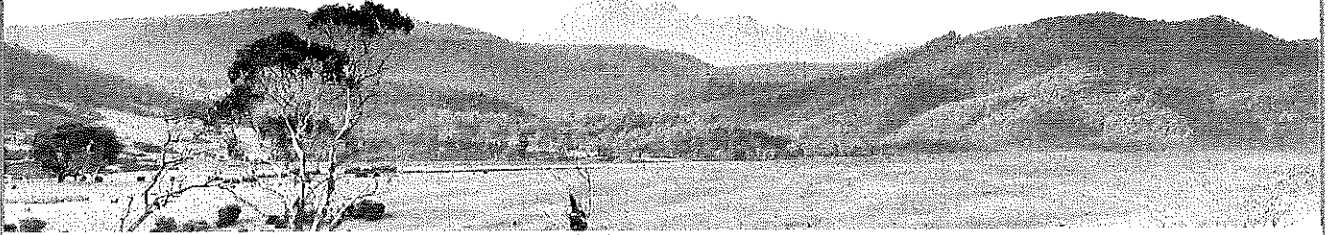


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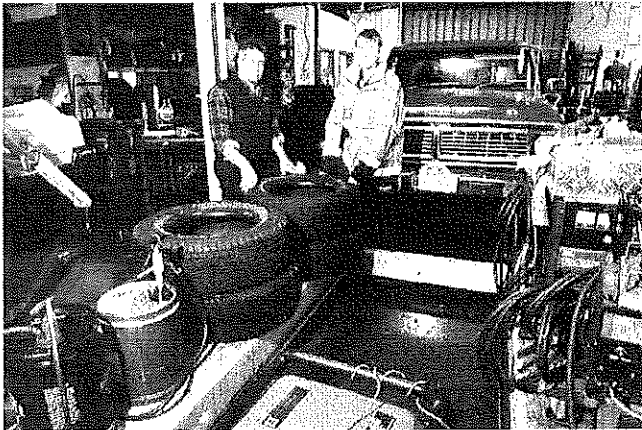


## THE VALLEY AND EAST COAST VOICE INC.

Established 1968

48.18 February 11, 2016

Deadline for 48.19 is 5pm February 22, 2016



**St Marys floods** Grant Faulkner and Jackson Spilsbury in the Caltex Garage during the recent flooding. More pictures and rainfall figures on p18



**Santa in Cornwall** p10

### East Coast Vet Clinic home visits for St Marys and Cornwall

Dr Jeff Parsons from the East Coast Vet Clinic in St Helens will be conducting home visits in the St Marys and Cornwall area on Saturday afternoon, March 12!

Has your pet been unwell, or due for a vaccination or check up and you have difficulty travelling to St. Helens with them? Perhaps you are unable to drive, or your pet gets car sick, or you have no suitable animal travel crate? Don't miss this great opportunity to have Dr Jeff visit you in your own home!

Please call 6376 1577 during clinic hours, Monday to Friday, 8.30 - 5 and Saturday morning 9 - 12, to register your interest and discuss your needs! Limited.

Bookings available, contact us now!

Visits are only during the afternoon and by appointment only. Times will be confirmed prior to the visits. We look forward to assisting you with a home Vet visit!

**EAST COAST VET CLINIC**  
6376 1577



**Vale Barry Aulich,**  
**passed away on January 31, 2016.**  
**We extend our sincere sympathies to**  
**his family and friends.**

### Break O'Day Community to benefit from Bridge Renewal Program January 18, 2016

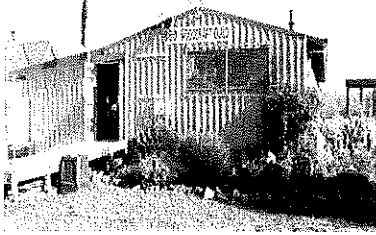
Two single lane timber bridges in the Break O'Day area have received dollar-for-dollar funding for replacement through the State Government's Bridge Replacement Program.

Both bridges, the **Golden Fleece Rivulet Bridge** and the **Cornwall Road Bridge**, provide the only access for local residents, heavy vehicles, emergency services and school buses, each experiencing 320 and 130 traffic movements a day respectively. The replacement of both bridges will cost in excess of \$1.5m.

"This grant will see both these bridges replaced with concrete, two lane structures capable of carrying the Australian standard, 160 tonne vehicles," Mayor Mick Tucker said. Continued on p3

## Community Notices

### Out of the Woodwork



### In Memory of Maisie 1914 - 2015

On behalf of the Woodcraft Guild we send our heartfelt condolences to the families of Jan Sparkes and Barry Aulich on their sad loss.

*Wendy Brennan, Secretary  
Break O'Day Woodcraft Guild*

**House for rent St Marys** Furnished 4 bd/ 2 bathroom house from early April to late September 2016. Option of a further 6 months (longer term may be available), on 3 acres overlooking St Marys and the valley. Stunning views compliment comfortable, relaxing living. Gas / electric cooking, wood heater, instant gas / electric hot water. A substantial wood heater warms the open plan and bedroom spaces. Town / tank water. Suitable for pets and other small animals. Inspections welcome, price negotiable. *Further inquiries, contact John 0418 632 644*

*Permanent classified ads are available for \$20 per year.  
Contact editor for details.*

### Free

25 fence posts 1.9m x 30. Call Hans Schmid 6372 2439

### Wanted

Tractor / slashing available, fully insured, competitive rates, from Chain of Lagoons to St Helens, Fingal to St Marys. *Alan 0407 944 158*

Fridge, St Marys area. Please call *0448 515 890*

### For Sale

Frozen local raspberries \$15 kg. *Jack 6372 2034*

Moo poo, any quantity. *Norm 6372 2380*

### Situations vacant

**Permanent part-time Reception and Administrative Officer** - 36 hours per fortnight

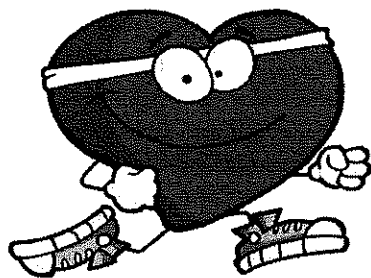
We are seeking a suitable qualified person to assist the Manager with the day-to-day operations of St Helens Neighbourhood House. Applications close Monday February 29, 2016 at 5pm. For further information and / or application pack, please contact

*Trish O'Duffy, Manager on 6376 1134*

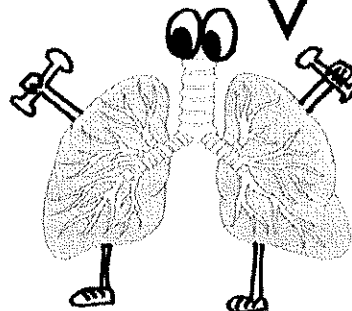
*e: trish.oduffy@neighbourhoodhouse.org.au*

Funded by the Crown through the Department of Health and Human Services

Have you heard the news?  
I don't have to travel to  
Launceston or Hobart anymore!  
St Helens now has a free  
Physiotherapy program for heart  
failure and people recovering  
from heart surgery !!!



I know ! But did you hear  
there is one for me too? A free  
program for people with lung  
disease, chronic coughs and  
shortness of breath?



### Free programs start January 2016

If you would like to kick start the year with a healthier and less breathless you, then ask your GP about joining the program today!

This program is funded by Tazreach and proudly brought to you by Outreach Health Solutions. We aim to bring you a healthier tomorrow today.

Phone enquires to 0428 491 621 or via email to [bichenophysio@gmail.com](mailto:bichenophysio@gmail.com)

## Letters to the Editor

Dear Editor

### **St Marys: To Sell or Not!**

If I was arriving in Tasmania and looking for places to visit, the last thing that would attract me to visit or stop in St Marys is the brochure featuring a feral looking duck on the cover.

Thank goodness the Great Eastern Drive passes through St Marys, otherwise we may not see any of the expected increase in travellers.

Surely with the amount of talented photographers in the district a collage featuring the village, surrounds and events would have been a whole lot better - say 1000%. To the Committee that made the decision to use the image - you have done St Marys a disservice.

**Bill Swann, St Marys**



Dear Editor

How excited was I when I heard about the new directory pamphlets, for travellers and tourism.

Mmmm disappointed much? Surely St Marys has much more to offer than a woman's nose and a goose - and poor old Fingal, they got bushwalking with archived 1980 pictures.

Idea brilliant - community consultation nil???

**Lynne Dawes, Seven Mile Beach**

Dear Editor

I would like to extend my thanks to Diana Foster for her article (published in the final V.V. of 2015).

As a person who has had the chance to hear a little of the story of her grandmother direct from Diana, I appreciated the chance to read some details.

I am a retired general nurse so I loved the photos of the nurses in their uniforms ... I have to say my skirt was shorter, my veil cardboard and my cape a little longer but they gave me a smile.

It's a great privilege to share some of the personal stories which brings history to life, and I appreciate Diana's generosity.

**Wendy Fowler, St Marys**

Dear Madam Editor

### **Bring back the local signs**

How disappointed I was to recently return to my home town and find the original "Welcome to Falmouth" sign no longer greeting arrivals to the coastal community.

I always enjoyed entering the 'the first settlement on the East Coast' and was very disappointed to hear from the locals that this sign had been removed, and replaced by the blue generic signs relating to the Great Eastern Drive. I had witnessed many tourists photographing these signs, unique to each town, as they are very useful when compiling photo albums - particularly with the amount of shots taken now on mobile phones and iPads.

As I ventured around the North East I discovered that the signs had only been removed from some areas, and that Anson Bay, ('Remote Paradise' and two pelicans pictured), Goshen and others still retained their unique signs; presumably these communities are not on the Great Eastern Drive.

I wasn't impressed with the logo for the Great Eastern Drive, it is unimaginative and difficult for me to recall after only two weeks since my return. I understand the reason for brand marketing but let's face it, the new signs are dull and boring.

I therefore ask the BODC if the old signs can be returned alongside the new signs. I did hear the old signs were stored at the council depot!

I would also like to compliment the council and the traders on the appearance of St Marys. The new streetscape with the new footpaths and parking bays - as well as the bunting and trees tied to the poles - gives St Marys an appearance of being 'open for business'.

It must be difficult for residents to make a choice when purchasing a coffee, as I counted at least seven outlets for a cuppa and from the four I tried the standard was consistently good!

Who would have thought - a latte sipping society at St Marys!

Congratulations to **Craig Woods** and his team of 'vollies' in continuing to keep the races going. What an asset for a town the size of St Marys!

Keep up the good work St Marys and Valley locals, so that it will always be a pleasure to return home.

**John Schier, Darwin NT**

Dear Editor

### **Re: Classmates / leavers of St Marys District High School, 1972**

It is hoped there will be a reunion towards the end of 2016 for those of us who left St Marys District High School in 1972.

Contacting people is proving a bit difficult and I am hoping that I can reach as many people as possible through The Valley Voice.

