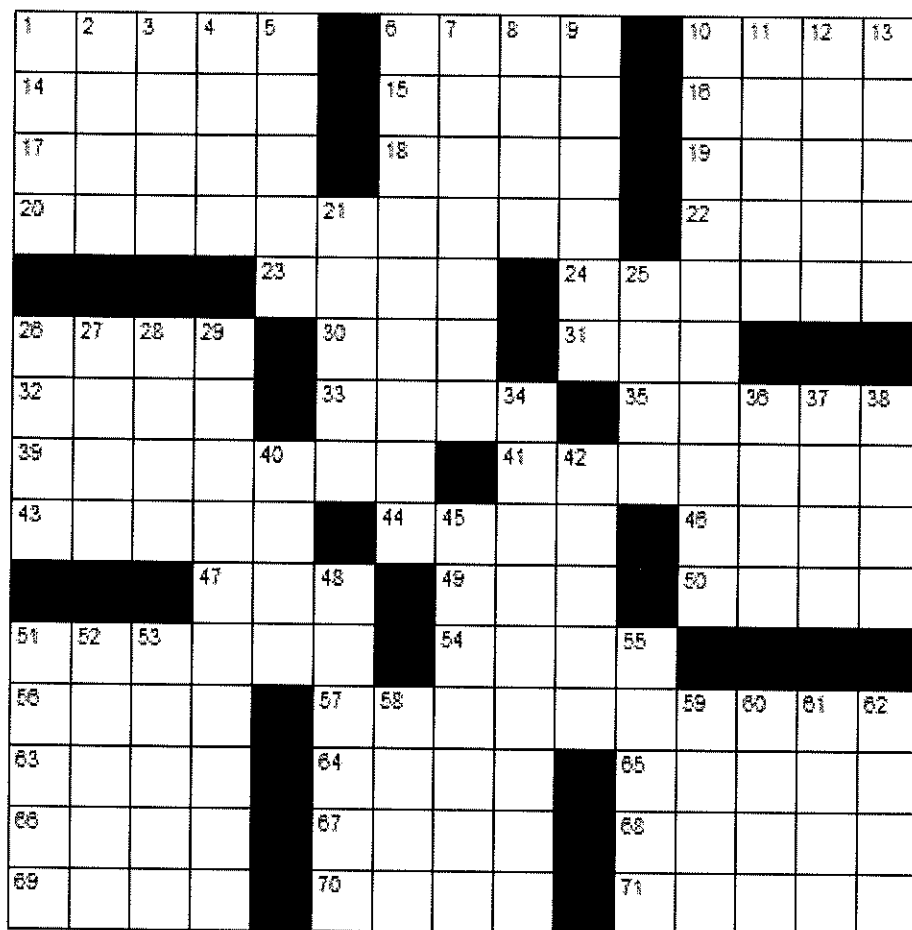
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**ACROSS**

1. Throws away
6. Stop
10. Website addresses
14. Savory jelly
15. Pearly-shelled mussel
16. Half-moon tide
17. Tropical vine
18. Principal
19. Celebration
20. Sore throat
22. Wicked
23. Alone
24. Purpose
26. Against
30. Ambition
31. A parcel of land
32. Close
33. Puts down
35. Partial veil
39. Chair part
41. Egg-shaped instrument
43. Bounded along
44. Every single one
46. Arab chieftain
47. Animal doctor
49. 3 in Roman numerals
50. Shower with love
51. Goddess of wisdom
54. Boys
56. Beloved
57. The study of caves
63. Man
64. Indian dress
65. Classical music style
66. Press
67. God of love
68. Sporting venue
69. A covered garden walk
70. Gave temporarily
71. Searches

