



The Valley and East Coast Voice Inc. \$1

valleyvoice.com.au

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The deadline for 47.08 is 5pm August 11th 2014



River Willow and friends drumming up a storm at the Festival of Voices in the St Marys Community Hall, Saturday July 19th.

More on pages 10 and 11

New Youth Worker/Admin officer for Break O'Day municipality page 7

Have your say on our National Landcare Program page 8

Open letter to Hon. Tony Abbott PM page 8

'Story of Sawmilling in St Helens 1874/2014' at St Helens History Room page 12

Sourdough Bread Making Workshop, July 12th 2014 at St Marys page 19

East Coast RC Flyers news

The frosty mornings haven't deterred members of the East Coast RC Flyers from enjoying their exciting hobby.

Just the opposite, as winter is often the time of glorious sunshine with little or no wind. In summer, the sea breeze puts all flying on hold by around lunch time. In winter, however, there is no sea breeze, and the flying activities proceed well into the afternoon.

Article on page 14

Left: Kenneth Escobar of St Marys completed a solo flight



Vale Ross Bean

Well-known and much-loved St Marys resident, Ross Bean, passed away at St Marys on July 22nd 2014. Ross will be greatly missed, and deepest sympathy is extended to Tracy, Claire, Kirk, Kyle, Tiana and their families.

Ross Bean was most admired for his unfailing good nature and his sincerity, and his life serves as example to all of us.

Rest in peace.

Editor.

Vietnam Veterans Day - August 18th 2014
FVNH Mystery Wine tour - August 28th 2014

Community Announcements

AA St Helens (Alcoholics Anonymous) meet Wednesdays 8pm at St Paul's Anglican Church hall, St Helens. Call Murdoch on 6376 3335.

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

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

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

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

Break O'Day Regional Arts meet monthly on the 1st Tuesday in the Supper Room at St Marys Community Hall, 4pm. **RAYC** Regional Arts Youth Company for school aged children is on Thursdays 3.30-5pm. Session cost \$5 or \$40 p/10 week term. All welcome. Michelle on 0407 046 865. e: bodregionalarts@gmail.com

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 Thursdays 5pm at the Mt Elephant Fudge shop St Marys for informal and fun singing. Everyone welcome.

The Cornwall Community Development Group Inc. hold their general meetings on the 1st Tuesday every month. Hall hire available, please contact Raz or Deb on 6372 2261.

East Coast Community Transport, Jan Saunders, 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 and goods weekdays 9-3. Donations can be collected on Mondays or items can be left at the Centre. Come along, check it out and pick up a bargain. Deb Speers for FVNH.

Gone Rustic Studio + Gallery 37 Main Street St Marys. Operation Cover-up meet on the 3rd Fridays monthly from 11-2, creating quilts and knitwear for those in need locally and overseas. \$5 donation towards quilt wadding; BYO lunch, cuppa included. **Rustic Ragamuffins** meet Wednesdays 7-9pm. Bring along your current stitching project and have some time-out while catching up on your UFOs (UnFinished Objects)! Cost of \$5 includes home-made treats and a cuppa. 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.

Meals on Wheels meeting dates for 2014: 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.

Scamander Garden Club meet monthly on the 3rd Monday at 1.30pm in the Scamander Sports Complex. Enjoy sharing garden activities. Call Val on 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 and 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 meet 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 1st Saturday at the St Marys Community Hall 9-1pm. 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 to 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 pre-loved 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](https://www.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 2nd 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. Call 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.

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

Advertising rates for 2014:

- ♦ Business card ads \$15 ♦ ½ page ads \$40
- ♦ Intermediate ads \$18 ♦ Full page ads \$65
- ♦ ¼ 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 POB 230 St Marys 7215 or emailed. For online advertising, contact the Editor.

For Sale

Dell computer in very good cond. Refurbished to incl. pro. anti virus for two years, plus citation details of overhaul. \$420 ono. **6372 2626**

Lazyboy recliner in excellent condition, blue, \$250.
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Round bales, garden mulch or bedding, \$50 ea, free delivery in St Marys area. **0407 944 158**

Valet ducted vacuum cleaner system. New, still in carton incl. fittings & some piping \$1,000. Poulson Pro (Husqvarna) 16hp / 38" cut, **ride on mower**, 6 years old, little use. Pristine cond., includes unused trailer \$2,600. Cox, professional **mulcher/chipper** good cond. \$750. **Dressed softwood studs & beams** (new) 2 / 5.8m x 190 x 40mm \$40 ea, 3 / 4.8 x 90 x 45mm \$15 ea, 1 / 4.2 x 90 x 45mm \$13 ea, 4 / 2.6m x 100 x 50mm \$10 ea, 2 / 2.6m x 90 x 45mm \$8 ea.(more sizes/prices). **Palings** new, 50 (approx.) / 1500 x 100 x 15mm \$1.50 ea.. **Colorbond corrugated roofing sheets** 1/5m (brown) \$30, 1/3m (brown) \$20, various lengths & colours approx 1.2 to 2m \$10 -15 **Queen bed & mattress**, with side tables/drawers \$550, **Double bed & mattress** \$250, **King single & mattress** \$250. All in v. good, clean cond. Small **Crosley Fridge** (approx. 300 ltrs no freezer, but excel extra fridge). Gd cond. \$100. Westinghouse **Range Hood**. Good cond. new filter \$130. **New knee high (snow country) walk boots** warm & waterproof, ideal boat/ outdoors, men's sizes 8-11(women's frac. 9-13b multifit) - were \$89, sell for \$40. **6372 2626**

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Large, untouched sculptural piece of **Huon pine**, sourced from Queenstown. L 1630mm W 860mm H 1000mm. \$600. **6372 2152**

French antique clock, c1880, bronze and black marble, 46cm(18') tall and weighs 9kg. It has a very delicate chime and is in working order. \$1250 ovno. Glyn, **0418 229 319 / 6372 2753**

Community Notices

The **Cornwall Community Development Group Inc.** will hold their Annual General Meeting in the Cornwall Hall on September 2nd 2014, at 7pm.

The **Break O'Day Woodcraft Guild and Men's Shed** will hold its Annual General Meeting in the old Railway Goods shed St Marys on August 28th 2014, at 11am., to select committee members. All welcome.

The **St Marys Memorial Services Association** will commemorate Long Tan by a brief service at the St Marys Cenotaph on August 18th commencing at 6am. If you would like to lay a wreath please do so. All welcome.

Vietnam Veterans Day

Vietnam Veterans Day will be commemorated on Monday August 18th, 2014.

The service will commence at 11am at the Vietnam Veterans Memorial site at the Cenotaph in St Helens.

If you wish to join Veterans in the march, please form up at Hilly's Supermarket, St Helens at 10.50am.

You are invited to lay a wreath for the fallen during our Remembrance Service.

For further details please contact President Gary Graham on 6372 5727.

Bye Ross, Thank You. From all at Ping's Place and Osprey.

Wendy and Reon send their heartfelt condolences to Tracy, Claire and family on the sad loss of Ross.

We will always remember him as being one of the first to make us feel welcome when we came to St Marys.

Ross was always a strong supporter of the Guild, and gave us encouragement when it was at its fledgling stage.

For this we say Thank You, from all the members.

The Valley Voice staff and committee express their deepest sympathy to Tracy, Claire and families on the passing of Ross.

An inspirational person, always remembered.

The next Council meeting will be held on Monday 18 August 2014 at 10am in the Council Chambers, Georges Bay Esplanade, St Helens. Minutes from Council meetings are available online.

The most interesting information comes from children, for they tell all they know and then they stop.
Mark Twain

Letters to the Editor

Dear Editor

On behalf of Woodcraft Guild members we would like to extend a personal thank you to Break O'Day Regional Arts for their great night and invitation to "Festival of Voices".

The Sizzler King sold many of his haute cuisine snags during the day, due to the array of volunteer artists who gave up their time to participate and bring in the crowds. The St Marys Hall at night was beautifully lit, which added to the atmosphere and beautiful sounds that emanated from the clever musos.

All this accompanied by the Lion Club's great coffee, and food supplied by Regional Arts, Trans BOD and Esk Valley Mates. It is the first time I have ever heard the Conceol ensemble and I assure you it will not be the last. Finally, I know that TRA has the same philosophy as the Guild and that they all work together as a collective and no single member should receive recognition. However, I think no reasonable person would take exception that this great night owes due recognition to the hard work and exceptional organisational skills of Michelle Kaal and Michael Smith, not to forget Wendy Fowler.

As one of our members succinctly summed it up - "bloody great night." We all concur!

Wendy Brennan

For and on behalf of the Break O'Day Woodcraft Guild.

Dear Editor

Thought it might be time to share my perspective, as a relative newbie, of our community.

So this year it is coming up to 3 years that I have been living in St Marys.

During that time I have been privileged enough to be accepted wholeheartedly by this community, and have been able to contribute to some of its events and activities. I have also been lucky enough to meet, work, and spend time with a variety of people who want this community to thrive and be a peaceful place to inhabit. It has always impressed me to see how many people will strive to help out this community, and support one another. If I ever wanted to know what was going on, I just asked so I could find out.

Over the past 3 years I have had the opportunity to become part of community groups; I also had significant illnesses, and have spent time away while I nursed my father through a terminal illness.

It always felt good to come back, even though at times it was difficult to leave other people behind, on the other side of the water.

At every point in this little part of my journey I have been supported, and I have been amazed by the passion and compassion within this community.

I just wanted to point out that I am very proud of this community, this place of ours, that its amazing, and it will continue to be the place I will gladly call home.

Thanks for letting me be a part of this town, for enjoying my laughs and conversations with the people within it, and for allowing me to find a home here.

Marie Owens, St Marys

Re: Principal, St Marys District School

Dear Editor

I am writing to express my concerns regarding comments made about the change of principal at St Marys District School.

There is no doubt that there has not been for quite some time, a Principal positioned at St Marys for a period long enough to give consistent direction and leadership to get the school on its feet academically, managerially and financially.

I suggest somewhere between 4 to 6 years is required for this to occur and it will only occur if the right leader is selected and appointed.

This is not to say that there has not been a suitable leader appointed to the Principals position previously, but the length of tenure has been too short to achieve the goals we as a community expect for our children.

No one should be condemned or criticised for looking forward and seeking new opportunities with regards to work and career.

What some commentators have omitted to mention is that there are within the community, people who deliberately and blatantly do their very best to undermine the leadership of our school leader and the constitutionally elected School Association.

Also the difficulties faced by Principals, teachers and students who are threatened and intimidated by parents and grandparents of some children attending our school.

Additionally, the backlash from some parents of making a decision regarding the closure of the school on days when flooding may endanger the lives of those needing to travel on busses etc through flooded roads simply because this may affect the need for working parents to look after their children at short notice.

The need for change on the way education is delivered and how the community and some staff members resist such "new" teaching methods - methods proven to be successful elsewhere around the country and the developed world, for that matter.

That a Principal is not made accountable for how the budget is spent, and the next appointed Principal is left with an empty bank account or perhaps a negative bank balance, and relies on additional funding from the School Association to provide funds just to help give our kids a decent education is astounding.

I could continue but I am sure you understand where I'm heading with this.

What is required from the community and parents by the Principal is trust, and if for any reason the community and parents have an issue with the way the Principal is running the school then there is an avenue through the School Association to raise your concerns, and duly expect those concerns to be taken seriously and in confidence, as the matter will be addressed as deemed appropriate.