If you are one of the leavers, it would be fantastic if you could contact me and I can then begin making plans.

Contact details: [denesesherriff@yahoo.com.au](mailto:denesesherriff@yahoo.com.au)  
[facebook.com/denese.sherriff/](https://www.facebook.com/denese.sherriff/) 0409 371 618

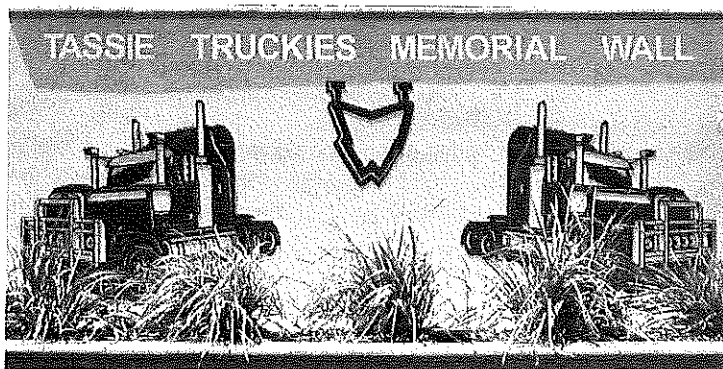
Hoping to hear from as many as possible!

**Denese Sherriff (nee Toomb), Launceston**

## Honouring our Truckies

Tasmanian truck drivers have been honoured at a ceremony to remember drivers who have lost their lives, and to support those who have lost loved ones. Federal Member for Lyons Eric Hutchinson attended the service at the Tassie Truckies Memorial Wall on January 17.

"The facility at the Epping Forest Roadhouse opened 12 months ago after years of planning by a dedicated group. We are so grateful to those who worked to create this place of reflection - for families, friends and other road users, to think of those who have paid the ultimate price," he said.



Eric Hutchinson also recognised the truck driving industry and the people who support drivers on a daily basis. "Truckies and their families are vital to Tasmania's economy and deserve to be acknowledged for their significant contribution," he said.

"There are hundreds of trucking businesses in Tasmania, which directly and indirectly contribute tens of millions to the local economy. Their presence is also felt across the nation, with Bass Strait a regular crossing for truckies who transport goods in and out of our island state. I hope we can work together on improving road infrastructure and therefore the working conditions of those in the trucking industry. Improvements are already underway for the north-south freight route, with \$500m invested in the Midland Highway," Mr Hutchinson said.



The memorial has plaques to remember drivers who have been killed at work, either on or off the road. The seats and landscaping at the site allow for an appropriate setting for contemplation and reflection.



*Photos by Cassandre Tickner-Smith and WM Dawson*





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### Coming up in March:

Bookbinding  
Workshop  
with

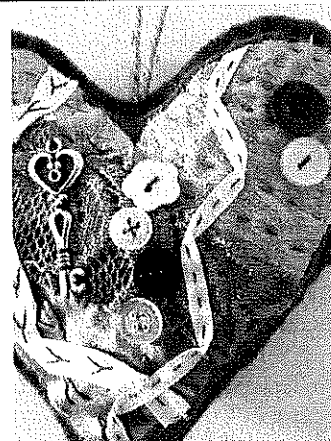
Prue Quarmby  
of

Bibiani, Hobart

<http://www.bibiani.com>

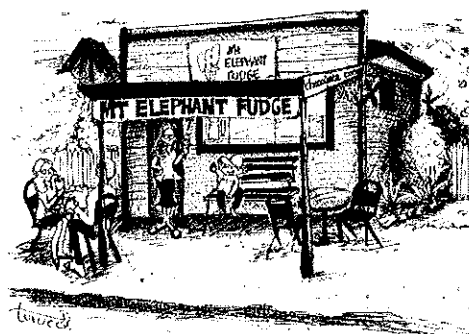
Valentine's Day Special  
(valid until February 14)

10% off your purchase when you quote this ad



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On this day 1861 Robert O'Hara Burke and William Wills left Melbourne in August 1860 and in November Burke and Wills first reached Cooper Creek. On 11 February 1861, a small party consisting of Burke, Wills, King and Gray finally reached the northern coast. Crossing extensive marshes, they came to a salt tidal channel surrounded by mangroves, which prevented them from either seeing or reaching the sea. The group turned around and began the long and arduous trip back to Cooper Creek. Burke and Wills perished in mid 1861, and only King survived to tell the tale of their journey.



## MT ELEPHANT FUDGE

Seven Days - 10am to 5pm

Please call in and say hi!

Morning / afternoon tea & sweet treats or  
maybe Quiche or a Toastie?

We will endeavour to satisfy  
your taste needs.

Looking forward to seeing you soon!

## Harris Funerals

St Helens, Bicheno & Fingal Valley

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6376 1153 ~ 0418 133 420

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

Member of the  
Australian Funeral Directors Association



## Riding for the Disabled St Helens, receives donation January 19, 2016

With a shortage of feed and a new program scheduled for next month, the St Helens Riding for the Disabled association president Cindy King said a cheque presented to them Monday would go a long way.

The money was donated by the Break O'Day council on behalf of the council employee who won the Name the Stadium competition, run in November last year.

The stadium has now been officially named the *Break O'Day Community Stadium*.

"Receiving this donation really takes the pressure off us financially and has really come at a key time," Ms King said.

"The money will go towards the purchase of some much needed equipment, like boots and helmets, as well as feed for the horses."

Break O'Day Mayor Mick Tucker presented Ms King with the cheque for \$200 and said being able to give back to charitable organisations in the local community was a pleasure.

Mayor Tucker said he would also like to thank the council employee, who wishes to remain anonymous, for donating their winnings and nominating Riding for the Disabled as the recipient.

"Often the hard work of volunteers and charitable organisations in our community goes unnoticed, so it is an honour to be able to give back for once," he said.

"Council is grateful that today's donation will help this hard working organisation and group of dedicated people continue to offer this wonderful service to people with special needs in our community."

*For more information please contact Break O'Day Communications Coordinator Jayne Richardson on 6376 7900 or 0400 454 089*



*Riding for the Disabled, St Helens president Cindy King and Break O'Day Mayor, Mick Tucker*

## Surf Coast Realty

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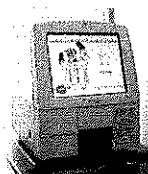
If you are thinking of buying or selling, please contact Surf Coast Realty for market advice or an Obligation-free appraisal.

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## St Marys PHARMACY

Pharmacist instore Monday - Friday



Our Kodak machine is up and running, copies from 45¢

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



Main Street St Marys 7215  
6372 2844

GWR FM (Bristol)

Presenter: What happened in Dallas on November 22, 1963?

Contestant: I don't know, I wasn't watching it then.

**St Helens Hub4Health Walking Group** meets weekly on Wednesdays for a leisurely, short, low grade walk lasting approximately one to two hours, taken at a pace appropriate to the participant's level of fitness. There is ample time to stop and talk about birds sighted or flora observed.

Longer and more strenuous walks are organised for the third Saturday of each month. Walks leave 9am from Hub4Health (5 Portland Court, St Helens). For the safety of all participants, the St Helens Walking Group has access to an EPIRB provided by Hub4Health. Due to the use of an EPIRB on these walks, there is a Booking-In process for each participant. Please add your name to the list maintained by Hub4Health for each walk. If this is not possible, just turn up on Saturday morning of the day of the walk, have your name added to the list; and this completed list will be left at Hub4Health by the walk leader.

**Car sharing costs.** The Walking Group encourages car-sharing for members to get to the trailhead of each walk.

The nominal amount is \$2 for the weekly Wednesday walk and \$5 for the monthly Saturday walk.

**Annual Christmas Celebrations 2015.** The keen walkers met early at Adrian's for a short drive and walk to the dreaming pools along the Trafalgar Track. Nearer noon, others started arriving as Bryan and Judith were relaxing listening to the dulcet sounds of Ted - a great BBQ Chef and talented musician. By 12.40 the BBQ had finished, the throng had gathered together with the returning gallant walkers to tuck into an abfab array of BBQ'd foods; a plethora of salads, cheese and other gorgeous morsels. After that there was more - that's right, delicious deserts. WOW! What a feast was had. The gathering rested for a short while but soon the crowd gathered under the shaded verandah to sing-along to the melodic tones of Julian; and Jo and Ted. After a splendidous day walking, feasting and singing; we all helped to clean up and drifted away; until next year and Good Walking in 2016. **Special Thanks** goes to Hub4Health for providing BBQ meats; Adrian for the use of the excellent location, Bryan for coordinating this special event and finally Ted for the great job as chief BBQ chef.

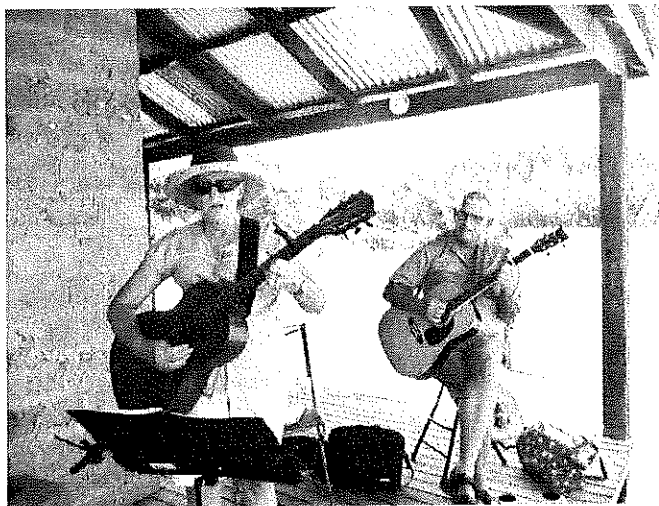
**A Walk from 2015. Diana's Basin and Hinterland.** After meeting at the trailhead near Diana's Basin, the Wednesday walking group of 19, under the leadership of Revel Munro, moved across the sand dunes onto a pristine beach. It was a glorious morning to look out from the shoreline and enjoy the spectacular vistas, both north and south. After crossing the highway, the group moved up into the hinterland.

Revel was a wonderful leader, providing commentary on the history of the area. On many occasions a "come here" was heard when a plant or bird was seen throughout the walk. We were lucky enough to have members with us who had an extensive knowledge of both, and could educate the rest of us.

Eventually, after a most enjoyable two hour amble, we arrived back at our cars. *Contributed by Wayne Fulford*

New members are most welcome.

