THE VALLEY AND EAST COAST VOICE INC.

Established 1968 49.14 November 3, 2016 Deadline for 49.15 is 5pm November 14, 2016

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



Fingal Railway Station Renovation October 29, 2016

The Fingal Railway Station, situated opposite the Town Hall is hard to find if you're not a local, but once seen you will appreciate the beauty of its architecture. It's one of only two Federation Queen Anne style stations left standing in Tasmania, the other being St Marys. First opened in June 1886, the Fingal rail line brought prosperity to our beautiful valley, as for the first time there was a secure, reliable manner to transport goods. The rail worked for the valley for over 100 years until trucking companies offered a quicker service, and the station closed in 1997. It sat derelict for nearly 20 years, and vandalism and the elements took their toll on the old girl. Although people wanted to see her restored to her old glory, the job seemed too massive to tackle.

Continued on p4



Crystal Creek, photo taken by Garry Richardson with the **Hub4Health Walking Group.**More on p7

Please note St Marys Pass will NOT be closed on

Monday November 7, 2016
(Recreation Day Public Holiday).
Outside of these hours, works will continue under traffic management and motorists may experience short delays. Access to the East Coast will be available via Elephant Pass Road at all times.

Sarah Casey A/G Project Officer,
Stakeholder Communications

Esk Main Road - St Marys Pass Stabilisation Works 2016

From Monday, 31 October 2016 until Monday, 16 December 2016, St Marys Pass will be closed to all traffic from Monday to Friday between the hours of 9am and 2pm. Outside of these hours, works will continue under traffic management and motorists may experience short delays. Access to the East Coast will be available via Elephant Pass Road at all times. Variable Message Boards will soon be installed in the area to advise motorists of upcoming works and closures. Further information about the project can be found on the Department of State Growth website: http://www.transport.tas.gov.au/road/projects/esk_main_road - st marys pass stabilisation works 2016

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Advertising rates

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

Community announcements / private classified are free for two issues.

Notice to non-profit groups re 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.

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.

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

Meals on Wheels Annual General Meeting will be held on November 17. Lundy Vosper, St Marys

Malahide Golf Club Inc.

A notice to all members, the

Annual General Meeting

will be held at the Clubhouse on Saturday November 26 at 2.30pm.

Bill Swann, Honorary Secretary 0408 568 678

AGM St Marys District Hospital Support Association Inc. will be holding their Annual General Meeting on Wednesday November 9, 2016 in the Day Room at the St Marys Community Health Centre. All welcome. *Len Miles, President 6372 2285*

Dr Jeff Parsons of the **East Coast Vet Clinic** is regularly visiting St Marys and Fingal.

For appointments please phone 6376 1577

SPRING GARAGE SALE FALMOUTH

SAT & SUN 5 - 6 NOVEMBER

10 - 4 only, no early birds

Collectables, vintage & retro furniture, garden art, books

Canvas tent, travel clothes & gear, kitchenware & more

108 Grant St, Falmouth

Near the phone box on the way

to the beach

On this day in 1912 The first all-metal plane flies near lssy, France, piloted by Ponche and Prinard.



Community Notices

Fingal Valley Neighbourhood House Inc.

Talbot St Fingal 6374 2344 / admin@fvnh.org.au



Morning Tea Tuesday 10am at the FVNH. Call in for a cuppa and if you wish, bring a plate to share.

No Interest Loans (NILS) Loans available with No Interest. This includes household items, education and car care with registration as a one off.

We have a new Facebook page which is our main communication tool for what is happening at the FVNH. Like our page to keep up to date.

Committee Meeting Next committee meeting is on Wednesday 23rd November, 7pm at the FVNH. All Welcome.

Community Library The Library would like to thank everyone who donates books, DVDs and magazines as they are greatly appreciated. However there are books and DVDs that still have not been returned as this is a community library, and other people may also want to read and watch these.

Thank you for your support

BUS TRIPS

Deloraine Craft Fair Saturday November 5. Leave FVNH 7.30am. Bus \$10 p/p. There is an entry fee for Fair.

Woolmers Estate Festival of Roses Sunday November 13. Leave FVNH 8am. Entry \$10 adult, \$15 two adults, children under 16 free. Bus \$10 p/p.

Contact the FVNH on 6374 2344 or call into Office for more information on these trips. Office hours are 9am - 3pm Monday to Friday.

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



Main Street St Marys 7215 Ph 6372 2844

Kodak copies from 45¢



Ear piercing \$27 including earrings and solution with qualified staff Bec, Sally & Cassie

Gift Sale now on-



Pharmacist instore Monday - Friday

For Sale

Mitsubishi Electric 2 Door Bottom Mount 325L Stainless Steel Fridge. \$400 negotiable. Excellent condition. Paid \$900. Dimensions are 600 wide, 656 deep and 1479 high. The fridge is on the top and the freezer is on the bottom so you don't need to bend down so often! Perfect for a single or two person household. Must sell in St Helens. 0487 762 818.

