

THE VALLEY AND EAST COAST VOICE INC. \$1

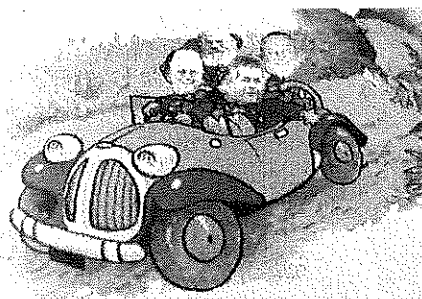
Established 1968

48.03 June 4th 2015

Deadline for 48.04 is 5pm June 15th 2015

THE ST MARYS ANNUAL CAR and BIKE SHOW

Proudly sponsored by the
Break O'Day Woodcraft Guild & Men's Shed
IS ON AGAIN!



SUNDAY JUNE 7th 2015 ON FAULKNER'S GREEN

For information call Grant - 0419 503 109

or

Bill - 0417 354 001

Swap Meet and Market in St Marys hall

For table bookings call Reon - 0429 722 091

Items must be clean. \$5 p/table

MARKETEERS MUST BE SET UP BY 10AM SHARP

'I am not alone ...' p8

Break O'Day Stitchers p11

FVNH trips p12, 13

The Three Treasures p13

Community Group guide p16

GET report p17

AMIC report p18

St Helens Walking Group p19

Eco Fashion on Show p22

Netball World Cup brings the Break O'Day Community together

May 25th 2015



On Wednesday 20th May 2015, the Break O'Day Community played host to the Netball World Cup. The event was hosted by St Helens and St Marys District High Schools with approximately 100 children actively participating in the event.

A World cup education session was delivered initially to some students from Grades 1-6, closely followed by a skills clinic, to which Nettie (World Cup Mascot) and our enthusiastic Mayor, Mick Tucker, joined in with the fun and frivolity.

Nettie was kept very busy trying to keep up with the high level of skill and extreme speed of our young and upcoming "champions".

Mayor Mick Tucker then hosted the Netball World Cup entourage at the new Multi-Purpose facility which is currently being built in our Municipality.

Everyone involved expressed satisfaction that Council had secured funding to construct such a high class facility that everyone could benefit from.

For further information please contact Mayor Mick Tucker on 0419 372 813.



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

Dart Calcutta - 17/7/15

Editor: WM Dawson
e:wdawson@valleyvoice.com.au
0403 430 452
web: valleyvoice.com.au
facebook.com/ValleyEastCoastVoice
POB 230 St Marys 7215

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.

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

The Valley and East Coast Voice Inc. Guidelines

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

Our pages remain open to fair and honest criticism so that on all questions both sides may be presented, but any submissions containing personal attacks or hinting at libel or slander will not be accepted.

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

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

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

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

The editor reserves the right to edit any submission for grammar, spelling or reduction in size where necessary. All letters/emails must include your full name, address and phone number.

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

All information is correct at time of printing.

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

For Sale

**Large Commercial Building at
2 Story Street St Marys.**

Includes adjacent land

on separate title.

\$140,000 Ph 0401 870 316

For Sale

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

1985 Rodeo flat tray ute, aluminium drop sides, new battery, tyres and brakes, 40,000kms on exchange engine. \$1200. **0418 247 395 (St Marys)**

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**

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

Norm 6372 2380

Good dry firewood \$60 p/metre delivered St Marys, \$65 Scamander. **Danny and Jenny Franklin. 0417 383 935 / 6372 2301**

Daihatsu Terios 2002. 102,000 km, 6 months rego, recent new tyres, very economical, great first car. \$4000 ono. **Contact Sandi - 0418 632 644 or Paul scamanderriver@gmail.com**

2 Stereos, 1 tape player, 1 brush cutter. All best offers. **6372 2251**

Red two seater couch/pull out bed, good condition, little use. \$150 ono. **0403 430 452 (St Marys area)**

Notices to subscribers

To 'Bob' of Upper Scamander re your notice, please call the Editor.

To 'David' re your letter to the Editor, please contact us.

Thank You

We would like to say Thank You to all the lovely people who sent cards and flowers, and who rang us, after the sudden loss of Louise's dear brother

Danny.

Very much appreciated.

**Louise, Michael Williams and family,
St Marys**

Community Notices

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 Street Falmouth from 1 to 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 much 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.

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

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

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.

Get in 2 Gear

Are you having trouble obtaining your mandatory 50 hours driving experience? If you don't have access to a reliable vehicle, someone to supervise you or can't afford the petrol, register today for Break O'Day Council's FREE 50 hour Learner driver program. We have two cars which can be used throughout the municipality and *volunteer mentors* who will supervise you and help you to achieve your 50 hours. **BODC - 6376 7900**

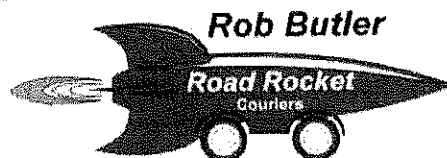


The next **Council meeting** will be held on **Monday June 22nd 2015 at 10am** in the Council Chambers, 32-34 Georges Bay Esplanade, St Helens. Minutes from Council meetings are available on the website.

From the General Manager **JOHN BROWN** Council Sustainability

The current Local Government Reform process initiated by the State Government will seem like a sense of 'déjà vu' for residents who have been in Break O'Day for more than 17 years. During that time amalgamations with neighbouring councils, Dorset in 1998, and Glamorgan-Spring Bay in 2009, have been proposed and did not proceed for a variety of reasons. The current process is about the sustainability of councils and has a dual focus, amalgamations and/or a shared services model. The process is being approached with an open mind by Council and staff, as at the end of the day it is about getting the best value for ratepayers from the funds available. It is also about ensuring that the community is properly represented and about the communities views on this matter; generally we don't hear much until there is a firm proposal under consideration. Underlying this whole approach is the question of sustainability of councils. The Break O'Day Council has worked hard in recent years to place the Council in a financially sustainable position. At times it is like two steps forward and one step backwards. The impact of Federal Government decisions on Local Government is not normally appreciated by the wider community.

Last year the Federal Government decided to freeze any increase in the Financial Assistance Grants we receive for three years (our share of Taxation). By 2017-18 this will result in an annual reduction in revenue of \$340,000 which will never be recovered and will be ongoing. These sorts of decisions place additional pressures on the Council during the review process which we are now part of.



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couriersroadrocket@bigpond.com

Letter to the Editor

Dear Editor

After reading the pamphlet advertising the "Open Studio Trail" for the Bay Of Fires Arts Festival, I feel compelled to write to the Valley Voice and express my disappointment in their lack of recognition for the artists of St Marys who have working studios. We have several clever people who's work deserves acknowledgement - Madd Mudd, Gone Rustic, Orphic Art 2 Wear and the Bank Tea House to name just a few.

It was suggested that this is just a trial run; however, if this is the case don't the rate payers of St Marys deserve to be part of this audition, especially as part sponsorship is being provided by the Break O'Day council.

Wendy Brennan, St Marys

**The Falmouth Community Centre
will be holding its AGM at 3pm on
Sunday, 26 July
[instead of 28 June as previously advised]
at the
Community Centre, Morrison St, Falmouth.
Apologies for any confusion created.
*Louise Keady, Falmouth***

FORESTRY RESEARCH TAKING TAS INDUSTRY INTO THE FUTURE May 22, 2015

A NEW \$14m forestry training centre at the University of Tasmania is a significant vote of confidence in one of the state's major natural resources, says Federal Lyons MP Eric Hutchinson.

"This is a fundamental step on the way to supporting this important industry into the future," Mr Hutchinson said. Mr Hutchinson told Federal Parliament today he shared the university's view that there is huge potential for Tasmania's forestry sector to be transformed from the commodity driven, low-technology industry of the past into something very special. The Federal Government last week announced funding of \$3.6m for the University of Tasmania which will be matched by industry and university contributions to provide the \$14m required for the centre.

The training centre aims to build the capacity to transform the Australian forest products sector by providing advanced training and research. It plans to train a workforce capable of improving use of the resource which should allow the sector to exploit emerging markets in the use of renewable materials.

The centre's partners range from forest managers to architects and engineers to ensure a flow of information from forest to design and manufacture.

Mr Hutchinson said that the Federal Government's support for the project recognised the use of timber and wood fibre as a product for the 21st century.

"There is so much that is possible from downstream manufacturing from laminated timber to plastic alternatives," Mr Hutchinson said. "Tasmania is really good at growing trees, and this is about looking forward to support our industry into an innovative future."

New scholarships for rural arts leaders May 22, 2015

Federal Lyons MP Eric Hutchinson is inviting aspiring arts leaders living in regional and rural Australia to apply for a new scholarship to further develop their leadership skills.

"The Australia Council will provide \$150,000 over the next three years for three high-performing regional arts leaders to take part in the Australian Rural Leadership Program," Mr Hutchinson said. "A scholarship will enable a high-performing arts administrator or manager working in regional Australia to take part in the Australian Rural Leadership Program to further develop their management skills and build networks with other regional leaders. I encourage arts leaders in Lyons to apply."

Arts Minister George Brandis said that the scholarships had been developed to address additional barriers that regional arts leaders face including fewer opportunities than their metropolitan colleagues to participate in arts sector initiatives.

"The Australian Rural Leadership Program is the flagship program of the Australian Rural Leadership Foundation," Senator Brandis said. "Running over 15 months, it consists of five residential programs and covers topics such as leadership, advocacy, media, international relations and community programs. Participants will also have the opportunity to attend a two week study tour to South East Asia."

Applications for the Australia Council Scholarship close on August 31, 2015. Scholarship recipients will be announced in February next year and the program will start in August next year.

