

THE VALLEY AND EAST COAST VOICE INC.

Established 1968

48.09 August 27, 2015 Deadline for 48.10 is 5pm September 7, 2015



Follow up on Let's Kick Cancer fundraiser

Saturday August 8 turned out to be mild and sunny in Lindisfarne despite recent snow in the area. "Dad must have taken care of the weather" Celeste Miller joked. "I even had my jumper off!"
More on p7

St Marys Sports and Social Centre **LAWN BOWLS IN CRISIS SITUATION**

Well here we go again, the bowls season is almost upon us and it looks like we are going to be scratching for a pennants team.

At the bowls meeting on the 21st attendance was poor, and very few members had responded to the request by Nikki to contact her if they would or would not be available this year.

We realise that the whole East Coast situation this year is not ideal, however we are very worried that if we fail to enter at least three teams (preferably five) for pennants this will be the end of lawn bowls in St Marys. We know what happened to golf when we could no longer support a pennants team, please don't let lawn bowls go the same way.

Nikki will hold off relaying our situation to Bowls North until the September 2, 2015 deadline.

CONTACT NIKKI ON 0400 438 130 ASAP

**New to town or a learner player?
We will welcome you with open arms.**

Fingal Valley service delivery



The delivery of maintenance services in the Fingal Valley has been under review by Council's management team in recent months, as we are well aware of the potential for improvements in the services being delivered and current inefficiencies. Following this review, we will be re-establishing a team whose normal base of operations will be in the Fingal Valley, operating from either the Fingal or St Marys depots, depending on where work is occurring. The focus of this team will be a range of town and road maintenance activities and they will be supported when required by St Helens based teams. Re-establishing this operational base is reasonably straight forward, as we have sufficient plant and equipment to ensure that they can operate effectively, the challenge is ensuring that we have the support systems in place to ensure that the necessary management, supervision and communication occurs. Equally, it is important that connection is maintained with the other teams in the Works Department, ensuring that the sense of isolation and disconnection from the organisation as a whole does not occur. Implementation of this change has commenced with the intention of having the arrangements in place before the busy season commences in a few months. We have sought expressions of interest from existing Works Department employees who would like to be part of this team. There may be a few teething issues we need to deal with and we ask that Fingal Valley residents provide a little patience as we implement these changes. Works requests must still come through the office to ensure that appropriate monitoring and supervision of activities occurs. As I have said to councilors, management team and the Works Department – "we have one chance to make this work correctly now and into the future, if it doesn't work effectively then we will go back to the current service delivery model". Everyone has a role to play in this, including the community.

John Brown, General Manager

**St Marys Market - September 5
FVNH Lalla - September 18**

Editor: WM Dawson
e: wdawson@valleyvoice.com.au
0403 430 452
web: valleyvoice.com.au
[facebook.com/ValleyEastCoastVoice](https://www.facebook.com/ValleyEastCoastVoice)
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.

Community Notices

AGMs

*The Cornwall Community Development Group Inc will hold their AGM on Tuesday September 1 at 7pm in the Cornwall Hall. **Debbie Squires, President 6372 2261**

*The Valley and East Coast Voice Inc. will hold their AGM on September 9, 2014 at 4pm in the Salvation Army Hall, St Marys. **Kerry Whit, Secretary**

*Greater Esk Tourism will hold their AGM on Monday September 14 at 7pm in the Fingal Valley Neighbourhood House. **Mary Knowles, Secretary 6385 2002**

*The Rossarden Progress Association AGM will be held on Monday September 14, 3pm at the Rossarden Museum. **Mary Knowles, Secretary 6385 2002**

*Break O'Day Woodcraft Guild & Men's Shed Inc will hold its AGM on the September 24, 2015 at 11.10am in the supper room of the Break O'Day Woodcraft Guild & Men's Shed. All positions will be declared open. A change to sections 22 (3) and 20.(1) and 19,20.(1)(2), to the model rules will be considered:-

Section 22 (3) change Each officer of the Association is to hold office until the annual general meeting next after the date of election. Change to :- Each officer of the Association is to hold office for two continuous years after the annual general meeting.

19 Taking of poll vote. Delete this section

20.(1) and (2) delete this section.

Wendy Brennan, Secretary

*St Marys Pacing Club AGM will be held on Friday September 25 at 7pm, in the committee rooms under the St Marys Grandstand.



The Committee would like to invite all committee members and members of the community to attend our AGM.

The future of your race day depends on the community support, with our current hard working committee members requiring assistance. Please feel welcome to come along and forward your ideas towards improving the race meeting to be held on New Year's Day.

A suggestion has been forwarded to the club to have our race day designated "Turn St Marys Pink" to help raise awareness of cancer and raise money for research, but for this to happen members of the community need to raise their hand and offer assistance to help organise this.

If you are unavailable to attend the AGM but are able to assist in any way, kindly let one of our committee members know or contact me.

Supper will be provided, we hope you are available to attend and look forward to catching up.

Hope to see you all there.

Craig Woods Secretary SMPC 0437742351
zugylarry@gmail.com

Please make sure your community notice includes the name, position, town of residence and contact number of the authorised representative. Thanks. Editor.

Community Notices

The St Marys Salvation Army would like to give heartfelt thanks to **Mick and Lorraine Scott, Andrew Atherton** from St Marys Pharmacy and **Stuart Kerr** for their support.

Meals on Wheels are appealing for drivers; it is rewarding, visiting our 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

Shredded paper and boxes with lids (27 height x 32 length x 23 width in cms) are usually available free from the Valley and East Coast Voice Inc. Ring the editor on **0403 430 452**

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 (i.e.: 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@bodec.tas.gov.au

A very pleasant lunch hour was spent at the **Coach House** last week by a small group of friends. It was also time to meet the new owners and farewell Tracy. Tracy has had a hard year without Ross, but with the support of her trusty team of Ruth, Helen and Sue, she pushed on, always greeting people with her lovely smile. It has been a great pleasure to know her and we hope she has a good 'retirement', perhaps pondering her next move. One thing is for sure, we hope we don't lose touch with this lovely lady.

It was good to know the business is remaining in local hands - the Davern family - and we wish them every success, knowing they have had a good teacher, with Tracy working alongside for a short time to help them. With good food, good coffee, good company and a cheerful greeting, what more could one ask for?

Toni Brewster, Chain of Lagoons

We all wish Tracy Bean from the **Coach House** all the best for the future. We hope that all new adventures will be exciting and wished for. Many thanks for your humour, not to forget your great fish and chips, over the years.

The Break O'Day Woodcraft Guild

The St Marys Child Care Centre would like to thank **Dana and Craig**.

We are very grateful for the community support we receive here at St Marys Childcare.

Kaylene Paterson, Acting Director

FOR SALE

Merits Interceptor scooter



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**Contact Gary 0438 043 578 or
Debbie 0448 001 910**

The Cornwall Community Development Group Inc. are holding modern day **Carols by Candlelight** on December 12, 2015.

We are looking for any musicians or singers who would like to come and perform or sing a carol. If you would like to take part in this night please contact **Debbie or Raz** on **6372 2261**

Debbie Squires, Cornwall Community Development Group Inc

Please come along to **Falmouth Community Centre** for a spring gathering on Saturday September 19 at 12 noon. Bring a plate of food to share ... sourced from within 100 nautical miles ... which about covers all of Tasmania. Come and share your plans for spring planting. Bring any seeds, cuttings or produce to share and enjoy the spring sunshine. Looking forward to seeing you there!

