

THE VALLEY AND EAST COAST VOICE INC. \$1

Established 1968

48.02 May 21st 2015

Deadline for 48.03 is 5pm June 1st 2015



New director of the St Marys Child Care Centre, Rebecca Barnes of Cornwall



Farewell to Sgt Sharmaine Ward page 4

Fireworks Display

Please be aware, on

Saturday May 30th 2015

there is going to be a private fireworks display at 161 Rural Gardiners Creek Road, **due to start at approximately 7pm.**

Please ensure your pets are safely secured before 7pm. Thank you.

Hayley Gilbert, St Marys

Hannah Rubenach's speech at the Medicinal Cannabis Rally, Hobart page 7

Open Studio Trail page 11

Suncoast Gallery page 11

May/June FVNH trips page 13

St Marys Child Care staff changes page 14

The way it was page 14

Follyfoot Friends page 15

Mount Elephant and Beyond Book Group

May review page 18

3D Felting Workshop page 20

Crossword, puzzles page 25

BODRA Plarn Crochet workshop - 24/5/15

Bushfire Survival Planning Workshop St Marys - 30/5/15

'Argonaut' Annual Assessment St Helens - 31/5/15

FVNH 'Eating With Friends' - 3/6/15

FVNH Cadbury Factory trip - 5/6/15

Open Studio Trail - 6/6/15

St Marys Annual Car and Bike Show - 7/6/15

FVNH Railton/Sheffield trip - 11/6/15

FVNH Raspberry Farm/Ashgrove Cheese trip - 19/6/15

FVNH Oatlands trip - 25/6/15

Epic 80s St Helens Football Club celebrations - 26/6/15 to 28/6/15

Community Groups

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

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

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

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

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

Break O'Day Regional Arts meet monthly on the 1st Thursday in the Supper Room at St Marys Community Hall, 5.30pm. **RAYC** Regional Arts Youth Company for school aged children is on Thursdays 3.30-5pm. Session cost \$5 or \$40 p/10 week term. All welcome.
Michelle 0407 046 865 e: bodregionalarts@gmail.com

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

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

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

The Cornwall Community Development Group Inc. hold their general meetings at 7pm on the 1st Tuesday every month. 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 7pm at Fingal Neighbourhood House on the 2nd Monday of each month, unless otherwise notified. *0412 425 666*

Meals on Wheels meeting dates for 2015
May 22nd, August 21st - AGM, November 20th

Operation Coverup meets 3rd Friday monthly from 11-2 pm making quilts & knitted/crocheted items for those in need. Please supply own tools, supplies and materials. \$5 donation towards wadding for quilts; tea and coffee provided. BYO lunch. *Gone Rustic, 37 Main Street, St Marys (03 6372 2724 or 0417 027 424)*

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

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

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

St Marys/Falmouth Playgroup is held 10:30-12:30 each Wednesday at the Falmouth Community Centre. Join us for only \$3 per family in a relaxed and friendly atmosphere.
Bec Mason 0409 253 504

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

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

St Marys Markets are held monthly on the 1st Saturday at the St Marys Community Hall 9-1pm. Christmas may see a second market in the month - stay tuned for updates.

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 weekdays & market Saturdays 10-12.30. We are happy to receive ALL pre-loved items excl. electrical. SMALL donations can be left at the St Marys Newsagency. Check out the Facebook page.

Janet Drummond 0404 562 320

St Patricks Head & Esk Valley Historical Society Inc. meets every 2nd month on the 3rd Wednesday, 3pm at various venues.

Barry 6372 2575 (aulich@bigpond.com)

Jim 6372 2127 (jimhaas@bigpond.com)

www.fingalvalleyhistory.com

Stallholders' Market Inc. markets are held each Saturday from 8-12pm in the Portland Hall St Helens. *e:sthelenmarket@yahoo.com.au*

Suncoast Singers meet every Friday, 10am in the Catholic Hall Cecilia Street, St Helens. New singers welcome ... if you can talk, you can sing.

Mary-Anne Wadsworth 6376 2969

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

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Advertising rates

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

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.

For Sale

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

2 x Royal Pureheat **electric heaters** (must be wired in), excellent condition \$50 ea ono. **Len Miles 6372 2285**

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GEC 345lt chest freezer, suitable for shack, \$70. **0408 039 319**

Kelpie pups (red/tan, black/tan) ready to go next week, 2M, 4F, \$200. **0458 503 277** (St Marys)

Blue Toyota Corolla '92, good tyres, 10 months rego, \$1500 ono. **Reg 63742219**

For Sale

**Large Commercial Building at
2 Story Street St Marys.
Includes adjacent land
on separate title.
\$140,000 Ph 0401 870 316**

Community Notices

Thank you, Thank you, Thank you, to everyone involved in making the **Scamander Community Biggest Morning Tea** such a huge success.

To all the businesses and people who donated items for raffles, chocolate wheels and trade table - a big thank you. To all the volunteers in the kitchen for the soup and sandwich making, thank you. To all those working on the trade table, selling tickets and general helpers - thank you.

To all those who attended and made it such a great day - thank you. We raised \$2,472!

Dot Hardcastle, Beaumaris

Community Notices

Tasmanian Energy Strategy/Bell Bay Aluminium 7/5/2015

TasNetworks welcomes the Tasmanian Energy Strategy. "We have been involved with the development of the Tasmanian Energy Strategy and support its key findings," TasNetworks CEO Lance Balcombe said. "A key element of the energy strategy is lower, predictable and sustainable pricing for customers. TasNetworks' strategy strongly reflects these outcomes.

"This drive for lower, sustainable pricing was reinforced just last week, with the Australian Energy Regulator accepting TasNetworks' transmission revenue proposal, which puts downward pressure on power prices for all of our customers. We have done this through prudent network investment and proposals to further drive efficiency into the future. We will apply these principles when submitting our distribution revenue proposal."

Mr Balcombe also welcomed comments made today by Bell Bay Aluminium General Manager Ray Mostogl.

TasNetworks worked closely with Bell Bay Aluminium to implement innovative technical solutions to allow increased load, as announced by the aluminium smelter business today.

"I thank Bell Bay Aluminium for its words of support and look forward to continuing to enhance the relationship between our businesses," Mr Balcombe said.

"We are a customer focused business. We will continue to set ourselves challenging targets and take practical steps to deliver lower prices for all Tasmanian electricity users, including our major industrial customers."

Falmouth Community Centre AGM will be held at 3pm on Sunday, 28th June at the Community Centre, Morrison St, Falmouth.

Transition Break O'Day and **NRM North** invite you to an afternoon with Steve Solomon, renowned author of 'Growing Vegetables South of Australia' on Saturday June 13th 2015, at the Falmouth Community Centre, Morrison St Falmouth from 1-4.30pm. Steve is considered a 'Guru of Vegie Growing in Tasmania'.

Copies of the latest (and newly launched) edition of his book, viewed by so many as an absolute must have for anyone interested in growing vegies in Tasmania, will be available for sale on the day.

Numbers are limited; please register with your name and contact details by Thursday June 11th 2015 to:

transbod@gmail.com / 0418 327 940 / 6372 2022

Entry: \$5 per head (no charge for children under 14 years).

Tea/coffee provided. Please bring a plate to share for afternoon tea! We are Celebrating Local Food, so food sourced (as far as possible) from within 100 Nautical Miles of the venue is encouraged. If this is not possible, come along with something to share anyway ...

Car pooling is encouraged, especially to assist those who aren't able to organise their own transport. If you're happy to offer a lift, or would like one, please use the above contact details.

Community Notices

No Interest Loan Scheme (NILS)

The NILS Network provides interest-free loans of up to \$1200 for essential needs such as medical and dental care, vehicle registration, fridges, washing machines, beds and hot water systems. To be eligible for a loan you must:



- ♦ have a current Health Care Card or Pension Concession Card
- ♦ have lived at your current address for at least six months
- ♦ and be able to repay the loan.

For more information please call St Helens Neighbourhood House on 6376 1134 or NILS on 1300 301 650

EPIC 80s

The **St Helens Football Club** invite you to celebrate many fine achievements of the 80s.

The weekend celebration will include:

Friday 26th June - a Cocktail/Meet and Greet at the Footy Club rooms - renew acquaintances, reminisce and view the history of the era on display.

Saturday 27th June - game day v/s Bridport followed by evening dinner in the St Helens District School Gym, 7 for 7.30 pm. This event includes dinner, music, presentation of past Premiership players, footy chat and fundraising.

Sunday 28th June - Brunch at the Club rooms 9.30-11am. We would really value your presence at this celebratory unique event.

For enquiries please contact

Stephen.walley0@gmail.com / 0408 502 290



St Marys Sports and Social Club AGM will be held at the Clubrooms (renovations permitting) on June 20th 2015. Contact Annette Wines on 0417 010 648 for more information.

The **Community Outreach Dinner** at the St Marys Anglican Church on Saturday 16th May was a curry themed evening, to help warm us all on a chilly autumn evening. Sixteen people attended and enjoy the company of neighbours and friends.

Thanks to the diners, a total of \$41.70 was received in donations; this will go towards providing local food vouchers for the community.

The next dinner will be held on Saturday 20th June. We will serve Irish and other hearty stews, in keeping with the colder nights. The church hall doors will open at 5pm for an early 5.30pm serving as the nights close in.

Newcomers to the town are most welcome to join the Community Dinner. Please watch for notices around town and in the Valley Voice.

Janet Drummond on behalf of the Holy Trinity Anglican Church

The 11 letter word most spelt incorrectly was 'incorrectly'.

Scottsdale Rotary Club in conjunction with **Rural Alive and Well Inc.** invites you to share in the

Taste of the North East Fundraising Dinner

Saturday June 6th 2015 - 6.30pm for a 7pm start at Anabel's - 16 King Street Scottsdale

Cost: \$90 per person 5 course tapas style menu and welcome drink. Come along, meet the producers and hear their stories. All proceeds go towards the suicide prevention work undertaken by Rural Alive and Well in the North East

RSVP by May 29th 2015 (seats are strictly limited). To book, please call 6254 1092

Recently I was a first-time inpatient at the **St Marys Hospital**. Without exception, the level of care and compassion shown me by Dr Latt and the nursing, orderly and kitchen staff was of the highest standard. We in the Valley are truly blessed to be afforded such a luxury.

Thank you to all concerned.

Mel Norton, St Marys

A large thank you to **Mon's Cafe and the Coach House** for allowing the Sizzler King (Reon) to sell his sausages on Saturdays at the shop fronts. All monies raised help the Guild finance much needed tools.

