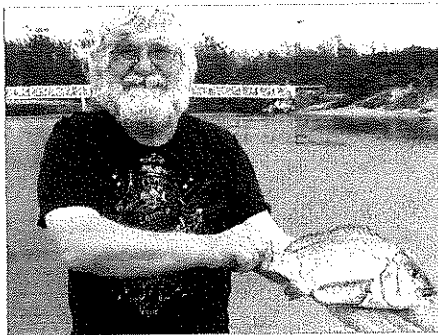


## THE VALLEY AND EAST COAST VOICE INC. \$1

Established 1968

48.07 July 30, 2015

Deadline for 48.08 is 5pm August 10, 2015



Vale Michael Smith, sadly passed away at St Marys on July 27, 2015  
We extend our deepest sympathies to Michelle and family.  
R.I.P.

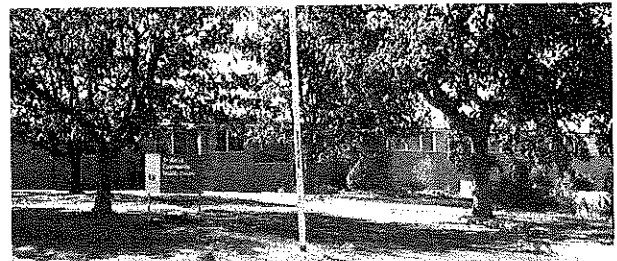


The Healthy House Walking Group recently visited Moulting Bay, and this lovely picture was taken by Pip Buchanan. Article p9

### The community meets the bureaucracy ...

A meeting was held recently in the St Marys Community Health Centre, to discuss the proposed changes to the position of the Directors' of Nursing at the St Helens and St Marys Hospitals. This proposal to share the DON has met with outrage from community groups and the general public.

Representatives from the Hospital Auxiliary, Friends of the Hospital, Meals on Wheels (and I suspect others), plus concerned community members who were lucky enough to hear about it attended the meeting - about 20 in all. Susan Cave, the departmental representative, was calmly able to point out she had to make savings, that this was a proposal and that she would listen to any concerns from the community. Several people spoke of their concerns.



- ◆ Sharing with St Helens is never an easy or even undertaking, with the new hospital to be built this would be exacerbated
- ◆ St Marys CHC operates on the barest of budgets, and our DON has made it a well-oiled machine
- ◆ Our second in charge feels she will be left to carry the burden, when she does not feel equipped to do so
- ◆ Making this change would save perhaps \$30,000 - is it worth it?
- ◆ Will this affect our GP Service, thus far protected by the DON - will he stay?

Many attendees spoke of their personal concerns and were listened to. The community's feelings were evident - whether this changes anything in the future, time will tell.

*Lundy Vosper, St Marys*

FVNH OpShop crawl / RSL luncheon - July 31

FVNH Blundstone Arena - August 15

Kmart / Winter Warmer - August 18

FVNH Launceston Country Club Casino - August 27, 2015

Editor: WM Dawson  
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POB 230 St Marys 7215

#### Advertising rates

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

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

**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 Ghia** 206,000km, near new tyres, 11 months rego, a dream to drive \$4500, only selling due to move. **6372 2201**

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

**Norm 6372 2380**

**Raspberry canes**, good stock \$1.50ea. **6372 2034**

**Dining table** 150cm x 90cm (extends to 190cm), **6 chairs** in neutral fabric, good condition \$200 ono. **Solid pine double bed & mattress**, medium dark stain, good condition. \$200 ono. **Mick 0459 224 595**

**Good dry firewood** \$60 p/m delivered to St Marys, \$65 to Scamander. **Danny or Jenny 6372 2301 / 0417 385 935**

### Wanted

**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**

**Small to medium size dog kennel**, **6372 2034**

### Community Notices

#### 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 us continue this vital community service.

**Lundy Vosper Secretary St Marys**

## Community Notices

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.

**Shan Williams, Social Worker 6387 5555**



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

Mentors sit next to the learner driver and help them clock up driving hours

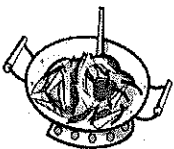
(it's ok, the car has dual pedals).

Even if you can only volunteer for two hours a week it would be appreciated very much. We supply the training. Give a little back to those who struggle.

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

### Asian/Chinese themed Community Dinner

Holy Trinity Church Hall St Marys  
Saturday August 15, 2015



Arrive at 5 for 5.30pm serving  
Mongolian Beef & Special Fried Rice  
Please bring a side dish or a  
dessert to share

RSVP Christine 0410 441 558 / [https://  
www.facebook.com/events/1437901506538086/](https://www.facebook.com/events/1437901506538086/)  
Gold coin donations to the Voice of the Martyrs



**The St Helens Catholic Church**  
invites you to an Afternoon Tea  
to say thanks to  
Sr. Lorraine and welcome  
Parish Priest Fr. A. Balasundaram CPPS  
at the church on  
August 9, 2015 from 2 - 4pm.

### Can you assist?

We are updating our community records - sport/rec clubs, arts, schools etc. We would love to receive an email from you informing us of current contact information; name of group, postal address, contact name and role (ie: secretary, manager), contact numbers and an email address.

We have 139 community contacts we need to review, so your assistance would be most appreciated.

Details to: [julie.severin@bodc.tas.gov.au](mailto:julie.severin@bodc.tas.gov.au)

### Vietnam Veterans Day

Vietnam Veterans Day will be commemorated on Tuesday August 18, 2015. The service will commence at 11am at the Vietnam Veterans Memorial site at the Cenotaph in St Helens.

If you wish to join veterans in the march, please form up at Hilly's Supermarket, St Helens at 10.50am.

You are invited to lay a wreath for the fallen during our Remembrance Service. If the weather is inclement the Service will be held in the Portland Hall adjacent to the Cenotaph.

**President Gary Graham 6372 5727**

### OurSAI - Peer Support, Advocacy and Information Group

When you replace "i" with "we" "illness becomes "wellness".

Samantha Adams, Partners in Recovery (PiR) Support Facilitator, MI Fellowship Aspire Service will be attending the meeting on August 26 to talk about PiR services. PiR supports people with severe and persistent mental illness and complex needs. They also work with people's families and friends, and with the services and other community supports that people either come into contact with, or could benefit from, so that we all work in an integrated way.

This is an open invitation to an information session for anyone in the community living with, or caring for, someone with a chronic health condition. This will be an informal meeting, tea and coffee will be provided along with a light lunch of soup and bread rolls.