Bronwyn Zemanek, Gray

For Sale

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

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16ft Millard caravan in fair condition, \$5,500 ono. **63742 260**

Break O'Day Multi-Purpose Indoor Stadium

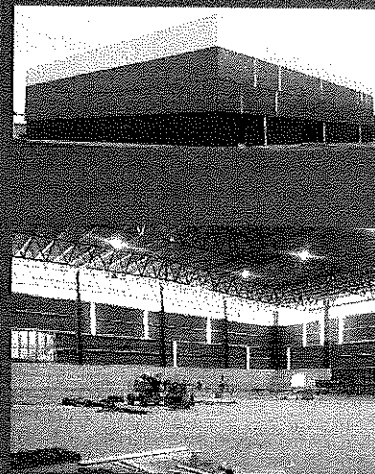
Update 5 August 14, 2015



Construction works

- NBN has been connected
- Bollard's have been ordered to be placed between existing sports and the TS Argonaut buildings, for pedestrian safety
- Sports floor colour selection completed, ordered and will be installed September 14, 2015
- Sports equipment due for arrival onsite end of September and will be installed by the building contractors
- Stage 1 Works are currently scheduled to be completed at the end of September
- Stage 2 due for commencement first week of September

For more information please contact Council's Building Services department on 6376 7900 / admin@bode.tas.gov.au



TransBOD

On the August 16, 2015 TransBOD held a seminar on Bees, Plants and Seeds at Falmouth Community Hall between 11am and 4pm.

We had 37 people attending, with a shared lunch provided partly by members of TransBOD and participants who were asked to bring along a lunch which could be shared and based on the 100 mile theme (sourced from within 100 miles of the venue).

We started with a presentation from Dr Sue Woinarski on bee hive health and management, and after an extensive question and answer session (helped along by the beekeeping audience) we moved onto the next session.

This was conducted by Alison Hugo from the Understorey Network; the work the organisation does in the community to propagate understorey plants, and why these plant are important in our gardens and properties was outlined.

Lunch then followed with a lot of networking amongst participants.

After lunch we conducted a question and answer panel session, with the panel made up of five or six attendees who are beekeepers with different degrees of backyard or commercial expertise.

This was very well received by all the gathering, and we had to cut this short as time was tight.

Mark Leech, coming all the way from Margate, then gave a very interesting and informative talk on planting for bees and the type of plants that bees need to survive year around. Mark is the author of many books on this subject, and his talk was enjoyed by all. Another question time was held and the day finished with a final tea break before people headed home at about 4pm.

THE FRIENDS AND FAMILY OF **HEATHER LODGE** WOULD
LIKE TO WISH HER A VERY HAPPY 80TH BIRTHDAY
ON AUGUST 27.





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East coast youth creating futures 14 August 2015

Protecting threatened habitats while building resilience is the focus of a Green Army project now underway in St Helens. Federal Member for Lyons Eric Hutchinson today joined young Break O'Day participants undertaking on-the-ground work. "This project will benefit the region through activities to improve the integrity of important native vegetation habitats," he said. "This includes areas along the coastline and waterways, as well as heathland, wetland, coastal woodland and inland forest habitats. During the next six months we will see first-hand the benefits and improvements made to our local environment through activities undertaken by Green Army participants. "They will not only be generating real environment and conservation benefits for our community, but also gaining valuable practical training and experience to help them prepare for the workforce, or further their training and improve their career opportunities."

The following work will be undertaken as a part of the Break O'Day project:

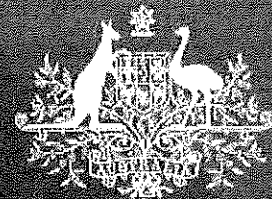
- ◆ Improving the integrity of the important native vegetation habitats of Break O'Day including along its coastline, waterways and heathland, wetland, coastal woodland and inland forest habitats
- ◆ Enhancing aquatic systems, such as Georges Bay and Henderson lagoon and protect beaches used by the hooded plover and other important migratory and shore birds

The Green Army is a key Government commitment with more than \$700m budgeted over four years. It is encouraging practical action to support local environment and conservation projects across Australia, providing training to thousands of young Australians by 2018.

For further opportunities relating to Green Army, visit environment.gov.au/green-army

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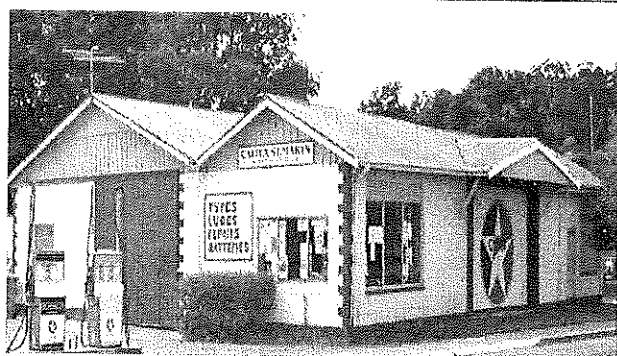
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Authorised by Eric Hutchinson MP, 53B Main Road, Perth TAS 7300



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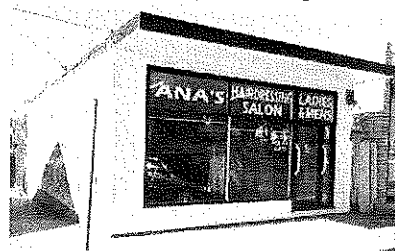
LAWYERS

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

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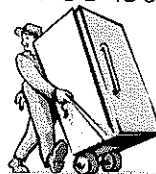
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(Continued from front page) Celeste's dad, Mick Miller, passed away from oesophageal cancer in February 2015. Celeste, with her brother Kase Miller and the Southern Football League (SFL), dedicated Round 15 to his memory and used the opportunity to raise awareness of this terrible disease. The day also raised over \$10,000 to support the work of the GI Cancer Institute.

Community support for the event was incredible, with sponsors and supporters jumping on board to make the day a success, especially at the game between the Hobart and the Lindisfarne team- "the Two Blues". As the midfielder/centre-half forward, Kase was under pressure to come up with some goals.

Kase kicked two goals and his manager from Budget Rent-a-Car donated \$250 for each goal, with Miller family members also donating for each goal. Kase kicked what was described as "the goal of the year" and was awarded with the Prancing Deer Award for the best player on the field. The Two Blues also won the match and were awarded the Miller-Midson trophy, presented by Andy Miller, Mick's brother.

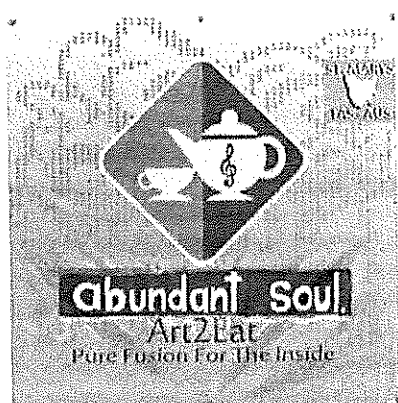
Many of the Lindisfarne players donated their match fees and paid \$20 for each behind they kicked, with generous donations also coming from the Hobart Football Club, Hobart Private Hospital and Lifters Hire. Family friends, Cindy and Greg Barker, donated \$100 as Greg is currently battling cancer. A lawn bowls game was in session next door and when one of the players heard what was happening, he arranged for someone to run over waving a \$10 donation. There were also fantastic contributions from around the grounds at all SFL games.

The Lindisfarne club sold team scarves on the day; they donated all the proceeds to the GI Cancer Institute and raised an amazing \$1,000. Slater and Gordon (lawyers), the official sponsors, came along to the game and were vocal and enthusiastic supporters and donated \$100 for each of Lindisfarne's 18 goals!

"Booklets distributed to all 5 games included information on GI cancer, early symptoms and preventative measures and all players proudly wore teal armbands in support of the cause" Celeste explained. "If my Dad had been sitting at a game last year and received the same information, it may have given him the fighting chance he didn't have."

Thank you to all supporters and clubs around the SFL who contributed to making this round a success.

Celeste Miller

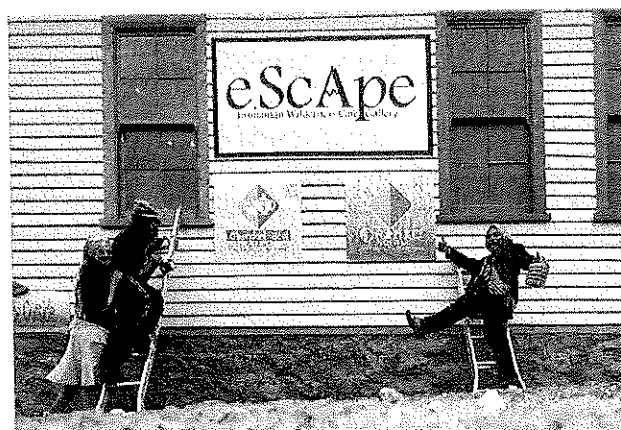


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- Mr. A J Cronals

Brilliant!! Very, very happy with Lucy & Kate." 10/10

- Mrs. J Bruce, July 2015

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- Mrs. N M Denney, June 2015

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- Mr. R & Mrs. J Slinger, February 2015

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GREATER ESK TOURISM

Photographic Competition 2015 theme is "Landmarks in the Valleys"

The Greater Esk Tourism Photographic Competition for 2015 will again be judged by Tasmanian master photographer Owen Hughes, who will select 12 finalists and the overall winner, and the public vote for their favourite.



