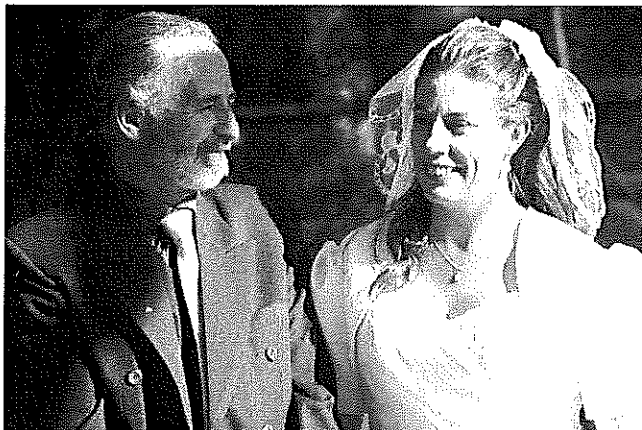


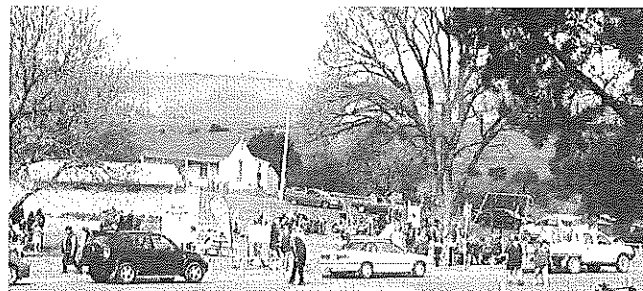
# THE VALLEY AND EAST COAST VOICE INC.

Established 1968

48.12 October 8, 24, 2015 Deadline for 48.13 is 5pm October 19, 2015



Ross and Hannah, p23



Avoca's Spring Festival p17

## Local Council faces community scrutiny

### Break O'Day, East Coast of Tasmania

After years of frustration with the local council, residents on the north east coast have set up an information service to inform the community on planning issues. Lack of consultation over proposed new re-zoning options, which would impact future development of the coast from Bicheno to Ansons Bay, was the tipping point.

The Break O'Day Council has a history of ignoring community proposals for the protection of their environment, and controls for appropriate development. The proposed new Tasmanian Planning Scheme, under development by the state government, is expected to further reduce local community input to planning. Developers and large land owners may look forward to further deregulation of the planning system, unconcerned about blotting the landscape with inappropriate developments and sub-divisions.

Many Tasmanians think otherwise. The new information service intends to give voice to those wishing to protect the unique east coast.

Friends of the East Coast Inc. has set up an informative website: [www.friendsoftheeastcoast.org](http://www.friendsoftheeastcoast.org)

In addition to providing information, the site invites people to become a Friend.

Contact Public Officer by email at [admin@friendsoftheeastcoast.org](mailto:admin@friendsoftheeastcoast.org)

*Graeme Wathen, Falmouth*



## Community Consultation

### St Marys Arts, Culture & Heritage Precinct

Art, culture and heritage play a significant role in expressing our Municipality's character.

In March 2011, Break O'Day Council purchased the railway station located on the Esk Main Road with a view to establishing an arts, culture, heritage, and open space precinct at the entrance to St Marys.

The development of the St Marys railway station site will be a focal point for community arts, culture and heritage. Break O'Day Council is working on a sustainable 10 - 20 year plan which will deliver:

- ◆ improved facilities and infrastructure to support community social, cultural and economic well-being.
- ◆ an opportunity to share and build skills and knowledge
- ◆ support for community associations and initiatives
- ◆ enhanced visitor experience and attraction

We are seeking community feedback on the recently completed concept design for the St Marys Arts, Culture & Heritage Precinct, and invite you to view these drawings at St Marys Hall on Monday October 26, 3 - 5pm and Tuesday October 27, 4.30 - 6.30pm

For further information on the community meeting contact Chris Hughes on 6376 7900.

Editor: WM Dawson  
e: [wdawson@valleyvoice.com.au](mailto:wdawson@valleyvoice.com.au)  
6372 2766  
web: [valleyvoice.com.au](http://valleyvoice.com.au)  
[facebook.com/ValleyEastCoastVoice](https://www.facebook.com/ValleyEastCoastVoice)  
POB 230 St Marys 7215

#### Advertising rates

- ◆ Business card ads \$15      ◆ ½ page ads \$40
- ◆ Intermediate ads \$18      ◆ Full page ads \$65
- ◆ ¼ page ads \$25

Community announcements are free. Private classified ads are free for two issues. Annual posted subscriptions are \$51 and annual online subscriptions are \$20. Articles for publication may be left at the St Marys Pharmacy, posted or emailed. For online advertising, contact the Editor.

**MANY THANKS** - to everyone who has contributed to this edition of the Valley and East Coast Voice Inc. Articles are always welcome, but we do not accept responsibility for the accuracy of information provided by contributors! Opinions expressed are not necessarily those of the editor or volunteer staff.

### The Valley and East Coast Voice Inc. Guidelines

Opinions in any letters published are not necessarily those of the Editor and committee, 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 / libel / slander will not be accepted.

Please do not attack the editor, the paper or the authors of previous articles.

All articles for submission must bear the author's name, town of residence, address and phone number. The address and phone number will not be published but are for verification purposes only.

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.

### Community Notices

Please make sure your community notice includes the name, position, town of residence and contact number of the authorised representative.

The Cornwall Community Development Group Inc. are holding modern day **Carols by Candlelight** on December 20, 2015.

We are looking for any musicians or singers who would like to come and perform or sing a carol. If you would like to take part in this night please contact **Debbie or Raz** on 6372 2261

**Debbie Squires, Cornwall Community Development Group Inc**

**Shredded paper and boxes with lids** (27 height x 32 length x 23 width in cms) are usually available free from the Valley and East Coast Voice Inc. Ring the editor on 6372 2766

#### Support and information for anyone impacted by cancer

Wednesday (once a month) at  
St Helens Neighbourhood House  
25 Circassian Street

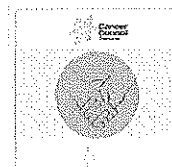
Support group 11am - 12.30pm

Drop-In/Individual sessions 12.30-1pm

Next meeting Wednesday October 28

**East Coast Cancer Support Group**

For further information contact **Richard** on 6341 8407



#### St Marys Volunteer Fire Brigade

We wish to advise the general public that we will be conducting fuel reduction burns on school property at Gray Road St Marys during the upcoming school holidays. We will take all precautions to minimise any smoke across the township.

These burns will be carried out to help ensure the safety of our children and school buildings, in the event of a fire in that area.

For further information contact **Gerald Aulich, Group Officer, Golden Gate Group** 0438 543 300



#### 'Australian Vietnam War Year 1962 - 1973

Upcoming ticketed event hosted by

**TS Argonaut Australian Navy Cadets**

October 10, 2015 in the RSL at 1800 hrs (6pm)

Adults \$30 - 2 course meal Children \$15 - child's menu

Dress in the era, or neat casual

Music provided by

TS Hobart, Australian Navy Cadet Band

So, book a table (or join one), dress up (or don't) and let's remember the Vietnam Veterans, and the years they served our country

Tickets available at the bar, or call

**Michelle 0417 371 485 / Annette 0438 357 345**

**Until further notice, the contact number for the Valley Voice is 6372 2766. Editor.**



## Community Notices

### Expressions of interest

for the establishment of **late-night weekend markets**.

Some powered sites - also buskers' sites available.

Main road, easy parking *Fortnightly fun at Fingal!*

Please direct enquiries to Colleen on 0477 039 648 on

Tuesdays and Fridays from 9am to 12pm

**C Hill, Fingal**

The Break O'Day Woodcraft Guild sends their heartfelt good wishes to Jan Sparkes and Lundy Vosper for a speedy recovery. **Wendy Brennan, Secretary Break O'Day Woodcraft Guild**

**Community Notice:** I have been approached by Jan Sparkes to take the following proposal to the next St Marys Memorial Services Association Meeting: That we place on the Cenotaph a plaque with "*Dedicated to the women in war for their skills, courage, and compassion*" displayed on it.

If anyone has an objection to this could they please call **Wendy Brennan 6372 2094**

**Garage Sale** Saturday October 24, 2015. 56 Gardiners Creek Road St Marys - 9am start

The Valley and East Coast Voice Inc thanks the **Falmouth Community Centre** for their kind donation.  
Editor.

**The Kaal / Smith family** would like to extend a huge thank you to all family and friends who made donations to CanTeen in memory of Michael Leonard Smith. Huge effort totalling \$726 (from the funeral, donations at St Marys Market and direct donations) - these funds will go a long way to helping many teenagers who are affected when cancer encroaches on their lives. Even more special ... three new donors signed up as a consequence of Michael's request, thus giving ongoing assistance every month. Again, thank you all.

**Michelle Kaal, Grey**

**TransBOD** will hold a 100 Mile Picnic on Sunday October 18. This month's venue is a garden grown with love and laughter for over 30 years. Come and chat with the gardeners and get their advice on "Geriatric Gardening", lend a hand to pull some weeds or do a bit of pruning or just relax and enjoy the magnificent view of St Georges Bay.

Please register your interest at: [transbod@gmail.com](mailto:transbod@gmail.com) / 6372 2755. Numbers are limited.

**Bronwyn Zemanek, Chairman Transition Break O'Day Gray**



**Madd Mudd**  
**Studio & Gallery**

St Marys - Tasmania  
[maddmudd@hotmail.com](mailto:maddmudd@hotmail.com)  
m: 0409 461 737 

## Positions vacant

**Housemaid** positions are currently available at the **Scamander Beach Hotel Motel**.

Please apply by phone or email to arrange an interview.