Social chatting about problems, distortion of facts, and general undermining of the Principal and the School Association will only deliver more of the same, with regard to a Principal's desire to stay or not to stay with our school long enough to achieve goals required and expected from all of us. *Continued on page 6*

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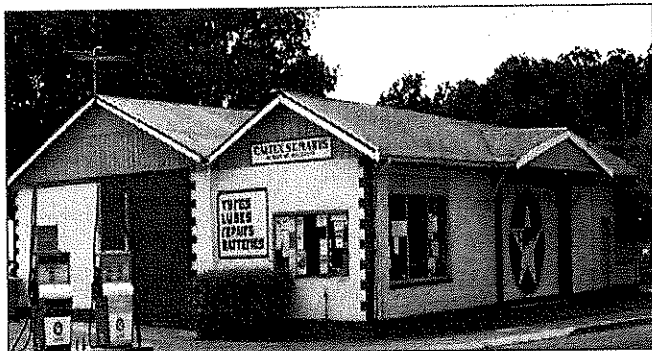
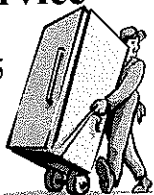
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Cassie.

Letters to the Editor

Continued from page 4...

Any teaching staff who oppose change must be able to show why that change is not beneficial, not just oppose without foundation.

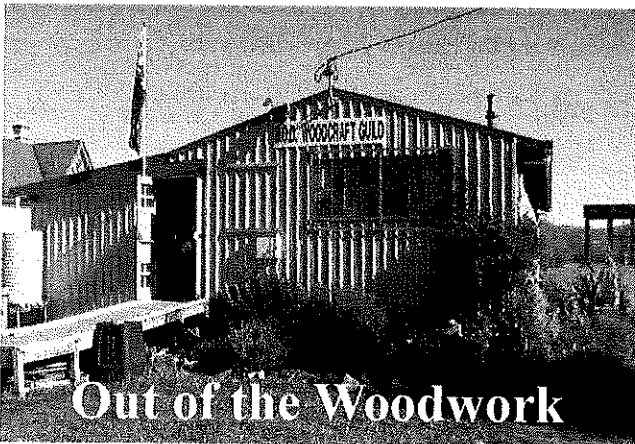
People who threaten and intimidate our teachers and students need to be dealt with by the police, and any witnesses need to have the fortitude to report those events. As for accountability, the education department needs to outline what is expected of Principals, with regard to delivering desired education/staffing outcomes within the schools budget allocation.

So, perhaps we may get a longer term Principal if we all take a look at ourselves and support the school and what it represents.

This letter is not intended to cover all issues with regard to the number of school Principals we have had in the last decade or so, but is purely intended to outline this author's thoughts about what are seen as contributing factors as to why some Principals may have a preference to move on.

(Thoughts and experience mostly gained from my involvement as a member of both the Fingal and St Marys School Associations, and the federation of the Fingal and St Marys Schools.)

Sincerely
Greg Bean



Wendy Brennan, Secretary 6372 2094

www.breakodaywoodcraftguild.weebly.com

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.

*We dedicate this
Out of the Woodwork
to Ross Bean.
All our heartfelt sympathies to
all the family,
from all our members.*

The Say...by Cagerattler

Every so often something happens to make me wonder how incredibly cruel human beings are. The term 'They're nothing but animals' pays animals a disservice, because rarely if ever does any other species in the animal kingdom kill in hate, they kill to survive. But we do.



Late last week as I watched the news and saw two different places in the world where hatred killed so many, again, I genuinely felt that we have it all wrong.

Of course, the conflict in the Gaza Strip between Israel and the Palestinians has been going on for a long time... but is currently at flash point again; but the other one, with direct links to our own country, was so incredibly beyond belief, I'd rate this particular indiscriminate action on a par with the World Trade Centre, Kuta, and acts by the Taliban with its absolute disdain for the sanctity of life.

This of course was the shooting down of Flight MH17 in the Ukraine. The pro-Russian driven separatists are nothing but murderers - absolute and complete blame hangs on them. No cause to align with Russia can justify using such horror tactics aimed at civilians. I, along with all rational, self respecting people across the world, must surely hope that the perpetrators are caught and brought to justice soon.

Not only was the shooting down a crime, but these cruel malicious people have since hampered the recovery and independent investigation process, and quite clearly had time to destroy most of the evidence to link them with the crime. The Russian Government must surely also have blood on its hands, because their assistance of the separatists is absolute, even without too much investigation. Why aren't the Russians punished to the full extent by the European community? Because Russia holds control of much of their oil supplies, so by upsetting them by making them culpable, they risk their supply. SO human life has a price - whatever the barrel price is currently.

I'm glad that the Australian Government has tried to take a leading role with party bi-partisan support, and it at least sends a message (albeit from afar) that we abhor this most distressing and senseless act.

I defy ANYONE, ANYWHERE, to tell me the separatists can claim any type of justification for this...and similarly the willy-nilly indiscriminate rocket attacks on civilian targets by both the Israelis and Hamas in the Middle East.

There has to be a better way...has to be...

What do you think? Rod McGiveron

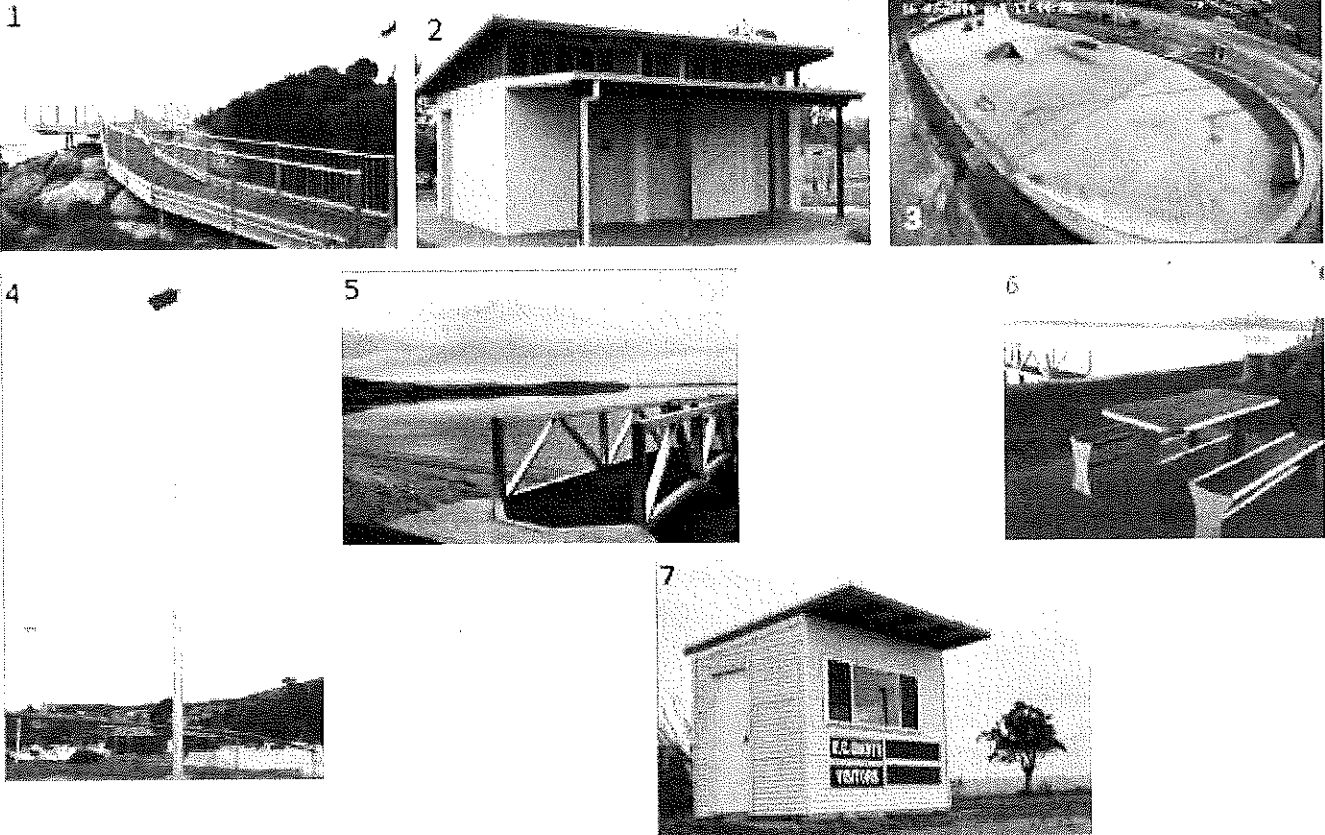
On this day in 1928
MGM's Leo the lion
roared for the first
time.

He introduced MGM's
first talking picture,
"White Shadows on
the South Seas."



Recently completed Council projects

Over recent weeks, Council has completed a range of projects, photos of which are below. 1. Viewing platform, Binalong Bay 2. Public toilets, Fingal 3. Image from security cameras installed at St Helens Skate Park 4. One of the 6 light poles at the St Helens Skate Park 5. Beauty Bay Jetty works, 6. Picnic table at Beauty Bay 7. Score board at St Marys Football Ground.



New Youth Worker/Admin officer

Simon Holmes has taken up the position of Youth Worker/Admin officer at Council. He brings to the role 9½ years experience, working with young people in the Break O'Day municipality through his teaching roles at both St Helens District High School and most recently St Marys District School. Simon has some exciting projects in the pipeline aimed at engaging, inspiring and showcasing people aged 12-25 in our municipality.

Facts on Cannabis Trials

Article by the Hon Rebecca White MP, Shadow Minister for Health and Human Services

Labor Member for Lyons

In the past few years there have been a number of studies and clinical trials around the world which have examined the efficiency of the medicinal use of cannabis to treat a number of medical conditions. The results of these have shown that cannabinoids can reduce the effects of pain caused by abnormalities of the nervous system and pain experienced by patients with multiple sclerosis. Cannabinoids also reduce the nausea and vomiting experienced by cancer patients where patients fail to respond to standard treatment. The evidence is clear, medicinal cannabis could assist many Tasmanians suffering from terminal and debilitating illnesses by easing pain and associated effects of treatment. With the appropriate safeguards in place it's time to show compassion and permit a clinical trial of medicinal cannabis production, processing and administration in Tasmania.

The cultivation and processing of a small crop of cannabis for medicinal purposes would also provide benefits to Tasmanian industry. It's extraordinary that the Tasmanian Liberals are restricting Tasmanian farmers from the possible economic benefits of growing cannabis crops.

Already many Tasmanians have shared their stories of the benefits of cannabis to relieve pain and suffering. It's common sense that medicinal cannabis products should be available for Tasmanians to use in the same way opiates are available, strictly for medical use. It's the compassionate thing to do. Unfortunately Minister for Health Michael Ferguson has been steadfast in his opposition of this proposal for safe clinical trials into growing medicinal cannabis in Tasmania.

Labor is sponsoring a petition calling for the State Government to allow a trial of medicinal cannabis in Tasmania. The petition is available from Labor MP's offices. If anyone would like paper copies to distribute in their community, contact my office on 6212 2225. The petition is available for Tasmanian residents to sign. The E-Petition is available at the Parliament of Tasmania website at www.parliament.tas.gov.au/EPetitions/House/ and go to Current Petitions.