**Entries must be submitted by 5pm on Friday
September 4, 2015.
No late entries accepted.**

All information - fingalvalley.com.au or [facebook.com/fingalvalleysofadventure?fref=ts](https://www.facebook.com/fingalvalleysofadventure?fref=ts)

Finalists will have their photographs displayed for the public vote, and during the next tourist season.

The Judge's Choice and the People's Choice Awards will be announced at our annual cocktail party at the Purple Possum Wholefoods, Café and Gallery in St Marys on Friday October 30, 2015 at 6pm.

Cash prizes have increased: **\$500** for the winner, **\$250** for U18 and **\$150** for the People's Choice.

Enquiries to Peter 6372 2783
Entries (USB thumb-drive/CD) to
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The GET Annual General Meeting on
Monday September 14 at 7pm
will be in the FVNH.

This will be followed by a General Meeting.
All welcome



Hope Lives in our community

Hope
Lives
Here



East Coast Relay For Life

November 28 - 29, 2015
St Helens Sports Complex
Information/Registration:
1300 636 383
relayforlife.tas.cancer.org.au
www.relayforlife.org.au

Relay For Life is on again in St Helens, and we'd love to see you there! Relay is a fundraising event for Cancer Council Tasmania.

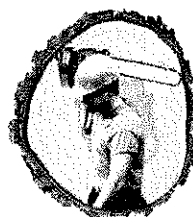
It is an overnight teams event, where the community comes together to create a place of hope at their local sports ground. It is a time to celebrate those who have survived, remember those we have lost and fight back against cancer!

Register today to be a part of
this special event!

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 Scamander areas. Bridge is similar to 500 and is not easy, but anyone with a willingness to learn should soon enjoy playing this fantastic game. Please contact me if you are interested.

Jack Foreman 6372 2034



Col Hughes

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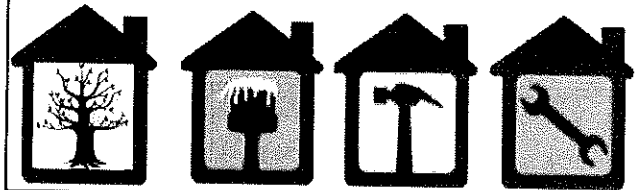
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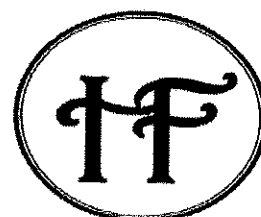
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The Say, by Cagerattler

One great thing about working in a school environment is seeing kids actually enjoying learning, and this is in no small part coming from the quality and the genuine excitement of observing teachers, teacher aids and management staff who are passionate about their job.

In recent weeks I've taken particular notice and time to witness several of our local teachers really getting involved in finding new avenues to pathways of encouraging our kids to learn.

I have personally been engaged to be involved in a few interesting things. Although this is not unusual it made me think about having a whole school approach to learning.

I used to think before I worked in a school "What a cushy job". I know many out there probably think that now.

Let me tell you from seeing it first hand - it ISN'T a cushy job. The outright stress, limited budgets, the pressures to get academic results and the perceptions of "look how many holidays they get" are real and ever present.

In every school, not least of all ours, there are certain students who, no matter what the staff do, will be incredibly hard to deal with. They come from all sorts of home issues and bring attitudes that will test even the most patient staff member, and many of them are canny on just how far they can push their barrow. This is truly stressful and the teachers in particular have to act extremely professionally, under great pressure, to navigate their way through. Then there is a mass of professional development that they must do on an ongoing basis; then there is the results pressures from what many regard as a less than perfect NAPLAN programme. None of this is easy. Then after all this you see teachers absolutely passionate about their job and engaging both community and ancillary staff to find new ways of getting the kids equally engaged in learning. In 20 years of being at our school I can attest that despite the odd issue or the occasional problem, our local school has an enormous lot to be proud of and is constantly bringing through almost exclusively all really well grounded students. Don't sell our teachers short ... they truly do a great job.

What do you think?

Rod McGiveron, St Marys

Chuck Norris died once. But he ate some soup and got over it.

Out of the Woodwork



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

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

Many thanks to Wendy Fowler who manned the Guild's BBQ for Reon while he attended an engagement - it was very much appreciated.

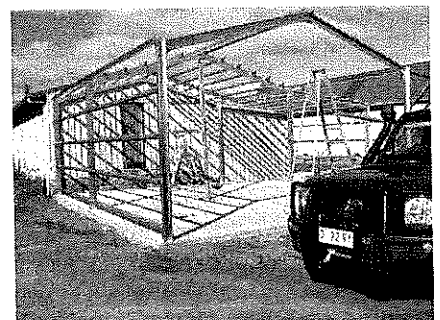
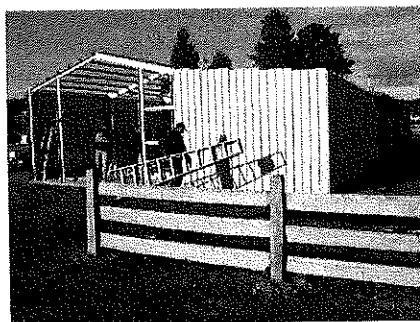
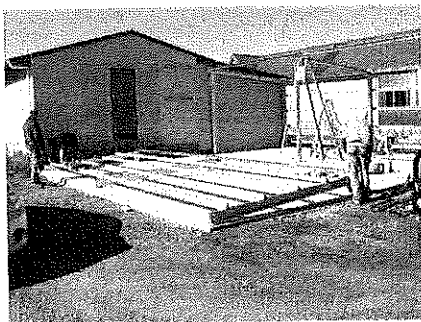
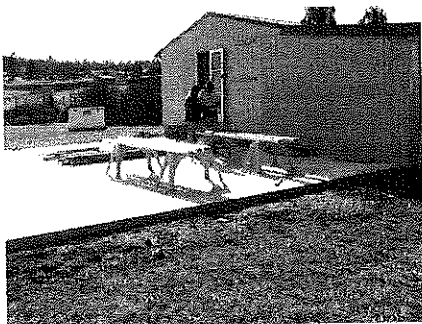
The shed extension (The Toy Box) has been completed and now awaits the electrical fixtures. Its primary use will be for welding and metal hobbyist purposes, and our current policy that no work is carried out that could infringe on the livelihood of any tradesperson will be rigorously enforced.

A question has been raised about the Guild not being grant dependent - I would like to clarify our position on this.

If the Guild were to receive no more funding we would still be able to continue with the day to day function of our club, and remain open due to monetary gains from entrance fees, raffles and sausage sales. However, for large ticket items such as the new shed extension, which cost \$33,000, the only feasible way of raising such a large amount of cash flow is through a grant. I hope that this has dispelled the ambiguity that this question raised.

Guilds Home Hint:

Loosen rusted-on nuts and bolts with soft drink. Soak a rag in the soft drink and wrap it around the bolt for several minutes.





**The Fingal Valley Neighbourhood House Inc.
has organised the following trip during September 2015**

Lalla WAG Walker Heritage Rhododendron Garden

Friday September 18, 2015

Bus cost: 11 seats for \$10 ea, 10 seats for \$12 ea, 6, 7 or 8 seats for \$20 ea

Car cost: 4 seats for \$12.50 ea

You will be picked up from your home in St Marys at 8am, or from the **St Marys Post Office**

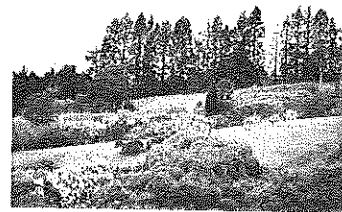
Fingal passengers meet at FVNH at 9am

Avoca passengers can be collected from their homes, or at the Roadhouse at 9.45am

BYO lunch, or buy on the trip

Private vehicles must be left behind the FVNH

A \$10 deposit by September 11 would be appreciated



If you are interested in this event please call in to the Office or phone
6374 2344 to book your seat.

