

## THE VALLEY AND EAST COAST VOICE INC. \$1

Established 1968

48.06 July 16, 2015

Deadline for 48.08 is 5pm July 27, 2015



**the gutsy challenge**  
Give for GI Cancer Research



**GI CANCER  
INSTITUTE**  
GASTRO-INTESTINAL CANCER RESEARCH

## From our Dad to our Hero

Berriedale residents Celeste and Kase Miller aim to honour their late father's memory by raising awareness for gastrointestinal cancer research, with the help of the Southern Football League (SFL). Round 15 of the SFL, which will be held in various locations around Tasmania on Saturday August 8, will be dedicated to raising money for the G.I. Cancer Institute which funds gastro-intestinal research and conducts clinical trials to improve the life expectancy and quality of life for those diagnosed with gastro-intestinal cancers.

Celeste's father Mick Miller, who was a loyal supporter of the SFL, passed away from oesophageal cancer after a sudden decline - having only driven himself to the hospital three days before his death. It was the shock of this eye-opening experience that impelled Celeste to speak out about gastrointestinal cancer.

She says: "The treatment options are so limited for persons diagnosed with oesophageal cancer that the outlook is bleak for many sufferers, and they don't have a real chance to fight. The GI Cancer Medical Trials give people that chance. If my Dad had been sitting at a game last year and heard the same information, who knows - it may have given him the fighting chance he didn't have."

Remembered as being a 'hero' to his children and a 'popular and kind' man dedicated to the community, Mick Miller was a forester who created the Annual Fingal Festival and helped establish the Scamander River Golf Club.

He was an avid football fan and supporter of the SFL, with his son Kase playing for "The Two Blues" at Lindisfarne Football Club.

Celeste and Kase hope their efforts will help save lives by raising awareness about G.I. cancers amongst the community.

"If we can get one person to raise symptoms or risk factors with their GP this will be enough for me," says Celeste

To help support Celeste and Kase's cause please visit <https://give.everydayhero.com/au/sfl-gi-cancer-awareness-round>

**Contact:** Celeste Miller 6220 3222 / [Celeste.Miller@unitedvoice.org.au](mailto:Celeste.Miller@unitedvoice.org.au)

**More information:** Anne Casey 02 8036 5220 / [anne@gicancer.org.au](mailto:anne@gicancer.org.au)

Read more of their story on our blog:

[gutsychallenge.com/from-our-father-to-our-hero/](http://gutsychallenge.com/from-our-father-to-our-hero/)

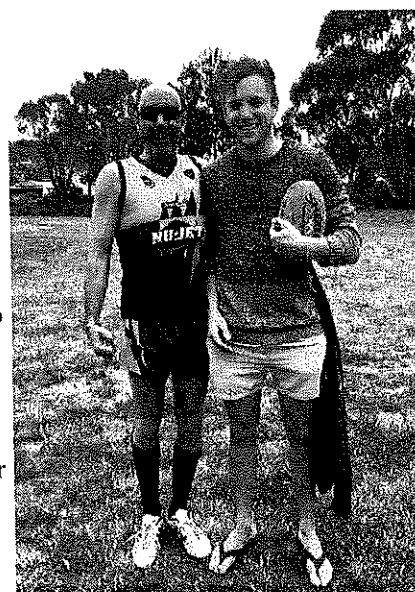


Photo (provided by Celeste Miller):  
Mick Miller (left) with son, SFL  
player Kase Miller.

The themed day saw participants  
dress as their favourite sportsperson,  
and Mick came dressed as  
his son Kase.

Dart Calcutta - July 17  
FVNH Legana / Notley Fern Gorge - July 23  
Barbara Longué Workshop - July 28  
FVNH OpShop crawl / RSL luncheon - July 31  
FVNH Blundstone Arena - August 15  
Kmart / Winter Warmer - August 18

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Community Groups / services guide p20  
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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

**Sofa bed** in good condition with innerspring mattress, maroon covering, \$100. 6372 2022

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

**Good dry fire wood** \$60 p/metre delivered St Marys, \$65 Scamander.

**Danny and Jenny Franklin 0417 383 935 / 6372 2301**

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

**Norm 6372 2380**

**Whirlpool fridge/freezer** 370L & 187L, white. \$300

**Industrial h/d elec garden shredder** 2 hp, as new \$630

**Viking rotary mower** as new \$350

**Lightburn elec cement mixer** \$150

**8m aluminium extender ladder** \$180

**4 seater small extension dining setting** as new \$200

**4 pallets cream/brown bricks** \$180

**Dark green leather lounge suite** 2 recliners & a 2 seater settee \$980

**Silver 2002 Ford Fairmont Giah** 206,000km near new tyres, 11 months rego, a dream to drive \$4500, only selling due to move.

**6372 2201**

## For Sale

**2 Story Street St Marys  
Large Commercial Building and  
adjacent land on separate title**

**\$140,000 Ph 0401 870 316**

Shredded paper and boxes with lids are usually available from the Valley and East Coast Voice Inc. Ring the editor on 0403 430 452

#### Wanted

**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

**Cash for large antique vases, also all model cars.**  
6372 2251

## Community Notices

**The Falmouth Community Centre will be holding its AGM on Sunday July 26 at 3pm at the Community Centre, Morrison St, Falmouth.**

**Louise Keady, Falmouth**

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**

### **BODRA July meeting is on July 16**

**Break O'Day Council** are looking for those amazing people in the Valley who have courage, common sense and calmness to become Mentors for our Learner Driver Program.

Mentors sit next to the learner driver and help them get some hours on the road (it's ok, the car has dual pedals).

You might only be able to volunteer for two hours a week.

We give you the training.

Give a little back to those who struggle.

**Contact Julie Severin**

**6376 7900 / [julie.severin@bodc.com.au](mailto:julie.severin@bodc.com.au)**



### **East Coast Cancer Support Group**

Support and information for anyone impacted by cancer

St Helens Neighbourhood House 25 Circassian St

Support group 11am - 12.30pm

Drop-In / Individual sessions 12.30 - 1pm

**Next meeting Friday August 7**

### **St Marys Outreach Session**

Cancer Council Tasmania are looking to provide regular drop-in outreach services at

St Marys Community Health Centre

Gardiners Creek Road

Friday 7 August 2 - 3pm

**Contact Richard 6341 8407**

**Meals on Wheels** are holding their **AGM** on August 20, 2015 - all welcome. We meet in the Day Centre at the St Marys Community Health Centre.

**Once again we are appealing for drivers; it is rewarding, visiting out clients, who like to see us and have a chat.**

There is a good induction process, and all the information you require.

Just an hour or less once a month would help to carry on this community service.

**Lundy Vosper Secretary St Marys**



**The St Helens Catholic Church**

invites you to an

Afternoon Tea

to say thanks to

Rev. Sr. Lorraine

and to welcome

Parish Priest Fr. A. Balasundaram CPPS

at the church on

August 9, 2015 from 2 - 4pm.

**Recently I had the privilege** of being in the audience for a performance given to the St Marys Hospital Day Care group.

The visiting performers were from Medea Park in St Helens, and not only did they look fantastic in their group T Shirts, they entertained us all with their rhythmic music and instrumentation.

Congratulations and warm thanks to Hayley Gilbert, Sandra Bramich, Lila Meleisea, Vicki Miller and other staff members who work tirelessly and with heartfelt compassion for their Day Care and Residential friends, at both premises. They continually demonstrate patience, kindness and wisdom as they draw out the best from all the people involved. You are, each one, an inspiration.

Thank you.

**Mel Norton, St Marys**

**A big thank you to Barry LeFevre** for his caring attitude in spreading the awareness on the recent Breast Cancer Bus visit to St Marys and St Helens. I was one of the many people assisting with getting this message out, and thought to myself *Wow, I better put my name down - it had been about three or four years since my last visit.*

Murphy's Law, with a callback from Hobart for more tests, I had drawn a short straw along with a few others in the area. Looking like a slow-growing, non-invasive cancer in the early stages. If I had left it, my future may have been totally different.