Minn Kota Electric **Trolling Motor**, 44lb thrust, ex cond., spare prop. \$200 ono. 95 amp hour **Deep Cycle Battery** to suit motor, runs all day on single charge. \$150 ono. Daiwa 8.5ft graphite fly rod, fully rigged incl 30 flies. \$150 ono. Martinez **Electric/Acoustic Guitar**, practice amp & lead, hard case, electronic tuner, flawless instrument. \$300 ono. **Dyson Vacuum Cleaner**, the one you pay seven or eight hundred for, brand new motor and turbine, all attachments including the turbine power head. This thing will suck a golfball through a mile of garden hose. \$350. **Bob 0428 345 265.**

HDD DVD player \$50 ono. HDD Set box \$20 ono. Shed fridge/freezer \$35 ono. Wall unit \$20 ono. Dining room table \$50 ono. Double bed, make an offer. *Ph 0419 861 957*

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

Small bales of **pea straw** for sale \$8 each depending on quantity bought. *Avoca 6384 2160*

Block out ready to hang **Curtains**, black with cream block print - W 330cmx L 213cm x2 & W 540cm x L 210cm x1 \$30.00 for 3

Paddington Bear W 232cm x L 208cm x2 \$20.00 pair Pooh Bear W 232cm x L 212cm x2 \$20.00 pair Off white W 179cm x L 213cm x2 \$10.00 pair From a Smoke Free / Pet Free Home St Marys 0408 174 193

Garage sale 5 - 6 November from 9am on Gardiners Creek Road St Marys - just down from the Community Health Centre. Look for the signs and balloons: Makita chainsaw, electric hedge trimmer, petrol grass trimmer, garden edger, shredder, vintage wooden high chair, porcelain dolls and doll magazines, craft items - wool, fleeces, beads - small blackwood coffee table, commercial quality dinnerware, vintage silver cutlery, clothes, baby clothes, toys, compost tumbler, small tools, spanners etc, new 6 seater glass outdoor table, 6 vintage dining chairs, Husquavana sewing machine, materials, books - garden, recipe, textiles and craft - kitchen appliances, exercise stepper, guinea pig/rabbit hutch and lots more. Something for everyone!

The St Marys Salvation Army is grateful to the following people for their gifts of time, energy, craft for JAM and Christmas goodies to share out in December.

Tracey Bird Hazel Jones Belinda Kilby Bryn Norton Laine Paulsen



Fingal Railway Station, continued from front page

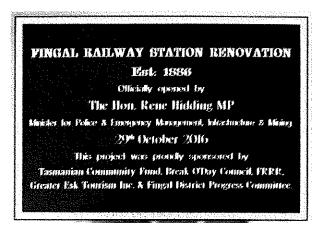
BODCEC, a committee founded to reinvigorate our town, started the long process of renovating the station and when they folded, the Fingal District Progress Committee took on the challenge. Thanks to Coral Brady and Mary Knowles, and with the support of Greater Esk Tourism, a grant was sourced from Tasmanian Community Funds and the Break O'Day Council to paint the exterior; the committee took on the task of the interior.

There were some bumps in the road, especially when a low life stole our paint and equipment, and had it not been for John McGiveron and the Lions Club of St Marys replacing the paint, the project would have taken a lot longer to complete. The day finally came when the committee could hold the opening, showing our station to the public with a fresh coat of paint and, thanks to FRRR, a disabled toilet (the original facility had been smashed to pieces by vandals).

The Minister for Infrastructure, Rene Hidding, opened the station with approximately 30 people in attendance. Mick Tucker, BODC Mayor, gave a very good speech and other councillors showed support by attending. The Fingal Valley Neighbourhood House are looking at taking the station to the next stage of completion, and using the beautiful building as a valued community resource - just like the old days.

The Committee would like to thank all the people who attended every working bee to help and gave us the support we needed to complete the renovation: Michael Brouder (aged in his 80s), David Reece and his children Justin and Montana, Murray Webb, Rebecca Tuck, Kurtis and Connah Tuck, Ruth and Erin Miller, Fiona Ward and Corey Bosworth.

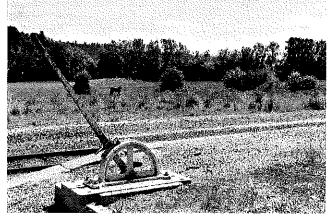
Keri Webb, President Fingal District Progress Committee Photos taken by Glyn D Johnson











From the left John and Ruth McGiveron, Mayor Mick Tucker, Peter Troode, Mary Knowles, Minister Rene Hidding, Janet Drummond, Keri Webb, Murray Webb, Coral Brady and Tom Brady.

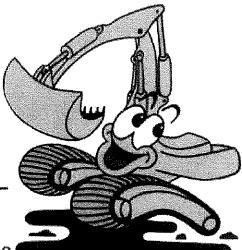


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- D65 Komatsu dozer with ripper and tilt blade.
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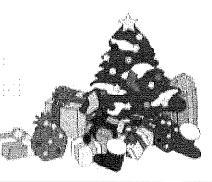
Hilly's IGA St Marys and St Helens we stand for fresh

EAST COAST VET CLINIC . 67 Quail St St Helens

Our 4th year!
We are aiming to help even more families and pets this year!



