

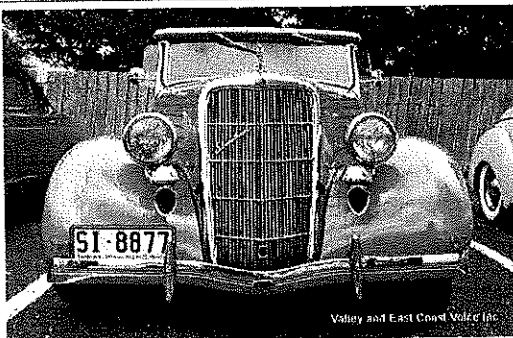


THE VALLEY AND EAST COAST VOICE INC. \$1

Established 1968

48.05 July 2, 2015

Deadline for 48.06 is 5pm July 13, 2015



The 2015 St Marys Car and Bike Show
gallery can be viewed at
<http://valleyvoice.com.au/?p=5083>

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St Helens / St Marys Community Bank®

The St Helens / St Marys Community Bank® Steering Committee has reached an exciting and major milestone in the last fortnight through the commencement of the Community Survey.

As a result many, if not all, businesses in St Marys, Scamander and St Helens have had Steering Committee members Andrew MacGregor, Geoffrey Probert, Steve Walley and Julie Llewellyn drop by to introduce David and Dennis from AFS Accounting, in addition to Grant Lancashire, Sarah Boutcher and Sammi Charles from the Bendigo Community Bank.

The purpose of the Community Survey is to provide the background information for our business plan, and to confirm the initial support shown by the approximately 300 community members and businesses who have together pledged to purchase shares in the Community Bank in excess of \$872,000.

The surveys were posted two weeks ago to the majority of households in the Break O'Day municipality and are now required to be completed and returned. If you have already returned your survey, the Steering Committee thanks you.

If your survey is still sitting on the mantle piece, please take the 3-5 minutes to complete it and return it in the reply paid envelope. As with the pledges, the completion of the survey is voluntary, completely anonymous and has no right or wrong answers.

Please remember that all residents and businesses who require banking services can complete a survey. This may mean multiple surveys being submitted from one household or business - that is quite acceptable!

This is an important part of ensuring that Bendigo Community Bank® is established in the Break O'Day.

Valley of Voices St Marys - July 11

WOW Christmas in July - July 14

FVNH Marakoopa Caves - July 16

Dart Calcutta - July 17

FVNH Legana/Notley Fern Gorge - July 23

FVNH Local OpShop crawl / RSL luncheon - July 31

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Advertising rates

- ◆ Business card ads \$15
- ◆ Intermediate ads \$18
- ◆ 1/4 page ads \$25
- ◆ 1/2 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

Aluminium Fishing Boat. Very stable 3.6m trimaran hull ideal for rivers, lakes, estuaries. 3.3 HP Mariner motor, very reliable. (Being under 4HP it does not require boat rego or boat drivers licence.) Also Minn Kota 44lb electric trolling motor with deep cycle battery; runs all day. Bow or stern mounting.

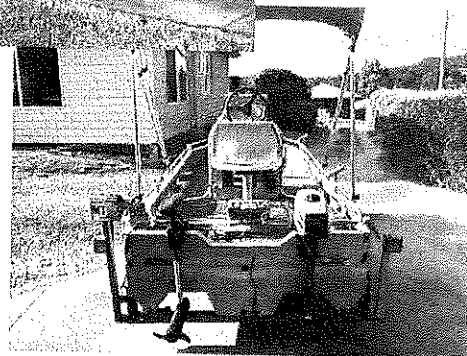
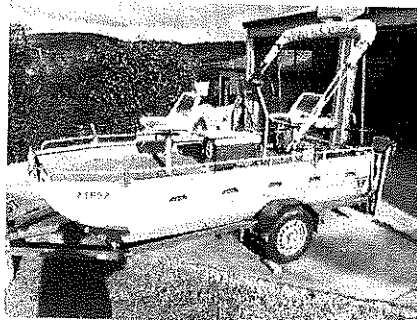
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Trailer registered until 02/16. New bearings, and trailer will launch and retrieve in less than a foot of water.

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This is a complete ready to go, trouble free package, and is a bargain at \$4,500 ono. **Phone Bob on 0428 345 265 for inspection.**



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\$140,000 Ph 0401 870 316

Community Notices

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

Louise Keady, Falmouth

Message from the General Manager



During the last few months Councillors and the management team have been developing the Budget for the 2015-16 year.

I have found in the past that when you join an organisation, it is not until you have been through the Budget process that you complete your understanding of the financial pressure points within the organisation and the challenges being faced. It is important that the Council operates with a balanced budget if possible, and this can potentially be achieved this year as we continue to implement the Long Term Financial Plan. It is also important that we maintain and renew our existing assets to ensure that the community can continue to use them in a safe manner.

One of the main pressure points is bringing the unsealed roads up to an acceptable standard. Currently there are 322kms of gravel roads and in recent years some of the key roads have deteriorated due to reduced major maintenance and increased use.

The 2015-16 budget will see a substantial allocation of funds to this important asset. Another essential area is the increasing cost of waste management. We need to limit cost increases or if possible reduce the overall costs. It is vital to the financial sustainability of the Break O'Day Council that we ensure value for money is maximised, and we pursue efficiencies in the way services are delivered. To achieve these goals, we have identified a number of areas which we will be pursuing in coming months.

St Marys Streetscape makeover is progressing well.

There has been minimal downtime at this stage and we are on track to complete the works by July 10 (weather permitting).

The contractor has been working very closely with local businesses to keep disruptions to a minimum, and to provide the most suitable and safest access to these establishments during the works.

In the coming weeks, new garden beds will be planted and seating installed. When completed, the main street makeover will be an attractive new look with an extremely pedestrian friendly area in one of our most thriving towns.

If your rubbish bin is out for collection and it has inadvertently been knocked over by strong winds or other causes, please pick up the spilled rubbish and give Council a call on (03) 6376 7900. This allows us to contact the truck driver and in most cases, they may be able to collect your bin that same day or the next day.



The Fingal Valley Neighbourhood House Annual General Meeting will be held at Fingal Valley Neighbourhood House, Talbot Street Fingal on July 22, 2015 at 7:30pm. The positions to be elected are two committee people and the election of the Public Officer.



All nominations must be on the appropriate form and are to be presented to the FVNH office before 12 noon on July 13, 2015. All nominees must be a financial member of the House as at June 30, 2015.

Changes to the FVNH constitution:

1. Change the name from Fingal Neighbourhood House to Fingal Valley Neighbourhood House Inc.
2. Add this amendment to section 24. Election of numbers of committee.

(c) the nominated candidate must have attended at least 3 general meetings in the current year.

Reon Johns Public Officer

This is an **open invitation** to anyone in the community who has suffered from depression, chronic pain or other life circumstances and would like to learn about building resilience in daily living. This will be an informal meeting and tea and coffee will be provided.

The Support, Advocacy and Information sessions are held fortnightly on Wednesdays, commencing at 12pm, for two hours at the St Marys Community Health Centre.

The meetings are for anyone living with, caring for, or working with any Chronic Health Condition. Chronic Health Conditions include both mental health and physical conditions such as depression, bipolar affective disorder, chronic pain, fibromyalgia, etc.

The aim of these meetings is to create an ongoing support and advocacy network in the Break O'Day area in the hope of influencing services and government policies, and to provide a peer based support network in our community.

Informal group, no referral required.

Contact Shan Williams, Social Worker 6387 5555 for further information

**BODRA July meeting has been moved
from July 2 to July 16.**

Wanted

Would anyone like to sell their **flatbed steam iron** such as an Elnapress, Domena Ironing press, or Singer Magic Press etc. Texts only please to Colin **0424 944 384** (St Marys)

Second hand **windows and external doors**, old style **kitchen chairs**, please phone **6372 2034**

Front loading **washing machine**. **0403 430 452**

A **working electric copper**, the kind used for washing clothes in the mid-20th century. **6372 2724 / 0417 027 424**

Major events boost for East Coast

by Emily Baker, June 15, 2015

THE East Coast economy was given a much-needed shot in the arm thanks to two major events this month.