Thank you to both again.

From all the members of the Break O'Day Woodcraft Guild

The **St Marys District Hospital Support Association Inc.** advises members that subscriptions of \$5 are now due and payable to the Treasurer by June 30th 2015.

Payments can be left with Barbara or Sue at the St Marys Post Office.

Thank you.

Len Miles, President

Murray Bennett, Treasurer

Stronger communities money for Lyons May 13, 2015

FEDERAL Lyons MP Eric Hutchinson has welcomed \$150,000 over two years that will flow to his electorate from the Stronger Communities Program confirmed in this week's Budget.

The \$150,000 will be provided to support community projects that deliver social benefits as part of more than \$45m over two years nation-wide. Mr Hutchinson will consult broadly with eligible organisations in Lyons to identify high-priority projects which can be submitted for funding.

"Between \$1000 and \$20,000 each will be made available to reputable, not-for-profit organisations for local projects," Mr Hutchinson said. "Grants will fund significant social benefits and can be delivered anytime within the two year life span of the program."

Mr Hutchinson said he looked forward to seeing new local projects developed to build a stronger community which would benefit the people of Lyons.

Guidelines for the program will be available shortly on the Department of Infrastructure and Regional Development website at www.infrastructure.gov.au

Sgt. Sharmaine Ward's farewell presentation, St Marys



*Barbara McAllister, Sharmaine Ward
and Bob McAllister*



*Janet Drummond, Sharmaine Ward
and Rod Drummond*

*Photos by
Peter Troode*



Judy Duckett and Sharmaine Ward



Rita Summers and Sharmaine Ward

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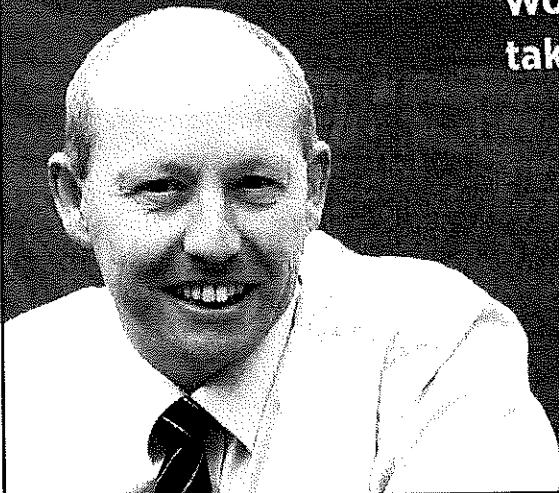
Brighton Office

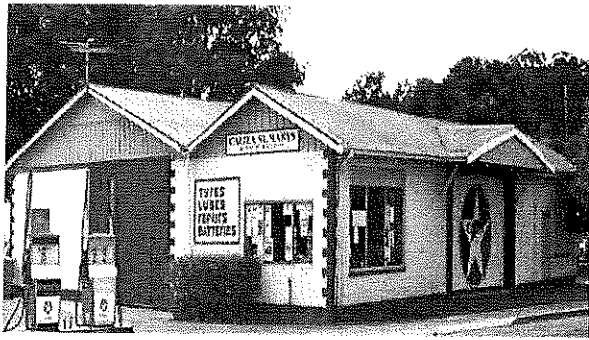
205 Brighton Road, Brighton TAS 7030 Phone. 03 6268 0922

f/eric.hutchinson.9212 @hutchinson_eric

www.eric-hutchinson.com.au

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





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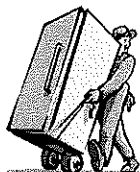
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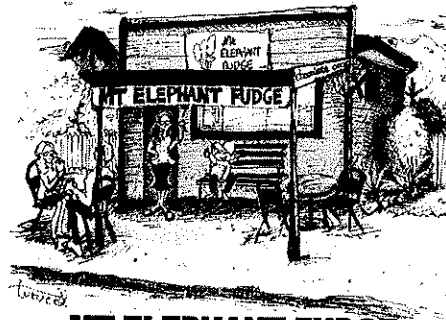
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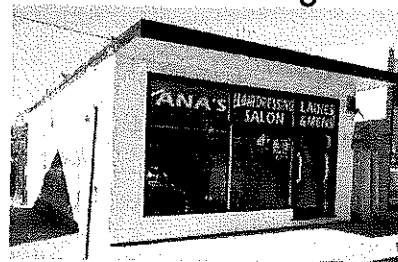
St Marys Community Health Centre 9.00am-10.00am

St Helens old Post Office building 11.00am-1.00pm

Please call to make
an appointment

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LOOK GOOD, FEEL GOOD

The following is a copy of the speech given by Hannah Rubenach at the Medicinal Cannabis Rally in Hobart on May 2nd 2015

There are times in our lives when we must weigh up value with value; to toss up what we have been taught with what we have learnt; to decide what really matters to us.

For many people, the question of medicinal use of cannabis triggers an evaluation of where one's values lie. As a Christian, my fundamental evaluation measure is to ask "What will Jesus do?" Jesus, a renowned healer, demonstrated the greatest degree of compassion possible.

There are suffering people in our community who right now need, and deserve, a great deal of compassion from our government. The compassionate consideration of legalisation of medicinal cannabis could result in these people being able to live a life worth living.

Since taking cold-processed cannabis oil for the past five months my youngest brother Tim has had some of the best moments of quality of life he has ever experienced. Tim is a 28 year old man who acquired brain injury at five months of age, due to a meningitis infection; he developed severe epilepsy as a result. Tim was taking anti-convulsant medications until he was 18, when he developed a serious toxicity to all pharmaceutical anti-convulsants and was advised by GPs and a neuro-specialist to cease all prescribed medications.

In November 2014, prior to starting cannabis oil, Tim was having at least 10 severe tonic clonic seizures and thousands of complex partial seizures each week. Now, when Tim is taking good quality cold-processed cannabis oil blended with coconut oil, he can go as long as 24 days without a tonic clonic seizure, and even longer without complex partial seizures.

However, it is not just a reduction of seizures that has been achieved through cannabis oil; now on some days Tim is able to:

- ◆ Walk, without assistance
- ◆ Feed himself
- ◆ Have better body temperature regulation
- ◆ Indicate when he is in pain
- ◆ Do jigsaw puzzles, artwork or activities on his iPad to stimulate his brain and keep himself occupied
- ◆ Watch a DVD right through and, for the first time in his life, understand the story line as he is no longer having continual complex partial seizures that interrupt his life completely
- ◆ Have some control over his challenging behaviours, and at times understand the consequences of his behaviours
- ◆ Laugh at something funny
- ◆ Appreciate and enjoy life.



These are significant health and wellbeing outcomes. If Tim continues using medicinal cannabis oil, I am confident he will continue to gain considerable improvements and live a life even more worth living.

My family and I are prepared to take the risk to grow and supply cannabis for Tim, however many other vulnerable members of our community are either too afraid to do so or do not have the means to purchase or access medicinal cannabis, unless it is decriminalized. Where is the morality in this debate? Why should it be a debate about legality, when in reality, it is simply about the right to live a fulfilling, healthy and happy life?

When there is conflict between morality and the law, when morality is stifled by the law, I choose morality.

I would rather be guilty of a crime than guilty of conscience.

My brother's condition triggered an evaluation of where my values lie on medicinal cannabis, and now I ask our legislators: what will trigger an evaluation of where YOUR values lie?

Hannah Rubenach, Gray

RET deal means fewer jobs, less clean energy and more pollution – Greens

8th May 2015

Greens Leader Richard Di Natale says the Liberal/Labor deal to reduce the Renewable Energy Target will mean fewer jobs, less clean energy and more pollution from coal.

"Tony Abbott has attacked renewable energy because he thinks coal is good for humanity. It isn't," Greens Leader Richard Di Natale said. "This deal means more coal. More coal means less jobs in clean energy, more pollution, more cancer and more lung disease.

"For a young kid packing shelves in regional Australia it means less chance of a skilled and well paid job in the clean energy industry. We could have stood up to Tony Abbott just like we did on the GP co-payment but Labor has caved in to protect the coal industry.

"This cut is the end of large scale solar in Australia. Bill Shorten has helped Tony Abbott protect the big polluters with a deal for a slower transition to cleaner, cheaper power."

St Marys & Surrounding Community Residents

You are invited to attend

Bushfire Survival Planning Workshop



Saturday 30th May 2015 at St Marys Community Hall - 11am – 3 pm

Know Your Risk, Make a Plan.

Develop your Bushfire Emergency Survival Plan on the day.
Light Lunch provided



Presented by **Tasmania Fire Service**
supported by **Break O' Day Council**
Transition Break O Day.

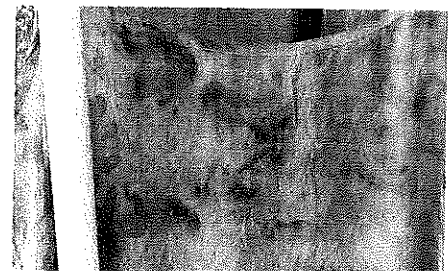
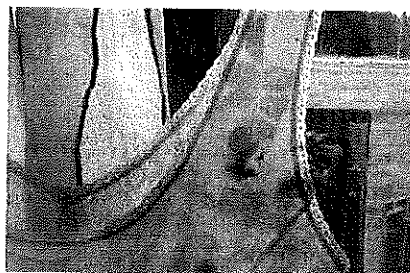


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launch of new eco fashion range

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saturday 30 may 2015 (variety of sizes subject to availability)

\$10/\$15 couple rsvp 03 6372 2724 or 0417 027 424 37 main street st marys tas 7215

Congratulations to all our Community Bank® supporters!

The Bendigo Bank has advised our Community Bank® Steering Committee that we have met all of the necessary pledge and business targets and can now undertake the Community Survey. The information that will be collected from the Community Survey will assist with the preparation of our Community Bank® Business Plan and Prospectus.

The Steering Committee has appointed AFS Chartered Accountants from Bendigo to undertake the survey. AFS has assisted over 250 other Steering Committees with their feasibility surveys and other fund raising issues, and are very well credentialed to assist with this process.

The Survey forms will be mailed to all households and businesses in the Break O'Day Municipality in the first week of June. Each household will receive two survey forms. The Personal Banking Survey Form should be completed by each household and the Business Banking Survey should be completed by all businesses. Additional Survey Forms will be available on the internet and at selected business premises.

The information provided in the survey is strictly confidential and cannot be accessed by any member of the Steering Committee or the community.