**Janet Drummond, St Marys**

## Community Notices

### Bridge Players Wanted

We are looking for people who already play the game, or who want to learn to play bridge, in the St Marys and Sca-mander areas.

Bridge is the world's most popular card game, and there are bridge clubs all over Tasmania, Australia and the world.

Bridge is similar to 500 and is not simple, but anyone with a willingness to learn should soon enjoy playing this fantastic game.

Please contact me if you are interested

**Jack Foreman 6370 2034**



### New look for Community Transport

Community Transport Services Tasmania have made some exciting new changes in the past few months, starting with a name change and a new phone number! Now known as CTST, and with a brand new fleet of vehicles, the service is going from strength to strength. Our East Coast is now serviced by seven CTST vehicles - one in St Helens, and 2 each in St Marys, Bicheno and Swansea.

Manned by Jan Saunders and Colin Williams, the office is now open from 8.30am to 4.30pm Monday to Friday.

The vehicles are available for all transport needs - shopping, appointments, visits to family and friends, or just a day out - and yes, weekends can sometimes be a possibility too.

And remember, a wheelchair vehicle is part of our fleet, so those who have mobility challenges have no excuse not to get out and enjoy the sunshine!

All drivers are volunteers who cheerfully will take you wherever you need to go. Just make sure you give a couple of days' notice, so a car and a driver can be arranged for you.

**For all enquiries, contact Jan or Colin on 6372 4415**

*I've got my own private jet.  
My mum owns the rest of the jacuzzi*

### Can we make it 3?

Turning 100 is a milestone! Imagine being able to celebrate two 100th birthdays in two years? I would consider that a once in a lifetime event.

In 2014 the St Marys Day Centre celebrated Maisie Finney's 100th birthday, and this week we had the pleasure of being able to help celebrate the 100<sup>th</sup> birthday of Duncan MacDonald.

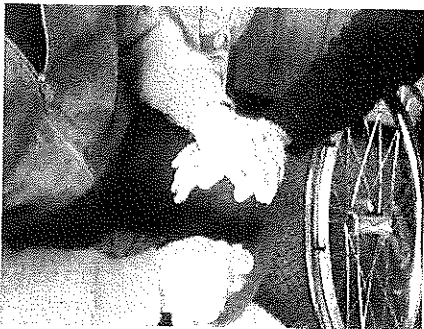
What do you buy someone who is turning 100? This is where we got creative. At 100th, most people would have everything they need so we created Maisie a 'Happy Birthday Booklet' from all who attend the St Marys Day Centre. The booklet contained a picture of each person who attends the Day Centre, and a special birthday message from them to Maisie.

Duncan, however, was a little more challenging so I drew on his interest from the past. Duncan has had a lifetime passion for sailing, so we sourced him a model sailing ship, similar to one he served on many years ago. If reactions could have a value we would be the richest group of people in the world.

Both Maisie and Duncan are / have been active members of the St Marys Day Centre; Duncan is now residing at Medea Park, but with the help of Medea and Duncan's family we were able to get him to St Marys for the day and celebrate his birthday with him.

Thank you to all my Day Centre people for making both these days so memorable and enjoyable, and thank you to Maisie and Duncan for sharing your milestones and friendships with us.

**Hayley Gilbert, St Marys**



~ Friendships know no age barrier ~

**Falmouth Community Centre**  
Morrison Street Falmouth



**Music**  
**Jam Session**



A great afternoon featuring local talent

Everyone welcome

Free Admission

Sunday August 9, 2015

1 - 4pm

Food available, Bar open



**St Marys internet outage** (as received by email)

It was fixed just prior to 11am on Monday 27, 2015. Full details below:

- A hardware fault caused loss of internet services to St Marys customers
- The replacement hardware had to be sourced and delivered over the weekend
- Technicians are now working on the site to restore services
- We apologize for any inconvenience caused

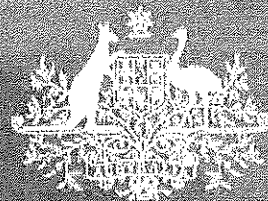
(The outage occurred just after 6am on Friday 24, 2015)

James Kelly, State Media Manager Victoria Tasmania  
Telstra Corporate Affairs

There is a man in Sweden who received disability benefits for his 'addiction' to heavy metal music. He reportedly went to 300 concerts in one year, which left him unable to hold down a job. Boo-hoo

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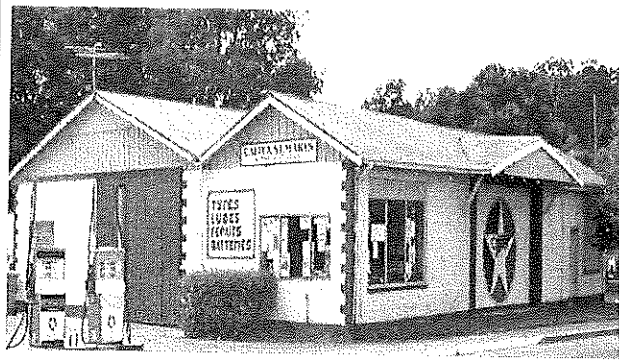
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Authorised by Eric Hutchinson MP, 53B Main Road, Perth TAS 7300.





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**LOOK GOOD, FEEL GOOD**

## CLEAN CRACK LAUNDROMAT

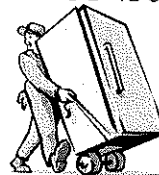
32 Main Street  
St Marys



Coin operated washers  
and dryers  
6.30am - 8pm

## Ransley's Appliance Service

POB 136 Scamander Tasmania 7215



*Washing machine noisy?*

*Refrigerator runs **too long**?*

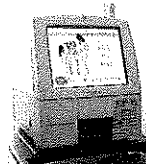
*Clothes dryer blows **cold air**?*

...then you need the services of our technicians

**6372 5307 / 0428 761 811**

## St Marys PHARMACY

Pharmacist instore Monday - Friday



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



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

Main Street St Marys 7215  
6372 2844

## RAE & PARTNERS

LAWYERS

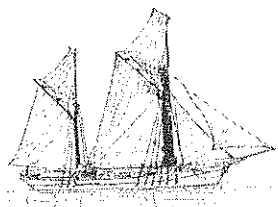
of 113 Cimitiere Street Launceston

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**



## St. Helens History Room

61 Cecilia Street, St. Helens, Tas. 7216

Ph 6376 1479 Fax 6376 2658 [historyroom@bodc.tas.gov.au](mailto:historyroom@bodc.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**

### TRANSBOD More about bees n seeds

On Sunday August 16, 2015 at the Falmouth Community Centre, Morrison St Falmouth

11am - 3.30pm

Shared lunch: Celebrating Local Food and Growing Communities

- ◆ Global Plight of Bees, Planting for Bees (Mark Leech)
- ◆ Understorey Network & Gardens for Wildlife (Alison Hugo of NRM North)
- ◆ Back Yard Honey - Nutrition for Healthy Hives (Susie Boughton, Bay of Fires Apiaries)
- ◆ Urban Farming Tasmania - grow a garden, build community, share the excess, save seeds & feed the future (Heather Thorpe)

Please bring a plate to share of food sourced (if possible) from within 100 nautical miles of the venue

Entry by donation, \$5 (children under 14 years free)

Numbers limited

**Registration via email to: [transbod@gmail.com](mailto:transbod@gmail.com) / Susan Probert 0418 327 940 / Robina Balzer 6372 2022 by Thursday August 13, 2015.**



### The Say, by Cagerattler

As I was driving past the Main Street intersection the other day - after talking to one of our prominent business owners - I became very surprised but in agreement with his observations of a few minutes earlier.