**Please call Hub4Health on 6376 2971 / Bryan Edhouse: 0414 987 435**

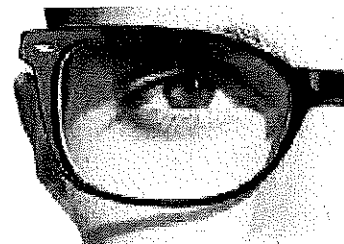


*Jo and Ted entertaining the St Helens Hub4Health Walking Group*



*Walking Group members enjoying their Christmas Party feast*

OPSM ♥ 👁



OPSM will be conducting eye examinations at the St Helens General Practice on the:

23<sup>rd</sup> & 24<sup>th</sup> Feb  
23<sup>rd</sup> & 24<sup>th</sup> Mar

For an appointment please call  
OPSM Rosny on: (03) 62446600

## The Cornwall Community Development Group Inc. Christmas 2015

On Saturday December 19, the annual Christmas Party was held for residents of Cornwall and their families. We had a great day with a barbecue lunch and face painting for the children. In the afternoon we played games and made Christmas crafts before gifts were distributed to the children.

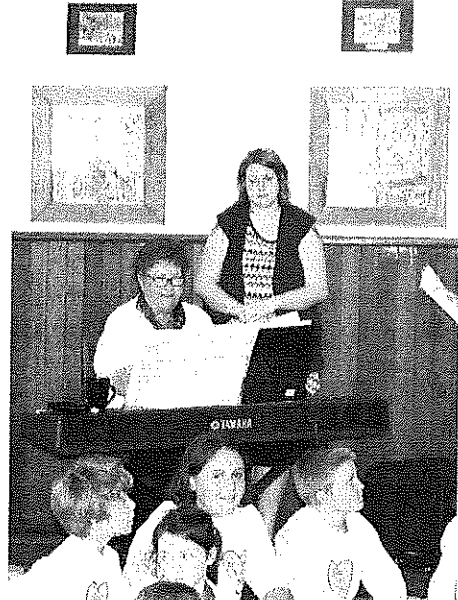


On Sunday night we held our inaugural Christmas Carol event. We had a sausage sizzle, and then carols were performed by The Suncoast Singers, Melanie and the Jam children, Rita and Ian Summers and Naomi McDonald and three local schoolgirls Coneeka Thow, Taylia Singline and Isabelle Robson. Over 100 people attended and we even had a visit from Santa. A great evening was had by all, even though we had to move the carols from the park area into the hall because of bad weather.

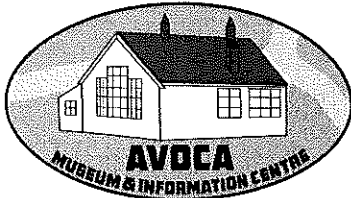
We intend making this an annual event.

I would like to say thank you to all committee members, helpers and all singers.

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







## Avoca Museum and Information Centre

Old School Building  
Avoca Tasmania 7213

**Rossarden Progress Association** meeting dates for 2016 are February 8, April 11, June 13, August 8 (AGM), October 10 and December 5, 3pm at Marlene's. Committee members are Marlene, Mary, Volka, Gary, Gerard, Marion, Mick, Greg and Klaus. Please let them know if you want any issues raised by phoning 6385 2002.

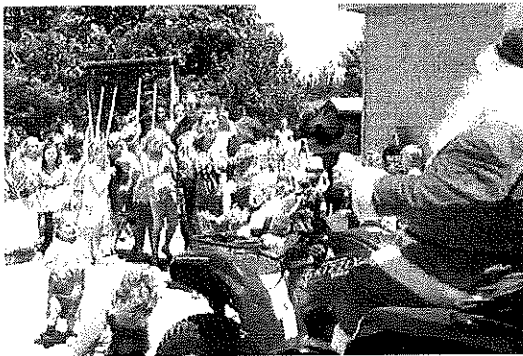
**Rossarden BBQ** dates are February 6, March 5, April 7, May 7, June 4, July 2, August 6, September 3, October 1, November 5 and December 3.

**Fire Brigade** get-together at 1pm prior to each BBQ.

### Rossarden & Friends Kids Christmas Inc.

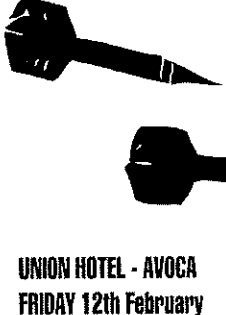
**Rossarden & Friends Kids Christmas** meeting 1pm at the Avoca Roadhouse on Tuesday February 16, 2016

The Rossarden & Friends Kids Christmas party was held at the Avoca Primary School on Sunday December 13, 2015. 138 children were thrilled with their presents from Santa, who arrived on a 4WD all-terrain bike on a beautiful sunny day. The children were entertained with games, face-painting and water balloons followed by a BBQ and party food. A big thank you to Santa and all helpers on the day, and to the families who made this such a special day.



# Dart Calcutta

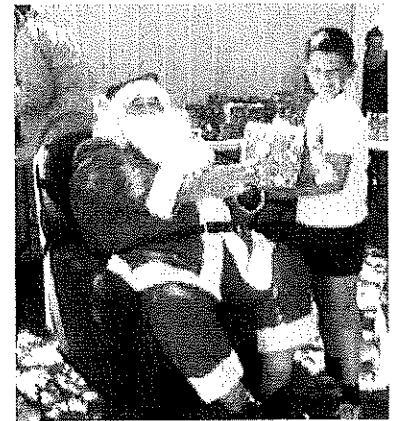
WINNER TAKES ALL



UNION HOTEL - AVOCA  
FRIDAY 12th February  
7pm START  
COMPETITION ENTRY \$5.00  
SUPPER \$5.00

**RSVP 1st FEBRUARY**  
Gary 6385 2166

Rossarden Progress Association



## Grayford House, Avoca

Well, what an interesting couple of hours at the local library (woops - LINC) on a coolish St Marys morning. I was able to find exactly what I was looking for ... sometimes you just get lucky.

*The Family History Document* by J. Ann French Moyle

*The Fingal Valley Historical Study* by Lindy Scripps, with working papers by Robert Vincent

*St. Pauls Plains, Avoca, 1834-1984 A History of the Avoca District* by David Masters

This material augmented what I had discovered in my own copy of *The diaries of John Helder Wedge, 1824-1835* / edited by Mr. Justice Crawford, W.F. Ellis and G.H. Stancombe

All those books - and here, finally, is the story of "our" derelict house and its surrounds to date.

Wedge surveyed the district at the request of Roderick O Connor (Blenham) in 1825

Bona Vista ... western side of the current Rossarden Road ... was granted to Simeon Lord in 1826. Lord was an emancipist from Sydney; actually he was THE emancipist who caused such a furor by dining with Lachlan Macquarie at Government House, Sydney but that is another story. It doesn't look as if the Lords ever saw Bona Vista as anything but a holiday house and grab for land. The permanent house was convict built between 1841 and 1848.

Gray Fort, on the eastern side of the modern Rossarden Road (later called Grayford), was granted to James Kingsley Gray in 1827 and the house built immediately. It is very likely that it was built with convict labour, as Gray most certainly had convicts assigned to him from the time of his land grant until an 1840's muster.

It looks as if Simeon Lord (jnr) took over Grayford in the late 1860s.

It also looks as if Grayford House (our house) is very possibly the first permanent building in Avoca.

Avoca was gazetted as a township in 1833 but referred to by Wedge variously as Avoca and the St Pauls District throughout his 1825 journal.

*Wendy Fowler, St Marys*

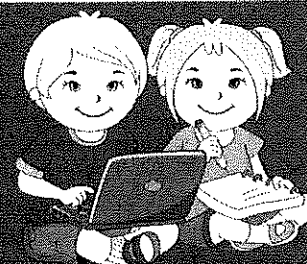


## Did You Have A Good Summer Holiday?

*Why don't you tell us about it?*

The Valley Voice is inviting entries from school aged children for a writing competition. We'd like you to submit about 500 words on any subject you choose, and there will be a prize to the value of \$50 each for the best primary and secondary school entry. The next edition will contain details of how to enter and closing dates so ....

**GET THINKING ... and ... WATCH THIS SPACE.**



**Congratulations and a hearty handshake** to Rod and Janet Drummond and a small band of helpers, for their hard work, time, creativity and commitment for the new look Op Shop.

It is a credit to them each one. Bryan's signage is excellent and the new room looks wonderful and is constantly changing shape with new displays and items.

I love the reading corner with the chairs and the implied invitation to sit and ponder.

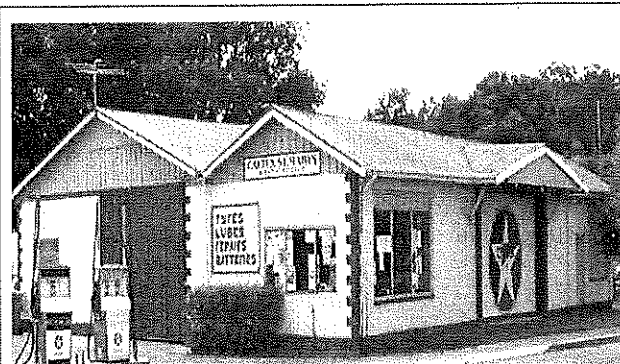
And there's so much more - a comfortable and sizeable change-room, bric-a-brac, multiple toys, clothes, shoes and lots more surprises to boot!

I'm betting our St Marys District School will see huge growth in the takings, for the benefit of our valley children, if the numbers of visitors to the shop is an indication.

The new atmosphere at the old Neet Centre is now richer with more people, in addition to the Online visitors and the ministry of the St Marys Salvos.

It's been exciting to see the idea unfold and I'm truly pleased for all involved.

*Mel Norton, St Marys*



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## St Marys Pacing Club

Hi all

Firstly a big thank you to all our committee, sponsors and helpers who contributed towards our successful race day on New Year's Day - without your efforts it would be impossible for the event to happen, so well done all. The seven races were all greatly contested, and more importantly for horses and drivers - incident free and run safely.

Organisation now moves to next year's event which at this stage we expect will be held on

New Year's Eve, Saturday December 31, due to Tasracing major weekly race meetings being conducted on a Sunday night.

Thank you to all our sponsors who, with their continued support, make the race day our communities can enjoy with their families the successful day that it is.

### Sponsors:

Gazzmans St Helens, Mitre 10 St Helens, Beachfront Bicheno, Harris Funerals, Bullock Consulting, Prompt Electrical, Cense Consulting Group, St Marys Pharmacy, Ana's Hair and Beauty, Fingal Pastoral, Hayshed Fingal, Hilly's IGA St Marys, Mark Carrick IGA St Marys, Carol's Swim School, Kevin and Jill Faulkner, John Lowes Garage, K&M Webb, SS Transport, Becketts Heavy Plant, D Wagner Transport, St Marys Newsagents, St Marys Bakery and C & D Excavations. Apologies to anyone I might have missed - thank you all.

### Dear Fellow helpers,

On behalf of the St Marys Pacing Club Committee and Life members, we wish to thank you once again for your assistance towards the Race Meeting. Without your help the day would be so much harder to put on for our fellow community members and their families to enjoy.

The committee would like to invite you and your family to an appreciation afternoon for our sponsors and helpers, to say thank you for your valuable contributions. It will be held at the clubrooms on Saturday February 20, at 12pm.