It is most important that everyone in the community takes part in the survey process and we urge everyone to complete the survey when it is received.

Members of the Steering Committee recently attended the Community Bank® State Conference in Hobart where we learnt from the experience of Community Bank® Boards throughout Tasmania. We learnt of the struggles experienced by various Steering Committees to get their Community Bank® up and running, but we also learnt that all of them have been successful in opening their Banks and all have contributed to their communities via additional employment opportunities, community investment and the provision of grants to community groups and individuals.

Our greatest inspirations were the Huon Community Bank® which has just reached the \$1m mark in donations to the community, and the Deloraine Community Bank® which has donated over \$700,000 to the community.

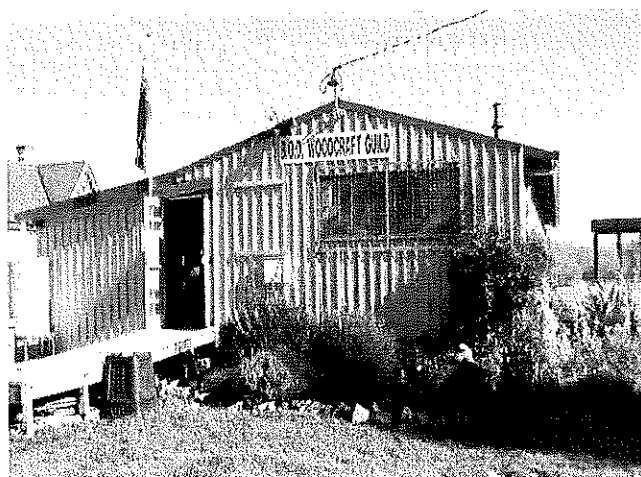
Information about the Community Bank® can be obtained by calling the Chairman, Andrew MacGregor, on 0419 894 072, or by contacting any of the following Steering Committee members, David Llewellyn, Roger Harlow, Chris Triebe, Sandra Lohrey, Len Miles, Kevin Richards, Julie Llewellyn, Marlene Lohrey, Geoffrey Probert, Margaret Tweedie, Tim Harrison and Steve Walley.

You can visit us on Facebook / www.bayvalleyproject.biz

Sandra Lohrey, Secretary

St Helens – St Marys Community Bank Steering Committee

*Dear Mother-in-law, don't tell me how to handle my children.
I'm living with one of yours and he needs a lot of improvement*



Wendy Brennan, Secretary 6372 2094

www.breakodaywoodcraftguild.weebly.co

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

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

SWAP MEET MARKET IN ST MARYS HALL ON JUNE 7th 2015

Items must be in clean condition

\$5 per table

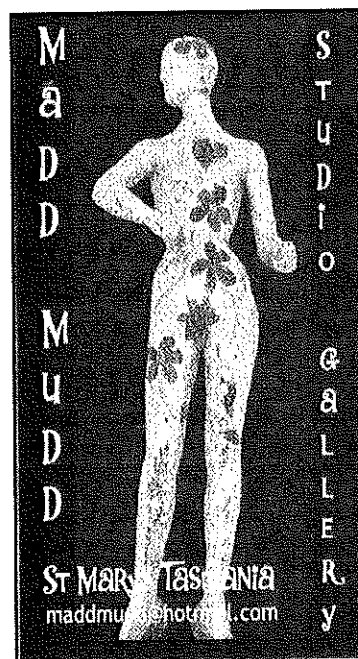
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The Valley and East Coast Voice Inc. encourages local/regional contributions from the public. Stories, current events, historical information, lifestyle pieces, anecdotes, articles, travel blogs and written or visual art with a community-based theme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

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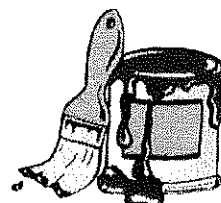
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Introducing Open Studio - New to Arts Festival

May 7, 2014

An 'Open Studio' trail will be introduced to this year's Bay of Fires Winter Arts Festival. The trail will include studios located at Binalong Bay, Beaumaris, St Marys and Four Mile Creek.

"Our region is home to some great creative talent", said Mr. Chris Draffin, President of the Bay of Fires Arts Association Inc. "The Open Studio trail offers everyone a unique experience to see first hand artists at work in their private studios."

The Open Studio trail will include artists working in various mediums: sculpture, watercolour, oil, ink pen, silk painting and woodcraft. It will take place on Saturday June 6th, and studios will be open from 10am to 4pm.

Information about the artists and the location of the studios is available at the Festival Lounge, Crossroads Wine Bar, 34 Quail Street, St. Helens, or visit the web site at www.bayoffireswinterartsfestival.com.au

For further information about the Open Studio trail, contact:

Glenys Anderson ganderson@ozemail.com.au / 6376 8101

For further information about the Bay of Fires Winter Arts Festival, contact Chris Draffin chris.draffin@ontoit.net.au / 0418 833 881 / 6376 3794

Article by Glenys Anderson, Binalong Bay

Photo by Finewood Studios



Executive jarrah desk featuring solid black granite inlay, curved face drawer fronts (lined internally with leather), and jarrah burl inlaid panels. Just one of the items on display at the Mt Elephant Finewood Gallery, 1025 Elephant Pass Road, St. Marys – a participant in the Open Studio trail.

Suncoast Gallery By the Bay

In May and June we are loving the Bay! Even in the cooler months, Georges Bay, Binalong Bay and the whole of our wonderful East Tassie coastline draw visitors from all over the world. We lucky locals, enjoy the magic autumn sunlight, the cool evenings and quiet mornings. Suncoast Gallery celebrates our wonderful coastal and marine environment with our new "By the Bay" themed display.

Meet Big Blue Ted as he enjoys a snooze in the sun with a "Streaky the Penguin" reader for company. Sets of Joanna Stronach's "Streaky" books for children are available here.

Enjoy the cheery marine themed textiles from Maureen Fisher, Judy Buckley and our productive new member, Melissa Nelson. These include quilts, carry bags, cushions, children's wear, handbags and potholders. Sue Courtis features Hooded Plovers on bags and cushions.

The gallery is lit from within by the evocative and lyrical watercolours of the very talented Peg Smith, Judy Brodribb and Sue Briginshaw. These are wonderful images of the bay, the sea and our stunning coast in general. They would enhance any home, whether by the sea or inland.

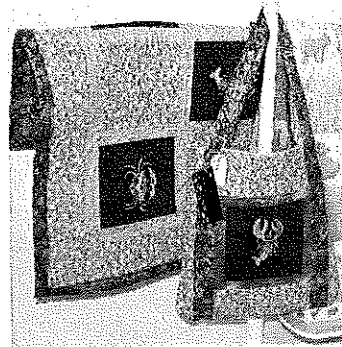
There are handmade greeting cards for every occasion and taste. Our card artists are constantly busy, and our range is second to none.


On another note, since footy season is going strong, our kiddies' corner features some great knitted AFL team dolls which are too cute for words.

The annual "Winter Warmers" display is coming up in July, but if you're in need of woollies right now we already have plenty of cosy knit beanies, hats, scarves, socks and shawls, not to mention the gorgeous children's knitwear.


The gallery can be found at 12b Quail Street St Helens (in the Lifebuoy Cafe courtyard) and is open Mon to Fri 10 – 4, Sat 10 – 1.

Sue Courtis, for Suncoast Gallery St Helens





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



Introduction to Pilates (Pink)

A 6 week program commencing at St Marys Community Health Centre on Friday June 5th, 9-10am.

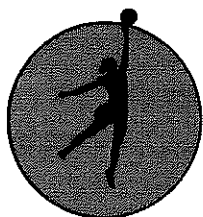
- ◆ Pre-registration essential, six participants maximum
- ◆ All applicants must be prepared to sign a medical waiver and be able to attend a 30 minute screening/assessment with the program facilitator in Launceston before May 29th (prior to commencement)
- ◆ Beginners Pilates class, including stretching, core strengthening exercises, breathing control and progressive relaxation
- ◆ Most of the activity is on the floor so applicants must be able to manoeuvre themselves comfortably and safely

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

The Say, by Cagerattler

As a kid and of course for many years after that, winter Saturdays involved football, netball and the footy club for many of us. It was so often a real family thing too and the Saturday revolved around it for so many. Even if you weren't a footballer or netballer, you may well be a trainer, kiosk volunteer, goal umpire, boundary umpire in the seconds or thirds game or just a passionate supporter. It was a crucial link in the fabric of a country town. Then of course there was Tuesday and Thursday night training and local businesses supported and traded with the footy club.

As each year passes more and more kids grow up, not experiencing being part of a genuine country football or netball club. How sad is that?



For some of us, football wasn't the main thing to be involved with each Saturday in winter but golf was. Same thing, either you played or you did volunteer jobs to be part of the club. Equally sadly, numbers dwindle nowadays in this regard too. Some might say "Big deal, it's only sport", but I defy anyone to tell me sport isn't really important both physically, mentally and in the way it teaches youngsters especially about team responsibilities, being a part of a team, training ethics and being part of the community ... and it's fun too.



It would be easy to blame entirely the demise of country football on the big end of town in football administration (and they surely have to accept a little bit of that blame), but one over-riding reason for me is the lack of job opportunities for more and more young families. Limited jobs mean they need to move away for employment opportunities, and for further education. Once they go, not only the player base is decimated but so is the upcoming young ones following on.

For footy, Auskick and Masters footy has been great for the really young and for the still passionate former players so this is terrific in that regard, but it looks like the days of the genuine country footy club are numbered and the once often phrase "See ya at the footy on Saturday" are a fond but lost memory in more and more country towns, a thing many of us thought unlikely once upon a time.

What do you think?

Rod McGiveron, St Marys

Giggles runs for Mayor against 2 convicted felons...

Politics in Flint, Michigan, got a whole lot dirtier with the announcement that Giggles the pig has put her curly tail into the ring as candidate for mayor against two convicted felons, including one who served nearly 20 years for murder.

"If she wins, they'll have to build her a little fence outside city hall," Giggles' owner and campaign manager, Michael Ewing, told The Huffington Post. "She really enjoys grass and there's a lot of grass out there. I think she could get used to it."

Ewing, a trial attorney, said his candidate has an impressive resume for a 9-month-old and, unlike some of her opponents, has a clean criminal record.

Candidate Wantwaz Davis, who made headlines in 2013 when he was elected to city council, served 19 years in prison after he pleaded guilty to second-degree murder in 1991, according to The Flint Journal.