Quite apart from the fact that the upgrade has taken longer than expected, how did they decide on the location of the harbour point at the intersection?

I hope I'm wrong, but imagine even a smallish tree there, at any sort of height (if the current road alignment stays the same), then the view west will be obscured in years to come. This was pointed out to me in passing but it's hard to disagree on the face of it. Surely this cannot be the case?

There are lots of good things about the upgrade, but the time it's taken is beginning to get a bit frustrating to say the least; and no doubt with still a fair degree of work to happen around the pub corner, the new parking line, tarmac laying generally etc ... it looks like its still a little while yet before Main Street is free, clear and ready to go without cages, barriers, mud and machinery ...

I hope someone involved will reassure us that line of sight has been thought of IF any trees are actually planned in current arbor points. I really want to be wrong about this - for everybody's safety - otherwise the arguments over angle parking safety concerns etc. are just laughable.

Another question ... has anyone thought of a way of finding more parking, at least for special days and peak periods?

If not, the Main Street will look great but will create a side problem of limited parking at those times. This HAS TO BE a major project for Council in the not too distant future.

What do you think?

**Rod McGiveron, St Marys**

## Out of the Woodwork



For all our stalwart supporters who questioned whether the Sizzler King will still have his presence at the monthly markets, the answer is yes! However, for all who have withdrawals and can't wait for their monthly treat you can buy one of the Guild's haute cuisine delicacies every Saturday morning at Mon's Coffee Corner.

Many thanks to Mon and Owen, who have shown their support by allowing our community group to fundraise on their premises; we also thank Tracy from the Coach House Restaurant, who also had no problem with this arrangement.

Many members of the community have asked about our Ancient Games, and when the croquet court will be available. Stay tuned for our official opening. We would like to stress that the green will not be manicured up to professional standards for serious contenders, as this will be just for fun and how the game of croquet was originally played! I personally love badminton, part of the repertoire, albeit, I haven't played for years and I think I will have a worthy opponent in Glyn who is also enamored of this old fashion amusement which we called, during our childhood, 'shuttlecock'.

Reminder that our membership fees are now due.

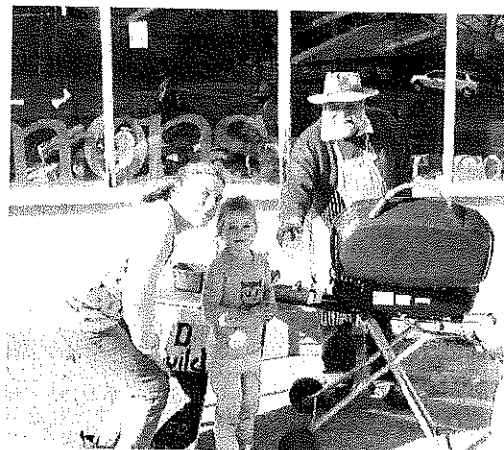
Guilds Home Hint: *To microwave potatoes faster, stick four toothpicks "legs" in one side. The suspended potato will cook much faster because the microwaves will reach the bottom as well as the top and sides. It works!*

*The Guild members wish to extend their sincere condolences to Michelle and her family on the sad loss of Michael*

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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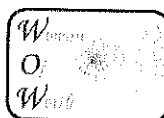
*Be indulged like a princess for a night!*

*Come and join us for a fun,  
relaxed, social evening  
for ladies of all ages.*



*Be spoiled, pampered, encouraged and indulged.*

*Light supper provided - Disney Trivia Quiz  
Story Telling - Bring your favourite shoe  
Hairs provided!*

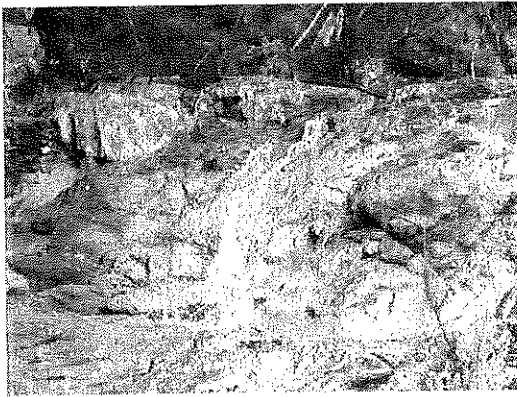


6:30pm-8:30pm **Tuesday 11th August**  
St Marys Hospital Day Room - up the ramp at side  
Contact Christine Waters 0410 441 558  
RSVP for catering purposes  
(an initiative of the Break O'Day Anglicans at St Marys)



## Healthy House Walking Group

### Recent Walks



**May 20**

**Trafalgar Track:** Despite the forecast rain, 11 of us walkers set off along Trafalgar Road through peppermint and white gum country. This area was devastated by early tin mining and still the ugly scoured-out pits remain. Now some are using this area just off Argonaut Road to dump their cans, bottles and plastic rubbish. Not all of us love our bush! We headed off the road down a bush track toward Fern Tree Falls, and in the damper conditions found gnat orchids. Not a lot of water was coming over the falls but enough to fill the pool at the base. We stayed a while to enjoy the sound of falling water, birdsong and good company. A couple of the more daring climbed the rock face. We managed to get back to the cars before the rain started and were glad we had defied the elements for our weekly two hour jaunt.

*(Contributed by Pam Bretz)*

**June 3**

**Moulting Bay Track:** A most delightful day for a brisk walk awaited the eager walkers. Two meeting locations (Moulting Bay Day Use Area and Healthy House) were nominated via email prior to June 3. After a short drive our two cars arrived at Moulting Bay for a brisk bay and bush walk. It was hard going on the seaweed fringing the bay, and after crossing the creek on the replacement walkway we moved up into the headland bush land.

