

## THE VALLEY AND EAST COAST VOICE INC.

Established 1968

49.02 May 19, 2016

Deadline for 49.03 is 5pm May 30, 2016



### Tasmania's first regional State League Netball Game hailed a success

May 2, 2016

On Saturday April 30 the newly constructed Bendigo BOCS, (Break O'Day Community Stadium) located in St Helens, hosted the first Tasmanian regional State League Netball Game.

More than 220 people turned up to support the game between the Northern Hawks and Karana Flames which was hosted by the St Helens Netball Association in partnership with the Break O'Day Council.

"Considering our wide spread and small population, achieving 224 spectators was an impressive feat for our municipality and shows the dedication of our community to support these high profile events," Mayor Mick Tucker said.

"Not only did our community get to witness these professional athletes in action but young netballers also got to take part in clinics run by the Northern Hawks on Sunday, an amazing opportunity for which we are very thankful." The St Helens Netball Association said that more than 45 up and coming netballers participated in the clinics held at the Stadium.

"St Helens Netball Association are excited to be working with Netball Tasmania in hopefully securing a permanent fixture, building towards a double header and possible State training preseason camp in 2017," club president Erica Lowry said.

For more information or photos from the game, please contact Break O'Day Council on 6376 7900.

### Fingal community hub renovation supports employment and training

May 12, 2016



The transformation of a heritage listed building in Fingal to a community hub has provided the perfect opportunity to train and skill the unemployed and students in the region.

The project, Building Connections, is a joint initiative between Hub4Health, Fingal Valley Neighbourhood House, Break O'Day Council and the Tasmanian Heritage Council and will see the Tasmanian Hotel (circa 1856) restored in keeping with its heritage.

The renovation is a five stage project with funding secured, and work has already begun on the first stage which involves the renovation of the ground floor. Hub4Health project manager Rachel Hodge said the program already had six work-for-the-dole participants, with the view to offer four to six more places to interested students from St Marys and St Helens District High Schools.

"The Conservation Plan is extensive and will inform all the restoration. This provides a unique opportunity for all participants to be involved in a landmark project that is of historical significance, and will provide an authentic platform to learn crafts, skills and applications," Ms Hodge said.

*Continued on p5*



*Renovations begun upstairs at the FVNH*

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#### Advertising rates

- ♦ Business card ads \$15
- ♦ Intermediate ads \$18
- ♦ ¼ page ads \$25
- ♦ ½ page ads \$40
- ♦ Full page ads \$65
- ♦ Permanent classified ads \$20 p.a.

Community announcements are free. Private classified ads are free for two issues. Annual posted subscriptions are \$69 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 / libel / slander will not be accepted.

Kindly 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

Community notices must include the name, position, town of residence and contact number of the authorised representative.

**Notice to non-profit groups re changes to advertising rates:** Half a page or more will cost 50% of the regular advertising charge. To establish eligibility, ABN / IA details need to be produced.

Expressions of interest for the volunteer position of editor of the Valley and East Coast Voice Inc. are invited. Full details provided in response to genuine enquiries.

Contact W Dawson on 0403 430 452  
[wdawson@valleyvoice.com.au](mailto:wdawson@valleyvoice.com.au)

#### Fingal Valley Neighbourhood House Inc

##### **COMMITTEE MEETING**

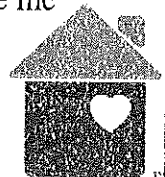
will be held Wednesday May 25  
at the St Marys Hotel, 6.30pm

##### **COUNTER MEALS AVAILABLE**

**BUS AVAILABLE FROM FINGAL for the first 11 booked. Leaving Fingal 6pm**

##### **ALL WELCOME**

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



I would like to thank everyone for the lovely cards, flowers and gifts for my 80th birthday.

It was truly a surprise party, given by my wonderful family.

*Claire Bean, St Marys*

#### Bridge replacement notice p7

##### **Garage Sale**

**5 Talbot St Fingal**

**Saturday May 28 from 9am**

Fridges, BBQ, outdoor setting, screen door, corner wall unit, garden ornaments, fishing rods, household wares and lots more.

63724 2328

##### **Monster Garage Sale**

**2 Grant Street St Marys**

**Saturday May 21, 2016**

**9am onwards**

Furniture, whitegoods, tools, gas Webber, fishing rods, exercise bike and much more.

**Something for everyone!**

## Community Notices

### WHERE TO FROM HERE FOR THE ST HELENS AND ST MARYS COMMUNITY BANK?

Since the last update, the St Helens and St Marys Community Bank Steering Committee has been working like ducks: calm above the water but paddling madly below. "Above the water", the shopfront signage has been installed around the entrance to the Carlyle building, enabling locals and visitors alike to readily identify the Bendigo Bank Agency in the middle of St Helens. Even bigger news is that the Break O'Day Council accepted our tender for the naming rights of the recently constructed Break O'Day Community Stadium (BOCS) to be named the Bendigo Bank BOCS for the next 3 years. Having prime advertising space is always important for a business but in this case, is an important reminder of all the Bendigo Community Bank® stands for: supporting all aspects of a community from junior to senior community groups, be that sporting, welfare or other.

"Below the water", Andrew MacGregor, Roger Harlow and Geoffrey Probert have been working closely with the Adelaide and Bendigo Bank regional management, focused on fine-tuning the business plan. The Steering Committee uses this document to provide the Bank and regulatory authorities with a set of goals, objectives and financial forecasts demonstrating how the business will be started and grown.

An early opening date and an immediate presence in the Valley as well as the Bay are still firmly at the centre of the Steering Committee's focus. Although we are getting close, a successful start of our own Community Bank® requires as many pledges as possible. Remember, these pledges are non-binding, but if you wish, will be converted to shares and make you a shareholder of your very own Community Bank. Pledge forms are available in the Agency. Once the Prospectus is published, you will have the chance to purchase these shares. We expect to get a commitment of at least \$350,000 on the launch day.

Meanwhile, this is a perfect opportunity to discuss opening a new account, transferring an old account or discussing any other personal, commercial or rural banking needs. Don't forget, any accounts and/or business established with the Bendigo Agency will be credited to the St Helens and St Marys Community Bank® and help to build the business foundation for the Community Bank Branch.

**St Marys District Hospital Support Association Inc.** advise members that subscriptions of \$5 are now due and payable to the Treasurer by June 30, 2016.

Payments can be left at the St Marys Post Office.

Thank you.

**Len Miles, President**

**Murray Bennett, Treasurer**

**Meals on Wheels** meeting dates for 2016

May 19, August 18, and AGM

November 17

**Lundy Vosper, St Marys**



### Bridge Club St Marys

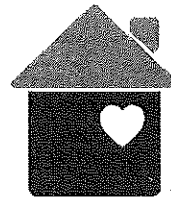
Jack from Mt Elephant Fudge would like to start a Bridge Club, to be held at Mt Elephant Fudge at 6pm on Monday nights.

Why Bridge? Did you know:

- ♦ Playing bridge stimulates your brain and sharpens your memory
- ♦ Gives you a better chance of warding off diseases. Yes, you read that right. Studies show that keeping your brain active and stimulated helps boost your immune system
- ♦ Playing the game of bridge enhances your social life and beats boredom?



If you are interested please call Mt Elephant Fudge on 6372 2787 or Hub4Health on 6376 2971.



Fingal Valley  
Neighbourhood  
House Inc

## FREE BASKET MAKING WORKSHOP

*Using materials from  
the garden*

Saturday June 18, 2016  
At Fingal Valley Neighbourhood  
House 10am-3pm

To book phone 6374 2344

List of materials will be provided on  
bookings—B.Y.O lunch

*The Fingal Valley Neighbourhood House Inc.  
is funded by the Crown through the*

**On this day May 19, 1915 :**

John Simpson Kirkpatrick, the man who heroically rescued 300 wounded soldiers with a donkey at Gallipoli, was killed by Turkish machine gun fire near Steele's Post as he was returning down Monash Valley with two wounded men. One man was shot with Simpson, but the man on the donkey's back remained. The donkey continued on the well-worn track, obediently carrying the wounded man to where he would be tended.



## Wanted

Tractor / slashing available, fully insured, competitive rates, from Chain of Lagoons to St Helens, Fingal to St Marys. Alan, 0407 944 158

## For Sale

I may be old and feeble, but I'm still selling moo poo.  
Norm 6372 2380

Frozen raspberry seconds \$15 kg, ph 6372 2034

Breville juice extractor \$35. Round solid wooden table and 4 chairs \$200. 0418 540 155

Horn sewing cabinet, good condition \$80.  
0459 437 939 / 6372 2780

## Position vacant

Part Time Centre Coordinator Position available at St Helens Online Access Centre.