Please, if you are female, don't be naive - visit the Breast Screening bus or your doctor.

Life is too precious.

**Deb Speers, Fingal**

I'd like to clarify a couple of points about the Mobile Phone Black Spot funding announced for the Lyons electorate last week.

A number of people have expressed their concern about carriers who have won contracts to service particular country areas being different to those who already have communication towers in the area, and what that will mean to service delivery.

The Federal Government can't force a carrier to put a tower in a particular place but the government Mobile Phone Black Spot program has been designed to provide a subsidy to encourage carriers to construct towers in country areas where they would normally not go.

Carriers who propose taking up the government subsidy to provide a service in an isolated area need to let other carriers know of their ability to co-locate.

They need to also consult with other carriers before they build a new tower to accommodate them in the future.

This Federal Government Mobile Phone Black Spot program is a well thought out and considered program aimed at maximising the value of the taxpayer dollars being used as part of this subsidy.

### Cancer Council Tasmania update July 8, 2015

*St Helens* – we hold regular East Coast Support Group meetings at St Helens Neighbourhood House on the first Friday of the month from 11am - 12.30pm, followed by one to one drop-in sessions until 1pm.

*St Marys* – also on the first Friday of the month there is an outreach service from 2 - 3pm at the Community Health Centre – no appointment needed.

While we try to liaise with local community services in outreach areas to raise awareness of our services, we would also appreciate the support of local health and community service providers to promote our services to make the sessions work for people living in outlying areas.

#### *What can our Outreach service provide?*

Our services are aimed at any Tasmanian impacted by cancer, including those with a diagnosis, their partner, family members, work colleagues and members of the wider community.

Services include psychological and emotional support, general information on a wide range of cancer related issues and information on practical matters, including access to free legal and financial advice.

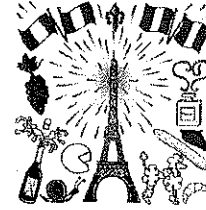
We can also provide local consultations for our free wig library service, and details of the services available at our Cancer Support Centre in Howick Street Launceston and programs statewide, such as our Financial Assistance Program.

Lastly, with enough notice, we can usually provide a community groups speaker to cover the full range of Cancer Council Tasmania's activities.

Thanks, and please contact me if you require any further information.

**Richard Austin, Senior Support Officer**  
**Cancer Council Tasmania**  
6341 8407 / [raustin@cancertas.org.au](mailto:raustin@cancertas.org.au)

## Community Outreach Dinner "Bastille Day Celebration" French Savoury Crepes and Beef Burgundy



**Holy Trinity Anglican Church Hall  
St Marys**

**Saturday July 18, 2015**

**5.00pm for 5.30pm serving**

**Everyone is welcome!**

You are invited to bring either a side dish, or a dessert to share.

Please RSVP Christine on 0410 441 558

or respond on the Fb page [https://](https://www.facebook.com/events/947243138631077/)

[www.facebook.com/](https://www.facebook.com/events/947243138631077/)

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**THE GOLD COIN COLLECTION THIS MONTH WILL  
GO TO THE NUNGALINYA COLLEGE**

**Would you like to sell your art to the  
whole world?**

**Free Workshop  
Tuesday July 28, 2015  
5:30 - 6:30pm**

**with Barbara Longué,  
International Business Coach**

We'll review some of the online and offline options that can get you noticed and put money in your pocket

**Come along and learn some  
important tips!!**

**At Crossroads Winebar & Café  
1/34 Quail Street St Helens TAS 7216**

**Free workshop – Just buy your own glass  
of wine!**

**RSVP to [bodregionalarts@gmail.com](mailto:bodregionalarts@gmail.com)  
or message us on  
[Facebook.com/Bodregionalarts](https://www.facebook.com/Bodregionalarts)**

**Great News for St Marys!  
After School Care  
is now available .....**



**at St Marys District High School commencing Monday 20<sup>th</sup> July  
3.00pm - 5.30pm**

**\*\* for St Marys Primary School children up to 12 years of age  
PLUS FULL DAY School Holiday Care in October**

**Please contact the St Marys Child Care Centre for more information  
6372 2187**

**or NCN 6341 1555**

email [enquiries@ncn.org.au](mailto:enquiries@ncn.org.au)



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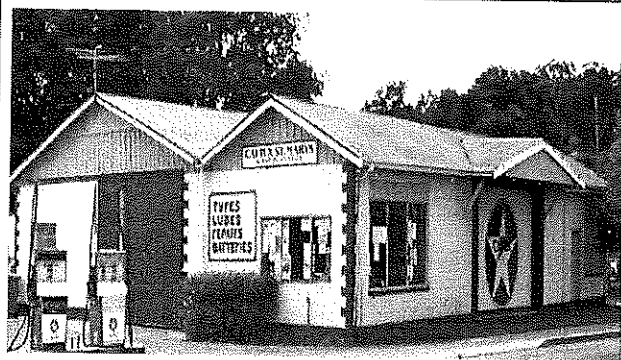
**Brighton Office**

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



## CALTEx ST MARYS

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Coin operated washers  
and dryers  
6.30am - 8pm

## 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

Tuesday, Wednesday, Thursday, Friday

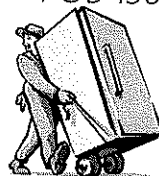
- |             |                     |
|-------------|---------------------|
| ▪ Ladies    | ▪ Blow waves        |
| ▪ Men       | ▪ Shampoo & sets    |
| ▪ Teenagers | ▪ Colour correction |
| ▪ Children  | ▪ Beauty            |
| ▪ Cutting   | ▪ Waxing            |
| ▪ Restyles  | ▪ Hair products     |
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46 Main Street St Marys - 0448 532 531

**LOOK GOOD, FEEL GOOD**

## Ransley's Appliance Service

POB 136 Scamander Tasmania 7215



*Washing machine noisy?*

*Refrigerator runs too long?*

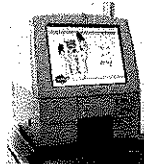
*Clothes dryer blows cold air?*

...then you need the services of our technicians

**6372 5307 / 0428 761 811**

## St Marys PHARMACY

Pharmacist instore Monday - Friday



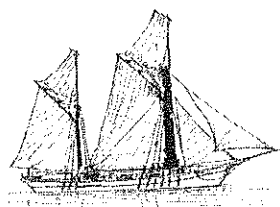
Our Kodak machine is up and  
running, copies from 45¢

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



Main Street St Marys 7215  
Ph 6372 2844 Fax 6372 2874





## St. Helens History Room

### 61 Cecilia Street, St. Helens, Tas. 7216

Ph 6376 1479 Fax 6376 2658 [historyroom@bodec.tas.gov.au](mailto:historyroom@bodec.tas.gov.au)  
July 1, 2015

#### AUGUST IS LOCAL'S MONTH!

St Helens History Room is pleased to offer local residents the opportunity of visiting FOR FREE! For the month of August 2015, Break O'Day residents can take advantage of 'stepping back in time' to visit the St Helens History Room by presenting an ID card showing their local address (e.g. Drivers License; Pensioners Card; Health Care Card; Medicare Card).

Have a look at our social history museum, say hello to our volunteers, take a tour of the Backroom where the archives and family history files are kept or browse the merchandise presented by the Visitor Information Centre.

**FOR AUGUST ONLY!**

*Kym Matthews, Curator  
St Helens History Room*

#### National Whale Trail funding for Lyons July 8, 2015

FOUR councils in the Lyons electorate are among 11 sites nationally to receive Federal Government funding for a national whale trail.

Tourists, locals and whale watchers generally in Lyons will be given a better view and understanding of migrating whales as they travel along Tasmania's East Coast, thanks to nearly \$93,000 from the Federal Government's \$250,000 National Whale Trail initiative.

Break O'Day, Glamorgan Spring Bay, Sorell and Tasman Councils will receive between \$22,400 and \$25,000 each to develop their sections of the national whale trail.