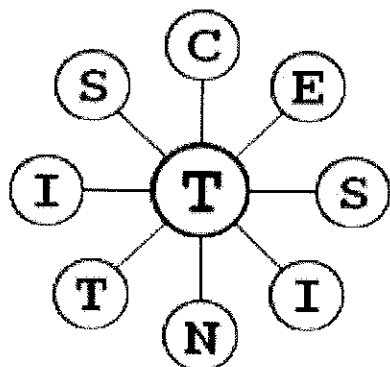
**DOWN**

- |                                    |                         |                                |
|------------------------------------|-------------------------|--------------------------------|
| 1. Phone                           | 13. Hardy wheat         | 42. Scold                      |
| 2. Largest continent               | 21. Objectives          | 45. Control surface on a plane |
| 3. Box                             | 25. Exploded star       | 48. Anagram of "Steals"        |
| 4. Small                           | 26. A Freudian stage    | 51. Blend                      |
| 5. Skims                           | 27. Roman emperor       | 52. Weepy                      |
| 6. Cause to feel shame             | 28. Pack down           | 53. Angelic headgear           |
| 7. Human body                      | 29. Impertinent         | 55. Couches                    |
| 8. 53 in Roman numerals            | 34. Leftist             | 58. Cut back                   |
| 9. Part of the throat              | 36. Large luxurious car | 59. Attraction                 |
| 10. Unshackled                     | 37. Module              | 60. Curved molding             |
| 11. One of the Canterbury pilgrims | 38. Filly's mother      | 61. Sludge                     |
| 12. Language of ancient Rome       | 40. Biblical garden     | 62. Not nays                   |

Solutions next issue

How many words can you find? Each word must contain the central T and no letter can be used twice. The letters do not have to be connected. Proper nouns are not allowed, however, plurals are. Can you find the nine letter word?

Excellent: 30 words. Good: 24 words. Average: 18 words.



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



## Book Review

The Mount Elephant and Beyond Book Group met this month to discuss our summer reading, including the non-fiction title *A sense of the world* by American writer Jason Roberts.

*A sense of the world* is the inspirational story of James Holman who enjoyed celebrity status as 'the Blind Traveller' in the early nineteenth century.

Holman was born in 1786, the son of an apothecary in Exeter in England. With characteristic determination and single-mindedness he joined the Royal Navy at the age of twelve and lobbied influential people in order to advance his career. By 1810 however his naval career was effectively over. The long hours spent on watch in extreme weather conditions had affected first his joints and then his sight, and he became permanently blind.

Holman was appointed a Naval Knight of Windsor, a position that guaranteed board and lodging for the rest of his life in return for minimal duties. But the enforced idleness did not suit him and his restless nature soon asserted itself. Granted leave, he first studied medicine in Edinburgh and then, in 1819, he set off on the first of his many travels.

Over the next couple of decades Holman visited every inhabited continent - he even came to Tasmania in 1831. Although he was apparently an amiable companion and a good conversationalist, he usually chose to travel alone in order to be as independent as possible. He made notes on a device called a Noctograph, and published several books about his experiences.

Holman did all this on a very limited budget, travelling by local transport or on foot. He was very determined and occasionally reckless, and he had some quite extraordinary adventures. On one of his first major trips, after battling difficult weather and unhelpful locals, he was suspected of being a spy and deported from Russia.

Holman's early works were well received but his detractors, including the rival 'Pedestrian Traveller', questioned the validity of his observations. It was alleged that, 'His sightlessness made genuine insight impossible; He might have *been* in Zanzibar, but how could the Blind Traveller claim to *know* Zanzibar?' Holman fell out of favour with the public and though he continued to travel and to write, he died in obscurity in 1857.

When James Holman became blind, his prospects were not good. In the early nineteenth century there were few educational or employment opportunities for the visually impaired and the blind were most often reliant on charity. Holman was able to live and travel independently by developing an alternative perception of the world, based on his other senses. He was for example able to sense his surroundings by listening to the tap of his cane or other sounds - a form of human echolocation. Touch, smell, the feeling of sun or a breeze on the skin all helped to compose a picture. This is what is known as *haptic* perception or touch-based understanding - it may take a little longer but as Jason Roberts writes, 'Where vision gulps, tactility sips'.