## For Sale

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

**Norm 6372 2380**

440 ltr **Rhino-rack** luggage pod only, good cond \$150. **Stepper gym**, cardio exercise, thighs & calves with ropes. \$50. **Foldup bike** Dahon 3spd 4130 Cromaly lightweight rarely used, has rear luggage carrier, built in pump & manual, \$220. **Giant Comfort/hybrid, road and mountain bike**, very good condition, includes helmet, front basket and manual, \$100. **Marilyn 6384 2366**

**Colonial cedar windows** 1 of 1800 x 1812mm, 6 of 1800 x 1220, 1 of 1800 x 925. \$300 ono. **George 0478 228 265**

**Mont raincoat** - breathable hydronaute fabric (like Goretex), excellent condition, blue/black. Size sm/med. \$40 **6372 2686**.

**Victa lawn mower** as new, \$235 ono. **0419 861 954**

**2 Seater couch** as new, \$60. **0409 856 681**



## St Marys and St Helens Lions

Saturday October 17, 2015

BBQ on St Helens Foreshore

6.30 - 8pm

Fundraiser for

Leukaemia Foundation

**'Light the Night'**

Donate or buy a lantern for \$10 at the  
St Marys Pharmacy,  
St Helens Newsagency  
or on the night

**All Welcome**

Need to know more?

Phone Ruth McGiveron 6372 2231

Kevin Faulkner President 6372 2196

or drop into the St Marys Pharmacy





#### **Economic modelling shows coastal shipping laws will be a disaster for Tasmania** September 30

**Economic modelling by the Maritime Union of Australia has confirmed that hundreds of Tasmanian jobs will be lost if the Liberal Party's changes to coastal shipping laws go ahead.**

The modelling shows 382 jobs will be lost from Bass Strait shipping, with some 60% coming from Tasmania. Australian Greens Senator for Tasmania Nick McKim called on the Government to dump the changes and start looking after Australian jobs.

"These figures are confirmation of the disastrous effect that the Liberals' coastal shipping laws will have on Tasmanian jobs," Senator McKim said. "More than 200 workers are now facing the sack, and for that they can thank the Liberal members for Bass, Braddon and Lyons, as well as their mates in the Senate."

Senator McKim said the Greens would stand up for Australian workers and their conditions.

"Caltex cutting jobs in Devonport was just the tip of the iceberg. This Government is taking the axe to Australian workers' jobs and ruining the conditions for the workers who are left," Senator McKim said. "The hard working shipping workers of Tasmania deserve better than to have their jobs thrown away by this heartless Government."

"The Australian Greens will continue to fight these unfair, job-destroying laws."

**Contact: Pat Caruana 0400 425 380**

#### **Green Army on the ground in Lyons** September 24, 2015

YOUNG Tasmanians involved in new Green Army projects in the Northern Midlands and near Latrobe have started work on site this month on landscape scale conservation and degraded waterways.

"These latest Green Army projects will be of great benefit in both these regions," says Federal Lyons MP Eric Hutchinson.

Green Army teams will continue landscape scale conservation in Tasmania's midlands between Cressy and Ross on a special project at Greening Australia's community nursery and bushland management on a University of Tasmania reserve.

Team members will help with revegetating 250 hectares and enhancing 800 hectares of remnant vegetation.

They will build and install individual plant guards over hundreds of widely spaced seedlings to restore degraded woodlands, collect native seed and manage weeds.

The team will also help project scientific officers and UTAS researchers with flora and fauna surveys and monitoring and evaluation programs.

At Redwater Creek, near Railton, the Green Army team will work along the waterway removing blockages, debris, weeds and litter which will be disposed of in an environmentally accepted manner either for landfill or recycling.

The willow tree infestation will be eradicated using the cut and paste method and timber residue will be removed and converted to woodchip for mulching.

The Green Army continues to look for enthusiastic 17-24 year olds in the Lyons electorate to join what is becoming the biggest-ever team of young Australians supporting environmental action across the country, Mr Hutchinson said.

Young Australians interested in joining the Green Army can apply through the appointed Tasmanian service providers.

Contact details are available from [www.environment.gov.au/green-army](http://www.environment.gov.au/green-army)



## Spirit of ANZAC experience September 23, 2015

FEDERAL Lyons MP Eric Hutchinson is delighted to welcome the national Spirit of Anzac Experience travelling exhibition to Northern Tasmania, the second of 23 locations nationally it will visit.

This afternoon, Mr Hutchinson accompanied the travelling exhibition's executive director Brigadier Alison Creagh and Northern Midlands RSL sub branch president Geoff Leitch to the Perth Cenotaph to lay a wreath in memory of the veterans whose stories are told in the exhibition.

"This is a marvellous, once-in-a-lifetime exhibition which respects and remembers the contribution by local men and women who served their country during war and others who continue to serve today," Mr Hutchinson said.

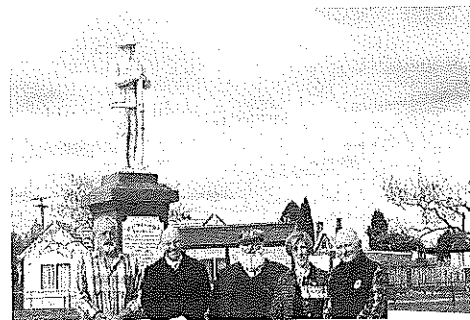
The Anzac Centenary national exhibition is the flagship community event to mark the centenary of Australia's involvement in World War I.

It opens in Launceston at the Silverdome on Saturday and will run until the following Friday.

The exhibition is interactive and includes more than 200 artefacts usually housed at the Australian War Memorial in Canberra, some of which have not been seen outside the war memorial before.

"It is wonderful that both that Launceston and Hobart have been included on the touring itinerary giving most Tasmanians the opportunity to see it," Mr Hutchinson said.

The Spirit of Anzac Centenary Experience will be at Hobart's Derwent Entertainment Centre from Wednesday, October 14



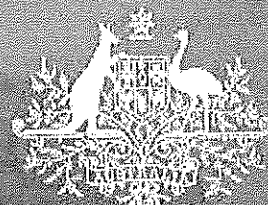
*Perth war veterans historian Stuart Green, Federal Lyons MP Eric Hutchinson, Northern Midlands Councillor Dick Adams, Spirit of Anzac Experience travelling exhibition executive director Brigadier Alison Creagh and Northern Midlands RSL sub branch president Geoff Leitch.*

*Left: Federal Lyons MP Eric Hutchinson, travelling exhibition executive director Brigadier Alison Creagh and Northern Midlands RSL president Geoff Leitch*

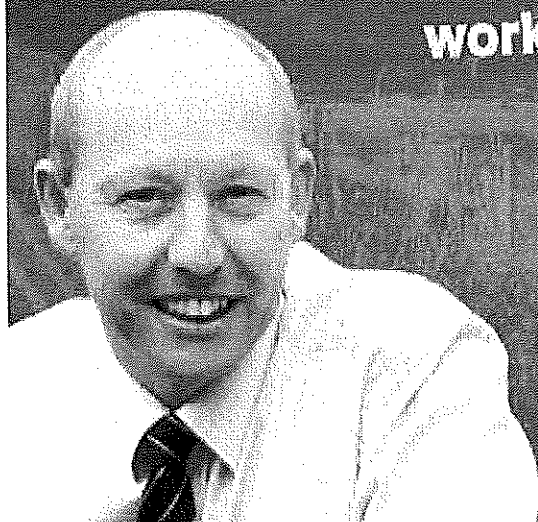


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Authorised by Eric Hutchinson MP, 53B Main Road, Perth TAS 7300.

## The Say, by Cagerattler

Our mainstream media has a lot to answer for. In the past few days we get (on the US TV stations at least) the exact same predictable response to yet another mass shooting, this time in Oregon. The media outlets were showing continuous repeat footage, same interviews with so called 'experts' shown over and over for hour after hour and the same diatribe analysis that is done with no consideration for the grieving relatives of the victims.

Same thing here with the Lindt Cafe shooting in Sydney, the Paris satirical magazine shooting not long after that and many other similar stories both before and after.

Does anyone recall the absolute blanket coverage of the 9/11 World Trade Centre for day after day after day in 2001, the subsequent TV news 'specials' of all the why's, wherefore's and reasons for that fateful day, time after time since.

And of course, exclusive TV coverage of the Operation Iraqi Freedom War in 2003, as well as Desert Storm and Desert Shield a while before the September 11 terrorist attack? It's almost as if it was made for TV, or is that too cynical?

All these tragedies are treated like this by the media, and sometimes you just wonder about the total disregard and lack of empathy for the true victims of these things.

Nowadays for me, the off button on my TV gets used much much sooner.

I have to say I was a little mystified by the letter in the last Valley Voice in regard to my article two issues before (in regard to compiling a historical record of a variety of employment opportunities that shaped our region). Somehow I have not been able to understand the gist or the angst of the writer's reply, but I also must inform him that the invitation to attend the October 21 meeting is not possible as much as I'd love to - this is a work day for me but please feel free to get in touch with me anytime and I'll try and understand your grievance with what I wrote...

What do you think?

**Rod McGiveron, St Marys**

*The way to see by Faith is to shut the Eye of Reason. Benjamin Franklin*

## Bad news for allergy sufferers

**Allergy sufferers are being forced to travel interstate to receive treatment because of a lack of public health services in Tasmania.**

The state currently does not have any public immunologists. The problem has prompted health professionals to call on the State Government to establish a statewide allergy service.

Tasmania is the only state without a specialist allergy service to coordinate immunology cases and parents and health experts are urging the Government to act to prevent patients suffering more than they need to.

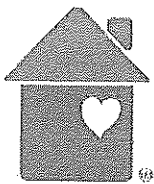
Approximately 250 people per year present to the Royal Hobart Hospital emergency department with anaphylactic reactions.

Australian Medical Association representative Dr Malcolm Turner said the current set-up meant public patients in Tasmania were being left behind.

"There are huge issues of equity in terms of allergy and immunology service," he said. "We're the only state that doesn't have it, so people in Tassie get a real raw deal compared to the rest of the country."

