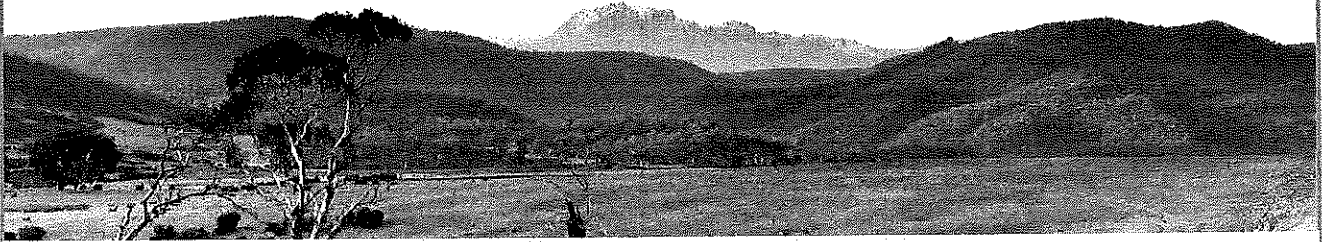


\$1



# THE VALLEY AND EAST COAST VOICE INC.

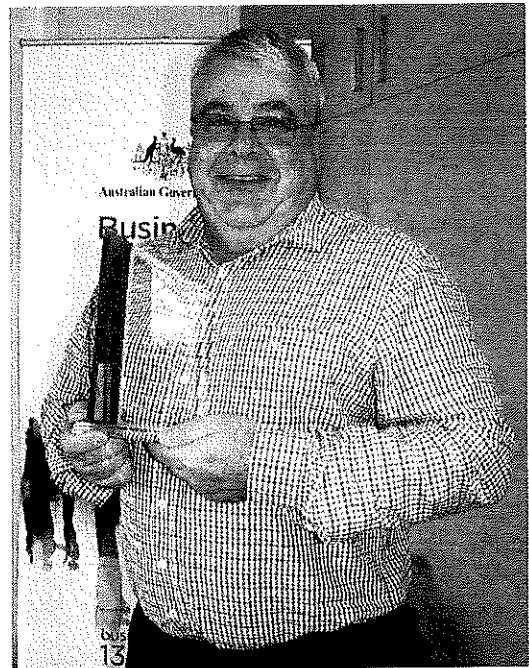
Established 1968

49.10 September 8, 2016

Deadline for 49.11 is 5pm September 19, 2016



**Gone Rustic going universal ...**  
**A Truly Tasmanian Gown**  
Article on p11



**Break O'Day Business Enterprise Centre**  
**manager Nick Crawford,**  
**BEC Australia's best regional advisor.**  
Article on p3



**Hub4Health Walking Group**  
Barway at Hendersons Lagoon, by Revel Munro.  
Article on p7

**The Falmouth Community Centre**  
**will hold its AGM on**  
**Sunday September 11, 2016**  
**at the Community Centre on**  
**Morrison Street Falmouth.**  
(Sorry, incorrect date in last edition. Editor.)

Expressions of interest for the volunteer  
position of the Valley and East Coast Voice Inc.  
editor 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)

## Community Notices

### **GARAGE SALE - MOVING SALE**

Lalaloopsy & Fairies furniture sets, CD cabinet, 11ft tin-nie, trailer & motor, '87 Nissan Ute, fish tank, baby & girls clothes, toys, bikes, motorbike, TV's, futon and much more

**September 10 and 11, after 8.30am**

**7 Grant St, St Marys**

**Phone Dee if you are interested in anything before the sale date 6372 2128.**

### **Wanted**

Wanted to buy, any **old dog rego tags** with a town name on them, will pay \$5 each, please phone **(03) 6372 2570**

Windows, French doors and or trampoline.

**Phone Adam or Bronwyn 6372 2755**

### **For Sale**

**Raspberry canes, good stock \$2. Jack 6370 2034**

**USED SHELVING and PANELS** etc. in good order  
*Pegboard* (painted beige one side) 4 / 1830 x 875mm - \$20ea. 80 / 875 x 625 mm (framed) - \$8ea. 100 / 1160 x 625mm (framed) - \$10ea.

*Masonite panels* (painted beige one side). 10 / 1530 x 875mm - \$5ea.. 10 / 700 x 350mm with 200mm backing, *sturdy wire mesh shelves* - \$8ea

*30 / metal panel sections* 875 x 625 - 15mm flange to edges. P/ coated beige. \$5ea.. (Cheaper job lots for some of the above).

*Other mixed panels* - Cheap.

Various sized boards & panels - chipboard, masonite etc. coated beige - sizes and prices on application - 6372 2626  
*Self Assembled Steel Racking* - simple & sturdy -1380mm high, four racks (shelves) 1130 x 450mm - powder coated brown with stained particle board infills - \$160

*Fluorescent light sections* - \$8

*Mobile Bread Stand* - v/gd. con. - 5 sloping wire shelves (950 x 400) plus storage at bottom - \$120

*Cane Sun Lounge* - needs minor repair - \$40.

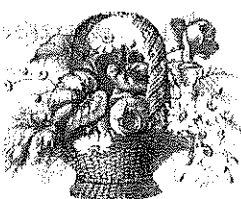
*Pallet Jack* - narrow tynes - incl. 2 / 50m x 19mm rolls metal strapping - Two strapping stands. Two sets of strainers - \$400 the lot.

**6372 2626**

I may be old and feeble, but I'm still selling **moo poo**.

**Norm 6372 2380**

**The St Marys Salvation Army is grateful to the following people for their love and support.**



Karl and Robina Balzer  
Vicki Howard  
Michelle Kaal  
Stuart Kerr  
Belinda Kilby  
Mick and Lorraine Scott

**Envoy Melanie Norton**

### **Heightened East Coast wild shellfish concern**

**Dr Scott McKeown, Acting Director of Public Health**

**30 August 2016**

Public health authorities are reminding Tasmanians and visitors it is very dangerous to eat wild shellfish from the East Coast of Tasmania because of persistent very high toxin levels. An extensive area of the East Coast is affected by naturally-occurring algal blooms, with very high levels of *Alexandrium tamarense* algae in the water and toxins in shellfish. Dr Scott McKeown said eating wild shellfish from Tasmania's East Coast could cause paralytic shellfish poisoning from toxins produced by algae. "Shellfish feed on algae and concentrate the toxin, which makes them dangerous to eat and may cause serious and even fatal illness," Dr McKeown said. "The large scale of this algal bloom and the persistent very high toxin levels in tested shellfish mean the risk of paralytic shellfish poisoning from eating shellfish collected in the wild is very real."

People should not collect or eat wild oysters, mussels, clams, pipis and scallops from anywhere along the East Coast as they are likely to be affected by toxins. Dr McKeown warned cooking would not destroy the toxins. Several commercial shellfish harvesting sites have been closed as a result of these algal blooms. Dr McKeown said collecting and eating wild harvested oysters, mussels, clams and pipis from unmonitored waters always carried a risk. Symptoms of paralytic shellfish poisoning included tingling and pins and needles around the mouth and face, hands, arms and feet, unsteadiness and weakness, blurred vision and sometimes difficulty talking, swallowing or breathing.

"If you have these symptoms after eating wild seafood please get immediate medical attention," Dr McKeown said.

Call the Public Health Hotline Tasmania on 1800 671 738 or visit [www.dhhs.tas.gov.au/publichealth/alerts](http://www.dhhs.tas.gov.au/publichealth/alerts) for more information. **Contact: Frank Noakes - 0417 064 417**

## **CLEAN CRACK LAUNDROMAT**

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St Marys**



**Coin operated washers  
and dryers  
6.30am - 8pm**

### OUT OF THE WOODWORK - WENDY BRENNAN SECRETARY 6372 2094

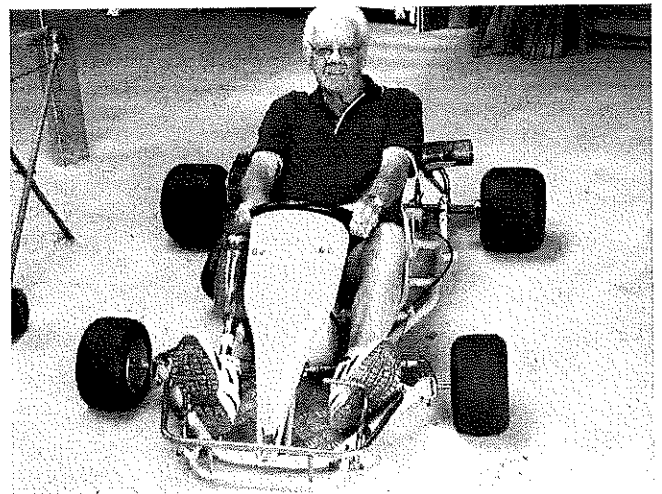
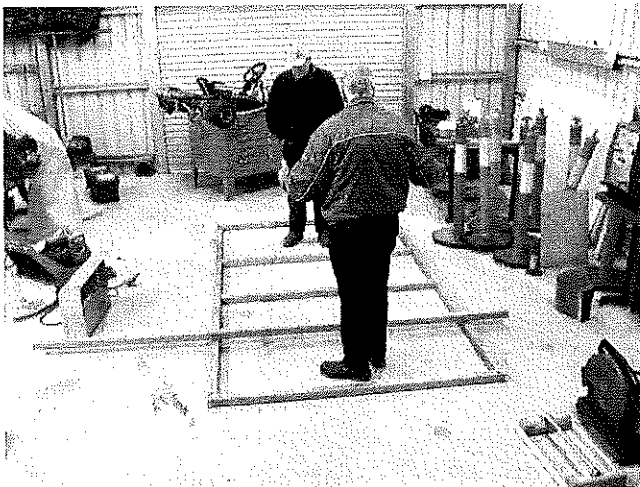
The Guild is open every day except Friday and Sunday (depending on volunteers) and other times by appointment.  
Facebook.com/pages/Break-oday-Woodcraft-Guild-Mens -Shed

Firstly, a warm welcome to our new member "Buddy" Springer. Well, the toy box, our new extension is now being utilized for metal work, hence the picture of a trailer which is now in progression. The picture of Grahame Derbyshire depicts another of the boys' toys. We all agree Grahame only needs a helmet and leather suit to look the part of a professional formula one driver!