Federal Lyons MP Eric Hutchinson said that the innovative funding program would help increase tourism along Tasmania's East Coast with visitors coming to see the gentle giants of the sea on their annual journeys to and from the Antarctic. Environment Minister Greg Hunt said that Australians loved marine wildlife so that there was a genuine demand for land-based vantage points along the coastline to view these magnificent migrating whales.

"The national initiative will not only help increase tourism in Lyons, it will also promote understanding in the community about the importance of protecting whales and dolphins which are such a feature of coastal life," Mr Hunt said.

Glamorgan Spring Bay and Break O'Day Councils will use their funding to provide interpretive and educational information at a chain of viewing locations where whales are seen.

Each site will include common information about whales and water viewing guidelines as well as species diversity information, migration, conservation and history and heritage.

Tasman Council will spend \$20,400 designing and constructing a whale viewing platform at Eaglehawk Neck, to take advantage of the uninterrupted views out onto the Tasman Sea.

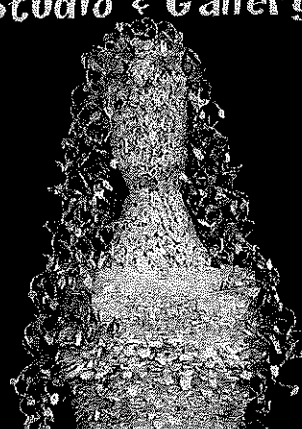
Sorell Council will use its \$25,000 to also construct a timber observation deck with a path connecting to Parnella Road.


An area of significant erosion resulting from uncontrolled headland access will be revegetated.

The National Whale Trail is part of a \$2 million investment over three years by the Federal Government under its whale and dolphin protection plan.

For more information about the plan, go to [www.nrm.gov.au](http://www.nrm.gov.au)

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

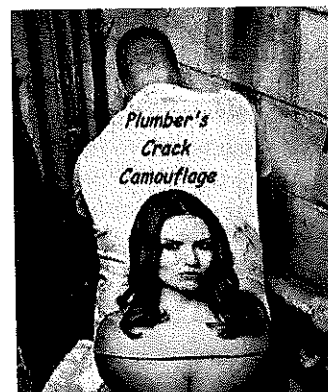


St Marys - Tasmania  
[maddmudd@hotmail.com](mailto:maddmudd@hotmail.com)  
m. 0409 461 737  Find us on Facebook

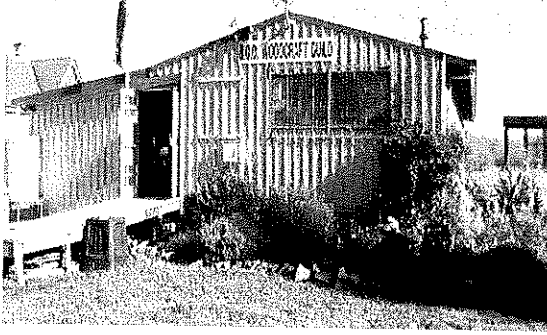
#### A family photo contained:

one grandfather, one grandmother, two fathers, two mothers, six children, four grandchildren, two brothers, two sisters, three sons, three daughters, one father-in-law, one mother-in-law, one daughter-in-law. 29 people you may think, but no! What is the fewest number of people that could have been in the photo?

Answer: 8.  
Four children (2 boys and 2 girls), their mother and father, the mother's mother, and the father's father.



## Out of the Woodwork



Guild members send  
all their heartfelt good  
wishes to  
**Michael Smith**

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

Wendy Brennan, Secretary 6372 2094

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

[www.facebook.com/pages/Break-ODay-Woodcraft-Guild-Mens-Shed/654672894597969](http://www.facebook.com/pages/Break-ODay-Woodcraft-Guild-Mens-Shed/654672894597969)



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everything in one convenient location*

### Hillys Rewards

**That's right!**

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



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



### Why English is so hard

We'll begin with a box, and the plural is boxes,  
But the plural of ox becomes oxen, not oxes.  
One fowl is a goose but two are called geese,  
Yet the plural of moose should never be meese.  
You may find a lone mouse or a nest full of mice,  
Yet the plural of house is houses, not hice.  
If the plural of man is always called men,  
Why shouldn't the plural of pan be called pen?  
If I speak of my foot and show you my feet,  
And I give you a boot, would a pair be called beet?

If one is a tooth and a whole set of teeth  
Why shouldn't the plural of booth be called beeth?  
Then one may be that, and three would be those  
Yet hat in the plural would never be hose,  
And the plural of cat is cats, not cose.  
We speak of a brother and also of brethren  
But though we say mother, we never say methren.  
Then the masculine pronouns are he, his and him  
But imagine the feminine: she, shis and shim.  
Anon.



## Suncoast Gallery News July 2015

Welcome to Winter!

Up in the Valley and down on the coast we are feeling the chills! This month's mascot, Sammi Sheep says "be like me and wrap up for the cold at the Suncoast Gallery!"

We have knitted, crocheted and quilted goodies in all colours, configurations and cosiness levels! There are scarves, beanies, hats, gloves, capes, shawls, socks, sockettes, quilts and more. The range is terrific, the warming factor great and the prices are low.

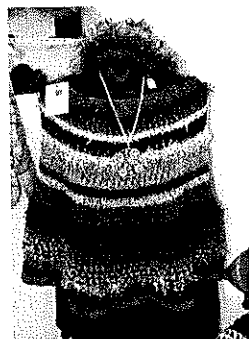
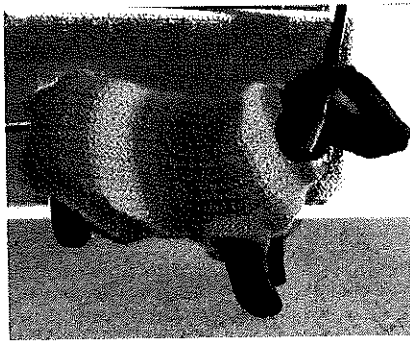
Our star local craftspeople have been busy, especially Eva Cymbalek, Glenys Anderson, Dianne Horvath, Wendy Mallet, Donna Oakford and our very busy new member Melissa Nelson.

That's not all! Our terrific regular range of original artworks by Tasmanian painters and photographers is still available, along with the range of gifts and handmade greeting cards for all ages and both sexes. They range from toys and clothing for the wee ones, to the wonderful leather goods by Karl Balzer, master craftsman from St Marys.

Finally, a reminder about this year's Grand Raffle. For your chance to win a charming mounted watercolour by Mel Hills, a beautiful wholecloth lap quilt, Bluebell the beaded dolly or Lily the lovely lollipop lady, drop in to the gallery for your ticket. The tickets are \$2 each, and the draw will be in November.

Did I mention our prices are very competitive? Support your local artists and makers and pop in for a look! We are off Quail Street behind the Lifebuoy Cafe, and are open from 10am - 4pm weekdays and 10am - 1pm Saturday.

*Sue Courtis Publicity Officer, St Helens*



## The Say, by Cagerattler

One of the most frustrating things about living in a low population region like we do is the lack of 'real' efforts to promote job opportunities, especially for our young people. Sadly, as each year passes, the east coast and Fingal valley continues to see this age group having to move away to find work and still finish off aspects of their education.

Labour-intensive farming has gone, the timber industry, saw milling the same - we all know what happened last year with the coal mine with quite a few given their marching orders and no doubt the fishing industry on the coast is not booming any more.

Where are we heading? Why is it so hard to get state and federal politicians to focus on a real direction for the Fingal valley and east coast? They do seem to more so in Hobart, Launceston, North West and West Coast, why not here?

Isn't that one of their main purposes as polities? Direction and focus is what's needed.

If it's tourism, they need to genuinely put resources in place to get this happening. If it's aged care services, the building industry, info technology or education based - or an industry looking for a new home. Even if it's a little bit of a few different things but as we don't have a big say because of low voting numbers we may need to keep at our local polities. We need to keep reminding them to get off their backsides and take notice of us, before all we are is a giant retirement home with nothing much going on. WE NEED SOMETHING GOING ON ... lack of direction is something that has to be addressed and soon...

What do you think?

*Rod McGiveron, St Marys*

getgetgetgetmenot = ?