[abc.net.au/news/2015-10-04/allergies-force-sufferers-interstate-because-of-lack-of-service/6817954?](http://abc.net.au/news/2015-10-04/allergies-force-sufferers-interstate-because-of-lack-of-service/6817954?WT.ac=statenews_tas)

[WT.ac=statenews\\_tas](http://www.wt.com.au/statenews_tas)



**The Fingal Valley Neighbourhood House Inc.**  
**20 Talbot Street Fingal**

All enquiries / bookings - 6374 2344

We are open Monday - Friday 9am-4pm



The Fingal Valley Neighbourhood House Inc., is funded by the Crown through the Department of Health and Human Services.

## OKTOBERFEST

Launceston - Saturday October 10

**Bus:** 11 seats \$10 ea, 10 seats \$12 ea, 6, 7 or 8 seats \$20 ea

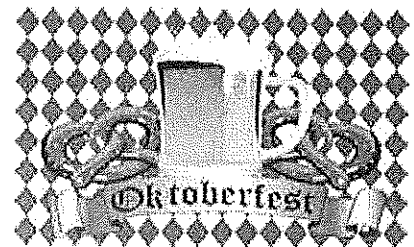
**St Marys** - pick up from home or St Marys Post Office 8am

**Fingal** - meet FVNH at 9am

**Avoca** - pick up from home or the Roadhouse 9.45am.

**Times:** 12 noon - 4pm

**Tickets** (includes free unfilled beer stein and entry to beer tent) **\$21.50 ea**



**A great time was had last year in Hobart, so come along and enjoy some great entertainment**  
18 years and over event

## Surf Coast Realty

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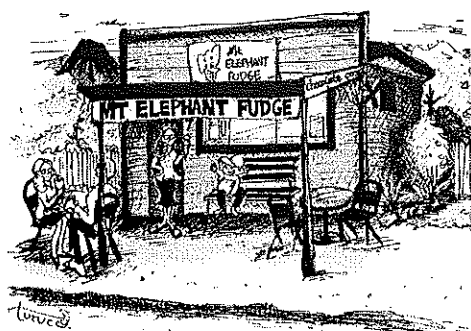
- ⇒ Extensive market knowledge & personalised, caring service.
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- ⇒ Specialised website & mobile website designed to showcase the wonderful East Coast lifestyle.

If you are thinking of buying or selling, please contact  
Surf Coast Realty for market advice or an  
Obligation-free appraisal.

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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.



**MT ELEPHANT FUDGE**

**Hi All**

**Thanks for a great opening week!**

**Please come and try some  
of the delicious treats @  
Mt Elephant Fudge...**

**Love to see you all. ☺**



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**Fax 6372 2822**

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**LAWYERS**

of 113 Cimitiere Street Launceston

VISITING EVERY SECOND TUESDAY

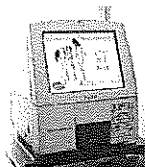
St Marys Community Health Centre 9.00am-10.00am

St Helens old Post Office building 11.00am-1.00pm

Please call to make  
an appointment **6337 5555**

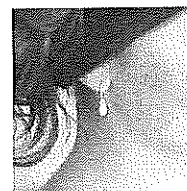
St Marys  
**PHARMACY**

**Pharmacist instore Monday - Friday**

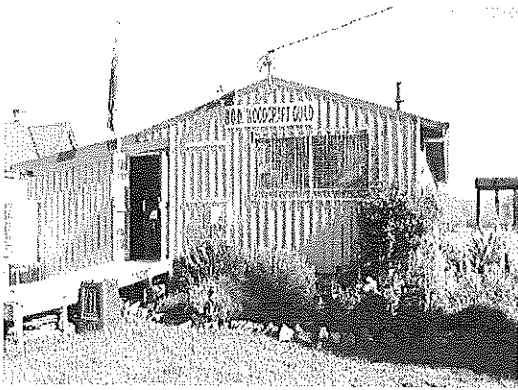


**Our Kodak machine is up  
and running, copies from 45c**

Ear piercing \$27  
Piercing, earrings & solution  
With qualified staff  
Bec, Sally & Cassie



**Main Street St Marys 7215  
6372 2844**



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

**Wendy Brennan, Secretary 6372 2094**

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

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

Many thanks to Guy Barnett for his kind donation of a large tin of Milo which kept the troops warm during the chilly days.

I would like to reiterate that Guild members have never declared themselves to be tradespeople or craftsmen. Members have always been emphatic that we will never infringe on the livelihood of any artisan who makes a living from his woodworking trade. We have always

acknowledged our members to be hobbyist who do any commissioned work to the best of their ability, at a cost recovery basis only or for a small profit. In many cases, for struggling community members or organisations, there is no remuneration requested, and all monies are put back into the Guild.

Finally, please help support Mental Health Week. The Sizzler King will have his trusty BBQ at the St Marys Hall on October 29, between 11am and 2pm for a free sausage sandwich to accompany the St Marys School Choir and Band. Please come along and show your support for this worthwhile cause.

Results of our AGM were as follows:

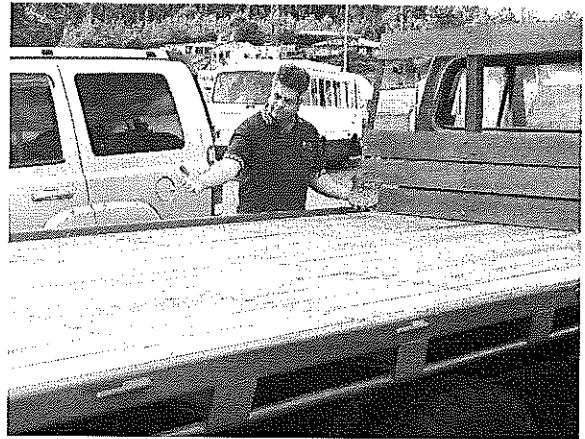
President/treasurer: Reon Johns

Secretary: Wendy Brennan

Committee members: Col Mackenzie, Ted Koops and Chris Ogden.

#### Guilds Home Hint:

Straw hat gone floppy? Dip a pastry brush in egg white and brush both sides with it. Put a towel in crown of hat. Cover a flat surface with cling wrap, sit hat on top and allow to dry hard. It works!



*Grant Faulkner with the wooden tray for his truck made by Guild members*

## Incorporating all your needs in:

- ♦ ROAD GRAVELS
- ♦ TOP SOIL
- ♦ SCREENED TOP SOIL
- ♦ SAND
- ♦ ROCKS
- ♦ ON SITE SCREENER 20mm to 75mm
- ♦ 20 TONNE EXCAVATORS WITH TILT BUCKET
- ♦ RIPPER, ROCK & LOG GRAB & QUICK HITCH
- ♦ D65 KOMATSU DOZER, RIPPER & TILT BLADE
- ♦ 10 YARD TIPPER
- ♦ COMPACTION ROLLER
- ♦ WHEEL LOADER

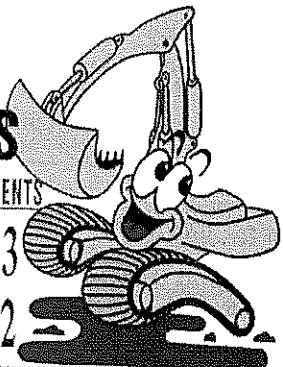
**And much more...**

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6372 2033 / 0439 722 032**



## Milestone for St Marys business celebrated in style

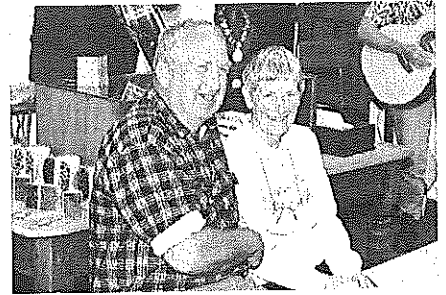
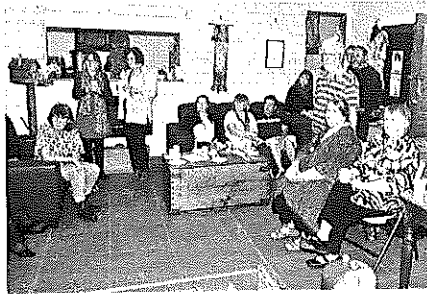
What a great night we had at Gone Rustic's 12th birthday celebration on Friday! Fine food, music, art and poetry - what more could you ask? Oh, and great company of course! We also discovered that the gallery has great acoustics. Performers/presenters: Lorraine Townsend, Adrian and Ruth Spencer, Katy Waddle, Hetty Binns, Merelyn Briton, Julian from Fingal, Rosemary Harper, Rosemary's cousin (who gave a traditional evening call on a shofar, or ram's horn), Sue MacDonald, Ian and Rita Summers and Willow Meadows.

Thinking of doing it again for our Christmas break-up! More details later.

**Catering:** Abundant Soul, i.e. River and Willow Meadows

**Article by** Rita Summers ☺ □

**Photos by** Peter Troode



## Coach House Restaurant

It's time to say goodbye and thank you to our valued customers, and many friendships Ross and I have made in 14 years. Our children Kirk, Kyle and Tiana thank you for your support, especially over the last 12 months.

It has been challenging, but we've had the support of our children, families and staff - Helen, Ruth, Sue, Annette and AJ. Tiana has worked in the Coach House since she was 13, then with Ross and I, weekends and holidays.

To the businesses of St Marys - thank you.

To Helen, Ruth, Sue and Annette - thank you for the support and friendship, and long term working rapport we shared together. I have really appreciated our working team, and your help throughout the last three years through Ross's illness.

I wish Paul, Barb and Amber all the best.

I have had many memorable moments.

Thanks again.