On a serious note Reon and I would like to say a personal thank you to all the kind sentiments that were expressed to us for the loss of our dear Elizabeth Anne "Lizzy" one of our elderly cats who sadly passed peacefully in front of the fire aged 17. To Carol and Mark from Cornwall who "understood" and presented me with flowers and a card it was very much appreciated.

*Guilds Home Hint: Woollens*

*Wash in 1 teaspoon of cheap shampoo and blood-heat water. Rinse in 1 teaspoon of cheap hair conditioner and blood heat water. Gently wring and dry flat on a towel in the shade.*



Photos taken by Reon Johns

Happy Happy Birthday Seth for the 5th September.

May you have many happy returns ... welcome to the wonderful world of being one!

*Wendy Brennan and Reon Johns, St Marys*

## Harris Funerals

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

## Medical cannabis trial for epileptic children showing 'promising' early signs By Jean Kennedy Wed 24 Aug 2016

A special scheme providing medicinal cannabis to epileptic children too sick to join the upcoming standard clinical trial in NSW has shown "promising" early signs, though doctors have warned it is not a miracle cure. About 20 severely epileptic children have so far begun receiving the cannabis-based medicine Epidiolex under the NSW Government's Compassionate Access Scheme, with the same number again to join the scheme in the coming weeks.

Sydney Children's Hospital neurologist Dr John Lawson is the lead investigator for the medicinal cannabis trials for paediatric epilepsy in New South Wales. He said the children selected for the scheme were deemed too sick to take part in clinical trials, with most suffering hundreds of seizures a day.

Just over a month after starting the oil-based cannabis treatment at Sydney and Westmead Children's hospitals, some hopeful stories are beginning to emerge.

"One mother has reported in saying that it's like a fog has lifted from her child, with a significant decrease in the number of seizures she's having," Dr Lawson said. "For the first time in years she has had her first three or four seizure-free days, and on those other days is seeing half the number of seizures she was having before, so that's a big change for them."

Dr Lawson said she was having hundreds of seizures a day before starting the treatment.

"Another mum has reported that for the first time her child has started to communicate and is clapping her hands and doing things she hasn't done before," he said. "One of the mums, when she heard her child was going to start the treatment, cried with joy just to have the opportunity because she has watched her daughter deteriorate over the last few years," he said. So far the child had responded well to the medicine.

But for others taking part in the scheme, there have so far been no such benefits.

"It's only early days and we are seeing promising signs of improvement in a few children, but I don't expect that to be the case in the majority," Dr Lawson said. "It's good to see the burden lifted off in some of these cases but I would expect to see half the group to in fact see no benefit at all. That's what the trials overseas would be pointing towards as well. This drug is not a miracle cure for everybody."

Dr Lawson said most families were realistic because their children suffered severe, drug-resistant epilepsy and had exhausted conventional treatment options.

"The kids in this trial will have had to have failed at least five or six medicines before they can even trial the cannabis-based medicine," he said.

"We will assess the children every month and at the three-month mark if there's no benefit at all, then we'll ask the family to stop taking the medicine because it's not helping them. But in those cases where it is helping, there's an agreement that the medicine will continue to be supplied to those families up until the time that the drug is registered in Australia."

<http://www.abc.net.au/news/2016-08-24/medical-cannabis-trial-epileptic-kids-showing-promising-signs/7778898?section=health>

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## Hilly's IGA St Marys and St Helens

*we stand for fresh*

## Hub4Health Walking Group

*St Helens Township to Moulting Bay [Leader-Beth Verschoyle]* Although it was a frosty morning, 15 hardy walkers turned up by 9am at Hub4Health. Soon after the walk started sunny and warm clear blue skies appeared and remained for the morning. Shags and black swans were abundant; an oyster boat trundled back and forth. The group met a local who offered encouragement to the participants. Moulting Bay was like a mill pond with a reflective shimmer stretching across to the horizon. A delightful end to the walk continued into the Lifebuoy Cafe in Quail St. (Contributed by Wayne Fulford)

*Falmouth to Mariposa Bch (Leader: Revel Munro)* The Wednesday walk along the Falmouth coastal reserve only attracted a few takers. This was possibly due to the prior disclosure that to traverse the whole coastal reserve [ending at Mariposa Beach], the rock shorelines, boulder beaches, lack of a path and some thwarted access make walking rather difficult.

This had three components additional to the usual walk activity:

- ◆ The significant modification / destruction by the recent storm (a "1 in 50 year" event for Falmouth!) This was observed first hand. Wow.
- ◆ Eminent local historian / naturalist Tim McManus met the group and spoke of aboriginal Falmouth occupation and facts about their shellfish diet. Much Appreciated.
- ◆ Revel explained other elements of historical settlement of Falmouth as the group marched along. Stacks to explain. (Contributed by Revel Munro)

*Taylor's Beach to Sloop Rock (Leader-Brian Elliott)* It was a beautiful winter's day, sunny and calm. 12 of us met at the Taylor's Beach car park. The 1st one past the bridge crossing at Sloop Lagoon. We walked south to the end of the beach & made our way along a track thru bush intersecting with the old tramway route. We turned left & made our way down to where the old pier use to be. The only thing left were some of the old rusted bolts in the rocks Revel helped out with his knowledge of the tramway. We went back about 200m and took a track up to Sloop Pt. road, down to the car park at Sloop Pt. We followed the track down to the end of the point. There we rested admiring the view. We also found the very deep rock pool there. We returned along the tramway to the Gardens road crossing it and proceeded along the track to the switchback. More great historical knowledge from Revel. We took the Gardens road via the beach again back to the car park.

It was a great walk, very educational and scenic (Contributed by Brian Elliott)

**New members are most welcome. Please call Hub4Health: 6376 2971 / Bryan Edhouse: 0414 987 435**



*Moulting Bay, by Wayne Fulford*



*Rocks strewn by storm on the slipway, by Revel Munro*

## St Helens History Room

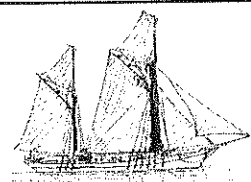
61 Cecilia Street St Helens (03) 6376 1479 Fax: 6376 2658

[historyroom@bodc.tas.gov.au](mailto:historyroom@bodc.tas.gov.au) August 25, 2016

The St Helens History Room is again offering free access into the museum for locals.

Last year August was locals month, however, as time has crept up on us (!), September 2016 is locals month. If you haven't had a chance of seeing the History of the Fishing Industry exhibition, here's the opportunity to do so. This exhibition will be available until October. Just show your drivers license or some other ID showing you are a resident of the Break O'Day municipality, and visit the only public museum in the region – this is **your** history ...

**Kym Matthews, Curator**





## St Marys Sports Centre

Gray Road St Marys

Bar open Thursday 6 - 8pm Friday 6pm until close  
Saturday 4pm onwards - warm fire, cheap prices  
Sunday 1.30 - 4.30pm Friday Happy Hour 6.30 -  
7.30pm with *Jag the Joker*, raffles and bar snacks

**Golf news** By printing time the greens will have been cored, sanded & seeded - thanks to the dedicated crew.

**Chicken Run** Sunday September 11, 10.30am. We have some good golfers and some learners - come and have some fun. Win a chook for dinner. We plan to reintroduce some of the old theme days back to the course.

**Trivia Night** Saturday September 10 at 6.30pm, \$6ea. Tables of 6 or 8, NO MOBILE PHONES. Thank you. Book your table now.

**Membership now due: Sports Membership \$60**  
**Golf & Bowls Affiliations extra.**  
**Social Membership \$30**

**Dining** Details not available to date - watch our Facebook page and flyers will be posted.

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](mailto:stmaryssportsctr@internode.on.net)

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

**Bowls news** The green is coming along fine, thanks to the hard-working guys. Working Bee (general cleanup of the bowls area) Sunday September 18 at 9am.

**Jam Session** Sunday September 11 from 1 - 4.30pm. A variety of music and song by locals. Vegetarian food and the usual. FREE ENTRY

**Melbourne Cup Luncheon Tuesday November 1, 2016** Changers & Cocktail Party. \$15 covers entry, 1 drink & 1 plate. Sweeps, Wheel Spins etc. Dress - Posh, Fancy or nice neat. Group bookings available.