The position is part time (hours are up to 16 hours per week) and is of 12 months duration.

For more information and/or job application pack please contact Sue Ellen Mills on 0414 696 026 or email [sthoac@gmail.com](mailto:sthoac@gmail.com)

Applications close Friday 3rd June 2016 at 5pm.

## Letters to the Editor

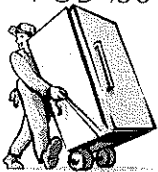
Dear Editor

I hope that all drivers and hunters everywhere make sure the animal shot or hit by a car is really dead, and not left floundering on the ground in agony till it finally takes it's last breath.

Kathryn Almond, St Marys

## Ransley's Appliance Service

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## RFA Review Response Locks in Native Forest Destruction

Senator Janet Rice – Australian Greens Forests spokesperson, Senator Nick McKim – Australian Greens Senator for Tasmania May 7, 2016

The Tasmanian and Commonwealth governments' response to the Review of the Tasmanian Regional Forest Agreement (RFA) is a clear indication of the Abbott-Turnbull government's wilful blindness to the ongoing destruction of our native forests, say the Australian Greens.

"To put the response to the Tasmanian Regional Forest Review out at 8pm a couple of days before the federal election is a clear indication of what they have to hide," said Australian Greens Forests spokesperson Senator Janet Rice. "This weasel-worded response completely ignores the fact that native forest logging is an industry stuck in the 19th and 20th centuries, at the behest of vested interests."

"The response does nothing to bring the industry into this century by completing the transition to the economically sensible path of 100% plantation-based wood products. Our native forests are worth much more for new economy industries like tourism, for the iconic birds and animals that rely on them, and for the clean air and water they produce. And when we need to be taking urgent action to reduce the effects of global warming, native forests are a vital tool to store carbon."

"The government's willingness to roll over these destructive management practices until the late 2030s is an appalling direction, not just for Tasmania, but for native forests across Australia."

"As we hurtle towards a federal election, the Greens call upon all parties to pledge not to simply roll over this outdated destructive mismanagement of our forests," concluded Senator Rice.

Greens Senator for Tasmania Nick McKim said review is all about resource security for logging companies, and locks in a business as usual approach that is a proven public policy failure.

"This is a delusional and dangerous response which ignores global warming, threatened species like the Swift Parrot, and the need to protect high conservation value forests," said Senator McKim.

"It's yet another rendition of a tired old business-as-usual mantra. It ignores the value of carbon and biodiversity in Tasmania's native forests, and locks in ongoing public subsidies that should be used to restore funding to schools and hospitals that has been slashed by Liberal governments in Tasmania and Canberra."

"The rent-seeking logging companies will be overjoyed, but once again it is our precious forests and the creatures and carbon in them that are the big losers."

"The response is full of weasel words and evasion on environmental outcomes, and blindly and culpably enthusiastic about proping up a native forest industry that cannot survive without taxpayer handouts."

"The Liberals have also belled the cat on their plan to burn native forest for electricity and heat, which is simply irresponsible in today's carbon constrained world."

"The Swift Parrot is sliding towards extinction but all we're getting from the Liberals is more of the same," concluded Senator McKim.

Continued from front page

"This could lead to employment and business opportunities in an area of construction with a noted shortage of skilled labour. Building Connections will also partner with the Break O'Day Trade Training Centre and provide furniture restoration certification for senior secondary students; the furniture will be used in the building.

"The project will offer the opportunity for interested individuals to learn soft furnishing skills, the product of which will also be incorporated in the building."

Break O'Day Mayor Mick Tucker said he was extremely impressed with the project. He gave full credit to the Hub4Health team who came up with the concept, and are the main drivers of the project.

"This is one of those community lead initiatives that can transform not just an individual, but an entire community," he said.

"Once this project is finished, the Fingal Valley will have a new community hub that has not just been renovated by the community members, but has been designed and lead by the community.

"The finished project will incorporate an art gallery, conference room, rooms for health services and even space for pop-up shops."

For more information or images, contact Break O'Day Communications Coordinator, **Jayne Richardson on 6376 7900, or 0400 454 089.**



## Growing Native Bush Foods

in your own backyard

Learn about the many useful Tasmanian native plants and their traditional uses

Taste some of what you can grow!

Get your hands dirty propagating plants to take home.

Learn from edible-natives horticultural designer Narelle Hopp from Sydney (A Garden For Life)

Tasmanian bush food gardening experts, including Aboriginal elders with traditional cultural knowledge.

Bush-tucker morning tea by the School's enterprising kitchen.

Hands on practice to propagate your own plants.



**Free Workshop**  
Saturday 28<sup>th</sup> May  
9am-12

Break O'Day Trade Training Centre @  
St Marys District School,  
13 Gray Road, St. Marys.

Don't miss out, RSVP by Mon.  
23rd May, & for more information, contact the School's  
Aboriginal Education Officer  
Sinsa Mansell  
p.6372 3900  
m.0457287198  
sinsa.mansell@education.tas.gov.au

Followed by *Charrette* design workshop  
for volunteers working on the School  
Farm's exciting new *Bush Foods Forest*  
project - contact Sinsa to find out more.



R.I.P. Theo Dingjan  
Passed away on Sunday 8 May 2016

ADVERTISEMENT

The Turnbull Liberal Team

Eric

# HUTCHINSON MP

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**Here's how you can contact me:**

- 53B Main Road, Perth TAS 7300
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- erichutchinson.com.au
- eric.hutchinson.mp@aph.gov.au
- erichutchinsonmp



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



## ANZAC Day 2016

### ***St Marys address given by Lieutenant Colonel M A Cameron RFD jssc RAA (Retired)***

This year marks the 100<sup>th</sup> anniversary of what is now an Australian tradition of honouring our men and women in uniform, and pausing to remember those who paid the ultimate price.

A hundred years ago today small groups gathered in communities across Australia; not formally and without memorial plinths such as we have today. They gathered to remember their family members and fellow citizens who had given their lives over the past year, from the landing on the Gallipoli Peninsula at Anzac Cove on April 25 to their withdrawal on December 20.

At this time, on the other side of the world, the Australian Imperial Force together with members of the New Zealand Expeditionary Force (less Harry Chauvel's Middle Eastern light horse) were in northern Europe.

Collectively the Australians and New Zealanders had become known as the ANZACs, a force that had doubled in size with the creation of new divisions comprised of new battalions, artillery brigades, mounted infantry, engineers, communicators, supply corps, medics and so on.

The vast majority had arrived from Egypt through Marseilles in southern France, to be welcomed with wine and flowers by the French.

They then travelled north to Flanders where they prepared to take their place in the front line that stretched from the Belgian coast to the Swiss border.

Despite their reorganisation, acclimatisation and hard training they too, on this day 100 years ago, remembered the landing at Gallipoli the year before.

The core members of these new formations and units had either taken part in the landings or fought in the ensuing campaign. The loss of many of their mates would have been keenly felt.

Let us not forget the courage and motivation of the reinforcements who had now joined them. Whilst most of the original enlistees anticipated a quick war and "home by Christmas", those who enlisted late in the Gallipoli campaign or into 1916 were under no illusion as to what they were about to face. As one chaplain summed it up "we are not heroes, we are here to right a grievous wrong".

In an atmosphere of sober reflection, in the knowledge of what they could expect on the battlefield, these ANZAC soldiers attended Church services and then "stood down" (had the day off) to spend the rest of the day playing inter-unit sports and otherwise relaxing. The tradition we are following today had begun: remembrance services, time for reflection, followed by sport and relaxation.

Over the years memorials have been erected and the informal gatherings and activities have become as we know them today, a national commemoration. We now have elaborate memorials, marches and pilgrimages to battlefields. Nevertheless the sentiment has remained the same.

In one of the strange ironies of international conflict, the Australians and the Turks found themselves together in Korea as part of the United Nations force in 1951. In remembrance of the Gallipoli campaign a joint commemoration was planned for ANZAC Day.