Eric Mays, also a city councilman running for mayor, reportedly pleaded guilty to felonious assault in 1987. In November 2013, Mays was charged with drunken driving, possession of marijuana, failure to report an accident, refusing to give fingerprints and no proof of insurance. During his 2014 trial, a jury found Mays guilty only of a single charge -- driving while impaired. Mays was sentenced to 72 days in jail and ordered to pay the city \$10,800 in restitution.

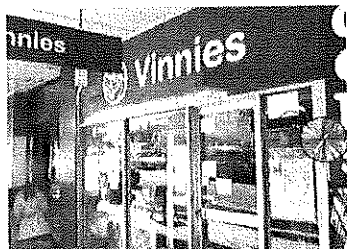


http://www.huffingtonpost.com/2015/05/16/giggles-the-pig_n_7293404.html?utm_hp_ref=weird-news

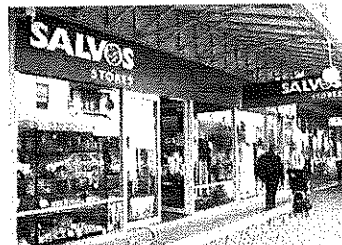


The Fingal Valley Neighbourhood House Inc has organised the following trips during May/June

**Launceston Op shop run with lunch at Morty's Food Hall, and tea at the Casino
Wednesday May 27th 2015**



Come find a bargain as you go around the Op shops in Launceston then head to the casino for a nice tea before heading home: cost is \$15 and the bus leaves FVNH at 8.30am



**A \$7 deposit by May 20th 2015
would be appreciated**

**Hobart - Cadbury Chocolate Factory
Friday June 5th 2015**

Cost is \$20: bus leaves FVNH at 7.30am

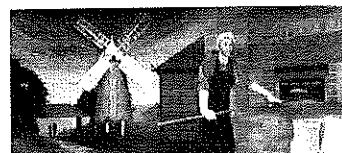
A \$10 deposit by May 29th 2015 would be appreciated



**Railton "Town of Topiary"
& Sheffield "Town of Murals"
Thursday 11th June 2015**

Cost is \$20: bus leaves FVNH at 8am

A \$10 deposit by June 4th 2015 would be appreciated

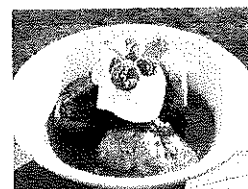


**Christmas Hills Raspberry Farm - Elizabeth Town
& Ashgove Cheeses**

Friday June 19th 2015

Cost is \$15: bus leaves FVNH at 8am

**A \$7 deposit by June 12th 2015
would be appreciated**



Oatlands

Thursday June 25th 2015

Visit the Callington Mill

Walk round this lovely town taking in the history it has on offer, and have lunch in one of the many café's

Cost is \$20: bus leaves FVNH at 8.30am

**A \$10 deposit by June 18th 2015
would be appreciated**

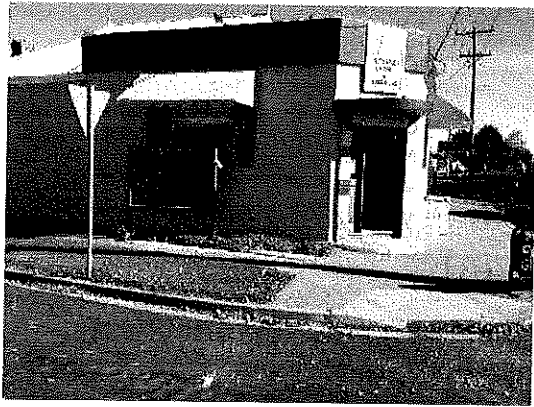


If you are interested in going on any of these trips call in to the Office or phone 6374 2344 to book your seat.

The FVNH office is open Monday - Friday, 9am-4pm.



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



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St Marys Child Care Staff Changes

The St Marys Child Care Centre are farewelling their long term Director, Tanya Greenwood. Tanya has been with the centre for eight and a half years, providing learning and care for children, families and staff in our community. Tanya will be moving to a new role as full time coordinator of the mobile service - Building Blocks - so will be out and about, supporting early childhood programs across Break O'Day, and now in Dorset and Flinders Island. Tanya can be contacted on 0400 002 116 / tanya.greenwood@healthyhouse.org.au

We are pleased to announce that Rebecca Barnes will return to St Marys Child Care to take on the role of Director.

Rebecca has been working at Campbell Town Early Learning and Care Centre as Director for the last two and a half years.

Bec is excited to return to St Marys and looks forward to meeting new and familiar families. We all wish Bec well in her new venture.

Please come and say hi to her when she commences this term, and ask about care for your child/children.

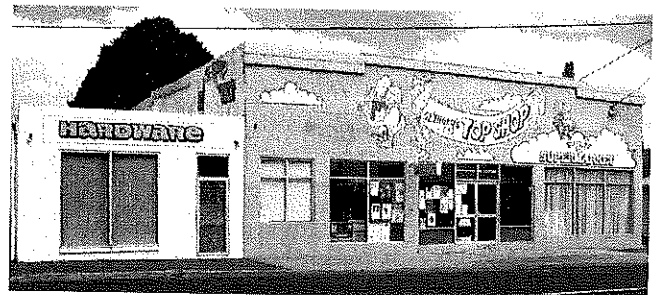
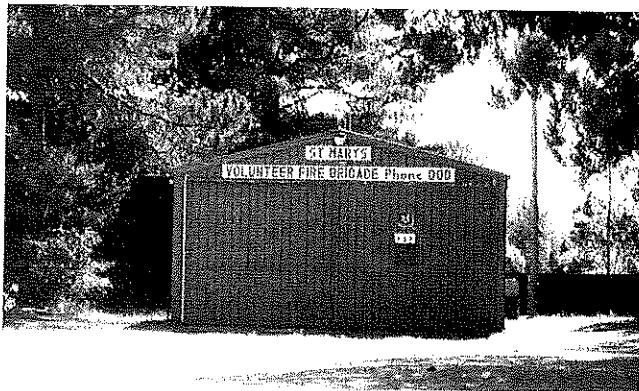
Contact us on 6372 2187 / stmarys@ncn.org.au



Our recent Easter celebrations

The way it was...

St Marys throughout the years



Responsible cat ownership

Responsible cat ownership is a concept that requires some serious discussion. On the 14 April, Break O'Day Council hosted a Cat Forum at St Marys. This was the start of a conversation, with the goal of lowering the feral cat population in this part of the state. To put things in perspective, a female cat has 1-8 kittens per litter, and 2-3 litters per year. During her productive life, this ONE female cat could have more than 100 kittens. A single pair of cats and their kittens can produce as many as 420,000 kittens in just 7 years. Last year at the vet clinic received at least 30 kittens. This year roughly 20 so far, but they keep coming.

There are many perspectives and arguments as to why you should and must desex and microchip your cat at a young age.

The legal perspective

The Cat Management Act 2009 and Cat Management Regulations 2012: desexing is required where the cat is more than six months of age except where a vet certifies that the procedure will interfere with the health and welfare of the cat, or where the cat is owned by a registered breeder. Cat owners must also ensure that any cat in their care, over the age of six months is implanted with a microchip.

The environmental perspective

Feral cats (dumped kittens turn into feral cats!) have serious impacts on native wildlife. They are typically more aggressive than domestic cats, and kill vulnerable fauna.

The Human Health perspective

Toxoplasmosis is a zoonotic disease that is contagious between kittens and also to humans who come in contact with these kittens or their excrements.

My perspective = the welfare perspective

So what happens to the 420,000 kittens that we mentioned earlier on? Dumped kittens contribute to the feral cat population. Once they turn feral, and start to live in the wild, they are subjected to a number of debilitating and fatal diseases which cause much suffering and can lead to death. Cat flu, when severe, causes upper respiratory tract problems (they cannot breathe from the congestion), can lead to blindness, and is ultimately fatal. It is not out of sight, out of mind. Kittens in boxes on the side of the road apart from being illegal, is NOT ON – it almost always equates to animal cruelty.

Remember, that until August it costs only \$50 to desex a male cat, \$90 to desex a female cat, and \$12 to microchip! Spread the word if you know anyone with cats who are not desexed / microchipped! To book in, ring North East Vet Clinic on 6321 8999 and ask for Karen.

Article by Karen Wong, St Helens

Want to know a thing or 2 about Pet CPR?
FREE dog and cat CPR / First Aid Seminars
(held monthly) at North East Vet Clinic.
Want your name on the list? Why not invite a friend!
Ring and talk to Dr. Karen on 6321 8999.
Places limited, starts June.

REGISTER NOW!

Follyfoot Friends - Autumn

Who doesn't love the changing of the seasons? I do, and in particular Autumn has to be by far my favourite. The colours around the property are quite beautiful with golds, yellows and the reds from the birch trees.

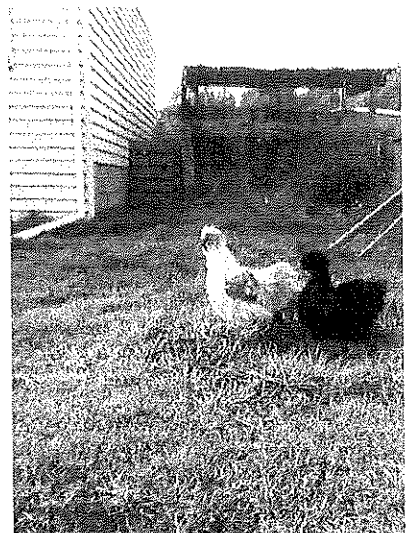
Autumn was also a time for Follyfoot to say goodbye to our pigeons. It wasn't kind to keep them penned up these past couple of weeks, because the hawks had been taking them one by one. But there is always a happy side ... as it happens, they have been invited to live at the Brighton School Farm near Hobart. This school is known for their animals doing really well and winning in the local shows. They will be surely spoilt, and at the same time bring so much pleasure to the teenagers who will be caring for them.

We tragically lost Billy Blue a couple of weeks ago (Billy was in last month's story). He'd been bitten by a wasp while sharing his food with his ladies, so his little face had swollen right up. The lovely people at our East Coast Veterinary Clinic were such a tremendous support to Billy by supplying me with antihistamine and antibiotics to give him. It was all very sad - the poor little guy had to be hand fed daily with his medicine and given eye drops. Sadly it just wasn't enough. Billy Blue died in my arms on a windy wet night while we were sitting inside by the fire. You know at Follyfoot, from the smallest creatures to the largest animal, everybody is treated with the love and respect that it deserves.

So now, a couple of weeks later, we have Alfie. He's only four months old, but the girls are looking after him.