The Bay of Fires Winter Festival and St Marys Car Show attracted thousands of people to the area over the June long weekend.

Bay of Fires Art Prize director Chris Draffin said more than 1000 people had viewed the art prize finalists at Tidal Waters since they went on display. The prize was won by Barbi Kjar with Floating Rock on Kananyi/Mt Wellington.

About 2500 people attended the festival's market and each studio on the artist trail received about 100 people apiece, Mr Draffin said.

Similar figures were counted at the car show.

Mr Draffin said the festival had a positive impact on the hospitality and tourism businesses that suffered in the cooler months.

"The reports are certainly very positive," Mr Draffin said.

"The market was its usual success and most of the films were a sell-out at White Sands. We've been terrifically supported by locals and visitors alike."

Mr Draffin said the festival would continue to grow.

"We add events in bite-sized chunks," he said. "We hope to add music events, particularly around songwriting,"

Mr Draffin said.

Break O'Day Council Mayor Mick Tucker expressed his gratitude to the event organisers for their dedication.

"The Bay of Fires Art Prize and St Marys Car Show bring a lot of people to our community at a quieter time of the year," he said. "The economic benefits and the flow-on effects are staggering. It's amazing to see the amount of people come to our region. The people who organise the Bay of Fires Art Prize and the St Marys Car Show, we have to give them a great amount of applause."

examiner.com.au/story/3148732/major-events-boost-for-east-coast/?cs=133

Lyons gets lion's share of mobile black spot money June 25, 2015

MORE than \$12.6m will be spent on 19 mobile phone base stations across the Lyons electorate to fix mobile black spots as part of major national funding announced today.

Federal Lyons MP Eric Hutchinson said that the big spend effecting 50 unique locations and 15 different sections of roads and highways across the electorate, would make a huge difference to the lives of people in the region.

The Federal Government has contributed \$5.2m towards the total cost of the major communications upgrade in Lyons; 5% of the national funding for this program is in the electorate of Lyons.

It will mean that 65 of the 155 mobile black spots identified across the electorate will be addressed by either handheld phones or external antenna coverage or both.

And the Federal Government has committed to a second round of incentive funding to encourage telecommunications operators to bid for contracts for other locations.

The funding package announced today will see new base stations established at Cramps Bay, at the Great Lake (Telstra); Mole Creek (Telstra); Rossarden (Telstra); Whitefoord (Telstra); Apslawn (Vodafone); Bicheno (Vodafone); Bothwell (Vodafone); Brandum (Vodafone); Buckland (Vodafone); Goshen (Vodafone); Hamilton (Vodafone); Highland Lakes Road between Steppes and Bothwell (Vodafone); Lyell Highway, Wayatinah (Vodafone); Miena (Vodafone); Okehamp-ton Beach (Vodafone); Pyengana (Vodafone); Swansea (Vodafone); Tarraleah (Vodafone); Tasman Highway and Little Swanport (Vodafone).

Coverage will be provided to all or part of the following locations in Lyons either by handheld phones or via external antennas on motor vehicles:

Acacia Hills, Friendly Beaches, Powranna, Apslawn, Golden Valley, Pyengana, Beulah, Goshen, Quamby Brook, Bicheno, Hamilton, Reynolds Neck, Bothwell, Hollow Tree, Rhyndaston, Bracknell, Jackeys Marsh, Rossarden, Brandum, Little Pine Lagoon, Runneymede, Buckland, Lower Barrington, Sheffield, Chain of Lagoons, Lower Wilmot, Spring Beach, Colebrook, Meander, Swansea, Coles Bay, Miena, Swanick, Cramps Bay, Mole Creek, Tarraleah, Cranbrook, Montana, Triabunna, Cressy, Mount Seymour, Tunnack, Dairy Plains, Okehampton Beach, Wayatinah, Dee Lagoon, Orford, Whiteford, Dolphin Sands and Parattah.

Roads and Highway sections where coverage will now be provided include:

Dennistoun Road – between Quoin and Interlaken; Golden Valley Road – between Bogan Rd and Highland Lakes Rd; Highland Lakes Rd – between Bothwell and Great Lake; Hollow Tree Rd – between Lyell Highway and Hollow Tree; Hollowtree Rd – between Hollow Tree and Halletts Hill; Lake Leake Highway – between Swansea and Campbell Town; Lyell Highway – between Bronte and Derwent Bridge; Lyell Highway – between Tungatinah Power Station and Ouse; Marlborough Highway – between Miena and Bronte Park; Mole Creek Main Rd – between Westbury and Mole Creek; Tasman Highway – between Buckland and Sorell; Tasman Highway – between Orford and Buckland; Tasman Highway – between Pontypool and Saltworks; Tasman Highway – between Triabunna and Swansea and Woodsdale Rd – between Parattah and Woodsdale.

Mr Hutchinson welcomed said the major spend in Lyons on mobile black spots as a tremendous help for the community and a boost for tourism, especially along the East Coast.

"We took this issue in our electorate very seriously and the feedback we had on the ground was that it was more important in many areas to our community than NBN connection," he said. "I want to thank the councils in Lyons for their help on this and I want to thank Telstra and Vodafone for their support for regional and remote communities in my electorate. Working out how to tackle the mobile black spot issue in Lyons was a really comprehensive process and complicated matrix but was so important to the community."

"In remote and regional areas mobile communication is essential - it's a safety issue. When you fall off your motor bike out in the back paddock and you're injured, it's your mobile phone that you reach for to try and get help, not your NBN. "This Federal Government subsidy has allowed the commercial carriers to reach into regional areas that they would not have otherwise been justified in going - and so much of this electorate falls into that category."

Thank goodness for common sense on Biomass June 24, 2015

Federal Lyons MP Eric Hutchinson has welcomed the Senate vote to put native forest wood waste back into the Renewable Energy Target as a vote for common sense.

Mr Hutchinson said that it had always made sense for biomass to be included in the RET, especially in Tasmania.

"As Australian Forest Products Association chief executive Ross Hampton so aptly says - until we grow square trees, Tasmania will always have huge amounts of residues and offcuts from sustainable harvesting and processing operations," Mr Hutchinson said. "Now that renewable energy certificates will again be available for biomass, it will be put to a better use as a renewable resource."

Mr Hutchinson noted that the vote in the Senate last night to include forest wood waste in the RET was supported by Tasmanian Senator Jackie Lambie as well as Senators Leyonhjelm, Day, Madigan, Muir, Wang and Xenophon but not by the Greens or Labor.

He said that it was disappointing and made no sense that Labor had decided to side with the Greens to vote against an opportunity to reduce carbon emissions.

"This has been supported by the World Wildlife Fund and previously supported by Federal Labor," he said. "It was only when Labor did a deal with the Greens that biomass came out of RET. It was even acknowledged in the Independent Panel of Climate Change report as the right thing to do. The science is in and unquestioned."

Mr Hutchinson said that including forest waste in the RET could pave the way for new projects in regional Tasmanian communities using bioenergy.

Recent research has found that carbon emissions can be significantly reduced by replacing coal generated electricity with wood biomass, he said

ADVERTISEMENT

Eric HUTCHINSON MP

Federal Member for LYONS



**Working for you locally and
taking your concerns to Canberra**

Perth Office

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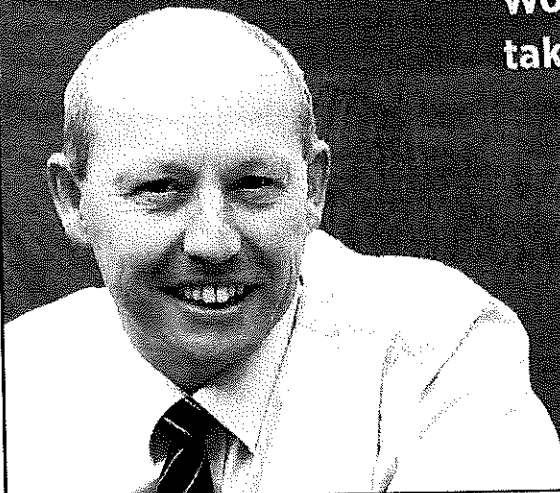
Brighton Office