**Tracy Bean and family, St Marys**

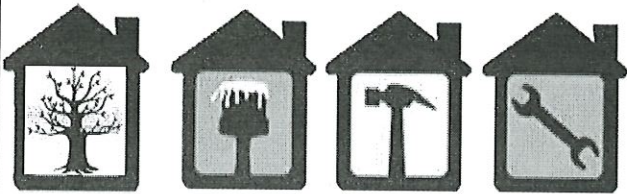


## mikes handyman service

St Marys and surrounding  
areas

Gardening      Rubbish removed  
Weeding      Full home maintenance  
Yards cleared      Holiday homes serviced

**6372 2728 / 0448 284 743**



## CLEAN CRACK LAUNDROMAT

32 Main Street  
St Marys



Coin operated washers  
and dryers  
6.30am - 8pm

## 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

## Ana's Hairdressing Salon



Master Hairdresser

Tuesday, Wednesday, Thursday, Friday

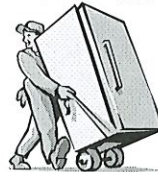
- Ladies
- Men
- Teenagers
- Children
- Cutting
- Restyles
- Colouring
- Blonding
- Perms
- Blow waves
- Shampoo & sets
- Colour correction
- Beauty
- Waxing
- Hair products
- Clothing
- Gifts

46 Main Street St Marys - 0448 532 531

**LOOK GOOD, FEEL GOOD**

## Ransley's Appliance Service

POB 136 Scamander Tasmania 7215



*Washing machine noisy?*

*Refrigerator runs too long?*

*Clothes dryer blows cold air?*

...then you need the services of our technicians

**6372 5307 / 0428 761 811**

## Harris Funerals

St Helens, Bicheno & Fingal Valley

*We are here when you need us.  
Burial or cremation, traditional or  
unique funeral services available.*

**Office & Chapel:**

46 Tully Street St Helens

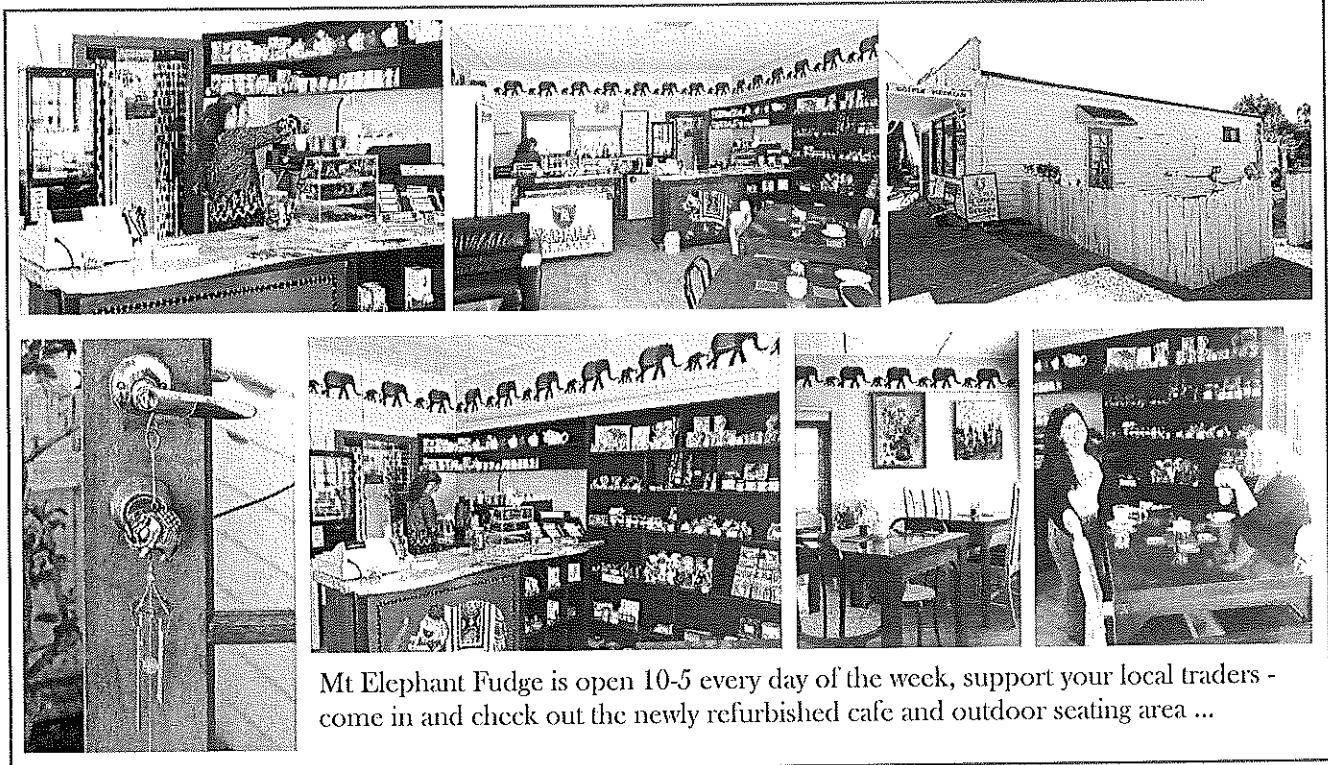
**6376 1153 ~ 0418 133 420**

[tamara@harrisfunerals.com.au](mailto:tamara@harrisfunerals.com.au)

Member of the  
Australian Funeral Directors Association







Mt Elephant Fudge is open 10-5 every day of the week, support your local traders - come in and check out the newly refurbished cafe and outdoor seating area ...

"But don't worry," she continued. "Most snakes don't want to hurt you. If you're out in the bush and a snake comes along, just stop dead and let it slide over your shoes."  
This, I decided, was the least-likely-to-be-followed advice I have ever been given.  
— Bill Bryson, *In a Sunburned Country*

I have a boyfriend  
Oh wait no.  
No that's a fridge.  
I have a fridge

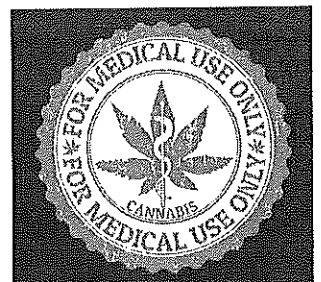


You are invited to a **public forum:**  
on **Medicinal Cannabis**  
**Saturday November 7, 2015**  
**2 - 4pm**  
**St Marys Community Hall**

- Personal stories of health outcomes
- What is medicinal cannabis?
- What is the current situation with legalisation?
- Questions and Answers

*Politicians and health professionals  
have been invited*

For more info: Hannah 0417 528 088  
[hannahrubenach11@gmail.com](mailto:hannahrubenach11@gmail.com)



# Community Outreach Dinner South East Asian Pot Luck Dinner



Holy Trinity Anglican Church Hall St Marys

Saturday October 17, 2015

5.30pm for 6pm serving

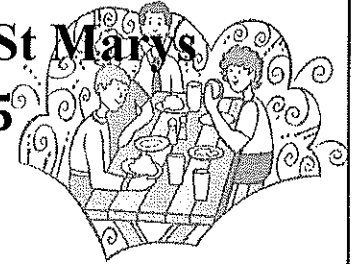
Everyone is welcome!

Please bring a plate of food to share.

RSVP to Kevin on 0455 837 004

The gold coin collection will go to Anglicare (Thom Ryan)  
for local food vouchers

Check out the Break O'day Anglican Parish Facebook  
page for more details



**gone rustic**  
**studio + gallery**

37 main street st marys tasmania 7215

**ECO FASHIONS**

**ART QUILTS**

**FIBRE + TEXTILE ART**

**JEWELLERY + SKIN CARE**

**HANDMADE GIFTS + CARDS**

**GROUPS + CLASSES**

**EXHIBITIONS + MORE**

[PLEASE NOTE that we are no longer  
agents for kit homes and sheds.]

**Open Tues - Sat (10 - 4)**

## BREAKING NEWS

My eco fashions have caught the eye of a Sydney boutique owner! First shipment of 20 garments leaving this week for Pinko Boheme, Avalon Beach, NSW.

I will also continue to offer my unique eco dyed vintage/retro/upcycled garments at Gone Rustic, the only place they will be available at wholesale prices.

New additions are being added weekly!

Want to exhibit your art for free? Download an application form here:  
<http://gonerustic.com/free-exhibition-space/>

To support this offer (and fellow artists) financially:

<https://life.indiegogo.com/fundraisers/free-exhibition-space-for-artists>  
[www.gonerustic.com](http://www.gonerustic.com) — [gonerustic.com@gmail.com](mailto:gonerustic.com@gmail.com)

Voice or text message to 0417 027 424 - [www.facebook.com/gonerusticstudiogallery](http://www.facebook.com/gonerusticstudiogallery)



# Valleys of Adventure

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

## GREATER ESK TOURISM

### *You're Invited*

*Greater Esk Tourism is presenting their*

### *Cocktail Evening for Local Business and Tourism Operators*

*Incorporating our Photographic Competition and Vote for the People's Choice Award*

*On Friday October 30 at 5.30pm for a 6pm start*

*To be held in the Purple Possum Cafe & Gallery*

*5 Story Street St Marys*

**RSVP:** October 26, 2015 - 0412 425 666 / [addestone@bigpond.com](mailto:addestone@bigpond.com)

Neat casual dress - light refreshments will be provided

The finalists' exhibits have been selected by Owen Hughes and are on display.  
It's now time to vote for the **People's Choice Award**

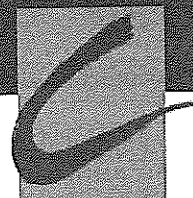
*Come along and network in the Fingal Valleys of Adventure...*

## Free Counselling Service now available in St Helens

CatholicCare Tasmania is now offering a free, fortnightly counselling service in St Helens. The counselling service is available to any person who may be experiencing personal issues relating to well-being (anxiety, depression or grief), relationship difficulties and challenges.



**For further information**  
including a request for a brochure – or to book an appointment, please contact the numbers below:



**CatholicCare**  
TASMANIA

### **Break O' Day Child and Family Centre,**

1 Groom Street, St Helens.

Phone 6376 7170.

(Four x 1 hour sessions available  
fortnightly on the Wednesday)

### **St Helens Neighbourhood House,**

25 Circassian Street, St Helens.

Phone 6376 1134.

(Three x 1 hour sessions available  
fortnightly on the Thursday)

**CatholicCare Tasmania,**

201 York Street, Launceston.

Phone 6332 0600.

This counselling service is funded by the Australian Government  
Department of Social Services.

A short, non-intrusive questionnaire is required to be completed prior  
to the confirmation of appointments, and in order to better serve your  
personal needs. This service is available to all Tasmanians.