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CCTV - cameras

Sound System &  
Speaker Cabling



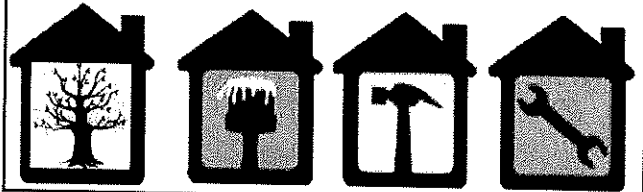
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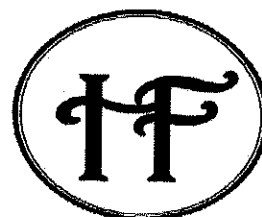
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## Tasmanian Lymphoedema Centre St Marys Community Health Centre, Gardiners Creek Road St Marys

We are pleased to announce that the TLC is open again, for our full range of combined lymphoedema services - laser and manual lymphatic (lymphoedema) massage, in addition to a broad range of other complimentary health services. We welcome a combined team of practitioners:

**Karen O'Shea** Karen is an experienced nurse / midwife with over 35 years of diverse health care service delivery, focused on positive client outcomes. Karen is a licensed Low Level Laser Therapist, and will focus her care delivery on Low Level Laser lymphoedema. Karen has completed a Master Class in treating musculoskeletal conditions, and takes a holistic approach to Lymphoedema Assessment and Management.

**Susie Edwards** Susie has 25 years experience as a Massage Therapist, with qualifications in Therapeutic and Lymphoedema massage. She is a licensed Low Level Laser Therapist, and has trained in LL Laser for lymphoedema; Susie has completed a Master Class in using laser for musculoskeletal problems and physical rehabilitation. Susie is thorough and draws on her broad experience with techniques for wellness and health, and enjoys positive result for her clients. Enquire about private health rebates.

**Marilyn Von Paleske** Marilyn is an accredited Naturopath with 20 years dedicated practice. She has treated a wide range of health conditions, including Lymphatic system disorders. An experienced body worker, she will be available at the clinic for manual Lymphatic drainage massage and also brings a range of supportive complimentary therapies. Marilyn takes a balanced approach and has witnessed and enjoyed very positive results with her clients. Private health rebates are available.

Appointments are now available for our existing / previously treated clients, and we welcome your ongoing support. If you would like to book some treatments, please call us on 6372 2900.

If you are a prospective client and a newcomer to our services, appointments will be available for new Lymphoedema Assessments in spring. Generally, a referral will be needed. Please call us and we can discuss an appointment with you.

For Low Level Laser treatments of musculoskeletal problems, or physical rehabilitation, a referral is not required. Please call the SMCHC for an appointment.

Our clinic works with modern, up to date laser technology, and a state of the art Bio Impedance Monitoring machine for measuring body fluids, early detection of lymphoedema and clinical evaluation.

Our combined team of practitioners is dedicated to providing personalised, professional and caring service. We look forward to being able to support you.

For more information and appointments, please call the TLC Clinic on (03) 6372 2900, and watch for forthcoming updates on [taslymphoedema.asn.au](http://taslymphoedema.asn.au)

TLC would also like to thank our clients and others for their patience and support, notably those who founded the Centre, including Kate Williams for her wonderful and dedicated service over many years; to Sue Christiansen for her dedication over many years; to the staff of St Marys Community Health Centre and hospital, therapists and committee members and our community, for their generous contributions and fundraising over the years. We also extend our gratitude to a number of individuals without whom this transition to re-opening may never have succeeded - you know who you are.

## Rules for nurses 1887 (U.S.)

In addition to caring for your 50 patients, each bedside nurse will follow these regulations:

- \*Daily sweep and mop the floors of your ward, dust the patient's furniture and window sills
- \*Maintain an even temperature in your ward by bringing in a scuttle of coal for the day's business

- \*Light is important to observe the patient's condition. Therefore, each day fill kerosene lamps, clean chimneys and trim wicks

- \*The nurse's notes are important in aiding your physician's work. Make your pens carefully; you may whittle nibs to your individual taste

- \*Each nurse on day duty will report at 5am and leave at 8pm., except on the Sabbath, on which day she will be off from 12 noon to 2pm

- \*Graduate nurses in good standing with the director of nurses will be given an evening off each week for courting purposes, or two evenings a week if you go regularly to church

- \*Each nurse should lay aside from each payday a goodly sum of her earnings for her benefits during her declining years, so that she will not become a burden. For example, if you earn \$30 a month, you should set aside \$15

- \*Any nurse who smokes, uses liquor in any form, gets her hair done at a beauty shop or frequents dance halls will give the director of nurses good reason to suspect her worth, intentions and integrity

- \*The nurse who performs her labors and serves her patients and doctors faithfully and without fault for five years will be given an increase of five cents per day.





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



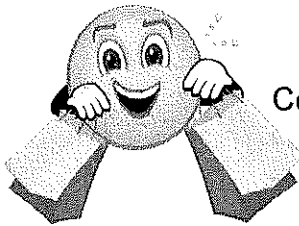
**Legana – Notley Fern Gorge  
Thursday July 23, 2015**

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

**A \$10 deposit by July 16 would be appreciated**



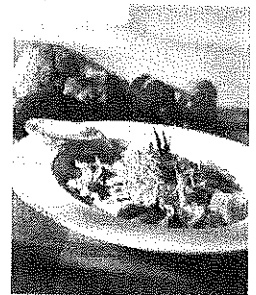
**Launceston Country Club Casino for tea and  
Late night shopping at Kmart  
Wednesday July 29, 2015**

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**



**Kmart  
Kings Meadows  
“Winter Warmer”**

**Friday August 14, 2015**

Cheap special bus fare - check this out

Cost for bus: 11 seats for \$10 ea, 10 seats for \$12 ea, 6, 7 or 8 seats for \$20 ea

Cost for car: 4 seats for \$12.50 ea

BYO lunch or purchase your lunch on trip

**A \$5 deposit by August 7 would be appreciated**

## "GREAT DAY OUT TO SUPPORT YOUR FOOTY TEAM"



**Blundstone Arena**  
**Saturday August 15, 2015**

Cost is: 11 seats for \$25 ea

Concession: \$20 ea

Children: \$10 for 16yrs and under

B. Y. O. Snacks/lunch or buy lunch on the way

Call into the FVNH to book your tickets

Ticket price will be discussed on bookings

**The deadline for this event is August 7, 2015**



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.



SUPPORTED BY

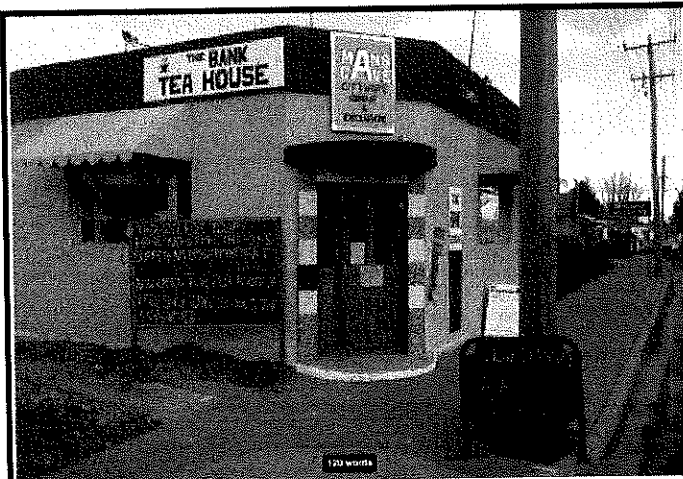
**Tasmanian  
Government**

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

### June rainfall, thanks to Reon Johns St Marys

June 6	Trace
9	4.0
16	1.2
17	16.4
22	2.8
23	.8

**An information session on the St Helens Health Precinct** (the proposed hospital site) will be held this Saturday, 18th July, commencing 11am at the St Helens Football Club. Representatives from the Department of Health and Human Services, Loop Architects and Council will be present to provide background, overview and where to from here info as well as answering questions.