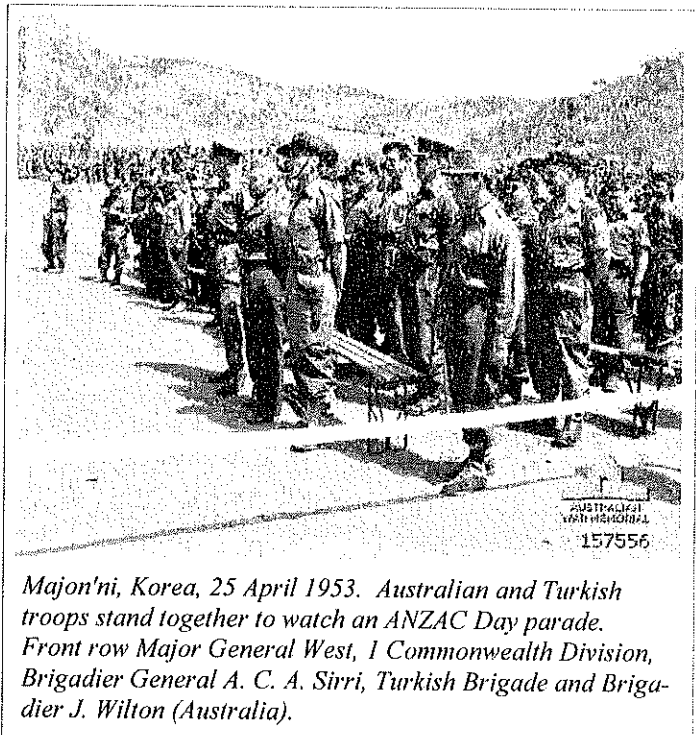
History shows that this did not occur as the Chinese army in support of the North Korean army, on the night of the 23/24 April, chose an attempted breakthrough of the United Nations lines.

We remember this action as the Battle of Kapyong. Suffice to say the line held, largely because of the Australian, New Zealand and Canadian resilience.

Eventually, on ANZAC Day 1953, the Turkish Brigade and the Australian Battalion in Korea jointly commemorated ANZAC Day as allies. The protagonists of the Gallipoli campaign had come full circle.

Such is the nature of conflicts.

***Mark Cameron, St Marys***



*Major'ni, Korea, 25 April 1953. Australian and Turkish troops stand together to watch an ANZAC Day parade. Front row Major General West, 1 Commonwealth Division, Brigadier General A. C. A. Sirri, Turkish Brigade and Brigadier J. Wilton (Australia).*

## NOTIFICATION OF BRIDGE REPLACEMENT



<b>Date Issued:</b>	Monday 16 <sup>th</sup> May 2016
<b>Project:</b>	<b>CORNWALL ROAD BRIDGE REPLACEMENT</b>
<b>Enquiries:</b>	Works Department 6376 7900

<b>Dates:</b>	<b>Monday 13<sup>th</sup> June to Sunday 26<sup>th</sup> June 2016</b> (weather permitting)
<b>Work Type</b>	<b>BRIDGE CLOSURE – BYPASS PROVIDED ON-SITE</b>
<b>Location:</b>	<b>CORNWALL ROAD</b>
<b>Works:</b>	Replacement of existing Cornwall Road bridge with new concrete double lane bridge.
<b>Traffic Impacts:</b>	<ul style="list-style-type: none"><li>• Bridge closed.</li><li>• Temporary bypass provided alongside existing bridge.</li><li>• Advanced roadwork signage will be installed to warn oncoming motorists.</li><li>• Please observe all traffic control signs and directions of worksite personnel.</li><li>• Council apologises for any inconvenience and will ensure any traffic disruptions are kept to a minimum.</li><li>• We thank you for your patience and cooperation.</li></ul>


Eastern Europe Hotel, Yugoslavia: *The flattening of underwear with pleasure is the job of the chambermaid.*

Hotel catering to skiers, Austria: *Not to perambulate the corridors in the hours of repose in the boots of ascension.*

On the door of a Moscow hotel room: *If this is your first visit to the USSR, you are welcome to it.*

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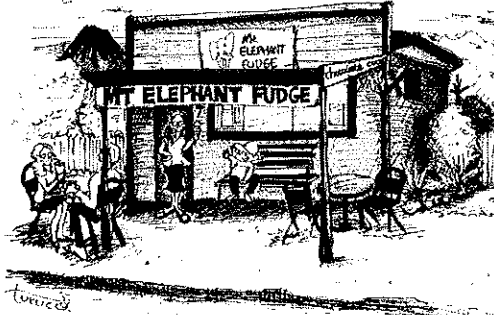
If you are thinking of buying or selling, please contact Surf Coast Realty for market advice or an Obligation-free appraisal.

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Honest . . . . . Reliable . . . . . Professional

The Valley and East Coast Voice Inc. encourages local/regional contributions from the public.

Stories, current events, historical information, lifestyle pieces, anecdotes, articles, travel blogs and written or visual art with a community-based theme are welcome, especially with relevant pictures included.



### MT ELEPHANT FUDGE

***Welcome One and All!***

*Pop in for coffee, cake,  
hot and cold drinks, ice-cream,  
chocs and a whole lot more*

***LOVE to see your smiling faces! ☺***

## HOW DO ST MARYS AND THE FINGAL VALLEY FIT INTO THE COMMUNITY BANK?

While preparing an update for this magazine, I was asked the above question. It didn't take long to find the answer - the St Marys and Fingal Valley communities are just as much a part of the Break O'Day region as the coastal settlements. As such, the residents of the valley are equally important to the establishment of the St Helens and St Marys Community Bank®.

The recent move to an alternate location by one of the big four banks in St Helens provided the Bendigo Bank with a perfect opportunity to locate an agency within a building that was previously an established bank. Commercially, this location provides an important street frontage and associated economic benefit to assist with establishing the first full-time Bendigo Bank presence in the Break O'Day Municipality.

Another important achievement was the Break O'Day Council accepting our tender for the naming rights of the recently constructed Break O'Day Community Stadium (BOCS), now named the **Bendigo Community Stadium** (or the **Bendigo BOCS** for short). Being a community stadium was viewed as working hand in hand with the aim of the Community Bank® to provide the opportunity for people of all ages to meet and play together to enhance our healthy, vibrant and diverse community.

The St Helens Bendigo Bank agency offers a variety of banking options such as personal, commercial rural and internet banking, ATM, savings accounts and insurances, just to name a few. It is not the aim of the Bendigo Bank to provide a replacement bank, just an alternative that returns a percentage of its profits to the community.

The short-term outlook for the Steering Committee is to complete the business model and issue the prospectus, shortly followed by the establishment of a branch in St Helens and a part-time branch office in St Marys. It is intended that this will shortly be followed by the establishment of an agency in St Marys but the timing of this will be dependent on the level of business being derived from customers in the Valley.

An opening date in late 2016 is still firmly at the centre of the steering committee's focus. Although we are getting close, a successful start of our own Community Bank® branch requires as many pledges as possible. Remember, these pledges are non-binding, though on realisation, will be converted to shares and make you a shareholder of your very own Community Bank®. Pledge forms are available at the St Helens Bendigo Bank agency in the Carlyle store - just drop in and have a chat with Tom and Josie and they will assist you!

Since January, Sarah Boucher and Jackie Green have been kept very busy, signing up the many new banking customers. Each Thursday, both ladies occupy an office in the Carlyle Building, St Helens. This is a perfect opportunity for customers to drop in to discuss opening a new account, transferring an old account or discussing any other personal, commercial or rural banking needs.

Don't forget, any accounts and/or business established with this agency will be credited to the St Helens and St Marys Community Bank®, and assist with opening the branch.

If you think you have something to offer, the St Helens and St Marys Community Bank® Steering Committee is constantly looking for people to join in.

In particular, we are looking for people to enhance the diversity of the Steering Committee that is reflective of the Break O'Day community.

### Feed The Dragon

#### (Feng's Kitchen)

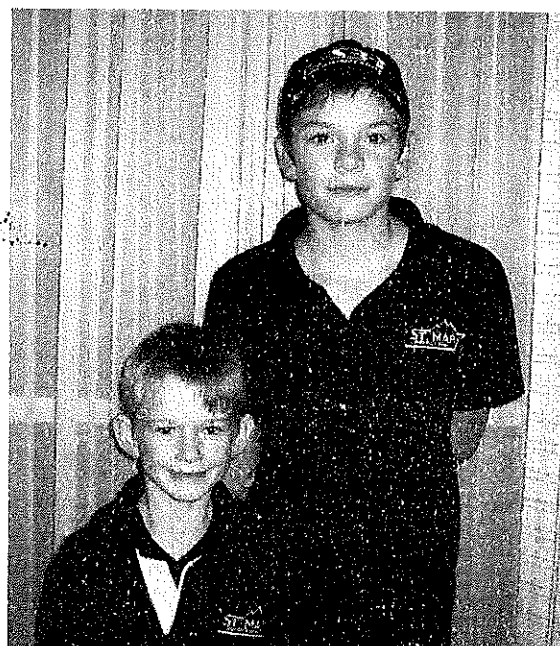
Main Street St Marys

*Welcomes You*

Open 11am - 7.30pm most days  
until July 1, 2016

Sizzling Beef \$14	Pickled Vegetables with
Pork Mince with Egg-	Choice of Meat \$13
plant \$13	Stirfry Rice Noodles
Lamb Slices with Spring	with Choice of Meat \$8
Onions \$13	Sweet and Sour Pork
Tofu - hot \$13	\$15
Pork Mince with Chilli	Lemon Chicken \$13
and Sour Vegetables \$3	Dumplings \$1 each
per bowl	Vegetable Fritters \$1.50
Cashew Chicken \$13	each
Dry Fry French Beans	Spring Roll \$1.50 each
with Mince Pork \$13	Garlic Vegetables \$12
Steamed Rice \$3 per	Noodles with Soup \$8
bowl	Wonton Soup \$12

**Phone orders 0411 186 573**



*Guess who used to deliver Valley Voices?*



## The Say, by Cagerattler

This has to be the weirdest autumn I can remember. Here we are, not much more than two weeks away from the official start of winter, and there has been barely a frost.