[www.CatholicCareTas.org.au](http://www.CatholicCareTas.org.au)

*1 once a month*

# SPLASH

Seymour

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

Water cartage  
Septic pumping

Contact Mick

0488 777 713

## ST MARYS BAKERY



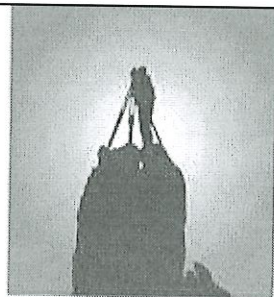
Ph: 6372 2131

OPEN 7 DAYS A WEEK

Fresh bread, rolls & buns,  
pies, pasties, cakes,  
hot food, coffee,  
cold drinks, ice cream

52 Main Street St Marys

Visit our website at [valleyvoice.com.au](http://valleyvoice.com.au) and look back over nine years of archival content, galleries and stories, in addition to each new edition. Leave a comment/suggestion on what you would like to see included.



**EAST COAST  
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CONSULTING SURVEYORS  
& LAND PLANNERS

## EAST COAST SURVEYING

Consulting Surveyors and Land Planners

Buying property, planning a development, unsure of  
your property's potential? Well we can help you!

Avery House, level 1 48 Cecilia Street, St Helens

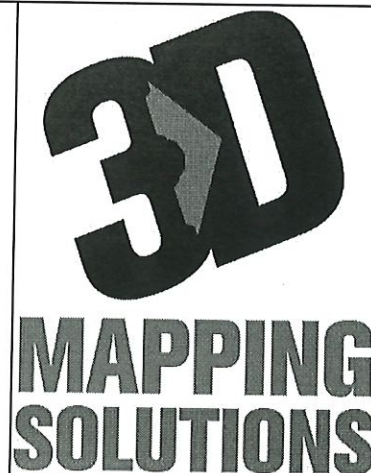
Ph: 6376 1972 or [admin@ecosurv.com.au](mailto:admin@ecosurv.com.au)

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Aerial photography & 3D mapping

Ideal for Real Estate sale, residential subdivisions, quantity  
surveys for stockpiles, quarries, farms & estates

0457 596 868 or [admin@3dmappingsolutions.com.au](mailto:admin@3dmappingsolutions.com.au)





**St Marys Sports and Social Centre**  
Gray Rd St Marys

**St Marys Sports & Social Club**

**Invite you to join in their Open Day to celebrate the Completion of the renovations**



**FRIDAY  
16TH  
OCTOBER**  
From 4pm

*Free Golf every  
Friday in  
October*

*Come along and view the upgraded facility and*

Rediscover your drive  
with a game of Ambrose

**Teeing off between 4.30 - 5.30**

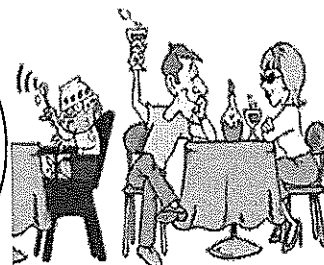
Beginners are encouraged to have a go!  
or

Discover Barefoot Bowls  
from 5pm or

Just socialise at the free BBQ from 6.30pm



Please register  
by text to Bobby  
on 0409 958 013  
Your name followed by  
**B, G and / or T**  
(Bowls Golf or Tea)  
& how many people



**Committee**

Licensee/treasurer: Jim Turner 6372 2441  
President: Jacqui Bianchi 0439 978 156  
Vice President Bobby Harwood 6372 2445  
Secretary: Annette Wines 0417 010 648  
[facebook.com/stmarysportsandsocialclub](https://www.facebook.com/stmarysportsandsocialclub)



An art professor from Syracuse University created a single tree that bears 40 different types of fruit after learning that an orchard full of 150-200 year-old native fruit trees was going to be destroyed.

# REDISCOVER YOUR DRIVE

**GOLF MONTH | OCTOBER**

*Come on Australia let's play golf*

ST MARYS SPORTS (& SOCIAL) CLUB  
FRIDAY 9TH 16TH 23RD & 30TH OCT  
9 HOLES ... REGISTER 4.30PM  
TEE OFF BY 5.30PM

Lapsed members, new people to town or  
yearning to learn...you are all welcome.

FRIDAY 16TH JOIN US FOR A BBQ AFTER THE  
GAME TO HELP US CELEBRATE THE COMPLETION  
OF THE RENOVATIONS



5 Portland Court, (off Grant St)  
St Helens, 7216  
6376 2971  
admin@healthyhouse.org.au  
www.healthyhouse.org.au

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

### What's coming up?

\* **Walking Group** The group meets at Healthy House every Wednesday, and the third Saturday of each month at 9am. Please contact Bryan Edhouse on 0414 987 435 for details.

**Toe Nail Clinics** November 5

\* **FriendSHIP Program**

October 12 Pyengana

October 19 St Helens

November 9 Scamander

\* **Counseling Services**

Please call Healthy House for more details and booking enquiries. We have counselors who are suited to each individual's needs. No referrals necessary.

### What we deliver:

Podiatry services  
Toe nail clinics  
Australian Hearing appointments  
Family Planning services  
Men's health issues

Counseling  
Building Blocks (children 0-5 yrs.)  
Walking Group  
FriendSHIP Program

**Building Blocks 'Rock n Rhyme'** 10.30 - 11.30 every Friday...  
Get along to St Helens Library for a fun story and music time for families and children 0-5 years. All Welcome!



*Mental health*  
BEGINS WITH Me

### Community Expo and Performances

**St Marys Town Hall and Green**

Thursday, October 29, 11am - 1.30pm

**Portland Hall, St Helens**

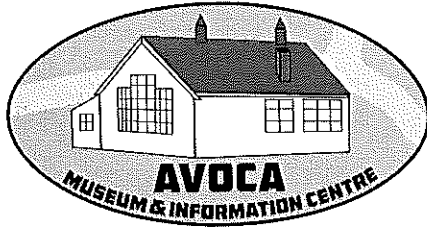
Friday, October 30, 10am - 2pm

Information stalls, interactive activities, art displays & performances

**Free Sausage Sizzle!**







## Avoca Museum and Information Centre

Old School Building  
AVOCA TASMANIA 7213

# Avoca Spring Festival

Avoca's spring festival was held on Saturday September.19

Lots of families, lots of visitors, beautiful flowers, fantastic artwork, spinning and weaving exhibition, old cars, great bikes, BBQ, face painting, clown, musician, Devonshire tea, spring weather and a fabulous day for everyone.

Avoca was a hive of activity on Saturday September 19, as the community rallied to put on a great show.

The flower show was excellent, and the Avoca Primary students were joined by Fingal and St Marys entries in the art and photography competition.

**Well done to all the winners and participants!**



Rossarden & Friends Kids Christmas Inc.

### 60s Night

The 60's Night at Avoca was an excellent night with a wonderful meal and fantastic live entertainment from

The Beat Surrender Band. Those who couldn't get there, missed out on a really good night of fun and dancing. Many thanks to all who donated and to the locals who decorated the hall so delightfully.



## Dart Calcutta

WINNER TAKES ALL

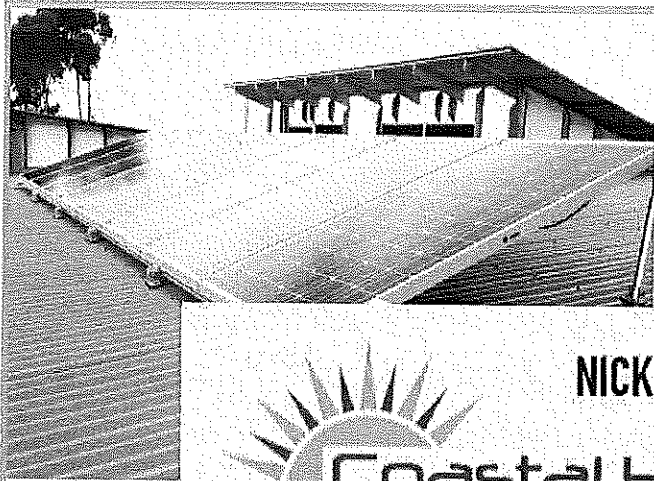


UNION HOTEL - AVOCA  
FRIDAY 16th OCTOBER  
7pm START  
COMPETITION ENTRY \$5.00  
SUPPER \$5.00

RSVP 13TH OCTOBER  
Gary 6385 2166

Rossarden Progress Association

The next AMIC Roving Curator session at the museum will be on Wednesday October 28, 10am to 1pm All welcome.



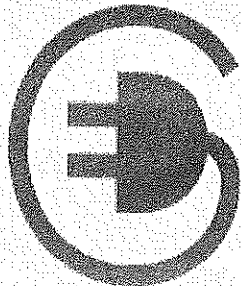
**NICK SHAW 0439-414-299**

## **Coastal Heat Pumps & Solar**

Lic no. L076081  
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Specialising in both Domestic and Commercial projects  
Tax deductible for business  
Tier 1 supplier, for the best quality solar systems  
1 kW - 100 kW systems available  
Call us today for a **FREE SOLAR QUOTE**  
Already have a quote?  
**WE'LL BEAT IT BY 5 %**

Install one of our leading brands of  
Heat Pumps today and stay **WARM** this **WINTER**  
while still staying **COOL** in **SUMMER**.  
-Floor mounted-  
-Wall mounted-  
-Fully Ducted systems  
-up to 18kW



## **St. Helens Electrical**

**Rod Shaw 0407-615-072**

**Nick Shaw 0439-414-299**

24798 Tasman Highway  
St. Helens, Tas. 7216

Email:  
[sth.electrical@gmail.com](mailto:sth.electrical@gmail.com)



**Coastal Heat Pumps  
& Solar**

**Domestic, Commercial, Industrial**  
New houses, wiring and repairs  
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**Lighting Specialist**  
Interior and Exterior  
Advice, sales, and installation

**Heat Pump/Heater Installations**  
Supply and install all brands  
Floor, Wall, Ducted  
Advice on all home heating

**Solar Installation**  
Domestic and business  
1kW to 100kW

Call for a free quote

Electrical Contractors  
Servicing the East Coast from Pyengana down Coles Bay  
and through the Fingal Valley  
Lic: 933671

## Community Groups / Services Guide

For inclusions / amendments call 63722 766

**AA St Helens** meets Wed 8pm at St Paul's Anglican Church hall, St Helens. *Murdoch 6376 3335*

**AA St Marys** meets Fri 7pm at Holy Trinity. *Mick / Shirl 6372 2909*

**Al Anon (Family Group)** meets Sun 2-3.30pm at St Helens Neighbourhood House. Please call (in order) *Rose 0456 063 943 / Ann 0409 763 270*

**Beaumaris Swap Markets** meet on the 1st Sun 11-1pm monthly at Beaumaris Park. Plastic bag free, gold coin donation per stall (bookings required). *Laura 6372 5687*

**BINGO** at the Cornwall Hall Mon 7pm, 2 jackpots weekly. All welcome.

**Break O'Day Council** St Helens 6376 7900

**Break O'Day Regional Arts** meet monthly on the 2nd Thu at 5.30pm in the St Marys Hotel.

**RAYC Regional Arts Youth Company** for school children is on Thu 3.30-5pm. Session cost \$5 or \$40 p/10 week term. All welcome.