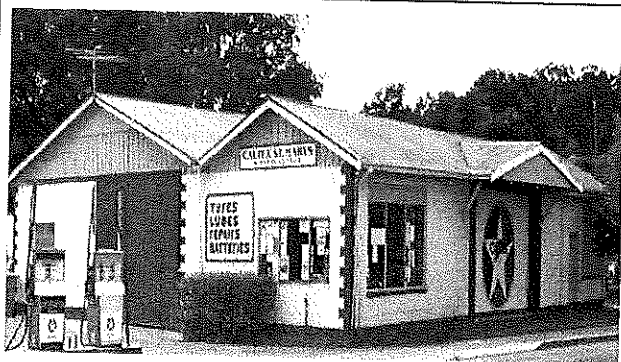
205 Brighton Road, Brighton TAS 7030 Phone. 03 6268 0922

f /eric.hutchinson.9212 @hutchinson_eric

www.eric-hutchinson.com.au

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





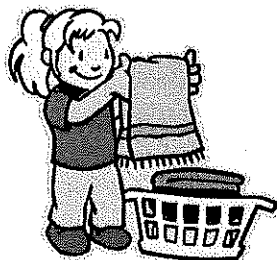
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St Helens old Post Office building 11.00am-1.00pm

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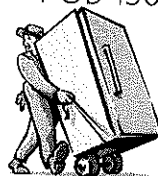
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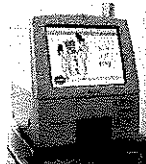
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TRANSBOD

Annual General Meeting 11am Sunday July 12, 2015 Falmouth Community Centre Morrison St Falmouth

Join with old and new friends for a shared lunch
All welcome

2pm - *A Modern Build Tasmania* (Documentary)



Filmmaker Alex Palmer's documentary on *Asante*, the Tasmanian solar passive house which was awarded Most Energy Efficient House by the Master Builder's Association

Celebrating local food -
bring a plate to share for lunch
(sourced, if possible, from within 100 nautical miles of the venue)

\$12 entry, children under 14 yrs free.
All proceeds to *Flowingimage videography*

Number are limited for screening
Please register by evening of Wednesday July 9, 2015

transbod@gmail.com
Susan Probert 0418 327 940
Robina Balzer 6372 2022

Landmark trade agreement with China good for Tasmania June 17, 2015

FEDERAL Lyons MP Eric Hutchinson says that today's landmark Australian Trade Agreement with China is so much about Tasmania, it could be renamed the Tasmanian China trade agreement.

Mr Hutchinson welcomed the ratification of the agreement which he says covers all the areas for which Tasmania is renowned.

"The China-Australia Free Trade Agreement (FTA) locks in existing trade, and provides the catalyst for future growth across a range of services such as health, agriculture, education and tourism — Tasmania has a high degree of expertise and capacity to supply export markets in all of these," Mr Hutchinson said.

"Tasmania's beef and sheep farmers will gain from the phased abolition of tariffs, ranging from 12-25%, and all tariffs on horticulture will be eliminated."

Agricultural products to benefit range from cherries to wine to red meat, Mr Hutchinson said.

The China-Australia FTA is an historic document that closes the gap between Australia and international

competitors who already have similar agreements with China, i.e. New Zealand and Chile. The agreement would provide a significant advantage over major competitors such as the US and the European Union, which do not have agreements.

"This is the start of a new relationship with China which will continue to improve market access for Tasmanian producers and exporters," Mr Hutchinson said. "The intangible benefit will be the increased bilateral investment that will almost certainly occur, because of the trust developed as a result of the personal relationships established"

The Say, by Cagerattler

My friend Louis (Baltimore USA) and I usually talk on the phone most Saturday evenings these days. In the process of conversations, we discuss what makes us different and indeed the same; last night we touched on unions. Louis was telling me that when he was a kid in the early 1970s one of the family members he lived with, Jack, was a strong advocate for unions, and the system in the USA was a well set-up and secure arrangement.

As the bulk of Jack's working life was in the food industry (including the Great Depression), he relied on his local union to protect the rights of the workers; Louis now shares strongly those same views, despite unions being eroded more and more in the USA.

In later life, he told me, Jack never forgot the collective support of unions, and even as a manager he respected the ideals of unions.

It seems apparent that our union system has many differences and is equally important, but what saddens me is more and more people opt out of them.

Why?

Okay, I agree that for a time some unions were getting a bit big for their boots, but much less so these days. Now, if not for the union movement, this mob of conservatives in Canberra would have us on that Work Choices set up and other methods of giving big bosses the power to individually single out their workers.

I shudder to think what a mess our Industrial Relations would be in by now, if Work Choices had ever got though several years ago.

If this current mob have sense, they'll leave the unimpeded right for workers to collectively bargain through their union negotiators alone - and the second thing is Medicare ... both of these are our right, so I hope and trust that any Federal Government will respect those two fundamental things.

What do you think ?

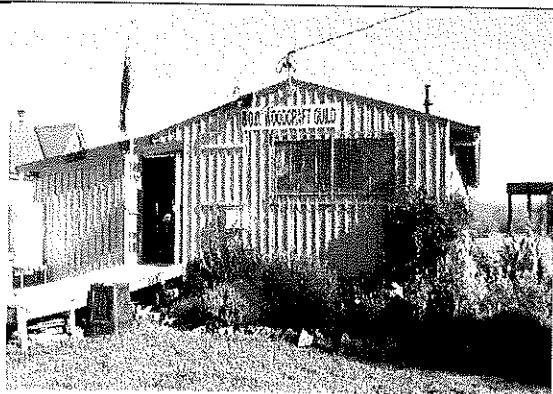
Rod McGiveron, St Marys

A big Thank You from Ana's Hairdressing

I would like to say a huge thank you to all my clients for still supporting me whilst the streetscape upgrade is continuing.

I will remain open throughout this time, and if you have any concerns, please contact me on 0448 532 531.

Regards, Ana.



Members would like to again express our gratitude to the Tasmanian Community Fund which has allowed the Guild to start work on our much needed extension.

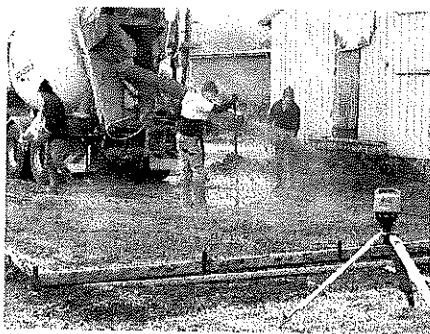
The foundations have been laid and work is now in progress. The croquet court is nearer completion - stay tuned for our official opening. We have purchased a set of bocce balls, and a badminton set which will be part of the games repertoire.

Members discussed at our previous meeting about a bus trip to Maria Island; if any member is interested please make contact with Reon on 0429 722 091, as numbers will be limited.

Reminder that our membership fees are now due.

Guilds Home Hint: If you cannot locate your dust pan.....this works just as well. Wet the end strip of a piece of newspaper and it will stick to the floor, using your broom sweep the dirt pile onto the paper. Lift and throw out!

Pictures of Guild's shed foundation being laid.



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

Wendy Brennan, Secretary 6372 2094

breakodaywoodcraftguild.weebly.co

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

The inclusion of biomass in the **Renewable Energy Target** is good news for Tasmania.

"I congratulate the Senate for supporting this sensible Liberal proposal and adding increased flexibility to the energy market," Lyons MHA Guy Barnett said. "This brings us into line with the rest of the world by recognising wood biomass, including offcuts, branches and residues, as a renewable energy source."

Mr Barnett said that many regional areas could benefit from utilising biomass to generate electricity or steam rather than letting those branches and residues go to waste. The Intergovernmental Panel on Climate Change made this independent assessment of biomass: "In the long term, a sustainable forest management strategy aimed at maintaining or increasing forest carbon stocks, while producing an annual sustained yield of timber, fibre or energy from the forest, will generate the largest sustained mitigation benefit."

As the Hodgman Liberal Government rebuilds the forest industry, being able to use high grade timber to store carbon in houses and furniture and then use the off-cuts to generate energy makes the best possible use of that resource.

"New trees are then grown which absorb carbon dioxide and the whole process is good for the environment and regional jobs," Mr Barnett said.