More information at www.australiacouncil.gov.au

The St Marys Salvation Army



would like to thank

- ♦ Don and Val Brown ♦ Hilly's IGA
- ♦ St Marys Bakery ♦ Stuart Kerr
- ♦ St Marys IGA

for their help and support with the
2015 Red Shield Appeal.

If anyone missed out on making a donation
please contact

Mel Norton on 0409 838 816

mikes handyman service

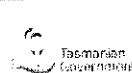
- ♦ Gardening ♦ All round home
- ♦ Weeding ♦ maintenance
- ♦ Yards cleared ♦ Holiday homes
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Call 0427 151 242

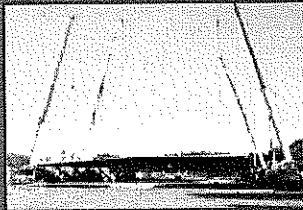
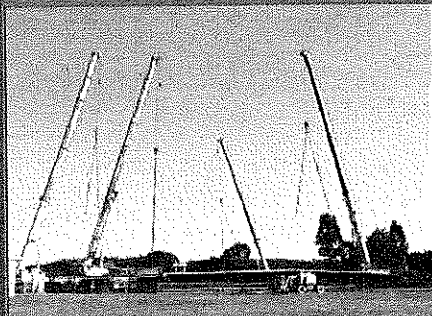


Break O'Day Multi-Purpose Indoor Stadium

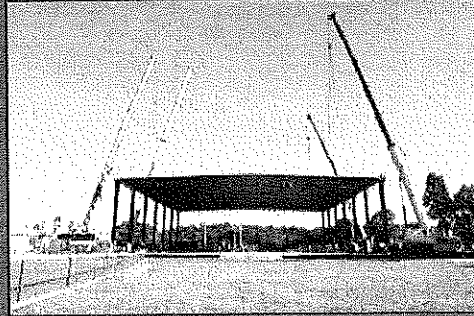
Update 3 — 22 May 2015



The roof is now raised!



On Friday 22 May 2015, AJR Construct worked closely with Pfeiffer Cranes to raise the Stadium's roof. The process commenced at 7.30am, with the columns being bolted in at 9.30am. All went smoothly and was viewed by many.



Nettie brings the Break O'Day Community Together

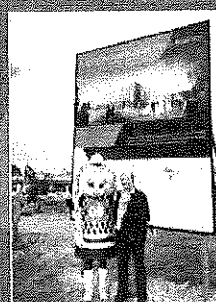
On Wednesday 27th May 2015, the Break O'Day Community was privileged enough to play host to the Netball World Cup, prominent car, Nettie (nascot) and 3 Netball World Cup representatives.

Nettie is very excited for the sports participants along the East Coast of Tasmania as this will be the first facility built to accommodate competitive indoor sports and it will also cater for larger community events and encourage all those Netballers from outside of the East Coast of Tasmania, to come and stay for the weekend and meet all the lovely children that she did.

Nettie also knows that many other community groups, sporting groups and the Break O'Day community will benefit from the stadium.

Projected Completion Date (Stage 1): August 2015
Stadium open for use by the Community: Late 2015

For more information please contact Council's Building Services department on (03) 6378 7900 or email admin@hobart.tas.gov.au



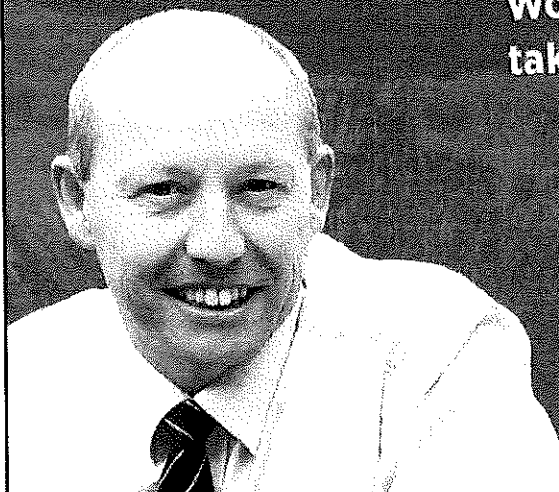
ADVERTISEMENT

Eric HUTCHINSON MP

Federal Member for LYONS



Working for you locally and
taking your concerns to Canberra



Perth Office

53B Main Road, Perth TAS 7300 Phone. 03 6398 1115

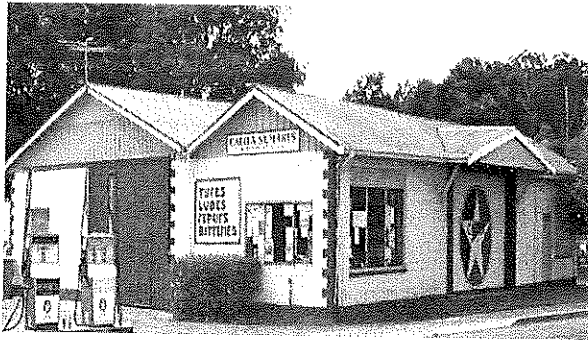
Brighton Office

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.



CALTEX ST MARYS

MECHANICAL REPAIRS & SERVICE

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Fax 6372 2822

CLEAN CRACK LAUNDROMAT

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Coin operated washers and dryers

Opening hours are

6.30am - 8pm

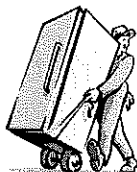
Ransley's Appliance Service

POB 136 Scamander Tasmania 7215

Washing machine noisy?

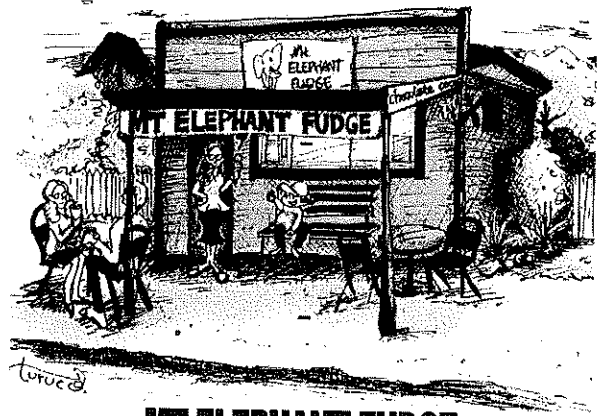
Refrigerator runs too long?

Clothes dryer blows cold air?



...then you need the services of our technicians

6372 5307 / 0428 761 811



MT ELEPHANT FUDGE

"THANKS"

for your support this year!!

Without you I wouldn't be here!!

I am CLOSING for Winter.

See you when it starts to warm up...

Look for the balloons!!

RAE & PARTNERS

LAWYERS

of 113 Cimitiere Street Launceston

VISITING EVERY SECOND TUESDAY

St Marys Community Health Centre 9.00am-10.00am

St Helens old Post Office building 11.00am-1.00pm

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

Ana's Hairdressing Salon



Master Hairdresser

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46 Main Street St Marys - 0448 532 531

LOOK GOOD, FEEL GOOD

New enquiry into seasonal worker program May 27, 2015

Organisations or individuals who have taken part in the Seasonal Worker Program are encouraged to share their experiences in a new inquiry into the employment scheme.

The Seasonal Workers Program was established in 2012 and now provides more than 3000 seasonal workers to horticulture sector employers including growers, contractors, labourers and accommodation providers across the country.

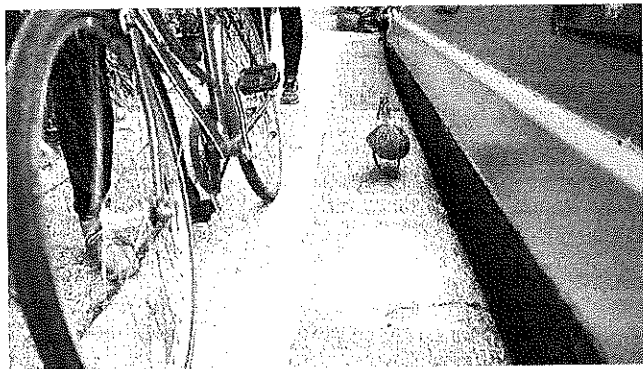
The program contributes to the economic development of Pacific Island countries and Timor-Leste by helping Australian employers to access overseas seasonal workers to satisfy labour shortages.

The Federal Government's Joint Standing Committee on Migration will examine the Seasonal Workers Program and its scope for expansion.

Committee chairman Louise Markus said that the program was an important mechanism that supported development in the Pacific while also meeting local labour shortage. The inquiry committee will focus on:

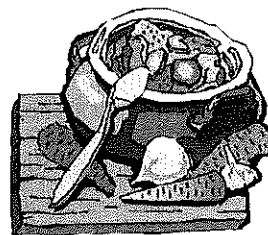
- How new sectors can benefit from the program
- How the program affects Australian jobs
- Increasing access for overseas women and youth workers
- How the program supports development in the Pacific
- Issues with attracting seasonal workers including the granting of visas

Submissions to the inquiry will be accepted until Friday, July 10, this year.



Community Outreach Dinner

"Irish and Other Hearty Stews"



The theme for our first winter dinner is stews and soups. Easy and warming!

Holy Trinity Anglican Church Hall
St Marys

Saturday 20th June 2015

5.00pm for 5.30pm serving

Two main hot stews will be provided.

Everyone is welcome! Please invite friends and neighbours to come along. You are invited to bring either a soup of your choice, or a dessert to share.

Please RSVP Christine on 0410 441 558
or [facebook.com/events/1445536615742602/](https://www.facebook.com/events/1445536615742602/)

The gold coin collection this month
will go to the
Tasmanian Lymphodema Centre in
St Marys Hospital

Financial Assistance Provided for Pelican Point and Barway Marine Infrastructure Project in St Helens May 28th 2015

The Tasmanian Liberal Government has today advised that they will be providing \$1.178m over two years in partnership with Break O'Day Council and MAST also providing significant funding for Stage 1 of the St Helens – Pelican Point and Barway Marine Infrastructure Project.