Open letter to Hon. Tony Abbott

When I heard the prime minister utter his latest diatribe in reply to the Japanese prime minister, Shinzo Abe, that 'we admire the skills and honour of the Japanese submarines during WW2, I was gobsmacked and soon incandescent with rage. His admiration must be either based on ignorance, insensitivity, sycophancy or serious foot-in-mouth disease. Furthermore, don't use the word 'we'; it doesn't include me, or many, many other people in Australia.

From 1936-August 1945, the Japanese military (including the submarines) displayed unspeakable brutality causing terror across Asia and the Pacific, from China, Korea, the Philippines, Hawaii (USA), Pacific Islands, the NEI (Indonesia), Indochina (Vietnam, Cambodia, Laos), Malaya, Singapore, northern Australia and even Sydney Harbour. Submarines attacked allied shipping carrying troops, civilians and the 'Centaur', a hospital ship painted white with big red crosses visible. The survivors were not rescued, but shot in the sea.

Allied troops, women and children were imprisoned and humiliated, used as slave labour, sex and scientific and medical experimentation, depriving them of food and medicines at every turn. If anything, the native populations of these countries suffered even more; millions of lives were lost and survivors debilitated physically and mentally, often for the rest of their lives. At best, they lost all their worldly possessions.

Three submarines planned to attack the USS Chicago in Sydney Harbour, but missed and blew up HMAS Kuttabul, an accommodation venue moored at Garden Island, killing 21 young Australian sailors.

All might be fair in love and war, as the saying goes, but WE certainly should not admire what the enemy meted out on us over the years - nothing I have read, seen, heard or experienced leads me to admire the Imperial Japanese Forces.

This statement from you is not honourable, Tony Abbott. It is decidedly dishonourable, and an apology should be forthcoming.

Yours Sincerely

J M Sparkes, St Marys

(Full address and phone number supplied)

Cancer Council Tasmania is holding informal meetings on Monday August 4th to hear community views of the need for Cancer Support Groups on the east coast. The St Helens meeting is at the Neighbourhood House, Circassian Street from 12-1pm, and the Scamander meeting is at the Sports Complex, Old Coach Road, from 1.30-2.30pm. If you are unable to make either of these times call Richard on 6341 8417 or e: raustin@cancertas.org.au to make your voice heard.

Richard Austin, Senior Support Officer, Cancer Support
Cancer Council Tasmania

Have your say on our National Landcare Program

The Australian Government will hit the road in August to talk to Australian communities about getting involved in the National Landcare Programme.

Federal Member for Lyons, Eric Hutchinson MP, said from August 4th, community information sessions would be held in capital cities and regional centres across the country, telling people about the opportunities on offer in the National Landcare Program and how to get involved in local projects.

Mr Hutchinson said the information sessions would be held in every capital city as well as ten regional centres, so that farmers, environmental groups, local Landcare bodies and natural resource management organisations could have a say about how the National Landcare Program could benefit their local area.

"The Government is keen to get as many views as we can, so a consultation survey will also be available online for all Australians to have their say on the National Landcare Program," he said.

"We want to work with regional natural resource management organisations, Landcare groups, community organisations and individuals to deliver simple, local and long-term solutions to environmental challenges."

Online consultation will make it easier for those in regional and remote Australia to have their voices heard.

"The Government is committed to empowering local communities to undertake projects with long-term benefits, based on local and regional priorities."

"The consultation survey is a great opportunity for communities to help shape the program in Lyons and I encourage people to participate in this process," Mr Hutchinson said.

The Government will also shortly announce details of funding for future small projects and a one-off grants programme to coincide with the 25th anniversary of Landcare.

In Tasmania the sessions will be held in Launceston and Hobart as follows:

Hobart - Thursday 7 August from 1:30-3:30pm at the Churchill Room Salamanca Inn, 10 Gladstone Street Hobart

Launceston - Friday 8 August from 12:30-2:30pm at the Tramsheds Function Centre, Inveresk Rail Yards, 4 Invermay Road, Inveresk

Further information on the consultation survey and community sessions is available at www.nrm.gov.au



Tasmanian
Government

The Soup and Sandwich Community Outreach Dinner at the Holy Trinity Church Hall, St Marys held on the 19th July, during a very busy St Marys weekend, was well attended.

17 community members attended mainly from St Marys township but also from further afield, many had been in town checking out the Wrapped in St Marys event and attending the Unplugged music workshops. The main course included a fish soup, three types of pumpkin soup, plus a very spicy Indian cauliflower and potato soup, that had a few diners perspiring. Desserts were provided by community members and a great evening was enjoyed by all. A number of the diners left to head off to the Unplugged concert in the Town Hall.

The gold coin donations totalled \$51.85 and will this month be donated to the Tasmanian Lymphoedema Centre at the St Marys Community Health Centre. The Tasmanian Lymphoedema Centre was established in St Marys in January 2000, and pioneered the use of Scanning Laser Therapy in Tasmania.

Today the Centre has two scanning laser units and five hand-held probes. These units combine to offer an extensive range of wavelengths and intensities, enabling the therapists to optimise treatments for certain conditions ranging from lymphoedema, post-surgical, wounds and musculoskeletal injuries.

Look out for notices for next months dinner around town and in the Valley and East Coast Voice - Indonesian themed Foods - and as a heads up, the donation next month will go to the Voices of Martyrs.

Janet Drummond
on behalf of the Anglican Parish of Break O'Day


**SUAVE
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St Marys Tasmania
maddinud@hotmail.com

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*A statewide project funded by the Crown through the
Department of Health and Human services in partnership
with the Tasmanian Association of Community Houses and four
other Community Houses.*



**Are you a family with
children from 0-12 years?
Are you new to the area or
been here for a while?
Looking for something fun
to do?
Want to improve your
health and wellbeing?**

If you would like to join in or have ideas about
other activities for you and your family we would
love to hear from you

Contact Emily at the St Helens Neighbourhood
House on 63761134
emily.mccormack@neighbourhoodhouse.org.au



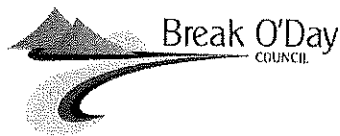
More information
Ashlee Walker
Cancer Council Tasmania
(03) 6341 8409
awalker@cancertas.org.au

Want to make a difference in your community?
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Relay For Life St Helens

21-22 February 2015
St Helens Sports Complex
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Terms and Conditions

Eligible entrants must be registered to receive electronic Rate Notices for Break O'Day Council at midnight 12th September 2014. Entry is limited to one chance per email address. Draw will take place at Commonwealth Bank of Australia, Cecilia Street, St Helens by the Manager. Prize winners will be notified by email and their name will be announced on the Break O'Day Council website after the prize draw on the 15/9/2014.



Festival of Voices - Unplugged St Marys

WOW!!!

What a fantastic day it was, the weather was kind

to us; the workshops and main event were all busy.

It was fantastic to see and hear so much local talent up on stage ... Pete Cornelius, Conceol, Sarah Darnell and her Band, River Willow & Friends, Todd & Astrid, Peter Heading, JAM Choir and of course our very special "Little Ones" from the Day Care Centre ... not forgetting the surprise solo from one of our local wonderkids.

Thank you to everyone who attended "UNPLUGGED" in St Marys!

To all the wonderful talented singers, songwriters and musicians who gave so willingly of their time and their art; to the many and varied community groups who fed and watered us throughout the day and into the evening; to the volunteers who were there to help setup, clean-up, climb ladders and see that all ran smoothly; to Bruce our local electrician; to the wonderful people who ran the various workshops, and to the people and communities for supporting this event.

We had 106 bottoms on seats at the peak of the concert, with quite a few others wandering in and out and around.

We could not have had this event without all of you!

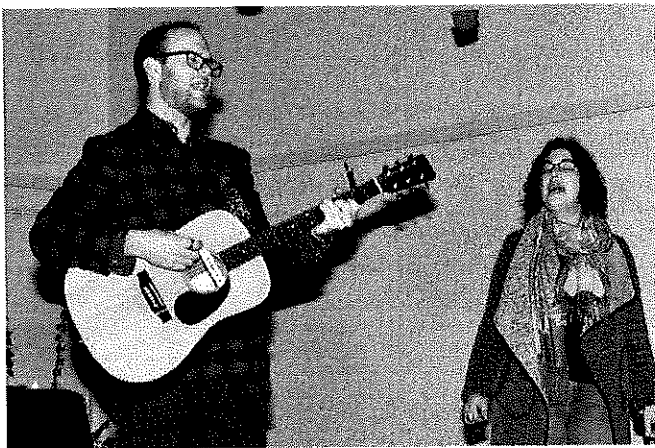
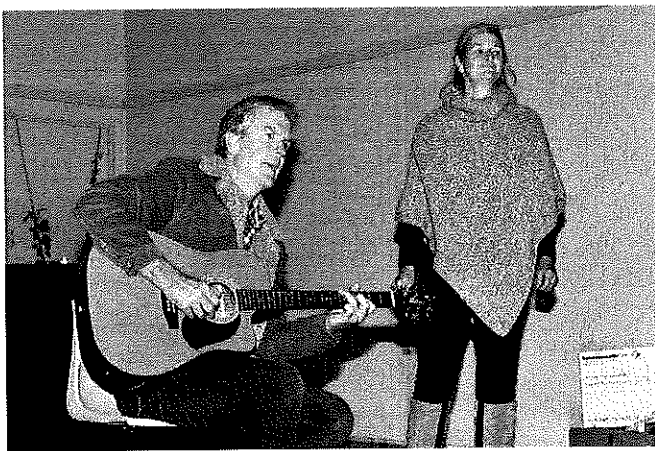
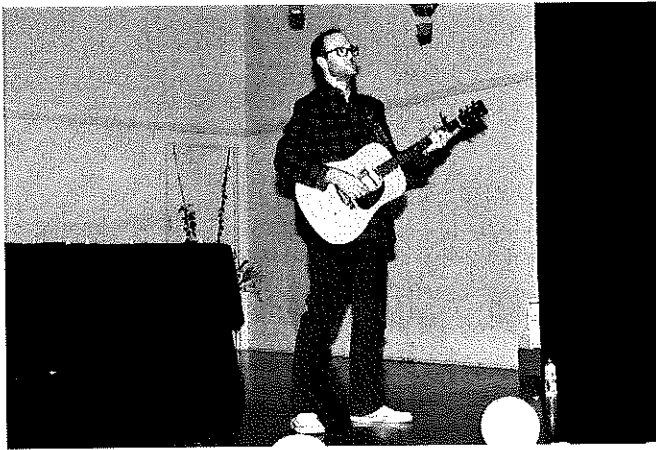
Special mention also goes to BOD Council for allowing us to present this inaugural event, and we thank Festival of Voices for inviting us to be part of their East Coast Trail.