*If you buy stamps online then technically you're only paying for shipping.*

**The depressing thing about tennis is that no matter how much I play, I'll never be as good as a wall.**



## East Coast Vietnam Veterans Honoured

Members of the East Coast Vietnam Veterans Association of Australia Branch were honoured with a luncheon at Parliament House in Hobart on Tuesday, 16 August.

The luncheon, organised and hosted by Patron and Liberal Member for Lyons Guy Barnett, was co-hosted with Premier Will Hodgman and was an opportunity to thank local Vietnam veterans and their families for their service and sacrifice on behalf of the nation.

24 members of the branch attended the special commemorative luncheon, along with VVAA State President Brian Harper.

The luncheon was held in the lead-up to Vietnam Veterans Day, commemorated annually on August 18. Originally known as Long Tan Day—after the well-known battle by the men of D Company, 6th Battalion, Royal Australian Regiment (6RAR) in 1966—this year's Vietnam Veterans Day marked the 50th anniversary of the battle, one of Australia's bloodiest engagements in Vietnam.

18 Australians were killed at Long Tan including Launceston boy, Private AF McCormack.

The Vietnam War was one of the longest conflicts in Australian history stretching from 1962 to 1975. More than 60,000 Australian troops were involved, of whom 521 paid the ultimate price with a further 3000 wounded.

A total of 2323 Tasmanian-born personnel served in Vietnam and 16 died in the service of their country.

The special commemorative luncheon acknowledged the service and sacrifice of these Tasmanian Vietnam Veterans with their motto, "Honour the Dead but Fight like Hell for the Living."

It concluded with the presentation of a VVAA (East Coast Branch) shirt to Guy Barnett, Patron.

Also in attendance at the luncheon was Sarah Courtney, the new Parliamentary Secretary to the Premier with responsibility for Veterans Affairs.



**Anthony Haneveer, Adviser / Media Adviser**  
**Office of the Hon Guy Barnett MP**



## ST MARYS PACING CLUB

Annual General Meeting  
Friday September 16 at  
7pm.

To be held under the grandstand, St Marys Recreation ground.

The Committee would like to invite all members, and members of the community, to attend our Annual General Meeting.

The future of your race day depends on the community support, with our current hard working committee members requiring assistance.

Please feel welcome to come along and forward your new ideas towards improving the race meeting to be held on Saturday December 31, New Year's eve.

If you are unavailable to make the Annual General Meeting but are able to assist in any way, kindly let one of our committee members know, or contact myself by way of details below.

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

Hope to see you all there.

**Craig Woods Secretary SMPC**

0437742351 / zugylarry@gmail.com

The Tasmanian Liberal Senate Team has joined with other Coalition and crossbench Senators to co-sponsor a Bill to amend section 18C of the Racial Discrimination Act. 31 August 2016

The Bill would remove subjective terms such as "offend" and "humiliate" from section 18C while retaining strong protections against hate speech.

"Freedom of speech is one of our foremost and fundamental freedoms as a society and section 18C of the Racial Discrimination Act is an affront to that freedom. The Tasmanian Liberal Senate team have complete faith and confidence in our fellow Australians to have and to use that fundamental freedom," Senator Abetz said.

The Prime Minister has slapped down the push by his backbench to water down the Racial Discrimination Act, saying the Government has "much more pressing priorities" to address, and rejected suggestions it had become a distraction.

"It doesn't distract me at all, I'm talking about the economy, ABCC, the moral challenge we have to get the budget back in shape," he told the ABC. "The Government has no plans to change 18C, we have other, much more pressing priorities to address and they include big economic reforms."

Liberal Senator Eric Abetz acknowledged budget repair and the Australian Building and Construction Commission (ABCC) were the Government's clear priorities, but said he trusted that in a three-year term, Section 18C could be dealt with.

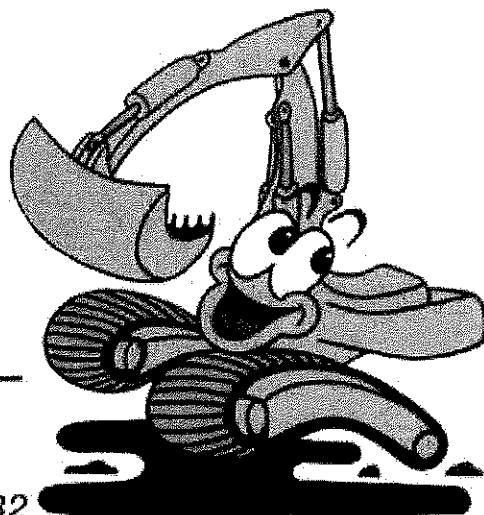
"This sort of industry of taking offence at everything has gone far too far within our society," he told ABC Radio.

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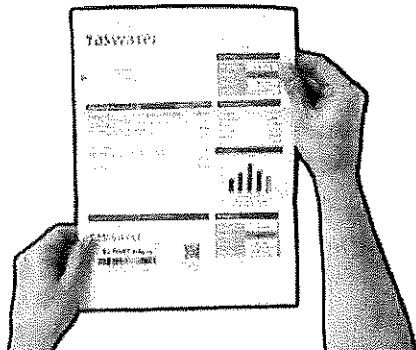
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## The Say, by Cagerattler

Makes you wonder whether we're much better off these days when it comes to water and sewerage services. I hate getting my quarterly bill, usually around \$225 - \$230. That adds up to over \$900 a year ... then you add up your rates bill from the local council, for me around \$750 a year, and you're looking at nearly \$1700.

I was trying to think what the rates were when councils still ran water and sewerage and I'm pretty sure it was nowhere near that as one bill. This would all be fine if we were getting heaps better services, but I've never seen any real difference. I'm hoping that eventually our investment will see major infrastructure improvements.



I'd love to hear from someone from TasWater to tell us what's been done so far and what our little neck of the woods can expect over time.

I suppose we should count ourselves lucky though when you read about several towns in Tasmania (and Scamander is one of them) that still often have sub-standard water quality requiring boiling of water etc. actions for consumption. For a rich country like ours this is hard to accept and repair / renewal of their services, as with other Tassie places, has to be utmost priority.

C'mon TasWater, get stuck in and justify those service fees charged as quickly as possible, and priority for the towns with drinking water not as good as it should be. Tell us more often what's happening on this front.

On a brighter note, huge kudos goes to Rita Summers and Gone Rustic with the amazing news of the fabric supply to a very discerning customer very recently for a very special event - just goes to show that quality services CAN come from wonderfully dedicated people with passion. Congratulations Rita. There is another hidden jewel in our midst but I promised him I wouldn't mention it until the dust has settled and certain things have been finalized at a national level. but he will allow me to write about it later this year.

Once again hard work and dedication pays off. Just shows you what lil' ol' St Marys is capable of...

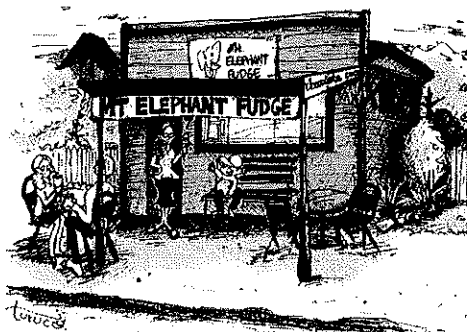
What do you think?

**Rod McGiveron, St Marys**



*Leola N King, America's first female traffic cop, in 1918*

Ever wonder about those people who spend \$2 on those little bottles of Evian water?..Try spelling Evian backwards.



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# Splash

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**0488 777 713**



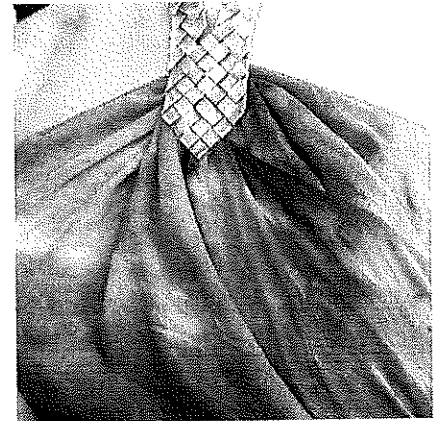
## A Truly Tasmanian Gown

Here is the much-anticipated reveal of the Miss Universe Australia dress made by couturier Rudolf Ramseyer, using fabric (15 metres) which local artist Rita Summers eco dyed at his request. Rita is absolutely thrilled with what Rudolf has done with it, and how beautiful it looks worn by Tasmanian entrant Stephanie King.

Rita sourced all her natural dyeing materials locally: raspberries from Mt Elephant Fudge, St Marys; purple carrots from Daniel Holland of St Helens; onion skins from Hilly's IGA; and assorted leaves from the roadside and Ian and Rita Summers' own property.

The dress will come to St Marys soon, and will be on display at Gone Rustic Studio & Gallery, 36 Main Street.

**Submitted by Rita Summers, St Marys**  
**[Photos by Rudolf Ramseyer; silk chiffon**  
**from Ruche Fabrics]**



"No one knows, incidentally, why Australia's spiders are so extravagantly toxic; capturing small insects and injecting them with enough poison to drop a horse would appear to be the most literal case of overkill. Still, it does mean that everyone gives them lots of space."