If you can spare an item for either a pet or their family, please drop it in to the clinic and together we can again make a difference!



Hub4Health Walking Group

Recent Walks:

Beauty Bay to New Lions Park (Leader Bryan Edhouse): A leisurely stroll was an excellent addition to a most gorgeous sunny day on the Bay. The blue of the sky was a contrast to the deep blue of the bay. 16 walkers met at Beauty Bay near the BBQs. Many had journeyed afar over winter to again experience the magnificence of George's Bay and the stunning weather; in contrast to the coming storm. It was great to meet Bryan Edhouse, the Groups Coordinator, at the BBQs. He looked spritely and willingly walked a short distance with the group as a whole. Many conversations could be heard regarding the exciting times and travails of travels during winter. It was a short so-journ but a most pleasant one. [Contributor: Wayne Fulford]



Hub4Health Walking Group at Liberator Mine. Photo taken by Garry Richardson



Geo Bay from Beauty Bay, photo taken by Wayne Fulford

Liberator Mine (Leader Garry Richardson): It was a very good walk, a bit windy to start with, Alex gave us a talk on the eucalyptus subcrenulata when we arrived at that point and I gave a brief history of the Liberator mine.

There were 21 in the morning and in the afternoon 16 walked from the Duco tunnel down to Crystal Creek, very pretty spot, then up to the Australia mine boiler where I talked a bit more about the mining history. The next stop was the Don mine where we investigated the workings before walking out to Crystal Hill road past Maddox's old house site. Some inspected the old Crystal Creek bridge while the drivers were ferried to the top of the hill to collect the cars. A very enjoyable day.

[Contributor: Garry Richardson]

New members are most welcome. Please call

Hub4Health:6376 2971 or Bryan Edhouse:0414 987 435

Come join up soon!

A Year 8 Scotch Oakburn student is taking her Inspire Year 8 project to a whole new level with her awareness campaign, recruiting like-minded kids to sew pouches for the Bonorong Wildlife Sanctuary.

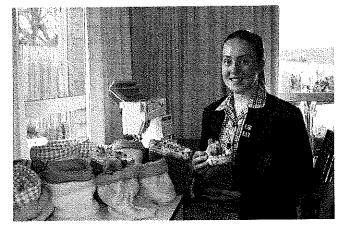
Catherine Bean's campaign, "Watch Out for Wildlife", aims to raise awareness around the impact of roadkill on Tasma-

nia's Native Wildlife population. In conjunction with a social media campaign, Catherine has formed a partnership with Bonorong Wildlife Sanctuary to spread the message about what Tasmanian drivers can do to help limit the impact of roadkill.

"By slowing down 20kms/h between dusk and dawn you can reduce your chances of hitting wildlife by 50%. To get the message across, we need to teach the next generation, and it is never too soon to start teaching children to be aware about our native wildlife, so that when he or she does begin driving, watching out for wildlife on our roads will become second nature," Miss Bean said.

Catherine hopes to develop an educational activity book for children to assist with the campaign.

As part of her project, Catherine has gathered volunteers to help her sew pouches in a series of "Pouch-a-thons." To date they have made 15 pouches and hope to make more in com-



Catherine Bean, of Scotch Oakburn College, with some of the pouches made for Bonorong Wildlife Sanctuary.

ing days. You can find out more about Catherine's campaign on her Facebook page, @watchoutforwildlifetasmania. Scotch Oakburn's IY8 program is a self-directed project and encourages personal development and goal setting. Students must contribute 20 hours towards their project and keep a journal. The project culminates on Wednesday the 26th of October.

Submitted by Lisa Bean on behalf of Catherine Bean.

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 *Pick the Pen*, raffles and bar snacks

Golf news Great to see our course being used. Wednesday 26th saw men and women players having a fun round. Saturday 29th, Roger and Jack led a group of locals and visitors on a round of golf - the day was a happy, fun day and ended with a few games of 8 Ball.

Christmas Dinner No bookings available after December 20th! We have some day time spaces. The Centre will hold their Christmas breakup on Friday 23rd December, with the drawing of their raffle.

Christmas Raffle books still available at the Centre.

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 results Washed out at Scamander on the 22nd. Teams shared match points. St Marys won by 12 shots against Bicheno at Bicheno on the 29th.

Peter Troode's Football Reunion went well. A noisy game of bowls on Tuesday 25th. The dinner at night was a happy time, lots of stories by some of the group kept all entertained. The fellows enjoyed the game of golf on Wednesday 26th.

Full report on our planned Melbourne Cup day will be in the next Valley Voice.

The St Helens Regatta is set to Rock On this Summer

Get ready to Rock On this summer at the new look St Helens Regatta that will feature more fun for the whole family than ever before. Held on January 28 and re-named St Helens Regatta Rocks On, it is still the Regatta we all know and love but with a healthy dash of Rock-a-billy flavour.