G'day all

I enjoy what is described as the "World's Greatest Hobby". That is, of course, Model Rail. It is a fantastic and rewarding thing to do. I also happen to be a member of an incredible Forum Group based in the USA, but with members quite literally from all over the world, many in Australia.

Some of them asked me through different threads what club I'm a member of and I say none. In Tasmania, surprisingly, there are only two or three groups and they're nowhere in the rural areas. Some of the forum members asked me *Why not do what we do, and introduce our hobby at a local library, mall, or suitable venue like we did.*

One of the longest serving master modellers told me this is how his club operated, and it means that a few times a year you have an evening or session dealing with this all encompassing pastime.

As we all know, there is much more than just rail modelling and operation, and if there were those wanting to look at other types of either mobile R/C or static modelling we may well have enough to form an interest group over time.

If any local people are interested in any of this please feel free to contact me.

6372 2215 / 0428 114 999 / rodneymc giveron@bigpond.com

Cheers

Rod McGiveron, St Marys

Healthy House Walking Group

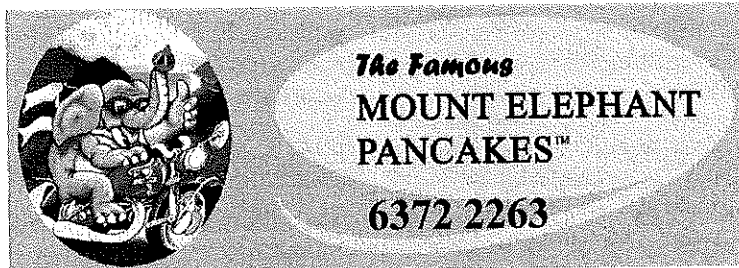
May 13th Winifred Curtis - Twelve walkers set off into Winifred Curtis Reserve despite an icy westerly. We skirted along the edge of Henderson's Lagoon, spotting waterbirds such as the brilliantly white Great Egret and rafts of Hoary-headed Grebes. By the time we had reached the ford we were out of the worst of the wind and continued on and up to the John White memorial lookout. From there it was downhill, around the marsh and then via the boardwalk to the beach. A short pause as we admired the view from Falmouth to Shelly Beach in brilliant autumn sunshine. How lucky are we to live here on the Upper East Coast where "the sun spends its winter"! There is always something in bloom in the Reserve; right now the sunshine and sweet wattle is in flower. We were buzzed by a raptor and there was some discussion as to whether it was a peregrine falcon or a brown goshawk. Our route back took us up the fire trail. A good brisk two hour walk in good company. *(Contributed by: Pamela Bretz)*



May 16th Policemans Point south to the Gardens - Saturday was a perfect blue-sky day. Eight members of the walking group spent the day on an enjoyable beach-walk from Policemans Point, at the outlet of Ansons Bay, southwards to The Gardens. Almost all the walk was on the long sandy shorelines, taking advantage of the firmer sand exposed at low tide. Short sections of stoney beach and rocky outcrops provided a change of footing and some varied geological interest. A stretch of high ground made a good lunch-spot, looking out to sea, where the gannets were diving for fish. None of the lagoons were flowing out across the beach and nothing exceptional was found amongst the flotsam and jetsam except, for an excellent walking-stick that aided its finder for the rest of the trip. A pod of dolphins, feeding just beyond the breakers, accompanied us for several hours, seeming to keep pace with us and occasionally entertaining us with their surfing antics. Gradually the houses at The Gardens loomed larger and we arrived at the cars while the sun was still a little above the western hills. All agreed that this was a wonderful walk, the kind to be repeated in the future. *(Contributed by: Alex Buchanan)*



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: 0414 987 435



School holiday special

Bring the kids and enjoy one FREE \$7.90 pancake when purchasing another \$7.90 pancake
We also take night bookings, whether it be a special occasion, birthday or family get together
(for five people or more)

10%

Seniors' discount at the famous
Mt Elephant Pancake Barn
Present this token and Seniors' card

These offers apply during July and August.
We will be closing from July 20, 2015 'til August 7, 2015.

Hope to see you soon with these great offers!

Michael, Louise, Georgina and Vanessa

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Call for Tasmanian Federal Labor to lobby on Port fee hike June 24, 2015

FEDERAL Lyons MP Eric Hutchinson today urges Tasmanian Labor senators and MPs to come out fighting for reasonable Melbourne port fees.

"Where are they on this issue that is so important to Tasmania?" Mr Hutchinson said. "I'm calling them to account to pressure their Victorian state colleagues to stop this massive Melbourne port rent hike going ahead which could so hurt Tasmanian producers and exporters."

Mr Hutchinson wrote to Australian Competition and Consumer Commission chairman Rod Simms, when news of the planned port fee hike first broke, calling on him to intervene in the process because of his concern about the effect on Tasmania. Melbourne Port is essentially a monopoly provider to Tasmanian exporters, he said.

The Port of Melbourne, which comes under the jurisdiction of the Victorian State Government, is proposing to increase the rent which DP World pays for its container terminal at the port by more than 700%. DP World Australia handles nearly 60% of all international traffic into and out of Victoria. Nearly 98% of Tasmania's exports go through the Port of Melbourne, and Tasmanian freight accounts for more than one quarter of the port's traffic.

If the expected flow-on effect happened to other Melbourne Port leaseholders on Webb Dock such as Toll Shipping and SeaRoad Holdings, which combined carry 80% of the Bass Strait container trade (as well as international carriers such as Patrick), the cost of moving goods in and out of our state would significantly increase.

Tasmanian Liberal MPs and Senators negotiated the \$203.9m expansion of the Tasmanian Freight Equalisation Scheme, and we don't want to see that pocketed by the Victorian Labor Government.

The proposed \$120 p/sq m rental hike would make Melbourne five times as expensive as the Brisbane and Sydney ports, and at least three times more expensive than DP World's 65 container terminals internationally including the huge Jebel Ali Port in Dubai and the UK's London Gateway.

Mr Hutchinson said that he and his Federal and State colleagues had been working hard to keep Melbourne Port fees at a level that Tasmania can manage.

"I'm calling on Federal Tasmanian Labor members to get on board," he said. "This is unacceptable. I'm calling on Tasmanian Labor members to ring (Victorian Premier) Daniel Andrews and tell him this is unacceptable. It's just not fair for Tasmania."



This beautiful picture of the Fingal Valley was taken by Gayelene Blair-templeton.



weather conditions. Some of our other hens just keep on keeping on giving us our daily egg. Our silkie girls are like little egg factories and never fail to produce, regardless of the climate. Although their eggs are pullet size (small), once broken, the yolk inside is nearly as big as our large New Hampshire girl Jean's eggs.

Early in this darkened morning, I was alarmed to the sound of a small child crying. Who could that be, there are no small children in this neck of the woods. I ran outside, panicked, only to feel quite bemused at the fact that it was just our rooster, Dorian, practising his baritone vocals in an attempt to torment the other guys, Randall and Alfie. Before long the three tenors are off again, crowing away, with a melody that isn't all that bad, but with no tune whatsoever.

Sometimes Follyfoot has guests come to stay ... now that is a happy time. We always love visitors of the furry kind here.

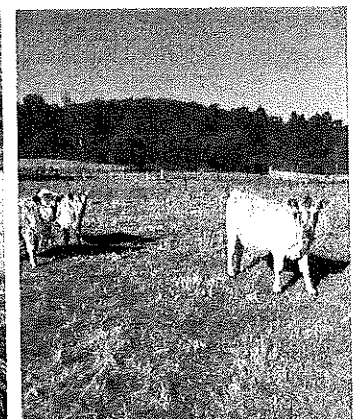
This week we have the 6 month old Murray Grey youngsters. So neat to see their beautiful fluffy ears and huge eyes, as they occasionally take a break from their idol grazing to peer over the fence at us.

I wonder what next week will bring.....

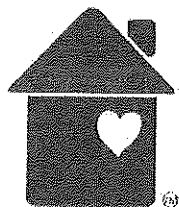
Jackie Roberts, Mathinna

What a confusing time it has been for everyone these past weeks. For a couple of days we thought we had snow on the ground with all the white covering anything that was exposed to the elements ... and it was so very hard to get warm, night or day.