Mayor Mick Tucker said "The Break O'Day Council and its community sincerely thank the State Government for their consideration and support for this extremely important project."

"Addressing the problems with the Barway and the entrance to Georges Bay will not only address safety issues which have resulted in boating accidents, but will provide an economic boost to the area through the fishing and tourism industries which will result in more local jobs" the Mayor stated.

Mayor Tucker explained that "The condition of the Barway, and especially Pelican Point, has been deteriorating over many years and is now threatening to cut off access to the port of St Helens by ocean going vessels within three years if nothing is done. A business analysis of the project by transport economist Dr Robert Noakes has shown the huge benefits that this project offers to St Helens, the region, and the rest of the Tasmania."

With the support of the State Government, Council will continue discussions with the Federal Government about Commonwealth funding to continue with Stage 2 of this important project. Council will continue to work proactively to further this project.

For further information please contact Mayor Mick Tucker on 0419 372 813.

I am not alone

Despite campaigns from various organisations and also a constant social media presence, there still continues to be a stigma involved with mental illness. This is especially so in small communities. There are many reasons why this may be so and I am not going to delve into that side of things.

What I want to do is to try and reduce the stigma that mental illness has by offering myself as an example. By showing me, a young(ish) bloke, as a sufferer, I hope I can show that all ages, genders, and races can be effected. Mental illness does not just affect one type, it affects all. It seems only common sense that the brain can get sick as can every other part of our body. Why then do people find it so hard to talk about? It is the silent illness that affects many but told of by few. So I will tell.

I have suffered from bi-polar since my teenage years. With this bi-polar comes lows (depression) and highs (manic). Although never really suffering from complete manic highs, the lows have certainly hit me hard. Along with this comes a great deal of anxiety, racing thoughts and reclusive behaviour. There is no predictive gauge that tells me when any mood will occur, there is no hour glass that will tell me how long it will last, and there is no scale to say how hard it will hit. What I have to do is to learn how to cope with it.

Having a mental illness has stopped me from doing many things I have really wanted to do. I got elected as a councillor as I really wanted to help the community. The constant stress and pressure unfortunately brought my mental illness to the surface and I could not continue in the capacity that I would consider beneficial to the role.

I started a business but I could not cope with the set hours and work load. Having a mental illness has caused me to stop every job that I have ever started.

I am not crying foul, I am not seeking attention or help, and I definitely do not want your sympathy. What I am trying to show is that it can and does affect anyone. This can be your husband or wife, your kids, your neighbour or your mate at the pub. Just because they don't tell you doesn't mean they are ok. Trust me in saying even with constant prodding and asking 'are you ok?' they will still say they are fine when they are not. This is what I want to try and reduce. I want people to say that they are actually not ok and need some help to get sorted and back on their game.

There are various websites with a host of information on them on what to look for or how to seek help. Two of the best are www.beyondblue.org.au and www.sane.org.

One way I find best to cope with mental illness is by exercise. Putting on the shoes and going for a run/walk is a great way to get the feel good chemicals in your head going. I also find writing therapeutic. Strangely enough I find talking about mental illness also beneficial. I find that by raising awareness, helping sufferers and reducing the stigma I feel better within myself, and in turn, my head.

This is what I want to start to do in the Fingal Valley and on the coast. I want to start a group and try to educate, help and guide residents to getting better mentally and physically. I want to show that mental illness does not mean you have to shut yourself away from society but instead know that society and your community are here to help. Most importantly I want to show that you are not alone.

This group can be taken in any direction. We can sit and have an informal chat, we can go for a walk/run or even have a hit of golf. The process and finish are not important; getting people on the right path is. There is no affiliation with any other organisation or group, and everyone is welcome. There is no religious or spiritual context at all. You do not even have to be a sufferer - you can just come along to show your support.

I just want to show you are not alone and you do not have to suffer alone.

To express your interest or even just to arrange time for chat please contact me at: timothy.warren@bigpond.com or drop your number in to Mon's Coffee Corner at St Marys.

Many thanks in advance,

Tim

Green Army on the ground in Northern Midlands May 29, 2015

YOUNG people involved in the next Greening Australia Green Army project in Lyons have started on-ground work in the Northern Midlands.

A Greening Australia team has been working on a landscape scale conservation program in the Northern Midlands to restore and revegetate the valley between the Western and Eastern Tiers identified as a biodiversity hotspot.

"This latest Green Army project team will help continue work on revegetating 250 hectares and improving another 800 hectares of remnant vegetation in the area," says Federal Lyons MP Eric Hutchinson.

Young Green Army team members will help with the regeneration and revegetation work taking place on a grand scale in the area.

They will build and install individual plant guards and cages for hundreds of widely spaced seedlings to restored degraded woodlands as well as collecting seeds and managing weeds.

They will also help with flora and fauna surveys as well as monitoring and evaluation programs with project scientific officers and partnering University of Tasmania researchers led by Greening Australia Tasmanian director Sebastian Burgess.

Mr Hutchinson said that he was looking forward to seeing first-hand the benefits and improvements to the local environment from the Green Army team's work in the next six months.

Continued next page...

Top Nosh Café
hot food, cakes, coffee, tea ...
'pop-up shop'
and garage sale



Sunday June 7th 2015
9 - 3
Quinns Garage
Storey Street, St Marys

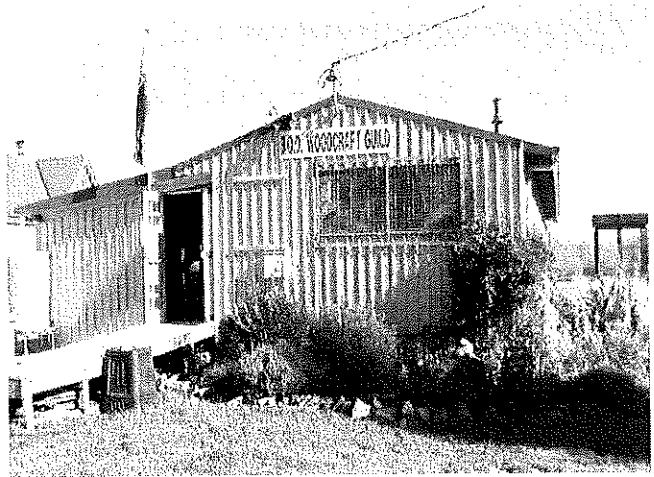
Green Army continued

"These participants will not only be generating real environment and conservation benefits for our community, they will also be gaining valuable practical training and experience to help them prepare for the workforce of further training to improve their career opportunities," Mr Hutchinson said.

The Green Army is a key Federal Government commitment with \$525 million budgeted over four years.

"The program encourages practical, grassroots action to support local environment and heritage conservation projects across Australia to provide training to more than 15,000 young Australians by 2018," Mr Hutchinson said.

Beijing's pollution is so bad that people often stay indoors and children have to play sports inside of inflatable clean air domes. Many people dropped out of the 2014 Beijing marathon because their mask filters turned gray after a few miles. Researchers describe the atmosphere as nearly "uninhabitable for human beings."



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

MARKETEERS MUST BE SET UP BY
10AM SHARP

To book a space please call

Reon: 6372 2094 / 0429 722 091

Be quick, limited number of tables!

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Winter Season

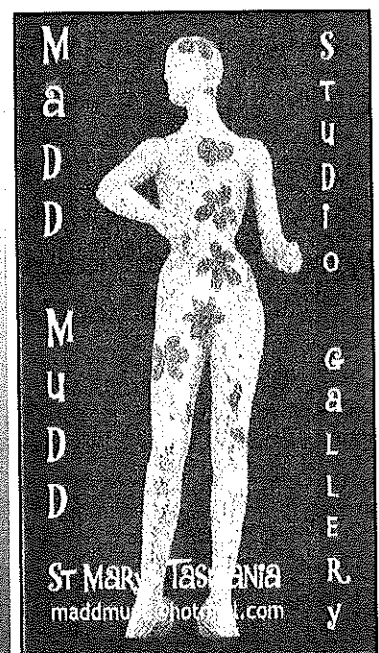
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The Valley and East Coast Voice Inc. encourages local/regional contributions from the public. Stories, current events, historical information, lifestyle pieces, anecdotes, articles, travel blogs and written or visual art with a community-based theme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

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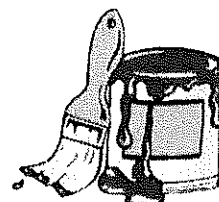
No job too large or too small

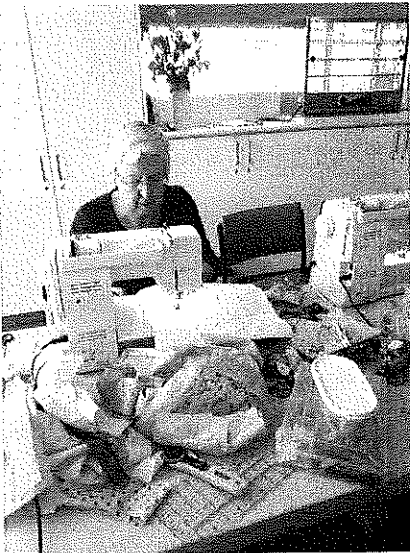
Bernard Harris

Ph 6372 2942

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Ann doing her monthly block



Marj Aulich at work



Felicity

Break O'Day Stitchers June 2015

It's a great time of year to get out the knitting needles and crochet hooks for some different winter craft. The Break O'Day Stitchers are not only fabric crafters but also experienced in many others crafts; tatting, embroidery, beading etc., and are always happy to help and encourage those who wish to develop their skills. Of course we are always happy to have more sewers participate in our ongoing production of Community Quilts, for which there is always a demand.

