



THE VALLEY AND EAST COAST VOICE INC.

Established 1968

49.08 August 11, 2016

Deadline for 49.09 is 5pm August 22, 2016

Great things come to those who wait ...

How true that adage is!

After five years hard work by the members of the St Helens/St Marys Community Bank® Steering Committee our Chairman, Andrew MacGregor and Treasurer/Pledge Manager, Roger Harlow presented the Business Plan for our future Community Bank® to senior Bendigo and Adelaide Bank staff. The Business Plan demonstrates to future investors the goals of the Committee and the manner in which they will be achieved. It incorporated information gained from the results from the recent community survey, comparable branch analyses, establishment campaign to date and information on the committee members.

Continued on p4

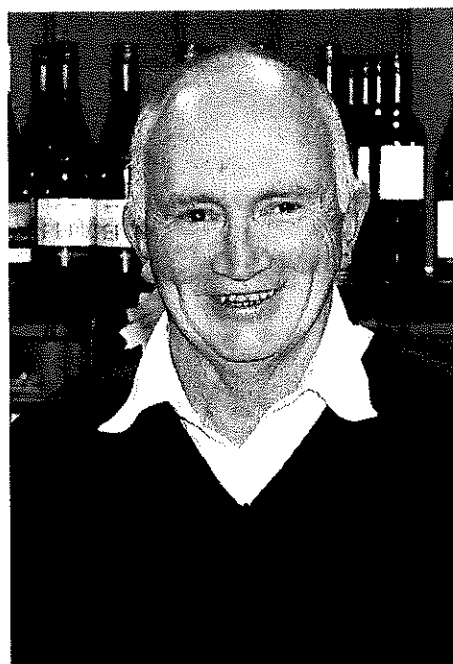
Fingal community hub renovation supports employment and training

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 original construction.

Continued on p5



St Marys District High School participants Jerome Smith, Lloyd Bosworth and Tim Dufty



Congratulations to

Ian Bradbury

on his well-deserved and prestigious
Emergency Service Volunteer Award 2016

presented at

The Historic St Marys Hotel on July 28.

*We honour you for your amazing contributions
to our town and its residents.*

All the best and kind regards

Peter Troode, St Marys

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

Editor: WM Dawson
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POB 230 St Marys 7215

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.

Meals on Wheels Meeting dates for 2016: August 18, and AGM November 17

Lundy Vosper, St Marys

The Friends of the St Helens History Room & Museum have pleasure in advising that our **2016 Annual General Meeting** will be held at 3:30pm on Monday August 15 at the St Helens Neighbourhood House.

Stephen Jones, Secretary

Rossarden & Friends Kids Christmas Annual General Meeting August 16, 2016 starting 1pm at the Avoca Roadhouse

The **GET Annual General Meeting** is on Monday September 12 at 7pm at the Fingal Valley Neighbourhood House, to be followed by a General Meeting. All welcome

Mary Knowles, Secretary

Vietnam Veterans Day 2016

This year marks the 50th Anniversary of the Battle of Long Tan. Vietnam Veterans Day will be commemorated on Thursday August 18, 2016. The service will commence 11am at the Vietnam Veterans Memorial at the Cenotaph in St Helens.

If you wish to join Veterans in the march, please form up at Hilly's Supermarket, St Helens at 10.45am.

You are invited to lay a wreath for the fallen during our Remembrance Service.

If the weather is inclement the Service will be held in the Portland Hall adjacent to the Cenotaph.

For further information please contact President Gary Graham on 6372 5727.

The St Marys Salvation Army would like to sincerely THANK the following people for their ongoing and cherished help and support:

Roger Donald
Vicki Howard
Stuart Kerr
Jun Li
Graham Bell

The JAM (Jesus And Me) families
The Sunday JOY congregation

Envoy Melanie Norton, St Marys

Massive Garage / Moving Sale

Sat / Sun August 13 - 14,
Strictly after 8.30am

Everything from kids toys to motorbikes, furniture, a kayak, 12ft tinnie, girls clothing, kitchen goods, baby furniture and goods. Everything must go!

7 Grant Street St Marys
Call Dee on 6372 2128 for more info.

Community Notices

Fingal Valley Neighbourhood House

Talbot St Fingal

6374 2344 / admin@fvnh.org.au



Morning Tea Every Tuesday morning, 10am
Bring a plate to share or come along have a cuppa, snack and a chat

Committee meeting Wednesday August 25, 7pm
Come along and see what's happening at the House.

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

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

Letter to the Editor

Dear Editor

Remember the Days?

Cagerattler's column would have jogged quite a few memories about former community activities. Times have indeed changed and not necessarily for the better in the opinion of many, and which has surely affected local sports. I know Australia has changed considerably in the 50+ years I've lived here, now with 17 years in Tasmania, and I have no desire to ever visit my former homeland - England. Parts of the countryside maybe, but London where I was born - never.

So what has happened in some cases? Well, I can think of one - television. Once that appeared and became available to most homes, things started to change. Then computers entered the scene, followed by more and more complicated mobile phones, and currently the not-so-smart phone. Slowly people stopped communicating the way they used to and kids became engrossed in electronic games like Pacman rather than playing outside. But now there is a way to keep in touch with friends and family - the Facebook way. You don't need to meet a friend or family member in person with your news, you put it on Facebook!!

I cannot blame Telco Smart for everything of course, but it certainly has affected life the way I knew it and the close-knit family groups of my childhood and teen years. Yes, I do have a television and a computer but I refuse to go near Facebook and my husband's smart phone baffles me, but we have to accept change in our lives as we get older. However, I can't help wondering what the next generations will be facing after I've long gone. Whether I like it or not.

Toni Brewster, Chain of Lagoons



Australia Day

Australia Day Awards

Each year we celebrate the achievements and contributions that community members make to create a better place for us to live, work and play – nominations are now open for Australian Citizen of the Year and Young Citizen of the Year.

Application forms can be downloaded from Council's website www.bodc.tas.gov.au or contact Council on 6376 7900 / admin@bodc.tas.gov.au

Applications close Wednesday December 21, 2016.

Cornwall Road bridge replacement: Is open to traffic with sealing of the approaches to occur in spring/summer

Available for Rent - St Marys

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Continued from front page: On July 11, 2016 the Head of Community Banking & Engagement, Head of Consumer Banking and other relevant retail banking staff gave conditional support to the submitted Business Plan. While acknowledging the results achieved through the work of all past and present Steering Committee members, the conditions require the Steering Committee and future Board to be consciously working toward increasing the business on the books, and ensure the Business Plan remains a dynamic document that is continuously seeking opportunities through small businesses, growth in population and tourism as well as rural banking.