What's going on?. A few months ago I can recall reading somewhere dire warnings and predictions for a warmer than usual cold months period but I didn't believe them. Now I do.

Is this another effect of global warming ... or is it El Nino? Don't know, but it truly matters. Only a short time back we also were facing a real crisis with water storage levels in the major catchments, and the same for power generation, especially in regard to Bass Link.

A few days of unexpected rain on the West and North West Coasts have alleviated that somewhat, at least in the short term. Too many politicians are still denying global warming. Worldwide, situations like ours are happening more often. California is in a five year drought and are enacting permanent laws to try and protect themselves, and Europe experiences more frequent flooding.

The common thread is climate change, due to global warming.

I saw a TV program on this subject two / three years ago, and all this was referred to as cause and effect. After watching it I wasn't entirely convinced, but if you think back a few decades about what the seasons used to be like, I'd think most of us would agree that things have certainly changed.

It might sound strange to want normal frosts, cold wet rainy days etc. like in those days but it's not a desire, it's essential ... because nature needs it to survive (as dramatic as that sounds). In our case, the cause and effect of a drier, warmer winter would be twofold - less water reserves but also more bushfire prone areas heading into next summer.

Just think about that over coming years. It'd be awesome to have a proper and normal weather pattern again - it might be up to all seven billion of us to make that happen perhaps ...

What do you think, really?

*Rod McGiveron, St Marys*

### Feeling old yet?

- Guns N' Roses was formed 31 years ago
- Scooby-Doo made his first appearance 47 years ago
- The movie E.T. was released 34 years ago
- Cyndi Lauper will be 63 years old this year
- The first Compact Discs were sold 34 years ago
- The TV series Laverne & Shirley started 40 years ago
- Elvis and Lynyrd Skynyrd died 39 years ago
- Pac-Man was released 36 years ago
- The first Walkmans were sold 37 years ago

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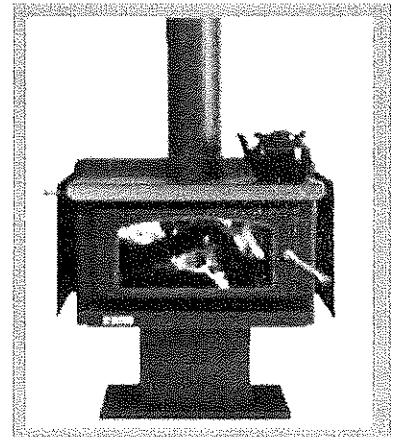
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**9am to 12 noon Saturday**

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## Valleys of Adventure

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### GREATER ESK TOURISM

#### MS passenger steam train to the Fingal Valley???

This beautifully restored steam engine with carriages is at the Tasmanian Transport Museum in Hobart, and has all permits and insurances to carry passengers. All we need now is permission from Tas Rail for a passenger train.

The Fingal District Progress Committee has restored the Fingal Railway Station. The exterior is completed and **Working Bee dates** to complete the interior are: **June 5, 19, 26 (10am - 3pm)**. Please come along and help this station promote a part of history that was so vital in the Fingal Valley.



## WRAPPED IN ST MARYS

Sunday June 12, 2016 .

We have 2 themes this year.

Juniors - *Transport*

Adults - *Memories*.

Prizes are money and certificates.

Deadline for entries is 4pm June 1st

For further information / help email

[bagdadquiltingsupplies@hotmail.com](mailto:bagdadquiltingsupplies@hotmail.com)

This is the Queens Birthday long-weekend, the same day as the St Marys Car Show and the Bay of Fires Festival

In St Marys, both the Stables Handmade Market at the recreation ground and the BODRA Market in the hall will be open.

**Get your entries in soon!**



### Photographic Competition 2016 theme



The Greater Esk Tourism Photographic Competition for 2016 will again be judged by Tasmania's Master Photographer Owen Hughes, who will select 12 finalists and the overall winner, but the public will have a say too.

This year's theme is "**Promote the Fingal Valley**" so get out exploring and then get clicking.

**Entries must be submitted by 5pm on September 8, 2016.**

**No late entries will be accepted.**

For lodgement details, general information and conditions of entry, go to our web site [www.fingalvalley.com.au](http://www.fingalvalley.com.au) or our Facebook Page - *Fingal Valleys of Adventure*.

Cash prizes are **\$500** for the winner, **\$250** for Under 18 and **\$150** for the People's Choice.

All finalists will have their work exhibited in the Purple Possum for the next tourist season.



### Local artist selected as finalist in the Bay of Fires Art prize

St Helens grandmother and great grandmother, Rissah Vox is delighted to be on the shortlist for the 2016 Art Prize.

Her work will join 34 other finalists to make up the exhibition at Tidal Waters Resort, which will run from Saturday June 11 (5.30pm) until July 2.

Rissah is a passionate emerging artist who only started her art about four years ago, encouraged by her family and friends. Her technique involves layering coloured oil pastels and then etching or incising the surface with a tent peg. Her work is rich in layers of colour and pattern, and contains symbols and images of her indigenous heritage.

Although Rissah doesn't usually go to big social events, she is looking forward to the presentation and exhibition opening.

She is pictured with another of her recent works, *Flying Over Country*, which will soon be on show in the entrance of the St Helens Supa IGA.

Details of the Gala Opening and Prize Presentation can be found on <http://www.bayoffiresartprize.com.au/the-2016-prize.html> of Facebook - Bay of Fires Winter Arts Festival. Tickets are available online or at Choc-A-Lolly.

**Contact - Chris Draffin 0418833881**



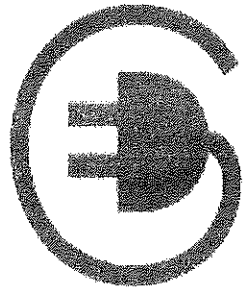
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# VALLEY and EAST COAST VOICE Inc.

## WRITING COMPETITION 2016

Our writing competition for school students will run each school term in two sections, one for primary students and one for secondary students.

We are asking for a short story, maximum 500 words, and entries will be published in the Valley Voice.

You can write about anything you like - if it interests you, tell us about it.

To make things easier for our judges we would like your entry typed please.

(Our judges have no children currently or formerly enrolled in a school within the area, and their decision is final.)

**\*\* 2 prizes will be awarded at the end of each term \*\***

**The Rules ... yes, we have to have them!**

- ♦ Your entry must be your own work
- ♦ The Valley Voice has the right to publish your work with your name on it if you are a finalist
- ♦ Entries will be published anonymously throughout each term
- ♦ Entries must be in by the closing date ... no late entries will be accepted

**Closing dates**

**Term 1 April 4**

**Term 3 September 15**

**Term 2 July 7**

**Term 4 December 8**

**Lodgment can be by:**

- ♦ email to [wdawson@valleyvoice.com.au](mailto:wdawson@valleyvoice.com.au) OR
- ♦ mail to **POB 230 St Marys Tasmania 7215** OR
- ♦ leave at **St Marys Pharmacy, Main Road St Marys**



## Valley and East Coast Voice Inc. Writing Competition

*Attach this section to your entry and please make sure all information is provided*

**Full Name** \_\_\_\_\_

**Class/Grade** \_\_\_\_\_

**School** \_\_\_\_\_

**Title of essay/ written work** \_\_\_\_\_

**Parent / guardian's signature ... this implies permission to publish your work and your name**  
(should you win a prize) \_\_\_\_\_

**Parent / guardian's address** \_\_\_\_\_

**Parent / guardian's contact phone number** \_\_\_\_\_

**Enquiries to W Dawson - 0403 430 452**

**Office use only (identifier code)** \_\_\_\_\_

**VALLEY and EAST COAST VOICE Inc.**  
**WRITING COMPETITION 2016**

**Shopkins World**

In a world of shopkins lives the King and Queen

One day a storm came it was so bad the shops wouldn't open, oh no said Tom I won't get my tomato for tomato soup boo hoo