The super-sized event is the result of several community groups coming together to ensure the St Helens Regatta's success; East Coast Car Club, St Helens Lions Club, Scamander Surf Life Saving Club, with support from Marine Rescue, Break O'Day Council, Chilli FM and the St Helens Rotary Club. The event will feature all the usual Regatta activities from show rides and fireworks to water activities and wood chopping, but will also include car, bike and boat show complete with Rockabilly bands and dancers. Bands will include Kitty Martini and the Tom Collins Trio from 1-4 pm and Electric Boogaloo from 6pm – 9pm with the evening culminating in a fireworks display sponsored by Chilli FM and Xtreme Rides.

Chilli Fm will be live broadcasting from the Regatta, keeping the crowds up to date with the variety of activities as well as keeping the atmosphere alive with their wandering "street stars" who will be handing out balloons and just generally encouraging fun.

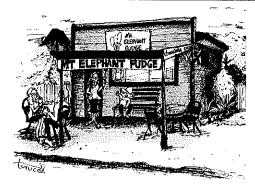
For those who like a bit of action and a challenge, the Scamander Surf Life Saving Club will be holding swim and

kayak races in Georges Bay in the morning with winners rewarded with not only bragging rights but some cold hard cash. As always, there will be some yacht activity on Georges Bay from local and visiting sailors battling it out for Cock of the Bay.

The Rotary Woodchops are set to be a drawcard again this year with events including standing, underhand and three man combo from 9.30am – 4.45pm. There are even visiting choppers from QLD, WA and America. There is plenty for the kids to do with show rides, jumping castle and face painting all on offer. Of course it's important to keep your energy levels up and stay hydrated so there will be a variety of food vans and bevvies including beer and wine for those who are 18 and over. As it is held alongside the Australia Day Public Holiday, you might as well make it a four day weekend in St Helens, there's no doubt you'll find plenty to do! Entry to the Regatta is \$5 for an individual or \$10 for a family. If you plan on a few quiet bevvies, make sure you bring your ID!

For more information find us on Facebook, St Helens Regatta Rocks On.

Contact Jayne Richardson on 0400 454 089 for more information.



MT ELEPHANT FUDGE

10am to 5pm Wednesday - Sunday

Please Note: Changed Hours

Open Tues Nov 8- Fri 11

Closed Saturday November 12 Re-opening Tuesday November 22



Fuel Reduction Program Public Forum - St Marys

Everything you need to know about the State's new Fuel Reduction Program

How it works | How high risk areas are identified | How planning for fuel reduction burns is done | How you can be involved | Will include a Q & A session with industry experts

When:

Tuesday 29th November 2016, 6:00 - 8:00pm

Where:

St Marys Brigade Fire Station

Light refreshments will be provided



If you are unable to attend the session or would like further information on the Fuel Reduction Program and strategic bushfire mitigation in your area, you can call the Fuel Reduction Unit on 1800 000 699 or email fru@fire.tas.gov.au



Phone: 0407 923 378

Email:

Web:









tassieportablebuildings@gmail.com





The Bureau of Meteorology has produced the highly acclaimed Australian Weather Calendar for the last 30 years, and it graces the walls of around 70,000 homes and offices around Australia and across the world. The 2017 edition features awe-inspiring, intriguing and uniquely beautiful images of Australian weather.

The calendar contains 13 carefully selected photographs from all corners of Australia, each capturing an authentic and breathtaking weather experience.

The Bureau of Meteorology received over 800 entries for their 2017 Australian Weather Calendar, and my photograph was chosen as one of the 'lucky' 13 finalists. The photograph, 'Frozen Spiderweb in St Marys', is the featured image for the month of December.

My uncle David Osmond moved to St Marys in 2013, and after many frequent visits to the area, I fell in love with Tasmania and moved to the Meander Valley in 2015 from the Adelaide Hills in South Australia.

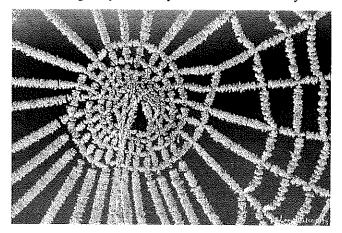


Leanne Osmond, photo taken by Judi Osmond

As a photographer I am passionate about capturing the stunning natural environment of Tasmania. I love the diversity of the North East coast – from the stunning coastline and beaches, just a 15 minute drive down the pass from St Marys, to the wonderful history at Storys Creek, the stunning views of Ben Lomond, the alpine beauty of the Blue Tier and the lush green rolling hills and rain forests in Gould's Country.

I also love the townships of Fingal and Avoca, and the little surprises that can be found in between – like the beautiful old church at Cullenswood. I also saw (and photographed) my first aurora since childhood in St Marys in 2015 (thanks to Glyn Johnson alerting us to its presence).