And so it happens ... life goes on.

By Jackie Roberts, Mathinna

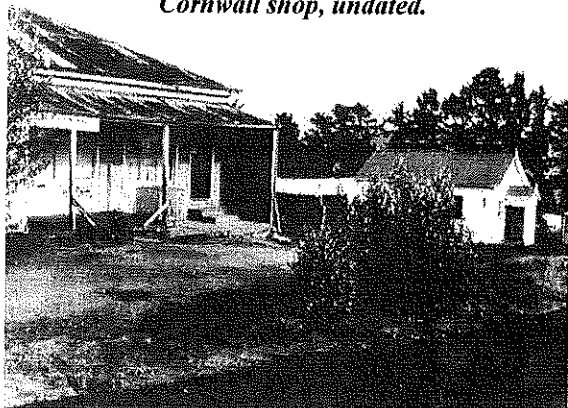


Alfie and Nigella

**Rainfall figures for March / April 2015,
thanks to Reon Johns**

March 1	.4	April 3	7.2
8	2.0	5	14.0
15	1.0	6	1.6
18	9.6	15	1.2
21	1.2	19	1.4
23	8.6	23	1.2
24	2.0	25	4.0
25	39.6	26	19.4
28	4.0		

Cornwall shop, undated.



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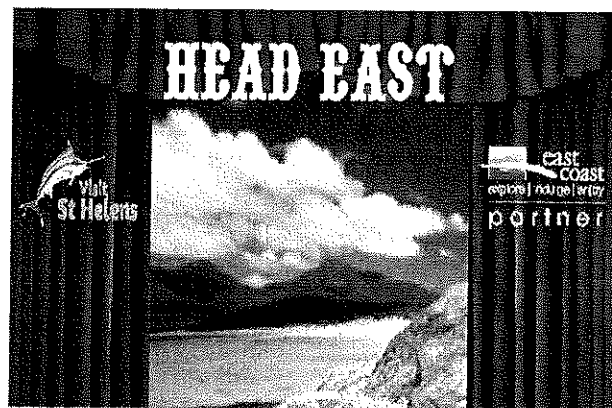
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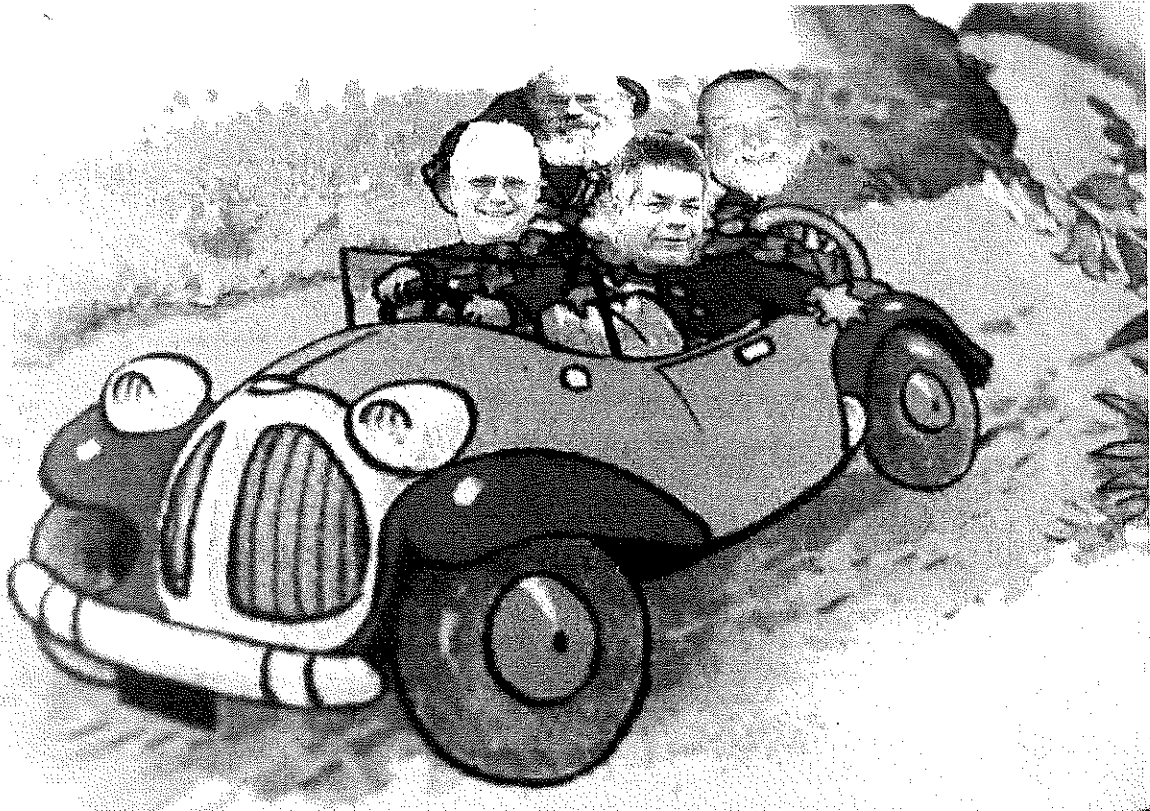


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Mount Elephant and Beyond Book Group May review

This month the Mount Elephant and Beyond Book Group read *Fall Girl* by Toni Jordan. This is the second book for the Australian author, whose first novel *Addition* was long listed for the Miles Franklin Award in 2009.

Fall Girl is 'chick-lit' with a twist. In the first chapter the reader meets Dr Ella Canfield, an evolutionary biologist seeking a grant of \$25,000 from the Metcalfe Trust in order to investigate sightings of the Tasmanian tiger on the Mornington Peninsula in Victoria. She has degrees from prestigious institutions and an impressive resumé. She has to convince only an aging academic and the young, rich, and of course good-looking, Daniel Metcalfe, and she appears to know her stuff.

So far so good, but ... Ella Canfield doesn't exist. Her real name is Della Gilmore and she is one of a family of con artists who live in a tumbledown mansion complete with hidden passages, false walls and a study in the cellar. The scam is an elaborate set-up designed to part Daniel Metcalfe from his money and after all, he's a multi-millionaire and he will hardly miss it. It is Della's idea and she has a lot riding on it, hoping to prove to her family that she is capable of bigger things.

'Ella Canfield's' bid is successful – Metcalfe offers her the \$25,000 but raises the possibility of \$250,000 if he can observe 'Ella' and her team in the field before making a final decision. Della is now obliged to call in several members of her family as supporting cast and the set-up becomes more and more complicated. The expedition to the Mornington Peninsula descends into farce at times particularly when the love-lorn Timothy turns up unexpectedly at the campsite.

Tony Jordan has a scientific background and this shows although it is not intrusive. The reader learns incidentally about Lazarus species for example - animals like the Leadbeater's possum that were rediscovered years after they were thought to be extinct. And although it may be difficult to imagine how the phrase 'ontogeny recapitulates phylogeny' could initiate a romantic interlude, Jordan manages it almost seamlessly.

The activities of the Gilmore family would be familiar to anyone who has watched TV series such as *Hustle*. Just like the TV characters, the Gilmores seem to inhabit a world of their own and live by a different moral compass. They do nothing that is vicious or violent and claim that their 'marks' are only vulnerable because of greed or because they like to feel benevolent: the secret to having people give you money is to act as though you don't want it. And this may well be true but one can only wonder what the family might have achieved if they had transferred the effort they put into their set-ups into another field of enterprise.

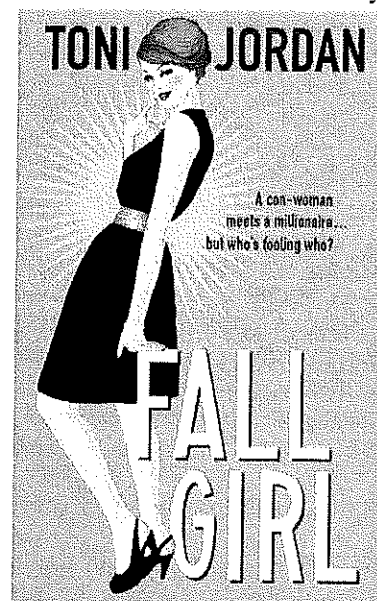
However, the novel takes nothing too seriously. As Toni Jordan says of her work:

I love the idea of making people smile. There aren't enough smiles in the world. This means the writing has to be as good as I can make it, because ugly sentences make me frown. There are bigger issues there if you want to think about them but that's entirely optional.

The cast of characters, the farcical incidents and the ramshackle house are reminiscent of old-fashioned romantic comedies or 'caper' movies. Jordan reveals in an interview that she was indeed inspired by 1950s movies such as *'To Catch A Thief'*, that were 'witty and sexy, but always classy and intelligent'.

There is a satisfactory amount of dramatic tension as the reader begins to wonder exactly what is going on – and it's not just the budding romance between Daniel and Della. The writing is witty and engaging, making *Fall Girl* light and easy reading.

By Lindy Scripps, St Marys



The Australian Government announced they would contribute \$4m for Danish climate contrarian Bjorn Lomborg to establish a new "consensus centre" at the University of Western Australia.

In the face of deep cuts to the CSIRO and other scientific research organisations, it's an insult to Australia's scientific community.

As the Climate Commission, we were abolished by the Abbott Government in 2013 on the basis that our \$1.5m annual operating costs were too expensive. We relaunched as the Climate Council after thousands of Australians chipped in to the nation's biggest crowd-funding campaign. It seems extraordinary that the Climate Commission, which was composed of Australia's best climate scientists, economists and energy experts, was abolished on the basis of a lack of funding and yet here we are, three years later, and the money has become available to import a politically-motivated think tank to work in the same space. This is why the work of the Climate Council is so important - **to counter this continuing ideological attempt at deceiving the Australian public.**

Mr Lomborg's views have no credibility in the scientific community. His message hasn't varied at all in the last decade and he still believes we shouldn't take any steps to mitigate climate change. When someone is unwilling to adapt their view on the basis of new science or information, **it's usually a sign those views are politically motivated.**

We're already flat out responding to misinformation in the media. We just called out *The Australian* for deliberately misinterpreting the science and the Prime Ministers Business Advisor Maurice Newman for getting his facts wrong.

climatecouncil.org.au/a-4-million-dollar-insult-to-the-scientific-community?vid=3227

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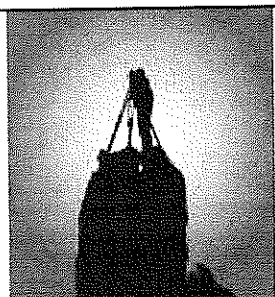
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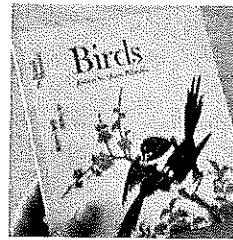
Question: what do the British Museum and the curator of St Marys Cranks and Tinkerers have in common?