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\*Takeaways available.

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*Andi & Sherryn*



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## Mount Elephant and Beyond Book Group review

### The honey spinner by Grace Pundyk

The Mount Elephant and Beyond Book Group is one of LINC Tasmania's statewide network of book groups. The group currently has ten members who come from St Marys, Bicheno, Scamander and Beaumaris. Each month we meet to talk about a title we have selected from LINC's stock of available books. Books may be fiction or non-fiction, and range from thrillers to chick-lit, from travelogues to biographies and everything in between. This month we read a non-fiction title, *The honey spinner* by Australian writer Grace Pundyk.

The honey spinner is basically a travel book – with honey. To say that Grace Pundyk likes honey is an understatement – she is a connoisseur of honey and she knows what she likes. In this book she travels around the world to investigate the state of the honey industry and techniques of bee keeping, but along the way she also looks at the politics of the global food industry. She travels to Yemen, Australia, New Zealand, Russia, Borneo, China, Britain, the United States, Italy, and Turkey, often arriving with no clear plan of her next step. Fortunately she, mostly, meets some very generous people who are equally passionate about honey and bee keeping.

It is the accounts of Grace's meetings with these people that help to make *The honey spinner* so rewarding. In Yemen her guide and interpreter is Mohamed who protects her from unwelcome attentions and good-humouredly proposes marriage to her at regular intervals. She finds the Yemini's poor but generous and hears stories of the honey industry funding terrorism. She also enjoys an extended stay in Borneo and this episode is one of the most evocative as she shares a primitive lifestyle with the local people. In Russia she eventually meets some dedicated researchers but in the process she falls out with Irina, a former acquaintance who finds her difficult and ungrateful.

In Australia Grace has mixed experiences. She meets some dedicated but eccentric beekeepers in Queensland who are keeping stingless native bees and in Tasmania she learns about the challenges facing the leatherwood honey industry. In Tasmania she also arouses the suspicions of anti-green locals who suspect that she may be living on the dole and question her about her source of income.

For most of her journey Grace travels alone, a brave move for a single woman in the Yemen for example, and there are a few episodes where she was potentially at risk in the United States and in Russia. In Tasmania and Borneo she travels with Gerhard with whom she later settles down in Tasmania, despite her self-professed lack of affinity with Australia after so many years living abroad.

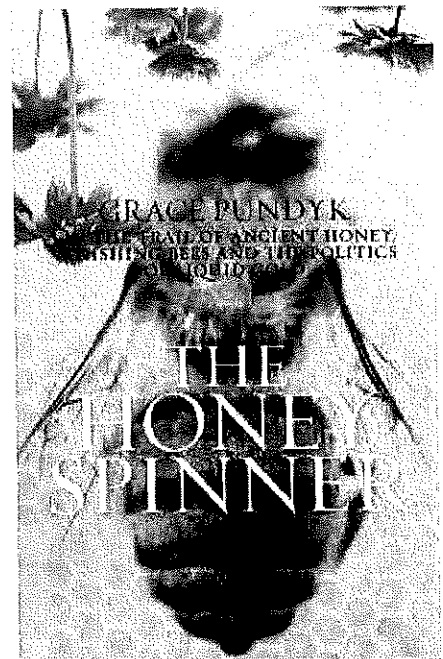
In many of the countries that she visits Grace finds worrying evidence of decline in the bee population due to Colony Collapse Disorder (CCD). There are many theories as to the cause of CCD, ranging from the impact of the varroa mite, stress experienced by bees that are constantly moved long distances in the interests of pollination, the loss of food variety due to monoculture, and GM crops. CCD has implications not only for the honey industry but also for crops that rely on bees for pollination.

Honey varies widely in colour and consistency from region to region and Grace of course samples the local honey wherever she goes. She finds honey that costs several hundred dollars a kilo, honey that is a totally blissful experience, and honeys that have been adulterated with corn syrup or blended with inferior honeys. Country of origin labelling seems to be a problem almost everywhere, with expensive local honeys being blended with cheaper imported honeys.

The honey spinner is often fascinating due to Pundyk's enthusiasm for her subject and her empathy for many of the people that she meets. Her descriptions of honey are often quite mouth watering but there are occasional flat spots in the writing that the reader is tempted to skip over.

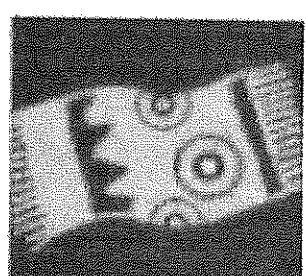
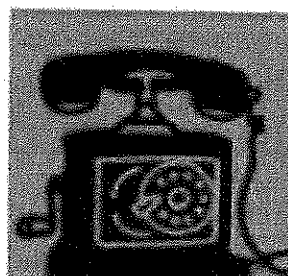
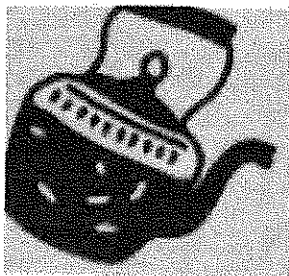
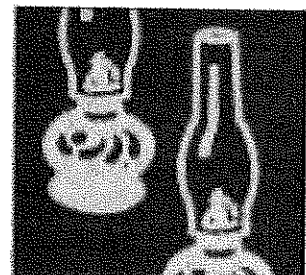
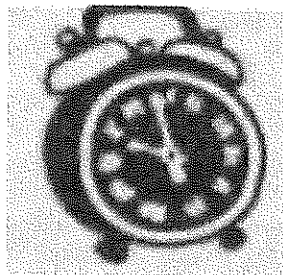
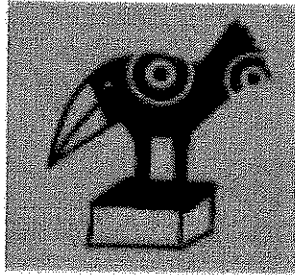
Although focussed on the honey industry, the book raises some interesting questions about the politics of food production in general, the impact of intensive farming and the influence of supermarket monopolies. The honey spinner may teach you more about honey than you ever thought you would need to know, but it will certainly make you look a bit more closely at the label on the jar next time you buy honey.

*Lindy Scripps, St Marys*



# Crafts and Produce

# MARKET



## Boardmills Market

Avalon Arts & Function Centre, Launceston

Saturday 18th July

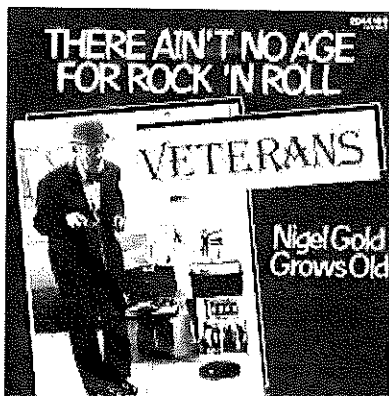
Depart: St Helens: 8am

Depart: Launceston: 2pm

Cost: \$25

A fantastic combination of handmade crafts, local artists and musicians, food, beverages, superb coffee, plants, bric-a-brac, entertainment and fresh produce

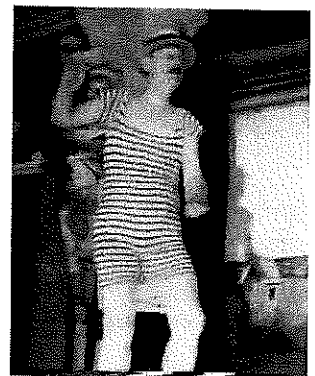
For more info phone 6376 1134  
email [admin@neighbourhoodhouse.org.au](mailto:admin@neighbourhoodhouse.org.au)



The Veterans were from Belgium and they hit it big in 1979 with their catchy pop hit 'There Ain't No Age For Rock N Roll'. They had another track called 'I'm Jogging' which didn't enthuse the buying public, and it sank quickly without a ripple.

'There Ain't No Age For Rock N Roll' was number one for a few weeks, and was heavily promoted by Molly Meldrum on Countdown.