*Michelle 0407 046 865 e: bodregionalarts@gmail.com*

**The BOD Stitchers** meet Fri 10-3pm at the Neighbourhood House Bungalow in St Helens.

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

**Carers for Wildlife Tas Inc.**

*St Marys 6372 2973 / 0417 017 105*

**The Chocolate Shop Singers** meet Thu 5.30pm at the Mt Elephant Fudge shop St Marys for informal and fun singing. Everyone welcome.

**Churches** Anglican Church St Helens 6376 1144, Catholic Church St Marys 6372 2252, Salvation Army St Marys ,0409 838 816 Uniting Church St Helens 6376 2405

**Community Transport East Coast 6372 4415** , *Jan Saunders, East Coast Community Transport Coordinator*

**The Cornwall Community Development Group Inc.** hold their general meetings on the 1st Tue 7pm monthly. Hall hire available. *Raz / Deb 6372 2261*

**East Coast Community Transport**, Community Hall, 23 Main Street, St Marys. *Jan Saunders 6372 4415*

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

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

*Deb Speers FVNH*

**Greater Esk Tourism** meet on the 2nd Mon 7pm at Fingal Neighbourhood House monthly. *0412 425 666*

**Healthy House** St Helens 6376 5242

**Hospitals** Circassian Street St Helens 63875570

Community Health Centre St Marys 6387 5555

**Justices of the Peace** K Faulkner 6372 2196

**Libraries** St Marys 6372 2114, St Helens 6376 1389

**Lymphoedema** St Marys Lymphoedema Centre 6272 2900

**Meals on Wheels** St Marys 0488 384 344

**Museums Cranks & Tinkerers** St Marys 0417 648845

**Online Access Centres** Fingal 6374 2222, St Marys 6372 2005, St Helens 6376 1116

**The Scamander and Beaumaris Community Development Association** meets monthly on the 3rd Wed 7pm in the Scamander Sports Complex.

**Scamander Garden Club** meets monthly on the 3rd Mon 1.30pm in the Scamander Sports Complex. *Val 6372 2762*

**Schools - District High Schools** , St Helens 6376 7100 St Marys 6372 3900

*Primary Schools* , Avoca 6384 2117, Fingal 6374 2197

**The St Helens Walking Group** walk each Wed and 3rd Sat monthly. New members are most welcome. *Healthy House 6376 2971 / Bryan Edhouse 6376 3439*

**St Marys/Falmouth Playgroup** is held 10:30-12:30 each Wed at the Falmouth Community Centre. Join us for only \$3 per family in a relaxed and friendly atmosphere.

*Bec Mason 0409 253 504*

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

**St Marys Ladies' Midweek Tennis** meet 9.30am Wed. New players & beginners welcome. Child minding included - a lovely safe place to bring toddlers while you play. *Karon 0419 722 390 / Dana 6372 2033*

**St Marys Markets** are held monthly on the 1st Sat 9-1pm at the St Marys Community Hall .

*Michael Smith (BODR Arts) 6372 2056 / 0407 046 865*

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

**The St Marys School Association Op Shop** is open 10-3 w/days & market Saturdays 10-12.30. We are happy to receive ALL pre-loved items excl. electrical. *Janet Drummond 0404 562 320*

**St Marys Sports & Social Centre Inc** 6372 2177

**St Patricks Head & Esk Valley Historical Society Inc.** meets every 2nd month on the 3rd Wed 3pm.

*Jim 6372 2127 (jimhaas@bigpond.com)*

*www.fingalvalleyhistory.com*

**Stallholders' Market Inc.** markets are held Sat 8-12pm in the Portland Hall St Helens.

*e:sthelenmarket@yahoo.com.au*

**Suncoast Singers** meet Fri 10am in the Catholic Hall Cecilia Street, St Helens. *Mary-Anne Wadsworth 6376 2969*

**The Tasmanian Lymphoedema Centre Inc** meet monthly on the 3rd Monday 5pm in the St Marys Community Health Centre, Day Care Room.

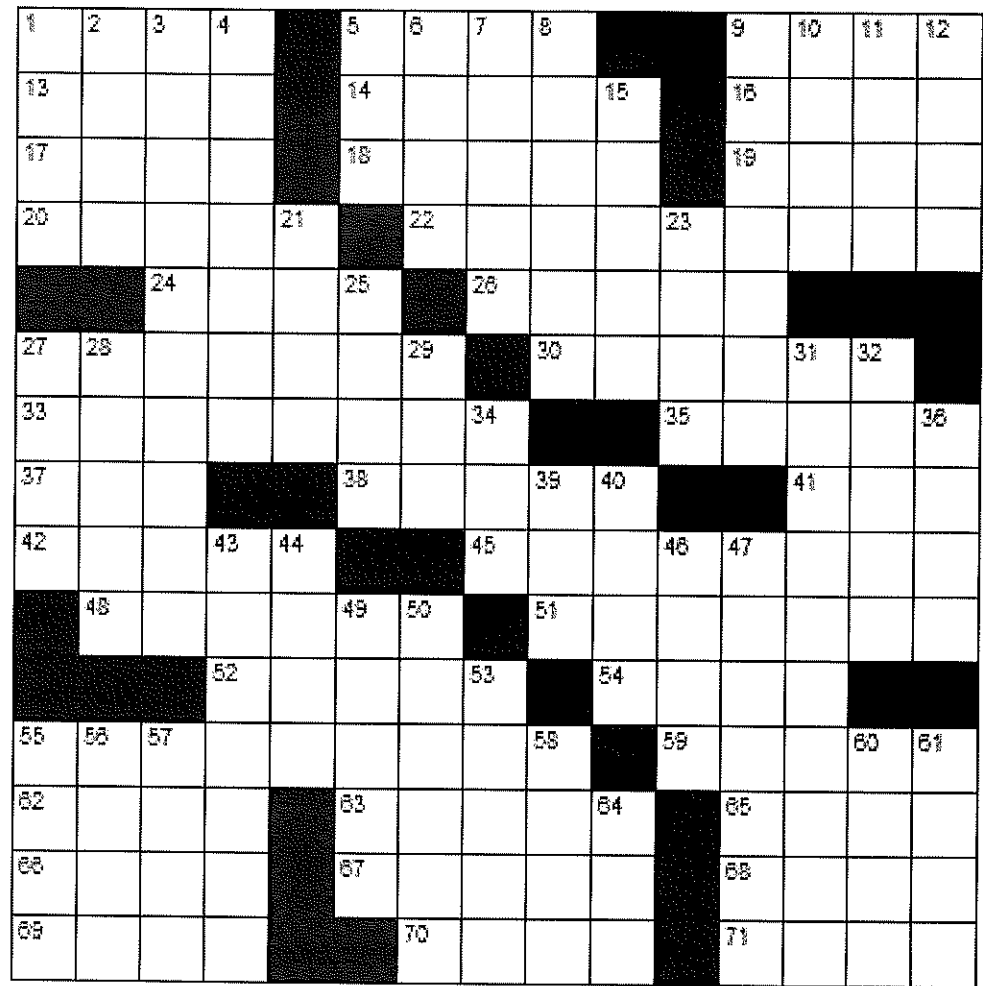
**Woodcraft Guild** Old Railway Goods Shed St Marys 6372 2094

**WOW** meet on the 2nd Tuesday 6.30-8.30pm monthly at the St Marys Community Health Centre Day room . A fun social group for women of all ages. Supper provided. Contact

*Christine Waters 0410 441 558* for more information.