Tom was sad

Don't worry said Sugarplum, we will think of something but the storm went away

Hooray

The end

*Submitted by Year 1 student, thank you*

**Would you like to try a different approach to  
give up smoking!**

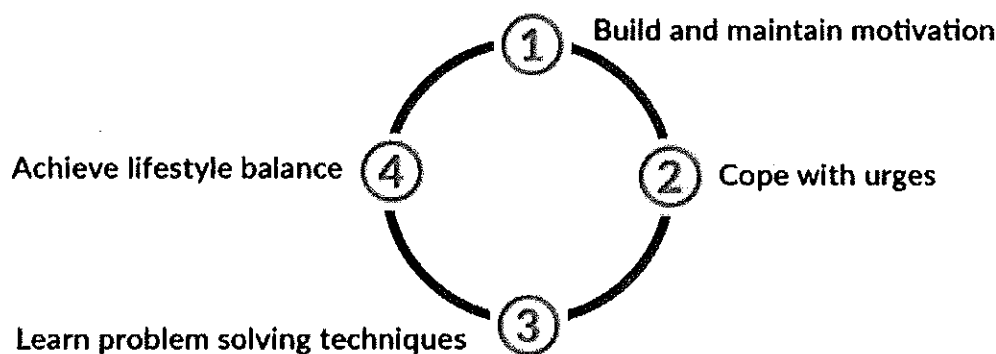
**SMART Recovery**

(Self Management and Recovery Training)

SMART is a free group program assisting problematic behaviours, including addiction to drugs, alcohol, cigarettes, gambling, food, shopping, internet and others.

Guided by trained peers and facilitators, participants come together to help themselves and help each other. Hub4Health will be running groups at a variety of times across the region to suit as many people as possible. Locations and times will be flexible.

In each group session, you'll gain useful skills to help you:



If you are interested in 'kicking the habit'  
please phone us on **6376 2971** or email  
**admin@hub4health.org.au**

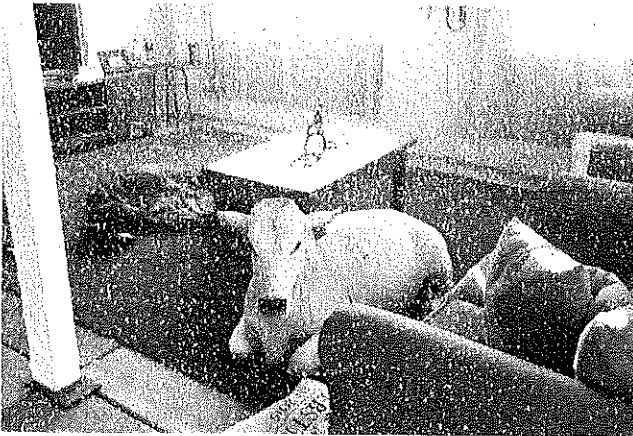
**Hub4**  
**Health** Inc  
Connections start here



A poddy calf from Georgetown, in north-west Queensland, has more than 13,000 followers on Facebook. Beryl the Brahman was rescued from a cattle yard when owner Sally Webster spotted it struggling to feed from its mother. Ms Webster has since created a Facebook page for the nine month old calf, and is sharing the Brahman's cheeky antics.

She and her husband never expected the page to attract world-wide attention, until they started receiving messages from journalists based in America, Sweden, Argentina and the UK.

"[In north-west Queensland] it's just a part of everyday life, having poddy calves or lambs. She's very much a cow and most of the things she does are cow things; it's just people don't normally see that; it's more that they see them eating in a paddock.

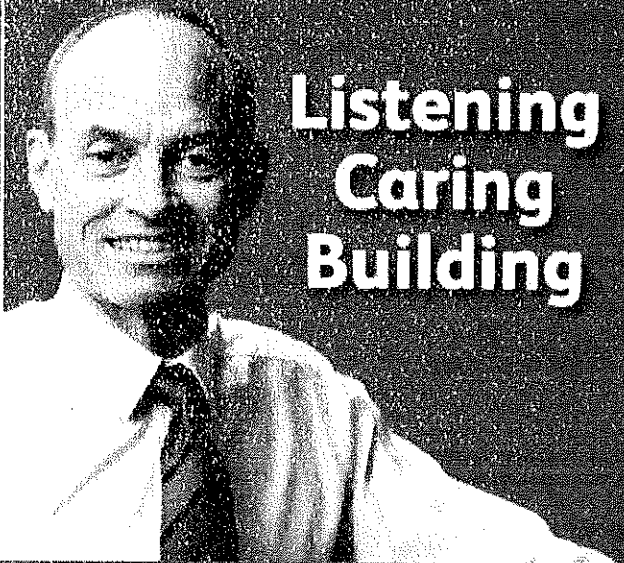


## Valley and East Coast Voice Inc publication dates 2016

Month	Deadline dates 5pm	Publication dates <i>Online editions available at 6am.</i>
May	30th	June 2nd
June	13th	16th
June	27th	30th
July	11th	14th
July	25th	28th
August	8th	11th
August	22nd	25th
September	5th	8th
September	19th	22nd
October	3rd	6th
October	17th	20th
October	31st	November 3rd
November	14th	17th
November	28th	December 1st
December	12th	15th

## Guy Barnett MP

State Liberal Member for Lyons



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Please make contact for assistance  
guy.barnett@parliament.tas.gov.au • Ph: 6165 7751  
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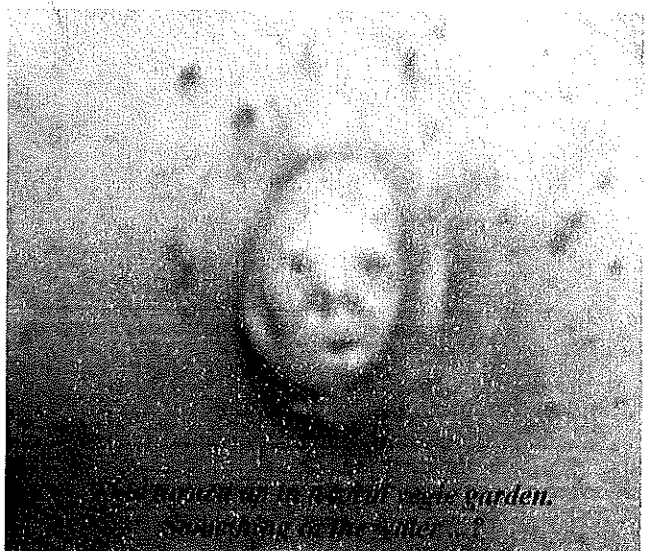
Authorised by Guy Barnett MP, 6 Circle Street, New Norfolk

**Liberals**



"Morality is doing right, no matter what you are told. Religion is doing what you are told, no matter what is right."

H L Mencken (1880 - 1956)



## St Marys Sports Centre

Gray Road St Marys

Bar open Thursday 6 - 8pm Friday 6pm until close  
Sunday 1:30 - 4:30pm Friday Happy Hour 6.30 - 7.30 with  
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Licensee / treasurer: *Jim Turner* 6372 2441

President: *Jacqui Bianchi* 0439 978 156

Vice President *Bobby Harwood* 6372 2445

*e:stmaryssportsctr@internode.on.net*

*facebook.com/stmarysportsandsocialclub*

**Bowls news:** Working Bee Sunday 15. Green has been seeded and top soiled. Bowlers to have input into new uniforms - colours and style to be voted on (display at club).

**Golf news:** New flags arrived for the green pins. A few people seen playing golf this week. Happy to report no injuries when our beautiful gum got blown down by the strong winds. The second gum was damaged and deemed unsafe, and has been removed.

**Indoor bowls:** Tried again this Thursday 19, 4pm

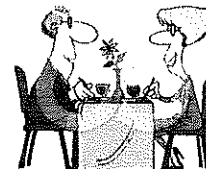


**Dining:** There will be a dinner hosted by the club this Friday May 20 at 6pm.

Bookings are essential (limit 30), please ring 6372 2441.

Due to the discontinuation of the trial contract, the committee voted to offer the dinner catering to any club members willing to take part.

There will be a dinner provided at least once a month.



"Bulgaria, I reflected as I walked back to the hotel, isn't a country; it's a near-death experience."  
Bill Bryson, *Neither Here nor There: Travels in Europe*

"So I decided to do it [hike the Appalachian Trail]. More rashly, I announced my intention - told friends and neighbours, confidently informed my publisher, made it common knowledge among those who knew me. Then I bought some books ...