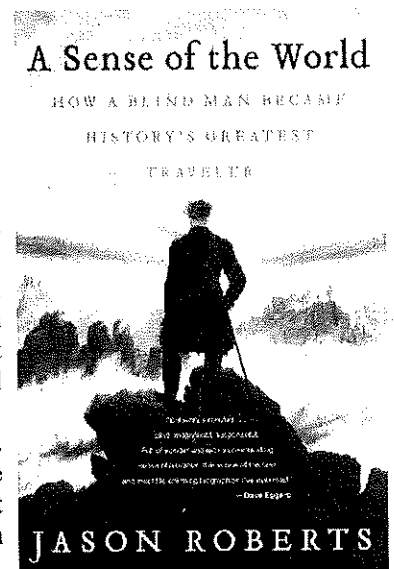
Jason Roberts initially found the idea of a blind traveller so extraordinary that he thought it was a hoax but as he delved deeper he became fascinated by his subject, and his treatment is both sympathetic and well researched. He provides interesting historical background and context for Holman's naval career and travels, as well as thoughtful explanations of blindness and how the blind understand their surroundings. His book goes a long way to rehabilitating a long-forgotten figure. The text is not always well written and his description of the later travels is rather condensed - it would have been interesting for the local reader to have more details of the Australian visit for example - but *A sense of the world* is both easy to read and engaging.

*Lindy Scripps, St Marys*



### Refuge Welcome Zone Certificate

The Refuge Welcome Zone certificate from the Refugee Council of Australia is framed and on display in the Post Office Display Notice Board. The certificate was originally presented to the community, by then Mayor Sarah Schmerl, in 2014.



Beauty pageants for children under 16 are banned in France. Breaches of this law are punishable with up to two years imprisonment and a fine of up to 30,000 euros.





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or 0417 027 424

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**Rustic Ragamuffins - every Wednesday @ 7 pm (\$5)**

Thank you to everyone who has visited the Earth Angel shop and thank you for all the lovely compliments! It seems tourists love St Marys because we are so individual, unspoilt and unique. People have come from all over the world to this small store.

The 2014 competition was a great success, with Greg Hay of Canberra winning the Craggy Peaks Overnight Accommodation and Jenny Dawe of Bicheno the BodiMap massage.

We are moving again! From February 18th you can find us within the Purple Possum Bric-A-Brac shop.

Come and browse through our new stock and see our refurbished shop.

In the meantime don't forget Valentine's Day on February 14th. Treat your loved one to a gorgeous gift pack, massage oil, perfume, face/body cream or beautiful beeswax candle.

We have men's skin care too - all 100% natural and handmade!

*Jessica  
Earth Angel*

*Earth Angel*

100% natural skinfood • handmade in Tasmania

All words: aether, ah, airth, anther, bah, baht, baith, bath, bathe, bather, beneath, berth, berth, beth, birth, breathe, earth, earthen, eath, eh, either, eth, ethane, ether, ha, habit, hae, haen, haet, hair, hairnet, hant, hare, hart, hat, hate, hater, he, hear, heart, hearten, heat, heater, heir, hen, henbit, hent, her, herb, here, hereat, herein, hern, hernia, herniae, herniate, het, hi, **HIBERNATE**, hie, hin, hint, hinter, hire, hit, **INBREATHE**, inearth, inhere, ither, nah, neath, neither, nether, nth, rah, rath, rathe, rehab, reheat, rhea, tahr, thae, than, thane, the, thebaine, thebe, thee, thein, theine, their, then, thenar, there, therein, thin, thine, thir, three

## Last edition's solutions

A	T	O	M		A	L	S	O		I	D	E	S	
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2	1	4	8	9	7	5	3	6
6	5	7	4	2	3	8	9	1
3	9	8	6	1	5	2	7	4

## Suncoast Gallery

We have the works of several artists on display at present at 27b Quail St. St Helens. You may know of Master Leather Craftsman Karl Balzer who was born and studied in Vienna, but now resides in St Marys. Karl continues his passion of 60 years and now works with exotic leathers of fish, shark, emu, ostrich and crocodile. This talented gallery member has a variety of articles such as handbags and pens in various attractive colours for your selection.