By ensuring these established requirements are exceeded, our Community Bank® will be successful and able to provide our region with alternate banking services at the same time as returning a percentage of its profits to the community, once profitable.

While the Steering Committee is racing toward the establishment of the St Helens/St Marys Community Bank®, there is still a lot of hard work left to do. This is where you, the future shareholding member of the Break O'Day community, come in. Over the next few weeks, members of the St Helens/St Marys Community Bank® Steering Committee will be contacting all pledgees to confirm the pledges you made over the last five years.

If you are one of those pledges, the Steering Committee appreciates the support and confidence demonstrated through your pledge in the creation of the Community Bank®. Your investment will provide the working capital that will be used in the day to day running of the future Community Bank®.

The opening date has been set for the first half of 2017, and is now firmly at the centre of the Steering committee's focus. Although we are getting close, a successful start of our own Community Bank® still requires as many pledges as possible. It is not too late for you to pledge; the Committee is still receiving pledges from as little as \$200. Please let us know if you would like to be involved but haven't had the opportunity to pledge.

On another note, if you think you have something to offer, the St Helens/St Marys Community Bank® Steering Committee is constantly looking for people to join. In particular, we are looking for people to provide diversity to the Committee that is respective of the Break O'Day community. If interested, contact one of the members who will provide you with more information.

The establishment of a greater presence in St Marys will occur at the same time as the St Helens launch so St Marys and the Valley will not be ignored! We will establish a Manager's Office in St Marys and customers will only be a phone call away from having full access to the St Helens and St Marys Community Bank® services.

Chris Triebe, Marketing Manager - St Helens/St Marys Community Bank® Steering Committee



Out of the Woodwork

Wendy Brennan, secretary 6372 2094

The Guild is open everyday except Friday and Sunday (depending on volunteers) and other times by appointment

Facebook.com/pages/Break-oday-Woodcraft-Guild-Mens-Shed

One is sometimes lost for words when it comes to expressing our gratitude for the kindness of this community. Fortunately, I have found some. Firstly, a large thank you to the Hon. Rene Hidding for his grant approval to purchase a

croquet set; Jeffrey Springer's sister Jenny for supplying members with a much needed radio; Julie whose keen eye has a lookout for woodworking books and has been very successful with the latest contribution; Chris Harrison for his donation of woodworking tools; and Paul and Rosa Byard who had enough confidence in our workmanship to allow us to build a child's toy rocking cradle for a much loved grandchild.

I have been asked numerous times are members animal lovers, as we sometimes depict pictures and eulogies for much cherished, departed pets. The answer is a definite yes! Members not only have constructed nesting boxes for our native birds free of charge, but make a regular donation to "Animals Australia". We would all like to express our sincere appreciation to all the Animal Carers in the Break O'Day.

Guilds Home Hint: Angora for shedding. Place item in plastic bag and remove as much air as possible. Place in freezer for twenty minutes to 1 hour. Remove from freezer and allow item to come to room temperature.



Proud grandparents Rosa and Paul, photo taken by Reon Johns.

RAE & PARTNERS

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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

Fingal community hub renovation supports employment and training continued from front page

The renovation is a five stage project with funding secured and works already begun on stage 1.

Hub4Health project manager, Rachel Hodge said the program has work-for-the dole participants and seven students from St Marys and St Helens District High Schools participating in the renovation.

"The Conservation Plan is extensive and will inform all the restoration, and in doing so provides a unique opportunity for all participants to be involved in a landmark project," Ms Hodge said.

"This could lead to employment and business opportunities in an area of construction with a noted shortage of skilled labour."

Students participating in the program will also have the opportunity to gain their 'White Card'; an induction card required to work in the construction industry.

"Building Connections will also partner with the Break O'Day Trade Training Centre to provide furniture restoration certification for senior secondary students; the furniture will be used to furnish the building and additionally the project will offer the opportunity for interested individuals to learn soft furnishing skills, these will also be incorporated in the building," Ms Hodge said.

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

St Marys Op Shop 8 day SALE - Leading into SPRING 2016

Starts Monday August 15 - Ends Wednesday August 24

A Special Sale Each Day

Monday August 15 - Bric a Brac 50% off marked prices

Tuesday August 16 - Men's Wear Half Marked Price Day

Wednesday August 17 - Buy one Scarf and get one free

Thursday August 18 - Kids Clothes 1/2 marked price Thursday

Friday August 19 - Buy Any Top and Receive a Free Skirt or Pants

Monday August 22 - Buy One and Get One Free (lowest price item FREE)

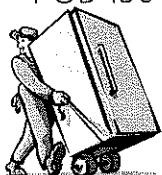
Tuesday August 23 - 50% off marked prices on Women's Clothes

Wednesday August 24 - Men's Shirts and T-Shirts 50cents only

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.

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The Say, by Cagerattler

Well it's started. I speak of the Olympic Games of course, in Rio. For some reason the event has kind of 'snuck up' on me. There have been regular mentions in the media of course, announcements of teams and expectations in recent months, but not driving us crazy as has often been the case. Only last week I had to remember to look out for when the Opening Ceremony was. Now it's occurring it's just terrific.

Despite seeing protests by some Brazilians who object to spending billions on the whole event, this is my humble opinion - the Olympic ideals, fair play and sportsmanship as well as achieving excellence and discipline - is inspirational. Surely sport at this level can teach so much and leave lasting legacies that transcend the actual event.

Some say that money would be better used for other things such as infrastructure, health and education. There is a certain logic to that but the Olympic Games sort of achieves that anyway. Most of the actual venues, services and so on will be there long after the last athlete leaves Rio, for Brazil to enjoy, encourage participation and enhance a healthier lifestyle. Without the hosting of the Games there is no guarantee that the Brazilian government or any other hosting city / country would ever spend money on other alternatives anyway.

Another redeeming thing about the IOC these days is that given the recent Russian drug cheating matters, this was not hidden or swept under the carpet. That proved to me the genuine efforts to send a message, by banning many Russian cheaters including the Russian Government sports authorities that this will not be tolerated. Too bad FIFA that oversees corruption in world football (soccer) aren't as committed to fighting similar corrupt dealings.

One other thing about sport. They talk about billions spent to put on such an event but then you temper that with reality. What about trillions that is spent on war where hundreds of thousands die each time. Not too many die in sport, many opposing people become great friends and more often than not it makes so many happy and proud.