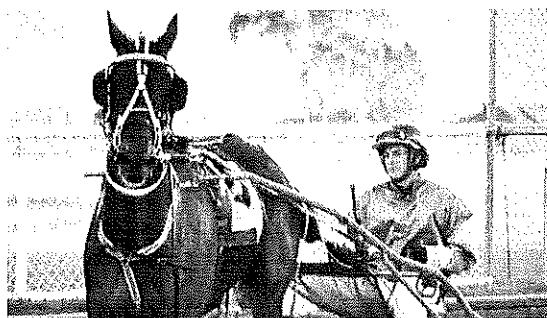
If you could kindly let me know if you are able to attend for catering purposes, it would be helpful either via email or text or phone before the day; if you could kindly bring along a salad or dessert it would be greatly appreciated.

Hopefully you and your family are available to attend and we look forward to catching up.

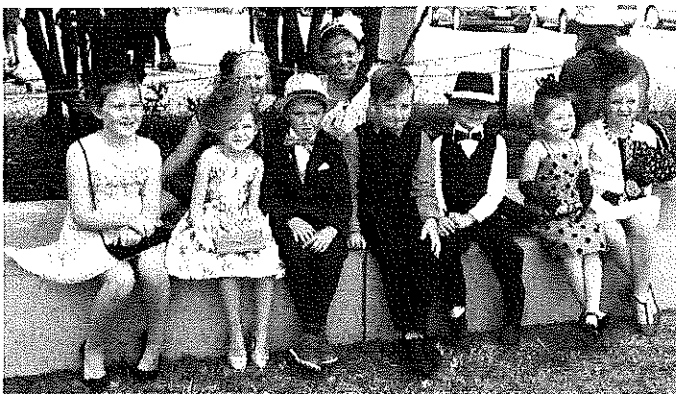
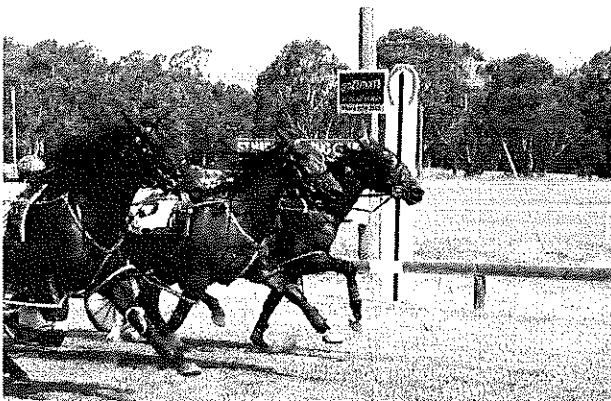
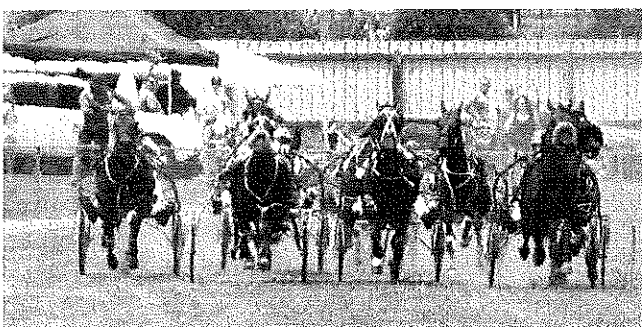
Visit our fb page to view more pictures.

[facebook.com/St-Marys-Pacing-Club-903023243105119/?fref=ts](https://facebook.com/St-Marys-Pacing-Club-903023243105119/?fref=ts)

Craig 6374 2381 / 0437 742 351  
[e zugylarry@gmail.com](mailto:e zugylarry@gmail.com)



*The Majority and Mark Yole, winners of the \$10,000 St Marys Cup*



# VIEW



Patsy would like to thank the communities along Tassie's stunning East Coast for making her feel so welcome since joining View St Helens a year ago.

With sales culminating in more than \$2 million dollars over the past three months, Patsy has demonstrated passion and drive in assisting both vendors and buyers with their real estate needs.

**This success has resulted in a need for new listings.**

Our beautiful East Coast is becoming increasingly popular and buyers are looking to relocate from the mainland and intrastate, ideally looking for 2 & 3 bedroom homes on small acreage.

Already in waiting, Patsy has 3 buyers with budgets ranging from \$200k to \$500k, so please contact her on 0400 156 374 or [patsymarshall@viewmail.com.au](mailto:patsymarshall@viewmail.com.au) to arrange a free property appraisal.

Patsy wishes old and new members of the East Coast community a wonderful 2016 and hopes you will be blessed with good health and happiness.

34 Four Mile Creek Road, Four Mile Creek



18 Irishtown Road, St Marys



19 Erythos Grove, St Helens





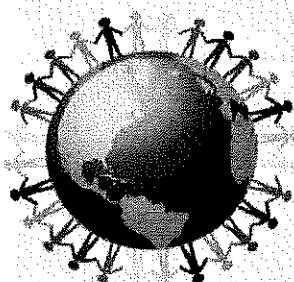
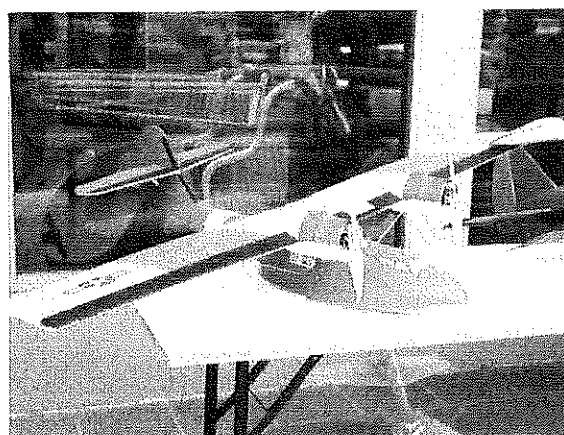
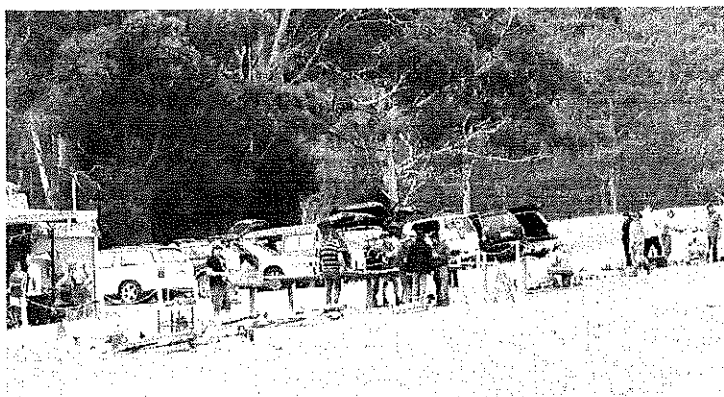
**On Australia Day** at our field just outside St Helens the East Coast RC Flyers held their annual Australia Day fly in, with about 40 visitors attending from around the state for our festive day. Pictured below and top right.

**On Sunday January 23**, a BBQ and display (pictured bottom three pictures at right) was held outside the St Helens Super IGA store to raise funds for our club. A big thank you to Bruce, Margaret and Brian for helping with the BBQ.

We are holding a display and a sausage sizzle on the verandah of Mark Carrick's **St Marys IGA** store on February 13, 2016 from 10am - 2pm.

We are also holding a display and BBQ on Easter Saturday at the St Helens Super IGA from 10am to 2pm.

*Alan Butler, St Helens*



FEBRUARY  
**20**  
2016



## MULTICULTURAL FILM FESTIVAL - COLOURFEST FILM FESTIVAL 2016

National Premiere Screening. Your only chance to view in Tasmania

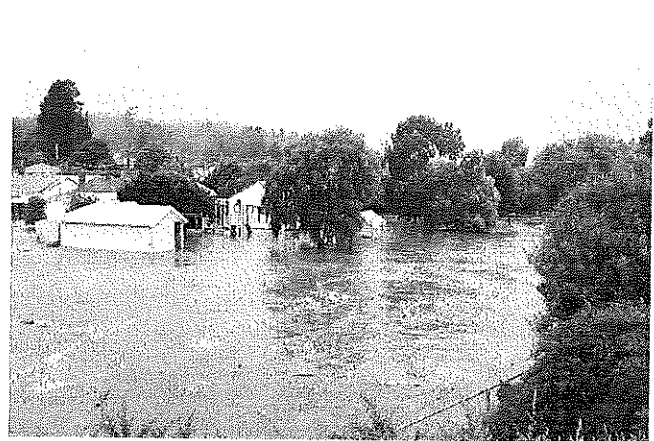
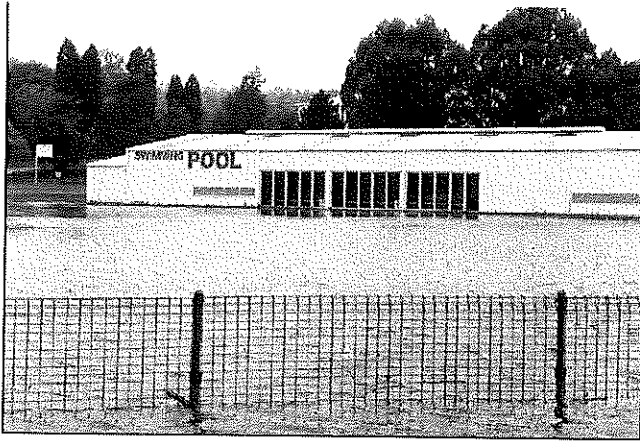
**St Marys Recreation Ground,**  
between Harefield and Gray Roads,  
**St Marys TASMANIA**

**Free Family Film Event - No Alcohol**

**MULTICULTURAL FOOD AVAILABLE TO  
PURCHASE**

**THIS IS AN OUTDOOR EVENT. PLEASE BRING YOUR  
OWN SEATING. THE EVENT WILL BE HELD INSIDE IF IT  
RAINS**

BRUGHT TO YOU BY BREAK O'DAY WELCOME AND SUPPORT GROUP, TOGETHER WITH MAJOR  
SPONSOR BREAK O'DAY COUNCIL. FOR MORE INFORMATION VISIT  
WWW.BREAKODAYTASMANIA.COM.AU OR 03 6262 6262



*St Marys District School Aquatic Centre (left) and the St Marys Library during the recent floods.*

Significant rain in the Fingal Valley / East Coast regions caused flash flooding in localised areas during January 28 and 29.

**Local rainfall figures January 27 - 31 as issued by the Bureau of Meteorology Hobart.**  
(Full month's rainfall figures in the next edition.)