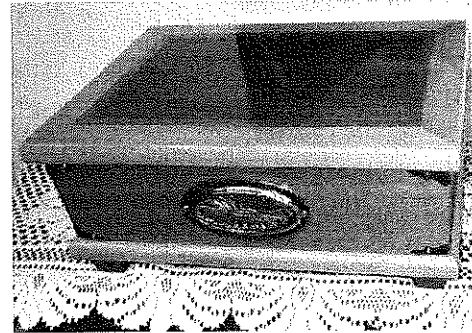
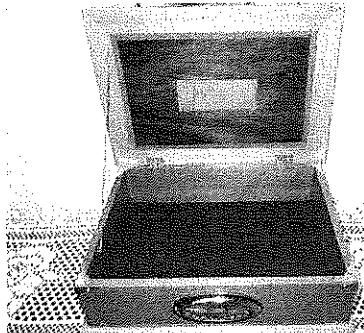
Karl's work has been sought after since he had his own Sydney studio and supplied the corporate sector with high quality leather accessories. Karl's craft-work has been purchased for the King of Jordan and other visiting dignitaries.

Karl is to be commended for his service project in Sri Lanka, where he helped train village people in basic leather goods manufacturing. We invite you to come and see the displays.

Steven Bogar of Scamander has two beautifully crafted boxes that he designed and each is unique. Take this opportunity to view such pieces as they may be the end of production.

There is also a small basket display and many locals like this kind of art.

### *Peggy Bogar*



### **Where do you find us?**

5 Portland Court, (off Grant Street)

St Helens, Tas.

6376 2971

e: [admin@healthyhouse.org.au](mailto:admin@healthyhouse.org.au)

### **Our Aim**

To deliver health and wellbeing programs to rural and remote communities within the Break O'Day Municipality.

### **What do we deliver?**

- Podiatry services
- Toe Nail Clinics
- Australian Hearing appointments
- Family Planning services
- Men's health issues
- Counselling
- Building Blocks (children 0-5 yrs.)
- Get Active Program St Marys
- Walking Group
- FriendSHIP Program

Please call in and check us out if you have any questions you would like answered, or simply like us on Facebook.

### **What's Coming Up:**

#### ***Walking Group***

Meets every Wednesday and third Saturday of each month, 9am at Healthy House. Please contact Bryan Edhouse on 0414 987 435 for more details.

#### ***Toe Nail Clinic***

St Helens and Mathinna - phone 6376 2971 for an appointment.

#### ***FriendSHIP Program***

- Scamander 2nd March 2015
- Pyengana 16th March 2015

#### ***Free Asthma session***

**Date:** Thursday 19th February 2015

**Time:** 10-11.30am (Families 0-8 yrs)

1.30-3pm (students/families 8+yrs)

**Location:** Break O'Day Child & Family Centre, 1 Groom St. St Helens

#### **Booking information: Contact Tanya**

6376 2971 / 0400 002 116

## Meals on Wheels - 0488 384 344

February 16	Pam Bretz
17	Trish Pike
18	Lundy Vosper
19	Sonya Allison
20	Drew Adam
23	Lundy Vosper
24	Louise Keady
25	Karl Balzer
26	Heather Griffiths
27	Lorraine Gill

## Tip locations and opening hours

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

## The Valley and East Coast Voice Inc. Guidelines

Opinions in any letters published are not necessarily those of the Editor or volunteer staff.

Our pages 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 editor's discretion. Please make sure of your facts. Do not write submissions just to let off steam. Articles most commonly published are those relating to current community issues.