For me there is no contest; I know which vast expense method I'd rather see happen time after time.

Now it's square eyes time to watch and enjoy ...
What do you think?

Rod McGiveron, St Marys

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East Coast Schools Orienteering Program

Primary School students from St Helens, St Marys, Bicheno, Swansea, Triabunna and Orford are participating in an introductory program during August, aimed at boosting the development of orienteering as a sport across the East Coast communities. The aim of the program is to stimulate interest in orienteering and teach the basic skills of the sport to students at the six East Coast schools.

Experienced orienteers from Orienteering Tasmania will work extensively with the schools to conduct two sessions per school. The students begin with a classroom-based discussion before testing themselves with some orienteering exercises around their school. In order to gain experience, students will then combine their newly acquired skills and attempt courses at a local venue. It is hoped the sessions will be followed up with a regional championship between the schools.

The program also aims to work with the schools and their communities to keep them well informed of any orienteering events to be held on the coast and to encourage students, families and community members to participate. Newcomers at all orienteering events are welcome and special assistance is offered. This program can also be seen as a stepping stone to engage East Coast schools in the Sporting Schools program in the future.

The location of these schools is perfectly suited to orienteering and provides the students with ample opportunities to continue on with the sport. The East Coast is home to much of Tasmania's prime orienteering terrain and venues around St Helens, Bicheno, Coles Bay and Swansea have hosted major state, national and international events since 1988.

After the introductory sessions held in the first week of August, the Orienteering Tasmania program coordinators were pleased to observe the high level of enthusiasm and skill development amongst the students and are looking forward to continuing to promote orienteering at the grassroots level in the coming weeks.

Below are photos from the Bicheno Primary School event (school approved for release)



Two of the identifiable students are Shae Lord and Nathan Dufty on the grid G5/6



Above right: Jonah Whytcross and Olivia Lyden with Hannah Goddard

(Launceston Orienteering club, Esk Valley)

Contacts

Hannah Goddard
hannah0097@live.com.au
0417 727 360

Valerie Brammall
valeriebram-
mall@netspace.net.au
0488 190 955

Submitted by Hannah Goddard, Hadspen, on behalf of Orienteering Tasmania

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(under 'St Marys Ana's Hairdressing Salon' in the white pages)

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 *Jag the Joker*, raffles and bar snacks

Golf news Next working bee on Sunday August 14 from 9 - noon, to tackle another three greens and tidy up the fence line on the 1st. Great few hours work.

Dining Friday August 19, 6.30 - 7.30pm

Potato & Pumpkin Bake, Silverside (homemade mustard sauce), Quiche alternative, Broccoli & Cauliflower in Creamy Cheese sauce, Peas & Carrots.

Apple Sponge, Custard & Cream.

Bookings are limited to 30, please RSVP to Jacqui or Jim by Thursday 18. Thanks.

Licensee / treasurer: *Jim Turner* 6372 2441
Interim secretary *Glenn McDonald* 6372 2429
President: *Jacqui Bianchi* 0439 978 156
Vice President *Tamatha Grose* 0427 332 085

e: stmaryssportsctr@internode.on.net

<https://www.facebook.com/stmarysportscentreinc/>



Bowls news Work continues on the green.

East Coast Tasmania Pennant 2016 - 2017

Commences October 1st, St Marys has a bye.



Trivia Night watch this space, details in next Valley Voice

Jam Session Sunday August 14, 1 - 4.30pm with local talent, music & song. Com and enjoy the fun!! (Yes, the usual vegetarian food will be available.)



Melbourne Cup Cocktail Party Yes, we will be holding a celebration!

HISTORY, HER STORY

I'm really excited to host this amazing exhibition at Gone Rustic! This is a not-to-be-missed display of art quilts from across Australia, honouring the contribution of women to our history.

Featuring the prize winners and finalists of the Tasmanian Art Quilt Prize 2015, the exhibition is a tribute to the often unwritten story of the contribution by women to our history.

Art quilters from across Australia are represented, and showcase a wide range of skills and styles.

Don't miss it! On display from 9 - 31 August 2016.

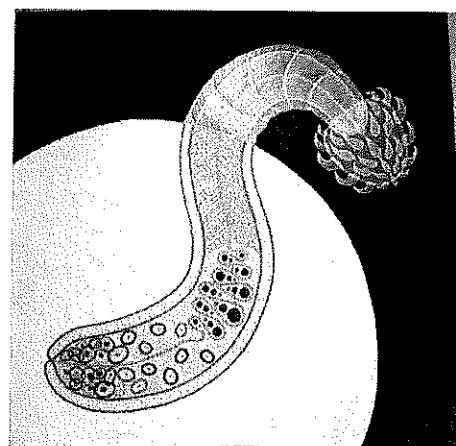
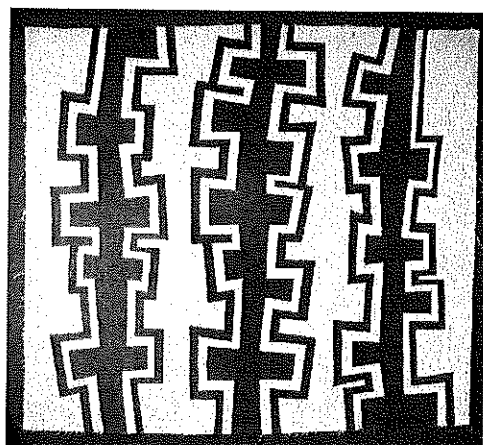
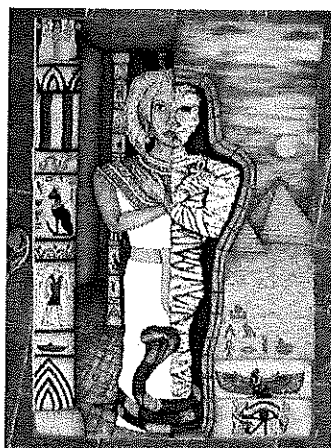
Hours: Tuesday - Saturday,
10 am - 4 pm.

Entry is free.

[The Tasmanian Art Quilt Prize is a biennial competition in collaboration between the Tasmanian Quilting Guild and the Tasmanian Museum & Art Gallery.]