— Bill Bryson, In a Sunburned Country



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**NICK SHAW 0439-414-299**

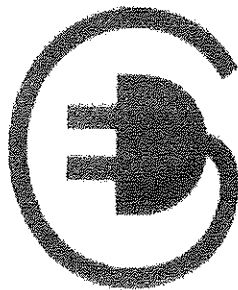
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**Nick Shaw 0439-414-299**

**24798 Tasman Highway**  
**St. Helens, Tas. 7216**

**Email:**  
**[sth.electrical@gmail.com](mailto:sth.electrical@gmail.com)**



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## Parents are calling for new warning labels on a common asthma tablet that has been linked to cases of suicidal thoughts and depression in children as young as four.

The drug, called Montelukast or Singulair, is prescribed for children aged two to 14 with frequent intermittent, mild persistent or exercise-induced asthma.

Melanie (who does not want her surname used) said her six-year-old son Harrison suffered what his doctors called "a psychotic breakdown" after being on Singulair.

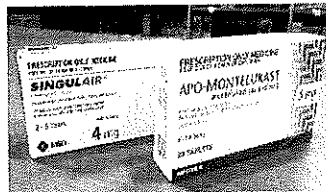
Melanie said her usually friendly, affectionate child began flying into uncontrollable rages, upending furniture and gnashing his teeth with his face contorted with rage.

"He would say I want to go to Heaven and I don't want to be here anymore," she said.

"I was incredibly shocked when I realised that a little chewable tablet to control his asthma symptoms could possibly be linked to such severe psychological symptoms."

The drug is used by thousands of Australian children with asthma.

<http://www.abc.net.au/news/2016-09-05/asthma-tablet-linked-to-serious-psychotic-episodes-in-children/7795474>



## The Valley and East Coast Voice Inc. Writing Competition 2016

Thanks to all the students who entered our competition. The judges' decisions are as follows:

**Fantasy Fiction** award has been won by **Tasharna Pursell** (grade 5/6 SMDHS) for *'Ghost under my bed'*

**Original Story** award has been won by **Jayne King** (grade 5/6 SMDHS) for *'The Peanut that travelled to Brazil'*

**Rural Life** award has been won by **Zoey Jones** (grade 4 SMDHS) for *'Making Quince Paste'*

**Poetry / Prose** award has been won by **Charlotte Robson** (grade 1 SMDHS) for *'Shopkin's World'*

Certificates and prizes will be awarded to the above winners at the St Marys District High School on September 16, 2016



## President's Report for SPH & EVH Society Inc. Year ending August 2016

2016 started with a sad note, with our President Barry Aulich putting on a courageous fight against illness, to continue attending our meetings and striving on with our vision of erecting a monument for the convicts who worked on the St Marys Pass.

Sadly, Barry lost his battle and the Fingal Valley lost a man whose pride and passion for the Valley will be hard to replace.

The convict monument has been in the discussion stage with the Break O'Day Council for a couple of years, under Barry's direction. Plans have been put together for the desired look of the wall, and currently members are compiling ships and names of the convicts to be placed on the plaques. We have discovered additional convict names after we were able to access files easier on the internet, which were missed in our published book in 2011.

The Societies history collection has been housed at the St Marys Online Centre for many years, but due to Government restructures we had to find a new home. Ian Summers at the St Marys Railway Station was so helpful, and allocated us space to relocate this collection.

Our history group is made up of a small number of dedicated members and we invited the community to share their views of the future direction of our society with us. Sadly, at our last meeting held in the Cornwall Hall, we only had one Fingal community representative attend and one (former local) pay interest.

Our next meeting, being the AGM, will be held on September 21, 3pm at the Tasmanian Hotel in Fingal, under the invitation of Nev Shaw, Fingal Valley Neighbourhood House.

I would like to say thank you to our members who are a fun team, we get side-tracked at times on topics other than history, but it is always interesting knowledge to have.

**Regards,**  
**Darlene Wright, President**

House keys are just metal passwords

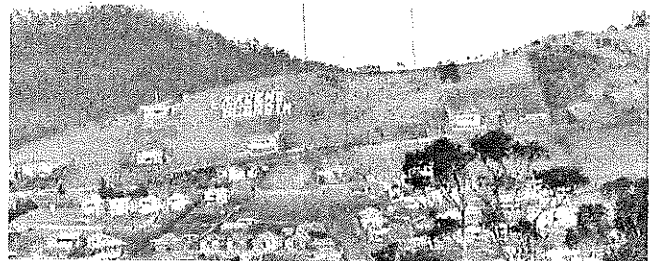
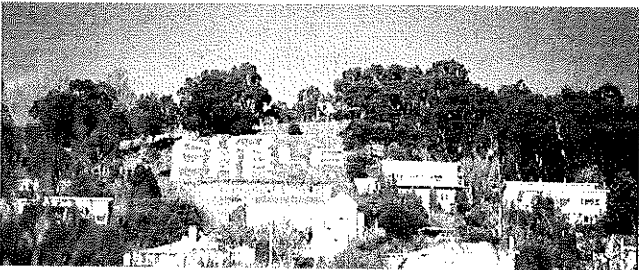
**High on the hills above Hobart**, originally surrounded by open ground (but in 2016 a small paddock in the midst of suburbia), is a stone sign which (occasionally) reads Keens Curry. A familiar item on supermarket shelves, and certainly in my mother's pantry although never in mine, Keens Curry Powder started life in Kingston, Tasmania in the 1860s and is named after the grocer who created it.

The stone sign first appeared above Hobart in 1905, when Keen's daughter and son in law purchased the block in South Hobart with the specific intention of arranging large stones painted white to form 15m letters forming the words Keen's Curry.

Despite the uproar at the time, and attempts at litigation by business rivals, the Keens prevailed and the sign remains.

In the 110 years of its presence on the hill high above Hobart the sign has continued to attract controversy ... from time to time it changes, either to make a social or political point, or perhaps because of its proximity to a University of Tasmania residential college. These days it enjoys protection under the heritage legislation ... not that such protection has deterred protesters; a cursory trawl of online records of the Mercury (Hobart) found records of a prosecution for altering the sign 10 years ago.

*By Wendy Fowler, St Marys*



*Keen's Traditional Curry Powder is a blend of turmeric, coriander, salt, fenugreek, black pepper, chili powder, rice flour, allspice and celery.*

### Curried Sausages

#### Ingredients

- ◆ 3 tbsp vegetable oil
- ◆ 8 beef sausages
- ◆ 1 large onion, sliced
- ◆ 1 tbsp KEEN'S Traditional Curry Powder
- ◆ 1 tbsp plain flour
- ◆ 2 cups chicken stock
- ◆ 2 apples, cored and cut into 8 wedges
- ◆ 1/4 cup raisins
- ◆ 1 cup green beans, sliced
- ◆ 2 tbsp cream
- ◆ 1/4 cup chopped coriander
- ◆ 1 cup baby spinach

1. Heat 2 tablespoons of oil in a large saucepan over a medium heat, add the sausages and brown all over, remove and set aside.
2. Add the remaining oil to the pan and cook onions, stirring for 3 minutes until softened.
3. Stir through the curry powder and flour. Slowly pour in the stock stirring continually to ensure no lumps.
4. Add the apple, raisins and return the sausages to the pan and bring to the boil. Reduce heat to low and simmer for 15-20 minutes.
5. Stir through the beans, cream, coriander and spinach, cook for a further five minutes and season to taste with salt and pepper.

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**Australian parents are being reassured they are unlikely to face big price hikes for the EpiPen, a life-saving anti-allergy device, despite a controversial 400% cost increase in the United States.**



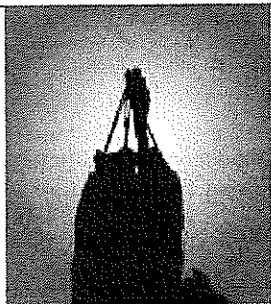
Since the international pharmaceutical company Mylan purchased the product in 2007, it has slowly raised the price in the US from \$50 to more than \$300 per EpiPen.

In the last decade, Mylan has also made the product only available in twin packs, so American allergy sufferers have to pay up to \$600 for the drug. However, Australians are able to buy an EpiPen twin-pack for \$38, under the Pharmaceutical Benefits Scheme.

Those who do not qualify can buy the drug privately over the counter for \$100.

Allergy and Anaphylaxis Australia president Maria Said, explained that the cost of an over-the-counter EpiPen had remained stable in Australia since the 1990s.

"Since 2003, every individual diagnosed with severe allergy and risk of anaphylaxis can purchase a maximum of two devices which are government subsidised at a cost of \$38," she said.



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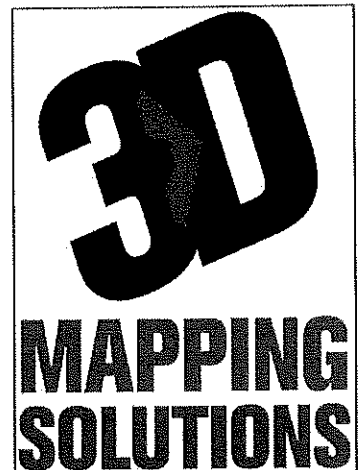
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### A BUSH EDUCATION by Pirjo Heinonen (2011). Part 3.