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

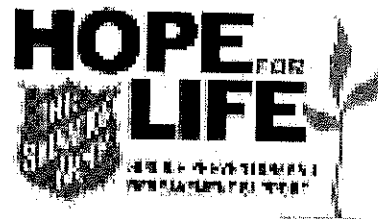


The Fingal Valley Neighbourhood House Inc., is funded by the Crown through the Department of Health and Human Services.

Living Hope is a 2 Day Training Program developed by The Salvation Army, with funding provided by the Department of Health and Aging, under the National Suicide Prevention Strategy.

This comprehensive program covers all aspects of suicide bereavement including:

- ◆ practical matters to be attended to, following the death of a loved one
- ◆ The grieving process
- ◆ Aspects of spirituality
- ◆ The influence and impact of culture on grieving
- ◆ Understanding emotions



In the Living Hope Bereavement Training Course you will learn:

- ◆ The impact on family, friends and the community of the loss of a loved one by suicide
- ◆ Grief and the grieving process
- ◆ The five big feelings
- ◆ The importance of rituals
- ◆ Trauma and resilience
- ◆ Qualities of a helpful carer
- ◆ Practical concerns - funeral arrangements, the inquest etc

Who should attend?

The course is targeted at people who may be called on to provide support to people who have been bereaved as a result of the suicide death of a loved one. This could include chaplains, councillors, health and welfare workers, education professionals and support workers etc.

When: Thursday September 24 and Friday September 25, 2015

Where: St Marys Salvation Army (behind the Town Hall) Main Street St Marys

How much: Nil

Resources and workbooks, tea and coffee provided

Enrolment enquiries to **Melanie Norton** on 0409 838 816

Content enquiries to **Hennie** on 0419 330 433 / hennie.watts@aus.salvationarmy.org

Break O'Day Stitchers

Back from my holiday and lots of things happening at BOD Stitchers to report.

We enjoyed a lovely day with the Busy Fingers group at Bicheno last month, with lots of show and tell and exchange of ideas and information.

Our members completed a two day course on Bag Making tutored by Lesa Chandler from Melbourne, and their completed items will be displayed at future events. Our Community Quilts are still a big part of our activities and demand never seems to cease.

We are now preparing for our Friendship Day on September 4, 2015 at the Portland Hall in St Helens, and the challenge is "In My Garden", regulated to 1m x 1m. All are welcome to attend the Friendship Day and booking a table can be done through one of the numbers listed below. Details of other future events will be advised through this media in future months.

All enquiries can be addressed to Felicity 6376 6102 or Kay 6376 3985

Note - Evelyn Brown's quilt was completely done by hand - - from the appliqué flowers and leaves to the quilting - a work of art !



Peggy and Lisa Chandler of Melbourne



Bicheno show and tell, July 2015



Evelyn Brown's quilt



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**We even have
members own
specials**





St Marys District School Calender of events

Monday	Tuesday	Wednesday	Thursday	Friday
August 17	August 18 • School Banking	August 19 • Grade 7 Transition • Country Gold 4th Training Session	August 20 • Drama Excursion	August 21 • Bicheno Science • Primary Assembly
August 24 • Book Week and Book Fair	August 25 • School Banking • Book Week and Book Fair	August 26 • Book Week and Book Fair • Country Gold 5th Training Session	August 27 • Book Week and Book Fair	August 28 • Book Week and Book Fair • Bicheno Science • Book Character Parade and Book Week Activities
August 31	September 1 • School Banking • Bravehearts - Fingal Campus 11am - St Marys Campus 2pm	September 2 • Country Gold Training Session	September 3	September 4 • Bicheno Science
September 7	September 8 • School Banking	September 9 • Country Gold Training	September 10 • School Newsletter	September 11 • Bicheno Science



St John

Unique Student Identifier - what is it? Who needs it and how do you get it?

The Australian Government, Department of Industry have created a national database of all enrolments in Vocational Education and Training (VET). All students completing Nationally Recognised Training with us will, from January 1, 2015, be required to provide St John with their Unique Student Identifier - a USI

If you already hold a USI, we will need it for validation

If you do not hold a USI, you will need to get one before you attend your course

It's free, it's easy to do and you only have to do it once.

- ♦ Simply log on to www.usi.gov.au
- ♦ Enter the required information, and the system will generate your USI.

This is an example of what your USI will look like: XZMEL9748B

For that training occurring from January 1, 2015, St John will not be able to issue any Statement of Attainments without a USI.

If you have any queries, please call us on 1300 360 455

PLEASE NOTE THIS IMPORTANT INFORMATION FROM ST JOHN REGARDING OBTAINING YOUR CERTIFICATE

Swimming season is starting soon! Don't let the lack of a CPR certificate stop you from enjoying the school pool. Enrol in a course now!

St John Ambulance CPR Courses (HLTAID001)

For pool key holders and community members

Monday September 21 at the St Marys District School Hall

Please contact St John Ambulance on 6343 4226 for bookings / payment arrangements

Session times 1.30pm - 3.30pm and 4pm - 6pm

Cost \$50

13 Gray Road, St Marys, TAS 7215

6372 3900 e: st.marys.district.high@education.tas.gov.au Web: <http://stmarysdistrict.education.tas.edu.au>

Facebook: <https://www.facebook.com/pages/St-Marys-District-School/1409980305920261>

Community Outreach Dinner

Holy Trinity Anglican Church Hall St Marys

Saturday September 9, 2015

5pm for 5.30pm serving



Everyone is welcome!

Please bring a plate of food to share.

Please RSVP to Christine - 0410 441 558 / facebook.com/events/634735556629201/

THE \$82 GOLD COIN COLLECTION LAST MONTH WENT TO THE VOICE OF MARTYRS

Communications Electrical Plumbing Union
NSW Postal & Telecommunications Branch (ABN 81 643 762 631)
Level 3, 81 George St Parramatta NSW 2150. POB 250 Parramatta NSW 2124
(02) 9893 7822 / admin@cepu.org
www.cepu.org



20 August 2015

Cost of posting a letter from Tasmania set to soar; local jobs to go

Tasmanians will face skyrocketing stamp prices and a postage service that takes up to a week to deliver a letter to its destination, under newly revealed Federal Government plans for Australia Post. The Federal Communications Minister has quietly introduced the reforms which create a two-speed postal system - a regular service operating slower than the current delivery speed, and a premium, more expensive service. Communications, Plumbing and Electrical Union (CEPU) NSW Secretary Jim Metcher said the move will hit Tasmania hard, and called on local Federal MPs to act to protect local jobs and services.

"You'll be able to walk a letter from Hobart to Launceston faster than you'll be able to post it under these new regulations. The cost of posting a letter will also soar. We could see people forced to pay \$1.50 or more, simply to send a letter down the road.

"This is an unsustainable model that will see the eventual downfall of our national post service. Our elected representatives need to stand up for Tasmanians and tell the Federal Communications Minister that they won't let a plan that will rob our region of jobs and services slip quietly through."

A major report into Australia Post released today by the McKell Institute warns that the Government's current approach is not the answer, and recommends a raft of changes - including a full review of Post's Community Service Obligations.

"The Federal Government needs to carry out its own review of Australia Post, looking at viable, innovative options for expanding its service offerings, not simply jacking up prices, driving down the service, and slashing jobs. If we go down this path, it will only be a matter of time before local post offices in regional Tasmania are a thing of the past.

"Around 32,500 people are employed by Australia Post nationwide, and 58% of them are in rural and remote areas. Those jobs will be on the chopping block unless the Federal Government admits this plan is flawed and develops a smarter, long-term solution that will protect our postal system and our local jobs," Mr Metcher said.