Enquiries: Rita Summers at Gone Rustic Studio + Gallery
37 Main Street, St Marys 7215 www.gonerustic.com 0417 027 424



**Emergency Service Volunteer Award 2016 presented to Ian Bradbury at
The Historic St Marys Hotel on July 28. Photos by Peter Troode, St Marys**



C & D EXCAVATIONS

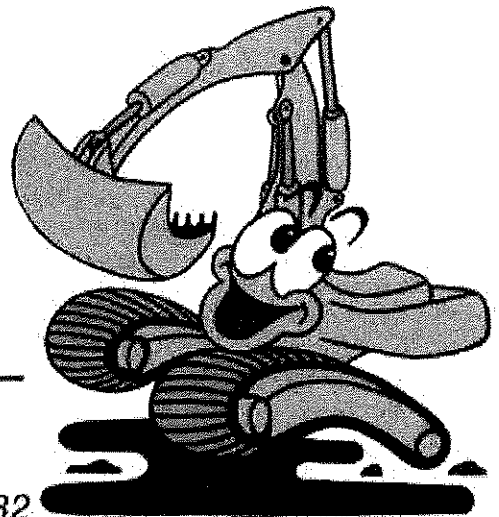
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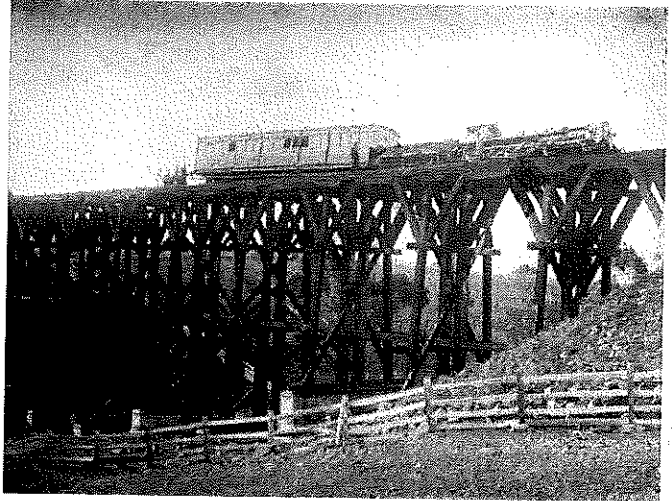
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RAILWAY OUTRAGE IN TASMANIA. THAMES ADVERTISER, VOLUME XXVI, ISSUE 7651, 6 OCTOBER 1893

An attempt to derail a train in Tasmania has caused no little sensation in that island. The train was the express from Launceston to Hobart, and the attempt was made at Horseshoe Bend, near Jerusalem. The engine was thrown off the track, but happily no one was hurt. The attempt was most determined and diabolical. The fishplates had been knocked off the line for a considerably distance, and for fully half a mile obstacles were placed on the line, in one place seven sleepers being piled across the track. The train stopped right on the Horseshoe Bridge, which is fully 80ft from the bottom of the gully, the vacuum brake stopping the train in less than her own length. The engine was derailed, but her speed being stopped prevented her being hurled off the bridge. Had the engine fallen off the line it would have carried with it the entire train with terrible results.



The Government offers a reward of £5000 for the detection of the perpetrator of the attempt.

The Assembly has voted £55 each to the guard, stoker, and fireman, whose heroic conduct prevented a great calamity. The railway authorities believe that the outrage was the work of one individual, and the police think that they are on his trail. This is the first serious attempt to wreck a train in the colony, and great indignation is felt.

Next day a fatal accident arising out of the affair occurred. Some men were employed in repairing the line, and after knocking off work they started for Hobart in two trolleys. Shortly after starting, the trolleys collided and were capsized, one passing over a man named Kilee and the other over a man named Pill, the others, including Mr Batchelor, locomotive superintendent, and Mr Nairn, engineer, being injured. Kilee died whilst being removed to Hobart. Pill was taken to the Hospital with both legs broken. Kilee, whose wife is in Melbourne, leaves seven children.

<https://paperspast.natlib.govt.nz/newspapers/THA18931006.2.27>

Enid Blyton was born in East Dulwich, England, on 11 August 1897. Blyton became a prolific writer of children's books, and many of her titles have been translated into 40 different languages:

Snugglypot and Cuddlepup, The Secret Seven, Famous Five, Magic Faraway Tree and Adventure series.

"Noddy" became famous from the 1980s for being "politically incorrect":

Golliwogs were replaced by teddy-bears, which did not allude to racial stereotypes. For all their controversy, however, Blyton's books have remained popular with modern children for their escapism and fantasy themes.



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Friday 9.30-2.30

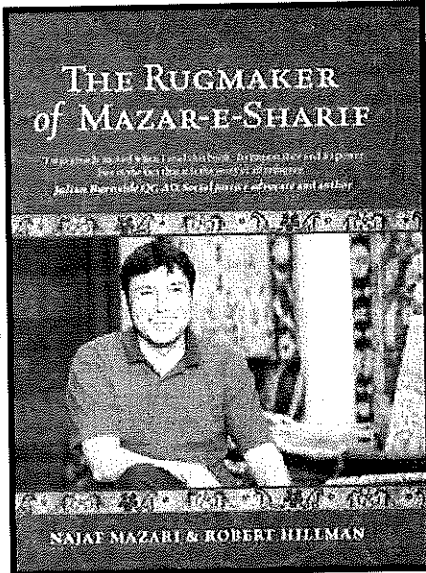
No appointment needed

0422 073 020

28-30 Main Street St Marys

Mt Elephant and Beyond Book Club review:

The book for this month was *The Rugmaker of Mazar-E Sharif* and is the memoir of an Afghani refugee, Najaf Mazari, told apparently in his own words and structured into a coherent story by the Australian writer, Robert Hillman. Najaf belongs to the Hazara, a people discriminated against by the ruling majority Pashtun tribes for generations. During the course of his story we learn so much about the history of Afghanistan. Over the centuries it has been perceived as strategically desirable and has subsequently been invaded and occupied by foreign powers and torn by civil war. We are reminded of the Russian invasion and its eventual overthrow by the Mujahideen, warrior Pashtun tribes, which all occurred in our and Najaf's lifetimes. Then came the rise of the fundamentalist Taliban with their repressive laws and the ongoing conflict to oust them by Western powers.