If you would like to join a friendly group any Friday between 10am and 3pm in the Bungalow at Neighbourhood House, St Helens then please come along!

Any queries can be directed to Felicity (6376 6102) or Kay (6376 3985)

Agnes Johnston, St Helens

The Say by Cagerattler

Regardless on your thoughts of the type of parking we will soon have in S Marys, the Main Street upgrade is a good thing. The poor footpaths, uneven and old fashioned hotch potch, needed to be fixed, and to make more appealing and inviting. The biggest issue for me is how long and awkward it is taking for the businesses affected. I'd say that in recent weeks several businesses have already been upset in trade and in the coming few weeks the same will apply to Australia Post, CBA, IGA Supermarket, Madd Mudd, Pings Place, Pharmacy, Op shop and Ana's Salon.

The contractors no doubt are doing their best given the time of year, but I wondered in the past few days if this job might not have been less impeding on businesses if it was done in October or so, when daylight saving was in operation to allow contract crews to do what often happens in cities and lay concrete and use heavy machinery over night when hardly anyone was about ... but maybe that's just not possible ... who knows?

This leads me to another parking issue. St Marys really does need at least one genuine well-lit off-street car park. We all know, good/bad, legal/illegal, Main Street parking numbers will be reduced. On an every day basis that probably won't be a problem but what happens during peak holiday season and special events times? It will be a nightmare to find somewhere to safely leave your car. As a priority, the Break O'Day Council HAS TO address this issue and quick ... for the betterment of the whole town. If there is a place that maybe 20 plus cars can be parked, close enough to the business centre, then this may well alleviate the problem.

I hope they do a PROPER job, for all our sakes, because wouldn't it be ironic if people don't stop and spend more time in the new Main Street because "There's nowhere to bloody park the car"...

What do you think?

Rod McGiveron, St Marys

These are actual complaints received by 'Thomas Cook Vacations' from dissatisfied customers:

"They should not allow topless sunbathing on the beach. It was very distracting for my husband who just wanted to relax."

"On my holiday to Goa in India, I was disgusted to find that almost every restaurant served curry. I don't like spicy food."

"We went on holiday to Spain and had a problem with the taxi drivers as they were all Spanish."

"We booked an excursion to a water park but no-one told us we had to bring our own swimsuits and towels. We assumed it would be included in the price."

"The beach was too sandy. We had to clean everything when we returned to our room."



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



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

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

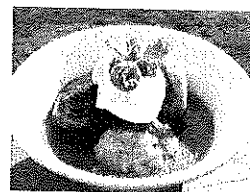
A \$10 deposit by June 4th 2015 would be appreciated



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**



Pizza and movie

Thursday July 9th 2015

This is being held at the FVNH
BYO drink

Cost is \$5 per child: 10am - 3pm

If your child is interested
please book by June 25th 2015



Legana - Notley Fern Gorge Thursday July 23rd 2015

The walking track is 1.5 km return and will take about 45 minutes to complete. The beginning of the track is marked with a covered gateway which houses information about the reserve. The reasonably easy walk leads down to the creek, which is fringed by spectacular glade of mosses and ferns. The track crosses the creek several times and leads to Bradys Tree, which is signposted.

The return section is a short steady climb uphill.

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

A \$10 deposit by July 16th 2015 would be appreciated



**Launceston Country Club Casino for tea and
Late night shopping at Kmart
Wednesday July 29th 2015**

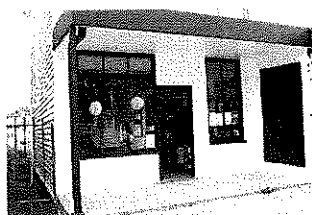
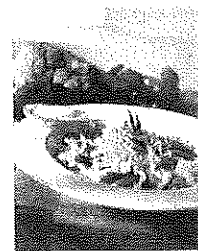
Cost for bus is \$15 p/person: bus leaves FVNH at 5.30pm

This does not include your
nice affordable meal at the water garden

Late night shopping at the Kmart before heading home

A \$7 deposit by July 21st 2015 would be appreciated

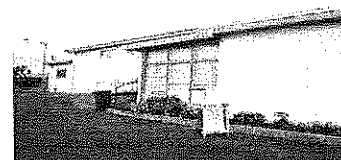
A deposit of \$7 would be appreciated by July 21st 2015



**Op Shop crawl at St Marys/St Helens
Lunch at the RSL Club St Helens
Friday July 31st 2015**

Cost is \$10: bus leaves FVNH at 9am

**A \$5 deposit by July 22nd 2015
would be appreciated**



If you are interested in any of these events please 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.

FOR SALE

- ♦ Two older electric stoves, both working.
- ♦ Five grey metal lockers (joined)
- ♦ Wooden kitchen cupboard units, one with solid doors, one with mesh insert doors.

Please contact **Jim 6372 2441** if you would like to view and make an offer.



The Three Treasures

Molly is brown, Gemma is pinto and Hayley is a cream/pali, and they are the ponies of Follyfoot. Molly and Gemma came with Hayley already tucked up inside her mamma Molly... an added bonus for us. One morning around the time the

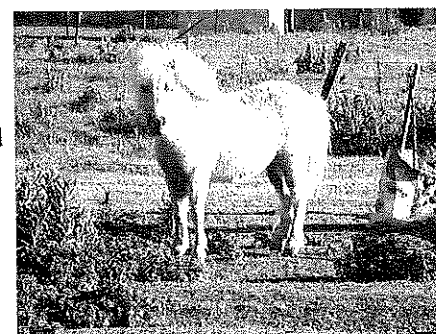
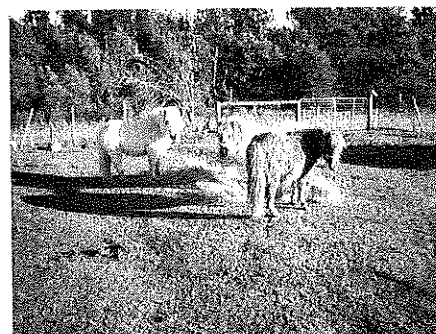
foal was due I, as usual, got up and went outside to feed the many that live here, and what a surprise I got! Here she was, this little bundle of curls.

At first glance had thought it was a lamb, until common sense prevailed and realized that is one thing we don't have here and that is ... sheep. Lol.

So little Hayley had arrived. Blessed and so tiny. This all happened 12 years ago, wow. It's amazing how quickly time moves along. Hayley has now become the riding pony for all the grandkids and is such a pet. Molly is her mother and was very timid when she arrived, nobody could get near her ... but after a while she did learn to trust me. Patience and time does really work magic.

And lastly there's Gemma. ... or auntie Gemma as she's known to Hayley. This little lady has a list of naughty tricks and has escaped many many times, knocked over fences and at times taking the whole herd with her (at one time Follyfoot was home to 10 ponies). This usually happened on the days when it was the most inconvenient for me, really any day this would be inconvenient, but it was worse when I'd be dressed ready to go out somewhere. Then have to tramp over paddocks and roads in my 'good' clothes and collect them before I could continue with my journey. If there's one thing that I have learnt, if nothing else throughout this experience - a farm is only as good as it's weakest fence.

Jackie Roberts, Mathinna





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- ♦ Seniors discount day every Wednesday
- ♦ 100s of weekly specials

More actual complaints received by 'Thomas Cook Vacations' from dissatisfied customers:
"The brochure stated: 'No hairdressers at the resort.' We're trainee hairdressers and we think they knew and made us wait longer for service."

"I compared the size of our one-bedroom suite to our friends' three-bedroom and ours was significantly smaller."

"It took us nine hours to fly home from Jamaica to England. It took the Americans only three hours to get home. This seems unfair."

"My fiancée and I requested twin-beds when we booked, but instead we were placed in a room with a king bed. We now hold you responsible and want to be re-reimbursed for the fact that I became pregnant. This would not have happened if you had put us in the room that we booked."

"I was bitten by a mosquito. The brochure did not mention mosquitoes."

"It is your duty as a tour operator to advise us of noisy or unruly guests before we travel."

"When we were in Spain, there were too many Spanish people there. The receptionist spoke Spanish, the food was Spanish. No one told us that there would be so many foreigners."

"We had to line up outside to catch the boat and there was no air-conditioning."

"We found the sand was not like the sand in the brochure. Your brochure shows the sand as white but it was more yellow."

"It's lazy of the local shopkeepers in Puerto Vallarta to close in the afternoons. I often needed to buy things during 'siesta' time -- this should be banned."

"No-one told us there would be fish in the water. The children were scared."

"Although the brochure said that there was a fully equipped kitchen, there was no egg-slicer in the drawers."

"I think it should be explained in the brochure that the local convenience store does not sell proper biscuits like custard creams or ginger nuts."

"The roads were uneven and bumpy, so we could not read the local guide book during the bus ride to the resort. Because of this, we were unaware of many things that would have made our holiday more fun."



1967 Tasmanian fires

The 1967 Tasmanian fires were an Australian natural disaster which occurred on February 7th, an event which became known as the *Black Tuesday* bushfires. They were the most deadly bushfires that Tasmania has ever experienced, leaving 62 people dead, 900 injured and over seven thousand homeless. 110 separate fire fronts burnt through some 2,640 square kilometres of land in Southern Tasmania within the space of five hours.

Fires raged from near Hamilton and Bothwell to the D'Entrecasteaux Channel, as well as Snug. There was extensive damage to agricultural property along the Channel, the Derwent Valley and the Huon Valley. Fires also destroyed forest, public infrastructure and properties around Mount Wellington and many small towns along the Derwent estuary and east of Hobart.

The worst of the fires was the Hobart fire, which encroached upon the city of Hobart. In total, the fires claimed 62 lives in a single day. Property loss was also extensive with 1293 homes, and over 1700 other buildings destroyed.