**St Marys 393.2mm**

27th 2.4mm  
28th 90.4mm  
29th 161.4mm  
30th 76.8mm  
31st 62.2mm

**Gray 495.6mm**

28th 126mm  
29th 221mm  
30th 53.8mm  
31st 88.6mm  
31st 5.2mm

**Cornwall 350.6mm**

27th 3.4mm  
28th 106.4mm  
29th 101.2mm  
30th 71.6mm  
31st 68mm

**Fingal 185.8mm**

28th 25.2mm  
29th 29mm  
30th 121.6mm  
31st 9.4mm



*Sent in by Lindy Scripps, St Marys*

## Message from Hub4Health Board - Play Based Learning

At Hub4Health we offer opportunities for children and parents / carers to participate in play-base learning activities throughout Break O'Day region and beyond. With school starting back this month, it is a great time to think about our young community members and how we can support their learning.

Playing is a natural part of growing up and is vital for children's health and happiness, and for the wellbeing of adults too.

Here are some reasons why playing is more than just fun and games, whether you're young or young at heart.

### 1. It changes the brain

Playing helps young brains develop, scientists say: The experience affects the connections between neurons in the brain, helping children develop executive functions like the ability to regulate emotions and solve problems. Research also suggests that pretend play helps foster abstract thought and the ability to envision other perspectives.

### 2. It develops social skills

Playing is how people make friends, whether it's 5 year olds playing with blocks or 30 year olds playing a footy game at the park. Young children learn to negotiate social boundaries through playtime, working out things like what constitutes a fair set of rules.

### 3. It keeps you active

Less than half of Australian children get the recommended 60 minutes of intense physical activity per day. Those minutes spent running around a playground or the backyard add up. Riding bikes around the neighborhood, a friendly game of soccer, or just playing tag - they're all secretly exercise.

### 4. It improves academic performance

In 2012, an international review of 14 studies found that when children moved more, they performed better in school. Play seems especially beneficial to kids' performance in math and reading, which both require efficient executive function.

So watch out for our Building Blocks Van or call Hub4Health - 6376 2971 to find out about play-base activities near you.





### Where do you find us?

5 Portland Court, St Helens, 7216

Ph: 6376 2971

E: [admin@hub4health.org.au](mailto:admin@hub4health.org.au)

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

### Our Aim:

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

### What we deliver:

- ◆ Podiatry services
- ◆ Toenail Clinics
- ◆ Australian Hearing appointments
- ◆ Family Planning services
- ◆ Men's Health programs
- ◆ Counseling
- ◆ Building Blocks (children 0-5 yrs.)
- ◆ Walking Group
- ◆ FriendSHIP Program

### Learn to Grow the Easy Way! FREE WORKSHOPS

- ◆ It's hands-on & fun for all ages
- ◆ Using interactive workshop approach
- ◆ No experience needed
- ◆ Open to all abilities
- ◆ Facilitated by our own Garden Guru, Mark Burgess...



**For Bookings and Enquiries,  
please phone 6376 2971.**

## What's coming up?

### Counseling Services

Please call Hub4Health for more details and booking enquiries.  
Counselors are suited to individual needs. No referrals necessary.

### St Marys Hub4Health

We are excited to announce that St Marys Hub4Health will soon be opening. We have secured a lease of the Exhibition Hall from Break O'Day Council that will enable us to provide the whole range of activities for St Marys community. These activities include:

- ◆ Men's Weight Loss and Fitness groups
- ◆ Fitness classes including Pilates and Yoga
- ◆ Exercise for Seniors
- ◆ Health Promotion activities and Health Checks
- ◆ Children Playgroups and Kindy Gym
- ◆ Art & Crafts workshops
- ◆ Relaxation workshops

If you have an interest in any of these groups or other activities you want to see happening, please contact Rachel at Hub4Health on 6376 2971.

# Weekend of Wisdom

with

## Australia's Council of 13 Grandmothers

Saturday 12th March 2016 4-6 pm St Marys Hall

Sunday 13th of March 2016 at The Vortex Healing Centre Inc.



"We represent and embrace the diversity of cultures within Australia, willingly sharing our knowledge and wisdom with all. We join together in prayer for the healing of all nations.

<http://austral.as.councilofthirteengrandmothers.org.au/>

### **Tickets:**

Free event at St Marys Hall

Saturday 4-6 pm RSVP here:

Sunday 10 am – 5 pm 13 March 2016

\$50 at the Vortex Healing Centre Inc.

215 Dalmaine Road GRAY TAS 7215

[vortexhealingcentre@gmail.com](mailto:vortexhealingcentre@gmail.com)

[www.vortexhealingcentre.com](http://www.vortexhealingcentre.com)

Call Tassiesue: Tel 0418.515.419





## Valleys of Adventure

AVDCA • ROYAL GEORGE • ROSSARDEN • FINGAL • MANGANA • MATHINNA • UPPERESK • CORNWALL • SYMARYS

GREATER ESK TOURISM

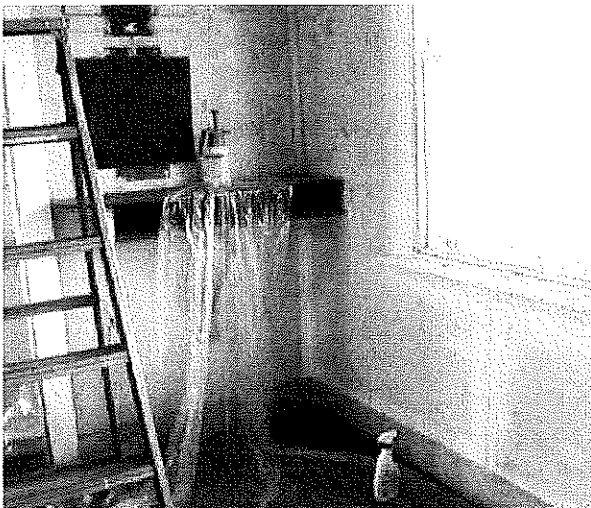
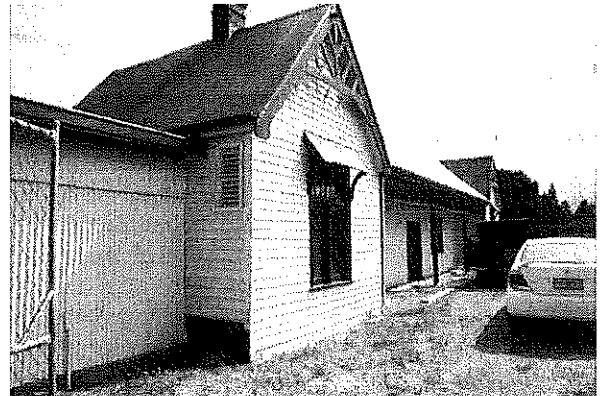
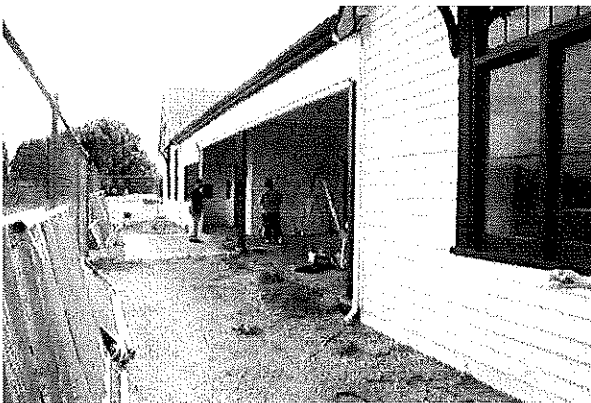
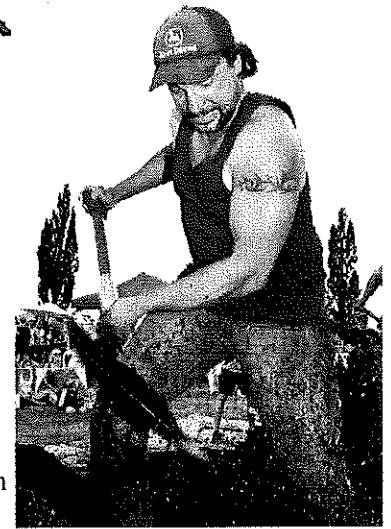


### Fingal Valley Festival - March 5, 2016

Come and see the World's best compete in the roof bolting, coal shovelling and shearing at the 36th Fingal Valley Festival. Check out the wood chopping State Title, yard dog trials and cheer on the Vets Cycling as they take on the gruelling ride to Mathinna and back. Enjoy the art and craft stalls, free children's entertainment and plenty of food and refreshments as well. In the evening there is a fireworks display. See you at FINGAL.

### Fingal Railway Station

The exterior of the Fingal Railway Station has almost been completed now, thanks to the Tasmanian Community Fund and the Break O'Day Council. It is time now to ask for help from volunteers to clean and paint the interior. A couple of hours will be very much appreciated. **Working Bee dates Feb 13, 14, 27 and 28. March 12 and 13.** Contact Keri at the Online Centre 6374 2222 or Coral 6374 2285 if you can help at any other time. Please come along and support the Fingal District Progress Committee with this historic project.



*In 2006, the FBI planted a spy named Craig Monteilh in a southern Californian mosque and disguised him as a radical Muslim. The Muslims in the mosque ended up reporting him to the FBI for being a potentially dangerous extremist.*

## CLEAN CRACK LAUNDROMAT

32 Main Street  
St Marys



Coin operated washers  
and dryers  
6.30am - 8pm

## Lions Club of St Marys Inc Christmas Party 2015

Another great day on Faulkner's Green for all members of the community who took time to relax and enjoy, prior to Christmas Day.

This party is proudly sponsored (as is the case each year) by the Lions Club of St Marys.

Santa arrived aboard the Fire Truck with flashing lights, sirens and bells to the delight of the very excited children, taking time from his busy schedule to speak with the children (and some adults), noting some last minute requests, then into the parade before the race back to the North Pole ready for the busy night and long journey ahead.

Another very successful and enjoyable parade was had, with many thanks to all who contributed and an invitation is extended to take part again next year - hopefully with more becoming involved.

1st prize of \$100 for the floats was won by the Pre school for their great Igloo, with 2nd prize of \$75 going to Lyn Dawes' TasBash car with its trailer load of excited children. Well done to all concerned.

Following the parade gifts were handed out to all children who made the effort to decorate their bikes. This was followed by the age group prize draws conducted by our very professional and much appreciated M C of the day Kirk, aided by Helayna, Sienna and Charli, bringing delighted smiles to the faces when opening their parcels courtesy of the Lions Club.

The much anticipated drawing of the Clubs Christmas stocking raffle (worth in excess of \$1000) saw Ella Sweet from Upper Scamander the excited winner. Sincere thanks to all ticket purchasers.

Long queues were common for the Face Painting and Jumping castle.

The Lions Club of St Marys Inc. wish to sincerely thank the members of the community who came forward on the day to help make the day the success that we witnessed.

Thanks to Paul and Jamie for the placement of pine trees throughout the town, adding greatly to the festive atmosphere.

Our thanks also to Jill, Philippa, Sophie, Jock, Oli, Jeff, Ruth Aulich and all the others for their help during the day, again making this celebration the great success it has become.