## ACROSS

1. Arab chieftain
5. Aquatic plant
9. "Smallest" particle
13. Solitary
14. Chuckle
16. Not pre-recorded
17. Magma
18. An analytic literary composition
19. Beers
20. Hitches
22. Pennants
24. 500 sheets
26. Subsequently
27. A wasp has one
30. Fortright
33. Cantata
35. Alleviated
37. Pen part
38. Enlighten
41. Half of a pair
42. Storms
45. Vassal
48. Generator
51. Exhibition room
52. Goodwill
54. Sediment
55. Pagans
59. Hard close-grained wood
62. Hindu princess
63. Run away to wed
65. Heap
66. Midmonth date
67. Soft drinks
68. Stigma
69. Cumberbund
70. 10 10 10 10



## DOWN

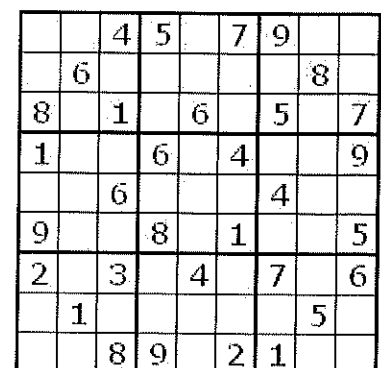
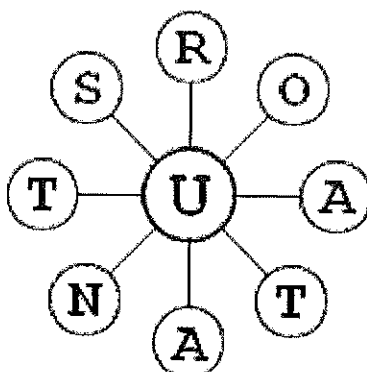
- |                                 |                                      |                                  |
|---------------------------------|--------------------------------------|----------------------------------|
| 1. L L L L                      | 21. Palm starch                      | 44. Indian dress                 |
| 2. Groan                        | 23. Skin disease                     | 46. Smooth-tongued               |
| 3. Always                       | 25. No more than                     | 47. Oval                         |
| 4. Chemical agent               | 27. A short musical com-<br>position | 49. Labyrinths                   |
| 5. Beer                         | 28. Threesome                        | 50. Leopardlike cat              |
| 6. Young girl                   | 29. Disencumber                      | 53. Wear away                    |
| 7. Bursts of strong wind        | 31. Muscle-building ex-<br>ercises   | 55. Colored part of an<br>eye    |
| 8. A type of fungus             | 32. Monetary unit of Ma-<br>cedonia  | 56. 20th-century art<br>movement |
| 9. City on San Francisco<br>Bay | 34. Petroleum                        | 57. 1 1 1 1                      |
| 10. Scrabble piece              | 36. Declare untrue                   | 58. Extent                       |
| 11. Not under                   | 39. A tree fruit                     | 60. Family group                 |
| 12. Untidiness                  | 40. Not nays                         | 61. Not there                    |
| 15. Doglike nocturnal<br>mammal | 43. Our language                     | 64. S                            |

Solutions next issue

How many words can you find in this grid?

Each word must contain the central U 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: 50 words. Good: 35 words. Average: 25 words.





## Meals on Wheels

October 12	Ruth Aulich
13	Pam Bretz
14	Valmai Spencer
15	Liz Rice
16	Drew Adam
19	Pam Bretz
20	Valmai Spencer
21	Trish Pike
22	Valmai Spencer
23	Drew Adam

## Church Services

**Catholic Parish of**  
**St Marys - Father Bala**  
 6372 2252 / 0419 314 692

*Bicheno*  
 Mass 1st, 3rd & 5th Sunday  
 9am  
 Liturgy 2nd & 4th Sunday  
 9am  
*Fingal*  
 Mass 1st & 3rd Sunday  
 11.30am  
 5th Friday 10am  
*St Helens*  
 Mass Saturday 6pm  
 Thursdays 10am  
*St Marys*  
 Mass 2nd & 4th Sunday  
 9am  
 5th Sunday 11am

**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**  
*Envoy M Norton*  
 0409 838 816  
 Sunday JOY 9.30am  
 Tuesday JAM 3-5pm  
 (except school holidays)

## Tip locations and opening hours

*Ansons Bay*  
 Long w/end Mon 12 - 4  
 Wed/Sun 12 - 4

*Fingal, Mathinna Road*  
 Tues/Thurs 10 - 4  
 Sun 2 - 5

*Pyengana, Tasman Hwy*  
 No builders' waste please  
 Wed 9 - 1, Sun 2 - 5

*Scamander, Coach Street*  
 Tues/Thurs 10 - 4  
 Sun 2 - 5

*St Helens, Eagle Street.*  
 Open 7 days 10 - 4

*St Marys, Gray Road*  
 Tues/Thurs 10 - 4  
 Sun 2 - 5

**Break O'Day Anglican**  
**Parish**

6372 1144  
*St Helens*  
 9.30am 5th Sunday Com-  
 bined Service with Uniting  
 Church 9.30am  
*St Marys* 10am  
*Pyengana*

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

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

## Emergency services

AURORA Emergency	13 20 04
Carers for Wildlife St Marys	6372 2973 / 0417 017 105
Crimestoppers	1800 333 000
Poisons Information	13 11 26
Police Emergency	000 & Enq 13 14 44
SES Emergency	13 25 00
TFS Emergency	000 & Enq 1800 000 699

## Last edition's solutions

W	A	T	T		A	P	E	S			O	N	E	S	
A	L	O	E		D	E	M	U	R		N	O	A	H	
F	A	U	N		A	R	E	N	A		T	O	R	O	
T	E	R	S	E		U	N	L	I	K	A	B	L	E	
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5	3	7	6	9	4	8	2	1
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3	5	2	4	1	7	9	6	8
7	1	6	2	8	9	3	4	5
4	8	1	9	2	3	6	5	7
2	9	5	7	6	1	4	8	3
6	7	3	8	4	5	2	1	9

All words:

cis, ecesis, **EXCESSIVE**, excise,  
 excises, ice, ices, is, sei, seis, seise,  
 si, sic, sice, sices, sics, sieve, sieves,  
 sis, six, sixes, vice, vices, vie, vies,  
 vis, vise, vises, xi, xis.

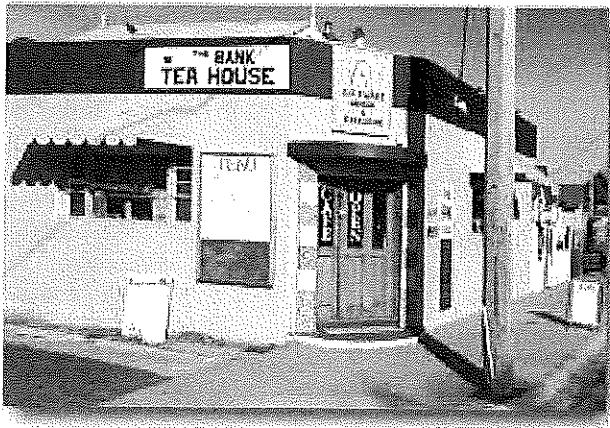


**St Marys**  
**Salvation Army**  
 is pleased to offer the  
 following services:

- ♦ *Weddings*
- ♦ *Dedication of children*
- ♦ *Funerals*

**Envoy Mel Norton**  
 0409 838 816





## **The Bank Teahouse A Man's Cave Giftware**

*... where the experience of  
fresh coffee and delicious food,  
gives you a distinct feeling  
of coming home.*

Devonshire Teas are our speciality - a pot of tea for one or two,  
with freshly baked scones, jam and cream.

Also available - all day breakfast, Turkish rolls, pies, burgers,  
gourmet toasties, English breakfast muffins, freshly ground coffee,  
hot chocolate and chai tea.

Eat in or take away - VIP cards available - we also have a pet friendly courtyard

Mon-Fri 7am-5pm - Sat 8am-5pm - Sun 9am-4pm

**Jason and Linda Lang - 26 Main St, St Marys - 6372 2578**



## **HILLYS IGA ST MARYS**

**Open seven days a week**

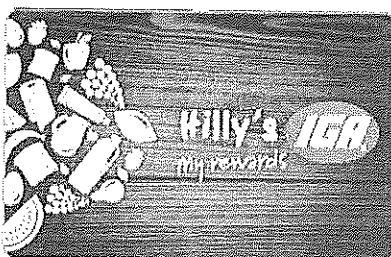
*A great shopping experience -  
everything in one convenient location*

### **Hillys Rewards**

**That's right!**

Come in to Hillys IGA St Marys and Hillys IGA St Helens, pick  
up a rewards card and start saving - earn points every time you  
shop. Save up your rewards for Xmas, or use as instant cash

You can even donate to a local community group.



*\*We even have  
members' own  
specials\**



A beautifully sunny afternoon welcomed guests as a sea eagle flew overhead, while Ross Quinn and Hannah Rubenach were married on September 13, 2015 in the grounds of the Mt Elephant Pancake Barn, Gray.

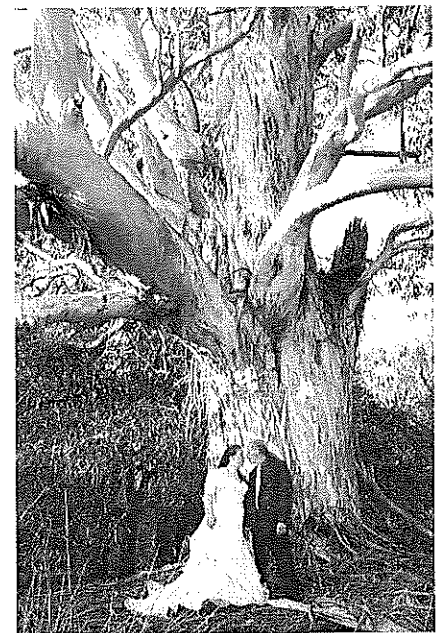
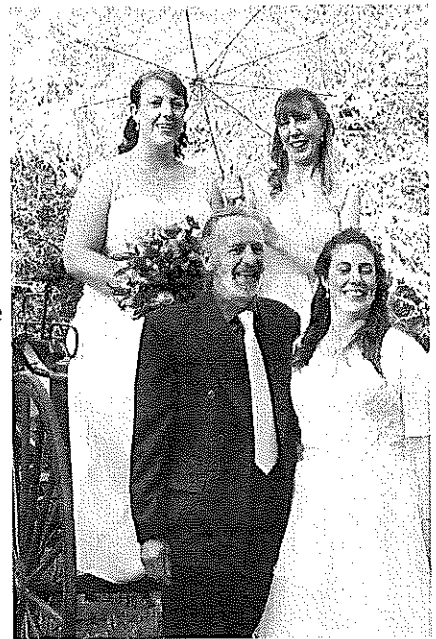
Melanie Norton from the Salvation Army conducted the ceremony, and music was played/sang by Ian and Rita Summers (who also were the musicians at Hannah's parents wedding 40 years ago).

Afternoon tea was served to the 120 guests, then a smaller gathering of close family and a handful of friends shared a meal in the Mt Elephant Pancake Barn (which was built about 35 years ago by Hannah's father).