Barbara Longue / BODRA President
Michelle Kaal / BODRA Secretary

July 19th, 2014

St Marys Unplugged, Community Hall, Saturday July 19th

Photos by Peter Troode



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St. Helens History Room

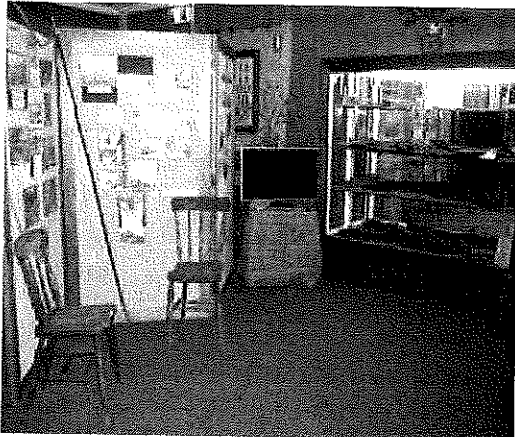
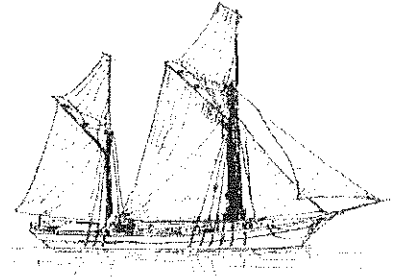
61 Cecilia Street St Helens Tas. 7216

Ph: (03) 6376 1479 Fax: (03) 6376 2658

e: historyroom@bodec.tas.gov.au

July 2014

St Helens History Room is proud to present its latest temporary exhibition 'Story of Sawmilling in St Helens 1874 – 2014'. It is a topical subject due to the recent closure of the St Helens mill after 100 years, in one form or another. There is video footage of the last days of the mill, with interviews of the staff. We would like to thank the public for contacting the St Helens History Room regarding this and we are glad to know that history is being owned by all. There are some great images and material in this exhibition, so please come in and pay us a visit. Open until the end of August 2014.



Display area with George Peddle chairs



Former Portland municipal map with 32 sawmilling sites



Alma Doepel, main logging freight vessel

Article and photos by Kym Matthews

You're invited to...

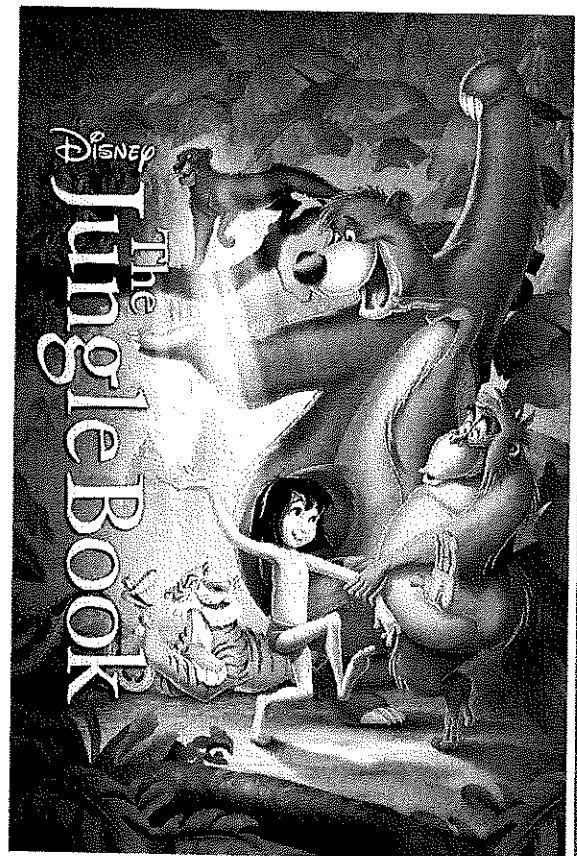
A movie for the whole family

St Helens Neighbourhood House
Bungalow

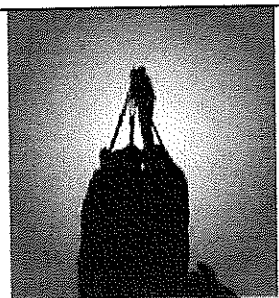
Sunday Aug 3rd 1:30pm

Gold coin donation per family
A part of the Thriving Communities -
Healthy Families Project

Free Popcorn



A statewide project funded by the crown through the Department of Health and Human Services in partnership with the Tasmanian Association of Community Houses and four other Community Houses



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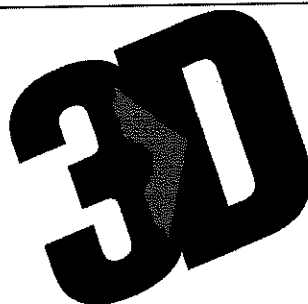
Avery House, level 1 48 Cecilia Street, St Helens
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**46 MAIN ST - ST MARYS
0448 532 531 - A/H 6372 5497**

Church ladies with typewriters:

Ladies Bible Study will be held Thursday morning at 10am. All ladies are invited to lunch in the Fellowship Hall after the B.S. is done.

East Coast RC Flyers news - August 2014

Continued from front page

Moderate to strong winds make RC flying more difficult. RC flying is difficult? It can be. A pilot sitting in the cockpit of a 'real' aeroplane can rely on eyesight, the vestibular system (balance system in the ear), cockpit instruments and on the sensations in his or her bottom to see and feel any changes in the attitude of the plane. A model flyer has just the eyesight.

Is this an explanation for the many crashes the club has experienced since inauguration last year? It is partly to blame; but, unlike flying a 'real' plane, crashing is part of the learning process. Crashes will become less frequent with experience, but will always be in the mind of the RC flyers. They are also a constant source for jokes and laughter.

Fortunately, most trainer planes are cheap and made of a fairly crash resistant type of foam. They can handle a misjudged landing or a crash into a tree. However, a steep dive into the ground will result in many hours of gluing together the bits and pieces - if everything can be found.

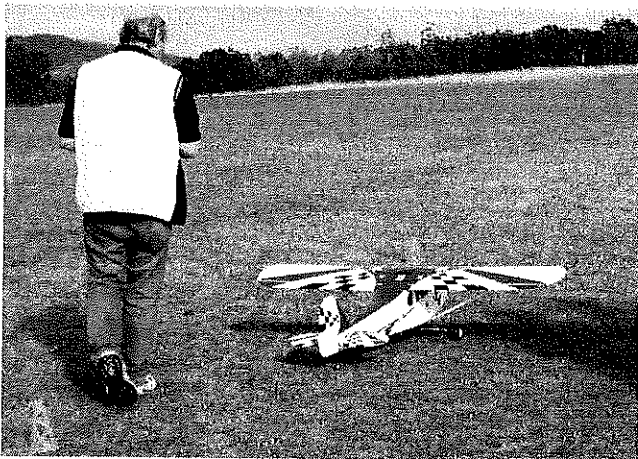
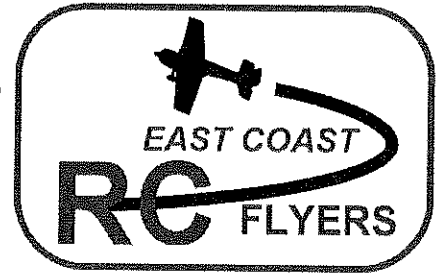
This is not to dishearten any potential new member, but to highlight that crashes can and will happen. The club provides good training to minimise the risk of a crash, up to a level whereby a model aeroplane pilot can fly on his or her own. In aviation, this stage is known as flying solo.

If you have never flown before, feel free to visit the flying field and ask for an introductory flight. If, on the other hand, you were a RC flyer, but had a break for several years, the club is quite happy to offer you refresher flights.

You can find more information, including the next flying days, on the club's website at: eastcoastrcflyers.org.au

Article by Manfred Weihrauch

Permission has been obtained from all persons pictured
All images are courtesy of Angelika Weihrauch



Above: Alan Butler's Piper Cub Maiden Flight

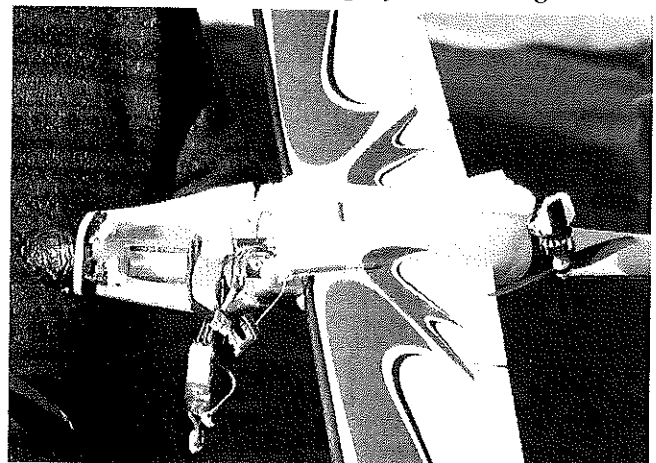


Above: Flying training with Manfred Weihrauch and Brian Powell

Below: Lucky escape - Terry Stingle landed in a tree without major damage



Below: Substantial damage of a motorized glider

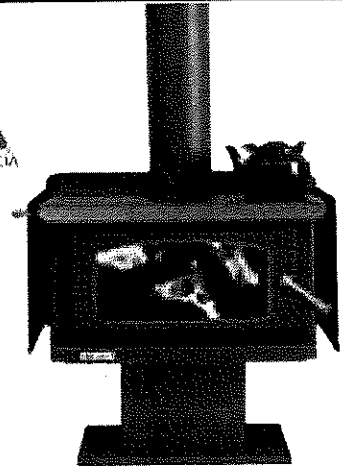


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Come and join us on

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10am - 3pm

Free BBQ

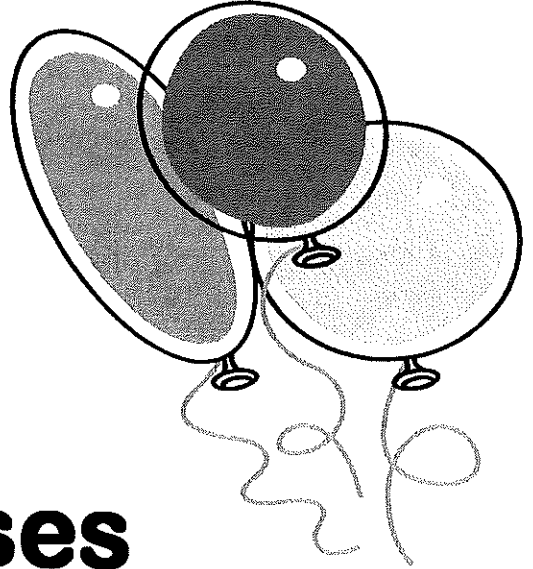
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Ph: 6376 2555

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Come and join us on

Thursday 14th August 2014

10am - 3pm

(Free B B Q)

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Ph: 6376 2555

District Guide - for inclusion/amendments call 0403 430 452

Accommodation Addlestone House
B&B St Marys 6372 2783

Fish-Tales On The Bay - pet friendly
0439 265 362 AH 6372 2128

Mariton House B&B, horse-riding
St Marys 6372 2059

Queechy Cottages St Helens 6376 1321

Rainbow Retreat St Marys 6372 2168

Seaview Farm & Youth Hostel St Marys
6372 2341

St Marys Historic Hotel 6372 2181

Tidal Waters Resort St Helens 6376 1999

Arts & Crafts Gone Rustic Studio &
Gallery St Marys 6372 2724

Big Shed Studios St Helens 0428 725 228

Madd=Mudd St Marys 0409 174 287

River & Willow Art Space St Marys

Australia Post St Marys 6372 2124
Fingal 6374 2195

Mathinna 6377 1168

Scamander 6372 5664

St Helens 131318

Bakers St Marys Bakery 6372 2131
St Helens Bakery 6376 1260

Banks CBA St Marys (ATM) 6372 2268
CBA St Helens (ATM) 6376 2295

Westpac St Helens 6376 2751

Boarding Kennels The Gums Kennel
& Cattery St Marys 6372 2512

Upper Scamander Kennels & Cattery
6372 5157

Wagabouts 0429 170 077 / 6376 2131

**Break O'Day Business Enterprise
Centre** St Helens 6376 2044

Break O'Day Council St Helens 6376
7900

Bus Services Calows Bus Service St
Marys 6372 2476

St Helens 6376 2161

Butcher IGA St Marys 6372 2274

Cable Locations Michael Smith 0408
059 521

Carers for Wildlife Tas Inc
St Marys 6372 2973 / 0417 017 105

Cartage Contractors

C & D Excavations 6372 2033

Trotter's Contracting 6372 2107/6372
2742

Child Care St Marys Childcare Centre
6372 2187

Chinese Groceries & Medicines
Ping's Place St Marys 0411 186 573

Churches

Anglican Church St Helens 6376 1144

Catholic Church St Marys 6372 2252

Uniting Church St Helens 6376 2405

Salvation Army St Marys 6372 2099

Community Car St Marys 6372 2137

Confectionary Mt Elephant Fudge
St Marys 6472 2787

Dentist St Helens 6376 2359

Designer-Building Building Design
Studio St Marys 6372 2000

Doctors St Helens 6376 1777 ah 1300 780
011

St Marys 6372 2111

Electrical Repairs Ransley's Home
Appliances - 0428 761 811/6372 5307
St Helens Electrical 0407 615 072 / 6372
5522