All this is explained by Najaf, through the effects on him and his family. Najaf was born in Shar Shar in Northern Afghanistan and until he was 12 shepherded the family's sheep in the hills above the village, somehow gaining a rudimentary education in the local school. After the death of his father the family move to the town of Mazar-E Sharif where Najaf is apprenticed to a blacksmith. He is not suited to this work, so by some clever initiatives he manages to secure a job with a rugmaker and so begins his lifelong "vocation". As Hazaras, the family is constantly in danger of attack by the Taliban. Two of his brothers die as the result of a sniper and a bomb attack, and he is captured by the Taliban, imprisoned and tortured, and inexplicably released. It is obvious that the whole family is in danger and so in 2001 he arranges for his wife and small daughter to go to Pakistan while, with the help of money from the extended family, he pays a people smuggler to get him out of the country. After weeks of difficult travel through various countries, through privation and fear, he reaches Ashmore Reef and ends up in the Woomera Detention Centre. Here he endures the ponderous bureaucracy of the Immigration Department and begins to form some idea of the country he has landed in. Finally he is granted asylum and finds himself in Melbourne where, through the help of some remarkably kind and generous individuals and his own courage and

effort, he is able to establish himself in an Afghan rug shop, become an Australian citizen in 2006 and bring his wife and daughter to join him.

During the course of this book the reader is made aware that, in many ways, this is a common story, yet this man's humanity, determination and optimistic stoicism shines through and enables him to make friends, cope with hardship and ultimately succeed in a new land.

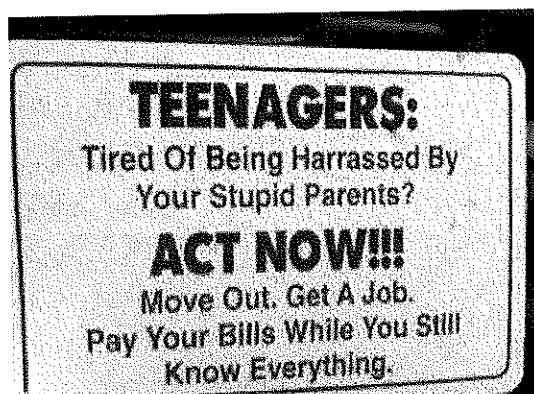
The language is simple and his world view is limited by his background and education, but there is a wisdom and compassion that shines through.

It is not clear how much input Robert Hillman has had in the telling of this story. It is likely that, as a respected author, he has created a framework for Najaf's memoir; devoting chapters to historical background, but using Najaf's voice, and shifting backwards and forwards in time to give us a sense of a real life that has emerged from such difficulties.

This is an important book. It gives a human face to one of the many thousands of stories that we are confronted with when refugees arrive in our country.

It is inspirational, sad but ultimately optimistic, thanks to the cheerful and positive voice of Najaf.

Pam Bretz, St Marys



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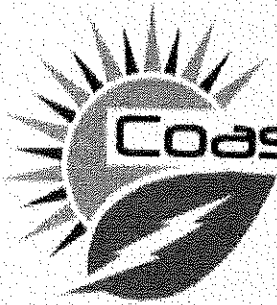
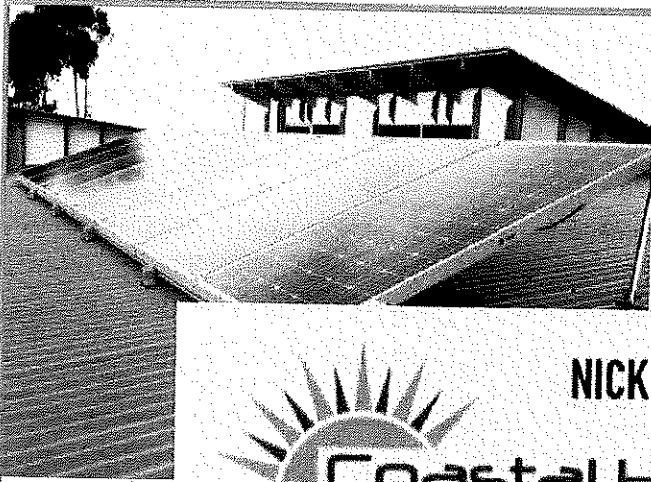
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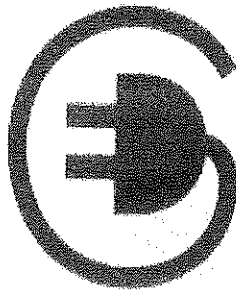
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starting August 22 and**

Adults aged 17-99, Fridays 11am at St Marys Gym

All fitness levels welcome, other class times possible

Hub4Health's Podiatry Services update

Hub4Health is currently updating their monthly Podiatry Service, in an effort to continue providing the best possible service to the local community.

Due to this Hub4Health is asking all **past, existing** and **new clients** to contact Hub4Health directly to book their appointments, on 6376 2971.

Please note: The existing service with Foot, Ankle, Rehabilitation Clinic will continue as normal every six weeks.

Why is Podiatry Important?

Podiatrists play an important role in monitoring disease and managing lower limb issues.

Foot problems can be avoided if you take care of your feet, and act quickly if you have a problem.

Get your feet checked at least once a year by a doctor or podiatrist to detect problems early and help prevent complications.

Foot care is particularly important if you have diabetes. Foot problems are a common complication of this condition and need to be proactively managed.

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

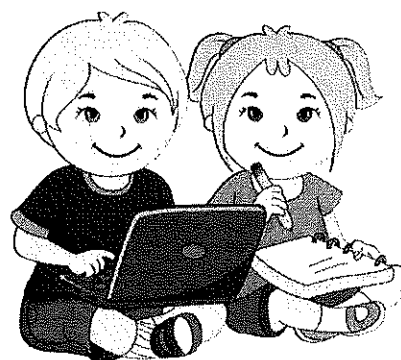
Term 3 September 15

Term 2 July 7

Term 4 December 8

Lodgment can be by:

- ♦ email to wdawson@valleyvoice.com.au 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)

The Hip Op-eration Crew is the world's oldest dance group (Guinness World Records). The dance crew consists of seven senior citizens aged 71 to 96 years old. The average age is 80 and there are two men and five women in the crew. One member is legally blind and partially deaf, one member uses a mobility aid, one member is profoundly



deaf, two members have had major heart surgery, many have artificial knees and hips, there is a married couple in the group (aged 82 and 85 years old) and all members have arthritis.

They are all neighbours and live on Waiheke Island off the East coast of Auckland, New Zealand.

The group is managed by 46 year old Billie Jordan who founded the group after being injured in New Zealand's worst natural disaster - the Christchurch Earthquake on February 22, 2011. She is also the group's choreographer,

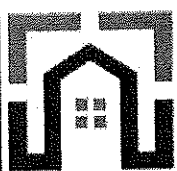
dance teacher, publicist, marketer, event manager, transporter and friend. All her time is voluntary.