The fires destroyed 80 bridges, 4800 sections of power lines, 1500 motor vehicles and over 100 other structures. It was estimated that at least 62,000 farm animals were killed.

The total damage amounted to \$40,000,000 in 1967 Australian dollar values.

The late winter and early spring of 1966 had been wet over southeastern Tasmania, resulting in a large amount of vegetation growth by November. However, in November, Tasmania began its driest eight-month period since 1885, and by the end of January 1967 the luxuriant growth in the area had dried off.

Though January was a cool month, hot weather began early in February, so that in the days leading up to 7 February 1967, several bush fires were burning uncontrolled in the areas concerned.



Some of these fires had been deliberately lit for burning off, despite the extremely dry conditions at the time.

Reports into the causes of the fire state that only 22 of the 110 fires were accidental.

Shortly before midday on the 7th, a combination of extremely high temperatures (the maximum was 39°, very low humidity and very strong winds from the northwest led to disaster.

Although this fire was by far the worst in loss of life and property in Tasmanian history, the meteorological conditions are common there. McArthur's report on the fire notes that 'very similar conditions have occurred on three or four occasions during the past 70 years'.

If considered in terms of both loss of property and loss of life, in 1967 this represented one of the worst disasters to have occurred in Australia. It is comparable in scale with the 1939 Black Friday

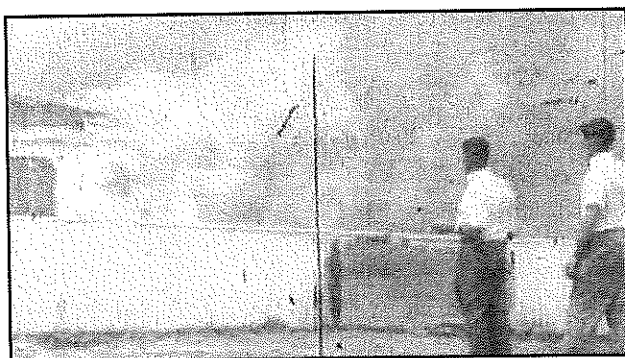
bushfires in Victoria (where the loss of 72 lives was nevertheless spread over several days) and the subsequent 1983 bushfires in Victoria and South Australia, which claimed 75 lives and razed over 2,000 homes.

The 2009 Black Saturday bushfires north of Melbourne, and elsewhere in Victoria, in which 173 people died, share the same inception date of February 7th.

A memorial for the 1967 bushfires was built in Snug, in the Kingborough municipality, south of Hobart. A plaque with the names of the 62 people killed is fixed to a brick chimney. The memorial has storyboards telling the story of the 1967 fires, as well as bushfire preparedness information.

The memorial is surrounded by a garden of fire resistant native plants.

http://en.wikipedia.org/wiki/1967_Tasmanian_fires



Regional Business/Group/Services Guide

- Accommodation** Addlestone House B&B St Marys 6372 2783
Fish-Tales On The Bay - pet friendly 0439 265 362 a.h. 6372 2128
Mariton House B&B, horse-riding St Marys 6372 2059
Queechy Cottages St Helens 6376 1321
Seaview Farm & Youth Hostel St Marys 6372 2341
St Marys Historic Hotel 6372 2181
Tidal Waters Resort St Helens 6376 1999
- Arts & Crafts** Orphic Art2Wear, St Marys
Gone Rustic Studio & Gallery St Marys 6372 2724
Big Shed Studios St Helens 0428 725 228
Madd=Mudd St Marys 0409 174 287
- Australia Post** Fingal 6374 2195
Mathinna 6377 1168
St Helens 131318
St Marys 6372 2124
Scamander 6372 5664
- Bakers** St Helens Bakery 6376 1260
St Marys Bakery 6372 2131
- Banks** CBA St Helens (ATM) 6376 2295
CBA St Marys (ATM) 6372 2268
Westpac St Helens 6376 2751
- Boarding Kennels** The Gums Kennel & Cattery St Marys 6372 2512
Upper Scamander Kennels & Cattery 6372 5157
Wagabouts 0429 170 077 / 6376 2131
- Break O'Day Business Enterprise Centre** St Helens 6376 2044
- Break O'Day Council** St Helens 6376 7900
- Bus Services** Calows Bus Service St Marys 6372 2476
St Helens 6376 2161
- Butcher** IGA St Marys 6372 2274
- Cable Locations** Michael Smith 0408 059 521
- Carers for Wildlife Tas Inc.** St Marys 6372 2973 / 0417 017 105
- Cartage Contractors** C & D Excavations 6372 2033
Trotter's Contracting 6372 2107
- Child Care** St Marys Childcare Centre 6372 2187
- Chinese Groceries & Medicines** Ping's Place St Marys 0411 186 573
- Churches** Anglican Church St Helens 6376 1144
Catholic Church St Marys 6372 2252
Salvation Army St Marys 6372 2099
Uniting Church St Helens 6376 2405
- Community Car** St Marys 6372 4415
- Confectionary** Mt Elephant Fudge St Marys 6472 2787
- Dentist** St Helens 6376 2359
- Designer-Building** Building Design Studio St Marys 6372 2000
- Doctors** St Helens 6376 1777
ah 1300 780 011
St Marys 6372 2111
- Electrical Repairs** Ransley's Home Appliances - 0428 761 811 / 6372 5307
St Helens Electrical 0407 615 072 6372 5522
- Funeral Directors** Harris Funerals St Helens 6376 1153
- Gardening Services** Clean Cut Gardening and Arborist, Andrew Davenport St Marys 0419 113 836
Greg Macpherson 6372 2221 / 0437 230 637
- Glass Replacement** East Coast Glass 6372 5361
- Golf Clubs** St Marys Sports & Social Centre Inc 6372 2177
- Hairdressers** Ana's Salon St Marys 0448 532 531
- Health Foods** Purple Possum Wholefoods St Marys 6372 2655
- Healthy House** St Helens 6376 5242
- Horticulturist** Peter Dane 6372 2686
- Hospitals** Circassian Street St Helens 63875570
Community Health Centre St Marys 6387 5555
- Insurance Brokers** McKillop Insurance (Lyn) 0400 984 595
- Justices of the Peace** K Faulkner 6372 2196
- Libraries** St Marys 6372 2114
St Helens 6376 1389
- Lymphoedema** St Marys Lymphoedema Centre 6272 2900
- Marriage Celebrants** Peter Power 0417 017 105
- Meals on Wheels** St Marys 0488 384 344
- Mechanics** Michael Aulich 0417 507 239 / 6372 2991
Grant Faulkner St Marys 6372 2335
- Museums** Cranks & Tinkerers St Marys 0417 648845
- NEET Centre** St Marys 6372 2175
- Newsagencies** St Marys 6372 2143
St Helens 6376 1182
Scamander 6372 5275
- Online Access Centres** Fingal 6374 2222
St Marys 6372 2005
St Helens 6376 1116
- Painters** East Coast Mobile Spray Paint 6372 5571 / 0457 583 099
MLN Enterprise Painting 0439 722 718
- Pharmacies** St Marys 6372 2844
St Helens 6376 1374
- Plumbers** P J & H K Child 6372 5378
R G & R I Harwood 6372 2445
- Proofreading and transcribing services** Leissa Dane 6372 2686
- Realtors** Surf Coast Realty 6372 5321
LJ Hooker St Helens 6376 2300
Roberts Real Estate St Helens 6376 1799
View St Helens 6376 1592
- Restaurants/Cafes** Coach House Restaurant St Marys 6372 2529
Mt Elephant Pancake Barn 6372 2263
Purple Possum Wholefoods 6372 2655
Mt Elephant Fudge 6372 2787
- Secondhand Dealers and Collectables** Secondhand Rose St Marys AH 6372 2267
- Septic tank cleaners** Splash St Marys 0488 777 713
- Schools - District High Schools** St Helens 6376 7100
St Marys 6372 3900
- Primary Schools** Avoca 6384 2117
Fingal 6374 2197
- Service Stations/Fuel** Avoca 6384 2157
Scamander 6372 5193
St Marys 6372 2335
- Supermarkets** Avoca R/house 6384 2157
Holder Bros Fingal 6374 2171
St Helens Super IGA 6376 1177
St Marys IGA 6372 2240
Scamander Supermarket 6372 5125
- Surfing Supplies** Scamander Beach Surf Shop 6372 5529
Bay Surf Shop St Helens 6376 1755
- Telephone, Data and TV** East Coast Phone & Communications
John Heron 0409 959 121 / 6372 2402
Delafrontera Dave Morris 0402 969 393
- Surveyors** East Coast Surveying St Helens 6376 1972
- Vets** East Coast Vet Clinic St Helens 6376 1577
North East Vet Clinic St Helens 6321 8999
- Water Carriers** Splash St Marys 0488 777 713
- Woodcraft Guild** Old Railway Goods Shed St Marys 6372 2094

Valleys of Adventure

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

GREATER ESK TOURISM

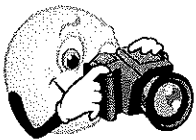
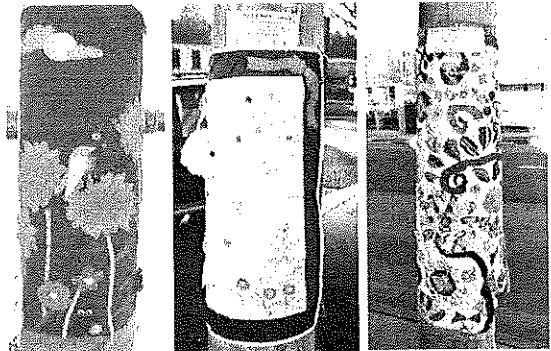
WRAPPED IN ST MARYS



2015 Theme

"Remembrance"

1st weekend in
September
(Note: date change)
If you can help in any
way please contact
Judy on 6372 2504



Photographic Competition 2015

THEME

'Landmarks in the Valleys'

Start snapping now!!!