My image in the 2017 Bureau of Meteorology's Australian Weather Calendar, 'Frosted Spiderweb in St Marys', was taken in mid-winter 2014 in the township of St Marys during one of my frequent visits to see my uncle. Frost, fog, snow and ice are some of my favourite photographic subjects, and many of my favourite photographs have been taken in St Marys. On this frosty morning I was rugged up and outside bright and early to photograph this magical 'winter white out'. There was some lovely fog hanging in the Fingal valley, with some light cloud about, which really kept the temperature down - it was so cold my fingers felt as though they were burning! But once the cloud started to break up, and the fog started to lift, the sun came out and the thick white frost blanketing everything really started to sparkle and shine, before melting away to a sunny blue skied winter's day.



This beautifully made spider web on a fence post in St Marys was thickly coated in perfectly formed tiny frost droplets and was sparkling in the sun – though no spider was to be seen!

I used a Canon EOS 7D camera and Canon 100mm macro lens to take this photograph.

My work covers many different styles capturing Tasmania in all its seasonal beauty; spellbinding sunray and mist covered landscapes, snow-capped mountains and frozen/dew drenched spiderwebs, platypus, birds, butterflies and rural animals, as well as close up macros of native orchids, fungi and flowers. I also take intriguingly different images of the abundant fruit, berries and vegetables that can be grown in the rich Meander Valley soil. I love to create unique artworks by combining photographs using

digital enhancement techniques, to produce images that highlight the beauty of the natural environment. I first took an interest in photography at age 10, when my grandmother gave me my first camera – a Kodak Instamatic. My love of nature was further encouraged by many nature walks with my uncle and mother over the years, but it wasn't until 2005, when I bought my first digital camera, that I found the perfect outlet to express my love of nature, and in particular my passion for the natural environment.

I appeared as a guest on the TV program "Postcards" in SA, which showcased a number of my misty landscape images. My work has also featured in a number of SA council calendars and my images have appeared in the Sydney Morning Herald, Gardening Australia and other magazines. My images have also been used on the front cover of a tourism magazine, a book about the Adelaide Hills and numerous business websites.

More of my images can be seen here: http://www.redbubble.com/people/Leeo

The Bureau of Meteorology's 2017 Australian Weather Calendar can be purchased from their website: http://shop.bom.gov.au/t/wttl

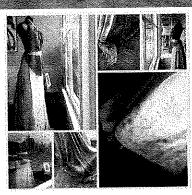
Submitted by Leanne Osmond of Leeo Photography

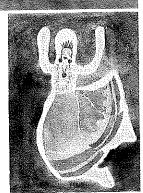


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ON DISPLAY NOW: The dress I eco dyed for our Miss Universe Australia entrant is here! Designed and made by Launceston couturier Rudolf Ramseyer; silk donated by Ruche Fabrics.

PLUS: Elizabeth Turnbull - A Retrospective (Outsider Art), my last exhibition at Gone Rustic, as the building is for sale. Don't miss it!

gonerustic@gmail.com - 0417 027 424 - www.fb.com/gonerusticstudiogallery

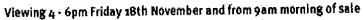
SHERWOOD AUCTIONS

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Massive Clearance of Steam Machinery and Associated Goods

Saturday 19th November 2016-11 am start . Onsite 2429 Esk Main Road, Avoca, Tasmania . Entry Via Stiglitz St



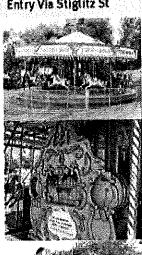


- * 1882 Set of Steam Gallopers (or électric) (éxport permit in place)
- · 1910 McClaren 10ph road locomotive (only one of its kind in Australia)
- English Page & Howell 90 key Shining Light Fairground Pipe Organ with custom built covered trailer
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- Marshall tohp stationary engine (ex Edgell Launceston)
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- * Scissor lift Snorkel SS816. Year date 1998, 16 metre reach
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Scamander River Fishing Competition

On Saturday October 15 the annual bream fishing competition was held on the Scamander River with great success. We had approximately 80 entrants, and it was good to see lots of fish about.

The major prize was taken out by a junior competitor, Jack Sweet of Scamander, with a cleaned bream at 1.245kg. Runner up was Trent O'Shea (1.195kg) and third was Bill Franks (1.175kg).

Other prizes taken out on the day were for Ladies, Junior, Boat (3 fish aggregate) and Random Weight.

The winners of these were as follow:

Ladies: Mary Cooke (0.960kg), Chloe Singline (0.900kg on cb) and Mandy Aalbregt (0.900kg).

Junior: Ella Triffitt (0.965kg), Jacob Viney (0.915kg) and Ella

Sweet (0.910kg).

Boat: Tony Singline and Shane Gavaghan (3.085kg) just ahead of the Franks' boat (3.070kg) and the Sweet's boat (3.065kg).

Random Weight: Brooke Emery (0.660kg), Paul Spilsbury (0.570kg) and Michael Cooke (0.940kg).

We would like to thank the Hub4Health for supporting the day, along with the Scamander Sports Complex for allowing us the use of their facilities for the weigh-in and BBQ, as well as our generous sponsors Cement Australia (Cornwall Coal), Tony Singline, Pure Fishing, Indulgence Gifts St Helens, Caltex St Marys and the Coach House Restaurant St Marys.

We would also like to thank the many helpers and all the competitors for turning up to make it such a great day.