<http://tommixmusic2.blogspot.com.au/2009/05/there-aint-no-age-for-rocknroll.html>





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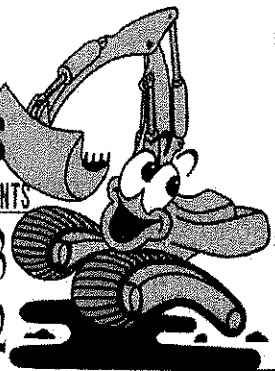
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## Community Groups / Services Guide

**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*

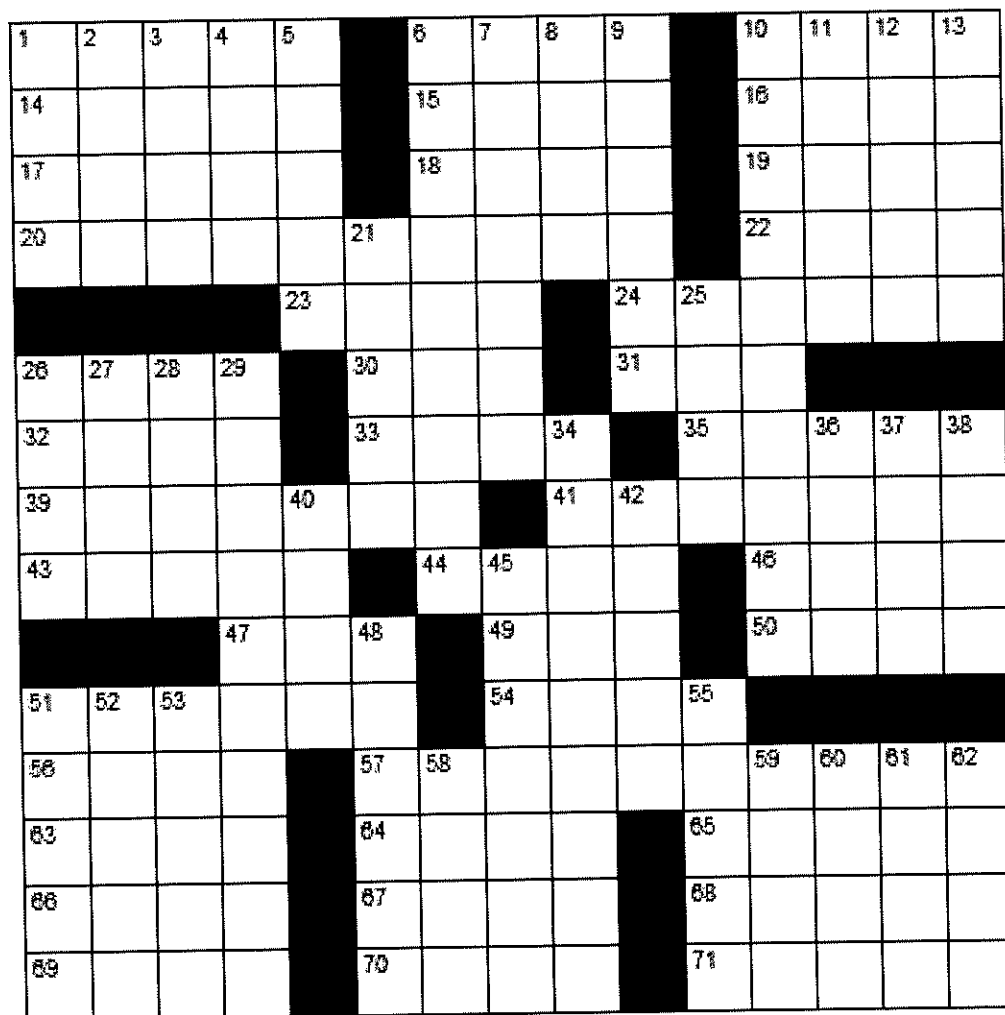
**The Tasmanian Lymphoedema Centre Inc** meet monthly on the 3rd Monday 5pm in the St Marys Community Health Centre, Day Care Room.

**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.

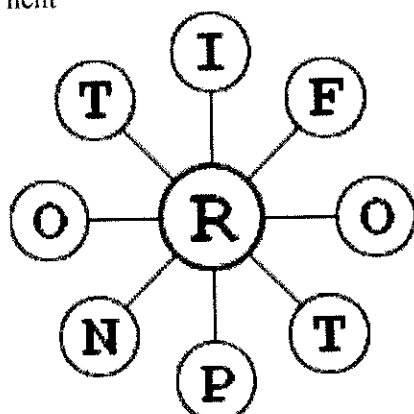
# ACROSS

1. Perpendicular
6. Shoestring
10. Mother
14. Hawaiian veranda
15. Lazily
16. Weightlifters pump this
17. Sheeplike
18. Not false
19. Hindu princess
20. Noria
22. Boats
23. Observed
24. Enclose in
26. Not stiff
30. An Old Testament king
31. Letter after sigma
32. Smell
33. Somersault
35. Not promising
39. Equivalent word
41. Free
43. Run away to wed
44. Sea eagle
46. End \_\_\_\_
47. Historic period
49. Barely manage
50. Slave
51. Restitution
54. Former Italian currency
56. Lairs
57. A type of semiconductor
63. Decorative case
64. Be worthy of
65. French for "Red"
66. Flippant
67. How old we are
68. Master of ceremonies
69. 3
70. Boys
71. Faked out an opponent



# DOWN

1. Farm equipment
2. Magma
3. Module
4. Head of hair
5. Caskets
6. Slender
7. An endocrine gland
8. Hint
9. Shoelace hole
10. Heaven-sent
11. A kind of macaw
12. They live in monaster-
13. Licorice like flavour
21. Tired
25. Apprehends
26. Fail to win
27. Bucolic
28. Not stereo
29. Tendency
34. A tall and thin physique
36. If not
37. Affirm
38. Notch
40. Egghead
42. Ales
45. Connected by kinship
48. Stellar
51. Apt
52. Gauge
53. Habituate
55. Broadcast
58. Indian music
59. A few
60. Fit snugly into
61. Curved molding
62. Marsh plant



## Solutions next issue

How many words can you find? Each word must contain the central R 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: 29 words. Good: 24 words. Average: 16 words.

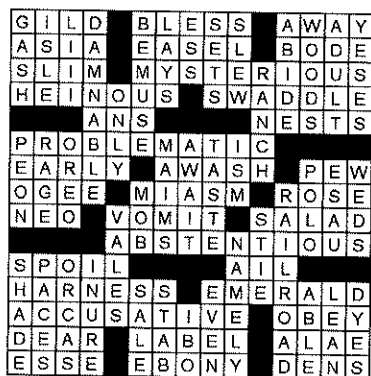
	8					9	
3			9	8			1
			1	7	3		
	2	5		1		3	8
		3	5		7	4	
	9	4		8		1	7
			8	2	9		
9			4		5		6
	5					3	

## Meals on Wheels - 0488 384 344

July 20	Pam Bretz
21	Louise Keady
22	Karl Balzer
23	Sonya Allison
24	Lorraine Gill
27	Karl Balzer
28	Lundy Vosper
29	Valmai Spencer
30	Sonya Allison
31	Lorraine Gill

## Last edition's solutions

All words: ache, achier, ah, arch, archer, archine, cahier, chain, chaine, chair, char, chare, charier, charr, chi, chia, chin, china, chine, chirr, chirre, churn, churner, churr, each, eh, enrich, ha, hae, haen, hair, hance, hare, he, hear, heir, hen, her, hern, hernia, hi, hic, hie, hin, hire, hirer, hue, huic, **HURRICANE**, ich, inarch, inch, nah, niche, nucha, nuchae, rah, ranch, rancher, raunch, **RAUNCHIER**, reach, rhea, rich, richen, richer, ruche, uh, un-hair, urchin.