Dates and details to follow soon

At the recent GET meeting Nick Crawford from the **Business Enterprise Centre (BEC)** at St Helens summarized the free services offered to small businesses, thanks to a mix of funding from the State, Federal and local governments (plus Directory Book sales).

If you have an idea for a business but have no money, or if you have a sound business and may just need a fresh set of eyes, Nick can walk you through the process. Assistance is available 24/7, even visits to your business are free - the last BEC to offer this. Nick's role is to help all businesses on the coast and in the valley to survive and prosper.

There are a broad range of services providing business skills and tools to grow the economy including business plans, promotional needs, scripts for radio ads. or IT website expertise. Advertising in the Directory Book ranges from \$80 to \$350

Nick offers access to a variety of guest speakers, who are happy to speak to small groups in small towns. Sometimes it is a good investment in your business to shut shop and attend, to get the benefit of a workshop or breakfast session.

It is the coast's time to shine; the slide has stopped...

Contact: 6376 2044 / manager@smallbusiness.org.au

Mary Knowles, Avoca

No Interest Loan Scheme (NILS)

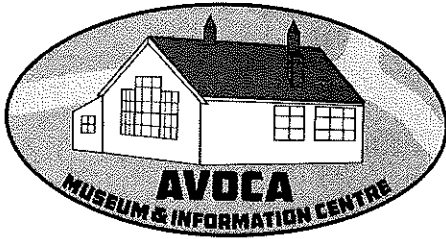
The NILS Network provides interest-free loans of up to \$1200 for essential needs such as medical and dental care, vehicle registration, fridges, washing machines, beds and hot water systems. To be eligible for a loan you must:

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

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



Froggyantbear Catty and Susannah Coleman-Brown performing at the Royal Oak in Launceston for the Noise 4 Nepal concert recently.



Avoca Museum and Information Centre

Old School Building
AVOCA TASMANIA 7213



Rossarden & Friends Kids Christmas Inc.

A.B.N. - 32 740 485 277

List of planned events to put in your diary

Saturday 29th August fundraiser TBA

60's Night dinner 100 Club

Saturday 3rd October Oct / Nov TBA

Aquatic Excursion Garden Party

Fundraiser early summer

Pizza Night

Sunday 13th December

Christmas Party

Next Meeting Tuesday 30th June, 3pm at the shop

The next *AMIC* meeting is Tuesday 16th June, 4pm at the Avoca Museum + Information Centre

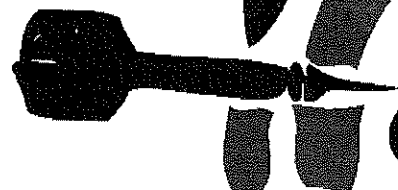
The next *Roving Curator* session (cataloguing + numbering objects) is Monday 22nd June, to be followed by a brief *Working Bee* in the museum. Help will be needed please to put a new cabinet together.

Roving Curator 10am - 1pm

Working Bee 1:30pm - 3pm

Dart Calcutta

WINNER
TAKES ALL



**ROSSARDEN AND
STOREYS CREEK MUSEUM
FRIDAY 17TH JULY
7PM START
COMPETITION ENTRY \$5.00
SUPPER \$5.00**

RSVP 13TH JULY



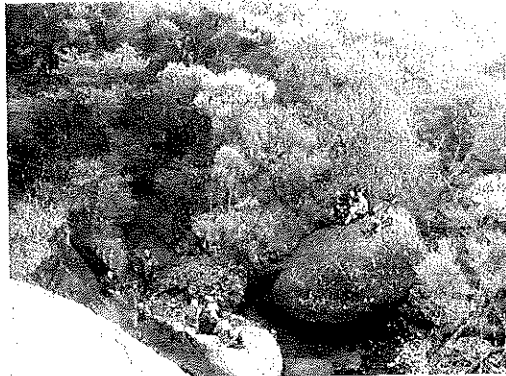
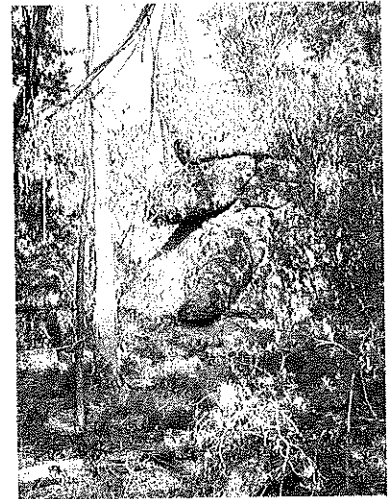
Healthy House Walking Group

Car sharing costs: The Walking Group encourages car-sharing for members to get to the start of each walk. The nominal amount is \$2 for the weekly Wednesday walk and \$5 for the monthly Saturday walk.

Walk details

April 15th

Our walking group had a delightful walk along a logging and tin mining road, 1.1kms north of the Priory bridge. The road is no longer used and is in good condition. The weather was perfect, sunny with no wind and enough early showers to freshen up the bush. The birds were prolific and an interesting range of plants lined the road. On our walks there are usually amateur birdos, botanists and historians so as usual we enjoyed the exercise along a winding, undulating track, while learning about our surroundings. It was a very pleasant and easy walk with a friendly, happy group of people.
Contributor: Ted Thornley



April 18th

The walk titled "Bransholm, Briseis Race" morphed into a showcase of interesting spots around Bransholm. Firstly, an obscure portion of the Briseis race with an easy stone faced wall section and scrambly collapsed wooden fluming section was chosen. It should be noted that Briseis Race, which is a modern name for the Ringarooma Race and the Maurice Race combined, is 56km long. Our party of 21 persons inspected but an 800m snippet. Although only well preserved in the State Forest portions, and linear by definition, many parts are exceedingly rugged and not readily suitable for anything other than bushwalking. Secondly, and reasonably close by, an exceedingly scenic and hidden stretch of Black Creek was the lunch destination. The walk of about 600m takes visitors to some special granite features on this steep section of the creek. Mansons Mar-

ble is where tracks lead to a lower, blocked "split": a mid section of cascading "turbo tub" pools that is most dangerous in terms of slipperiness, being very deep and hiding underwater protrusions. However in compensation it is very scenic when inspected from a safe distance. A short upstream track leads to Farmers Falls; this was the cramped lunch spot.

Again this location was difficult to access, but there were great visual rewards. These small falls are entrenched 'shute like' into granite and also have inaccessible deep pools. Thirdly, in this packed program, the 1.5km cleverly interpreted mining history walk created by the owners of The Tin Dragon Cottages, Coxs Lane, Bransholm was a less strenuous conclusion to the days activities. Just an hours drive followed to return to our haunts.

Contributor: Revel Munro

Our walkers come from Fingal, St Marys, Beaumaris, Scamander, Binalong Bay and of course, St Helens and around Georges Bay. A participant list for each monthly Saturday walk is kept at Healthy House. New members are most welcome. Please call Healthy House on 6376 2971 or Bryan Edhouse on 0414 987 435

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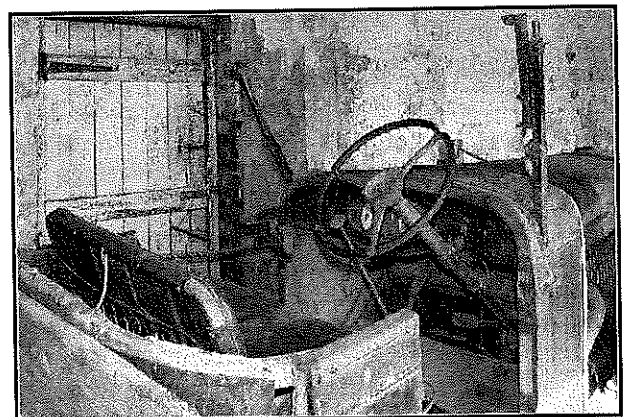
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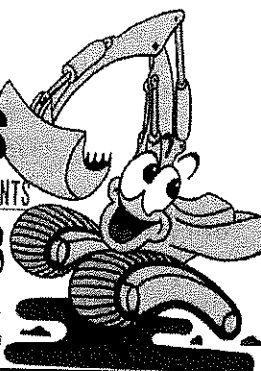
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6372 2033 / 0439 722 032**

Do you have a Market or Small Business?? Need to progress your profile??

COME ALONG AND LEARN SOME IMPORTANT TIPS!!

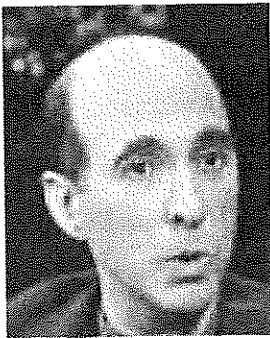
Wednesday June 10th 2015

4pm - 5.30pm

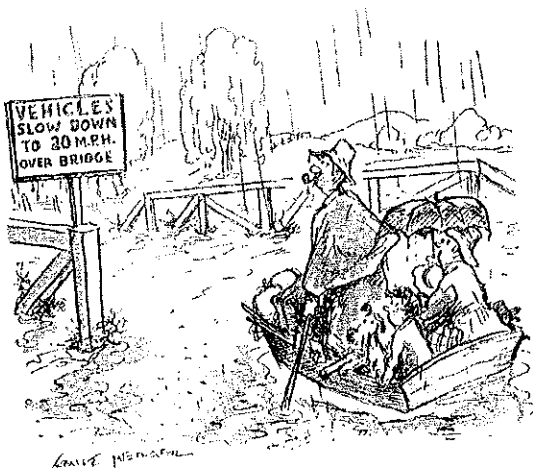
St Marys Town Hall

ENTRY - Gold Coin Donation
Tea & Coffee available

For bookings call Michelle
on 0407 046 865
e: bodregionalarts@gmail.com



Jonathan Katz...
In hotel rooms I worry. I
can't be the only guy who
sits on the furniture naked.