Funeral Directors

Harris Funerals St Helens 6376 1153

Gardening Services

Clean Cut Gardening 0419 113 836

Andrew Davenport St Marys 6372 2366

Glass Replacement East Coast Glass
6372 5361

Golf Clubs St Marys Sports Centre Inc
6372 2177

Insurance Brokers McKillop Insurance
(Lyn) 0400 984595

Justices of the Peace K Faulkner 6372
2196

H Veldums 6372 2124

Hairdressers Ana's Salon St Marys 0448
532 531

Health Foods Purple Possum Wholefoods
St Marys 6372 2655

Healthy House St Helens 6376 5242

Horticulturist Peter Dane 6372 2686

Hospitals Circassian St St Helens 6376
5222

Community Health Centre St Marys 6372
2111

Libraries St Marys 6372 2114
St Helens 6376 1389

Lymphoedema St Marys Lymphoe-
dema Centre 6272 2900

Marriage Celebrants Peter Power 0417
017 105

Terese Tanner 0400 512 845

Meals on Wheels St Marys 0488 384
344

Mechanics Michael Aulich 0417 507
239 / 6372 2991

Grant Faulkner St Marys 6372 2335

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NEET Centre St Marys 6372 2175

Newsagencies St Marys 6372 2143
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6372 5571 / 0457 583 099

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LJ Hooker St Helens 6376 2300
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Restaurants/Cafes Coach House
Restaurant St Marys 6372 2529
Mt Elephant Pancake Barn 6372 2263
Purple Possum Wholefoods 6372 2655
Mt Elephant Fudge 6372 2787

**Secondhand Dealers and Collect-
ables** Secondhand Rose St Marys AH
6372 2267

Septic tank cleaners
Splash St Marys 0488 777 713

Schools - District High Schools

St Marys 6372 3900

St Helens 6376 7100

Primary Schools

Avoca 6384 2117

Fingal 6374 2197

Service Stations/Fuel

Avoca 63842157

Scamander 6372 5193

St Marys 6372 2335

Supermarkets

Avoca R/house 6384 2157

Holder Bros Fingal 6374 2171

St Marys IGA 6372 2240

Scamander Supermarket 6372 5125

St Helens Super IGA 6376 1177

Surfing Supplies

Scamander Beach Surf Shop 6372 5529

Bay Surf Shop St Helens 6376 1755

Telephone, Data and TV

East Coast Phone & Communications

John Heron 0409 959 121 / 6372 2402

Delafrontera Dave Morris 0402 969 393

Surveyors East Coast Surveying St
Helens 6376 1972

Vets

East Coast Vet Clinic St Helens 6376 1577

North East Vet Clinic St Helens 4206 7409

Water Carriers Splash St Marys 0488
777 713

Woodcraft Guild Old Railway Goods
Shed St Marys 6372 2094

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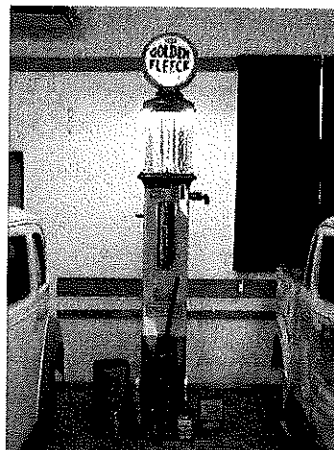
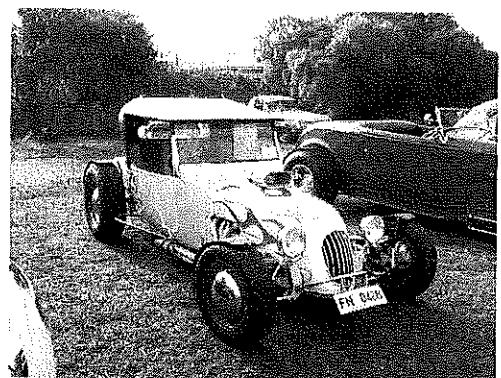
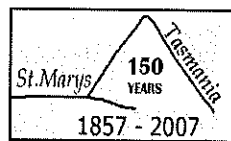
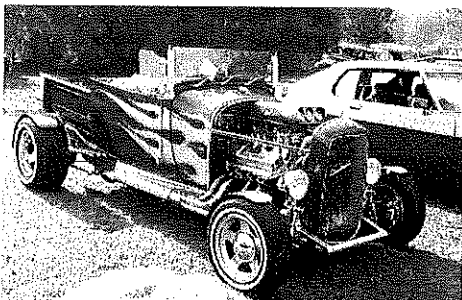
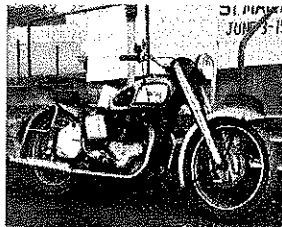
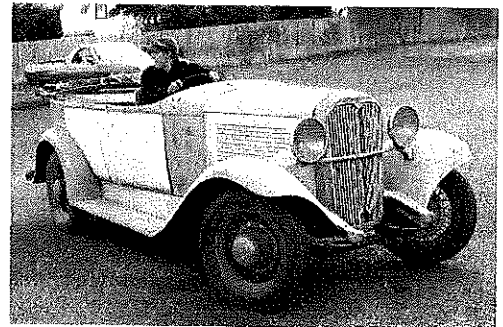
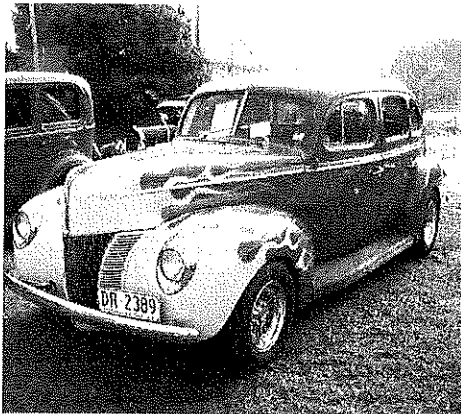
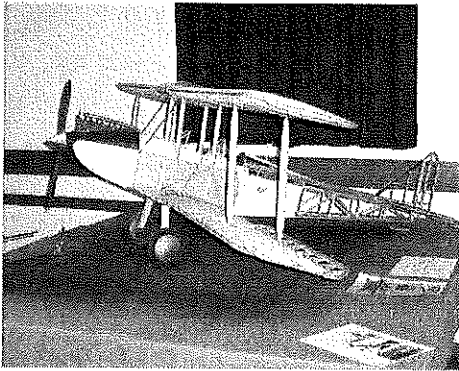
St. Marys Association for Community Development
23b Main Street St. Marys Tasmania 7215
Ph 0363722005
e-mail admin@stmarystasmania.com.au

If its planes, trains and automobiles that take your fancy then you are well catered for in the month of June. Rob "the train man" had a bumper crop of visitors to his train layout and he said that it compared well with the Ross exhibition.

The Early Ford Car Club, along with local car owners made a static display on Faulkner's Green. There were about 70 cars on show, enough to stir the blood of any car nut. SMACD would like to thank all the owners for their efforts and generosity in allowing this event to take place.

I would like to take this opportunity to thank Grant Faulkner, Ian Summers, Bill Targett, Jim, Rod Bond and Dan Rice for their tireless efforts which contributed to the success of this event.

The History of Transport in St Marys will end on June 24, 2007 with another display of cars on the Green, and the Airing of the Quilts in the Lions Park, along the river near the bridge.



ARTS/CRAFTS

Sourdough Bread making Workshop, July 12th 2014 at St Marys

TransBOD held a bread making workshop in St Marys with 10 people attending, each making a loaf of delicious sourdough bread in the European style. The workshop was conducted by Karl Balzer (as the baker) and Robina Balzer, who demonstrated the Austrian way of making a traditional loaf; the use of stone ground wholemeal flour and sourdough starter inherited by Robina from stock said to be from California, and up to 100 years old.

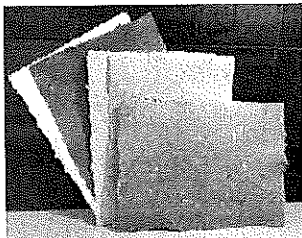
Traditional spices were used and all agreed that they liked the taste and density of the loaf produced. Lunch was served with all participants bringing a filling to use on a large loaf made to taste and appreciate the type of bread made in many European countries. A second course is being planned BUT it is at present fully booked out, so if you're interested please email TransBOD and place your name on a waiting list for future courses. transbod@gmail.com

Article by Robina Balzer, photos by Robina Balzer and Michelle Menz

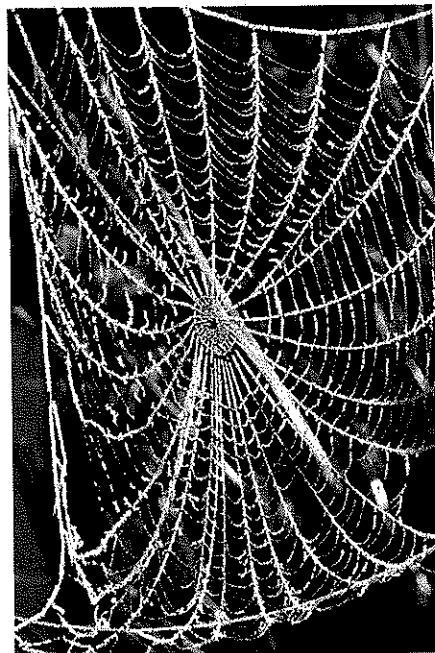


Workshops - open to all ages!!
Paper Making - with River
'Come along and learn the art of...'

Week 1 Saturday - August 9th 2014
Week 2 Sunday - August 17th 2014
1.30pm - 3.30pm Ages: 6yrs - 110yrs
at the St Marys Community Hall
Cost per class: \$9 for BODR Arts members
and under 14s, \$12 for general public



Bookings and enquiries - Michelle
on 0407 046 865 or
bodregionalarts@gmail.com



Fantastic photo by Glyn Johnson

FUNKY FELTED BAGS - after our inspirational nuno felting workshop with Tasmanian textile artist **June Hope**, we can't wait to have her back! Looking to run a Funky Felted Bag workshop in August or September - please call Rita at **Gone Rustic Studio + Gallery** on 03 6372 2724 or 0417 027 424 to register your interest. Cost is \$65 plus materials; tea and coffee provided (byo lunch). Hope to hear from you soon! gonerustic.com/2014/07/24/funky-felted-bags-workshop/

The Topp Twins, born 1958, Huntly, New Zealand, are the folk singing and activist sister comedy duo of New Zealand entertainers Jools and Lynda Topp. They are known for their country music influenced style, live shows and television performances. They often perform as characters, the most notable being the roles *Ken & Ken*, and *Camp Mother & Camp Leader*.