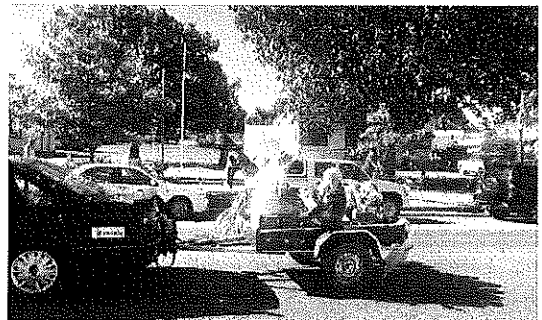
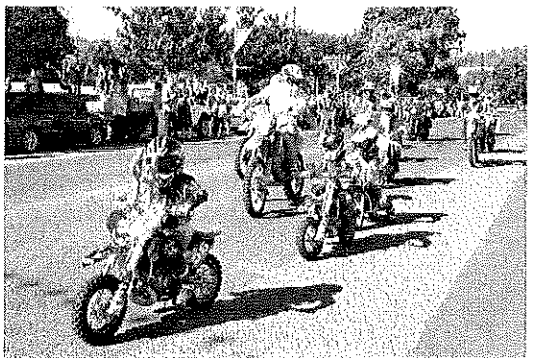
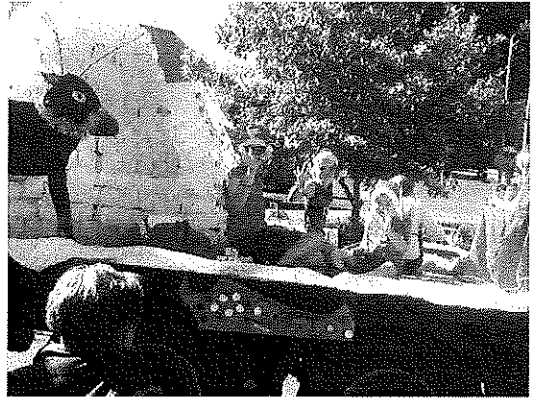
As our members are ageing [a little] and few in numbers, without the assistance so generously given and greatly appreciated, this Christmas party could not go ahead, so once again a big, big thank you.

And finally, a special thank you to our local Police for their co-operation and assistance, along with Hannah, Craig and John Chandler for traffic control and Margaret and Jeff Faulkner for the use of their private block making this event another great family day.

Apologies to any one we have not mentioned.

The Club is proud to cover the cost (in excess of \$2000) of this event as a gift to the community, in appreciation of your ongoing support.

**Kevin Faulkner on behalf of Members of the Lions Club of St Marys Inc.**



## What is the Drug OxyContin?

By Get off Drugs August 27, 2014

OxyContin is a prescription medication used for pain management. To clarify, it is actually a trade name for a drug called 'Oxycodone Hydrochloride' which belongs to a larger classification of drugs called Opioid Analgesics. In Australia we have other brand names which are part of this classification which you may have heard of such as **Endone** or **Targin**. The difference in these Drugs can be something as simple as whether it is slow release or if it takes effect quickly and how long the high lasts. The effects of OxyCodone is similar to the effects of Heroin, which is why it is so popular.

Briefly, Oxycodone is an OPIOD AGONIST as it binds to the receptors in the body which in turn produces a biological response, creating a high. It can be used to excess giving a person a more intense high and as it is physically addictive the combination can create addiction rather quickly and easily.

Oxycodone can have its place to relieve intense pain, for example after an accident or for a painful illness or disease.

Unfortunately because of the strength and effects of Oxycodone, it is abused by people not experiencing pain or illness as it has such similar effects to Heroin. It has been called 'Hillbilly heroin', to give an indication of how it is used. It is sold on the streets and is an alternative to heroin, especially in remote areas.

Many people ask us how people get their hands on Oxycodone. It's quite simple, its obtained from doctors who may prescribe for some pretended illness or people may be prescribed them to relieve a genuine illness and they can then sell extra portions onto dealers. Of course there is also the wider black market which can obtain large quantities of Oxycodone (OxyContin or Endone) and sell them on the street, making a large profit because of its addictive effects.

Over the past few years, there has been a rather steep increase of Oxycodone prescriptions in Australia which includes its brand names OxyContin and Endone. Sadly this is following the epidemic that hit the USA, which saw Oxycodone abuse hit peaks over the last decade.

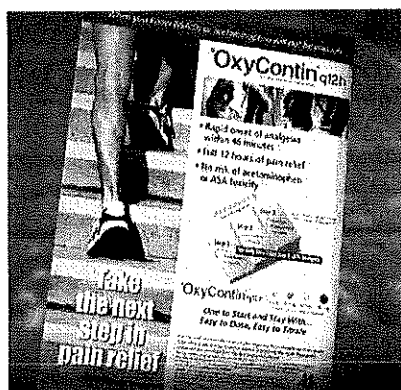
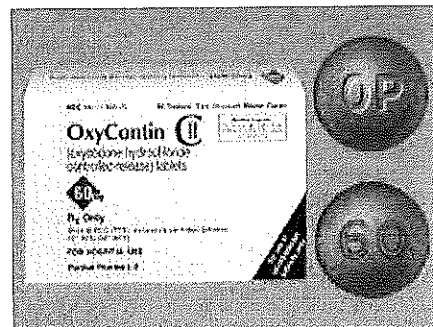
According to statistics published on the Australian Drug Foundation website 'The amount of Oxycodone being prescribed by doctors increased from 95.1 kg in 1999 to 1270.7 in 2008 – a 13 fold increase'. This amount is staggering and we are seeing the destructive effects of this amount of prescribing and subsequent Addictions, by the amount of people entering our Drug and Alcohol Rehabilitation Centre with these Addictions.

The Addiction to Oxycodone or its brand names OxyContin or Endone, can be helped much like an Addiction to Heroin can be helped. Good thorough Rehabilitation is the road out, as opposed to more medication to combat Drug Addiction. Please call one of our Intake Councillors on 1300 88 7676 to discuss how we can help someone you know enter our services.

### References:

<http://www.druginfo.adf.org.au/topics/quick-statistics#oxycodone>

<http://www.abc.net.au/radionational/programs/backgroundbriefing/doctors-as-dealers-australias-opioid-habit/5681786>



### OxyContin - Time Bomb - the fifth estate

<https://www.youtube.com/watch?v=iNOHAJs9dBY>

Published September 2, 2014

It was touted as a miracle pill: a narcotic pain reliever that could change the lives of people suffering from chronic pain, but with little - so its maker claimed, and thousands of doctors believed risk of addiction.

Since OxyContin was introduced in 1996, Canada has recorded the second-highest number of prescription opioid painkiller addictions, and the world's second-highest death rate from overdoses.

"It's helping your pain, but then you get immune to it, so then you go to the family doctor and he says *Well, you're gonna need more,*" a woman who became addicted to OxyContin tells the fifth estate's Linden MacIntyre. "So he puts you on the 40

milligram (dose) and you're on that for a month, and then you get used to that dose and he puts you on the 80s."

But how did a little pill that only appeared in 1996 become so big, so fast? In 1998, Canadian sales were just a few million dollars. Twelve years later they had soared to \$243 million. In the U.S., sales were \$3.5 billion in 2010. Though there were differences in corporate style and legal structure between Purdue in the U.S and in Canada, a similar marketing approach proved wildly successful. The fifth estate examines why medical schools, GPs and specialists in pain clinics readily embraced the drug at first, and why some have now changed their minds.

OxyContin was dropped from provincial health plans in Ontario, Saskatchewan and Atlantic Canada. The manufacturer has now stopped making it altogether, replacing it with a new formulation known as OxyNeo. But is it too little, too late? Did the drugs maker low-ball the risks? Did they know their time-release miracle pill was really a time bomb of addiction, waiting to go off?

Original airdate : March 9, 2012

For more on the fifth estate : <http://www.cbc.ca/fifth>

Follow us on Twitter : <http://www.twitter.com/cbcfifth>

Like us on Facebook : <https://www.facebook.com/thefifthestate>

## Advance Australia Fair?

I am an Australian citizen. I am also a Canadian citizen. I am married to an eighth generation Tasmanian, which makes our offspring ninth generation Tasmanian, and our granddaughter tenth generation.

However, my heritage is Dutch. My parents, Jan Hendrik Niebuur and Henderika Afiena Hulzebos, were born and grew up in the Netherlands. They emigrated to Canada soon after they were married in 1953, after experiencing the horrors of World War 2.

I grew up hearing their first-hand accounts of life in an occupied country. Dad was 13 when war broke out; Mum was 11. When I was born in 1954, their memories of this time were still very fresh. The war had been over for less than 10 years, after all. My mother told me that her father (my Opa) was taken away by the Nazis once for interrogation. For two days she and her mother and sisters did not know if he was dead or alive. When he returned, he would not discuss his experiences. I can only imagine what he went through, or how relieved my Oma and her daughters were to see him come home!

The reason Opa had been arrested was because the Nazis wanted to know where his three sons (my mother's brothers) had gone. At that time, young Dutch men were being picked up off the street and shipped to Germany to provide free labour in a country where young men were mostly away fighting (and dying) for Hitler. My mother's own cousin had disappeared in this way and was never seen again.

Mum's brothers knew that if they didn't go into hiding, the same fate most likely awaited them. Opa was an honest Christian man who believed in telling the truth. Knowing this, Mum's brothers didn't tell him where they were, because they didn't want to put him in the position of having to lie to protect them. If he didn't know, he wouldn't need to make what would have been a very difficult decision. The down side, of course, was that his sons' whereabouts or safety were completely unknown.

My family was also involved in sheltering Jews, which was an extremely dangerous thing to do. Dad told me that his uncle, Jakob vander Wilt, hid Jewish children in his home after their parents had been arrested and sent to concentration camps. In the end, it became so risky that he had to stop doing this to protect his own wife and children.

When my father was 17 he and a friend also went into hiding, again to avoid being picked up by the Nazis. They slept in barns, ate raw potatoes out of the fields because they were starving, and sometimes shared a square meal with a sympathetic farmer and his family. They never stayed long because if the farmer was found out, his life would have been forfeit as well as that of his family.

Dad joined the Dutch Underground soon afterwards, and was a courier for a secret 'ring' that smuggled allied airmen who had been shot down over enemy territory (which of course the Netherlands was at that time) out of the country.

He told me that he was on his way to deliver a message to a certain town one day, and had a very narrow escape. He rode his bicycle through a small wood which lay just outside his destination. Without warning, a man stepped out from behind a tree and motioned him to stop. Dad did so, and the man gestured to him to go back as fast as he could. He pointed towards the town, and smoke could be seen rising into the sky. Dad turned and pedaled away as fast as he could. He found out later that the town was being 'punished' because someone there had killed a German soldier. If Dad had not been warned off, he would have faced certain death.

He also told me that he was once given the job of guarding a prison camp where collaborators were incarcerated. These were Dutch citizens who had betrayed their own countrymen and worked with the Nazis. He was given a rifle, although he had never fired a gun in his life! He was about 18 at the time.