Washing Day

The cormorants hang their feathers out to dry black velvet rags showing threadbare in the wind. Like old women living in the past, they tend their tattered finery with talon fingers and black remembering eyes.

Rita Summers (active from 1986)
Australia (Bismania)

Norbetine Von Bresslern-Roth (1891 - 1978), *Cormorants*. Colour woodblock print in grey, brown, yellow and black. Austrian, c. 1930.



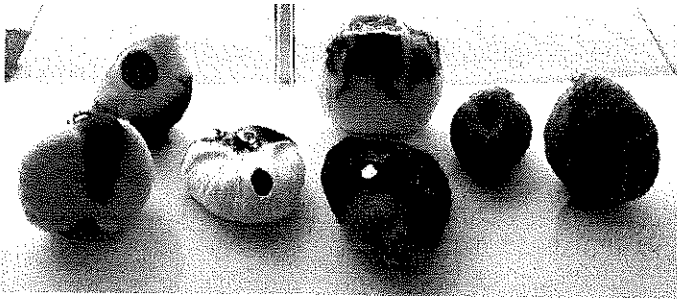
By Rita Summers, St Marys
<http://www.facebook.com/stmaryscranksandtinkerers>

3D Felting Workshop - Gone Rustic Studio and Gallery, St Marys

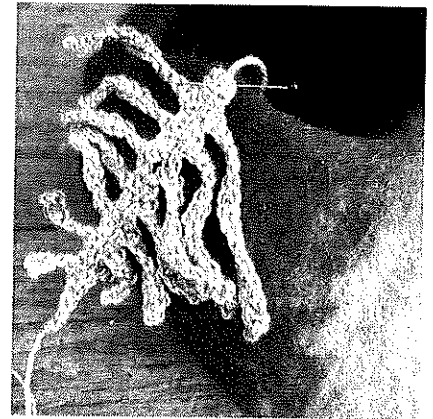
What a great time we had with June Hope, our guest tutor recently! We are all very proud of our felt vessels and learned a lot. Looking forward to another workshop with June later in the year ...

Rita Summers, St Marys

Photos by Rita Summers, St Marys



Vessels made by Bronwyn Gunner, Sue McKenzie, Bev Hornibrook, Mignon Matthews, Rita Summers, Sue Weber, Jillianne Spencer



Vessel with crochet embellishment (Rita Summers, St Marys).



Tutor June Hope (NW Tas), Sue Mckenzie (from Victoria)



Mignon Matthews (West Tamar), Jillyanne Spencer (Liffey), Bronwyn Gunner (St Helens)



Sue Weber (from St Helens), Bev Hornibrook (from St Helens)



St Helens Neighbourhood House Association Inc. Op Shop Community Grants

Community groups in the Break O'Day region are invited to apply for donations towards programs and equipment. Funds will be deposited into a trust account or an incorporated organisation bank account only.

Application forms are available at www.neighbourhoodhousesthelens.com.au or admin@neighbourhoodhouse.org.au
You can also collect a copy from reception; phone 6376 1134

Congratulations to recipients of the February Grant Round:

STAR FM Community Radio and Thriving Communities Healthy Families Project



St. Helens Electrical

Rod Shaw

Lic No. 933671

Domestic Commercial Industrial

***Wiring and Repairs, Rewires,
Underground***

***Home Heating: Advisory, sales and
installation of heat pumps and fixed
heaters***

***Lighting Specialist: Interior and
exterior, advice, sales and installation***

0407 615 072

24798 Tasman Hwy St Helens 7216



Break O'Day Mobile Mechanical Service

Covering Bicheno to Fingal to Gladstone

25 years' experience in mechanical and
engineering fields

Breakdown service and onsite repairs

OBDII scan tool and Air Fuel Ratio meter available
for all fuels

Specialising in diesel performance and turbo set-up

Fuel injector reconditioning and 4x4 servicing

Farm machinery and caravan repairs

Hydraulics, compressors and pumps

Welding repairs and light engineering onsite

Small engines to heavy equipment

All makes and models

Motorcycles, 4 wheelers

0429 355 334

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

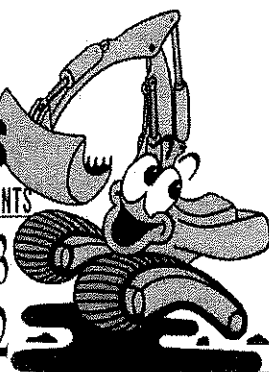
And much more...

C & D EXCAVATIONS

FOR ALL YOUR EARTHMOVING REQUIREMENTS

Phone : 03 6372 2033

Mobile : 0439 722 032



DAMS, ROADING, FIREBREAKS, LAND

CLEARING, HOUSE SITES, DRAINAGE &

BRIDGE CONSTRUCTION

LOCAL OWNER/OPERATOR WITH OVER

25 YEARS' EXPERIENCE

Call Dana or Craig

6372 2033 / 0439 722 032

GAZZMAN'S

Is your East coast supplier of:

JARRAHDALE WOOD HEATERS

Quality Australian made with a 10 Year warranty

**Call in and see our comprehensive
in-store display**

Opening Hours:

9.00am to 5.00pm Monday to Friday

9.00am to 12 noon Saturday

EAST COAST HEATING

21 Quail Street St Helens

P: 63 762555

info@gazzmans.com.au

Happy Palindrome Week: why these dates are special

Madam, I'm Adam. A man, a plan, a canal: Panama. Palindromes are everywhere — including on the calendar. Every day between May 10 and May 19, as written in five - or six-digit month/day/year format - is a palindrome. This means the numbers read the same forward as backward (5/10/15 – 5/19/15). And Mother's Day was a seven-digit palindrome (5/10/2015), only the eighth such date that has occurred so far this century.

Strings of five-digit palindrome dates aren't actually that rare, according to Aziz Inan, an electrical engineering professor at the University of Portland, who calculates these dates as a hobby. "Whereas five-digit dates occur every year, the next time Mother's Day will be a palindrome date will be 790 years" from now, Inan told Live Science. [The 9 Most Massive Numbers in Existence]

The next such palindrome week will occur in June 2016 (6/10/16-6/19/16), and this pattern of five-digit palindromes will continue until 2020. After that, another type of five-digit palindrome will take its place, with two-digit months and one-digit days (for example, 02/1/20), Inan explained.

Seven- or eight-digit palindrome dates are much more rare - only 38 such dates occur in the 21st century, Inan said. Twenty-six of these dates are seven digits, and 12 are eight digits. As of Sunday (May 10), eight of these dates have already occurred this century, leaving 30 remaining. "Eight-digit palindrome dates are very rare, and are clustered in the first three or so centuries at the beginning of a [millennium], and then don't show up for 600 to 700 years, until they appear as a cluster in the next millennium," Inan told Live Science in November 2011, the last time such a date occurred (11/02/2011).

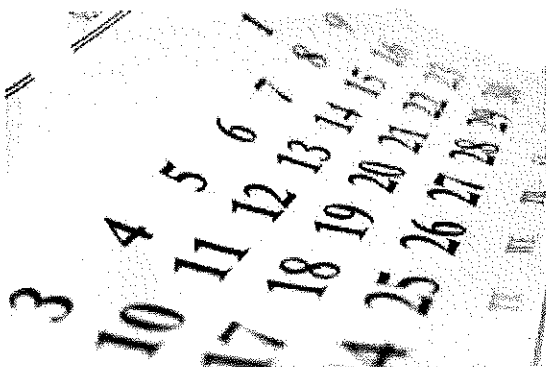
The reason for the rarity of these dates is that the day number can only reach 31. For example, the palindrome of a year such as 1401 would give you 1041, which exceeds the number of days in a month (since there is no Oct. 41). So, eight-digit palindrome dates will become rare again after the year 2300 (as there are no 32nd days of the month).

An eight-digit palindrome date that falls on Mother's Day is even more rare, because they have to occur on the even Sunday of May, Inan said.

In honour of this week and a belated Mother's Day, we must all ask ourselves, "Amy, must I jujitsu my ma?"

by Tanya Lewis

<http://www.livescience.com/50807-palindrome-week-rare-dates.html>



MEETING OF LIKE MINDS

Over the past few months local resident **Michael Smith** has been actively assisting Veterinarian **Karen Wong** (owner of **North East Vet Clinic**) with practical advice on obedience training to dog owners. Support of dog owners in our communities is a matter that they both believe is imperative. Michael's time is given freely through North East Vet Clinic (donations for petrol welcome) to those who want help and advice. You can find Michael at the Council Dog Park (corner of Eagle and Young Sts) set up with agility equipment, holding socialisation classes or obedience classes on the second, third and fourth Saturdays of each month.

Dogs who do NOT respect their owners/handlers as the "leader of the pack" will be more likely to misbehave or display undesirable behavior whilst out walking. A dog who thinks he is in control of you ... will control the walk. This breakdown to the concept of a mutually rewarding relationship can lead to anxiety, frustration and potentially to aggression issues. Your dog depends on you!

The golden rule to having successful training whilst out walking is to recognize what your dog wants and needs - you may both need the walk but your dog also needs to sniff, run and have fun. This is needed by your dog but permitted by you. Once out walking ... if your dog is pulling or straining on the lead - STOP walking. Start off again and as soon as the pressure starts on the lead - STOP. Whilst this may be frustrating for you at times, it quickly teaches a dog that the reward (out for a walk) is removed if he tries to control the walk. On the positive side, whilst the lead remains loose, allow your dog to wander and sniff, even speed up occasionally to a light jog, allow him to stop at a tree and sniff all around the entire base but move on when you have had enough of waiting. Continued rewards (sniffing, moving and running a little) gives such positive reinforcement and fun that they learn quickly to maintain a loose lead.

Enquiries can be made directly to North East Vet Clinic on 6321 8999 or Michael on 6372 2056.

Next issue - Karen and Michael will pass on more hints for happy and safe "walkies" with your dogs.

"A socialised, exercised and obedient dog is an absolute joy ... and can be your best friend"



Michael Smith and Karen Wong



Workshops open to all ages, so... see YOU at the St Marys Community Hall

"Come along and learn the art of..."