Topp Twins performing in 1981

The Topp Twins have performed as a country music-singing comedy duo for more than 30 years. In the late 1990s they created their own TV series, which ran for three seasons and showcased their iconic cast of New Zealand characters, including *Camp Mother & Camp Leader*, the *Bowling Ladies* and *Ken & Ken*, roles for which they cross-dressed as 'typical kiwi blokes'. The series won them several awards at the New Zealand Film and Television Awards and screened on the ABC and Foxtel networks in Australia. The twin's documentary feature film, *Untouchable Girls*, directed by Leanne Pooley, was released in April 2009. It broke all previous records for opening day and opening weekend, for a NZ documentary. After just four weeks at the box office, it made over \$1m. To date, it has made almost \$2m in box office sales. The movie was produced by Arani Cuthbert and the film's cinematographer was Leon Narbey. The film was well received, and has been shown at numerous film festivals world wide, winning awards at the Toronto International Film Festival, Melbourne International Film Festival, Göteborg International Film Festival, Portland International Film Festival and the 2009 New Zealand Film and Television Awards.

In March 2013, Lynda married her long-time partner Donna Luxton, a preschool teacher. The Topp Twins were inducted into the New Zealand Music Hall of Fame at the APRA Silver Scroll Awards in Auckland in September 2008. This award was given as a lifetime achievement award for songwriting, and the fact that their songs and music have had an impact on New Zealand culture during their careers which span more than 25 years. In 2010 Wintec awarded the twins honorary masters degrees and in 2011, Waikato University awarded them honorary doctorates.

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

<http://www.youtube.com/watch?v=Tppxs0ahh38>



Camp Leader and Camp Mother

Eric Hutchinson, Federal Member for Lyons

Exploring more options for retirement income products

The Government is delivering on our election commitment to review regulatory barriers restricting the availability of retirement income stream products.

Australians are looking for more options to better manage their retirement income and manage associated investment and inflation risks.

We are also committed to providing self-funded retirees with confidence that their funds will not run out because of inappropriate forced withdrawals, by reviewing the minimum payment levels for account-based pensions. The Government wants to encourage greater product innovation in retirement income products that better cater for the evolving and differing retirement preferences.

On Monday 21 July the Government issued a discussion paper which considers key areas such as:

The regulatory barriers restricting the availability of relevant and appropriate retirement income stream products;

The minimum payment requirement for account-based pensions

Facilitating deferred lifetime annuities by extending concessional taxation treatment

The discussion paper is now available at treasury.gov.au/ConsultationsandReviews/Consultations and submissions will be accepted until 5 September 2014. The Financial Systems Inquiry is also considering some of these issues. There is also an opportunity for submissions (<http://fsi.gov.au/consultation/>) to be made to that inquiry.

TransBOD

Presentations and Skills Sharing

Tuesday 12th August 2014

WASP CONTROL

In vineyards, orchards, farms and gardens ...
DAVID SANDERSON (Industry Development Officer, Wine, Tas. Inst. of Ag.)

St. Helens Portland Hall 1.00 - 2.45 p.m.

St. Mary's Community Hall 4.30 - 6.30 p.m.

Saturday 16th August 2014

ALL ABOUT BEES

Plan Bee Initiative - JILLIAN WESTON
(Lillydale LandCare)

Caring for Bees - SUSANNE BOUGHTON
(Bay of Fires Apiaries)

Planting for Bees - MARK LEECH

Falmouth Community Centre, Morrison Street,
Falmouth 2.00 p.m. - 6.00 p.m.

Transition Break O'Day

Growing food, sharing skills, sustainable choices & building the communities in which we'd like to live...
transbod.wordpress.com



Researchers at Flinders University say that making the best use of bees is the key to future food security.

Declining bee populations around the world pose a threat to global agriculture.

Bees pollinate food producing plants and provide us with honey. Bees also pollinate native plant species, thereby ensuring continuing bio-diversity, which can be important to survival of species, including humans!

We can learn to care for bees, produce our own honey and also plant for bees (while still supporting local biodiversity) in our gardens, parks and properties.

By donation - tea/coffee provided. Sponsored by NRM North

NUMBERS LIMITED FOR BOTH EVENTS - PLEASE REGISTER WITH NAME, CONTACT DETAILS & WHICH PRESENTATIONS YOU'D LIKE TO ATTEND
EMAIL: transbod@gmail.com

TEXT/PHONE: Susan 0418 327 940
or Robina 63722022



Eric Hutchinson, Federal Member for Lyons

25 July, 2014

\$11m fund SUPPORTING NEW INVESTMENT IN LYONS

Local businesses in Lyons are being encouraged to create projects to diversify the local economy, with an application under the Australian Government's \$11m Innovation and Investment Fund for Tasmania, said Eric Hutchinson MP, Federal Member for Lyons.

"This fund is an important part of a regional economic diversification package for Tasmania and will support local businesses to deliver sustainable industry opportunities, help diversify Tasmania's economy and create new jobs," he said. "I meet regularly with local business owners and operators in our area, and while they recognise there are challenges in our region, they're also very keen to see new economic growth, new jobs and long-term business opportunities created in the region. The fund is part of a \$106 million Australian Government package aimed at stimulating economic growth and new jobs in Tasmania, in addition to other initiatives under the Government's Economic Growth Plan for Tasmania.

"The Australian Government is working with the local community to help strengthen industries across Tasmania to become more competitive by investing in technology, modernisation and business capacity building. The fund will stimulate real action to build a strong and prosperous Tasmania by making a difference in terms of growth, jobs and raising living standards."

Applications will be assessed to ensure they represent value for money. Grants, from a minimum of \$50,000, will be awarded through a competitive, merit-based process to ensure that funded projects are commercially robust.

"The Government recognises the importance of reinvigorating the Tasmanian economy and identifying new opportunities. We are determined to create the right environment to facilitate new investment. We've scrapped the carbon tax and we are getting rid of red tape and other disincentives for investment," Mr Hutchinson said.

The Australian Government is delivering on its election commitment for an economic package for Tasmania, with a range of initiatives to support a strong and prosperous local economy including \$38m to expand Hobart International Airport, \$24m to establish a new Centre for Antarctic and Southern Ocean research and \$400m to upgrade the Midland Highway.

Alongside this investment, the newly opened Tasmanian Major Projects Approval Agency is working as a one-stop-shop to assist investors on projects worth more than \$50m.



(Some thoughts, continued)

or gossip, lies or slander.

We toss words about like so many bits of flotsam and jetsam.

There are some really important words....like 'please' and 'I'm sorry' and 'forgive me' and 'you're welcome' and 'I love you' and 'I need help' and 'can I help you?' and 'I made a mistake'. Sadly there are two others which don't seem to be used as much as they used to be: 'thank you'.

One of my favourite parts of the Bible is in the book of James, chapter 3 (in the New Testament). In this section God inspired the writer James to teach us about our need to tame our tongue - that small but powerful organ surrounded by our teeth, which he likens to the bit in a horse's mouth, the rudder on a ship and the spark which can set a huge forest ablaze. The bit controls the direction of the horse, the rudder controls the direction of the ship and the tiny spark can result in a devastating fire.

James points out that from the same organ can flow both good and bad words. He tells us that for such a small organ, it can do untold damage or great good! He goes so far as to say that no man can tame his tongue.

So what's the solution to taming the tongue? James suggests the answer is wisdom. Real wisdom. God's wisdom, which begins with living a life after the model of Jesus ... getting along with others, being gentle and reasonable, ready to forgive, overflowing with love, being honest and desirous of peace, not fighting useless battles shaped by intolerance and vengeance, not storing up hate by repeatedly retelling the negative events, aiming instead to just get along with each other, treating everyone with dignity and honour.

All too hard you say?

By ourselves, yes ... impossible.

But, with Jesus as our best-forever-friend who alone can change hearts and motives, and therefore our words, absolutely possible.

Some thoughts by Mel Norton

Words.

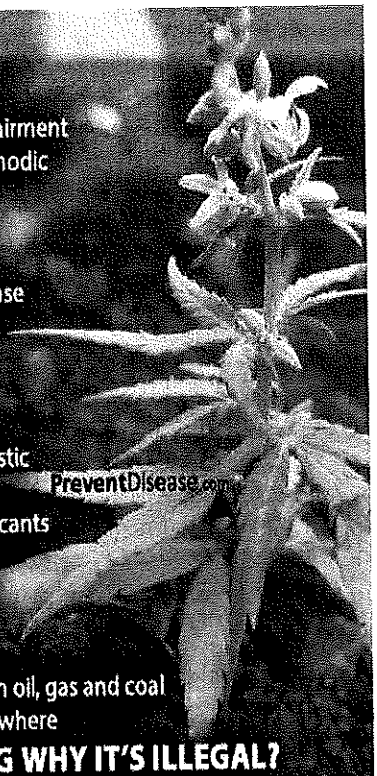
We use them, often without even thinking, rather like breathing, taking in air unconsciously.

To most of us, talking just comes naturally. But I wonder if we're aware of how much power exists in words. We underestimate their importance, their potential to cause both joy and pain, to uplift or destroy, to build up or tear down, to create harmony or dissension, to distribute truth

Cannabis

- Stops cancer growth
- Reduces neurological impairment
- Relaxes muscles, antispasmodic
- Prevents Migraines
- Treats Glaucoma
- Treats ADD, ADHD
- Reduces IBS, Crohn's Disease
- Cures Epilepsy
- Prevents Alzheimer's
- Treats PMS
- Anti-Psychotic
- Makes bio-degradable plastic
- Makes Paper
- Makes Fuel, solvents, lubricants
- Makes Industrial Textiles
- Makes Consumer Textiles
- Makes Building Materials
- Could end deforestation
- Could end dependence on oil, gas and coal
- Can be grown almost anywhere

STILL WONDERING WHY IT'S ILLEGAL?





FINGAL VALLEY NEIGHBOURHOOD HOUSE INC
BY POPULAR DEMAND
THE FINGAL VALLEY NEIGHBOURHOOD HOUSE
HAS ORGANISED ANOTHER
MYSTERY WINE TRIP



WHEN: Thursday 28th August, 2014 **BUS FARE:** \$15 per person

The FVNH commuter bus will be leaving the Neighbourhood House at 9am.



BYO Lunch

Come and enjoy a great day out!

A deposit of \$8 would be appreciated before Thursday 21st August, 2014.
If you are interested call into the Office or phone 6374 2344 to book your seat.

FVNH IS FUNDED BY THE DEPARTMENT OF HEALTH AND HUMAN SERVICES

Do you know that it is an offence to drive with an animal or a person on your lap?

If you are observed doing this, you could be fined \$140. This offence is listed under the Road Rules 2009, Rule 297(1A)

You might think what harm can it do?

The animal or person could cause a distraction to the driver, no matter how brief.