The McKell Institute report on Australia Post is available at mckellinstitute.org.au.

www.cepu.org



Floral displays
Best floral arrangement
Best daffodil
Bulbs for sale
BBQ

Avoca Spring Festival

Saturday 19th September

Face painting
Classic cars
Spinners & Weavers
Motor bikes
Museum open

Best decorated bike
Church open
Devonshire tea
Children's drawing & photo competition



For details contact Dalija 0411 260 255



NEWS from the St Helens Lions Club

Tony's Tic Tac Tipping Project

Lion Tony Bradley has organised this competition over the past month or so, where punters were asked to guess the number of Tic Tacs in a bottle. Ferrero Australia and Tic Tac supplied the Tic Tacs free of charge, and our thanks go to them for their support.

The correct number of Tic Tacs was tipped by Joyce Richards at 2708 and she received \$500 reward, with a further \$700 being sent to Parkinsons Tasmania to assist them in their good work. Our thanks go to our very supportive community for joining in for this fun event.

Defibrillator Project

Following the tragedy last summer, when a tourist lost his life on our northern beaches due to lack of an accessible defibrillator, the Lions Club decided to raise money to provide a defibrillator unit in vehicles attending future emergencies. After discussion with the St Helens Hospital Auxiliary, it was resolved to purchase this through the Hospital to ensure ongoing maintenance.

Last month at the Hospital Auxiliary AGM the Lions Club presented them with a \$2000 cheque to purchase the unit, with a commitment to continue its funding. Also both the area's Lions Clubs and the Hospital Auxiliary will be working towards purchasing a second unit to be accessed in the Fingal Valley.

Matt Osborne, St Helens



Joyce Richards receiving her "reward" for correctly tipping 2708 Tic Tacs from Lions Matt Osborne and Tony Bradley



Lion Tony Bradley presenting Hospital Auxiliary President Margaret Osborne with \$2000 cheque for the defibrillator

Eric Hutchinson MP Federal member for Lyons Supporting regional Tasmania August 21, 2015

Break O'Day Council residents are set to benefit from funding under the Federal Government's Financial Assistance Grant programme in 2015-16.

Federal Member for Lyons Eric Hutchinson has announced that Break O'Day will receive \$2.6m this financial year. This includes the early payment of \$1.3m.

"The federal government understands the needs of regional Tasmania and is supporting Break O'Day Council to deliver the services and facilities it needs," Mr Hutchinson said. "As part of the agreement, councils are free to spend the funding according to local priorities, such as infrastructure and roads projects, health and recreation needs and the environment." The Federal Government is providing \$2.3b to local councils across Australia this financial year. This funding is in addition to the \$3.2b Roads to Recovery programme, which is \$1.45b more than Labor provided under the previous government's programme.

Mr Hutchinson said regional Tasmania can also benefit from Round Two of the new \$300m Bridges Renewal Programme which is available exclusively to local government.

"Up to \$100m will be provided for the repair and replacement of local bridges around Australia to deliver better transport links for their communities and industries," he said.

"I am proud to be part of a government that is committed to ensuring local councils and their ratepayers get the funding they need to deliver the infrastructure and services of the 21st century."

Full details of the allocations to councils under the Financial Assistance Grant Programme are available online at regional.gov.au/local/assistance/index.aspx



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24798 Tasman Hwy St Helens 7216

MARKET DAY

St Marys

Saturday September 5, 2015

St Marys Community Hall 9am - 1pm

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

Bookings / Enquiries

Christine 0407 046 865

bodregionalarts@gmail.com



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- ◆ WHEEL LOADER

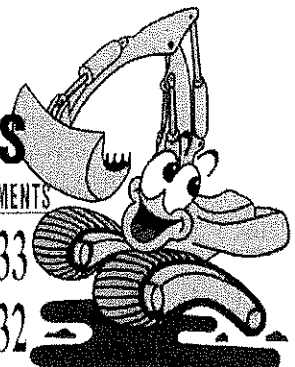
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6372 2033 / 0439 722 032**

Community Groups / Services Guide

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

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

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

Beumaris Swap Markets meet on the 1st Sun 11-1pm monthly at Beumaris 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 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 0419 722 390 / 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

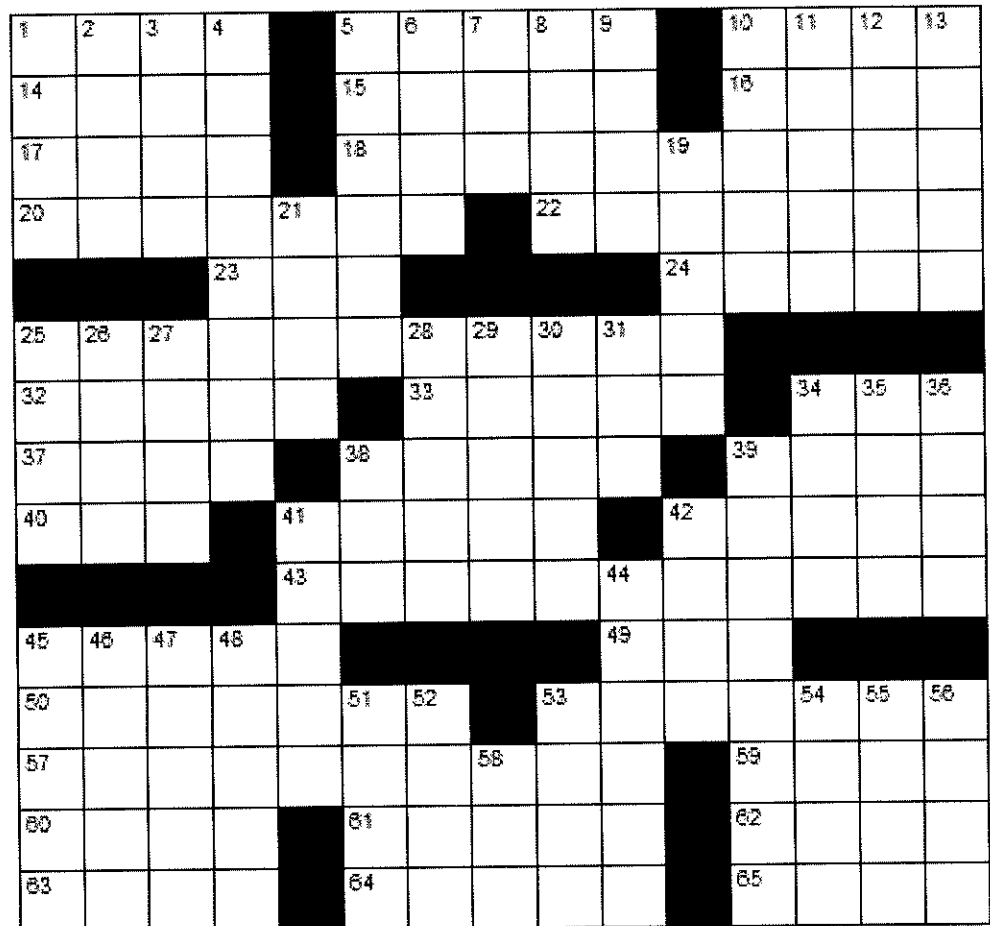
The Tasmanian Lymphoedema Centre Inc meet monthly on the 3rd Monday 5pm in the St Marys Community Health Centre, Day Care Room.