After a quick traverse of this forested headland, we dropped down onto Wilson Bay, which was easier walking. After a gentle walk for another 10-15 minutes, we stopped for a break and some water, and then headed back to the cars. We were lucky to see or hear a variety of bird species including the Pied Oyster Catcher, a Brown Wader, Black Swans, Pied Shags, Dusky Robin, Crescent Honey Eater, Pacific Gulls, and a magnificent Wedge Tailed Eagle. We all enjoyed this morning walk.

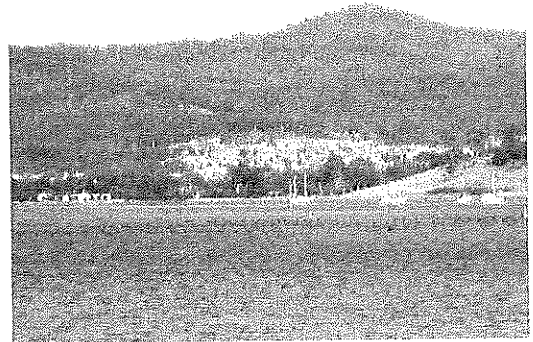
*(Contributed by Wayne Fulford)*

Our walkers come from Fingal, St Marys, Beaumaris, Scamander, Binalong Bay, Georges Bay and of course, St Helens. A participant list for each monthly Saturday walk is kept at Healthy House. New members are most welcome.

**Contacts:** Healthy House 6376 2971 / Bryan Edhouse 0414 987 435.

Thanking you.

**Wayne Fulford, St Helens**

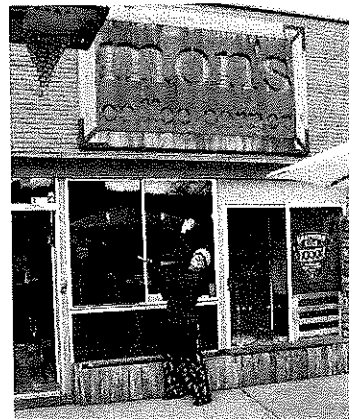


Launceston buses in the 1950s

What word can you make shorter by adding an extra letter? Answer next week

mon's  
coffee corner

coffee . tea . toasties



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28 - 30 Main Street  
St Marys

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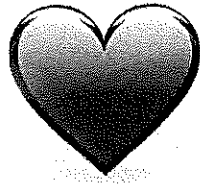
46 Tully Street St Helens

6376 1153 ~ 0418 133 420

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

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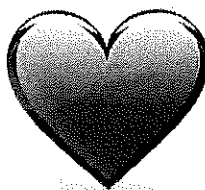


## *INVITATION!*

Our wonderful friend, Sister Lorraine,  
is soon to retire  
and as a mark of love and respect  
there will be a special MORNING TEA  
(please bring a plate to share)  
at the Parish House, St Marys Catholic Church  
on  
Wednesday August 12  
commencing 10.30am

In addition, we will be excited to WELCOME  
the new Priest for Break O' Day,  
Father Balasundaram (Fr. Bala for short!)

*Please Join Us*

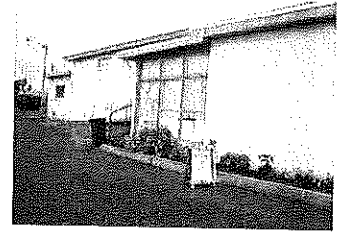




**The Fingal Valley Neighbourhood House Inc.  
has organised the following trips  
during July / August**



**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 \$12ea, 6, 7 or 8 seats for \$20 ea

Cost for car: 4 seats for \$12.50ea

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**



**Launceston Country Club Casino for a meal**

**Thursday August 27, 2015**

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

Cost for car: 4 on board for \$12.50 ea

Leaving Fingal at 5pm

**Come along to have a great night out and meet new people**

The bus / car can pick up from your home in **St Marys**,  
or from the St Marys Post Office

**Fingal** passengers to meet at FVNH at 5pm

**Avoca** passengers can be collected from their homes,  
or at the Roadhouse at 5.30pm



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.





WHAT a month this has been for us here on the property.

Last week the ponies were so happy to be moved into their large summer paddock, and have since been galloping around on most days, in all types of weather. Great to see, as two of them are well over 20 years old, but still like to kick up their heels and squeal with delight at being in an almost free five acre lot.

Things are constantly changing here, sometimes I just wish that everything would just stay the same (in good weather of course). It was a few days ago that I lost one

of my oldest hens to the old age. She had struggled a few months ago with the arthritis, especially in this climate, but had totally picked up after I started her on a vitamin D3 for birds. Amazingly there was no more limping, and she would be out and about again amongst all the other fowl. I am pleased to say that she passed away, still in this painless state, asleep in her nest box ... so sad it is to say goodbye to one of my foundation gals here - she lived to be nine years old, and was still laying last season.

Today there is more drama at Follyfoot. I thought it about time the guinea fowl started to take care of themselves without their surrogate silkie mothers. Well that went down well! I collected the mamas and put them in with Alfie and his ladies. The guineas then flew all around, screeching and making a scene. Thought to myself *this is doing my head in*, when I had a brainwave of sorts. I put food back in their guinea house, which they always go for, and I locked them in. Oh my. Still so much noise in there, they are definitely not happy, but they will get over it.

Silkie don't wander around very much, and because of this the guineas didn't either, but we need the guineas to eat the bugs, fleas etc and to wander further out than they had been. This then will give them the independence they'll need to do just that ... and I won't have to buy flea drops for the dogs, Sia, Porsche and Taio, any more.

NB. One of the two of these passed this week.

Jackie Roberts, Mathinna



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everything in one convenient location*

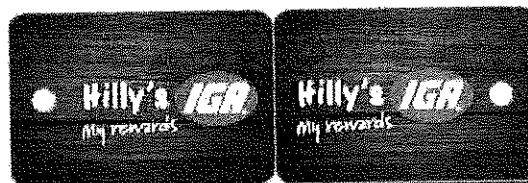
### Hillys Rewards

That's right!

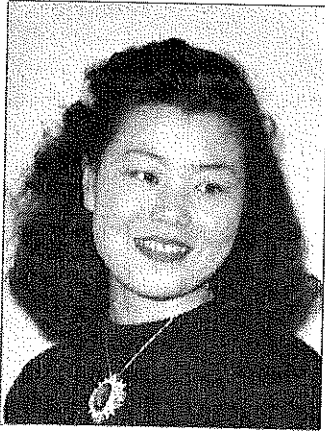
Come in to Hillys IGA St Marys and Hillys IGA St Helens, pick up a rewards card and start saving - earn points every time you shop. Save up your rewards for Xmas, or use as instant cash - you can even donate to a local community group.