When Dad was 19 years old, he joined the Dutch army and served in Java for two years. He attained the rank of Lance Corporal, and led scouting parties ahead of his platoon to defuse booby traps and check for snipers. He had many close shaves, but was never wounded.

Both my parents remember always being hungry during their adolescent years because there was never enough food. It was also difficult to get clothing. When I was 10 years old, I found a photograph of my mother wearing a very short dress. She was about 16 years old when the photograph was taken, and she explained to me that her dresses had to be lengthened as she grew taller until they could be lengthened no more.

When Dad returned to the Netherlands and left the army, he tried to resume his studies in horticulture. He and my mother wanted to get married, but the country was in a very bad way economically. There was no funding for education, and very little paid work. My Dad inherited some money during this time but could not access it because the government had frozen all bank accounts. It was a difficult time for them, and my mother especially became very stressed.

They were engaged for five long years because they could not get enough money together to get married and make a home for themselves. In the end they decided to emigrate, as many young people did at that time. My parents felt there was no future for them if they stayed in the Netherlands. Dad's sister Miep, who was married to Roelf Vos, emigrated to

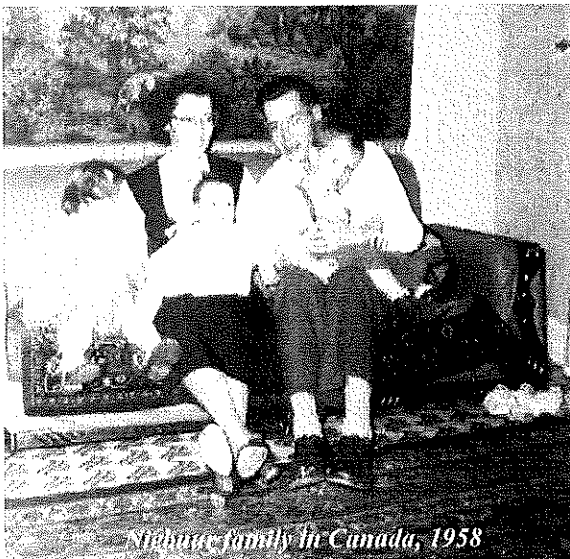


*Wedding of J H Niebuur to J H A  
Hulzebos, Netherlands 1953*



Launceston in Tasmania. However, my parents emigrated to a farming area outside of Toronto in Ontario, Canada. Dad worked hard, and he and Mum raised a family of 6 children of whom I am the eldest. I could not speak English when I was little, so my parents decided to speak only English at home so that I would be able to communicate with the other children in our neighbourhood.

When my youngest sister was five years old, my parents emigrated to Australia, and the rest as they say is history! So why am I telling you all this?



*Niebuur family in Canada, 1958*

The catalyst was a documentary shown on TV recently called 'Hitler's Children'. It was a very moving program, and some words spoken by the son of one of Hitler's henchmen in Poland really hit home. He had made it his life's mission to denounce his parents and what they had done, and to educate people about the dangers of elitism and the terrible crimes which had been committed as a result.

He said openly that he could never trust the German people. The reason he gave was that he could not be sure that if the country ever again found itself in dire economic straits, its people wouldn't follow another leader who would tell them that the best way out of their difficulties was to put people of other races in 'barracks' and make sure they could not steal their jobs and over-run their country by any means, including genocide.

I am not anti-German! Far from it; my husband and children have German (and Polish) heritage. However, I could not help thinking that we in Australia seem to have forgotten what people like my family went through not so very long ago. We seem to have forgotten that the very servicemen and women we honour on Anzac

Day, Remembrance Day and other occasions fought for equality and opportunity for all. They fought against the ideology that one race was better than another, or that one race had no rights because of their birth and another had privileges for the same reason.

Now we in Australia are putting people into detention centres because of their country of origin, their religion and/or their political beliefs. We are not showing compassion; we are not offering justice as we expect to receive ourselves; we are turning a blind eye to abuse and discrimination. Many of those who are incarcerated are children and old people. People who work in these places are muzzled; some are traumatized after working there; the media is excluded or given only limited information.

Sound familiar? The world has spent decades coming to terms with the atrocities of World War 2, especially against the Jewish people. Millions of dollars have been spent, and countless hours, in hunting down and bringing to justice those who were responsible.

Pretending not to know or 'turning a blind eye' was no excuse, and the penalties were severe. We as a so-called civilised society condemn what was done by these war criminals.

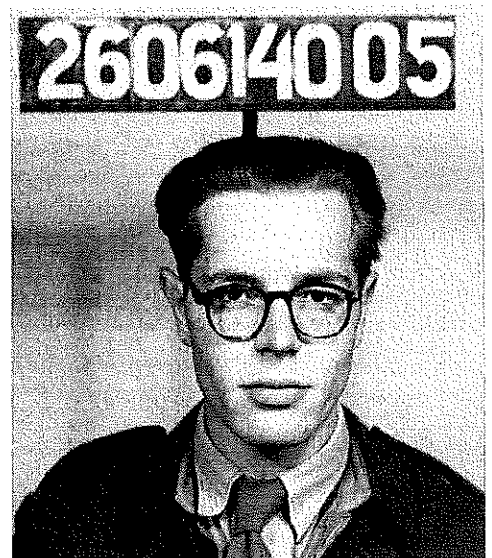
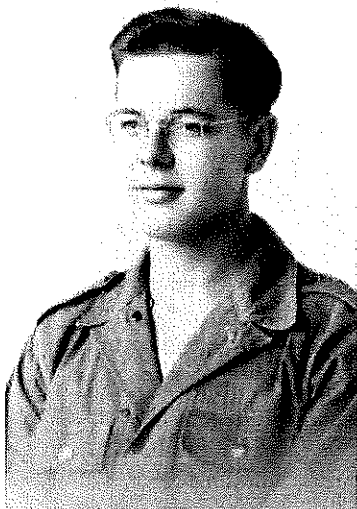
I know there are people who will disagree with me, but I am concerned that we could be in danger of heading in the same direction as the misguided followers of Hitler. At the very least, we have become somewhat desensitized as a nation to the suffering and persecution of ordinary people whose only 'mistake' was to be caught in a war zone.

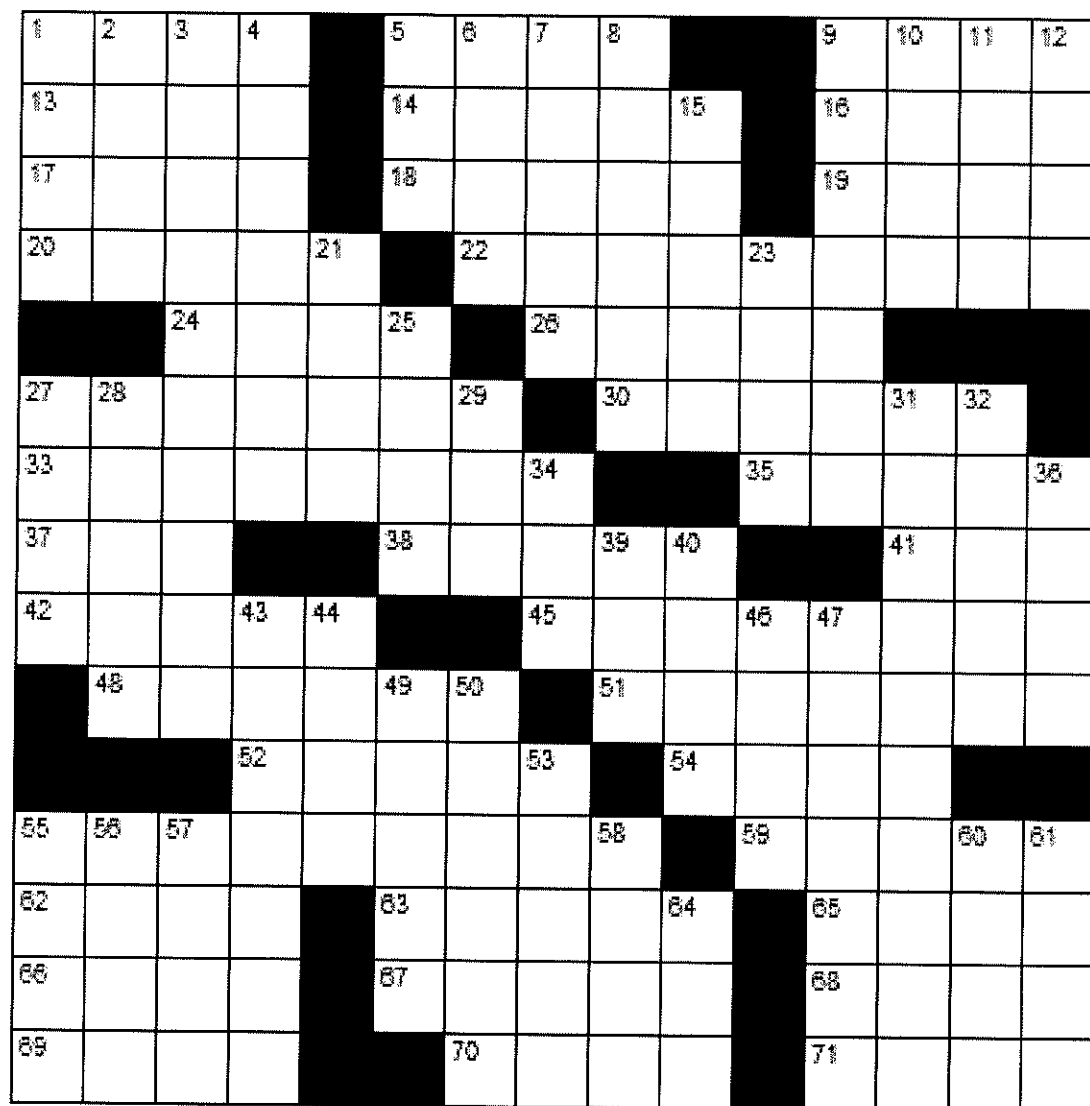
Fear is a powerful tool. Those who organise terrorist plots know this. Maybe they have succeeded so well that we are allowing fear to affect our judgement and sense of justice. Heaven forbid that we should choose to go down the road that Germany did under Hitler's leadership! And yet, there has been a marked shift in our thinking in recent years, and maybe we are not as far away as we think from that kind of ideology.