It required only a little light reading in adventure books and almost no imagination to envision circumstances in which I would find myself caught in a tightening circle of hunger-emboldened wolves, staggering and shredding clothes under an onslaught of pincered fire ants, or dumbly transfixed by the sight of enlivened undergrowth advancing towards me, like a torpedo through water, before being bowled backwards by a sofa-sized boar with cold beady eyes, a piercing squeal, and slaverous, chopping appetite for pink, plump, city-softened flesh."

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

## HILLY'S IGA ST MARYS

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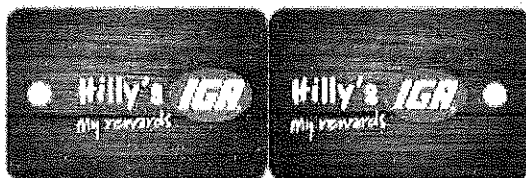


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Come in to Hilly's IGA St Marys and Hilly's IGA St Helens, pick up a rewards card and start saving - earn points every time you shop. Save up your rewards for Christmas, or use as instant cash  
You can even donate to a local community group.

*\*We have members' own specials\**



## Mt Elephant and Beyond Book Club review

Eleanor Catton's novel, *The Luminaries*, was the winner of the Man Booker Prize for 2013 and at over 800 pages long it is a massive read. Catton was born in Canada in 1985 but grew up in New Zealand. This is her second novel; her first, also highly acclaimed was *The Rehearsal* which was written when she was just 24.

*The Luminaries* is set in New Zealand in 1866 on the goldfields of the west coast of the South Island, mostly in a town called Hokitaka. It tells of a series of events involving the death of a local drunk, the disappearance of a young, rich man, a lost shipping crate, the opium addled activities of the local prostitute and the ensuing intricate connections between the local identities. Twelve leading members of the community, all involved in some way with the mysterious events, meet to get to the bottom of what turns out to be a web of intrigue, murder, revenge, forgery, opium addiction and, ultimately, love.

Catton has basically recreated a 19th century whodunnit, reminiscent of Dickens style. Consistently using stylistic devices and the language and speech of the times, she makes us almost forget that this is a young 21st century writer's creation.

At the beginning of each chapter the bones of what will happen in that chapter are briefly itemised and we are left hanging at the end of each section in true Dickens serial style. Skilfully she avoids any 21st century stance or point of view in the telling, and although she uses the occasional Victorian authorial comment, this only asserts that she is in control of the unfolding plot. These are like actors on a stage, and we are meant to watch as an audience as all is gradually revealed.

A cast of fortune seekers is introduced and presented to us in all their human frailty, greed and sometimes good intentions. We meet bankers and hoteliers, a prostitute, a fortune teller, a politician on the campaign trail, Chinese miners and opium dealers. Catton reveals with such mature understanding their motivations and inner thoughts.

As if the intricacy of the plot line isn't enough, Catton divides the novel into 12 sections of diminishing length, each connected to the month of the astrological calendar.

For those of analytical mind this provides a further level of interpretation, but it is not necessary to follow this added layer of meaning to enjoy the convolutions of the developing story. The writer slips backwards and forwards in time, and by the end of the last "chapter" reveals a love scene that occurred before the story began! Ends are mostly satisfactorily tied up at the completion of the book, however.

It would take a second reading to pick up all the connections and implications, but as a recreation of early New Zealand in goldrush fever and the machinations of a diverse range of characters, this is a mostly successful and enjoyable literary experiment.

**Pam Bretz, St Marys**



**A big thank you** to the ladies of **Mathinna Get Active Group** for driving up to us this morning and donating gift bags for Family Services to hand out.

Over the last six months these ladies have been collecting personal hygiene products and other goodies for women.

Next on their agenda is to do the same for men. What a wonderful group and such a nice idea!

15 bags in total plus a few extra

pieces [#thankyou](#) [#mathinna](#) [#getactive#citymission](#) [#donation](#)

# Splash

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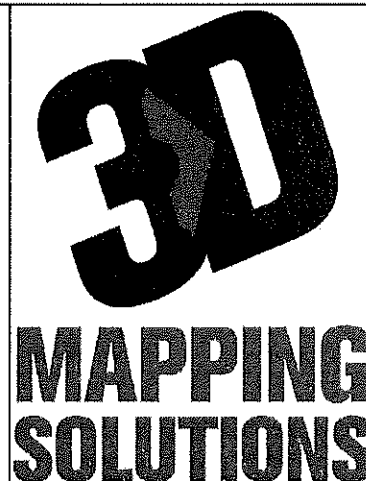
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## Families ... and how we tell the stories by Wendy Fowler R.N. B.A.(Hons)

In the last couple of weeks I've had several conversations with people searching for "missing" relatives in Tasmania.

It caused me to think about my own family, and how the telling of their story has changed.

The lady I shared a coffee and a chat with had plenty of carefully documented information about her family. A superficial scan enabled me to give her a couple of names and phone numbers which I hope steered her in the right direction (both literally and metaphorically), as she set off in search of those men and women who made their homes in this district having come here from what is now Germany. It's a great story but not mine to tell.

Facebook is an amazing thing ... both good and bad ... and like many others I read a couple of social history pages and occasionally contribute to a couple of historic photograph online collections.

One of the social history pages had a couple of member's questions about a family I know well, having worked with a daughter in law of one of those mentioned, so I was once again able to provide a contact.

It seems to be quite the norm these days to ask questions about one's ancestors, and to have convict ancestors a matter of both interest and almost pride. It makes a direct contrast to the attitude of my paternal grandmother and her siblings who corrected (with a red biro) some research a cousin and I did; this research unearthed a baby baptised prior to a wedding, and my great grandmother baptised less than six months after her parent's marriage. My grandfather's amusement at discovering his own grandfather had been a convict was NOT shared by his wife. My grandmother's attitude to the "convict stain" was a reflection of the Tasmania in which she grew up, but it rewrites history.



One of the most extraordinary aspects of Tasmania's convict story is the capacity of men and women to reinvent themselves, or have the Convict Department force that reinvention upon them. Alfred Fowler's story is one of a man who became a successful timber merchant; he hid his origins so well his son was elected to State Parliament in the 1890s.

But enough of my antecedents, they are of little interest to anyone but their descendants.

The real success of Tasmania post-European settlement is the capacity of men and women to make lives for themselves, and in many instances to do so despite pretty tough circumstances. At another time and for a different purpose I had occasion to look at some research done into the industrial heritage in rural Tasmania, and it paints an interesting picture.

Until relatively recently, businesses frequently stayed in family hands for generations and it is frequently possible to track back to the founder of an enterprise.

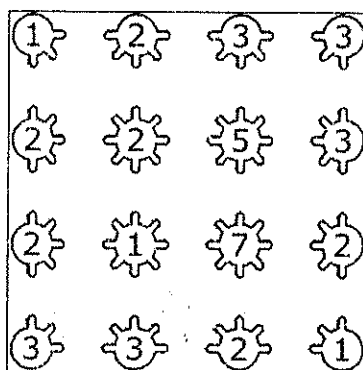
We are very fortunate in Tasmania to have very good colonial era records, so basic cross referencing answers the ... Was he / she a convict or a free settler? ... quite quickly. If he / she was a convict these same high quality records soon tell us

all manner of personal details, including the trade / qualification / employment at time of conviction together with jobs, assignments, punishments and rewards prior to the end of sentence.

My research tells me that in a significant majority of instances, futures were built on a foundation of skills acquired in the colony rather than those acquired in Britain.

A walk through any older street in a Tasmanian town or city (during which the walker looks above the pavement to the façade) provides examples of this legacy. Above the trendy cafes of Elizabeth Street, North Hobart, is an old window stencilled "Batt and Sons, bootmakers". The original shipwright at Port Huon learned his trade at Point Puer, and Mr Batt learned to make boots in the penitentiary at Port Arthur.

Over the previous editions I have written of convicts who turned to coal mining, and my next story is of an East End barrow boy who became a stone mason.

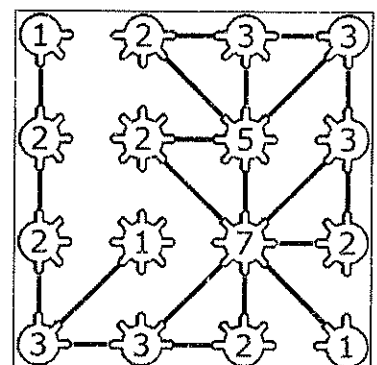


### Last issues solution

Left: Can you find all of the spokes? A digit on a hub denotes the number of spokes that meet there.