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.

BEFORE LEAVING ON YOUR WALK

- ◆ Always ensure that your dog's collar and lead are in perfect working condition
- ◆ Make sure you have an item or two with you that your dog really likes, so you can use them either as a training tool or for distraction purposes if needed
- ◆ Do NOT leave for your walk unless both you and your dog are calm and also in a receptive state of mind. If you are not sure that this is the case – delay the walk; do not leave until both of you are totally ready and relaxed
- ◆ Once out walking – ensure that you always hold your lead correctly. Place your left hand through the handle of the lead with your thumb closing over the top, close your hand around the handle firmly.
- ◆ Do NOT wrap the lead around your hand or your wrist as you may incur an injury. Do NOT wrap the lead around your waist or attach it to your belt. Do NOT attach the lead to bicycles whilst you ride.

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

Eco Fashion on Show

About 30 people attended the launch recently of the new Gone Rustic eco fashion range. Owner and artist Rita Summers had transformed more than 50 retro and vintage items with eco dyeing and printing techniques, using plants from the garden and bush near her home.

Friends and family modelled some of the outfits while mingling with the guests. Mary Wolfert (Rita's sister) and her daughter Sarah, as well as Ana Haas and Rachael Harvey, looked fabulous in various outfits, adding their own jewellery and other accessories with style.

Husband Ian provided some acoustic music, and a delicious afternoon tea was sourced from St Marys Bakery, Purple Possum Wholefoods and Cafe, and Mt Elephant Fudge. The fashion collection catered for a broad range of sizes, ages and tastes, and will be ongoing. Drop in soon to Gone Rustic next time you're in St Marys and check it out!



Ian Summers on banjo, with Les Beckmann, left, and at back Ruth Spencer, Ana Haas and Rachael Harvey

*Rita Summer, St Marys
Photos by Rita Summers*



Models L>R: Rachael Harvey, Mary Wolfert, Ana Haas and Sarah Wolfert





Break O'Day Regional Arts



ST MARYS

Saturday

June 6th 2015

St Marys Community Hall 9am - 1pm

MARKET DAY

Arts, Craft, Books, Leatherwork, Candles,
Jewellery, Handmade, Homegrown, Clothing,
Beautiful Things, (Nice) Smelly Things ...
and Scrumptious Things



Bookings & Enquiries - Call Michael on
6372 2056 / 0407 046 865
e: bodregionalarts@gmail.com

Musicians and singers - we want you!

Valley of 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

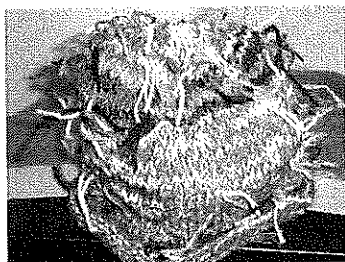
Prefer personal contact? Come along and chat with our committee at St Marys Community Hall at our next meeting on Thursday June 11th 2015 at 5.30pm.

The Latrobe Mad Hatter.... is coming to town

Come along, have some fun!
Margaret is coming to St Marys to teach us
how to knit a crazy beanie.

Saturday June 20th 2015

11.30am - 3.30pm



**Cost: \$10 BODRArts members
\$7 RAYC members, \$15 non members**

Basic knitting skills are a pre-requisite for this workshop.
Please note – wool included in price. Circular knitting
needles required / small number may be available on the
day.

Saturday June

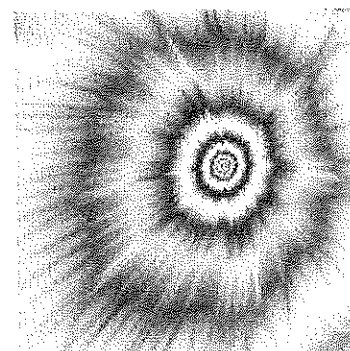
13th 2015

11am - 3.30pm

at St Marys Town Hall

**Cost: \$9 BODRArts members
\$7 RAYC members, \$12 non members**

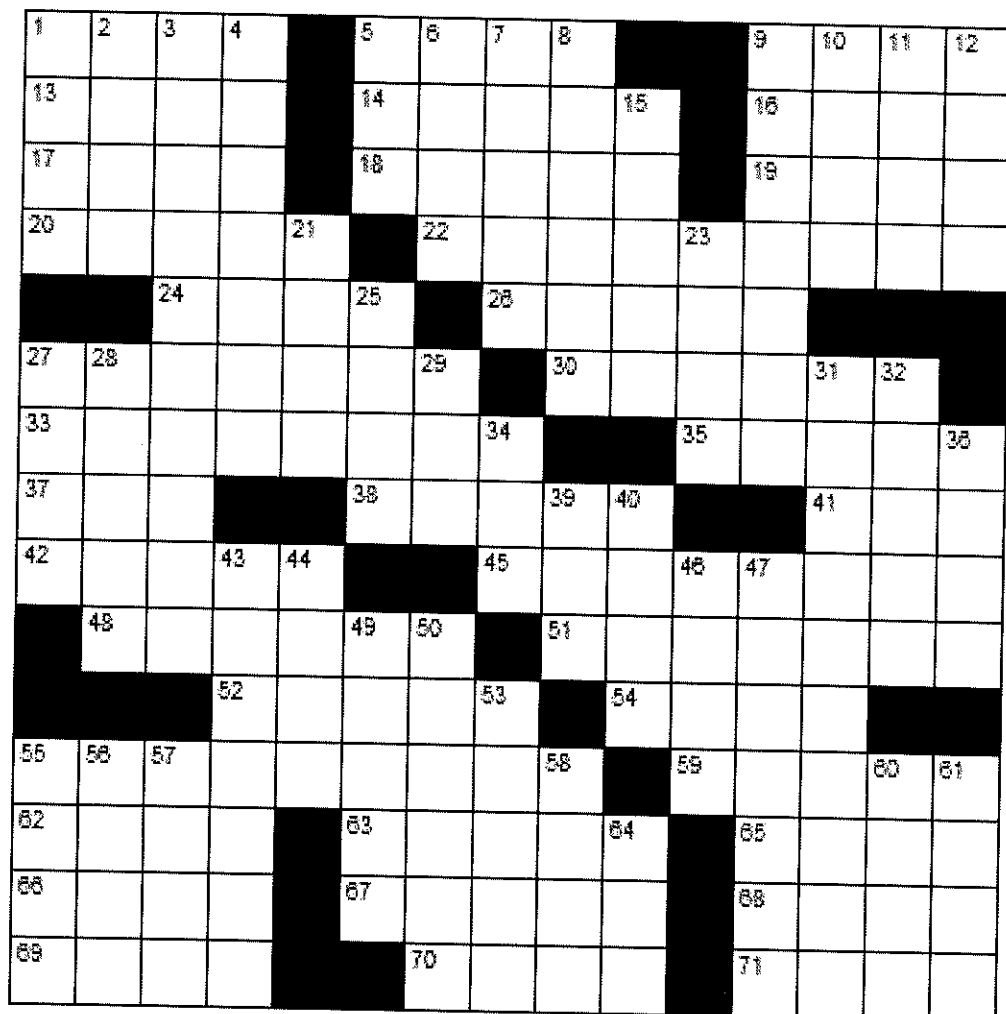
Please note you will need to bring along white
(mainly) cotton item for dyeing
**small number of items available for purchase on the
day**



*Limited to 12 places, for bookings call Michelle on 0407 046 865
e: bodregionalarts@gmail.com*

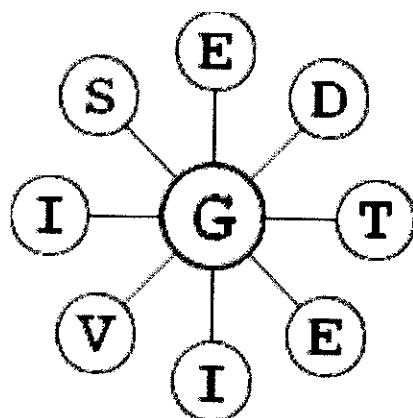
ACROSS

1. Disparage
5. Squad
9. Snip
13. A coniferous tree
14. Courtyards
16. Type of cereal grass
17. Umpires
18. Estimate
19. Beers
20. Mongolian dwellings
22. Clumsiness
24. Greek letter
26. Operatic solos
27. Median
30. A written version of a play
33. Revere
35. Water vapor
37. A late time of life
38. Face with masonry
41. Calypso offshoot
42. Governs
45. Evoked
48. An evergreen shrub
51. Strong and proud
52. Wreckage
54. Agitate
55. Flat grasslands
59. Place
62. Send forth
63. Overact
65. Ancient Peruvian
66. 53 in Roman numerals
67. Satan
68. Sore
69. Nonclerical
70. Scallion
71. Dregs



DOWN

1. Agile
2. Place
3. Inimical
4. Repair
5. Children's game
6. Decorative case
7. Sporting venue
8. Penny pinchers
9. A surveying instrument
10. Anger
11. Frosts
12. Untidiness
15. Savory jelly
21. Sun
23. Sailors
25. Food thickener
27. Affirm
28. Partial veil
29. French for "Summer"
31. Plague
32. Captured
34. Night before
36. Fabricated
39. L
40. Layer
43. Fickle
44. Render unconscious
46. Murmurs
47. First
49. Delineated
50. Hard glossy coating
53. Push
55. Peddle
56. Dogfish
57. 8 in Roman numerals
58. Anagram of "Ties"
60. Dull pain
61. Not nights
64. Antlered animal



Solutions next issue

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

Excellent: 17 words. Good: 14 words. Average: 10 words.