Next competition is the Swan River on November 26. Entry forms are available from the Coach House Restaurant, Hub4Health St Helens and Suncoast Engineering St Helens.

Article submitted by M Cooke and P Spilsbury



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Our Aim:

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

Hub4Health, in collaboration with Rural Psychology, have recently employed a full time, Rural Mental Health Outreach Support Worker who will be covering the Break O'Day area. This Service aims to provide a collaborative and integrated support for people who experience mental health issues and their carers and families.

We are happy to welcome Bunty Targett-Seymour to this position. Bunty's role is to support individual clients, carers and/or families to connect with the clinical and non-clinical services and natural supports, within community, that are appropriate to the individual need.

This is a free service and anyone can refer to the program as long as the person (or legal guardian) has indicated their consent and willingness to being involved. People are also able to self-refer. Phone Hub4Health (03) 63762971



Hub4Health is happy to welcome St Johns Foot Clinic who will be providing expert services to both St Helens and St Marys. With over two decades of experience, the staff at St Johns Foot Clinic provide effective treatment and consultation on all kinds of foot conditions including: Arthritic Foot Pain, Diabetic Foot Care, Painful Feet,

Diabetic Foot Assessment, Flat Feet, High Arch Feet, Sports Injury, Child Or Adolescent Foot Complaints, Ingrown Toenails, Nail And Skin Care, Footwear Advice and Orthopaedic Foot Problems. If you would like to make an appointment please contact Hub4Health on 6376 2971.

Osteopath **Kevin Clifford** is available for appointments fortnightly at **St Helens** on Fridays. . **Osteopathy** is a drug-free non-

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invasive manual medicine focusing on total body health by treating and strengthening the musculoskeletal framework, which includes the joints, muscles and spine. Its aim is to positively affect the body's nervous, circulatory and lymphatic systems. If you would like to make an appointment please contact Hub4Health on 6376 2971.

The Say, by Cagerattler

A few years ago I wrote a little bit regarding the demise of grass roots footy..It hasn't got any better. It looks that the North Eastern Football Union (NEFU) is pretty much done now. Two clubs (it matters not what they are) are leaving to join a bigger competition. This of course means the once strong NEFU will be just a shell of it's former glory, like so many other former footy associations (including our own FDFA) that led to it's ultimate and inevitable demise two decades ago.

There are a myriad of reasons for this, and blaming anyone is unfair.

This of course doesn't disguise the fact that Aussie Rules, once every small town's sporting centre of attention, sense of pride and community, is fast vanishing. In many cases the exploits of the local footy team were a really important component of the town.

The other thing is the chance to see our kids involved in organised sport and team activities from a young age. Going by the news reports, the remaining teams in the NEFU will work with the NTFL to find avenues for junior footy. Let's pray that this indeed will happen, otherwise youngsters miss a golden opportunity to learn all about one of the greatest games of all ...

Thanks to all involved in the re-opening of the Fingal Railway Station. The committee have done a beautiful job and there are exciting plans to do much more with this historic building. It was a privilege to be invited and be involved in a small way last weekend. The community spirit is certainly strong in Fingal.

As with Ian Summers' wonderful usage of St Marys Railway Station, the Fingal development has exciting prospects as a History Room, function location and much more. These two Fingal Valley rail buildings are a great asset and should be

cherished and supported as I'm sure they will.

Congratulations again to everyone involved with both. What do you think?

Rod McGiveron, St Marys

"And now we have the World Wide Web (the only thing I know of whose shortened form www - takes three times longer to say than what it's short for)".

- Douglas Adams, The Salmon of Doubt







NEXT MARKET DATE:

NOVEMBER 5

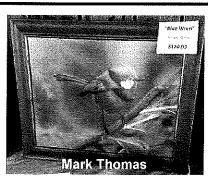
10 am - 2 pm

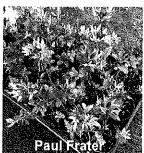
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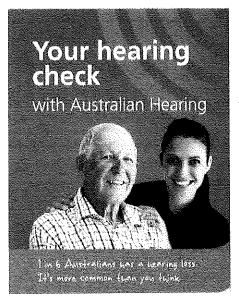








Connections start here



Australian Hearing will be visiting Hub4Health on Tuesday November 29th conducting FREE hearing checks.

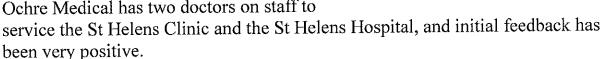
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The Valley Voice sincerely thanks Mary Probert of Scamander for permitting the publication of this journal.

Herstory - Betty P Williams: 1935 to 1943

Ken Worsley met, courted and married my mother, Iris Blair, at St Marys in the year 1929, in the time of the Great Depression. The things I know about the hard times my parents had, with my father out of work and no money, were told to me by my mother and like most things told but not experienced, they have faded with time.

The memory of my childhood goes back to when I was five years old. My father had a job with the Cornwall Coal Company and we went to live at Cornwall in the only home I ever knew as a child.