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

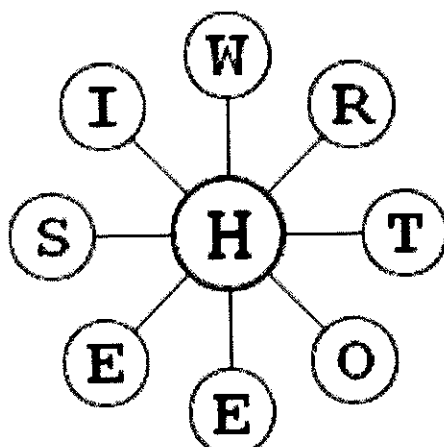
1. Part of the outer ear
5. Place
10. "Smallest" particle
14. Acquire deservedly
15. Rink
16. Sheltered nook
17. Immediately
18. Stinky
20. Medical care
22. A short novel
23. Hole-making tool
24. S S S S
25. Line drawing
32. Skating jumps
33. Thresholds
34. Caviar
37. D D D D
38. Carried
39. Magma
40. Request
41. The language of Persia
42. Daddies
43. In an innocent manner
45. Tablet
49. A gesture of assent
50. Nightclub
53. Abrasion
57. Deductive
59. Boyfriend
60. Make out (slang)
61. Fragrance
62. Not first
63. Sounds of disapproval
64. Lugged
65. North American deer (plural)



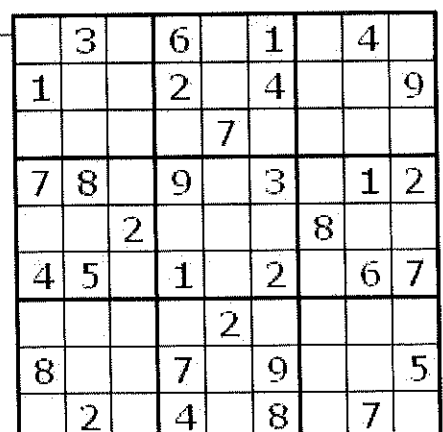
DOWN

1. "___ we forget"
2. Pledge
3. Scottish hillside
4. Viscera
5. Cross section
6. Found in a cafeteria
7. Snake-like fish
8. Soon
9. Carpenter's groove
10. Units of land
11. Equipment
12. Small egg
13. Plateaux
19. Roasters
21. Barley beards
25. 20th-century art movement
26. X X X X
27. Scallion
28. Beautify
29. Body
30. Classical Greek
31. Mineral rock
34. Whacks
35. Egg-shaped
36. Not difficult
38. Prohibit
39. Praiseworthy
41. Passionate
42. Impoverished
44. Undressed
45. Barely enough
46. Paths
47. By surprise
48. Speaks
51. French for "State"
52. Novice
53. Identical
54. Blue-green
55. Keg
56. Shacks
58. Small portable bed

Solutions next issue



How many words can you find in this grid? Each word must contain the central H and no letter can be used twice, however, the letters do not have to be connected. Proper nouns are not allowed, however, plurals are. Can you find the nine letter word?
Excellent: 63 words. Good: 45 words. Average: 35 words. All words:



Meals on Wheels - 0488 384 344

August 31 Lundy Vosper

September 1 Louise Keady

2 Lundy Vosper

3 Heather Griffiths

4 Drew Adam

7 Karl Balzer

8 Sonya Allison

9 Lundy Vosper

10 Trish Pike

11 Lorraine Gill



St Marys Salvation Army

is pleased to offer the
following services:

- ♦ Weddings
- ♦ Dedication of children
- ♦ Funerals

Envoy Mel Norton
0409 838 816



In the not too distant future,
YouTube, Twitter & FaceBook
will merge to form one giant,
idiotic, super-sized, time-wasting,
non-productive, time-stealing,
mind-dumbing, do-not-need-to-know
website called



Last edition's solutions

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

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

dew, dewier, dews, drew, ewe, ewer, ewers, ewes, hew,
hewed, hewer, hewers, hews, pew, pews, phew, resew, rewed,
reweds, sew, sewed, sewer, shew, shewed, shower, shrew, shrewd, shrewdie, shrewed, spew, spewed, spewer, swede,
sweep, sweer, swipe, swiped, we, wed, weds, weed, weeds, weep, weeps, weir, weird, weirds, weirs, were, whee, wheep,
wheeps, where, wheres, whid, whids, whip, whips, whir, whirs, whisper, **WHISPERED**, wide, wider, wides, wipe,
wiped, wiper, wipers, wipes, wire, wired, wires, wis, wise, wised, wiser, wish, wished, wisher, wisp, wisped, wried,
wries.

Tip locations and opening hours

Ansons Bay

Long w/end Mon 12 - 4
Wed & Sun 12 - 4

Fingal, Mathinna Road

Tues & Thurs 10 - 4
Sun 2 - 5

Pyengana, Tasman Hwy

No builders' waste please
Wed 9 - 1, Sun 2 - 5

Scamander, Coach Street

Tues & Thurs 10 - 4
Sun 2 - 5

St Helens, Eagle Street.

Open 7 days 10 - 4

St Marys, Gray Road

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 13 14 44
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

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 9.30am

St Marys 10am

Pyengana Please phone
for service times

facebook.com/
anglicanbod

Break O'Day Uniting Church

The Manse 6376 2405

St Helens 9am

Fingal 11.15am

North East Vet Clinic, St Helens

Dogs see in rudimentary color vision (termed "dichromatic"). This means that yes, they can see colours, but not as many as humans can.

The colors a dog perceives best are blue and yellow. Because of this, they see *green, yellow and orange* as yellow-ish, and *violet and blue* as blue-ish.

Red unfortunately appears as a dark brownish-grey, which means **red dog toys are difficult for them to see.**

So, if you've ever thrown a red toy for your dog to fetch and he/she ran right past it, it probably wasn't very visible against the grass. It seems that dog toy companies sell brightly colored toys that appeal to the owner, rather than the dog! Knowing what colors your dog can see will help you choose toys and training equipment that will be the most visible to your dog. Additionally, dogs can recognize an object that is moving almost twice as well as when the same object is still. So, wriggle those toys around, and create some tail-wagging- happiness.

What about cats?

The colors that a cat perceives best are purple, blue, and green.

Red, orange and brown appear to fall outside cats' color perception range, and are most likely seen as dark to mid shades of grey.

Lavender (purple), the sky (blue) and lush grass (green)! Those cats know how to live life to the fullest, don't they?

PS It's a shame Valley Voice isn't printed in color, otherwise I could have included some excellent humans / dog sight comparisons. Perspective is everything. For now, you will have to find those on North East Vet Clinic's Facebook page, or on the Valley and East Coast Voice Inc. website at <http://valleyvoice.com.au>

Karen Wong, St Helens

(The Valley and East Coast Voice Inc can be viewed online in full colour; current issues available for an annual subscription of \$20. Editor.)

Diamonds crowned world champions on home soil August 16, 2015

The Australian Diamonds have claimed their 11th world title after defeating New Zealand 58-55 in a thrilling final of the Netball World Cup SYDNEY 2015.

In front of a new world record crowd of 16,752 at Allphones Arena, the Diamonds made it a hat-trick of world titles, successfully defending their crown from 2007 and 2011.

A blistering opening quarter set up Australia's victory, and the Diamonds withstood a spirited second half fight back by New Zealand to emulate the feats of the 1991 Australian team in winning the world title on home soil.

Veteran defender Julie Corletto bowed out on a high in her final Test match for Australia, winning her third world title along with goal attack Natalie Medhurst.

It was Australia's highest regulation score in a Netball World Cup match against New Zealand, eclipsing the 53 scored in the triumphant 1991 Final. Australia's accuracy was the difference, as the Silver Ferns had 11 more shots on goal than the Diamonds. Caitlin Bassett finished the match with 47 goals and praised the work done by the players in front of her.

"The drive to the circle was amazing; the girls were bringing the ball down really quickly and Nat did a great job in keeping goal defence busy which kept me in a one-on-one situation which was perfect," Bassett said.

Australian captain Laura Geitz said she was proud of her team for bouncing back from their loss earlier in the tournament to the Silver Ferns.

"Top finish like that in front of our home crowd, to have family here and to play with that particular group of girls, to play with Julie Corletto, it's wonderful to step into the defensive circle with such a wonderful athlete," Geitz said.

Malawi goal shooter Mwayi Kumwenda was named the Player of the Tournament.

<http://netball.com.au/diamonds-crowned-world-champions-on-home-soil/>

Official result / statistics

Australian Diamonds 58 defeated New Zealand 55

Australian Diamonds shooting statistics

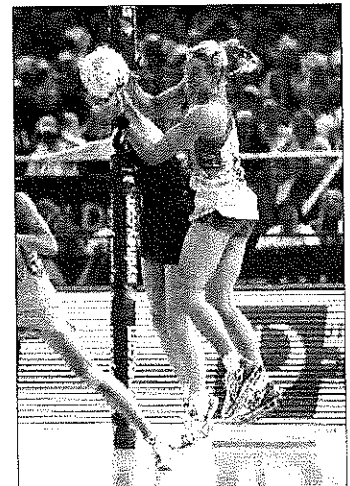
Caitlin Bassett 47/50 (94%)

Natalie Medhurst 11/14 (74%)

New Zealand shooting statistics

Maria Tutaia 38/53 (72%)

Bailey Mes 17/22 (77%)



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Selling
Internationally
on ETSY
Thank you.