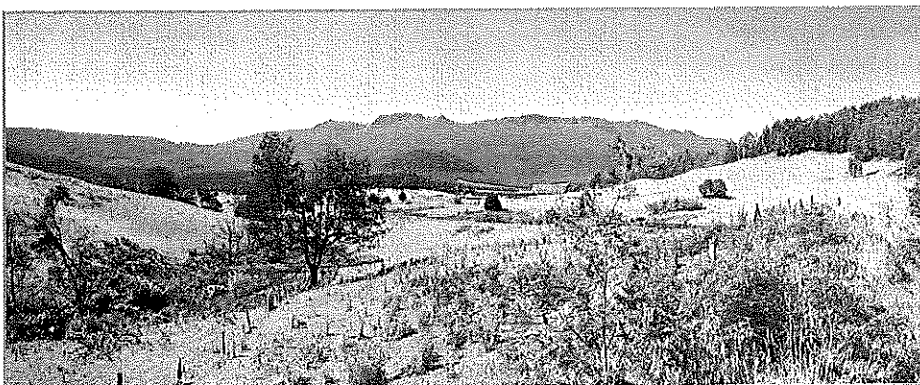
A huge thank you to all our guests, and especially to Melanie, Ian and Rita, Janet (photographer), Pam and Lew (for allowing us to use the Pancake Barn facilities), Louise and the awesome pancake barn crew and to the many family members and friends who helped with preparations and cooking.

Also, thank you to all who did not attend, but have wished us well.

**Hannah Rubenach-Quinn, Gray**  
**Photos by Janet Drummond**



*...The best cure for Sea Sickness is to sit under a tree, said Spike Milligna - that well-known typing error.*



*Between Mathinna and Blessington, taken by Glyn Johnson*



**St Marys Community Health Centre**  
Gardiners Creek Rd St Marys Tasmania 7215  
6387 5555

**GP Surgery Hours**

**Monday - Friday**  
**8:50 - 10am**  
(10 -10:30am reception closed)  
**10:30am - 12.30pm**  
(12:30 - 1:30pm reception closed)  
**1:30 - 2:45pm**  
(2:45 - 3:15pm Reception closed)  
**3:15 - 4:30pm**

**Pathology**

There is no pathology service prior to  
**8.30am, or from 12:30-1.30pm**  
If you require pathology prior to 8.30am,  
an appointment must be made at the  
Nurses' Station the day / evening before on:  
6387 5555

**Scripts and Doctors Appointments**

Please ensure doctors appointments are booked **PRIOR** to your medications running out, or **IN ADVANCE** if you attend this practice regularly.

**Please be patient**

Waiting periods to see your doctor may be experienced. We are not able to issue scripts during the weekends, please ensure you have enough in advance.

**Please be aware we are not able to issue scripts by phone**

**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 with us?  
Sometimes we need to contact you, or pass your details on to other health professionals.

**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 us on 6387 5555 or call in and see our friendly reception staff for assistance

**INR tests require a 5 minute doctors consultation.**  
- Please inform reception when booking

**Doctors Roster**

**Dr C Latt**

8/10/15- 23/10/15

**Dr K Rawnsley**

9/10, 13/10, 15/10, 20/10, 22/10

**PUBLIC HOLIDAY**

Thursday October 8 – Launceston Show Day

**SMCHC Teaching Site**

We are a UTAS teaching site. We regularly host students from various health faculties, who attend our site to participate in training placement. If you are attending this practice and would prefer the students do not sit in on your consultation, please inform reception prior to your appointment. These placements are very important for the students, so your cooperation is greatly appreciated. **There will be medical students on placement at St Marys during October 2015.**

**St Marys Medical Practice reminder**

Dr Latt wished to remind the community of the following exceptions to bulk billing at the St Marys Community Health Centre

*Driving licence renewals  
Requested medical  
reports*

*Insurance medicals  
Harness medicals  
Pre-employment checks*

The above are NOT covered by Medicare, and may incur cost. Please discuss this with reception when making your appointment. If you have any concerns, please contact us and we will try and address them

**A.H. contact numbers**

**GP Assist 1300 780 011**

**Ambulance or  
Emergency 1800 008 008  
000**

**Lifeline - Saving lives, crisis  
support and suicide prevention 131 114**

**St Marys Community Health  
Centre - please ring before  
presenting after hours 6387 5555**



**St Marys Community Health Centre**  
Gardiners Creek Rd St Marys Tasmania 7215  
6387 5555

**What's on at the Centre**

October 9 **Social Worker** Shan Williams  
Call 6387 5555 for appointments.

**PHT Diabetic Educator,  
Physiologist and Dietician.**  
Contact GP for referral.

October 12 **PHT Psychologist** Sam  
McCarthy. See your GP for a  
referral.

October 13 **Rae & Partners Lawyers** consult  
fortnightly at the SMCHC. Phone  
6337 5555 for appointments.

**Child Health Session** with Mary  
Mumford Tuesday fortnights, by  
appointment only. 0428 136 381.

**Woman of Worth** 6:30-8:30pm in  
the Day Room of the Health Cen-  
tre. A fun, relaxed, social evening  
for ladies of all ages. RSVP to  
Christine Waters 0410 441 558.

October 14 **Day Centre**, call Hayley Gilbert on  
6387 5555 for information on the  
group.

October 15 **Social Worker-** Shan Williams  
For appointments phone 6387  
5555

October 16 **Social Worker-** Shan Williams  
For appointments phone 6387  
5555

October 19 **PHT Psychologist-** Sam  
McCarthy. See your GP for a re-  
ferral.

**TLC Meeting** (Tasmanian  
Lymphoedema Centre) 5pm in the  
Day Room.

October 21 **Social Worker** Shan Williams  
Call 6387 5555 for appointments

**Consumer & Carer Advocacy  
Group** 12 - 2pm downstairs at the  
SMCHC. Call Shan on 6387 5555

**Day Centre**, call Hayley Gilbert on  
6387 5555 for information on the  
group

**Physiotherapist** Please see your  
GP for referral

October 22 **Social Worker** Shan Williams  
Call 6387 5555 for appointments.

October 23 **Social Worker** Shan Williams  
Call 6387 5555 for appointments.



**SENIORS  
WEEK**  
MONDAY 12 - SUNDAY 18 OCT

**PROTECTED MEAL TIMES**

The St Marys Community Health Centre has  
commenced a protocol around meal times.  
This will be known as **Protected Meal Times**.

Research has found that a percentage of pa-  
tients on leaving Hospital appear to be more  
malnourished than on admission.

**What are protected meal times?** Protected  
Meal Times enables quiet time for patients to  
eat meals without interruptions.

**Why do we need them?**

- Patients recover faster when they eat  
enough of the right foods
- Some patients have difficulty concentrating  
on eating
- Some patients need supervision by staff  
during meal times

**How can you help?**

- Avoid visiting at meal times unless assisting  
with patients to eat their meals
- Understand why staff may ask you to leave  
during meal times
- Meal times are: 11:45am-12:45pm and  
4:45 - 5:45pm

Thank you for your cooperation.



## ST MARYS IGA SUPERMARKET

38 Main Street

Ph/Fax 6372 2240 Butcher 6372 2274

Monday ~ Friday 8am - 6.30pm

Saturday 8am ~ 5pm

Sunday 10am ~ 5pm

Butcher instore weekdays 8am ~ 2.30pm

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

### Butchery specials this week

	p/kg
Round Steak	12.99
Gerello Roast	10.99
Beef Mince	10.99
Lamb BBQ Chops	10.99
Nichols Chicken Bocconcini	4.99

### Butchery specials next week

	p/kg
Silverside	8.99
BBQ Blade Steak	11.99
Ingham Gourmet Chicken Portions	6.99
Nichols 6 Legged Chicken	4.75
Nichols Chicken Kiev Burger	99 ea

### Specials October 7 - 20

CSR White Sugar 3kg	4.99	Dynamo Laundry Liquid 2L	8.99
Nestle Milo 750g	9.99	White King Bleach 2.5L	2.99
Cheezels Box 110g	1.69	Defender Snail Pellets 600g	2.99
Moccona Coffee Sachets 10pk	3.99	IGA Potting Mix 25L	3.99
Whitakers Chocolate 200g	3.69	Friskies Cat Biscuits 1kg	3.99
Sunrice Flavoured Rice Cakes 195g	2.19	Kleenex Viva Paper Towel 2pk	2.99
Danone Greek Yoghurt 4pk	3.99	Garden Fresh Cooking Oil 2L	6.99
Pampas Block Puff Pastry 1.6kg	5.49	SPC Canned Tomatoes 400-410g	1.19
Ingham Chicken Breast Tenders 400g	5.99	Sui Min Noodle Cup 70g	1.49
Birds Eye Frozen Peas 500g	1.99	Continental Family Pack Rice/Pasta & Sauce 145-190g	2.49

*Keep A Lookout.....New Seedlings Arriving Weekly*



Incorporating  
St Helen's Transport &  
Coles Bay Carrier

Launceston depot (03) 6339 4900

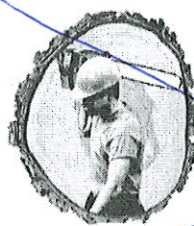
St Helens depot (03) 6376 1143

Fax 6339 2900

suncoastexp@netspace.net.au

**John Campbell**  
0438 392 621

**Jamie Harper**  
0408 012 145



**Col Hughes**

ABN 68 453 163 788

**CHAINSAW WORK, FENCING**

House and garden maintenance  
Mowing (including ride-on)  
and brush cutting  
Clean-ups, painting etc  
Insured and licensed

ph: 6376 3313

m: 0407 598 225

e: colin.hughes3@bigpond.com

A tough old stockman was counselling his grandson that if he wanted to live a long life, the secret was to sprinkle a pinch of gunpowder on his Weetbix every morning.  
The grandson followed his advice religiously until the age of 103, when he died.  
He left behind 14 children, 30 grandchildren, 45 great-grandchildren, 26 great-great grandchildren and a 20m crater where the crematorium used to be.

magic clothes brush

Related: bra fillers clothes brush

All Listings Auction Buy It Now

*The worst wheel of the  
cart makes the most noise.  
Benjamin Franklin*

Printed and published by  
The Valley and East Coast  
Voice Inc.  
POB 230  
St Marys Tasmania 7215.



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