The days and weeks seemed to pass quickly. Her previous marketing career was a great help with her Business Studies classes, as she had the experience and real life examples to highlight relevant concepts in the curriculum. But she knew there was still a long road ahead. They said the first year of teaching was the hardest. And adapting to the country way of life was no picnic either, she thought, grimacing. After the first day Lola decided she'd try to fit in with the casual ambience. Cotton beige cropped pants, brown sandals and a white linen shirt felt comfortable but still professional, and she brought her trusty navy jacket in case it got cold. She imagined the hurtful sniggers from some of the staff had subsided somewhat, but she knew she was still regarded as the 'new girl' at Russell Creek. Thank god for trusty and supportive Hillary.

"How are you enjoying it up here so far?" said Hillary one night over a coffee as they sat watching the late news. Lola thought carefully before responding.

"Umm, to tell you the honest truth, it's not quite what I expected Hil", replied Lola, unsure of how blunt she should be. Some country folk didn't like you criticising their way of life, she'd found out, even though she didn't really think of Hillary as one of the locals.

"I feel a bit like a fish out of water in some ways. It's so different from the ways things were back in the city. The things that mattered down there don't seem to matter up here I've noticed".

"Like designer clothes and so on?" Hillary allowed herself a tiny smirk.

"Yes... well, yes that's one thing I suppose. I guess my wardrobe was a bit inappropriate for this heat and the lifestyle."

"Don't worry. You're doing really well at school and the kids up here seem to have taken to you, and that's what's important. And you do have some lovely outfits, and there's nothing wrong with that", Hillary added brightly.

No, there wasn't, thought Lola. But none of it seemed as important as before. She felt as if all the things she'd been so sure of all her life were being turned on their head. It was disorienting, like being upside down in one of those spinning capsule rides at the fun park.

"Tell you what", blurted Hillary, breaking her train of thought. "My brother's having a barbeque this weekend. Want to come along?"

"Your brother, does he live around here?"

Lola had assumed Hillary was from the city, like herself.

"We both grew up on a vineyard about an hour's drive south from here, down towards the valley. My brother still lives there and manages the place, as well as attempting to make wine that's actually fit for human consumption. I'm sure he'd love to meet you. We can stay the weekend and come back on Sunday night."

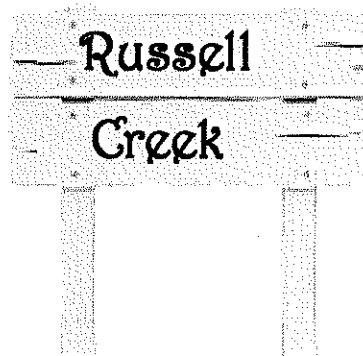
Lola thought about it. The weekend sounded like the perfect break from Russell Creek.

"That sounds great Hillary. I'd love to go".

The weekend arrived and after some effort, Lola found an old pair of jeans. She hadn't worn them in years. They still fitted her, she thought with satisfaction, as she pulled a simple cotton t-shirt over her head. She'd tied her hair back into a ponytail, and smoothed some creamy moisturiser over her bare face. A straw hat added the necessary sun protection. As beads of perspiration formed on her forehead and trickled down her neck, she realised with a sense of excitement how much she was looking forward to the weekend. The prospect of an hour's drive in searing heat a few months ago wouldn't have inspired this enthusiasm, she thought.

Hillary's old jeep expertly navigated the winding road south, and Lola realised she loved the green landscape and the sense of freedom and space that went with it. It was hard to feel this kind of serenity or peace in the city, realised Lola. She thought of her first day at Russell Creek School, dressed in her best corporate garb. She had to laugh. The boxes and boxes of things she'd brought with her now seemed so superfluous. Her obsession with fashion and designer labels had been cultivated over a lifetime, or so it seemed. Her need for everything to be just right and in its place seemed to be sliding away. That night at the singles club with Andrea the week before she left seemed a world away. With a pang of painful self awareness, she recognised herself as one of those 'city types' she had so despised. But none of it mattered now, as she gazed out of the car window at the lilac hills in the distance and the gnarly old eucalypts with their creamy, peeling trunks.

"Well, here we are".



Hillary's comment brought her to the present. Up ahead was a beautiful old house, solid and graceful. As they entered through the gate and drove up the winding gravel drive, Lola noticed white bush roses and lilac and green hydrangeas lining the edge of the driveway. Stately old maple and jacaranda trees could be seen behind the house. It was amazing that such a luxuriant garden had survived what must have been years of drought and dry conditions, thought Lola.

"There's a bore on the property. It's what's helped to keep the garden and vineyards so lush," said Hillary, as if reading her thoughts.

'My brother can take all the credit for maintaining this place.'  
She continued. "My mother planned the garden many years ago and he's meticulous about preserving it according to her original vision." They had driven around to the side of the house where a large sandstone garage and loft stood. Behind the building Lola noticed rows of neatly pruned grapevines, in orderly rows. She gazed past them into the distance.

'It's beautiful Hillary. What an amazing place to grow up. And is that actually an airstrip over there?'

A small plane stood at the end of a small, sandy runway about 200 metres from the house, silhouetted against the blue sky.

'Oh yes, that's my brother's. He does some consulting work in the city and occasionally needs to visit clients. So he flies down. It's a lot quicker than driving obviously. But he loves it here and doesn't like to be away for too long. Oh, here he is now!' Hillary jumped out of the car and ran up the steps to the wide front verandah. A tall, slightly balding man dressed in mole-skins and a checked shirt stepped out from behind the screen door. Hillary flung her arms around him.

'Lola. I'd like you to meet my brother'.

The intoxicating scent of jasmine hung in the still morning air.

'Hi Lola, I'm Lachlan. Pleased to meet you.'

A slow smile spread across his suntanned face.

Lola shuddered with the shock of recognition. It couldn't be.

'Lola. Umm.... likewise'.

'Care for a drink? Champagne perhaps? His soft brown eyes twinkled.

'That'd be lovely'.

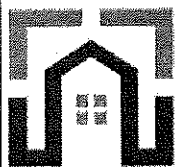
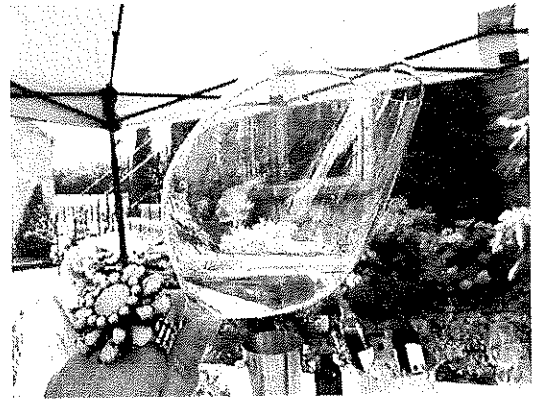
'Been up this way before?'

'No, first time'. But maybe not the last, she thought.

Hillary looked perplexed, as her brother and housemate stood grinning at each other. I'll never quite understand these city types, she thought, including her brother in that assessment. They're acting as if they already know each other. And champagne indeed! At this hour!

'Let's go inside shall we? I'll put the kettle on', she added crisply.

<http://www.australianstories.com/a-bush-education1.html>



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### Dog elected as Cormorant town mayor in Minnesota for third term in a row

He is possibly one of the most popular politicians in the United States — Duke the dog has been elected as mayor of his Minnesotan town for the third time. Duke was sworn in for his third year-long term in Cormorant, his town of about 1,000 residents, on the weekend.

"Everybody voted for Duke — except for one vote for his girlfriend, Lassie", according to Duke's owner, David Rick.

The 9-year-old great Pyrenees was first elected in 2014 with 12 write-in votes at the town's annual Cormorant Daze festival. Even his human opponent at the time, Richard Sherbrook, admitted he voted for the canine.

"He's done such great things for the community," Karen Nelson, who describes herself as "Mayor Duke's caretaker", said.

"I don't know who would run against him."

The mayor could not be reached for comment.

<http://www.abc.net.au/news/2016-08-24/duke-dog-elected-as-mayor/7780020>



### Mathinna - from our own correspondent The Examiner Thursday November 5, 1885

The almanacs have all agreed to call the present season Spring, but here during the past week we have been sweltering in a tropical midsummer heat, thermometer up to 132 degrees. Everybody uncomfortable, and universal lassitude the order of the day (perhaps the word should be spelt lazytude).

We had on Saturday a few showers, which have cooled the air wonderfully, and the parching 'brickfielder' has gone.

The Road Trust have not as yet decided the tenders for the improvements to the main street. I believe they are only going to take out three or four of the unsightly stumps which disfigure the street and are positively dangerous. During the dark nights of the past week two, if not three men have had nasty falls, in one case the victim sustained serious injury, being very much cut about the face and hands. Could the Trust manage to take out all in the main part of the street between the Hotel and Post Office?

I hear that there is a probability of another, or at least a new hotel, being opened after the New Year.

Everything is looking beautifully green and verdant, and cattle are getting quite rotund and glossy.

Fog fever and measles have nearly disappeared, and the butcher and baker are more in demand than the medicine chest.

A sharp shock of earthquake here on Sunday at 2.17pm, rumble loud and long.