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

## 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

## 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

*Bicheno* Holy Mass 1st and 5th Sunday 9am  
Liturgy 2nd, 3rd and 4th Sunday 9am

*Fingal* Holy Mass every 5th Friday 10am, Holy Mass every 1st and 3rd Sunday 11.30am  
*St Helens* Holy Mass Thursday 10am, Saturday 5pm

*St Marys* Holy Mass 2nd and 4th Sunday 9am, 5th Sunday 11am

### Anglican Parish of Northern Midlands

*Avoca* 11am 2nd Sunday  
*Fingal* 2pm 2nd Sunday  
*Mathinna* 2.30pm 4th Sunday  
*Ross* 10am 5th Sunday  
*Campbell Town* 9am

### St Marys Salvation Army

*Envoy M Norton*  
0409 838 816

*Sunday JOY* 9.30am  
Tuesday JAM 3-5pm (except school holidays)

### 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)

### Break O'Day Uniting Church

The Manse 6376 2405  
*St Helens* 9am  
*Fingal* 11.15am



## St Marys Salvation Army

is pleased to offer the following services:

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

Envoy Mel Norton  
0409 838 816



How many animals do I have if all but 3 are dogs, all but 3 are cats, all but 3 are pigs and all but 3 are cows?  
**Answer:** I have four animals, one of each.



# SPLASH

ST MARYS

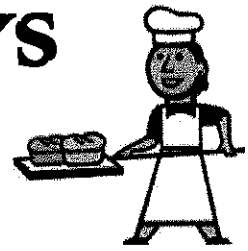
*You swill it, we fill it!*  
*You dump it, we pump it!*

Water cartage  
Septic pumping

Contact: Mick

**0488 777713**

## ST MARYS BAKERY

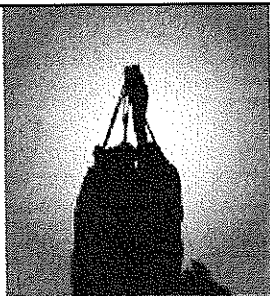


**Fresh bread, rolls & buns**  
**pies, pasties & cakes**  
**hot food, coffee**  
**cold drinks, ice cream**

**52 Main Street St Marys**

**Ph: 6372 2131 Open 7 days**

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



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& LAND PLANNERS

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

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# 3D

## MAPPING SOLUTIONS

# **St Marys Community Health Centre**

**Gardiners Creek Rd St Marys Tasmania 7215**  
**6387 5555**

## **GP Surgery hours**

**Monday - Friday**

**8.50 - 10am**

(10 - 10.30am reception closed)

**10.30 - 12.30pm**

(12.30 - 1.30pm reception closed)

**1.30 - 2.45pm**

(2.45 - 3.15pm Reception closed)

**3.15 - 4.30pm**

## **Pathology**

There is no pathology service prior to **8.30am**, or  
from **12 - 1.30pm**

If you require pathology prior to 8.30am, an  
appointment must be made at the  
Nurses' Station the day/evening before on

## **Scripts and doctors appointments**

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

**Please be patient**

Waiting periods to see your doctor  
may be experienced

We are not able to issue scripts during the weekends,  
please ensure you have enough in advance

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

## **Are your details up to date?**

Do you have a new address / phone number?  
Do you have a new Centrelink / Medicare card?  
Have you updated these details with us?

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

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

If any of your details have changed, please  
contact us on 6387 5555 or call in and see our  
friendly reception staff for assistance

A doctor's appointment is required for an  
**INR** test - please inform reception when booking the  
5 minute consultation

## **Doctors roster**

**Dr C Latt** July 7 - 31, 2015

**Dr K Rawnsley** July 16, 21,  
23, 28, 30, 2015

**Dr L Reeckman** July 16, 17, 2015

Appointments 6387 5555

## **SMCHC Teaching Site**

We are a UTAS teaching site. We regularly host  
students from various health faculties, who attend  
our site to participate in training placement  
If you are attending this practice and would prefer  
the students do not sit in on your  
consultation, please inform reception prior to your  
appointment

These placements are very important for the  
students, so your cooperation is greatly appreciated  
There will be medical / nursing students on  
placement at St Marys during July 2015

## **St Marys Medical Practice reminder**

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

- ♦ Driving licence ♦ Insurance medicals
- ♦ renewals ♦ Harness medicals
- ♦ Requested medical ♦ Pre-employment
- ♦ reports ♦ checks

The above are NOT covered by Medicare, and may  
incur cost. Please discuss this with reception when  
making your appointment

If you have any concerns, please contact us and we  
will try and address them

## **A.H. contact numbers**

**GP Assist** 1300 780 011

**Ambulance or  
Emergency** 1800 008 008  
000

**Lifeline - Saving lives, crisis  
support and suicide prevention** 13 11 14

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

# **St Marys Community Health Centre**

Gardiners Creek Rd St Marys Tasmania 7215  
6387 5555

## **What's on at the Centre**

July 16	<b>Social Worker</b> Shan Williams Please call 6387 5555 for appt
July 17	<b>Social Worker</b> Shan Williams Please call 6387 5555 for appt
July 20	<b>TML Psychologist</b> Sam McCarthy Please see your GP for referral <b>Tasmanian Lymphoedema Centre</b> meeting 5pm in the Day Room
July 21	<b>Child Health session</b> with Mary Mumford Tuesday fortnights, appt only. Call 0428 136 381 <b>Rae &amp; Partners lawyers</b> consult fortnightly at the SMCHC, appts call 6337 5555
July 22	<b>Social Worker</b> Shan Williams Please call 6387 5555 for appt
July 23	<b>Relationships Australia</b> Leanne McMurtie, for appt call 1300 364 277 <b>Social Worker</b> Shan Williams Please call 6387 5555 for appt
July 24	<b>Social Worker</b> Shan Williams Please call 6387 5555 for appt
July 27	<b>TML Psychologist</b> Sam McCarthy Please see your GP for referral
July 29	<b>Physiotherapist</b> Please see your GP for referral <b>Consumer &amp; Carer Advocacy Group</b> 12 - 2pm downstairs at the SMCHC. Call Shan on 6387 5555 <b>Day Centre</b> , call Hayley Gilbert on 6387 5555 for info on the group
July 30	<b>Social Worker</b> Shan Williams Please call 6387 5555 for appt

Information on this page supplied by St Marys  
Community Health Centre, Gardiners Creek Rd  
St Marys Tasmania 7215

## **Cancer Council Outreach Service**

On the first Friday every month the  
Cancer Council's Senior Support Officer  
Richard Austin will be available for  
**drop-in appointments** at the SMCHC  
Richard's role is to help those who have a cancer  
diagnosis; he can help you work through any  
questions you may have without having to travel to  
Launceston to get the support you need

## **Physiotherapy**

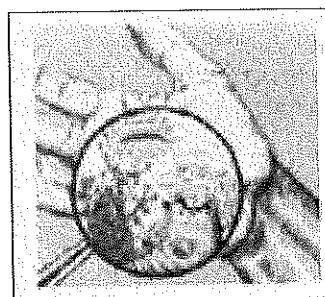
Physiotherapist from LGH one day per fortnight  
Please see your GP for referral or call 6387 5555  
Referrals will still be accepted and prioritised

## **Eyelines**

Eyelines visit the SMCHC every 6 - 8 weeks.  
For appointments please call 1300 139 363  
All consultations bulk billed

**HAND HYGIENE** is the single most effective way  
to stop the spread of germs

**HAND HYGIENE IS  
EVERYONE'S RESPONSIBILITY  
WASH YOUR HANDS REGULARLY**



## **Podiatry North**

Community Podiatry Service

A podiatrist and foot care assistant visit the SMCHC  
every 6 weeks. Please see your health professional  
for a referral, or make your own appointment by  
calling Podiatry North on 6331 5155

## 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** A Man's Cave, St Marys  
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 6387 5555
- 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 Lymphoe-  
dema Centre 6272 2900
- Marriage Celebrants** Peter Power  
0417 017 105  
Melanie Norton 0409 838 816
- 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** The Bank Tea  
House, St Marys  
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

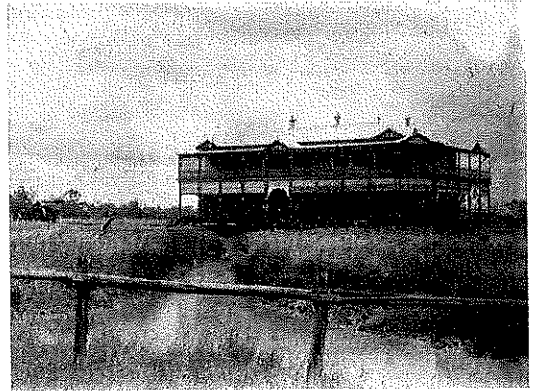
## Clermont is an agricultural town in the Isaac Region, Queensland, Australia

It is 274 km south-west of Mackay on the junction of the Gregory and Peak Downs highways. At the 2006 census, Clermont had a population of 1,854.