Then we had some beautiful almost spring days, where it was just so lovely to be able to go outside and potter around in the garden. Some of the hens at Follyfoot had gone off the lay I'm sure because of these



Sia on a frosty morning and the Murray Greys



The Fingal Valley Neighbourhood House Inc. has organised the following trips during July



School holiday bus trip to the Marakoopa Caves Thursday July 16, 2015

Children must have warm clothing and solid footwear
BYO drinks and snacks

BBQ lunch supplied

Cost: Family 1st child \$25, 2nd child \$18, 3rd child \$10

Bus fare, lunch and entry fee to caves included

Children need to be 6 -16 years of age

Bus leaves 8am, **please book by July 3**



Legana – Notley Fern Gorge Thursday July 23, 2015

The walking track is 1.5 km return and will take about 45 minutes.
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 glades 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 8am



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

Cost for bus is \$15 p/person (this does not include your
nice affordable meal at the water garden)

Bus leaves 5.30pm

Late night shopping at Kmart before heading home

A \$7 deposit by July 21 would be appreciated



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

Cost is \$10: bus leaves 9am

**A \$5 deposit by July 22
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.



WINTER FARM FEAST

The Winter Farm Feast was held on Thursday June 18. It proved to be a true celebration of our crisp winter nights, as community and school members gathered around candlelight and bonfire to feast on St Marys District School Farm produce.

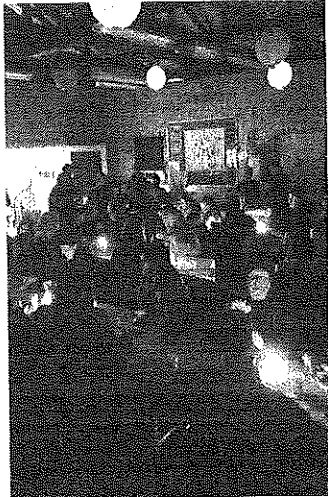
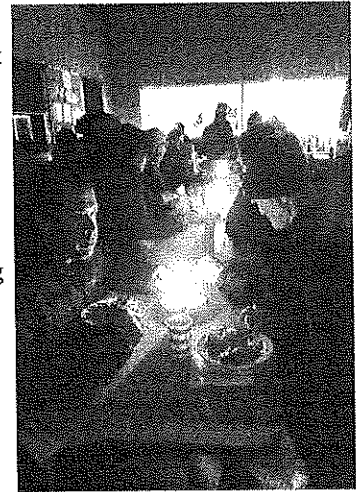
Luke McColl, Jarra Lewis, Joey Nykiel and Brittany Ford began the evening entertainment with some excellent musicianship. Later, Pete Cornelius set the atmosphere with some fantastic music and the local volunteer fire brigade managed to get the bonfire roaring despite the days of rain.

Ag Science students worked hard all week preparing; in particular, Jackson Spilsbury and Michael Thomas cooked, served, cleaned and helped all day and night. Brittany Ford sang like an angel and then stayed on to help Jackson and Michael. These students are a credit to the school and their hard work was much appreciated.

A big thank you to the community members who attended the feast and to those who purchased raffle tickets. Ros Smith was the lucky winner of a side of St Marys District

School Farm lamb. The generosity of our community allowed us to raise \$1000 to put toward building a lunch shelter on the school farm. The lunch shelter will be a work and rest space, providing access to a sink and toilet for people on the farm who are working out of school hours, on weekends and during holidays. It will also be used for community workshops and as an outdoor learning space for students. There was a great feeling of community at the feast and we are very grateful to have such wonderful local support. See you again next year!

*St Marys District School Farm
Committee*



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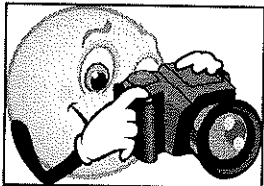
**PAMPER NIGHT with
Jessica**

8 July (7 - 9 pm)

**\$5 includes cuppa + cake
Come along and treat yourself
to a night out and enjoy some
pampering with the lovely
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THEME

"Landmarks in the Valleys"

Start snapping now!!! Dates and details to follow soon.

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The Mathinna Country Club is open 7 days a week

Monday to Friday 3pm - late

Saturday to Sunday 12pm - late

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<https://www.facebook.com/mathinna.countryclub?fref=ts>



Leave it to Dita Von Teese to serve up flawless retro goth Alice In Wonderland table-runner realness

I don't know if that's actually a look, but it is now.

Dita Von Teese showed up at the amfAR Gala in Cannes today looking like a recently-divorced teacher from Ever After High who has decided to use up all her vacation days on a two week trip to Las Vegas with her best gals, Dottie and Trixie. It's like *Alice in Wonderland* meets *Cry Baby* meets a good push-up bra and a box of Clairol Nice n' Easy #122. I feel like at any moment, a white rabbit is going to pop out of her cleavage and offer me a martini...May 21, 2015 / Posted by: Allison

Ebay handbag description:

Shoulder bags as the girl indispensable tie-in decoration, Fashionable tide, sweetheart were the most different style of, Interpretation of various styles.



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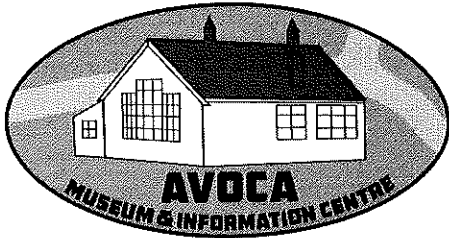
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m: 0407 598 225

e: colin.hughes3@bigpond.com



Avoca Museum and Information Centre

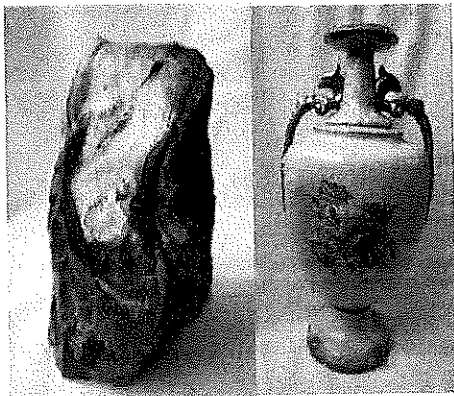
Old School Building
AVOCA TASMANIA 7213

Community suggestions invited

AMIC needs an income in order to pay power and maintenance costs. The markets were very successful initially, but higher insurance made it less viable for stall holders and AMIC so markets no longer occur. AMIC now invites suggestions from the community.

What would you like the town to do? What event do you think would be enjoyed? What would you like to be involved with or help plan? Any ideas?

Please contact Dalija 0411 260 255



The next **Roving Curator** session is Monday **July 6, 2015** at AMIC.

Each session teaches us how to protect, display and care for the precious historical objects Avoca's community members have entrusted to our care. All welcome. Further dates: July 27, August 24 and September 28.

We still need help to put a new cabinet together.

Contact Mary 6385 2002.

Volunteers Needed

Can you spare 2 or 3 hours once a month on a Friday, Saturday or Sunday? Just once a month would help the Avoca Museum & Information Centre open more often during advertised times of Friday 1-3pm, Saturday and Sunday 11am - 3pm

Please contact Alf 6384 2157

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
Gary 6385 2166

VALLEY OF VOICES

Music Festival

Saturday 11th July 2015

FREE
FAMILY EVENT
(alcohol and drug free)
4:00pm - 8:30pm

**** Featuring ****
Pete Cornelius
Astrid
River Willow
and friends
Children's Group

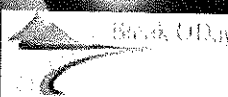
FREE WORKSHOPS

Drumming
1:00pm - 2:30pm
Make a Drum
3:00pm - 4:00pm
(children under 8 must be
accompanied by a guardian)

FREE
Jumping Castle
and Face Painting
12:00pm - 2:00pm

Food and Beverages Available*

St Marys Community Hall



* Charges apply

For more information please contact Michelle on 0407 046 865
or send an email to bodregionalarts@gmail.com



Earth Angel 100% natural, organic skincare is now available at Gone Rustic and to celebrate we will be holding a pamper party!

Come and experience the beauty of 100% natural skincare.

Handmade using nut and flower oils, clays, beeswax, honey, natural vitamins, fruit and flower extracts, Bach flower remedies, living flower essences, petals and pure essential oils, the range includes over 20 products – all designed to naturally purify,

hydrate, moisturise, relax and bless your body.