Our house at that time was pretty basic, rough hewn timber walls with small windows and tiny panes of glass. It wasn't like that for long as Dad was to develop a skill for carpentry, and as the years passed so did the improvements to our home.

My father was an ostler, that is a person who looks after horses. The horses, 29 in number, were pit-ponies. These ponies worked down the mine pulling the skips of coal. The mine, or pit, was a myriad of tunnels dug for miles into the hills. The ceilings of the tunnels were very low so the ponies had to be fairly small to get through. They had to be strong to pull the heavy loads, and they had to get used to working all day long in the pitch dark.

Near the mine entrance were the stables where each pony had a stall. There was a manger in each stall and this was filled morning and night with chaff and oats. Dad and the miners knew each pony by name. When I was about 12 years old I painted the horses' name above each stall. I loved going to the stables with Dad. I loved the smell of the stables, being close to the busy world of work, and watching my father grooming the horses and making them comfortable. Sometimes horses were hurt down the mine. In the dark they bumped against sharp boulders or timber, causing cuts which turned to sores and ulcers. My father had ointments and vets were unknown to Cornwall those days.

I remember when Dad brought 'Bluey' home with an enormous gash right across his forehead. The wound was in a big V

shape and the flesh was gouged out. My mother selected a suturing needle and some cat-gut. These she sterilised, while she gave me instructions about holding Bluey and comforting him. She put 42 stitches in his forehead! We pampered Bluey in our backyard, tending his wounds every day, until he was fit to go down the mine again.

Of course horses get sick sometimes, just as humans do, and they need medicine. Dad used to 'drench' the horses when they were sick. This involved tipping a medicinal concoction down the horse's throat. The dose was so big, it was horrible to watch. I felt very sorry for the horse.

Another fascinating thing for me to do at the mine was to watch the blacksmith. His shed was called the 'Blacksmith's Shop'. The main feature was the glowing fire where he heated the metal until it was



Cornwall miner and pit pony, from http://www.fingalvalleyhistory.com/photogallery.htm

soft enough to shape on the anvil. Among lots of other mining equipment, the blacksmith made shoes for the horses. My father often had to 'shoe' the ponies. Dad would turn his back to the horse and take the hoof between his knees, holding it firmly while he drew out the old nails, took off the worn shoe and then fitted the new. It is a real skill to be able to shoe a horse, to know how to put on the shoe, and do it in such a way that the horse is not hurt in the process.

Dad started work each day by about 5am. After he'd milked the cows, he went to the Banktop and prepared the horses ready for the miners to take them down the mine.

The sounding of a shrill whistle signalled the 7am arrival of the miners at the Banktop. At 7.30am another siren sounded and that signalled the start of the work. Once the horses went off with the miners, Dad cleaned the stables and then went home. This gave him the middle of the day off, before returning to work ready to tend the horses when the miners brought them out of the mine.

Cornwall was a very cold place in winter with lots of frosts. Dad used to get chilblains and cracked hands which bothered him a lot in the cold weather. He was always rubbing 'Frozen Ice', a kind of balm, on his hands. It is very painful to milk cows with deep cracks in the hands.

Dad taught me how to milk the cow but I wasn't too good at it. Dad was much quicker and I reckon Trixie preferred Dad. Trixie never needed a leg rope like some cows do. She just stood there quietly, only showing impatience if someone like me or my friends were around.

Dad was helped in his work by our dog Laddie. In fact Laddie was indispensible. He rounded up the cows for milking and he moved the horses to wherever my father wanted them. He was a constant companion to Dad when he went shooting or fishing. When they were hunting, Laddie knew how to sneak through the bush without breaking a twig, or swim out and retrieve a duck from a lagoon.

When Dad wasn't at work his great love was fishing and shooting. Mum also loved these sports and the three of us spent lots of wonderful times in the bush and down at the Break O'Day River. We were always going on picnics. Mum and Dad carried knapsacks on their backs with the billycan and the picnic lunch.

As I mentioned before Dad also had an interest in carpentry, born out of his desire to have a dinghy to take fishing. He read lots of books, asked lots of questions, bought tools, built a workshop and started on his first building venture ... his boat. This was to be the beginning of a lucrative sideline, growing into a small joinery business which he continued when

heart disease forced his early retirement from the mine.

My father died of a heart attack when he was 63 years old. By this time he had built a nice little retirement home for Mum and himself, at Scamander near the ocean and beaches he loved so much.

I could go on for pages telling about my father but suffice to say he was a kind man, a good father, a person who had respect and concern for wildlife and the environment. He loved the simple things in life.

I've only told you about Dad so far but Mum played an equally important role in my life. I've always thought how fortunate it was that Mum and Dad shared the same interests. They both loved shooting and fishing. I think my mother was actually a better shot than my father.

When I was very little they took me to the rifle range where they used to shoot in competition. How excited I was when I received a daisy air gun for my seventh birthday. I had a target on the wall and I practised my aim with lead pellets fired from my gun. I remember once my aunt came to stay and she put rice in the gun, and just for fun shot it at my uncle's legs. She thought it would only sting, but the rice actually pierced the skin and was embedded in places in the leg! I can remember the fuss it all caused.