Today, Clermont is a major hub for the large coal mines in the region, as well as serving agricultural holdings.

Ludwig Leichhardt was the first European to pass through the Clermont area in 1845, but it was the discovery of gold in 1861 that was responsible for the establishment of the town. The town reserve was proclaimed on March 25, 1864, although a gold field was declared in the area in 1862. It is named after Clermont-Ferrand in France.

Copper was discovered soon after. In the 1880s up to 4000 Chinese people were resident in Clermont, mining for gold and copper. This led to racial riots and the Chinese were removed from the region in 1888. The railway was extended north from Emerald to Clermont in February 1884. However, no passenger trains are available to or from Clermont. The town was originally established on low lying ground next to a lagoon or billabong, but flooding was always a problem, with four substantial floods occurring between 1864 and 1896.



*Lagoon looking east with bridge washed away, Clermont, Queensland, 1917*

The greatest flood, in 1916, killed 65 people out of a town population of 1,500 and remains one of Australia's worst natural disasters in terms of life lost.

Following the 1916 flood, many of the wooden buildings of the town were moved using steam traction engines to a new townsite on higher ground. A local amateur photographer, George Pullar, took numerous photographs of the moving buildings, published in the 1980s as "A Shifting Town".

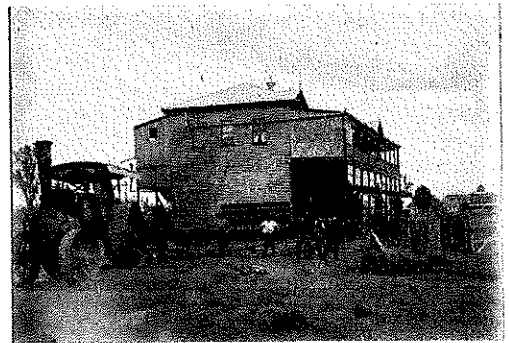
Following the flood that virtually destroyed Clermont in December 1916, the people of Clermont voted to move the town to higher ground. 'Each building was raised on jacks and timber rails laid underneath it and for about one hundred metres ahead. A steam traction engine then winched the building slowly along the track. When it came to the end of the track, the rails were col-

lected and laid down in front for another hundred metres. ...Considering the size of the task of moving a hotel, the procedure did not take long.

The contract to move the Grand Hotel was signed in June 1917, the steam engine began its work on 16 August and by 15 September the Grand was opposite its new site on the corner of Capella and Daintree Streets. While the hotel was 'on the road', the boarders had their meals served in the dining room as usual and slept in their rooms each night.

The other hotels were also moved in this way, although the Commercial, being so large and built in an 'L' shape plan, was sawn in half and moved in two sections. Other buildings moved by traction engine included several houses and Griffin's store.'

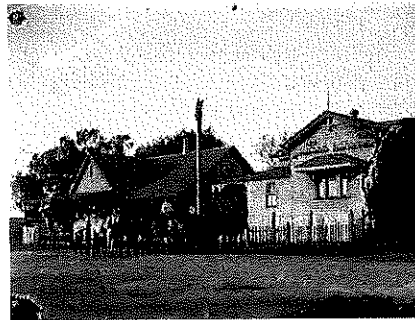
(Information taken from: G.C. Pullar, A shifting town : glass-plate images of Clermont and its people, 1986).



*Men can be seen standing along the tracks which have been laid for the traction engine to pull the Leo Hotel to its new location.*



*Grand Hotel approaching new site, Clermont, Queensland, 1917*



*Residence with horse and carriage outside post office, Clermont, Queensland, ca. 1913*



*Leo Hotel moving along Lime Street, Clermont, 1917*



## ST MARYS IGA SUPERMARKET

38 Main Street

Ph/Fax 6372 2240 Butcher 6372 2274

Monday to Friday 8am - 6.30pm

Saturday 8am - 5pm

Sunday 10am - 5pm

Butcher instore Monday to Friday 8am - 2.30pm

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

### Butchery specials July 15 - 21

	p/kg
Leg of Lamb	10.99
Beef Casserole Steak	11.99
Corned Silverside	8.55
Nichols Chicken Breast Fillets	10.99
Ingham Gourmet Chicken Portions	6.99

### Butchery specials July 22 - 28

	p/kg
Porterhouse Steak	16.99
Gerello Roast	10.99
Lamb BBQ Chops	10.99
Nichols Variety Chicken Cuts	3.99
Smoked Hocks or Bones	7.55

### Two week specials July 15 - 28

Just Juice Long Life 2L	1.99	Prima Fruit Drinks 6pk	1.99
Sorbent Toilet Tissue 8pk	3.75	Sanitarium So Good 1L	1.99
Moccona Classic Coffee Bonus 250g	11.99	Fab Laundry Powder 1kg/Liquid 1L	3.99
Pedigree Canned Dog Food 700g	1.49	Moccona Coffee Sachets 10pk	3.49
Snappy Tom Canned Cat Food 400g	.99	Fantastic Noodle Cups 70g	.94
Mamee Instant Noodles 6pk	1.79	Foster Clarks Snak Pak 4pk	2.99
4 Roses P/SR Flour 2kg	2.69	Kirks Soft Drink Cans 10pk	5.99
Andersons Eng Breakfast Teabags	2.49	Scotts Meat Pies 6pk	5.99
Kelloggs LCMS Bars 6pk	1.99	Papa G's Family Pizza 445g	3.82
Flora Spread 500g	2.99	Devondale Cheese 500g	4.99

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

### Quasi Modo, our new reigning World's Ugliest Dog 2015!

The only beauty pageant that any of us should care about, the World's Ugliest Dog contest, happened at the Sonoma-Marin Fair in Petaluma, CA yesterday.

It's the best beauty pageant of all beauty pageants, because it involves dog friends and it doesn't involve Donald Trump. The Chinese crested dogs are to the World's Ugliest Dog pageant what Miss Venezuela is to the Miss Universe pageant. They usually win.

This year, the Chinese crested were once again told to ugly it up

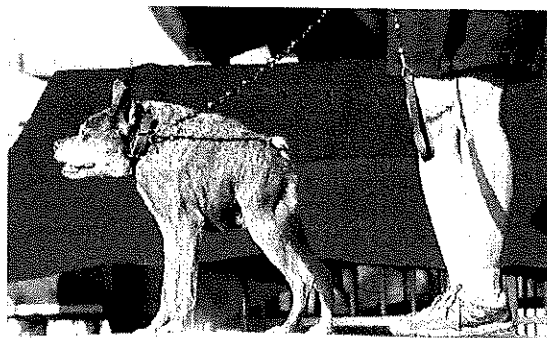
more and try again next year, because the big winner was a 10-year-old Dutch shepherd, pit bull mix named Quasi Modo who is built like Sherri Shepherd and has Monday morning eyes.

Quasi Modo was born with a spine defect that gives him that "love child of It's Pat and a hyena" hunchback.

The Associated Press says that Quasi Modo was adopted by his human, a vet, after he was dropped off at an animal shelter in Loxahatchee, Florida.

Quasi Modo beat out Chinese crested Sweepie Rambo, the runner-up. Quasi's prize was the title, a trophy and \$1,500. Congratulations to King Quasi Modo!

Hopefully this highly coveted title leads to bigger things, like the starring role in a live-action Tasmanian Devil movie (or the title role in a Larry King biopic)!



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