Spokes never cross and in the end everything will be connected.

Answer at right







### Where do you find us?

5 Portland Court, St Helens, 7216

Phone: 6376 2971

Email: [admin@hub4health.org.au](mailto:admin@hub4health.org.au)

Web: [www.hub4health.org.au](http://www.hub4health.org.au)

**Our Aim:** To deliver health and wellbeing programs to rural and remote communities within the Break O'Day Municipality.

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- ◆ Building Blocks (children 0-5 yrs.)
- ◆ Walking Group
- ◆ FriendSHIP Program

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#### *Counseling Services*

Please call Hub4Health for more details and booking enquiries. Counselors are suited to individual needs.

No referrals necessary.



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Services Tasmania

### National Families Week 15-21 MAY 2016

This month at Hub4Health our early childhood program Building Blocks will be celebrating National Families Week from May 15. It marks the vital role that families play in Australian society, and there will be lots of events in our

community over the whole month of May that you can come along to and enjoy with your children.

National Families Week coincides with the United Nations International Day of Families on May 15. This day is observed by the United Nations to mark the importance that the international community places on families as the most fundamental units of society, as well as to show concern about their situation in many parts of the world.

The 2016 theme is 'Stronger Families, Stronger Communities'. This year's theme highlights the important role families play as the central building block of our communities, and the message that community wellbeing is enhanced by family wellbeing. National Families Week is supported by the Australian Government Department of Social Services (Building Blocks Funding Body).

### Come and join one of our Active4Life Programs in St Marys:

- ◆ Kindy Fitness
  - ◆ Men's Fitness
  - ◆ Women's Fitness
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  - ◆ Yoga
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  - ◆ Youth Boxcercise
- And More!!!**

For more information call  
Hub4Health  
on **6376 2971**



*Air measuring equipment stands on a windswept hill at Cape Grim. (Sarah Clarke: ABC News)*

The cleanest air in the world is becoming more polluted, with air measurements in remote north-west Tasmania poised to hit a new high of 400 parts per million (ppm) of carbon dioxide within two or three weeks.

The number sat at slightly more than 300ppm when measurements were first taken at the CSIRO's Cape Grim measuring site in the 1970s.

CSIRO consultant Paul Fraser said the landmark reading did not bode well for the earth's climate.

"It's going to continue to increase and there has to be a point before it gets to say 500 parts per million where we get that increasing CO2 under control, otherwise we're going to have some pretty serious climate change problems," he said.

Mr Fraser said world leaders needed to take action to prevent the carbon levels rising further this century.

"We do hope to slow it down, eventually stop it from growing, but the time scale for that is decades into the future, if

the right policies about controlling CO2 emissions are adhered to," he said.

"At the moment, it's rising at about 3 parts per million per year, so on that sort of time scale it would take another 30 years to reach 500 parts per million, for example, which we hope it never does."

The primary impact of carbon dioxide is to cause the atmosphere to warm, and Mr Fraser said it could have a significant impact on the ocean.

"When it dissolves in the ocean, it makes the oceans more acidic, and that's likely to have a serious problem on life forms in the ocean."

The baseline carbon level measures the level of carbon dioxide in the purest air on the planet.

The Cape Grim facility measures air from a large area of the southern hemisphere, unaffected by regional pollution sources such as nearby cities or industry that would contaminate the air quality.

The site is one of only three laboratories in the world that measures baseline carbon readings, and is the only office analysing baseline carbon levels in the southern hemisphere.

[http://www.abc.net.au/news/2016-05-11/carbon-dioxide-levels-new-high-tasmania-worlds-cleanest-air/7403474?](http://www.abc.net.au/news/2016-05-11/carbon-dioxide-levels-new-high-tasmania-worlds-cleanest-air/7403474?WT.ac=statenews_tas)

[WT.ac=statenews\\_tas](http://www.abc.net.au/news/2016-05-11/carbon-dioxide-levels-new-high-tasmania-worlds-cleanest-air/7403474?WT.ac=statenews_tas)

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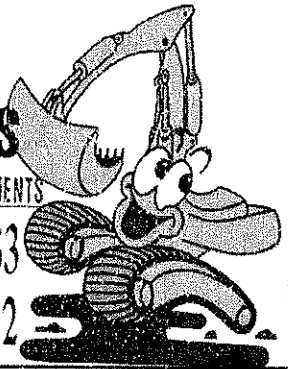
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## St. Marys Township Peaceful, But INDUSTRIAL WAR TIES UP NEARBY MINES

By a Staff Reporter

The Mercury (Hobart, Tas) Tuesday July 12, 1949

ST. MARYS lies peacefully in the Winter sunshine, neat and tidy. A traveller can enter it from the western side and not realise that along the sleepy Mt Nicholas Range eight coal mines, big and small, are tied up in a national industrial war.

In dozens of miners' homes in the district the strike is the main topic of conversation. I doubt if there is any real enthusiasm for it, but it seems certain that they will see it out.

The lights of St. Marys are on because the hydro-electric system provides power. The fires are warm because there is plenty of wood and coal at hand.

On the hillside the dead hand of the strike lies over an industry that normally turns out about 900 tons of coal a day, and pays £4,500 a fortnight in wages. The empty skips, strung on the cables like beads on a string, stand where they were when the machines stopped them passing in and out of the mines.

There is no rattling of coal at the sidings; no smoke from the mine buildings in the scrub.

### Difference Of Opinion

Among the miners themselves there is a difference of opinion about the strike, although their leaders claim their decision was unanimous. Leading officials of the union say the miners will stand firm, but there is a belief in St. Marys that if a secret ballot were held the men would vote to go back to work. This view was expressed to me by a number of residents, even after they heard the news that Williams (miners' general president) and Grant (general secretary) had been sentenced to gaol and the federation had been fined £2,000.

There were many raised eyebrows and subdued whistles around radio receivers when residents listened to the news in St. Marys. After that I heard the reaction. Some said the imprisonment of the leaders and the fine on the union would make the miners more implacable. Others said, with trimmings, that Williams was where he ought to be, but they were sorry for Grant, who is not a Communist, but a strong A.L.P. supporter.

### Sympathy For Grant

I gathered they had hoped the Federal Government would separate the Communists from the Labour Party supporters when gaol sentences were imposed. Everywhere there is genuine sympathy for Grant. Many Tasmanians wonder why the Tasmanian miners, who went through the war without a dispute and have always had a name for moderation, appear to have turned militant suddenly. Miners' leaders deny statements that only half the miners attended the meeting at Cornwall when the strike was approved. They claim the men decided unanimously to support the strike. Another view I heard was that the motion brought back from the central council meeting was so carefully framed that even the lukewarm ones could not see how they could vote against it.

### No Communists

The first paragraph related to approval of a stop-work meeting failing satisfaction of the miners' claims. The second reaffirmed the right to hold stop-work meetings whenever deemed necessary by the central council. It was on this resolution that the Tasmanian district of the federation joined the strike. Many now agree that the dispute was Communist-inspired and are not pleased at the threat to arbitration.

I am assured on all sides, however, that there are no Communists in the federation in Tasmania.

The rebuff to the Communist offer of help last week is applauded in St. Marys. The president of the Tasmanian district of the federation (Mr. W. Haas) intended to call another aggregate meeting this week to discuss the Communist approach. Yesterday, however, he received a telegram calling him to a special meeting of the central council in Sydney tomorrow and the aggregate meeting has been postponed.

It is common knowledge in St. Marys that the Tasmanian division funds were withdrawn from the bank last week. Some are beginning to ask whether this sum will receive attention from the Court. Mr. Haas said yesterday he did not believe the strike was Communist-inspired.



## CLEAN CRACK LAUNDROMAT

32 Main Street  
St Marys



Coin operated washers  
and dryers  
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**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 ap-  
pointment 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**

**Non-attendance of  
Doctor's Appointments**

Please be aware there is a non attendance pol-  
icy at this practice.

If you miss three appointments you will be sent  
an account.

If you miss a fourth appointment you may be  
referred to another Medical Practice.

Due to demand, doctor's appointments need to  
be booked at least **two weeks in advance**.

Waiting periods can apply.

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

**Doctors Roster**

**Dr C. Latt**

19/5/16—2/6/16

**Dr K Nash-Rawnsley**

20, 24 & 27/5 2016

**Dr Lord**

19, 26/5 & 2/6 2016

**SMCHC Teaching Site**

We are a UTAS teaching site. We regularly host  
students from various health faculties, who attend  
our site to participate in training placement.

If you are attending this practice and would prefer  
the students do not sit in on your consultation, please  
inform reception prior to your appointment. These  
placements are very important for the students, so  
your cooperation is greatly appreciated.