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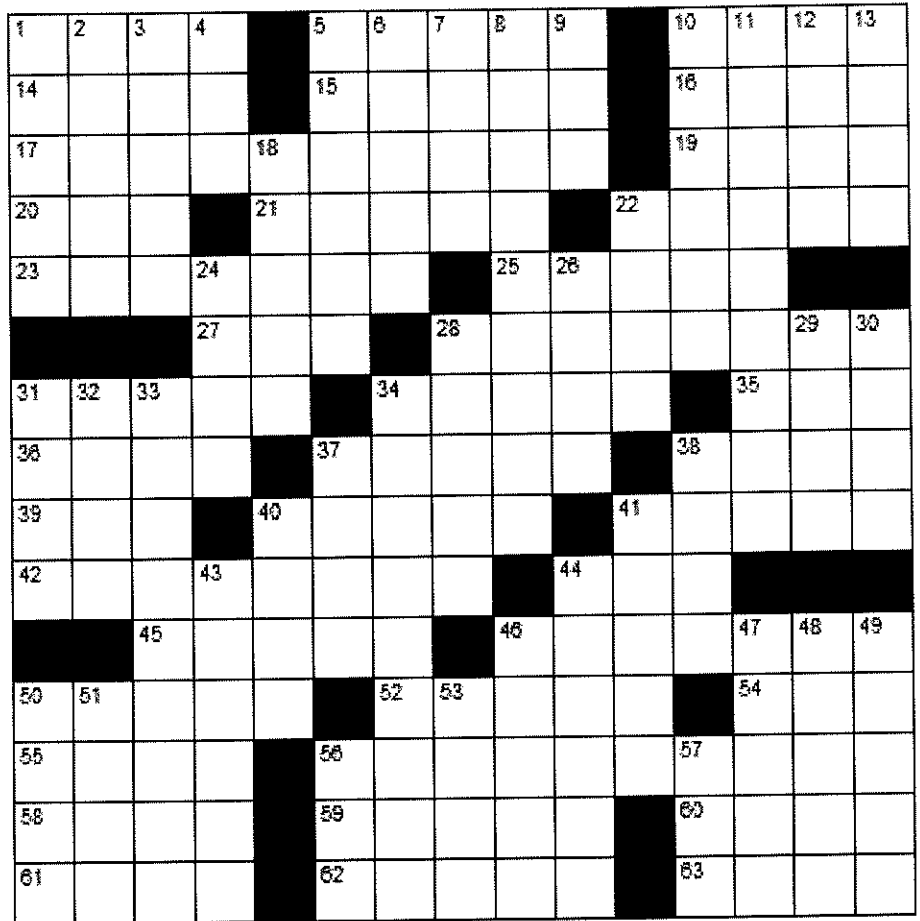
*No appointment needed*

## 0422 073 020

28 - 30 Main Street St Marys

# ACROSS

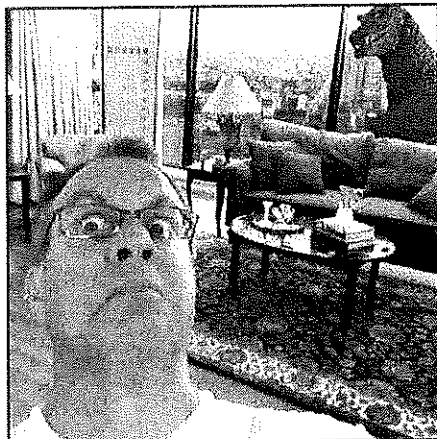
1. Backside
5. Nautical for stop
10. How old we are
14. A romantic meeting
15. A machine for baling hay
16. No
17. Dental medicine
19. Delight
20. Fiddle stick
21. Have second thoughts
22. Indicates
23. Capture
25. Habituate
27. Abet
28. Narcissist's problem
31. Cut off
34. A carpenter's device
35. And so forth
36. Tax
37. Round red root vegetables
38. One who colors cloth
39. Mineral rock
40. Overindulge
41. Motif
42. Guarantee
44. Type of snake
45. The language of Persia
46. Connection
50. Preserves
52. Aircraft
54. Legislation
55. A round handle
56. Endanger
58. Hawkeye State
59. Lazybones
60. Affirm
61. A tart spicy quality
62. Tummy
63. Untidyness



# DOWN

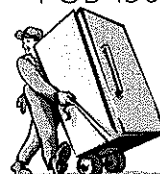
- |                                  |                                  |                                     |
|----------------------------------|----------------------------------|-------------------------------------|
| 1. Pueblo brick                  | 18. Author Mark ____             | 40. Taverns                         |
| 2. A radioactive gaseous element | 22. Bulge                        | 41. Laser printer powder            |
| 3. Tucks away                    | 24. Not                          | 43. Unpleasant person (British)     |
| 4. Poetic dusk                   | 26. French for "Names"           | 44. Double star                     |
| 5. On the train                  | 28. Mournful poem                | 46. Continuation of the coat collar |
| 6. Flow control device           | 29. Bit of gossip                | 47. Not dead                        |
| 7. ____ vera                     | 30. Unit of land                 | 48. Stares                          |
| 8. Discriminate                  | 31. Not fast                     | 49. Decorative jugs                 |
| 9. Attempt                       | 32. Sister and wife of Zeus      | 50. Playlet                         |
| 10. Domestic breed of rabbit     | 33. Past participle of "overfly" | 51. Dwarf buffalo                   |
| 11. Swift-flying diving duck     | 34. Multi-legged insect          | 53. Take it easy                    |
| 12. Type of sword                | 37. Containers                   | 56. Triangular sail                 |
| 13. Views                        | 38. East Indian tree             | 57. Water barrier                   |

Solution on p27



## Ransley's Appliance Service

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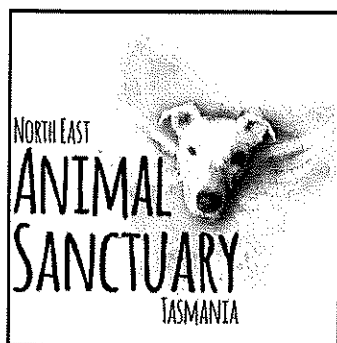
*Washing machine noisy?*

*Refrigerator runs too long?*

*Clothes dryer blows cold air?*

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### **Introducing Rupert, a 2 year old Staffy Cross who is another special soul.**

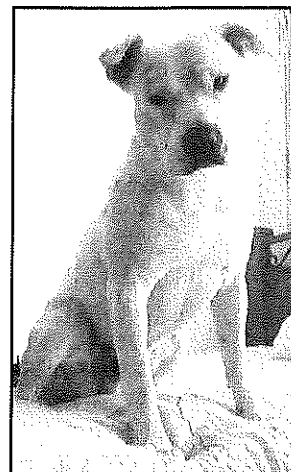
Rupert is deaf but understands some simple hand signals. We have a lady in our network who has deaf dogs of her own and has offered her support for Rupert's new family.

Rupert gets along well with cats, rabbits and other dogs.

He loves children and is a very well mannered little boy.

Rupert is housetrained and would love a family to call his own.

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### **2,600 dead within weeks after declared fit for work by Centrelink**

The horrific death toll is revealed by figures released by the Department of Human Services. Around 100 people per month have been dying, shortly after being ruled well enough to take a job.

There are many thousands more who have been forced into a situation that is having some form of detrimental effect on their health. This is a scandal too.

Some critics are demanding an inquiry. The controversial assessment process is being blamed. It is based on a table that lists a number of possible disabilities that might show a degree of incapacity to work. This is further refined through a number of sub-categories that carry with them a given weight in points. Then the person involved has to reach a minimum of 20 points to be considered for disability support.

On face value it may seem to some that this is a fair enough approach. It is not. In the first place, it is far too restrictive. At the bottom, it is heavily weighted towards visible physical disability. Many disabilities are not readily visible. Even those that are, generally have aspects that are not visible. Many do not fall neatly into the categories and sub-categories. Thus people not fit for work are assessed as fit for work.

This is no accident. It is clear from government policies and Centrelink procedures that there is an overriding drive to reduce the number of people receiving disability support. One just has to look at the increasing number of hoops and the introduction of activity agreements where the disabled already receiving benefits are compelled to move towards employment. The pressure is to join the ranks of a rising cheap labour force.

An assessment problem that primarily works as a means to minimise the number accepted, rather than placing health needs in first place, fits in well with the existing punitive policy.

In this case an inquiry is not really needed. There needs to be a change in policy. The present assessment procedure needs to be scrapped and replaced with one that puts the needs of the person being assessed in the first place.

Is this too much to ask?