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





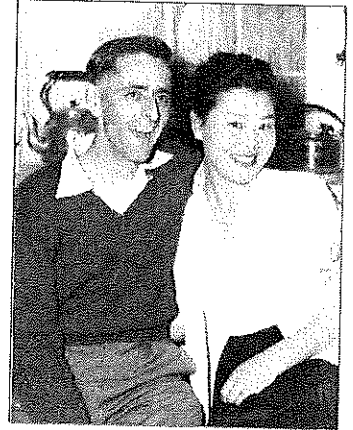


## Eiko Iwai Waller 'Judy'

20 February 1930 – 19 May 2015

How precious are 56 years of  
memories, thoughts, feelings and friendship  
shared.

Now at peace.



Eiko was born in Kure, Japan. She was one of four children, having two sisters and a brother. Her father died when she was young and she was raised by her mother and grandmother. Her schooling was interrupted by WWII, which brought both tragedy and good fortune to Eiko; it was during this time that her older sister died, but in the following years she met Ray who was stationed in Kure with the British Commonwealth Occupational Forces. Eiko worked at the YMCA in Kure and it was there that she became known as Judy, the name she brought with her to Australia. The couple were married in Japan in 1950, and in 1953 they undertook the long ocean voyage to Australia.

After arriving in Tasmania Judy and Ray lived with Ray's mother at Beauty Point, where Irene was born and Kim four years later. At first Judy found the new culture challenging, but with her determination she quickly adapted to her new language and lifestyle. In 1959 Judy and Ray moved to St Marys where they proudly made their first home together. Judy was very happy at St Marys and made many life-long friends.

Being a friendly person, Judy was soon accepted into her new rural community. Judy was employed at the hospital and worked for Telecom for several years before her retirement.



Ray, Irene, Kim and Judy (Eiko)



Preparing the Valley Voice

For over ten years she was a volunteer at the Valley Voice. Judy was always ready to lend a hand, or befriend community members in need. She visited patients at the hospital, where she often gave hair trims and perms to the elderly, who looked forward to her visits and appreciated her thoughtfulness.

Over the years she contacted other Japanese war brides living in Tasmania. She enjoyed laughing and reminiscing with them. Judy revisited Japan to reconnect with the family she left behind when emigrating to Australia; on one such visit she returned to Japan with other "War Brides". Judy enjoyed her visit, although she found the pace of living there very hectic after the much slower pace of St Marys, where she was so contented.

Judy was a talented dressmaker - bridal gowns were her speciality and many local girls walked down the aisle looking glamorous in their Judy Waller originals. On seeing the material she could visualise the

style of the gown most suitable to each individual bride. Judy was so talented, she drafted her own newspaper patterns. Her professional advice to the girls on the suitability of the style was unbelievable and over 30 unique, classical bridal gowns were created by her. School dresses, flower girl dresses, alterations, leaver's dinner dresses, creations for ladies of all shapes and sizes, to name only a few of her other sewing skills. Judy kept a pristine home and maintained an immaculate self appearance, and sewing, cooking, crocheting, knitting, cross-stitch canvases were just a few of her many and varied talents. She was widely known for her perfectly-sized pikelets and the dozens of Christmas shortbread biscuits she always delighted in sharing with her family and friends. Because of her cultural beliefs, Judy always celebrated New Years Eve with a glass of lemonade.

After her husband Ray passed away 20 years ago, Judy lived alone here in St Marys until 2009. Judy loved her three granddaughters and visited them whenever possible. She was interested and involved in their lives.



Judy and her sister Mitsue were both  
"War Brides".

Five and a half years ago, due to failing health, Judy moved to Norwood Care. She always looked forward to returning to her home at St Mary for short visits, and she enjoyed visits from her old St Marys friends. Her last visit to her beloved family home was in November 2014.

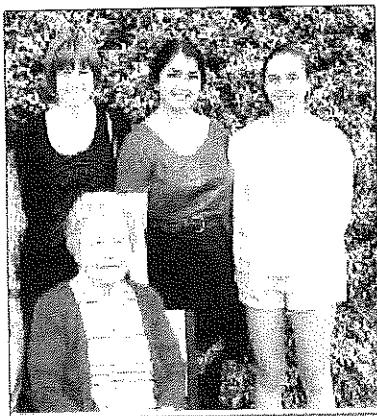
On May 19th 2015 Eiko passed away at the Presbyterian Care Home at Norwood. Reverend Wakefield conducted a moving farewell to Eiko at the Holy Trinity Anglican Church at St Marys, on May 22nd. Judy's family were overwhelmed and most appreciative of the number of people who attended the service. Following her farewell, cards and everlasting memories of this special lady were shared by family and friends.

### Reunited with Ray in the Rose Garden

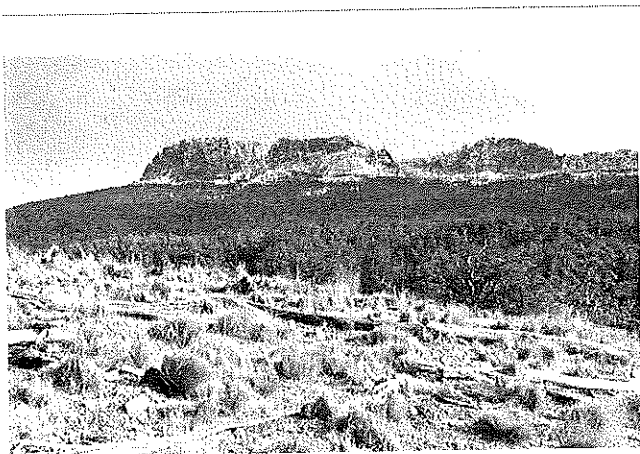
*Article written by Mrs H Lodge, St Marys*



*One of the many birthdays she shared with friends. Judy and Heather at Judy's 80th birthday.  
(Photo taken by Mrs. Mac.)*