When does a democracy stop being a democracy? How is morality compromised? It seems to me that it can happen in very insidious ways. Before we know it we can, by our action or lack of it, approve of and even nurture the very kind of behaviour that previously appalled us. There is no easy answer, and life is complicated. I don't deny that. However, when we begin to make compromises on basic human rights, I dread to think what the long-term result could be. **Wake up, Australia, before it's too late!**

*Rita Summers, St Marys*

*Jan Hendrik Niebuur at enlistment aged 19 (left), and on his return after two years active service (right).*



**ACROSS**

1. Murres
5. Yeses
9. Sweater eater
13. Male turkeys
14. Triangular formation
16. As well
17. Vipers
18. Enjoy
19. Absorb written material
20. Spiral
22. Choosers
24. Largest continent
26. Egyptian peninsula
27. Feeling
30. Rye grass
33. Equivocations
35. Stars on stage
37. Ear of corn
38. S S S S
41. Big fuss

**DOWN**

42. Small mountains
45. Makeup
48. Church official
51. Any simple chemical
52. Wall painting
54. What we kiss with
55. Fellow crewmembers
59. Religious splinter groups
62. Adriatic resort
63. Domesticated
65. Small slender gull
66. Chocolate cookie
67. Habituate
68. Pearly-shelled mussel
69. Withdraw gradually
70. 3
71. Put away

**DOWN**

1. Salt Lake state
2. Thorny flower
3. Unappeasable
4. Helps
5. Commercials
6. Not nays
7. Santa's helpers
8. Impassive
9. Cocktail
10. Margarine
11. Russian emperor
12. Boxes for bricks
15. Stadium
21. 13 in Roman numerals
23. Credit or playing
25. \_\_\_ vera
27. Engineering school
28. Steer clear of
29. N N N N
31. Tending to vanish like vapour

32. Burdened
34. South southeast
36. Classify
39. Centre of a storm
40. Peddle
43. Parody
44. Pond gunk
46. Wreaths
47. Impulse
49. Give a speech
50. Floating in water
53. Bushbaby
55. Not fast
56. Employ
57. Notion
58. Arid
60. Threesome
61. Winter precipitation
64. Former North African ruler

# **GAZZMAN'S**

**Call in and see our exciting  
new ranges for 2016**

**FLOORCOVERINGS, FURNITURE  
MATTRESSES AND MANCHESTER  
WE HAVE IT ALL....**

**FURNITURE HOUSE** GROUP

**FLOORING X TRA**

**BEDS R US**

**EAST COAST HEATING**

**21 Quail Street St Helens  
Ph: 6376 2555**

**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 prac-  
tice 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**

**Non Attendance of  
Doctor's Appointments**

Please be aware there is a  
non attendance policy at this practice.

If you miss 3 appointments you  
will be sent an account.

If you miss a 4th appointment you may be  
referred to another Medical Practice.

Dr Kaylee Nash-Rawnsley is on  
Maternity Leave until mid April 2016

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

**Doctors Roster**

**Dr C. Latt**

11/2/16 – 25/2/16

**Dr L. Reeckman**

25 and 26/2/16

**Public Holidays**

Wednesday 24/2/16 Launceston Cup Day

Please see the after hours contact numbers  
for during this time. Normal doctor surgery  
hours will resume on Thursday 25/2/16.

Due to only having 1 GP appointments  
need to be booked at least **2 weeks in ad-  
vance**. Waiting periods can apply.

Magazines needed. Do you have any 2016  
magazines you would like to donate to the  
reception?

**St Marys Medical Practice  
reminder**

Dr Latt wishes to remind the community of the  
following exceptions to bulk billing at the SMCHC

- ♦ *Driving licence re-  
newals*
- ♦ *Insurance medicals*
- ♦ *Requested medical  
reports*
- ♦ *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 con-  
cerns, 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 6387 5555  
presenting after hours**



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

**What's on at the Centre**

February 11 **Social Worker** Shan Williams  
Call 6387 5555 for appointments.

February 12 **Social Worker** Shan Williams  
Call 6387 5555 for appointments.

February 15 **TLC Meeting** (Tasmanian  
Lymphoedema Centre) 5pm in the  
Day Room.

February 16 **Child Health Session** with Mary  
Mumford Tuesday fortnights, by  
appointment only.  
Phone 0428 136 381

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

February 17 **Day Centre-** call Hayley Gilbert on  
6387 5555 for information on the  
group.

**Continence Nurse-** Sue Walker  
Please see your GP or Health Profes-  
sional for a referral.

**Cancer Council Outreach** service-  
Richard Austin 2-3pm St Marys  
Health Centre. Drop in Service.

February 18 **Psychologist** - Please see your GP  
for a referral.

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

February 19 **Social Worker** Shan Williams  
Call 6387 5555 for appointments.

**PHT Diabetic Educator, Physiolo-  
gist and Dietician.** Contact GP for  
referral.

February 22 **Podiatry North-** For appointments  
please phone 6336 5155.

February 24 **Public Holiday- Launceston Cup**  
Please see the after hours contact  
numbers for during this time. Normal  
doctor surgery hours will resume on  
Thursday 25/2/16.

February 25 **Social Worker** Shan Williams  
Call 6387 5555 for appointments.

February 26 **Social Worker** Shan Williams  
Call 6387 5555 for appointments.

**TOOTHBRUSH EXCHANGE**



**for the Month of February 2016**

**TOOTH BRUSH EXCHANGE**

- \* Put your **OLD** toothbrush in the yellow con-  
tainer

(Located in the reception area of the Health Centre)

- \* Take a numbered ticket to reception
- \* Make a gold coin donation
- \* Receive a **NEW** toothbrush and toothpaste  
(Maximum of 2 exchanges a day)

The St Marys Health Promotion Team has a rotat-  
ing monthly Health Promotion and we aim to ad-  
dress health issues that are relevant to **YOU** and  
**YOUR** needs. Do you have a health topic you  
would like us to promote for you? We are always  
open to suggestions! Give us a call on 6387 5555

### St Marys District High School 1974



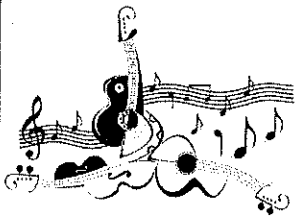
8A

Back row l-r: Edward Quinn, Gavin Ward, Shane Smith, Michael Sweet, Robert Schier

3rd row: Vally Chapman, Stephen Fletcher, Andrew McKenzie, Michael Cook, Stephen Adams, Mark Street, Paula Garth

2nd row: Sandra Jestrinski, Rosemary Smith, Rachael Connell, Debra Brooks, Beth Johnson, Sharon Jones, Debbie Mathews

Front row: Elizabeth Denney, Michelle Williams, Jane Williams, Suzanne Parker, Julie Tombs, Cheryl Tierney, Jill Walker, Tammy Doyle



## Falmouth Community Centre

Morrison Street Falmouth

### MUSIC

### JAM SESSION

A great afternoon featuring local talent

*Everyone Welcome!*

FREE ADMISSION

**Sunday February 14**

1-4pm

**Food available and Bar open**



### EAST COAST GLASS

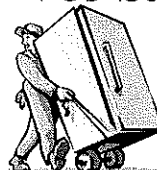


- Glass repairs
- Shower screens
- Wardrobe doors
- Double glazing
- Aluminium windows
- Security doors

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

### 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**

### Valley and East Coast Voice Inc publication dates 2016

Month	Deadline dates 5pm	Publication dates Online editions available at 6am.
February	8th	11th
February	22nd	25th
March	7th	10th
March	21st	24th
April	4th	7th
April	18th	21st
May	2nd	5th
May	16th	19th
May	30th	June 2nd
June	13th	16th
June	27th	30th
July	11th	14th
July	25th	28th
August	8th	11th
August	22nd	25th
September	5th	8th
September	19th	22nd
October	3rd	6th
October	17th	20th
October	31st	November 3rd
November	14th	17th
November	28th	December 1st
December	12th	15th

### Meals on Wheels

February 11	Valmai Spencer
12	Drew Adam
15	Ruth Aulich
16	Valmai Spencer
17	Louise Keady
18	Liz Rice
19	Drew Adam
22	Pam Bretz
23	Trish Pike
24	Louise Keady

### Church Services

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

*Bicheno*  
Mass 1st, 3rd & 5th Sun-  
day 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

**St Marys Salvation  
Army**

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

**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

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

**Break O'Day  
Anglican Parish**

6372 1144  
*St Helens*  
9.30am 5th Sunday  
Combined Service with  
Uniting Church 9.30am  
*St Marys* 10am  
*Pyengana*  
*facebook.com/  
anglicanbod*



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



- ◆ *Weddings*
- ◆ *Dedication of children*
- ◆ *Funerals*

**Envoy Mel Norton**  
0409 838 816

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.

### 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



## 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*

<b>Butchery specials February 10 - 16</b>		<b>Butchery specials February 17 - 23</b>	
	<b>p/kg</b>		<b>p/kg</b>
Rump Steak	15.99	Porterhouse Steak	18.99
Roast Beef	12.99	Round Steak	13.99
Silverside	8.99	Leg of Lamb	10.99
Lamb BBQ Chops	10.99	Nichols Chicken Wings	2.79
Nichols 6 Legged Chicken	4.55	BBQ Meat Pack	10.99
<b>Two week specials from February 10 - 23</b>			
Birds Eye Frozen Oven Bake Fish 425g	4.39	Tresseme S'poo / Cond 900ml	6.99
Bulla Splits/Choc Bars/Crunch Varieties 10pk	3.49	Arnott's Family Assorted Biscuits 500g	3.49
Bulla Ice Cream 2L	3.84	Kellogg's K-Time Twist Bars 185g	2.99
McCain Peas 1kg	3.99	Kleenex Extra Care Tissues 95s	1.79
Ski Yoghurt Varieties 1kg	3.49	Safe Toilet Tissue 6pk	2.49
Miracle Margarine Spread 1kg	1.99	Blast Dish Washing Liquid 400ml	1.39
Cottee's Cordial 1L	3.79	Chicken Tonight Range 475-500g	2.69
Prima Fruit Drinks 6pk	2.69	Arnott's Savoy or Clix 225g	1.99
CSR White or Raw Sugar 2kg	2.99	Nescafe Coffee 500g	16.99
Duo Laundry Powder 1kg	2.99	Nutella 1kg	8.99

**The Valley and East Coast Voice Inc.**

is available at:

**Avoca Post Office**

**Coachouse Restaurant St Marys**

**Hilly's IGA St Helens**

**Hilly's IGA St Marys**

**Holder Bros, Fingal**

**Mathinna Post Office**

**Mouth Cafe, Scamander**

**Scamander Supermarket**

**St Marys IGA**

**St Marys Newsagency**



In her book, *Bossypants*, Tina Fey notes: "Now every girl is expected to have Caucasian blue eyes, full Spanish lips, a classic button nose, hairless Asian skin with a California tan, a Jamaican dance hall ass, long Swedish legs, small Japanese feet, the abs of a lesbian gym owner, the hips of a nine-year-old boy, the arms of Michelle Obama and doll tits. The person closest to actually achieving this look is Kim Kardashian, who, as we know, was made by Russian scientists to sabotage our athletes."



*Incorporating  
St Helens Transport &  
Coles Bay Carrier*

Launceston 6339 4900

St Helens 6376 1143

Fax 6339 2900

suncoastexp@netspace.net.au

**John Campbell**  
0438 392 621

**Jamie Harper**  
0408 012 145

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