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Art2Wear
Beyond Ordinary Understanding
Handmade By: Andi & Sheryn

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OrphicArt2Wear@yahoo.com.au
facebook.com/OrphicArt2Wear/

ST. MARYS
TAS - AUS

**I haven't failed. I've just found 10,000 ways
that don't work.**

Thomas Alva Edison

A mountain on fire ... from within

On 30 November 1881, the *Southern Argus* reported on the extraordinary sight of a mountain on fire in the vicinity of the Snug River 21 miles down the river Derwent below Hobart. While bushfires are common throughout Tasmania, and indeed Australia, the flames from this fire appeared to emanate from within the earth itself. "During the night a sudden flood occurred in Snug River, caused by an extensive landslip, and much damage resulted. In the morning, the people determined to investigate the cause of such a sudden body of water coming down the river, as the rains had not been sufficient to explain the outburst. On proceeding to the stream some distance they were startled by the spectacle of a mountain on fire. The flames were bursting out of the ground at irregular intervals, and extended over a length of two miles. The heat was intense, the flames rising high into the air.

"The nearest subterranean opening was half a mile higher up the river than the landslip. A reporter was despatched by the *Mercury* to the scene and he and others attempted to reach the place but it was found impossible to make any headway in the face of the dense mist which prevailed. "Another start will be made tomorrow morning. The glare of the light from the fires can be seen from the city. A curious fact in connection with the matter is that the river was again flooded during the night ... the country around the scene of this outbreak has been prospected for coal, and it is believed that the unusual spectacle is caused not by volcanic action, but by a seam of coal being on fire."



Healthy House Walking Group - Recent Walks

June 10: Lions Park - Poseidon / Falmouth Sts walk

Thirteen gallant walkers bravely headed out on a very brisk morning, by the time they completed the first hill, all were well warmed up. This walk took the group up into the bushlands fringing St Helens. The gusty winds had brought down some sizeable trees, which meant a slight bush bash on a couple of occasions. By 10.45 we were behind the caravan park and followed the road down to a most tranquil Georges Bay, with a shimmering sun reflecting off the mirrored surface of the bay. A great walk accomplished again by all concerned. *Wayne Fulford*

June 20: Mystery walk

Twelve members of the Healthy House Walking Group gathered on Saturday morning, despite the white frost sparkling on the grass. They enjoyed a lovely sunny day on a loop-walk from 'Casuarina' and Argonaut Road, through the ironbark forest of the Stonyford Track, past Cerrise Brook and then up Golden Fleece Rivulet, back to 'Casuarina'. After the recent rain, there was more water than usual in the creeks and muddy places; this led to some long-jumping, stone-hopping and other antics in order to avoid wet feet. A long plank (thanks to Bryan) proved ideal for crossing the main stream.

The group stopped for lunch in the sun on the broad gravel-fan where some stranded bridge-timbers served as table and seats. Wildlife noted along the way included a family of native hens and, further up the rivulet, a bassian thrush, spotted in the stream-side scrub. The walk ended with cups of tea all round on Adrian's verandah. *Alex Buchanan*

June 24: Township, foreshore and coffee

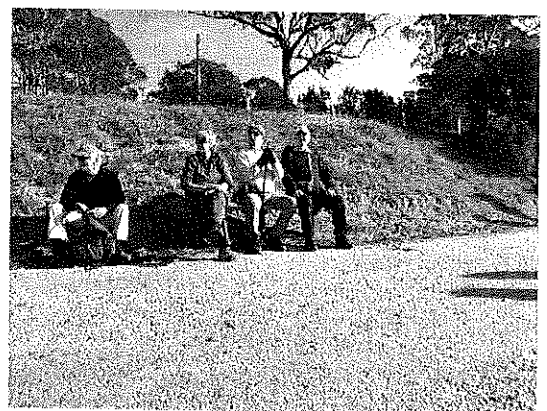
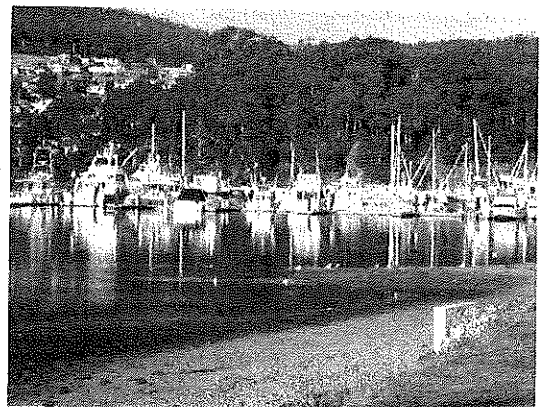
Nine hardy walkers braved a chilly morning to stroll around St Helens. As the group warmed up the day emerged as another glorious day in the "Tasmanian Tropics". Great one day; glorious the next. Constant conversation wafted across the bay. The local catch of fabulous rock lobsters was being unloaded at the wharf, bound for the high end restaurants of either Tokyo or Beijing.

After a short sojourn around the lagoon, and watching a sea eagle gliding on the mid-morning thermals, we adjourned to HQ for a much enjoyed coffee, hot chocolate or chai tea. *Wayne Fulford*

Our walkers come from Fingal, St Marys, Beaumaris, Scamander, Binalong Bay and of course, St Helens and around Georges Bay.

A participant list for each monthly Saturday walk is kept at Healthy House. A reminder that the Walking Group encourages car-sharing for members to get to the start of each walk. The nominal amount is \$2 for the weekly Wednesday walk and \$5 for the monthly Saturday walk. New members are most welcome.

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



PROTECTING TASMANIAN JOBS FROM VIGILANTES

A plan to remove a section of the *Environment Protection and Biodiversity Conservation Act 1999* will be a significant step towards protecting Tasmanian jobs.

Federal Member for Lyons Eric Hutchinson has applauded the bid to remove the provision that allows radical green activists to engage in vigilante litigation to stop important economic projects.

Section 487 of the *EPBC Act* provides radical activists who have a political interest in a development an ability to use aggressive litigation tactics to disrupt and sabotage important projects.

"Tasmanians have lived through the anti-jobs Green agenda and suffered while Labor stood by and watched," Mr Hutchinson said. "We have seen the economic and social impact of the policies designed to delay and increase risk associated with new investment.

"The fundamental objective of radical Green activism in Australia is to de-industrialise our country and destroy jobs."

The legislation to remove Section 487 will be introduced into the Parliament for passage through the House of Representatives later this week.

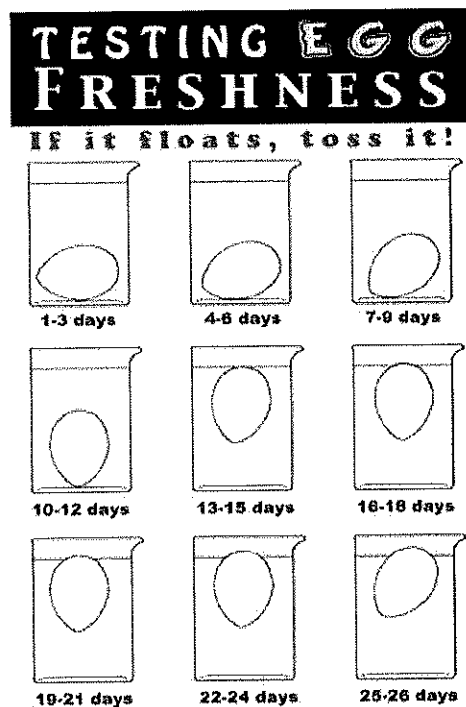
"I now call on Tasmania's federal Labor MPs to get behind this legislation and show it cares more about jobs in our state than Green elites in Melbourne and Sydney," Mr Hutchinson said.