*A very proud  
Mum and Grandma*



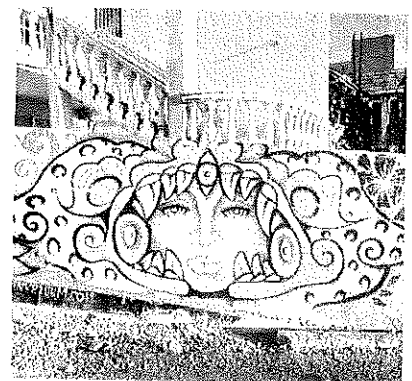
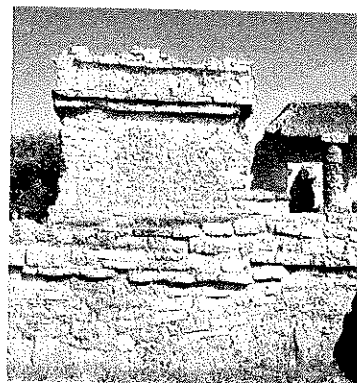
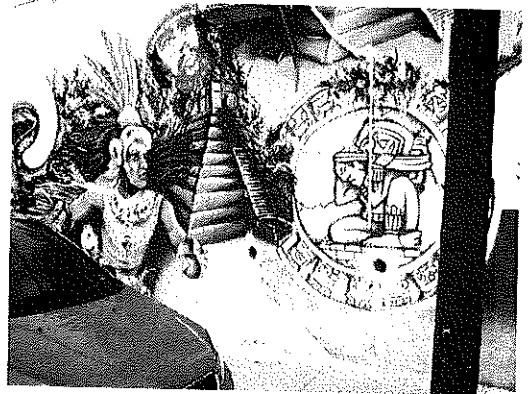
Glyn Johnson's pic of the snow, taken July 2015  
Visit our gallery at <https://www.facebook.com/ValleyEastCoastVoice> for lots of lovely pics from readers

getgetgetgetmenot = forgetmenots

George Lazenby (born in 1939 in Goulburn, New South Wales) wasn't a real actor. He hired a suit and a rolex, got a haircut and met with a movie producer, Albert R. Broccoli. He made up movies he'd been in, and later landed the role of James Bond.



...meanwhile, Liz Dean is living the dream in Cancun and nearby tourist spots...





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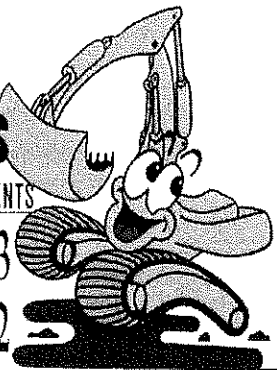
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## Community Groups / Services Guide

**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](mailto: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 20, 2015

**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](mailto:aulich@bigpond.com))

*Jim* 6372 2127 ([jimhaas@bigpond.com](mailto:jimhaas@bigpond.com))

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

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

e: [sthelenmarket@yahoo.com.au](mailto: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.

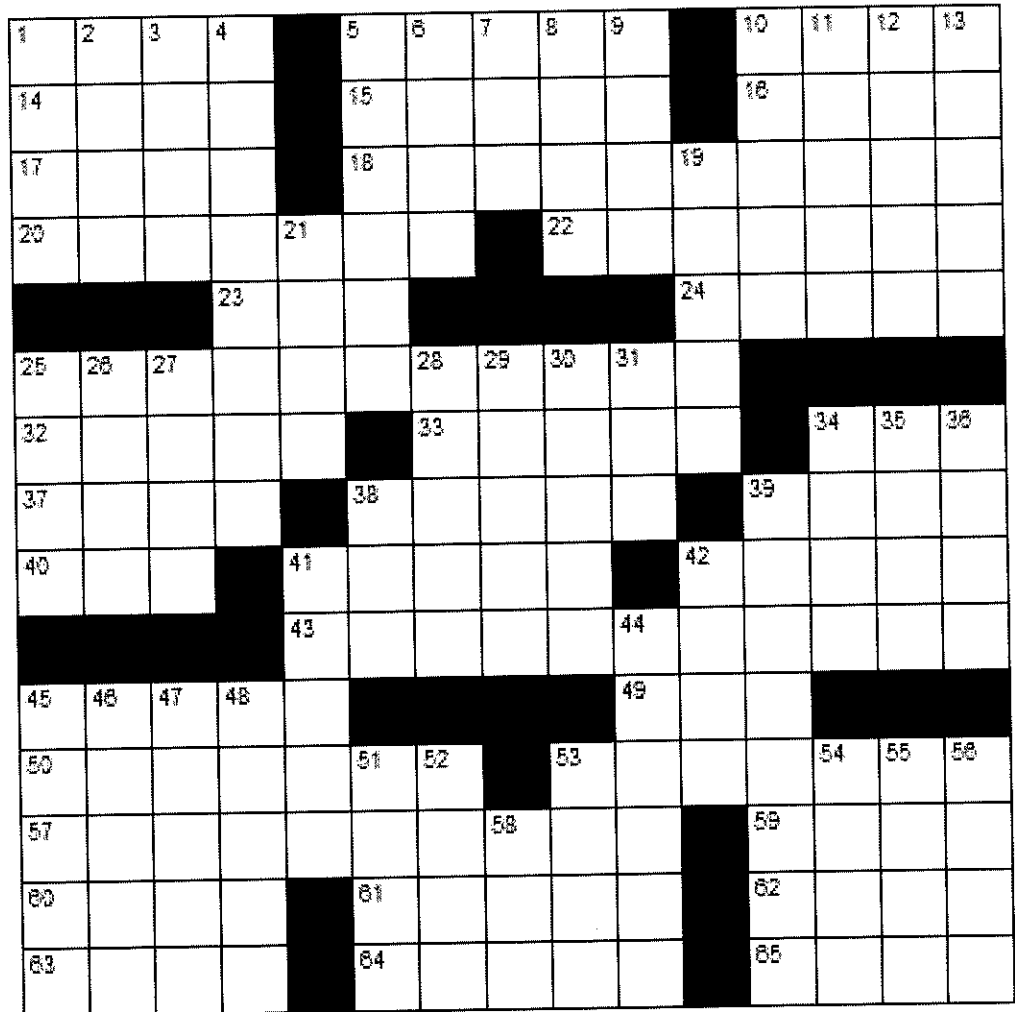
**Woodcraft Guild** Old Railway Goods Shed St Marys 6372 2094

**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.



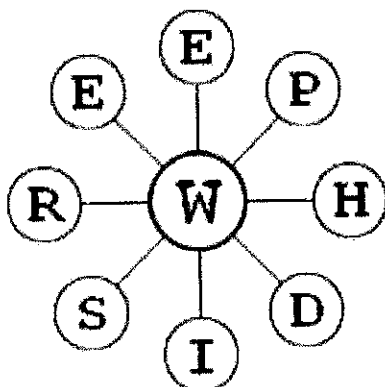
## ACROSS

1. Against
5. Wash out with a solvent
10. Sieve
14. Diving bird
15. Small finch
16. Unit of land
17. Encircle
18. Video entertainment
20. Debt
22. Hypodermic
23. African antelope
24. Anxiety
25. Mollification
32. A type of necklace
33. Embankment
34. Make a copy of a recording
37. Hearing organs
38. Anaglyph
39. Calamitous
40. South southeast
41. Wand
42. Margin
43. Being filled with wonder
45. Seed spreader
49. Utilize
50. Ask someone to marry you