Driver distraction and inattention contributed to the deaths of 223 people and 1289 serious injuries on Tasmanian roads in the 10 years to December 31 2013. If distracted when driving, you risk having a serious crash and the faster you are going, the greater the risk. Although driving may seem straightforward, it is a complex task and to drive safely, you must give all your attention to driving. Becoming distracted or not paying full attention may cause you to:

- ◆ Wander out of your lane
- ◆ Vary your driving speed
- ◆ Misjudge safe gaps in traffic
- ◆ React more slowly
- ◆ Be generally less aware of traffic and other hazards

Think before you drive and remember the television commercial 'Just like that', that is how easy it is for things to go wrong when driving.

S D WARD
Sergeant 2354
St Marys Station
Tasmania Police



Tasmanian Lost Pet Register

<https://www.facebook.com/tasmanianlostpetregister@gmail.com>
e: tasmanianlostpetregister@gmail.com



Sherman is a shy and nervous tangerine Persian, wearing a collar and is microchipped. He was lost in Penguin. Contact the email address above with any information.

Japan's 'kawaii' culture of cute is now on offer for your eyeballs

The country's obsession with Hello Kitty has already spawned toasters, vacuum cleaners, and waffle makers all bearing the mouthless feline's likeness. But now, a far more superior product has come along. Enter: Hello Kitty contact lenses.

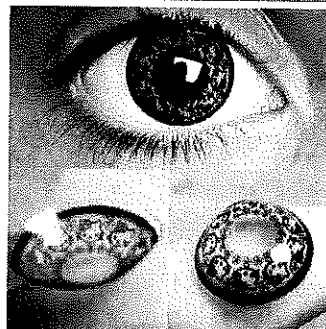
For \$100, you can purchase coloured lenses with irises resembling a Hello Kitty pinwheel. It's genius, really. They are also embellished with tiny hearts as well, which obviously makes the whole deal even more enticing.

The non-corrective lenses (which can only be used for one month) even arrive in Hello Kitty-branded vitrines, packaged in a Hello Kitty pink case, which comes in a Hello Kitty box. It's a Hello Kitty explosion.

No word if you can see Hello Kitty while you're wearing them too, but in our eyes, that would be awesome.

dailymail.co.uk/femail/article-2444624/Hello-Kitty-eyeballs-The-kawaii-contact-lenses-purr-fect-vision.html

**Autocorrect
has become
my worst
enema.**



O'Shaunssey's Wake

'Kevin's up to something,' said Maria, as I dragged myself from under her Triumph 2000. Kevin was Maria's husband. He'd arrived in Lorne about ten years ago and bought a small restaurant in the main street, which he named *Chez Kev*. He served Italian-style meals and about 15 varieties of coffee. He employed Maria to cook for him, and six months later they were married. He said that way he didn't have to pay her so much. They were both classic car enthusiasts - Maria had the Triumph and Kevin drove an old Austin Healey Sprite. I was their mechanic. I wiped oil from my hands, preparatory to giving Maria the bad news about a leaking gearbox seal.

'He's been coming home sober on Tuesday nights,' said Maria.

'That's the first time I've ever heard a wife complain about that,' I said.

'You know Kev goes to the pub on Tuesday night to play darts,' said Maria.

'He usually comes home a bit tiddly. He tries to pretend he's sober but he always has trouble getting the key in the door. Lately he gets it right first try. It's out of character.'

'Maybe he's on a health kick, to make up for all the calories you stuff into him,' I suggested.

'I don't tell you how to fix cars, don't tell me how to feed my husband,' replied Maria.

I decided this was a good time to tell her she needed a new gearbox oil seal, the parts would be expensive and they'd take six weeks to come from England.

* * * * *

I stumbled, quite by accident, on what was keeping Kev sober on darts night. I hadn't been to the pub for a while and I got lost, looking for the Gents.

I opened the door and there he was, palette in one hand, brush in the other, carefully adding dabs of paint to a large, unfinished portrait of Maria.

'Don't tell Maria,' he said. 'It's a birthday present. I've been working on it for ages when she thinks I'm playing darts.'

I told Kev his secret was safe with me, and advised him to throw down a couple of quick beers before he went home, to avoid awkward questions.

Kevin took my advice and went to get us some drinks. While he was gone, I took a good look at the painting. This, I could tell, was not gifted amateur stuff: this was Archibald Prize material. I don't know much about art, but I know someone who does. I met Tim Honeythorn, who owns an art gallery in Adelaide, when his Jag broke down in Lorne and I fixed it. I whipped out my mobile phone, photographed the picture and sent it to him with the message 'What comment?'

Next day I was deep in the innards of an Alfa Romeo when the phone rang. It was Tim.

'If I didn't know better,' he said, 'I'd say you had a genuine Kevin O'Shaunssey. He caused quite a stir with the Claytons wake affair, and hasn't been seen in art circles since.'

'What's a Claytons wake?' I asked.

'It's the wake you have when you're not having a wake. Kevin O'Shaunssey,' Tim went on, 'was a moderately successful artist. He did okay, but he never cracked the big dollars and probably never would have done. About ten years ago he advertised an exhibition at a small gallery which was cancelled at short notice. Three weeks later the same gallery sent out invitations to another event, inscribed *O'Shaunssey's Wake, Last Works from a Great Artist*.

There's nothing succeeds like a dead artist, so the exhibition was a sell-out. Later, some of the buyers thought to pay their respects by attending O'Shaunssey's funeral, but they looked in vain for an obituary notice. There wasn't one because he wasn't dead.'

'Wouldn't they be mad?' I asked.

'They were furious. O'Shaunssey was sued, but the court upheld his defence that you don't have to be dead to have a wake.'

'So he got away with it?'

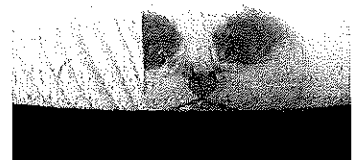
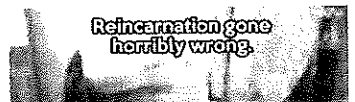
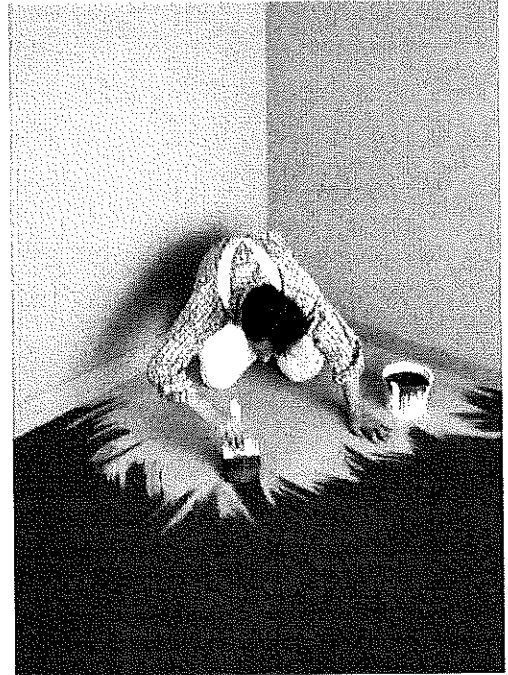
'Up to a point. The court also ruled that he was bound by the wording on the invitations, which said that these were his last works, so if he ever painted again for profit he would be in trouble.'

When Kevin first came to Lorne he told anyone who asked that he used to be a painter, and we all thought he meant houses.

Although, now I think of it, Kev did offer to touch up the sign I had on the wall outside my workshop, which was getting a bit dilapidated. He did a really good job of it too; repainted the lot and added a few bits, and wouldn't take any money.

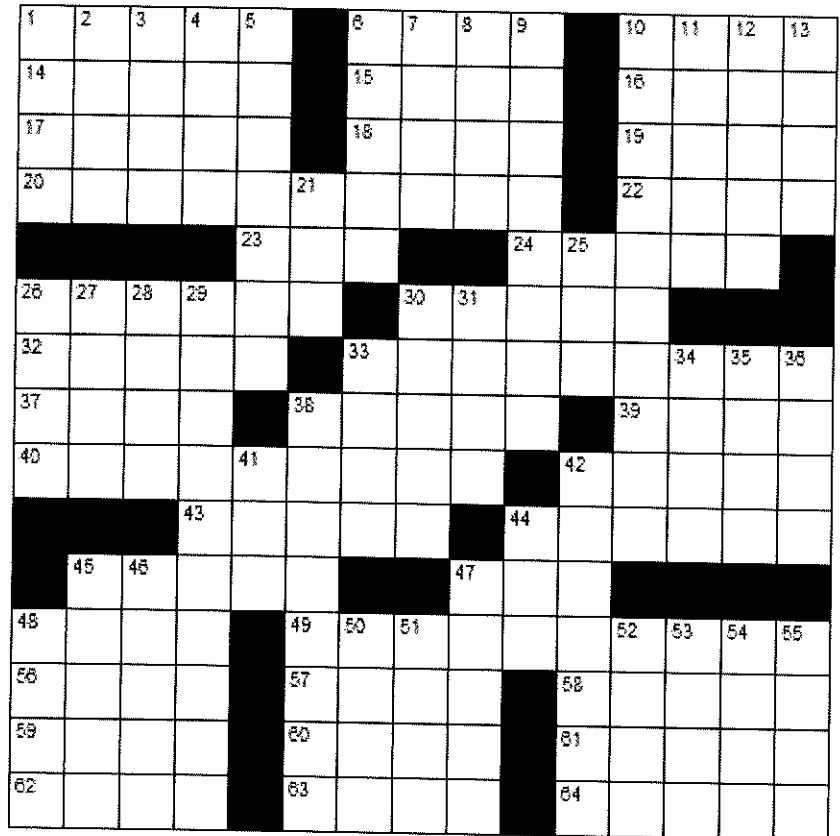
I think I'll put that sign in a safe place. A genuine Kevin O'Shaunssey, late period - might be worth a quid one day.

Bill Greer, Beauty Point



ACROSS

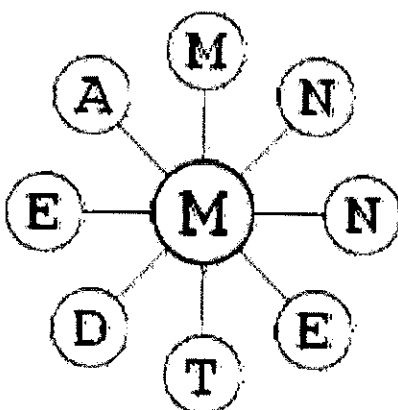
1. A cook might wear one
6. Black, in poetry
10. Unrestrained revelry
14. Wavelike design
15. Soft drink
16. Part in a play
17. Sea eagles
18. Den
19. Bright thought
20. Mediator
22. Equipment
23. A parcel of land
24. Negatively charged particle
26. Flower part
30. Frequently
32. Sensational
33. A permissible difference
37. Ear-related
38. Not over
39. Tailless stout-bodied amphibian
40. Warranty
42. Antlered animal
43. Law and _____
44. Not brighten
45. Adhesive
47. Mayday
48. After-bath powder
49. A payment of money
56. Savvy about
57. Trudge
58. A part of the small intestine
59. Break
60. Small island
61. The language of Persia
62. Arid
63. Require
64. Hoar



DOWN

1. Ends a prayer
2. Minute opening
3. Jewellery
4. Chocolate cookie
5. Snuggled
6. Panache
7. Ship
8. Hodgepodge
9. Storyteller
10. Creator
11. Cowboy sport
12. Gather
13. 365 days
21. Charged particle
25. Not used
26. Plod along
27. Ballet attire
28. Diva's solo
29. Used to see small things
30. Not younger
31. Run away
33. Initial wager
34. Cozy corner
35. Carryall
36. Biblical garden
38. Support from beneath
41. Paintings
42. A breed dog
44. Point
45. A fabric resembling velvet
46. Communion table
47. Aligned
48. Throw
50. If not
51. Infiltrator
52. Winglike
53. Roman emperor
54. Swear
55. Send forth

Solutions next issue



How many words can you find? Each word must contain the central **M** 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: 41 words. Good: 28 words. Average: 22 words. d?