The Hip Op-eration Crew performed at the World Hip-Hop Championship in Las Vegas (2013), competed in the New Zealand National Hip Hop Championships three times (2013, 2014 and 2016) and won their division in 2016 - receiving a score just 0.8 points below the world champion Bubblegum dance crew. They have also performed to an audience of 15,000 in the Taipei Arena, Taiwan and performed at Ted Talks (in 2015), as their manager Billie Jordan did an inspirational speech about ageing. You can view this Ted Talk at <https://www.youtube.com/watch?v=ZBg5QvcZQP8>

They have also featured in the news media all over the world from the front page of the Wall Street Journal to the BBC News in Europe; to Chinese, American, Japanese, Taiwanese and Australian prime-time television, and online news media from the Huffington Post and Upworthy to the Daily Telegraph. The group attracts millions of hits when featured in social media.

They are also the subject of the award winning documentary Hip Hop-eration.

Part of the group's aim is to also address ageist misconceptions and prejudices, whilst forming a stronger connection with youth.



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Community Groups / Services Guide

For inclusions / amendments call 63722 766

- AA St Helens** meets Wednesday 8pm at St Paul's Anglican Church hall, St Helens. *Murdoch 6376 3335*
- AA St Marys** meets Friday 7pm at Holy Trinity. *Mick / Shirl 6372 2909*
- Al Anon (Family Group)** meets Sunday 2-3.30pm at St Helens Neighbourhood House. Please call (in order) *Rose 0456 063 943 / Ann 0409 763 270*
- Beaumaris Swap Markets** meet on the 1st Sunday 11-1pm monthly at Beaumaris Park. Plastic bag free, gold coin donation per stall (bookings required). *Laura 6372 5687*
- BINGO** at the Cornwall Hall Mondays at 7pm, 2 jackpots weekly. All welcome.
- Break O'Day Council** St Helens 6376 7900
- Break O'Day Regional Arts** meet monthly on the 2nd Thursday at 5.30pm in the St Marys Hotel.
- RAYC** Regional Arts Youth Company for school children is on Thursday 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 Friday 10-3pm at the Neighbourhood House Bungalow in St Helens.
- The Break O'Day Woodcraft Guild Inc.** meet monthly on the last Thursday 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 Thursday 5.30pm at the Mt Elephant Fudge shop St Marys for informal and fun singing. Everyone welcome.
- The Combined Probus Club of Scamander Inc** meet on the 4th Wednesday of each month at Scamander Beach Resort, 10am. Contact **Lorraine on 6376 2185** for further information - new members welcomed
- The Cornwall Community Development Group Inc.** hold their general meetings on the 1st Tuesday 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 Monday 7pm at Fingal Neighbourhood House monthly. *0412 425 666*
- Healthy House** St Helens 6376 5242
- Hospitals** Circassian Street St Helens 6387 5570
- Community Health Centre** St Marys 6387 5555
- JAM (Jesus And Me)** Every Tuesday 3 - 5pm for children 5-12years (except school hols). Phone Mel on 0409 838 816.
- Justice of the Peace** K Faulkner 6372 2196
- Libraries** St Marys 6372 2114, St Helens 6387 5530
- Lymphoedema** St Marys Lymphoedema Centre 6272 2900
- Meals on Wheels** St Marys 0488 384 344
- Museum Cranks & Tinkerers** St Marys 0417 648 845
- 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 Wednesday at 7pm in the Scamander Sports Complex.
- Scamander Garden Club** meets monthly on the 3rd Monday at 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 Wednesday and 3rd Saturday 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 Wednesday 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 Monday at 2pm in the St Marys Community Health Centre.
- St Marys Ladies' Midweek Tennis** meet 9.30am Wednesday. 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 Saturday 9-1pm at the St Marys Community Hall. *Michelle (BODRarts) 6372 2056 / 0407 046 865*
- St Marys Online Access Centre**, 23b Main Road St Marys. Monday to Friday 9.30-4.30 Sat 11-2. 6372 2005
- St Marys School Association Op Shop** 25a Main Street (Behind the Town Hall), St Marys. Weekdays 10am - 4pm. First Saturday each month (Markets) 9am - 1pm. *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 Wednesday at 3pm. *Jim 6372 2127 (jimhaas@bigpond.com)*
- www.fingalvalleyhistory.com*
- Stallholders' Market Inc.** markets are held Saturday 8-12pm in the Portland Hall St Helens. *e:sthelenmarket@yahoo.com.au*
- Suncoast Singers** meet Friday at 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**, a fun social group for ladies of all ages, meets monthly on the 1st Tuesday from 6.30 - 8.30pm (February to December 2016). Contact *Christine 0410 441 558* for further details.

People wonder why I watch other people play online games. I wonder why they watch other people play sports

St Marys Bush Dance August 2011 reprinted.



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August is the eighth month of the year (between July and September) in the Julian and Gregorian calendars, and one of seven months with a length of 31 days.

In the Southern Hemisphere, August is the seasonal equivalent of February in the Northern Hemisphere. In many European countries, August is the holiday month for most workers.

The star cluster of Messier 30 is best observed around August.

This month was originally named *Sextilis* in Latin, because it was the sixth month in the original ten-month Roman calendar under Romulus in 753 BC, when March was the first month of the year. About 700 BC it became the eighth month when January and February were added to the year before March by King Numa Pompilius, who also gave it 29 days. Julius Caesar added two days when he created the Julian calendar in 45 BC, giving it its modern length of 31 days.

In 8 BC it was renamed in honour of Augustus (despite common belief, he did not take a day from February). According to a *Senatus consultum* quoted by Macrobius, he chose this month because it was the time of several of his great triumphs, including the conquest of Egypt. August is the month with the highest birth rate in the United States.

August

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

Doctors Roster

Dr C Latt
11/8/16 - 25/8/16
Dr K Nash-Rawnsley
12/8, 16/8, 19/8, 23/8 & 26/8 2016
Dr E Reeckman
25 & 26 August 2016

Pathology Service – Bloods

There is no pathology service prior to 8.30am.
If you require pathology prior to 8.30am, i.e. urgent blood test and / or a fasting test, an appointment must be made at the Nurses' Station the day / evening before on 6387 5555

Pathology hours: Monday-Friday
8:30 - 11am & 2 - 4pm

A REMINDER TO THE COMMUNITY

When coming to the Health Centre for ANY appointments please ensure you report to the Reception staff upon arrival.

All your needs are important, but it is sometimes necessary to prioritise our patient's needs which means waiting period can apply.