<http://the-pen.co/2600-dead-within-weeks-declared-fit-work-centrelink/>

## **Church Services**

### **Anglican Parish of Northern Midlands**

*Avoca 11am 2nd Sunday*

*Fingal 2pm 2nd Sunday*

*Mathinna 2.30pm 4th Sunday*

*Ross 10am 5th Sunday*

*Campbell Town 9am*

### **Break O'Day Anglican Parish**

*6372 1144 St Helens*

*9.30am 5th Sunday Combined Service with Uniting Church*  
*9.30am*

*St Marys 10am*

*facebook.com/anglicanbod*

### **Break O'Day Uniting Church**

*The Manse 6376 2405*

*St Helens 9am*

*Fingal 11.15am*

### **Catholic Parish St Marys - Father Bala**

*6372 2252 / 0419 314 692*

*Bicheno Mass 1st, 3rd & 5th Sunday 9am*

*Liturgy 2nd & 4th Sunday 9am*

*Fingal Mass 1st & 3rd Sunday 11.30am*

*5th Friday 10am*

*St Helens Mass Saturday 6pm Thursdays 10am*

*St Marys Mass 2nd & 4th Sunday 9am*

*5th Sunday 11am*

### **St Marys Salvation Army**

*Envoy M Norton 0409 838 816*

*Sunday JOY 11.30am*

*Tuesday JAM 3-5pm (except school holidays)*



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Queechy Cottages 6376 1321  
Seaview Farm St Marys 6372 2341  
St Marys Historic Hotel 6372 2181,  
Tidal Waters Resort 6376 1999

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Gone Rustic Studio 6372 2724

### Australia Post

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St Helens 131318  
St Marys 6372 2124  
Scamander 6372 5664

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CBA St Marys (atm) 6372 2268

### Boarding Kennels

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Upper Scamander Kennels 6372 5157,  
Wagabouts 6376 2131

### BOD Business Enterprise Centre

St Helens 6376 2044

### Break O'Day Council 6376 7900

### Bus Services

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St Marys 6372 2476,  
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### Churches

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Catholic Ch St Marys 6372 2252,  
Salvation Army St Marys 6372 2099,  
Uniting Ch St Helens 6376 2405

### Community Car St Marys 6372 4415

### Confectionary

Mt Elephant Fudge 6472 2787

### Dentist St Helens 6376 2359

### Designer-Building

Building Design Studio 6372 2000

### Doctors

St Helens 6376 1777  
St Marys 6387 5555

### Electrical Repairs

Ransley's 6372 5307  
St Helens Electrical 6372 5522

### Funeral Directors

Harris Funerals 6376 1153

### Gardening Services Andrew Daven-

port St Marys 0419 113 836  
Greg Macpherson 6372 2221

### Glass Replacement

East Coast Glass 6372 5361

### Golf Clubs

St Marys Sports Centre Inc 6372 2177

### Hairdressers

Shear Scissors St Marys 0422 073 020  
Ana's Salon St Marys 0448 532 531

### Health Foods Purple Possum

St Marys 6372 2655  
Hub4Health St Helens 6376 5242  
Horticulturist Peter Dane 6372 2686

### Hospitals

St Helens 6387 5570  
St Marys 6387 5555

### Insurance Brokers

McKillop Insurance 0400 984 595

### Justice of the Peace

K Faulkner 6372 2196

### Libraries

St Marys 6372 2114  
St Helens 6376 1389

### Lymphoedema St Marys Lymphoe-

dema Centre 6272 2900

### Marriage Celebrants

Melanie Norton 0409 838 816

### Meals on Wheels

St Marys 0488 384 344

### Mechanics Michael Aulich 6372 2991 ,

Grant Faulkner St Marys 6372 2335

### Museums Cranks & Tinkerers

St Marys 0417 648845

### Newsagencies

St Marys 6372 2143  
St Helens 6376 1182  
Scamander 6372 5275

### Online Access Centres

Fingal 6374 2222  
St Helens 6376 1116  
St Marys 6372 2005

### Painters East Coast Mobile Spray

Paint 6372 5571

### MLN Enterprise Painting 0439 722 718

### Pharmacies Scamander 6372 5495

St Marys 6372 2844

St Helens 6376 1374

### Plumbers PJ Child 6372 5378

R Harwood 6372 2445

### Proofreading / transcribing services

Leissa Dane 6372 2686

### Realtors Surf Coast Realty 6372 5321

LJ Hooker St Helens 6376 2300

Roberts St Helens 6376 1799

View St Helens 6376 1592

### Restaurants/Cafes

The Bank Tea House St Marys  
Coach House St Marys 6372 2529  
Mt Elephant Pancake Barn 6372 2263,  
Purple Possum Wholefoods 6372 2655  
Mt Elephant Fudge 6372 2787

### Secondhand Dealers and

Collectables Secondhand Rose

St Marys AH 6372 2267

### Septic tank cleaner / Water Carriers

Splash Seymour 0488 777 713

### Schools - District High Schools

St Helens 6376 7100, St Marys  
6372 3900

### Primary Schools

Avoca 6384 2117,  
Fingal 6374 2197

### Service Stations/Fuel

Avoca 6384 2157  
Scamander 6372 5193,  
St Marys 6372 2335

### Supermarkets

Avoca R/house 6384 2157  
Hilly's IGA St Marys 6351 1997  
Hilly's IGA St Helens 6376 1161  
Holder Bros Fingal 6374 2171  
St Helens Super IGA 6376 1177  
St Marys IGA 6372 2240  
Scamander Supermarket 6372 5125

### Surfing Supplies Scamander Beach

Surf Shop 6372 5529  
Bay Surf Shop 6376 1755

### Telephone, Data and TV

John Heron 6372 2402  
Dave Morris 0402 969 393

### Surveyors

East Coast Surveying 6376 1972  
Vets East Coast Vet Clinic 6376 1577  
North East Vet Clinic 6321 8999

### Woodcraft Guild Old Railway Goods

Shed St Marys 6372 2094

**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**  
8/9/16-23/9/16  
**Dr K. Nash-Rawnsley**  
9/9, 13/9, 16/9 20/9 & 23/9 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**

**Are your details up to date?**

Do you have a new address / phone number? Do you have a new Centrelink / Medicare card? Have you updated these details with us? Sometimes we need to contact you, or pass your details on to other health professionals. **You may also be charged for some medical services if your Centrelink / Medicare cards are not current.** If any of your details have changed, please contact us on 6387 5555 or call in and see our reception staff for assistance.

**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**

<b>GP Assist</b>	<b>1300 780 011</b>
<b>Ambulance or Emergency</b>	<b>1800 008 008</b> <b>000</b>
<b>Lifeline - Saving lives, crisis support and suicide prevention</b>	<b>131 114</b>
<b>St Marys Community Health Centre - please ring before presenting after hours</b>	<b>6387 5555</b>

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

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

# St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215  
6387 5555

## What's on at the Centre

September 9 **Social Worker** Shan Williams  
Call 6387 5555 for appointments.  
**Physiotherapist** Naomi Ide for appointments please see your GP or Health professional for a referral.

September 12 **Physiotherapist** Naomi Ide for appointments please see your GP or Health professional for a referral.

September 13 **Occupational Therapist** Danyelle Briggs by referral from your Health Professional.  
**Max Solution** 8:30am-5pm downstairs.  
**Lightfoot Podiatry** Perry Daly.  
Phone 6331 9568 for appointments.  
**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.  
**Physiotherapist** Naomi Ide for appointments please see your GP or Health professional for a referral.

September 14 **Day Centre** call Hayley Gilbert on 6387 5555 for information on the group.  
**Outreach Health Solutions** Grant Todd,  
Exercise Physiologist. Phone 0428 491 621

September 15 **Physiotherapist** Naomi Ide for appointments please see your GP or Health professional for a referral.  
**Social Worker** Shan Williams  
Call 6387 5555 for appointments.  
**Eyelines** For appointments please phone  
1300 139 363. All consults are Bulk Billed to Medicare.

September 16 **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.

September 19 **Physiotherapist** Naomi Ide for appointments please see your GP or Health professional for a referral.

September 19 **TLC Meeting** (Tasmanian Lymphoedema Centre) 5pm in the Day Room.  
Continued...

September 20 **Physiotherapist** Naomi Ide for appointments please see your GP or Health professional for a referral.  
**Max Solution**— 8:30am-5pm downstairs.  
**Podiatry North**- For appointments please phone 6336 5155.

September 21 **Outreach Health Solutions** Grant Todd,  
Exercise Physiologist.  
Phone 0428 491 621  
**Social Worker** Shan Williams  
For appointments phone 6387 5555  
**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.  
**Physiotherapist** Naomi Ide for appointments please see your GP or Health professional for a referral.

September 22 **Social Worker** Shan Williams  
Call 6387 5555 for appointments.  
**Outreach Health Solutions**  
Grant Todd, Exercise Physiologist.  
Phone 0428 491 621

September 23 **Social Worker** Shan Williams  
Call 6387 5555 for appointments.  
**Physiotherapist** Naomi Ide for appointments please see your GP or Health Professional for a referral.

### HEALTH PROMOTION IN AUGUST...

Thank you to everyone who support our Health Promotion Activities during August 2016. We have had a great response to our promotions and people are talking about PTDS- Great work!

#### Post-Traumatic Stress Disorder

Our challenge to the community was:  
Get as many people in a photograph of your '22 Push-up's for 22 Day Challenge'

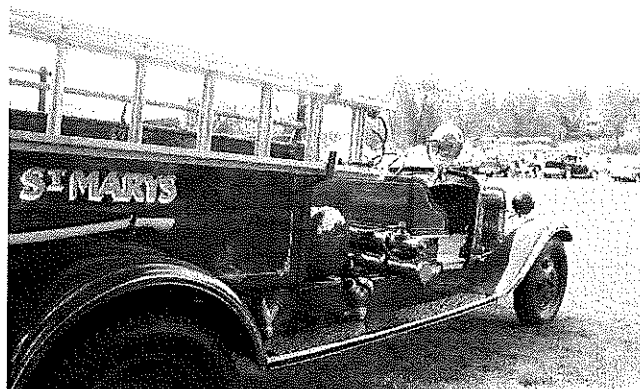
*Congratulations Wendy Snow-McLean*  
Who was our winner with 18 people



**A minke whale stranded at Bicheno has been successfully rescued, swimming strongly away into deeper water.** The whale was stranded near Diamond Island Beach. It was found by 16-year-old Jesse Wise, who said the animal was "flipping around" between the rocks. "I was with my friend and we were going to go swimming and then I spotted the whale from about 70m away," he said. "There is probably about a foot of water, max, it was sitting in between the rocks and it was not capable of moving very far."