Keep articles short, simple 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 and East Coast Voice Inc. reserves the right at all times, without notice, to update, change or amend our guidelines.

All information is correct at time of printing.

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

## Emergency services

AURORA Emergency	132004
Carers for Wildlife St Marys	6372 2973 0417 017 105
Crimestoppers	1800 333 000
Poisons Information	131126
Police Emergency	000 & Enq 131444
SES Emergency	132500
TFS Emergency	000 & Enq 1800 000 699

## Church Services

### 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

### Break O'Day Uniting Church

The Manse 6376 2405  
*St Helens* 9am  
*Fingal* 11.15 am

### St Marys Salvation Army

*Envoy M Norton* 0409 838 816

*Sunday Joy* 9.30am

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!

Tuesday JAM 3-5pm  
(except school holidays)

### Break O'Day Anglican

Parish POB 143, St Helens  
Tas 7216 6372 1144

*St Helens* 9.30am

5th Sunday Combined Service with Uniting Church  
10.30am

*St Marys* 10am

*Pyengana* Please phone for service times

[facebook.com/anglicanbod](https://www.facebook.com/anglicanbod)

### 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

## EAST COAST GLASS



- Glass repairs
- Shower screens
- Wardrobe doors
- Double glazing
- Aluminium windows
- Security doors

**Locally owned - servicing the East Coast**  
Call David or Anne Cannon for professional,  
friendly and reliable service.

**6372 5361**

# ST MARYS COMMUNITY HEALTH CENTRE

## 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**

## DOCTORS ROSTER

**Dr Cyril Latt**

12/2/15- 27/2/15

**Dr K. Rawnsley**

17/2, 19/2, 24/2, 26/2 2015

**Dr L. Reeckman**

19 & 20 Feb 2015

## PUBLIC HOLIDAY

Wednesday 25 Feb 2015

Launceston Cup

Normal Doctor's Surgery hours will resume on Thursday 26/2/15. Please see after hours numbers for during this time.

For appointments phone: 6387 5555

## AFTER HOURS CONTACT NUMBERS

Please phone

GP ASSIST ON- 1300 780 011

AMBULANCE 1800 008 008 or  
EMERGENCY 000

ST MARYS COMMUNITY HEALTH CENTRE  
6387 5555

Please RING before presenting after hours

**Lifeline 131 114**

*Saving Lives, Crisis Support and Suicide Prevention*

## 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 6387 5555

## IMPORTANT INFORMATION TO PATIENTS

Please be aware that Dr Latt's Surgery is currently fully booked for appointments 1 week in advance as of 12/2/15

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

## SCRIPTS AND DOCTORS APPOINTMENTS

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

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

### PHONE SCRIPTS

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

## INR TESTS

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

## 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. Please ring 6387 5555 for appointments

## 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. Thank you

# ST MARYS COMMUNITY HEALTH CENTRE

## WHAT'S ON AT THE CENTRE

- 12 Feb **Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.
- 13 Feb **Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.
- TML Diabetic Educator, Physiologist and Dietician.** Appointments available by referral from your GP.
- 16 Feb **Mental Health Clinician/ Case Manager**– Darren Veryard. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- TML Psychologist.** For appointments please see your GP for a referral.
- TLC Meeting** (Tasmanian Lymphoedema Centre) 10:00am in the Day Room.
- Spirometry Clinic** with Patrick Salter. Lung Function Testing Clinics are regularly held at the Health Centre. For appointments phone 6387 5555.
- 17 Feb **Tom Bain, Rae & Partners Lawyers.** At the Community Health Centre Tuesday fortnights. For appointments please phone 6337 5555
- Child Health Session** with Sue Gofton every Tuesday– Appointments only. Please phone 0428 136 381
- Mental Health Clinician/ Case Manager**– Darren Veryard. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- 18 Feb **TAZREACH**– Antenatal Clinic with Katie. For appointments please see your GP
- Podiatry North**– For appointments please phone 6336 5155
- Day Centre**– For details on the group please contact Hayley Gilbert 6387 5555
- Social Worker**– Shan Williams. Please phone 6387 5555 for appointments
- 19 Feb **Dr Reeckman**– Women's Health Clinic
- Physiotherapy**– Please see your GP or Health Professional for a referral to the service.
- Relationships Australia**– Leanne McMurtie for appointments please phone 1300 364 277
- Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.