Please be mindful of other patients.

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

St Marys Medical Practice reminder

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

<i>Driving licence renewals</i>	<i>Insurance medicals</i>
<i>Requested medical reports</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.

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

Please be aware there is a non attendance policy 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.

A.H. contact numbers

GP Assist	1300 780 011
Ambulance or Emergency	1800 008 008
Lifeline - Saving lives, crisis support and suicide prevention	131 114
St Marys Community Health Centre - please ring before presenting after hours	6387 5555

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

St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215
6387 5555

What's on at the Centre

August 11 **Social Worker** Shan Williams
Call 6387 5555 for appt.
Psychologist Please see your GP for a referral.
Outreach Health Solutions Grant Todd
Exercise Physiologist. Call 0428 491 621

August 12 **Social Worker** Shan Williams
Call 6387 5555 for appointments.
Physiotherapist Naomi Ide
Please see your GP / health professional for a referral.

August 15 **Physiotherapist** Naomi Ide
Please see your GP / health professional for a referral.
TLC Meeting (Tasmanian Lymphoedema Centre) 5pm in the Day Room.

August 16 **Child Health Session** with Mary Mumford
Tuesday fortnights, by appt.
Call 0428 136 381
Rae & Partners Lawyers consult fortnightly at SMCHC. Call 6337 5555 for appts.
Physiotherapist Naomi Ide
Please see your GP / health professional for a referral.

August 17 **Day Centre** Call Hayley Gilbert on 6387 5555 for information on the group.
Outreach Health Solutions Grant Todd
Exercise Physiologist. Call 0428 491 621

August 18 **Psychologist** Please see your GP for a referral.
Social Worker Shan Williams
Call 6387 5555 for appts.
Physiotherapist Naomi Ide
Please see your GP / health professional for a referral.
MOW (Meals on Wheels) Meeting 2-4pm in the Day Room.

August 19 **Physiotherapist** Naomi Ide
Please see your GP / health professional for a referral.
Social Worker Shan Williams
Call 6387 5555 for appts.

August 22 **Physiotherapist** Naomi Ide for appts please see your GP / health professional for a referral.

August 23 **Max Solution** 8:30am-5pm downstairs.
Physiotherapist Naomi Ide for appts please see your GP or Health professional for a referral.

August 24 **Outreach Health Solutions** Grant Todd
Exercise Physiologist. Call 0428 491 621
Day Centre Call Hayley Gilbert on 6387 5555 for information on the group.
Social Worker Shan Williams
Call 6387 5555 for appts.
Consumer & Carer Advocacy Group
12 -2pm downstairs at the SMCHC.
Call Shan on 6387 5555

August 25 **Social Worker** Shan Williams
Call 6387 5555 for appointments.
Psychologist Please see your GP for a referral.
Outreach Health Solutions Grant Todd
Exercise Physiologist. Call 0428 491 621

August 26 **Physiotherapist** Naomi Ide for appts please see your GP / health professional for a referral.
Social Worker Shan Williams
Call 6387 5555 for appointments.
Diabetes Educator Sally Gates. See your GP for a referral.

Health promotion in AUGUST **Healthy Bones Week**

Hey Kids
Want to **WIN** a great 'Healthy Bones Pack'?
Then come into the reception and grab yourself a **Mr Skeleton entry form**.

PTSD
Post-Traumatic Stress Disorder
Do you want to join us in raising awareness of PTSD by participating in the
'22 Push Ups For 22 Day Challenge'
Why not join our challenge of most participants in a day's push ups!

Hey Everybody, greetings from southeast Baltimore, Maryland, USA - the birthplace of our national anthem, the Star Spangled Banner.

My name is Louis Bruette, I am a happily married father of three and I have two grandsons. I am a 53-year-old retired/disabled self-employed small businessman.

It is my pleasure and an honor to be able to write to the readers of the Valley Voice. My friend Rodney McGiveron, who has become like a brother to me, made the suggestion that I write to you. I want to thank Wendy Dawson for allowing me to do so.

Don't blame Rodney or Wendy if you don't like what I say. You can email me directly lbruette@hotmail.com or you can find me on Facebook. I am getting use to upsetting Donald Trump supporters and his kind. My thick skin has come in handy, so don't hold back. As we here in the states like to say - let it rip.

I want to express to you how I feel about this presidential election in the USA. Donald Trump is an embarrassment to me. I can't say I am an average American because, like your great nation, America is a diverse place. What I will say is I am a middle class American.

We middle class Americans are being crushed under the weight of the top 1% of Americans and their endless greed. This election has brought economic inequality to the forefront, and it is deeply concerning to me and many Americans. But that it is not the most important concern to me.

What I find most concerning is the rise in nationalism, racism and what seems to me to be fascist ideals. We don't need a wall; we need a welcoming committee. Immigration and fair trade with other nations is good for everybody.

The America I grew up in was never perfect, but nothing is. We have low wages and substandard benefits for our workers.

We have gun laws that allow crazy people to easily obtain automatic weapons. Our health care system is operated for profit. We have economic inequality and little or no safety net for people in need. Our elderly on Social Security have not gotten a decent raise in their pension in years. I could go on and on about what we do wrong.

Despite our problems, I truly believe America is great.

The things that make us great are numerous. Some were God given, such as our fertile land that is rich in resources. Others we earned through our Declaration of Independence, the war for independence and the constitution that followed. Most importantly we have unlimited freedom.

Political fights are nothing new to democracy. It took our congress 11 years of quarreling to ratify the constitution. There is nothing wrong with that - I believe neither the right or left has all the answers. Most answers are to be found somewhere in between, but we have to talk to each other. Now one side is entrenched, and they won't give an inch.