***There will be 2nd Year Nursing Students on  
placement during the month of May 2016.***

**St Marys Medical Practice  
reminder**

Dr Latt wishes to remind the community of the  
following exceptions to bulk billing at the SMCHC

<i>Driving licence renewals</i>	<i>Insurance medicals</i>
<i>Requested medical re- ports</i>	<i>Harness medicals</i>
	<i>Pre-employment checks</i>

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**

May 19 **Social Worker** Shan Williams  
Call 6387 5555 for appointments.  
**Physiotherapist** Naomi Ide for appointments please see your GP or Health professional for a referral.  
**Psychologist** Please see your GP for a referral.

May 20 **Social Worker** Shan Williams for appointments please phone 6387 5555  
**Physiotherapist** Naomi Ide for appointments please see your GP or Health professional for a referral.

May 23 **Physiotherapist** Naomi Ide for appointments please see your GP or Health professional for a referral.

May 24 **Max Employment** 8:30am-5pm downstairs  
**Child Health Session** with Mary Mumford Tuesday fortnights, by appointment only. Phone 0428 136 381  
**Rae & Partners Lawyers** consult fortnightly at the SMCHC. Phone 6337 5555 for appointments.  
**Lightfoot Podiatry** Perry Daly. Phone 6331 9568 for appointments.

May 25 **Day Centre** call Hayley Gilbert on 6387 5555 for information on the group.

May 26 **Social Worker** Shan Williams for appointments please phone 6387 5555  
**Physiotherapist** Naomi Ide for appointments please see your GP or Health professional for a referral.  
**Psychologist**– Please see your GP for a referral.  
**Eyelines**- For appointments please phone 1300 139 363. All consults are Bulk Billed to Medicare.

May 27 **Physiotherapist** Naomi Ide for appointments please see your GP or Health professional for a referral.  
**Social Worker** Shan Williams  
Call 6387 5555 for appointments  
**PHT Diabetic Educator, Physiologist and Dietician** Contact GP for referral.

May 30 **Physiotherapist** Naomi Ide for appointments please see your GP or Health professional for a referral.

May 31 **Physiotherapist** Naomi Ide for appointments please see your GP or Health professional for a referral.  
**Max Employment** 8:30am-5pm downstairs.

June 1 **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.  
**Social Worker** Shan Williams  
For appointments phone 6387 5555.

June 2 **Psychologist** Please see your GP for a referral.  
**Social Worker** Shan Williams  
For appointments phone 6387 5555  
**Physiotherapist** Naomi Ide for appointments please see your GP or Health professional for a referral.

June 3 **Social Worker** Shan Williams  
For appointments phone 6387 5555  
**Physiotherapist** Naomi Ide for appointments please see your GP or Health professional for a referral.

**PODIATRY NORTH**

Please note that Podiatry North Services will be held on **TUESDAY'S** not Wednesday's for the remainder of 2016. You will be contacted via a letter a week in advance if you have an appointment.



**June Dally-Watkins** (born 1927) is an Australian businesswoman and fashion-model.

In 1950 she started the Southern Hemisphere's first personal development school in Sydney to train young women in etiquette and deportment.

A year later, she started Australia's first model agency and modelling school and later established a Business Finishing College.

She remains Australia's best known expert in etiquette and elocution, and frequently comments on that topic in the media.

"Most people consider life a battle, but it should not be, it's a game and every person has a role to play. The rules are simple: it's all about giving and receiving. Learn to be generous, open minded, kind and decent in your attitude towards others. These emotions will eventually be reflected in your face and will attract people to you.

Your gentle nature, warm heart and ability to live easily with

the people around you, make you lovely to know. Every moment you have the opportunity to create that lasting loveliness in your character and personality by the way you think, act and talk."

*She was featured on Bogán Hunters in 2014, where she provided information relating to etiquette to the winners of the series.*

#### Always Remember...

Walk on the left side of street.  
Don't eat walking along the street.  
Don't say "How are you?" – this is too common, say "Nice to see you".  
Don't refer to children as kids, a kid is a baby goat.  
Don't say I have got... instead say I have... got is an unnecessary word.



*Asian and European models training in Australia with June Dally Watkins 1969*



## CALTEX ST MARYS

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*We are here when you need us.  
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Australian Funeral Directors Association



## Meals on Wheels

May 19	Liz Rice
20	Drew Adam
23	Karl Balzer
24	Trish Pike
25	Louise Keady
26	Heather Griffiths
27	Drew Adam
30	Pam Bretz
31	Valmai Spencer
June 1	Sonya Allison

## Tip locations and opening hours

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



**St Marys Salvation Army**  
is pleased to offer the  
following services:

*Weddings Dedication of children  
Funerals*

Envoy Mel Norton 0409 838 816

# 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 Marys PHARMACY

**Main Street St Marys 7215**  
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**Pharmacist instore Monday - Friday**

**They call it a "selfie"  
because "narcissistie"  
is too hard to spell.**

How many words of three letters or more  
(including an eight letter word) can you make from  
TASMANIA?

Answers next edition.



## Libraries

### St Helens

61 Cecilia Street St Helens  
Tas 7216 6387 5530

**Mon** 10am - 1pm, 2 - 5pm

**Tue** 10am - 1pm, 2 - 5pm

**Wed** 10am - 1pm, 2 - 5pm

**Thu** 10am - 1pm, 2 - 5pm

**Fri** 10am - 1pm, 2 - 6pm

**Sat** 10am - 12pm

**Sun** Closed

Closed public holidays



### St Marys

31 Main Street St Marys  
Tas 7215 6372 2114

**Mon** 12.15am - 5pm

**Tue** Closed

**Wed** 10.15am - 1pm, 2 - 5pm

**Thu** Closed

**Fri** 10.30am - 11.30am, 12 - 5pm

**Sat** Closed

**Sun** Closed

Closed public holidays



### Fingal Online Access Centre

29 Talbot Street Fingal  
Tas 7214 6374 2222

**Mon** 9am - 4pm

**Tue** 9am - 12pm

**Wed** 9am - 4pm

**Thu** 9am - 12pm

**Fri** 9am - 4pm

**Sat** Closed

**Sun** Closed

Closed public holidays





## ST MARYS IGA SUPERMARKET

38 Main Street

Ph/Fax 6372 2240 Butcher 6372 2274

Monday - Friday 8am - 6.30pm

Saturday 8am - 5pm

Sunday 10am - 5pm

Butcher instore weekdays 8am - 2.30pm

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<b>Butchery specials May 18 - 24</b>		<b>Butchery specials May 25 - 31</b>	
	<i>p/kg</i>		<i>p/kg</i>
Nichols 6 Legged Chicken	4.99	Lamb Legs Boned & Rolled	14.99
Rump Steak	15.99	Topside Beef Roast	12.99
Corned Silverside	8.99	Forequarter Lamb Chops	12.99
Beef Stir Fry Strips	15.99	Nichols Bocconcini	5.99
Inghams Kebabs	1.29ea	Lamb Shanks	10.99
<b>Two week specials May 18 - 31</b>			
McCain Peas & Corn 500g	2.49	Arnotts Savoy or Clix 225-250g	1.99
Streets Magnum 4pk	5.99	Arnotts Assorted Cream Biscuits 500g	3.99
Organic Care Shampoo or Conditioner 400ml	2.49	Schwarzkoph Shampoo or Conditioner 400ml	3.84
Danone Yoghurt 4pk	3.50	Miracle Margarine 500g	1.49
Juicy Isle Long Life Juice 2L	2.69	Griffins Chocolate Biscuits 200g	1.99
Little Lucifer Fire Lighters 24pk	2.99	Multix Alfoil 30cm x 10m	1.49
Fab Laundry Powder 2.5kg	6.99	Tassal Salmon Snack Pots 185g	1.99
Kleenex Facial Tissues 170's	1.79	Tetley Chai Latte Sachets 8pk	3.79
Nanda Pasta Range 500g	.99	Lucky Dog Biscuits 3kg	6.49
Bundaberg White or Raw Sugar 1kg	1.49	White King Bleach 1.25L	2.45

### The Valley and East Coast Voice Inc. is available at:

Avoca Post Office	Mathinna Post Office
Coachouse Restaurant	Mouth Cafe, Scamander
St Marys	Scamander Supermarket
Hilly's IGA St Helens	St Marys IGA
Hilly's IGA St Marys	St Marys Newsagency
Holder Bros, Fingal	



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St Helens 6376 1143

Fax 6339 2900

suncoastexp@netspace.net.au

**John Campbell**  
0438 392 621

**Jamie Harper**  
0408 012 145

*Running  
with  
the fools*



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