Feel and smell this beautiful organic range, luxuriate and learn the importance of choosing natural skincare.

Cost is \$5 to cover light refreshments – everyone is welcome – from 7-9 pm at Gone Rustic on Wednesday July 8.

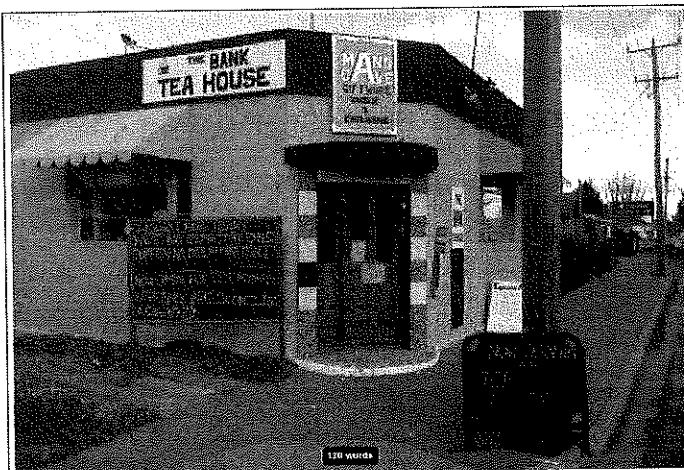
Looking forward to a fun night!



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*Cappuccino.

*Chai Latte.

*Hot Chocolate.

*Flat White

*Herbal Tea

*Take always available.

*Sweet Treats

*Pupaccino(something for the Pets)

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 they both believe imperative.

CPR – Consistency / Patience / Repetition

CPR is important. CPR reinforces positive behavior and maintains your position as the leader of the pack. Without you using CPR several times a day (both at home and whilst out or walking with your dog) your training will not be as successful as it could be.

You do not need to be an ogre to train a dog – you need to be gentle, firm and consistent with what you teach them. If you do not train them - they do not understand what you expect from them. If they misbehave ... have they done something wrong, or have you not properly let them know what you expect them to do??

Remember ... do not let your very cute little puppy do things that you do not want them to be doing when they are much bigger, heavier, adult dogs. They are like children – they need guidelines and boundaries.

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 ensuring a happy relationship with your dogs.

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



**Break O'Day
Regional Arts**



MARKET DAY

**Saturday July 4, 2015
St Marys Community Hall
9am - 1pm**



**Arts, Craft, Books, Leatherwork, Candles.
Jewellery, Handmade, Homegrown, Cloth-
ing, Beautiful Things, (Nice) Smelly
Things ... and Scrumptious Things**

**Musicians and singers -
we want you!**

***Valley of Voices* –
coming to St Marys
Saturday July 11, 2015
Main event: 4 - 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're interested in
sharing your love of music with
your community on this day,
we would love to hear from you.

Contact:

Michelle 6372 2056 / 0407 046 865 / bodregionalarts@gmail.com



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- ♦ 10 YARD TIPPER
- ♦ COMPACTION ROLLER
- ♦ WHEEL LOADER

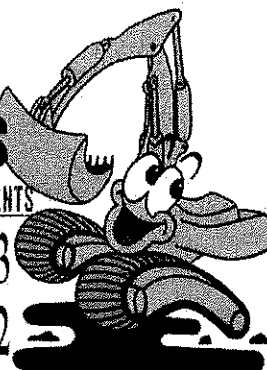
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6372 2033 / 0439 722 032**

Community Groups / Services Guide

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

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

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

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

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

Break O'Day Council St Helens 6376 7900

Break O'Day Regional Arts meet monthly on the 1st Thu 5.30pm in the Supper Room at St Marys Community Hall. **RAYC** Regional Arts Youth Company for school children is on Thu 3.30-5pm. Session cost \$5 or \$40 p/10 week term. All welcome.

Michelle 0407 046 865 e: bodregionalarts@gmail.com

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

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

Carers for Wildlife Tas Inc.

St Marys 6372 2973 / 0417 017 105

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

Churches Anglican Church St Helens 6376 1144

Catholic Church St Marys 6372 2252

Salvation Army St Marys 6372 2099

Uniting Church St Helens 6376 2405

Community Transport East Coast 6372 4415

Jan Saunders, East Coast Community Transport Coordinator

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

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

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

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

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

Healthy House St Helens 6376 5242

Hospitals Circassian Street St Helens 63875570
Community Health Centre St Marys 6387 5555

Justices of the Peace K Faulkner 6372 2196

Libraries St Marys 6372 2114

St Helens 6376 1389

Lymphoedema St Marys Lymphoedema Centre
6272 2900

Meals on Wheels St Marys 0488 384 344

MOW Meeting dates for 2015 Aug 21st - AGM, November 20th

Museums Cranks & Tinkerers St Marys 0417 648845

Online Access Centres Fingal 6374 2222

St Marys 6372 2005

St Helens 6376 1116

The Scamander and Beaumaris Community

Development Association meets monthly on the 3rd Wed 7pm in the Scamander Sports Complex.

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

Schools - District High Schools

St Helens 6376 7100

St Marys 6372 3900

Primary Schools

Avoca 6384 2117

Fingal 6374 2197

The St Helens Walking Group walk each Wed and 3rd Sat monthly. New members are most welcome.

Healthy House 6376 2971 / Bryan Edhouse 6376 3439

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

Bec Mason 0409 253 504

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

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

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

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

St Marys Online Access Centre, 23b Main Road

St Marys. Mon to Fri 9.30-4.30 Sat 11-2. 6372 2005

The St Marys School Association Op Shop is open 10-3 w/days & market Saturdays 10-12.30. We are happy to receive ALL pre-loved items excl. electrical. Check out the Facebook page.

Janet Drummond 0404 562 320

St Marys Sports & Social Centre Inc 6372 2177

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

Barry 6372 2575 (aulich@bigpond.com)

Jim 6372 2127 (jimhaas@bigpond.com)

www.fingalvalleyhistory.com

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

e:sthelenmarket@yahoo.com.au

Suncoast Singers meet Fri 10am in the Catholic Hall Cecilia Street, St Helens.

Mary-Anne Wadsworth 6376 2969

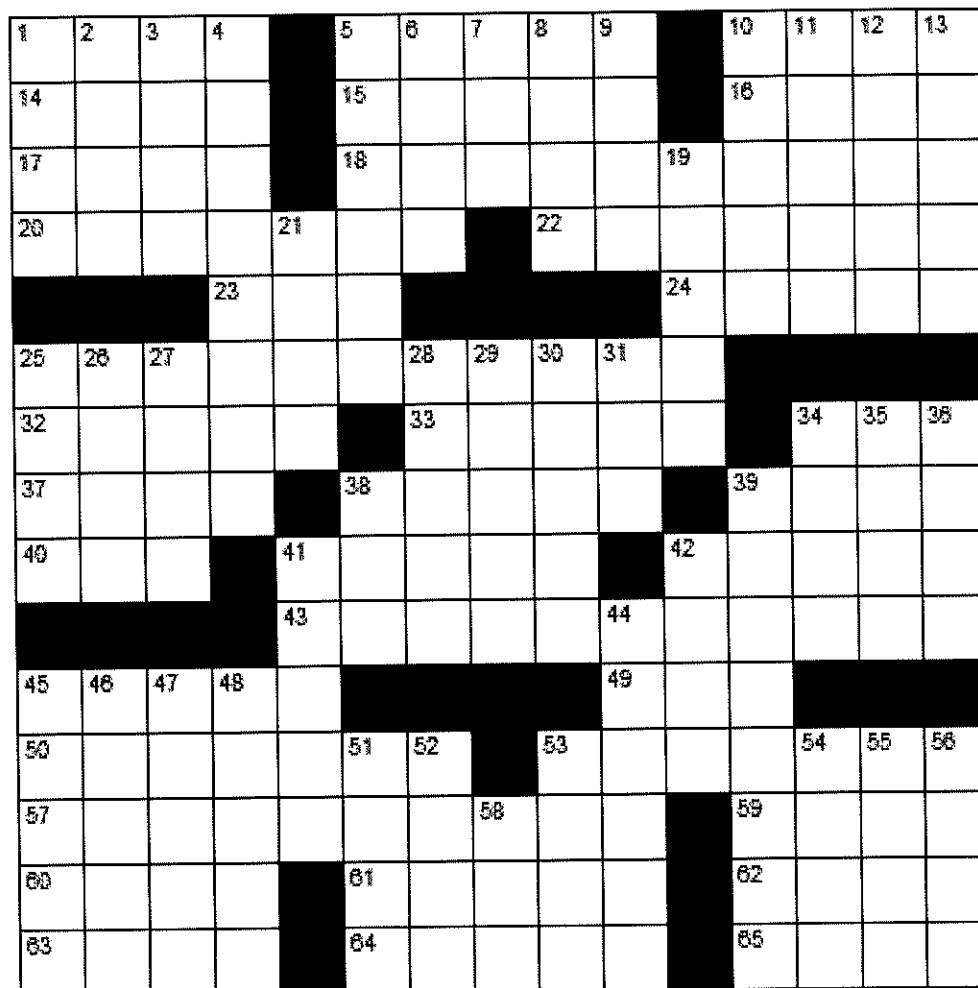
The Tasmanian Lymphoedema Centre Inc meet monthly on the 3rd Monday 5pm in the St Marys Community Health Centre, Day Care Room.