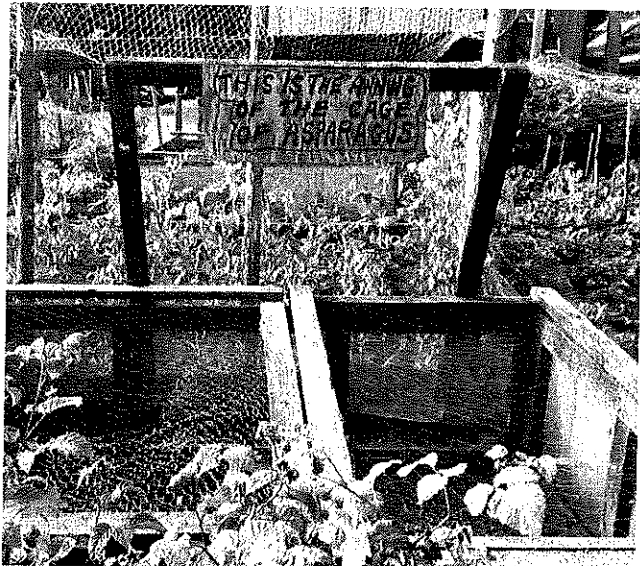
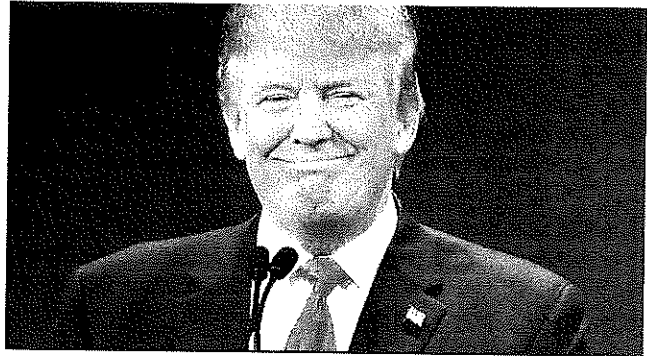
Donald Trump and Fox news would have us fear ISIL, immigrants and anything else they can think of. They are using fear and hatred to facilitate their rise to power. God help us if they succeed.

President Franklin Roosevelt famously said *All we have to fear is fear itself*. We don't need a screaming fool to tell us any different.

America and all free nations are great, and always will be, as long as freedom rings.

I hope you enjoyed reading my perspective, I enjoyed writing to you. God bless us everyone!

Louis Bruette, Baltimore



How many words of three letters or more can you make from
CONSUMER?

66 words of 3 letters or more from LOGORRHOEA?

age
ago
ale
aloe
are
ear
earl
ego
era
erg
ergo
err
gal
gale
galore
gear

gel
glare
goal
goer
goo
gore
hag
halo
hare
heal
hear
her
hero
hoar
hoe
hoer
hog

hole
lag
lager
large
larger
lea
lear
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log
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oar
ogle
ogler
ogre
oleo

ooh
oral
ore
rag
rage
rager
rare
real
rear
regal
relog
rho
roar
roe
roger
role

Meals on Wheels

August 10	Karl Balzer
11	Valmai Spencer
12	Drew Adam
15	Ruth Aulich
16	Karl Balzer
17	Louise Keady
18	Heather Griffiths
19	Drew Adam
22	Pam Bretz
23	Trish Pike

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

Tip locations and opening hours

<i>Ansons Bay</i>	<i>Scamander, Coach Street</i>
Long w/ends 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

Libraries

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



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



Shower Thoughts

Gymnasts are basically flamboyant ninjas that want to be seen.

<http://just-shower-thoughts.tumblr.com/>

The Examiner Thursday August 28, 1930
AVOCA: The Avoca Hall was crowded on Friday evening last, the occasion being an old-time dance organised by Miss Rubenach and Mrs. R. McCarthy, to raise funds for the fancy stall at the forthcoming Roman Catholic fair. The music was supplied by Miss Challis (Cleveland) and Mr. Lewis (Nile). A Monte Carlo waltz was won by A. Mc Gee and partner, and a chocolate waltz by Mr. K. Causby. A sandwich supper was handed round at midnight. The proceeds were satisfactory. Rev. J. Taylor conducted services at St. Thomas' Church on Sunday, after a month's absence through illness. His many friends were glad to welcome him.





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

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

Butchery specials August 10 - 16

	p/kg
Nichols Chicken Drumsticks	3.99
Ingham Boneless Apricot Chicken Roast	13.99
Gerello Roast	12.99
Blade Steak	13.99
Lamb BBQ Chops	12.99

Butchery specials August 17 - 23

	p/kg
Netted Boneless Leg Of Lamb	13.99
Round Steak	12.99
Corned Silverside	8.99
Ham Steaks	8.99
Ingham Butterfly Breast Filets	9.99

Two week specials August 10 - 23

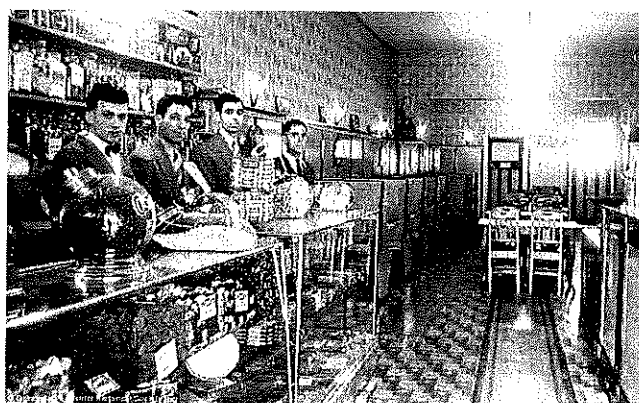
Vita Cee Orange Juice 2.4L	2.99
Peters Light & Creamy Ice Cream 1.8L	5.49
Nescafe Coffee 500g	15.99
Greens Cake Mix 400-500g	1.99
Chum Dry Dog Food 8kg	14.99
Felix Cat Food Sachets 12pk	8.99
Campbells Condensed Canned Soup 410-430g	1.69
Kelloggs Sultana Bran 420g	3.99
Nestle Condensed Milk 395g	2.69
Morning Fresh D/Wash Liquid 400ml	1.97

Coon Tasty Cheese Block 1kg	9.99
McCain Beer Battered Steak Fries 750g	2.99
Cottees Cordial Syrup 1L	3.99
Pedigree Canned Dog Food 700g	1.99
Naturale Paper Towel 2pk	1.99
Cheezels/Chickadees 110g	1.69
Sorbent Thick & Large Facial Tissues 95pk	1.99
Windex Glass Cleaner 500ml	2.95
Little Lucifer Fire Lighters 24pk	2.99
Peats Ridge Water 600ml x24pk	8.99

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

Avoca Post Office
Coachouse Restaurant
St Marys
Hilly's IGA St Helens
Hilly's IGA St Marys
Holder Bros Fingal

Mathinna Post Office
Mouth Cafe Scamander
Scamander S/market
St Marys IGA
St Marys Newsagency



Peter Zantiotis (left) and his father Lambros Zantiotis (far right) in the Busy Bee Cafe in Gunedah in the 1940s which opened in 1933. Greek interior designer, Stephen Varvaressos, installed its glamorous art deco fittings which remained virtually unchanged for 70 years



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