## DOWN

1. Aquatic plant
2. French for "Black"
3. Unit of pressure
4. Whole numbers
5. Anagram of "Russet"
6. Dregs
7. Website address
8. Fastens
9. Covetousness
10. Indian antelope
11. Cake frosting
12. Tailless amphibians
13. Basic belief
19. Angry
21. A Freudian stage
25. Mimics
26. Legumes
27. Cut back
28. Gladden
29. Notes
30. What's happening
31. Prefix meaning "Modern"
34. Dagger
35. Desire
36. Existed
38. Bird call
39. Expires
41. Nobleman
42. Workbench attachment
44. Streamlet
45. Surplus
46. Law and \_\_\_\_\_
47. Adult females
48. Lyric poem
51. Seats oneself
52. French for "State"
53. Alone
54. Knockout
55. Always
56. A musical pause
58. Nigerian tribesman



## Solutions next issue

How many words can you find? Each word must contain the central W 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: 44 words. Good: 32 words.  
Average: 24 words.

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

## Meals on Wheels - 0488 384 344

August 3	Karl Balzer
4	Louise Keady
5	Trish Pike
6	Heather Griffiths
7	Drew Adam
10	Ruth Aulich
11	Sonya Allison
12	Valmai Spencer
13	Trish Pike
14	Lorraine Gill

## 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	13 20 04
Carers for Wildlife St Marys	6372 2973 / 0417 017 105
Crimestoppers	1800 333 000
Poisons Information	13 11 26
Police Emergency	000 & Enq 131444
SES Emergency	13 25 00
TFS Emergency	000 & Enq 1800 000 699

## Church Services

**Catholic Parish of St Marys**  
*Sr Lorraine Groves*  
6372 2252 / 0409 172 741

*Bichenor Holy Mass 1st and 5th Sunday 9am*  
*Liturg 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*

**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 9.30am*  
*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



## Last edition's solutions

PLUMB	LACE	MAMA	5	8	1	2	4	6	7	9	3
LANAI	IDLY	IRON	3	4	7	9	5	8	6	2	1
OVINE	TRUE	RANT	2	6	9	1	7	3	8	5	4
WATER	WHEEL	ARKS	7	2	5	6	1	4	3	8	9
SEEN	ENCASE		8	1	3	5	9	7	4	6	2
LIMP	ASA	TAU	6	9	4	3	8	2	1	7	5
ODOR	ROLL	BLEAK	1	3	6	8	2	9	5	4	7
SYNONYM	ABSOLVE		9	7	8	4	3	5	2	1	6
ELOPE	ERNE	USER	4	5	2	7	6	1	9	3	8
ERA	EKE	SERF									
AMENDS	LIRA										
DENS	TRANSISTOR										
ETUI	RATE	ROUGE									
PERT	AGES	EMCEE									
TREY	LADS	DEKED									

All words: fir, firm, **FOOTPRINT**, for, forint, fort, frit, fritt, fro, front, intro, intort, intro, iron, nitro, noir, nor, nori, or, orpin, ort, pirn, poor, poori, port, portion, print, prion, pro, prof, profit, pronto, proof, proton, rif, rift, rin, riot, rip, roof, root, rot, roti, roto, tiro, tor, tori, torn, toro, torot, tort, tortoni, trio, trip, triton, troop, trop, tropin, trot.

### 30 Actual Sentences Found in Patients Hospital Charts. Is #17 Serious?

1. She has no rigors or shaking chills, but her husband states she was very hot in bed last night.
2. Examination of genitalia reveals that he is circus sized.
3. Since she can't get pregnant with her husband, I thought you might like to work her up.
4. The patient is tearful and crying constantly. She also appears to be depressed.
5. The patient has been depressed since she began seeing me in 1993.
6. Discharge status: Alive but without my permission.
7. Healthy appearing decrepit 69 year-old male, mentally alert but forgetful.
8. The patient refused autopsy.
9. The patient has no previous history of suicides.
10. Patient has left white blood cells at another hospital.
11. Patient's medical history has been remarkably insignificant with only a 40 pound weight gain in the past three days.
12. Patient had waffles for breakfast and anorexia for lunch.
13. Between you and me, we ought to be able to get this lady pregnant.
14. On the second day the knee was better, and on the third day it disappeared.
15. She is numb from her toes down.
16. While in ER, she was examined, X-rated and sent home.
17. The skin was moist and dry.
18. Occasional, constant, infrequent headaches.
19. Patient was alert and unresponsive.
20. Rectal examination revealed a normal size thyroid.
21. She stated that she had been constipated for most of her life, until she got a divorce.
22. I saw your patient today, who is still under our car for physical therapy.
23. Both breasts are equal and reactive to light and accommodation.
24. Patient has chest pain if she lies on her left side for over a year.
25. The lab test indicated abnormal liver function.
26. The patient was to have a bowel resection. However, he took a job as a stock broker instead.
27. Skin: somewhat pale but present.
28. The pelvic exam will be done later on the floor.
29. Patient was seen in consultation by DR. Blank, who felt we should sit on the abdomen and I agree.
30. Patient has two teenage children, but no other abnormalities.

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



at St Marys District High School commencing Monday July 20, 2015

3 - 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)



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

**GP Surgery Hours**

**Monday - Friday**  
**8.50 - 10am**

(10 - 10.30am reception closed)

**10.30am - 12.30pm**

(12.30 - 1.30pm reception closed)

**1.30 - 2.45pm**

(2.45 - 3.15pm Reception closed)

**3.15 - 4.30pm**

**Pathology**

There is no pathology service prior to

**8.30am, or from 12 - 1.30pm**

If you require pathology prior to 8.30am,  
an appointment must be made at the  
Nurses' Station the day/evening before on  
6387 5555

**Scripts and Doctors Appointments**

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

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

**Doctors Roster**

**Dr C Latt** July 29 - August 14, 2015

**Dr K Rawnsley** July 30, August 13 & 14, 2015

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

**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  
nursing students on placement at St Marys during  
August 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 renewals
- ♦ Insurance medicals
- ♦ Requested medical reports
- ♦ Harness medicals
- ♦ Pre-employment checks