Woodcraft Guild Old Railway Goods Shed St Marys 6372 2094

WOW meet on the 2nd Tuesday 6.30-8.30pm monthly at the St Marys Hospital Day room. A fun social group for women of all ages. Supper provided. Contact *Christine Waters 0410 441 558* for more information.

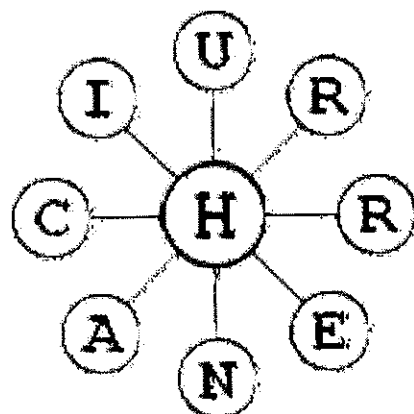
ACROSS

1. Decorate with gold leaf
5. Consecrate
10. On the road
14. Largest continent
15. Artist's workstand
16. Portend
17. Slender
18. Mystifying
20. Extremely wicked
22. Swathe
23. Autonomic nervous system
24. Homes for birds
25. Baffling
32. Not late
33. Flooded
34. Church bench
37. Curved molding
38. An unwholesome atmosphere
39. Thorny flower
40. Prefix meaning "Modern"
41. Puke
42. A dish of tomatoes and greens
43. Self-restraining
45. Go bad
49. Be unwell
50. Control and direct
53. Green gem
57. Incriminating
59. Comply with
60. Beloved
61. Tag
62. Wings
63. Being
64. Hard wood
65. Lairs



DOWN

1. Deep cut
2. Small island
3. 53 in Roman numerals
4. Deserving a curse
5. Perplex
6. Puts down
7. S
8. Collections
9. Killed
10. Put up with
11. Forests
12. Grown
13. Affirmatives
19. Cattle farm
21. Unique
25. Hireling
26. Anger
27. Chocolate cookie
28. Wounds
29. Expect
30. Flavor
31. Belief
34. Game on horseback
35. Brother of Jacob
36. Marries
38. Unruly crowd
39. What a train runs on
41. Valleys
42. Anagram of "Ties"
44. To wit
45. Tint
46. Strides
47. Killer whales
48. Accustom
51. A period of discounted prices
52. Knife
53. Not odd
54. Competent
55. Low-fat
56. Colors
58. Nigerian tribesman



Solutions next issue

How many words can you find? Each word must contain the central H 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: 39 words. Good: 25 words.
Average: 18 words
Sorry folks, lost the answers to last edition's Sudoku

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

Meals on Wheels - 0488 384 344

July 6	Karl Balzer
7	Lundy Vosper
8	Valmai Spencer
9	Sonya Allison
10	Lorraine Gill
13	Ruth Aulich
14	Sonya Allison
15	Valmai Spencer
16	Liz Rice
17	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



St Marys Salvation Army

is pleased to offer the following services:

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

Envoy Mel Norton
0409 838 816



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

Break O'Day Uniting Church

The Manse 6376 2405
St Helens 9am
Fingal 11.15am

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

Last edition's solutions

All words: abets, abodes, abs, adepts, adobes, adoptees, adopts, ados, ads, aedes, apes, apods, apse, as, asp, ates, bads, baps, bas, base, based, bast, baste, basted, bates, bats, beads, beast, beats, bedpost, beds, beeps, bees, beets, beset, besot, best, bestead, bested, betas, bets, boas, boast, boasted, boats, bodes, bods, bops, bos, botas, bots, dabs, daps, dates, datos, debase, debates, debts, debts, deeps, dees, deets, depose, depots, despot, doats, does, doest, dopas, dopes, dos, dose, dost, dotes, dots, ease, eased, east, eats, epodes, epos, es, estop, etapes, etas, oast, oats, obes, obese, odes, ods, oes, opes, ops, opts, os, ose, pads, pas, pase, paseo, past, paste, pasted, pates, pats, peas, pease, peats, pedes, peds, pes, pesade, peseta, peso, pest, pesto, pets, podesta, pods, poets, pose, posed, post, posted, pots, psaoe, sab, sabe, sabed, sabot, sad, sade, sae, sap, sapote, sat, sate, sated, sea, seabed, seat, seated, sedate, see, seed, seep, sept, septa, set, seta, setae, so, soap, soaped, sob, soda, sop, spa, spade, spado, spae, spaed, spat, spate, sped, speed, **SPEEDBOAT**, speedo, spode, spot, stab, stade, stead, steed, steep, step, stoa, stoe, stob, stop, stope, stoped, tabs, tabs, tads, taos, tapes, taps, tas, teas, tease, teased, teds, tees, tepas, toads, tods, toes, topees, topes, tops, tsade.



School Events Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6th July	7th July	8th July	9th July	10th July
13th July	14th July	15th July	16th July	17th July
20th July STUDENTS AND STAFF COMMENCE TERM 3	21st July	22nd July * East Coast Chess Tournament  * Australia Defence Force—Careers Tour	23rd July * Country Gold 1st Training * St. Marys/ St. Helens Grade 11/12 Parent Information Session	24th July * Interhigh Cross Country
27th July	28th July	29th July	30th July	31st July
3rd August	4th August * Parent/Teacher Interviews	5th August * Parent/Teacher Interviews	6th August	7th August
10th August * Fire Education— Primary 	11th August * Fire Education— Primary 	12th August * Fire Education— Primary 	13th August * Fire Education— Primary * SCHOOL NEWSLETTER 	14th August * Fire Education— Primary 

REMINDER TO PARENTS
MONDAY JULY 20 IS NOT A STUDENT FREE DAY
AS ADVERTISED ON THE
SCHOOL CALENDAR.
ALL STUDENTS ARE EXPECTED
TO ATTEND SCHOOL.

13 Gray Road, St Marys, TAS, 7215.
 Phone: 6372 3900 Fax: 6372 2543
 Email: st.marys.district.high@education.tas.gov.au



SPLASH

ST MARYS

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

Water cartage
Septic pumping

Contact: Mick

0488 777713

ST MARYS BAKERY

Ph: 6372 2131

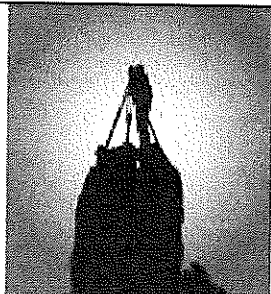
OPEN 7 DAYS



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

52 Main Street St Marys

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



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Ph: 6376 1972 or admin@ecosurv.com.au

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MAPPING SOLUTIONS

ST MARYS COMMUNITY HEALTH CENTRE

St Marys Community Health Centre

GP Surgery Hours: Mon—Fri

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

Lifeline 131 114

Saving Lives, Crisis Support and Suicide Prevention

ST MARYS COMMUNITY HEALTH CENTRE
6387 5555

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

DOCTORS ROSTER

• Dr Cyril Latt

1/7/15—15/7/15

• Dr K. Rawnsley

2/7, 7/7, 9/7, 14/7, 16/7 2015

Dr L. Reeckman

16 & 17 July 2015

For appointments phone: 6387 5555

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.