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

Meals on Wheels - 0488 384 344

June 8	Ruth Aulich
9	Lundy Vosper
10	Valmai Spencer
11	Sonya Allison
12	Lorraine Gill
15	Pam Bretz
16	Louise Keady
17	Valmai Spencer
18	Liz Rice
19	Drew Adam



St Marys Salvation Army

is pleased to offer the following services:

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

Envoy Mel Norton
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Tip locations and opening hours

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

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

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

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

A	L	T	E	R		A	L	A	R		C	H	A	P
W	O	R	S	E		M	E	N	U		H	E	R	O
O	C	E	A	N		E	G	O	S		A	L	E	S
L	I	E	U	T	E	N	A	N	T		T	O	T	E
					S	L	I	T			L	A	T	T
S	P	I	T		E	T	E		E	K	E			
A	R	S	E		G	I	S	T		I	R	A	T	E
W	A	L	L	E	Y	E		O	M	N	I	B	U	S
S	T	E	E	R		S	A	R	I		N	E	T	S
				V	I	E		I	N	N		G	L	U
S	A	D	I	S	M		R	A	C	E				
O	N	U	S		B	A	L	D	E	R	D	A	S	H
D	E	L	I		O	L	I	O		R	O	G	U	E
A	L	S	O		S	A	N	E		O	P	E	R	A
S	E	E	N		S	E	E	S		R	E	S	E	T

Last edition's solutions

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

All words: cent, cento, cine, cion, cite, coin, con, cone, coni, conin, conine, conn, conte, content, **CONTINENT**, cot, cote, etic, ice, icon, innocent, nice, nocent, noetic, notice, octet, once, ontic, otic, tic, tinct, tonetic, tonic.

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
August 21st - AGM, November 20th

Operation Coverup meets 3rd Friday monthly from 11-2pm 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

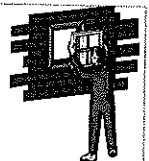
Stallholders' Market Inc. markets are held each Saturday from 8-12pm in the Portland Hall St Helens.
e:sthelenmarket@yahoo.com.au

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.

EAST COAST GLASS

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



Locally owned - servicing the East Coast
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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**

4/6/15—17/6/15

• **Dr K. Rawnsley**

4/6, 9/6, 11/6, 16/6, 18/6 2015

Dr L. Reeckman

18 & 19 June 2015

PUBLIC HOLIDAY

Monday 8 June 2015

Normal doctor's surgery hours will resume on Tuesday 9/6/15. Please call after hours numbers during this time.

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 4/6/15

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.

JUNE 2015- there will be 5th year Medical Students on placement at the St Marys Community Health Centre from the University of Tasmania.

2015 MAGAZINES

Do you have any spare 2015 magazines you no longer need or want?

The St Marys Health Centre is looking for donations of **2015 magazines**. If you have any spare please drop them off to the reception staff for use in the reception area and for inpatients use.

ST MARYS COMMUNITY HEALTH CENTRE

WHAT'S ON AT THE CENTRE

- 4 June **Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.
- 5 June **Dr Chia**– Launceston Sleep Centre. Sleep Study Testing. Please see your GP for a referral to this Service.
- Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.
- St Helens Neighbourhood House**– 10:00am-4:00pm in the Day Room.
- Cancer Council**– Outreach Service with Richard Austin. Drop in session from 2:00pm-3:00pm at the Health Centre.
- 8 June **PUBLIC HOLIDAY**– Normal surgery hours will resume on Tuesday 9/6/15. Please see after hours contact numbers for during this time.
- TML Psychologist**– Sam McCarthy. For appointments please see your GP for a referral.
- 9 June **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
- Lightfoot Podiatry**– Perry Daly. Phone 6331 9568 for appointments.
- Woman of Worth**– 6:30pm-8:30pm in the Day Room of the Health Centre. A fun, relaxed, social evening for ladies of all ages. RSVP for catering to: Christine Waters 0410 441 558.
- 10 June **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.
- 11 June **Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.

WHAT'S ON AT THE CENTRE Continued...

- Relationships Australia**– Leanne McMurtie for appointments please phone 1300 364 277
- 12 June **Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.
- TML Diabetic Educator, Physiologist and Dietician**. Appointments available by referral from your GP.
- St Helens Neighbourhood House**– 2:00pm-3:00pm in the Day Room.
- Cancer Council**– 'Pink Pilates' 9:00am-10:00am in the Day Room. For further detail phone Richard on 6341 8407
- 15 June **TML Psychologist**– Sam McCarthy. Please see your GP for a referral.
- TLC (Tasmanian Lymphoedema Centre)** meeting 5:00pm– 7:00pm in the Day Room of the Health Centre.
- 17 June **Day Centre**– For details on the group please contact Hayley Gilbert 6387 5555
- Consumer & Carer Advocacy Group**– 12noon–2:00pm. Downstairs at the Health Centre. For further details phone Shan on 6387 5555
- 18 June **Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.
- 19 June **Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.
- St Helens Neighbourhood House**–10:00am-3:30pm in the Day Room.

SLEEP STUDIES AT THE ST MARYS HEALTH CENTRE

The first round of sleep studies are about to be conducted through the St Marys Health Centre in conjunction with Dr Latt and Dr Chia from the Launceston Sleep Centre, commencing on Friday 5/6/15. This is a fantastic opportunity for our community as these studies have only be available in Hobart and Launceston in the past.

If you are suffering from a sleep disorder please see your GP for further advice. Phone 6387 5555

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

RE-OPENING SOON!!

Who's excited?

I know the committee and members are. A new kitchen has been needed for a very long time and thanks to the Break O'Day Council we are now getting so much more. A whole new façade, a new office, extended kitchen, disabled toilets and the extended veranda, it is massive!

The committee has purchased a new wood heater, a four compartment electric oven with a seven ring gas hob and two large fridge/freezers. *Who wouldn't be excited?*

So how are we going to utilise this upgraded facility?

We know that most sports clubs around Australia have been doing it tough, we are not alone. Serving regular meals has certainly helped many clubs get back on their feet! Can we find someone to take over the kitchen on a Friday night, serving cheap basic meals?

How can we increase our membership?

- ◆ Should we offer all new comers to St Marys free membership for a year?
- ◆ Should we change our name, focussing more on the community rather than sports?
- ◆ Would the local tennis, cricket, football and pacing clubs be interested in making the club their headquarters?

To make this facility a beacon in our community there is no room for factions, perceived ownership or holding grudges from the past!

Let's all pull together and make our club a venue to be proud of. You do not have to be a golfer or bowler to become a member, non sporting membership is encouraged and is extremely cheap. Please, if you would like to find out more about the club, membership or have any suggestions, any of our committee members listed below would love to hear from you.

- ◆ Would the school be interested in adding golf and bowls to their sports curriculum?
- ◆ Do we need a courtesy bus running on a Friday evening?
- ◆ Should we become more family orientated, playground, change table etc?

So many possibilities.. *Annette Wines, St Marys*

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 President: Bobby Harwood 6372 2445
Secretary: Annette Wines 0417 010 648 Catering: Jacqui 0439 978 156



*Heather Lye's pic after Glyn played with it -
the current fave*

MISS TASMANIA



Miss Doreen Ramsay, selected as Miss Tasmania in the State Miss Australia contest, is a vital outdoors girl, and counts among her interests horses, hiking, and relaxing in the garden.

November 28, 194?



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

Butchery specials 3rd - 9th June

p/kg

Butchery Specials 10th -16th June

p/kg

Porterhouse	17.99
Mince	9.99
Leg of Lamb	10.99
Casserole Steak	13.99
Lamb Chump Chops	13.99
Nichols Drumsticks	3.99

Boneless Lamb Roasts	13.99
Blade Roasts	11.99
Scotch Fillet	18.99
Nichols Chicken Wings	2.49
Nichols Marinated Drumsticks	4.99
Chicken Kebabs	1.29

Two week specials from 3rd - 16th June

Devondale Butter 500g	3.49
Marathon Dim Sims 1.5kg	6.99
Cadbury Ice Cream 2lt	5.99
Ingham Family Duets 600g	7.99
Continental Pasta/Sauce 80g - 100g	1.69
Lynx Deodorants 96gm	4.69
Maggi Noodles 5 pack	2.99
Nutella 400g	3.99
Arnott's Shapes 175g	2.25
Kraft Vegemite 220g	3.99

Peters Eskimo Pies 6's	5.99
Bulla Creamy Classic Vanilla 2lt	5.99
Pampas Pastry Sheets 1kg	4.69
I & J Frozen Fish 570g	6.99
Jiffy Firelighters 24s	2.99
Heinz Baked Beans / Spaghetti 420g	1.49
Cadbury Favourites 320g	6.99
Morning Fresh Dishwashing Liquid 400ml	2.99
Cadbury Breakaway Biscuits 180g	2.99
Quilton Paper Towel 2pk	2.49

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

This is a true account recorded in the Police Log of Sarasota, Florida

An elderly Florida lady did her shopping and, upon returning to her car, found four males in the act of leaving with her vehicle. She dropped her shopping bags and drew her handgun, screaming at the top of her lungs, "I have a gun, and I know how to use it! GET OUT OF THE CAR!"

The four men didn't wait for a second threat. They got out and ran like mad.

The lady, somewhat shaken, then proceeded to load her shopping bags into the back of the car and got into the driver's seat. She was so shaken that she could not get her key into the ignition.

She tried and tried, and then she realized why. It was for the same reason she had wondered why there was a football, a frisbee, and two 12-packs of beer in the front seat.

A few minutes later, she found her own car parked four or five spaces further down. She loaded her bags into the car and drove to the police station to report her mistake.

The sergeant to whom she told the story couldn't stop laughing.

He pointed to the other end of the counter, where four pale men were reporting a car jacking by a mad, elderly woman described as white, less than five feet tall, glasses, curly white hair, and carrying a large handgun.

No charges were filed.

The moral of the story? If you're going to have a senior moment...make it memorable!

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