The above are NOT covered by Medicare, and may  
incur cost. Please discuss this with reception when  
making your appointment. If you have any 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 pre- senting 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 30	<b>Social Worker</b> Shan Williams Please call 6387 5555 for appts
July 31	<b>Social Worker</b> Shan Williams Please call 6387 5555 for appts
August 3	<b>TML Psychologist</b> Sam McCarthy. Please see your GP for referral <b>Hospital Auxiliary Meeting</b> 2:00pm in the Family Room
August 4	<b>Child Health Session</b> with Mary Mumford Tuesday fortnight, appointments only. Please phone 0428 136 381 <b>Rae &amp; Partners lawyers</b> consult fortnightly at the SMCHC, for appts call 6337 5555
August 5	<b>Day Centre</b> , call Hayley Gilbert on 6387 5555 for information on the group <b>Podiatry North</b> please phone 6336 5155 for appts
August 6	<b>Social Worker</b> Shan Williams Please call 6387 5555 for appts
August 7	<b>Social Worker</b> Shan Williams Please call 6387 5555 for appts <b>Cancer Council Outreach Service</b> drop in session at Health Centre
August 10	<b>TML Psychologist</b> Sam McCarthy. Please see your GP for referral
August 11	<b>Woman of Worth</b> — 6:30-8:30pm 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

August 12	<b>Social Worker</b> Shan Williams Please cal 6387 5555 for appts <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 <b>TAZREACH</b> Antenatal Clinic with Katie. For appts please see your GP.
August 13	<b>Social Worker</b> Shan Williams Please call 6387 5555 for appts
August 14	<b>Social Worker</b> Shan Williams Please call 6387 5555 for appts

## 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.

## 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.

## 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.



## 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

**St Marys Sports and Social Centre**  
**Gray Rd St Marys**

Current bar hours: Friday July 31 5.30 - 9.30pm  
Thursday August 6 5.30 - 8pm  
Sundays 1.30 - 4.30pm  
Bar trading hours back to normal as of this week

**Update on renovations**

Council work is almost complete; the cosmetic work by club members is in progress. Great excitement, and plans are ongoing for a proposed official spring opening.

**Jag the Joker** (stands at \$340) and  
Meat Tray raffle on Friday night

**Working Bee - Sunday August 2** at 10am  
Please come along and lend a hand if you can!

Please feel free to visit our club and see the amazing changes.  
Catch up with friends, and enjoy our lovely fire!

Jacqui Bianchi - President 0439 978 156  
Bobby Harwood - Vice president 6372 2445  
Jim Turner - Licensee / Treasurer 6372 2441  
Annette Wines - Secretary 0417 010 648

**Scientists on lookout for volcanic rock on Tasmania's east coast**  
27 March, 2014

The school of earth science at the University of Tasmania is asking people on the east coast to be on the lookout for volcanic rock, pumice as it washes up on our shores.

"In 2012 there was a fairly large explosive sub-marine eruption about 1000km north of Auckland, New Zealand in about 700m depth of water," says Dr Rebecca Carey from the school of earth science with the University of Tasmania.

According to Dr Carey the pumice is most likely going to be quite hard and probably round, and by the time it hits Tasmanian shores will also have quite a lot of biological cargo attached.

"There's been reports of some pumice arriving with up to 80 different marine species. So it could be white brown or black coloured. It's probably going to have a lot of biology on it, basically hitchhikers that have come for a ride to Tasmania," she says. Because the underwater eruption was quite explosive, pumice was blasted to the surface of the ocean and Dr Carey estimates it could be about a cubic kilometre worth of the volcanic rock.

"In 2012 we were able to detect that eruption because of satellite imagery and then pretty much two weeks after that eruption, the pumice began to arrive on New Zealand beaches. Subsequent to that we tracked it in Fiji and Tonga and about this time last year it made its way to Queensland," she explains.

Now that the very light weight rock has been spotted on north east Tasmanian beaches, Dr Carey is keen to hear from members of the public who might find pumice.

"We're trying to get the communities assistance in terms of putting this jigsaw puzzle together and how fast it's propagating down the east coast of Tasmania.

Dr Carey says the size may vary but because the rock has already had quite a journey through the ocean since 2012, it's most likely going to be quite small.

"On the mainland we were getting reports up to basketball size. So potentially by now we should be expecting maybe smaller sizes," she says.

The critical points for the University are the location and the time the pumice was found, and a photograph (even just taken on a smart phone) up close to show any marine species that may have attached themselves to the volcanic rock. Dr Rebecca Carey can be contacted through the University of Tasmania.



[abc.net.au/local/stories/2014/03/27/3972441.htm?site=northtas](http://abc.net.au/local/stories/2014/03/27/3972441.htm?site=northtas)



## 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 29 - August 4

p/kg

Rump Steak	13.99
Beef Mince	10.99
Blade Roast	10.99
Willow Farm Thigh Fillets	11.99
Willow Farm Chicken Kiev's 500g	7.95ea

### Butchery specials August 5 - 11

p/kg

Leg Of Lamb	10.99
Lamb Loin Chops	15.99
Scotch Fillet Steak	24.99
Nichols Chicken Drumsticks	3.49
Lethborgs Pickled Pork	10.99

### Two week specials July 29- August 11

Uncle Tobys Muesli Bars 6pk	1.99
Palmolive Spoo or Cond 350ml	2.49
Safe Toilet Tissue 12pk	3.99
Duo Laundry Powder 1kg	2.99
Nescafe Menu Coffee Sachet 10pk	4.99
Nanda Pasta Range 500g	.99
Cadbury Favourites Mini Blocks 320g	9.99
Pears Transparent Soap 3pk	4.99
Smiths Multipack Chips 20pk	5.99
4N20 Traditional Frozen Meat Pies 700g	5.99

Kleenex Cottonelle Toilet Tissue 8pk	3.49
Pedigree Meaty Bites 2.5-3kg	6.99
Kraft Hazelnut Spread 450g	2.99
Nestle Milo 750g	9.99
CSR White Sugar 3kg	4.99
Garden Fresh Cooking Oil 2L	7.99
Arnotts Assorted Cream Biscuits 500g	3.99
Steggles Chicken Breast Nuggets 400g	2.99
Kraft Cheese Block 1kg	8.99
Unicorn Brie/Camembert Cheese 125g	2.99

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

### Australian Geographic April 1, 2013

A University of Tasmania study reveals that drop bears are more likely to attack tourists than people with Australian accents.

Methods bushwalkers can adopt for defence include wearing forks in the hair, and spreading Vegemite behind the ears or under the armpits.

Be drop bear aware and stay safe!

*Below: Drop bear (a) in it's habitat, and (b) attacking prey*



Born to be wild - Barbara Longue of St Marys

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