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

- 20 Feb **Dr Reeckman**– GP Clinic phone 6387 5555 for appointments
- Social Worker**– Shan Williams. Please phone 6387 5555 for appointments
- 23 Feb **TML Psychologist**– Sam McCarthy. Please see your GP for a referral.
- Mental Health Clinician/ Case Manager**– Darren Veryard. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- 24 Feb **Mental Health Clinician/ Case Manager**– Darren Veryard. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- Child Health Session** with Sue Gofton every Tuesday– Appointments only. Please phone 0428 136 381
- 25 Feb **PUBLIC HOLIDAY** Launceston Cup
- Mental Health Clinician/ Case Manager**– Darren Veryard. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- Physiotherapist**– Please see your GP or Health Professional for a referral to the service.
- 26 Feb **Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.
- Anglicare Drug & Alcohol Counsellor.** For appointments please see your GP for a referral.
- 27 Feb **Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.

## ARE YOUR DETAILS UP TO DATE?

**Do you have a new address/ phone number?**

**Do you have a new Centrelink/ Medicare Card?**

**Have you updated these details at the Health Centre?**

It is sometimes necessary for us to contact you or pass your details onto other Health Professionals and we are unable to do this if your contact details are incorrect or out of date.

**You may also be charged for some medical services if your Centrelink/ Medicare Cards are not current.**

If **ANY** of your details have changed please contact the St Marys Community Health Centre on 6387 5555 or come in and update them with our friendly reception staff.



## ST MARYS SPORTS (and SOCIAL) CLUB

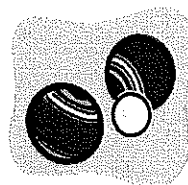
### Gray Road St Marys

Thursday 5.30 - 7.30 Friday 5.30 - 8.30.

Sunday 1.30 - 4.30

Bowls championships games are ticking along slowly, please if you have games to play can you schedule them in soon.

We are not to sure where we sit on the pennants ladder at the moment. Our last game was against Bicheno and they managed to defeat us by just one point. We have a bye this week and meet Scamander next week at St Marys.



Jacqui is the co-ordinator of the kitchen. For any bookings please call her on 0439 978 156

#### Friday night is happy hour at the club.

Jag the Joker has reached a whopping \$1200 so it's well worth a visit.

Sandy took home the carton last week and Jim won the meat tray.

*President Bobby Harwood 6372 2445*

*Secretary Annette Wines 0417 010 648*

*Licensee/treasurer Jim Turner 6372 2441*

#### Renovation News

*Renovations are due to start in mid March*

To enable this to take place we have to prepare the club rooms so the builders can get started.

Please, any members that could give a hand taking things off walls etc this weekend, it would be most appreciated. (Ring Bobby for times)

During the renovations we hope to be able to keep the bar ticking over on a Friday night, possibly offering a BBQ tea for a small price. We will keep you posted.

#### Hear the one about the very pregnant woman who got on a bus?

She noticed the man opposite her smiling at her. She immediately moved to another seat. This time the smile turned into a grin, so she moved again. He seemed more amused. When on the fourth move the man burst out laughing, she complained to the driver and the man was arrested.

In court the Judge asked the 20 year man what he had to say for himself. The man replied...

"Well your Honour, it was like this. When the lady got on the bus, I couldn't help but notice her condition. She sat under a sweets sign that said, "The Double Mint Twins are Coming" and I grinned.