Jesse said the whale was about 3.5m and was in "OK condition".

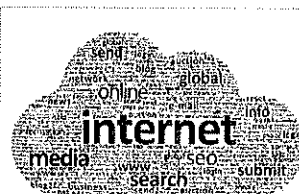
"There was a few cuts and grazes across it," he said. Jesse called Parks and Wildlife and stayed to help a department officer care for the animal.



### 2016 Downtown Car Show

St. Marys Independent, 36 Water St., N4X 1A2 St. Marys, Canada

[https://www.facebook.com/stmarysindy/photos/?tab=album&album\\_id=1038582229524245](https://www.facebook.com/stmarysindy/photos/?tab=album&album_id=1038582229524245)

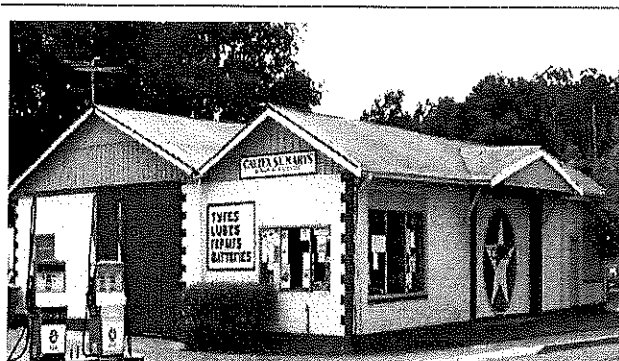


One of the most important things you learn from the Internet is that there is no 'them' out there. It's just an awful lot of 'us.'  
Douglas Adams

The **chili pepper** (also **chile pepper** or **chilli pepper**) is the fruit of plants from the genus *Capsicum*, members of the nightshade family, Solanaceae. In Australia, Britain, India, Ireland, New Zealand, Pakistan, South Africa and in other Asian countries, it is usually known simply as **chilli**.

The substances that give chili peppers their intensity when ingested or applied topically are capsaicin and several related chemicals, collectively called capsaicinoids.

Chili peppers originated in the Americas. After the Columbian Exchange, many cultivars of chili pepper spread across the world, used in both food and medicine. Chilies were brought to Asia by Portuguese navigators during the 16th century. Worldwide, some 3.8m hectares (about 9.4m acres) of land produce 33m tons of chili peppers (2010 data). India is the world's biggest producer, consumer and exporter of chili peppers. Andhra Pradesh as a whole contributes 75% of India's chili exports.



## CALTEX ST MARYS

MECHANICAL REPAIRS  
& SERVICE

41 Main Street

6372 2335/0419 503 109

Fax 6372 2822

### Libraries (Closed public holidays)

61 Cecilia Street St Helens  
6387 5530

Mon, Tue, Wed, Thu, 10am - 1pm,  
2 - 5pm

Fri 10am - 1pm, 2 - 6pm  
Sat 10am - 12pm

31 Main Street St Marys  
6372 2114

Mon 12.15 - 5pm

Wed 10.15am - 1pm, 2 - 5pm

Fri 10.30 - 11.30am, 12 - 5pm



Fingal Online Access Centre  
29 Talbot Street 6374 2222

Mon, Wed, Fri 9am - 4pm

Tue, Thu 9am - 12pm

Closed public holidays

## Meals on Wheels

September 8	Sonya Allison
9	Drew Adam
12	Pam Bretz
13	Louise Keady
14	Valmai Spencer
15	Lundy Vosper
16	Drew Adam
19	Karl Balzer
20	Trish Pike
21	Kerry Veldum



56 many words of 3 letters or more from ACTUARIAN

act	auric	naira	tan
actin	cairn	naut	tar
air	can	nautica	tarn
ant	cant	nit	tau
antic	car	nut	tiara
antra	carat	rain	tic
arc	cart	ran	tin
arcana	cat	rant	train
arctan	cur	rat	tuna
aria	curt	ruin	tunic
art	curtain	run	turn
atria	cut	runic	unit
aunt	cutin	runt	uric
aura	incur	rut	urn

How many words of 3 letters or more can you make from AMBROSIA? Answer next edition.

## Tip locations and opening hours

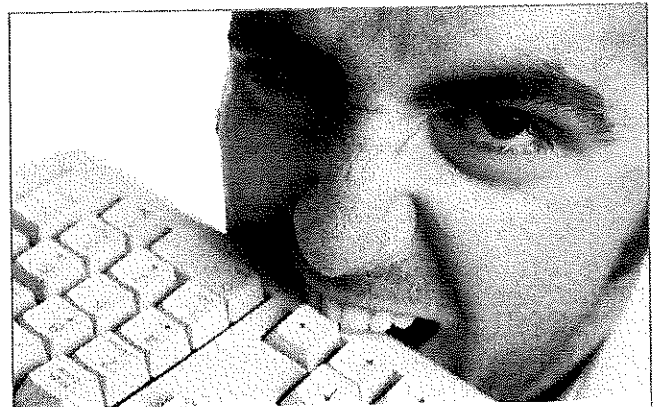
<b>Ansons Bay</b> Long w/ends Mon 12 - 4 Wed/Sun 12 - 4 <i>Fingal, Mathinna Road</i> Tues/Thurs 10 - 4 Sun 2 - 5 <i>Pyengana, Tasman Hwy</i> No builders' waste please Wed 9 - 1, Sun 2 - 5	<b>Scamander, Coach Street</b> Tues/Thurs 10 - 4 Sun 2 - 5 <i>St Helens, Eagle Street</i> Open 7 days 10 - 4 <i>St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

## Shower Thoughts

*I only remember losing maybe 3 of my teeth when I was a kid.  
I have no idea when I lost the other 17.  
<http://just-shower-thoughts.tumblr.com/>*



## Computer Trouble?

- 15 years experience
- Home & business
- Hardware & software
- Websites & email
- Windows, Mac, Linux
- ADSL, WiFi, Satellite

**Ray Walker**  
**0401 497 199**  
**[help@raywalker.it](mailto:help@raywalker.it)**





## 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 September 7 - 13

	p/kg
Nichols Chicken Drumsticks	3.99
Blade Roasts	12.99
Lamb Shanks	9.99
Forequarter Lamb Chops	13.99
Corned Silverside	8.99

### Butchery specials September 14 - 20

	p/kg
Half Leg Of Lamb	9.99
Lamb Loin Chops	16.99
Blade Steak	13.99
Nichols Chicken Breast Schnitzels	9.99
Ingham Chicken Kebabs	1.29

### Two week specials September 7 - 20

Flora Spread 500g	2.69	Duck River Butter 500g	4.55
Pampas Puff Pastry 1kg	3.99	Nescafe Menu Sachets 10pk	3.95
Cadbury Ice Cream 2L	3.99	Nestle Condensed Milk 395g	2.69
Andersons English Breakfast Tea Cup Bags 100s	2.49	Organic Care Shampoo or Cond 400ml	2.69
Nestle Milo 750g	8.99	Nestle Chocolate Blocks 170-200g	2.99
Carnation Milk 375ml	2.69	Safe Toilet Tissue 6pk	2.49
Fab Laundry Powder 1kg/Liquid 1L	3.99	Jiffy Fire Lighters 24pk	2.99
White King Bleach 2.5L	2.99	Palmolive Ultra Dish Washing Liquid 375ml	1.82
Friskies Cat Biscuits 1kg	3.99	SPC Baked Beans or Spaghetti 420-425g	1.00
Rosella Condensed Soup 500g	1.99	Continental Cup A Soup 2pk	1.15

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

Avoca Post Office	Mathinna Post Office
Coachhouse Restaurant	Mouth Cafe Scamander
St Marys	Scamander S/market
Hilly's IGA St Helens	St Marys IGA
Hilly's IGA St Marys	St Marys Newsagency
Holder Bros Fingal	



*Incorporating  
St Helens Transport &  
Coles Bay Carrier*

Launceston 6339 4900

St Helens 6376 1143

Fax 6339 2900

[suncoastexp@netspace.net.au](mailto:suncoastexp@netspace.net.au)

**John Campbell**  
0438 392 621

**Jamie Harper**  
0408 012 145

## STAR WARS

THE STORY OF AN ORPHANED BOY WHO BECOMES RADICALIZED AFTER A MILITARY STRIKE KILLS HIS FAMILY. HE IS INDOCTRINATED INTO AN ANCIENT RELIGION, JOINS A BAND OF REBEL INSURGENTS, AND CARRIES OUT A TERRORIST ATTACK KILLING 300,000 PEOPLE.



Visit our website [valleyvoice.com.au](http://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.

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