Sunday May 24th, 2015
1-3pm

"Plarn" – Crochet

BYO Plastic Bags

\$12 Members / \$15 Others
(Crochet Hook Supplied – 25 plastic bags makes a hat)

You choose what to hook!

Light afternoon tea supplied

Bookings & Enquiries:

Michelle 0407 046 865

e: bodregionalarts@gmail.com



Kim Kardashian has published a 445 page book of selfies, for those times when too much Kim isn't enough.

EXPRESSIONS OF INTEREST

Voices – coming to St Marys

Saturday July 11th 2015

Main Event: 4pm to 8.30pm

Plans are well underway for this event to be run in St Marys for the second year. Come along and "be a star". The theme for this year is **"Shine your Soul"** so if you are interested in sharing your love of music with your community on this day, we would love to hear from you. Please call Michelle on 0407 046 865 to register your details or email your name, contact number and proposed contribution to:

bodregionalarts@gmail.com

Prefer personal contact? Come along and chat with our committee at St Marys Community Hall for a "Voices" meeting on Wednesday 27th May 2015, from 5.30pm to 6.15pm.



Last edition's solutions

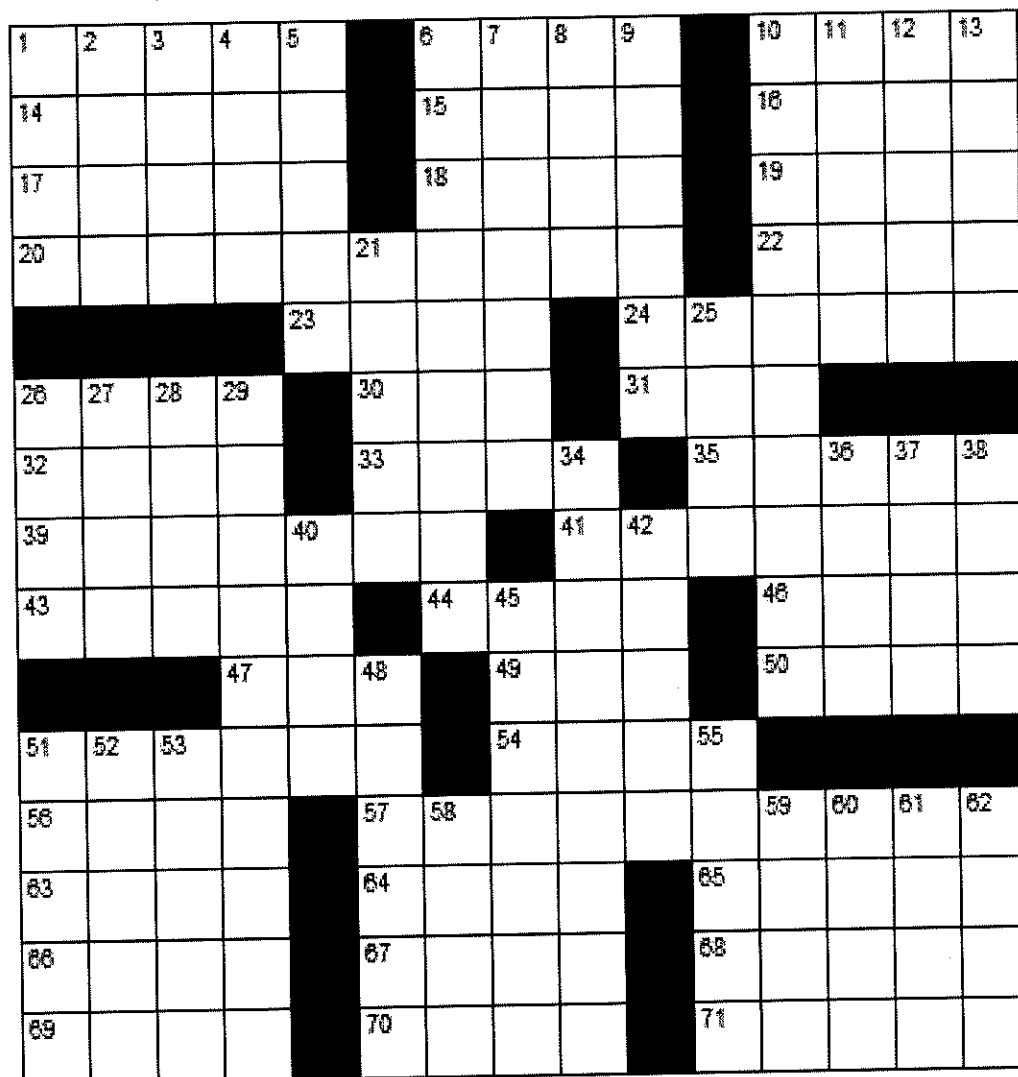
All words: de, deism, demo, demon, demons, demos, den, denim, denims, dens, die, dies, dim, dime, **DIMENSION**, dimes, dims, din, dine, dines, dins, dis, disme, do, doe, does, dom, dome, domes, domine, domines, dominie, dominies, doms, don, done, donne, dons, donsie, dos, dose, ed, eidos, emodin, emodins, end, ends, id, idem, ides, idiom, idioms, ids, imid, imide, imides, imido, imids, indie, indies, inned, inside, iodine, iodines, iodins, iodise, iodism, ionised, med, medii, mend, mends, mid, midi, midis, mids, mind, minds, mined, misdo, misdome, mod, mode, modes, modi, mods, monde, mondes, monied, nide, nides, nidi, nod, node, nodes, nodi, nods, noised, nosed, od, ode, odes, ods, onside, send, side, sinned, sned, snide, sonde.

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

P	A	S	T	A		D	E	M	E		I	B	I	S
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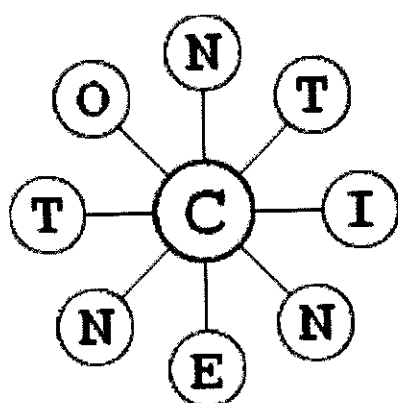
ACROSS

1. Change
6. Winglike
10. Fellow
14. More awful
15. List of options
16. Protagonist
17. Sea
18. Prima donna problems
19. Beers
20. Officer
22. Carry
23. Narrow opening
24. Second of two
26. Expectoration
30. French for "Summer"
31. Barely manage
32. Backside
33. Essence
35. Angry
39. Pike (fish)
41. Anthology
43. Drive
44. Indian dress
46. Catches
47. Compete
49. Hotel
50. Adhesive
51. Extreme cruelty
54. Dash
56. Burden
57. Nonsense
63. Sandwich shop
64. Hodgepodge
65. Scoundrel
66. As well
67. Rational
68. A drama set to music
69. Observed
70. Views
71. Adjust again



DOWN

1. Absent Without Leave
2. Hubs
3. Tall woody plant
4. Brother of Jacob
5. Leases
6. Creature comforts
7. Emissaries
8. Nameless
9. A light noise
10. Nattering
11. Serf
12. Mountain crest
13. Show-off
21. Mournful poem
25. Analogous
26. Wood-cutting tools
27. Buttocks
28. Small island
29. Video entertainment
34. Twisters
36. Cain's brother
37. Ballet attire
38. Being
40. Goddess of discord
42. Chop finely
45. A company that flies
48. Raise in a relief
51. Soft drinks
52. Anoint (archaic)
53. Coarse edible red seaweed
55. Mistake
58. Wings
59. Numbskull
60. How old we are
61. Certain
62. Warmth



Solutions next issue

How many words can you find? Each word must contain the central C 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: 19 words. Good: 17 words. Average: 14 words.

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

Meals on Wheels - 0488 384 344

May 25	Lundy Vosper
26	Valmai Spencer
27	Karl Balzer
28	Heather Griffiths
29	Lorraine Gill
June 1	Karl Balzer
2	Louise Keady
3	Lundy Vosper
4	Heather Griffiths
5	Drew Adam

Tip locations and opening hours

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

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 or hinting at libel or slander will not be accepted.

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

Letter writers will be given the chance to respond over a suitable period of time. Subjects may be closed at the editor's discretion. Please make sure of your facts. Do not write submissions just to let off steam. Articles most commonly published are those relating to current community issues.

Keep articles short, simple and to the point. Letters are restricted to 300 words or fewer.

The editor reserves the right to edit any submission for grammar, spelling or reduction in size where necessary.

All letters/emails must include your full name, address and phone number.

The Valley and East Coast Voice Inc. reserves the right at all times, without notice, to update, change or amend our guidelines.

All information is correct at time of printing.

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

Emergency services

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

Church Services

Catholic Parish of St Marys

Sr Lorraine Groves
6372 2252 / 0409 172 741

1st Sunday Mass
St Helens Vigil 6pm
Bicheno 9am
Fingal 11.30am

2nd Sunday Liturgy
St Helens Vigil 6pm
St Marys 9am
Bicheno 9am
Fingal 9.30am

3rd Sunday Mass
St Helens Vigil 6pm
St Marys 9am
Bicheno LWC 9am

4th Sunday Liturgy
St Helens Vigil 6pm
St Marys 9am
Bicheno 9am
Fingal 9.30am

5th Sunday Mass
St Helens Vigil 6pm
St Marys 11am
Bicheno 9am

St Marys Salvation Army

Envoy M Norton 0409 838 816

Sunday Joy 9.30am

Tuesday JAM 3-5pm (except school holidays)

Break O'Day Anglican

Parish POB 143, St Helens
Tas 7216 6372 1144

St Helens 9.30am

5th Sunday Combined Service
with Uniting Church 10.30am
St Marys 10am

Pyengana Please phone for service times
[facebook.com/anglicanbod](https://www.facebook.com/anglicanbod)

Anglican Parish of Northern Midlands

Avoca 11am 2nd Sunday

Fingal 2pm 2nd Sunday

Mathinna 2.30pm 4th Sunday

Ross 10am 5th Sunday

Campbell Town 9am

Break O'Day Uniting Church

The Manse 6376 2405

St Helens 9am

Fingal 11.15am

When Allen Parton was hit by a car, his service dog Endal dragged him into the recovery position, found his cell phone and pushed it into his hand, fetched him a blanket from under his wheelchair, then ran to a nearby hotel and barked at the door until someone helped.