At a recent motorsport gathering, four proud owners were grouped together around the blue Ferrari, discussing their gleaming sports cars. Alan was overheard bragging about his brand new silver Mercedes. Mr Smith went to great lengths to explain to Brian, the virtues of his blue Ferrari. Mr Wilshaw and David occasionally made eye contact. Mr Richards showed everyone a recent photo of his red Rolls Royce. Mr Stone listened intently while Charles went on about his green Corvette. Who owns which car?

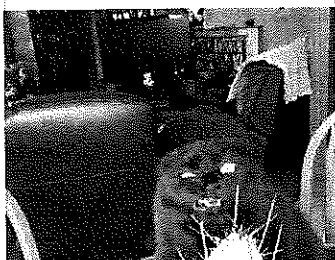
Answer: Alan Stone owns the silver Mercedes. Brian Richards owns the red Rolls Royce. Charles Wilshaw owns the green Corvette. David Smith owns the blue Ferrari.

"This 'telephone' has too many shortcomings to be seriously considered as a means of communication. The device is inherently of no value to us."

Western Union internal memo, 1876



Cactus. The only cat proof houseplant.



*Come and join us for a fun, relaxed,
social evening for ladies of all ages.
Be spoiled, pampered, encouraged and indulged.*



**Tuesday
8th September**

6:30pm-8:30pm
St Marys Hospital Day
Room - up the ramp at
side

Contact Christine Waters
0410 441 558

(an initiative of the Break
O'Day Anglicans at St Marys)

**BRING a plate
to SHARE for SUPPER
and a COPY of your
Favourite Recipe!**

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 12:30-1.30pm
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

August 27 – September 11, 2015

Dr K Rawnsley

September 1, 3, 8, 10 & 11, 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 and medical students on placement at
St Marys during September 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	131 114
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

August 27 **Social Worker** Shan Williams
Call 6387 5555 for appt

August 28 **Social Worker** Shan Williams
Call 6387 5555 for appt

August 31 **TML Psychologist** Sam
McCarthy. Contact GP for
referral

September 1 **Child Health Session** with
Mary Mumford Tuesday fort-
nights, appt only
Call 0428 136 381

Rae & Partners lawyers con-
sult fortnightly at the SMCHC,
appt call 6337 5555

Lightfoot Podiatry– Perry
Daly. Phone 6331 9568 for
appt

September 2 **Day Centre**, call Hayley Gilbert
on 6387 5555 for information
on the group

**Cancer Council Outreach
Service** 2 - 3pm drop in ses-
sion at Health Centre

September 3 **Social Worker** Shan Williams
Call 6387 5555 for appt

September 4 **Social Worker** Shan Williams
Call 6387 5555 for appt

**Dr Chia– Sleep Study Ses-
sion.** See your GP for details
on sleep study testing

September 7 **TML Psychologist** Sam
McCarthy. Contact GP for
referral

Hospital Auxiliary Meeting
2pm in the Family Room

September 8 **Woman of Worth** 6:30-
8:30pm in the Day Room of the
Health Centre. A fun, relaxed,
social evening for ladies of all
ages. RSVP to Christine Wa-
ters 0410 441 558.

September 9 **Social Worker** Shan Williams
Call 6387 5555 for appt

TAZREACH Antenatal Clinic
with Katie. Contact GP for appt

Physiotherapist Contact GP
for referral

**Consumer & Carer Advocacy
Group** 12 - 2pm downstairs at
the SMCHC. Call Shan on
6387 5555

Day Centre, call Hayley Gilbert
on 6387 5555 for information
on the group

September 10 **Social Worker** Shan Williams
Call 6387 5555 for appt

September 11 **Social Worker** Shan Williams
Call 6387 5555 for appt

Dr Edis- Chronic Pain Clinic.
Clinic located downstairs at
Health Centre. By appointment
only

**PHT Diabetic Educator,
Physiologist and Dietician.**
Contact GP for referral

National Stroke Week
September 14 - 20

'FREE BP CHECK' with PETROL

On Tuesday September 15 come into the
Caltex Service Station at St Marys between
9 -10am and get a *free Blood Pressure
Check* with every petrol purchase!

Information on this page supplied by:

St Marys Community Health Centre, Gardiners Creek Rd, St Marys Tasmania 7215

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, St Marys 6372 2059
Queechey 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 Lymphoedema 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**

**Open for business
Friday from 6pm Sunday 1.30 - 4pm
Closed Thursdays until bowls begins**

MEMBERSHIP FEES

ARE NOW DUE

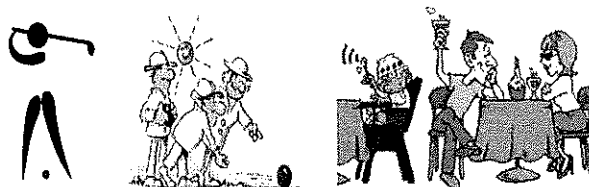
Social Member \$25

Sports Member \$60

Junior Sports \$25

***State Bowls and Golf Affiliation fees
are extra***

New members welcome



**FRIDAY September 4
HOT PORK ROLLS available between
7pm—8pm
*First in, best dressed ... quantity limited***

HAPPY HOUR

FRIDAY 6:30—7:30

WIN

Meat Tray Raffle

WIN

Scallops on the board

WIN

Jag the Joker \$420

Lucky members draw

VISITORS ARE MOST WELCOME

Committee

Licensee/treasurer: Jim Turner 6372 2441 President: Jacqui Bianchi 0439978156
Vice President Bobby Harwood 6372 2445 Secretary: Annette Wines 0417010648

Bits from books

"I turned to my own bunk and examined it with a kind of appalled fascination. If the mattress stains were anything to go by, a previous user had not so much suffered from incontinence as rejoiced in it. He had evidently included the pillow in his celebrations."

"Black bears rarely attack. But here's the thing. Sometimes they do. All bears are agile, cunning and immensely strong, and they are always hungry. If they want to kill you and eat you, they can, and pretty much whenever they want. That doesn't happen often, but - and here is the absolutely salient point - once would be enough."

"My particular dread - the vivid possibility that left me staring at tree shadows on the bedroom ceiling night after night was having to lie in a small tent, alone in an inky wilderness, listening to a foraging bear outside and wondering what its intentions were. I was especially riveted by an amateur photograph in Herrero's book, taken late at night by a camper with a flash at a campground out West. The photograph caught four black bears as they puzzled over a suspended food bag. The bears were clearly startled but not remotely alarmed by the flash.

It was not the size or demeanour of the bears that troubled me - they looked almost comically non-aggressive, like four guys who had gotten a Frisbee caught up a tree - but their numbers.

Up to that moment it had not occurred to me that bears might prowl in parties. What on earth would I do if *four* bears came into my camp? Why, I would die, of course. Literally s.t myself lifeless. I would blow my sphincter out my backside like one of those unrolling paper streamers you get at children's parties - I daresay it would even give a merry toot - and bleed to a messy death in my sleeping bag."

Bill Bryson, *A Walk in the Woods: Rediscovering America on the Appalachian Trail*

Footy team

Back row John Dakin, Tom Newman, Doug Nolan, John Archer, Jimmy Johns, Geoff King, Geoff Apted, Leon Williams

Middle row: Stuart Bradbury

Front row: Des Jarvis, Peter Davern, Ron Lohrey, Peter Gavaghan, John Ibbott, Don Smith, (Cpt) Bert Cooper, Maurice Nailer

Forefront: Albert Brown

Tennis ladies

Judine Lynch, Annette Davey, Cheryl Oates, Jane McCann, Trish O'Duffy, Genevieve Aulich, June Panoff, Allison Bushing, Linda Faulkner, Sadie Keys, Robin Trenfield, Jill Faulkner and Kaye Nailer



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	p/kg
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Ingham Chicken Kebabs	1.39ea

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Nescafe Coffee 250g save 5.00	11.75
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Nestle Maxibon 4pk save 2.76	5.99
Ingham Breast Nuggets 400g save 2.30	4.99

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Names on p27

< The dashing St Marys Football team 1953



< Fit and sporting St Marys Wednesday Ladies Tennis team 2007

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Messages Edit

Can you pick me up some more boobiesicles

No. I meant boobiesicles.

boobiesicles

GOD DONKEY!

So, that's 3 orders of boobiesicles and one holy donkey. Anything else? :)

NO...

Send

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