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

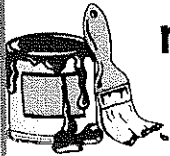
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Vol 47.06 solutions.

O	P	A	L	S		T	S	A	R		S	L	A	G	
A	L	L	O	W		A	L	S	O		T	I	E	R	
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8	5	2	6	7	1	9	4	3
9	6	1	2	3	4	8	5	7
4	3	7	5	9	8	1	2	6

All words: em, eme, emeer, emeers, emes, ems, hem, heme, hemes, hems, herm, herms, hm, home, homer, homers, homes, me, meow, meows, mere, meres, mesh, mew, mews, mho, mhos, mo, mor, more, mores, mors, morse, mos, mow, mower, mowers, mows, ohm, ohms, om, omer, omers, oms, rehem, rehem, rem, rems, rom, roms, seem, seemer, seme, shmo, smew, some, **SOMEWHERE**, whom, worm, worms.

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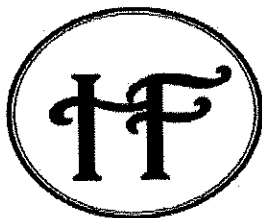
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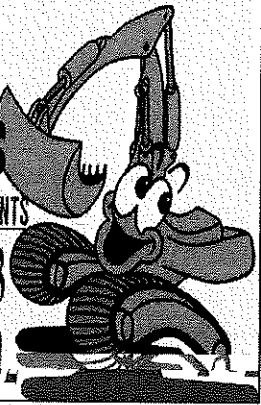
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ST MARYS COMMUNITY HEALTH CENTRE

DOCTORS ROSTER

• **Dr Cyril Latt**
31/7/14- 14/8/14

• **Dr K. Rawnsley**
31/7, 4/8, 7/8 & 12/8 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 31/7/14

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

GP Surgery Hours:

Monday-Friday

8:50am-10:00am

10:00am-10:30am- Reception Closed

10:30am- 12:30pm

12:30pm-1:30pm- Lunch Reception Closed

1:30pm-2:45pm

2:45pm-3:15pm- Reception Closed

3:15pm- 4:30pm

For appointments please ring Reception during opening times. Appointments will not be taken at other times.

AFTER HOURS CONTACT NUMBERS

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

ST MARYS COMMUNITY HEALTH CENTRE
6372 2111

Please RING before presenting after hours

Lifeline 131 114

Saving Lives, Crisis Support and Suicide Prevention

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.

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



MEALS ON WHEELS

Do you know you don't just have to be elderly or sick to receive meals on wheels? You can also select from a 3 course down to a one course meal. You don't even have to get them every day- you decide when and how often.

Are you interested or have further questions? Call the St Marys Health Centre on 6372 2111 and speak with the Kitchen Staff to see if you are eligible or Lesley Calloway 0409 954 933

Meals are made on site at the Health Centre daily. Pick up and delivery available. Or *Become a Volunteer Driver!*

RELATIONSHIPS AUSTRALIA

General enquiries 1300 364 277

Relationships Australia is a leading provider of relationship support services for individuals, families and communities. We offer services around the country that include counselling, family dispute resolution (mediation) and a range of family and community support and education programs. Leanne visits St Marys CHC Thursday's fortnightly.



ST MARYS COMMUNITY HEALTH CENTRE

WHAT'S ON AT THE CENTRE

- 31 July **Social Worker**— Shan Williams. Please phone 6372 2111 for appointments
- 1 Aug **Social Worker**— Shan Williams. Please phone 6372 2111 for appointments.
- 4 Aug **Mental Health Clinician/ Case Manager**— Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- TML Psychologist**— Sam McCarthy. Please see your GP for a referral.
- Hospital Auxiliary Meeting** 2:00pm in the Family Room
- 5 Aug **Mental Health Clinician/ Case Manager**— Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- Child Health Session** with Sue Gofton every Tuesday Appointments only. Please phone 0428 136 381
- Tom Bain, Rae & Partners Lawyers.** At the Community Health Centre Tuesday fortnights. For appointments please phone 6337 5555
- Spirometry Clinic** with Patrick Salter. Lung Function Testing Clinics are regularly held at the Health Centre. For appointments phone 6372 2111.
- 6 Aug **Day Centre**— For details on the group please contact Hayley Gilbert 6372 2111
- Social Worker**— Shan Williams. Please phone 6372 2111 for appointments.
- 7 Aug **Social Worker**— Shan Williams. Please phone 6372 2111 for appointments
- Anglicare Drug & Alcohol Counsellor.** For appointments please see your GP for a referral.
- Relationships Australia**— Leanne McMurtie for appointments please phone 1300 364 277
- 8 Aug **Social Worker**— Shan Williams. Please phone 6372 2111 for appointments
- 11 Aug **TML Psychologist**— Sam McCarthy. Please see your GP for a referral.
- Mental Health Clinician/ Case Manager**— Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.

WHAT'S ON AT THE CENTRE Continued...

- 12 Aug **Mental Health Clinician/ Case Manager**— Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- Child Health Session** with Sue Gofton every Tuesday— Appointments only. Please phone 0428 136 381
- 13 Aug **Day Centre**— For details on the group please contact Hayley Gilbert 6372 2111
- Physiotherapist**— Please see your GP or Health Professional for a referral to the service.
- Mental Health Clinician/ Case Manager**— Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- TAZREACH**— Antenatal Clinic with Katie. For appointments please see your GP.
- 14 Aug **Social Worker**— Shan Williams. Please phone 6372 2111 for appointments.
- 15 Aug **TML Diabetic Educator, Physiologist and Dietician.** Appointments available by referral from you GP.
- Social Worker**— Shan Williams. Please phone 6372 2111 for appointments.

HAND HYGIENE COMPETITION

Hey Kids come in to the Health Centre and enter our 'Hand Hygiene Competition'

Colour in the Germ picture and answer the Hand Hygiene question

Leave your entry at reception (box provided)

Competition runs until the **31st July 2014**

One lucky entry will be drawn to win a 'Hand Hygiene pack'

Don't forget: *washing your hands regularly is the best way to stop germs spreading!*

Happy colouring.....



Tip locations and opening hours

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

Meals on Wheels ~ 0488 384 344

August 1st	Lorraine Gill
4th	Debbie Barnes
5th	Pam Bretz
6th	Valmai Spencer
7th	Sonya Allison
8th	Drew Adam
11th	Ruth Aulich
12th	Trish Pike
13th	Lulu Keady
14th	Liz Rice
15th	Lorraine Gill

Surf Coast Realty

Ph: (03) 6372 5321



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- ⇒ Extensive market knowledge & personalised, caring service.
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If you are thinking of buying or selling, please contact Surf Coast Realty for market advice or an Obligation-free appraisal.

Suite 1/ 158 Scamander Ave, Scamander TAS 7215

Honest . Reliable . Professional

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

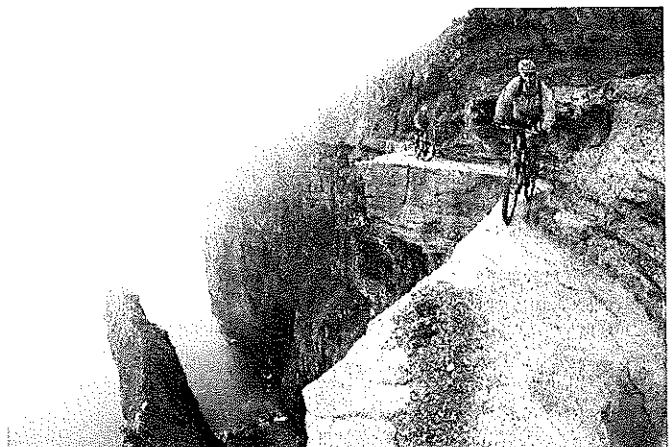
Catholic Parish of St Marys Sr. Lorraine Groves
 6372 2252 / 0409 172 741
1st Sunday Mass
 St Helens Vigil 6pm
 Bicheno 9am
 Fingal 11.30am
2nd Sunday Liturgy
 St Helens Vigil 6pm
 St Marys 9am
 Bicheno 9am
 Fingal 9.30am
3rd Sunday Mass
 St Helens Vigil 6pm
 St Marys 9am
 Bicheno LWC 9am
4th Sunday 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

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 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
facebook.com/anglicanbod

Break O'Day Uniting Church
 The Manse 6376 2405
 St Helens 9am
 Fingal 11.15 am





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 8-6 Saturday 8-12



Specials from 30th July - 5th August 2014

<i>Butchery</i>	<i>Per kg</i>
Rump steak	10.99
Nichols chicken twin pack	4.99
Beef mince	9.99
Lamb shanks	9.99
Corned Silverside	6.99

Shelves

Nescafe cafe menu coffee sachets	4.99
Fab ultra laundry powder 500g	1.99
Little Lucifer firelighters 24pk	2.99
Arnotts chocolate biscuits 165-250g	2.49
Carte noir freeze dried coffee 200g	6.49

Only 99¢ each

Country cup soup 2pk
SPC canned tomatoes 400-410g
Nanda pasta 500g
Snappy Tom canned cat food 400g
My Dog Tray 100g

Specials from 6th - 12th August 2014

<i>Butchery</i>	<i>Per kg</i>
Leg of lamb	9.99
Lamb loin chops	15.99
Beef stirfry strips	12.99
Diced steak	9.99
Nichols chicken drumstick marinated	4.99

Coolroom & Freezer

Peters ice cream 2L	3.99
Sara Lee cheese cake 360-410g	4.99
Ingham chicken breast munchies 400g	5.49
Miracle margarine 500g	1.49
Kraft cheese block 1kg	8.99

Under \$2 ea

Arnotts shapes 160-190g	1.42
Blast dishwashing liquid 400ml	1.39
Kleenex facial tissues 170s	1.89
Chum canned dog food 700g	1.49
Nabisco Oreo biscuits 205.5g	1.49



Lamb shanks with thyme and rosemary

- 4-6 lamb shanks, French trimmed
- flour, for dusting
- salt and cracked black pepper
- 1 large carrot, coarsely chopped
- 1 large celery stick, coarsely chopped
- 6 pickling onions, peeled and halved
- 400g can crushed tomatoes
- 3 cups (750ml) beef stock
- 3 sprigs rosemary
- 3 sprigs thyme
- 150g baby spinach leaves
- couscous, to serve, if desired

Dust the lamb shanks in the flour, salt and pepper, and shake off excess.

Heat a little olive oil in a large deep saucepan over medium-high heat. Cook the lamb shanks, in batches, for 3-4 minutes or until browned.

Reduce heat to low and return all the lamb shanks to the pan. Add the carrot, celery and onion and cook for 3-4 minutes. Add the tomato, beef stock, rosemary and thyme.

Cover the pan with a lid and cook for 1 hour.

Uncover and continue cooking, stirring regularly, for another 30 minutes or until shanks are very tender.

Stir through the baby spinach leaves and cook for another 3-4 minutes or until wilted.

Serve with couscous, if desired.

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