ST MARYS COMMUNITY HEALTH CENTRE

WHAT'S ON AT THE CENTRE

- 21 May **Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.
- 22 May **Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.
- 25 May **Breast Screen Bus** at Centre- 132 050
- TML Psychologist**- Sam McCarthy. For appointments please see your GP for a referral.
- 26 May **Breast Screen Bus** at Centre- 132 050
- Child Health Session** with Mary Mumford Tuesday fortnights– Appointments only. Please phone 0428 136 381.
- Rae & Partners Lawyers.** At the Community Health Centre Tuesday fortnights. For appointments please phone 6337 5555
- 27 May **Breast Screen Bus** at Centre- 132 050
- Day Centre**– For details on the group please contact Hayley Gilbert 6387 5555
- Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.
- TAZREACH**– Antenatal Clinic with Katie. For appointments please see your GP.
- 28 May **Breast Screen Bus** at Centre- 132 050
- Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.
- St Helens Neighbourhood House**– 10:00am-4:00pm in the Day Room.
- 29 May **Breast Screen Bus** at Centre- 132 050
- Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.
- 1 June **TML Psychologist**– Sam McCarthy. Please see your GP for a referral.
- Hospital Auxiliary Meeting** 2:00pm in the Family Room
- 3 June **Day Centre**– For details on the group please contact Hayley Gilbert 6387 5555
- 4 June **Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.

WHAT'S ON AT THE CENTRE Continued...

- 5 June **Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.
- Cancer Council**– Richard Austin. Senior Support Officer. 11am-12 noon.
- St Helens Neighbourhood House**– 2:00pm-3:00pm in the Day Room.

WISHING YOU WELL SUE!

On behalf of the staff and the wider community we would like to wish Sue Gofton a Happy Retirement. After many years (we won't be specific) of service to the Department of Health as a Community Nurse and Child Health Nurse Sue has turned the page on the next chapter of her life.

We wish you and Murray much enjoyment in your retirement and thank you for your services to the Community of Break O'Day. Happy travels!

CHILD HEALTH SERVICE

The Child Health Service will continue to be operational. Mary Mumford will be available Tuesday fortnights by appointment at the St Marys Community Health Centre. If you require an appointment please phone 0428 136 381.

ARE YOUR DETAILS UP TO DATE?

Do you have a new address/ phone number?

Do you have a new Centrelink/ Medicare Card?

Have you updated these details at the Health Centre?

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

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

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

PHYSIOTHERAPY SERVICE

1 day/ fortnight– Physiotherapist from the LGH

Referrals will still be accepted and prioritised

Please see your GP for a referral or phone 6387 5555

ST MARYS COMMUNITY HEALTH CENTRE

St Marys Community Health Centre

GP Surgery Hours:

Monday—Friday

8:50am-10:00am

10:00am-10:30am— Reception Closed

10:30am- 12:30pm

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

1:30pm-2:45pm

2:45pm-3:15pm— Reception Closed

3:15pm- 4:30pm

PATHOLOGY SERVICE-

NO PATHOLOGY SERVICE BETWEEN:

12:00-1:30pm or before 8:30am daily

If you require Pathology **before 8:30am an appointment must be made with the Nurses Station the day/night before** by phoning 6387 5555

SCRIPTS AND DOCTORS APPOINTMENTS

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

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

PHONE SCRIPTS

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

INR TESTS

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

AFTER HOURS CONTACT NUMBERS

GP ASSIST ON- 1300 780 011

AMBULANCE 1800 008 008 or
EMERGENCY 000

ST MARYS COMMUNITY HEALTH CENTRE
6387 5555

**Please RING Community Health Centre
BEFORE presenting after hours**

Lifeline 131 114

Saving Lives, Crisis Support and Suicide Prevention

DOCTORS ROSTER

Dr Cyril Latt

21/5/15—5/6/15

Dr K. Rawnsley

21/5, 22/5, 26/5, 28/5, 2/6, 4/6 2015

Dr L. Reeckman

28/5 & 29/5 2015

Tazreach- Antenatal Service

Katie Burow 27/5/15

For appointments phone: 6387 5555

IMPORTANT INFORMATION TO PATIENTS

Please be aware that Dr Latt's Surgery is currently fully booked for appointments 1 week in advance as of 21/5/15

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

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

If in doubt— Call an Ambulance 000

Thank you for your cooperation

ST MARYS HEALTH CENTRE TEACHING SITE

The St Marys Health Centre is a UTAS teaching site. We regularly have students from all faculties of health that attend our site to participate in training placements.

If you are attending this practice and would prefer the students do not sit in on your consultation please let the reception staff know when you arrive. These placements are very important for the students so your cooperation is greatly appreciated.

MAY 2015- there will be Medical & Nursing Students on placement at the St Marys Community Health Centre from the University of Tasmania.

BREAST SCREEN TASMANIA

The Breast Screen Bus will be in St Marys from:

25-29 May 2015

There is still time to make an appointment!

If you have booked an appointment and can't attend **PLEASE** ring to cancel or reschedule. Every appointment is important to us. **Phone: 132 050**

ST MARYS SPORTS (AND SOCIAL) CENTRE
Gray Rd St Marys

CLOSED UNTIL FURTHER NOTICE

Due to the speed that things are happening with the renovations, we are unfortunately not able to open for Friday meals as advertised in the last Valley Voice or for Sunday trading. We are sorry for the inconvenience.

BOWLS END OF SEASON DINNER

When: Saturday May 30th 2015

Where: St Marys Hotel

Time: 6 for 6.30pm

Cost: \$35 for two course buffet

RSVP by 22nd May 2015

Contact Nikki on 0400 438 130

e: nikkiviney@internode.on.net

There will also be a discussion as to where we stand should Bowls North force us into a two division comp next year.
A good turn up would be great.

SPORTS CLUB AGM

When: Saturday June 20th 2015

Where: At the club (reno's permitting)

Time: 3pm sharp

Agenda will include:

- ♦ Election of a new committee
- ♦ Appointment of Licensee
- ♦ Appointment of Patron

A general meeting will follow wherein we will plan an official opening of the newly renovated club, and any other matters can be discussed (including ideas on how best to utilise the new facilities).

Committee

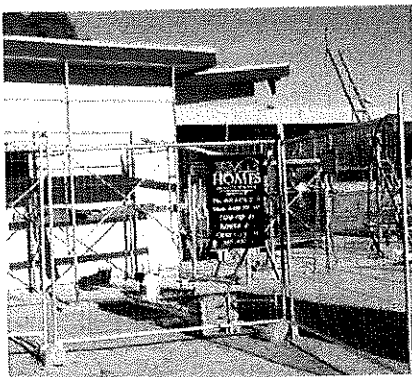
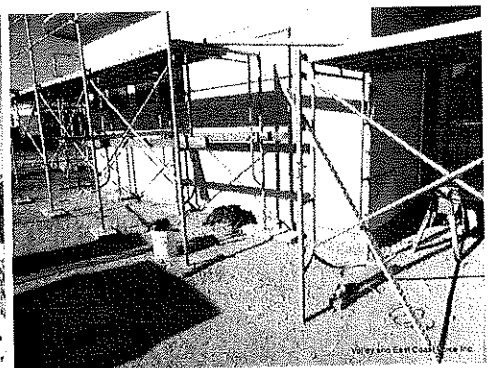
Licensee/treasurer: Jim Turner 6372 2441

Secretary: Annette Wines 0417 010 648

President: Bobby Harwood 6372 2445

Catering: Jacqui 0439 978 156

Great things happening at the Club.
(Permission gained from any people depicted. Photos by Editor)





ST MARYS IGA SUPERMARKET

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

38 Main Street

Ph/Fax 6372 2240 Butcher 6372 2274

Monday to Friday 8 - 6.30pm Saturday 8 - 5pm

Sunday 10 - 5pm

Butcher instore Monday to Friday 8 - 2.30pm

Specials from 20th - 26th May

<i>Butchery</i>	<i>per kg</i>
Rump steak	13.99
Beef stir fry strips	13.99
Lamb forequarter chops	10.99
Ingham chicken drumsticks	3.99
Ingham turkey leg roast	7.99

Specials from 27th May - 2nd June

<i>Butchery</i>	<i>per kg</i>
Nichols six legged chicken	4.99
Nichols chicken cuts	3.99
Beef topside roast	11.99
Lamb shanks	10.99
Netted boneless leg lamb	13.99

Two week specials from 20th May - 2nd June

Pedigree dry dog food 2.5-3kg	7.99	I & J fish fingers 800g	6.99
Kit-e-kat canned cat food 410g	1.25	Schweppes soft drink varieties 2L	2.49
Bundaberg sugar white or raw 1kg	1.69	Zaffarelli pasta range 500g	1.49
Devondale long life milk 2L	2.49	Chicken tonight varieties 500g	2.99
Heinz chunky or classic canned soup 535g	2.99	Mission wraps original 8pk	3.49
Ribena blackcurrant tetra 6pk	4.99	Kleenex facial tissues 170pk	1.67
Pampas pastry 1kg	4.99	Whittakers chocolate blocks 220g	2.99
Birds eye peas 500g	1.99	Campbells real stock 500ml	1.75
Kelloggs sultana bran 420g	3.99	Poppin microwave popcorn 85-100g	1.49
Kelloggs fruit loops 285g	3.99	Snappy Tom cat biscuits 1kg	3.99

Don't forget we offer free home delivery. Phone orders welcome.

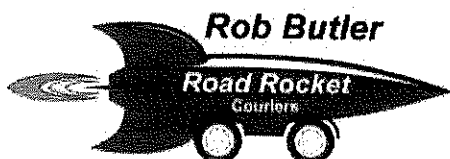
On a bitterly cold winter morning a husband and wife were listening to the radio during breakfast. They heard the announcer say, "We are going to have 8 to 10 inches of snow today. You must park your car on the even-numbered side of the street, so the snow ploughs can get through". The good wife went out and moved her car.

A week later while they were eating breakfast again the radio announcer said, "We are expecting 10 to 12 inches of snow today. You must park your car on the odd-numbered side of the street, so the snow ploughs can get through". The good wife went out and moved her car again.

The next week during breakfast the radio announcer says, "We are expecting 12 to 14 inches of snow today. You must park ..." then the electricity went out. The good wife was very upset, and with a worried look on her face she said,

"I don't know what to do. Which side of the street do I need to park on so the snow ploughs can get through?"

Then with the love and understanding that all good married men exhibit, the husband replied, "Why don't you just leave the car in the garage this time?"



*Servicing Launceston to St Helens, Campbell Town,
Fingal Valley, Swansea, Coles Bay and Bicheno*

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