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

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.

ST MARYS MEDICAL PRACTICE REMINDER:

Dr Latt would like to remind the community about some circumstances that **are not covered by Bulk Billing** at the St Marys Community Health Centre:

- Visits related to renewal of Driver's licences
- Visits related to requested Medical Reports
- Visits related to Insurance Medicals
- Visits related to Harness Medicals
- Pre-Employment Checks

All of these are not covered by Medicare and therefore may incur a cost. Please check with the receptionists when making an appointment.

If you have concerns in relation to this matter please contact us and we will attempt to answer your concerns

ST MARYS COMMUNITY HEALTH CENTRE

WHAT'S ON AT THE CENTRE

- 2 July **Social Worker**— Shan Williams. Please phone 6387 5555 for appointments.
- 3 July **Cancer Council**— Outreach Service with Richard Austin. Drop in session from 2:00pm-3:00pm at the Health Centre.
Social Worker— Shan Williams. Please phone 6387 5555 for appointments.
- 6 July **TML Psychologist**— Sam McCarthy. Please see your GP for a referral.
- 7 July **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
- 8 July **Social Worker**— Shan Williams. Please phone 6387 5555 for appointments.
Day Centre— For details on the group please contact Hayley Gilbert 6387 5555
- 9 July **Relationships Australia**— Leanne McMurtie for appointments please phone 1300 364 277
Social Worker— Shan Williams. Please phone 6387 5555 for appointments.
- 10 July **Social Worker**— Shan Williams. Please phone 6387 5555 for appointments.
TML Diabetic Educator, Physiologist and Dietician. Appointments available by referral from you GP.
- 13 July **TML Psychologist**— Sam McCarthy. For appointments please see your GP for a referral.
- 14 July **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.
- 15 July **Day Centre**— For details on the group please contact Hayley Gilbert 6387 5555
TAZREACH— Antenatal Clinic with Katie. For appointments please see your GP.

WHAT'S ON AT THE CENTRE Continued...

- Physiotherapist**— Please see your GP or Health Professional for a referral to the service.
- Consumer & Carer Advocacy Group**— 12noon—2:00pm. Downstairs at the Health Centre. For further details phone Shan on 6387 5555
- 16 July **Social Worker**— Shan Williams. Please phone 6387 5555 for appointments
- 17 July **Social Worker**— Shan Williams. Please phone 6387 5555 for appointments.

SLEEP STUDIES AT THE ST MARYS HEALTH CENTRE

Sleep studies are now being conducted through the St Marys Health Centre in conjunction with Dr Latt and Dr Chia from the Launceston Sleep Centre.

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

TML DIABETIC CLINIC

Regular consults are available at the St Marys Community Health Centre with the Diabetic Educator, Dietician and Exercise Physiologist.

If you require an appointment please see your GP for a referral and TML will contact you with an appointment time.

Next session: Friday 10 July 2015

CANCER COUNCIL OUTREACH SERVICE

On the first Friday of every month the Cancer Councils Senior Support Officer Richard Austin will be available for **drop in appointments** at the St Marys Community Health Centre.

Richards role is to help support those of you who have a cancer diagnosis and help you work through any questions you may have without having to travel to Launceston to get the support you may need.

WOMEN'S HEALTH CLINIC

Regular Women's Health Clinic's are held at the St Marys Health Centre. For appointments ring 6387 5555.

St Marys Sports and Social Centre
Gray Rd St Marys

RE-OPENING SOON

AGM report

The AGM was held on June 20, 2015 with excellent attendance. There was only one nomination for all executive positions, with a slight change from the previous year.

The new committee is:

President Jacqui Bianchi
Vice President Bobby Harwood
Treasurer Jim Turner

Secretary Annette Wines
Committee members Roger Donald, Ingrid Mitchell,
Tamatha Grose and Rodney McGiveron.

We would like to thank the outgoing president Bobby Harwood for doing such a great job over the past few years. Bobby stepped in mid-term when the position became vacant. She wasn't keen to take it on, but boy are we glad you did Bobby. You have been a great figurehead for the club and a tireless worker. We hope you get to spend lots of time spoiling the new grandchild when it arrives.

Licensee

We are very grateful to Jim for agreeing to remain Licensee/Treasurer this year. Jim will not, however, be available to cover the bar to the extent he has done previously. To change the name on the license costs a considerable amount of money, expenditure that we didn't really need, so once again thank you Jim.

2015/16 Membership subscriptions

We are pleased to announce that we have lowered the membership fees for Juniors this year.

The new fees are:

Social Membership \$25 - use of club house facilities and voting rights

Sports Membership \$60 - access to the bowls green, golf course and voting rights

Junior Membership \$20 - 16yrs and under, access to the bowls green, golf course but no voting rights

There has been a small rise in the bowls and golf affiliation fees. Members only pay affiliation fees if they play bowls penants or wish to maintain a golf handicap.

General topics discussed post AGM

Maintenance of building, greens and surrounds. Catering, bar staff and the renovations.

All suggestions were taken on board by the committee and will be discussed at length at our regular committee meetings.

Opening of facilities

The builders should be out early July, at which time we will be open again for Friday and Sunday trading.

It will be a little while, maybe early spring, before we hold an official opening of the new kitchen.

Please be patient ... the wait will be worth it

Licensee/Treasurer Jim Turner 6372 2441
President/Catering Jacqui Bianchi 0439 978 156

Vice President Bobby Harwood 6372 2445
Secretary Annette Wines 0417 010 648

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.





ST MARYS IGA SUPERMARKET

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

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

Butchery specials 1 - 7 July

	<i>p/kg</i>
Porterhouse Steak	17.99
Regular Mince	9.99
Blade Roast	10.99
Lamb Loin Chops	13.99
Nichols Chicken Kiev Burger	9.99

Butchery specials 8 - 14 July

	<i>p/kg</i>
Rump Steak	13.99
Forequarter Lamb Chops	10.99
Beef Stir Fry Strips	13.99
Ingham Chicken Drumsticks	3.99
Ingham Turkey Leg Roast	7.99

Two week specials 1 - 14 July

Nescafe Menu Coffee Sachet 10pk	4.99	Fab Laundry Powder 2.5kg	5.99
Palmolive Dish Washing Liquid 500ml	1.99	Raguletto Pasta Sauce 500g	1.69
Chum Dry Dog Food 8kg	12.99	Whiskas Vita Bites 1kg	4.99
Uncle Tobys Quick Oats Sachet 10pk	3.99	Kraft Vegemite 380g	5.99
Greens Traditional Cake Mix 400 - 470g	1.99	Cascade Rasp or B/Currant Syrup 750ml	4.99
Arnotts Cream Biscuits 250g	1.99	Nescafe Coffee 500g	18.99
Maggi 2 Minute Noodles 5pk	1.99	Devondale Butter Pat 500g	2.99
Nice & Natural Muesli Bars 6pk	1.99	Fruche 2pk	2.99
Arnotts Family Assorted Biscuits 500g	2.99	Meadowlea Spread 1kg	3.99
Kelloggs Corn Flakes 380g / Nutrigrain 290g	2.99	Peters Drumstick 4pk	5.99

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

Rules for Teachers, 1879

Teachers each day will fill lamps, clean chimneys, before beginning work.

Each teacher will bring a bucket of water and a scuttle of coal for the day's session.

Mark your pens carefully. You may whittle nibs to the individual taste of the pupils.

Men teachers may take one evening each week for courting purposes, or two evenings a week if they go to church regularly.

After ten hours in school, the teachers may spend time reading the Bible or others good books.

Women teachers who marry or engage in unseemly conduct will be dismissed.

Every teacher should lay aside from each pay a goodly sum of his earnings for his benefit during his declining years so that he will not become a burden on society.

Any teacher who smokes, uses liquor in any form, frequents pool or public halls, or gets shaves in a barber shop, will give good reason to suspect his worth, intention, integrity and honesty.

The teacher who performs his labour faithfully and without fault for five years will be given an increase of two shillings and sixpence per week in his pay, providing the Board of Education approves.

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