Then she moved and sat under a sign that said "Logan's Liniment will reduce the swelling", and I had to smile. Then she placed herself under a deodorant sign that said "William's Big Stick Did the Trick", and I could hardly contain myself.

BUT, your Honour, when she moved for the fourth time and sat under the sign that said "Goodyear Rubber could have prevented this Accident"... I just lost it...

"CASE DISMISSED!!"

#### January rainfall, thanks to Reon Johns

4th	2.2
5th	.8
8th	Trace
9th	3.2
13th	.2
14th	100.0
21st	4.2
22nd	8.0
23rd	.8
26th	2.6
28th	Trace
30th	6.4

#### Inner Peace

Earthbound, I watch the darting swallows.  
In shivering reeds the wind is caught.  
Bright water bears away the minds  
Unravellings of restless thought.  
Sunset's clear-speaking light discloses  
In the calm eloquence of stone,  
The lapsing syllables of water,  
The whispering reeds and grasses blown.  
To quiet at last, to windfall silence,  
Another tongue, a language learned  
By ear, by heart in earliest childhood,  
When earth in it's own radiance turned  
Away from nightmare dark to morning.  
I see that enchantment wake in light,  
On water, and the spirit like a loved  
Guest on earth can take it's needs and  
It's delights, and wander freely. The  
Dazzling moments burn to time again.  
In simple twilight water speaks peace,  
The swallows turn in lessening arcs.  
The dry reeds rustle and part to set  
The nightwind free. The heart holds  
Like remembered music, a landscape  
Grown too dark to see.

Christopher Hurd, Cornwall



# ST MARYS IGA SUPERMARKET

*In the centre of town, at  
the heart of the community*



38 Main Street

Ph/Fax 6372 2240 Butcher 6372 2274

Monday to Friday 8 - 6pm Saturday 8 - 2pm

Sunday 10 - 3pm

## *Specials from 11th - 17th February*

<b>Butchery</b>	<b>per kg</b>
Meat cut fresh in store & orders taken Butcher available 7.30am - 2.30pm Mon - Fri	
Rump steak	11.99
Lamb BBQ chops	9.99
Topside beef roast	10.99
IGA corned silverside	7.99
Nichols chicken kiev	2.99ea

### **Shelves**

Nestle milo 450g	6.99
Cadbury chocolate blocks 350g	4.99
Mamee noodle cup 60g	.85
Nutella hazelnut spread 400g	4.45
Tetley all rounders 200s	5.99

## *Specials from 18th - 24th February*

<b>Butchery</b>	<b>per kg</b>
Meat cut fresh in store & orders taken Butcher available 7.30am - 2.30pm Mon - Fri	
Porterhouse steak	16.99
Round steak	10.99
Beef mince	9.99
Nichols chicken maryland	4.99
Ingham chicken drumsticks	3.99

### **Shelves**

Dolmio extra pasta sauce 500g	2.69
Kraft vegemite 560g	7.99
Solvol soap bars 2pk	2.99
Paradise cream assorted biscuits 500g	4.69
I-care double length toilet rolls 4pk	2.99

## *Two week in-store specials available 11th - 24th February*

Nescafe blend 43 coffee 500g	19.99
Trident noodle soup 50g	.99
Tilda 2min microwave rice 250g	2.49
Arnotts family assorted biscuits 50g	3.49
Mars greats chocolates 292g	4.99
Natural confect co bags 180 - 200g	1.49
Paradise sweet biscuits 200g	1.45
Arnotts cruskits 125g	2.99
Moccona classic freeze dried coffee 100g	7.99
Sunrice rice cakes 195g	2.49

*Edgar Allen Poe predicted the future. His only novel is about four shipwrecked men who ran out of food and ate the cabin boy, Richard Parker. 46 years after it was published, a yacht sank in real life and three of the four survivors decided to eat the cabin boy, Richard Parker.*



*Some of the crowd at St Marys Pacing Club Race Day*

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12 GROOM STREET  
ST MARYS TAS 7215.