My mother had a single barrel shot gun and my father a double barrel. They were very careful with their guns, always cleaning the barrels after a shot with a little steel brush on the end of a long thin rod and then polishing the inside with a cloth



Dad (Ken Worsley) at the Cornwall Mine

tied to the end of a cord. Finally the guns were taken apart, oiled and wrapped in cloths to guard against rust. In those days being able to hunt for food by shooting kangaroo, wallaby, rabbits and ducks and being able to catch fish was an important survival skill. With my parents it was also a pastime.

Dad was a bit disappointed that I didn't like fishing. I just thought it was boring to sit there so still all that time and sometimes not even get a bite! Dad and Mum made their own artificial lures for fly fishing. They thought it quite a challenge, to design those minute flies out of feathers, that in the water resembled so closely the flies the trout liked to feed on. The hook was vey tiny and cleverly concealed so it couldn't be seen.

I did own a doll and I had a little cream wicker pram lined in pink baize for taking my doll out, but I don't remember playing with it much. The doll had a porcelain head and a rag body, sleeping eyes and long curls. My uncle came to stay and accidently sat on my doll, breaking the head. Mum sent it to the Doll's Hospital to be repaired.

Our house had a tin roof and a verandah on half the front. On the verandah was a roll down canvas blind. I slept out there sometimes and we referred to it as 'The Sleepout'. There was a passage down the middle of the house with rooms on either side. We had a lounge room until it was turned into a bedroom. Dad said the lounge room was a 'white elephant', as we never used it. It was just kept to look good.

I didn't have electric light in my bedroom for a long time so I had to read by candlelight. I can remember when we had to use kerosene lamps. The moths would fly at the light till they were burned. I was always scared stiff of moths and birds

Old footbridge over the Break O' Day River at Cullenswood House ... even now I can't bear to see birds or moths inside. It's an embarrassing phobia I can't explain. Lots of people are scared of spiders or snakes, but with me, it's birds.

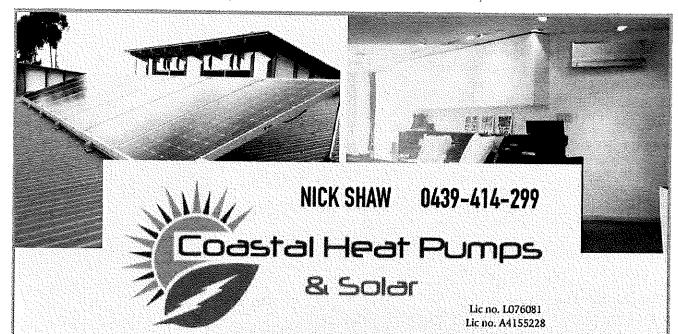
We couldn't turn on the tap and get hot water as we do today. We had big black kettles on the coal stove and even a kettle hanging from a hook over the open fire. The kettle was always on the boil, as we were big tea drinkers in our family. The tea caddy stood on the mantlepiece where it was on hand at all times.

Our fires burnt coal and were never allowed to go out. The fire was 'banked' each night. This involved putting a 'setter' or big boulder of coal on the open fire and covering it with a good dusting of ashes. In the morning all that was required was a knock with the poker and the smouldering fire would burst into flame. The best coal to use was 'blue seam' which burnt without splitting. The coal stove and kettles were cleaned with black lead, a kind of black polish, and the open fireplace was cleaned with red ochre.

Our washhouse, which today would be called a laundry, was a rough unlined shed set apart from the house. In the washhouse was the copper and two wash troughs. On bath nights the fire was lit under the copper to boil the water and the grey galvanised iron bath taken down from the wall and placed in the middle of the room. The water had to be bailed out in bucketsful and tipped into the bath ... not as easy as turning on a tap! This was still a practice years later when I went to teach in the country and had private board.

When Dad became better at building he built on a bathroom and we had a big white bath set in, and at the end a chipheater. I can tell you I was never too relaxed in the bath with the chip-heater going! It made terrible gurgling noises and the chimney roared and crackled. The boiling water gurgled and spat, making it almost impossible to regulate the temperature - we were either too cold or half scalded! I was away at boarding school before we went electric!

Continued next edition.



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St Marys School Association Op Shop

Don't forget with spring well and truly underway and summer fast approaching, we are open every Saturday from 9.30am - 12.30pm, until we return to autumn and the end of daylight saving.

So that's a lot of `shopping on a Saturday' opportunities. Call in and find your treasure or two that's just waiting for you.

Spring and summer weekdays we are open from 9am through until 4pm. And we are grateful for ALL donations of clothing, bric a brac, small furnishings, electrical items and more. Just ask! All proceeds to the School Association are distributed back to the St Marys and Fingal Schools, and to the wider community by way of grants.

We are located behind the St Marys Town Hall, just follow the signs.

Janet Drummond, Co-ordinator



As the days and weeks fly by so does the building of The Farm Shed East Coast Wine Centre in Bicheno.

So it's time to turn our mind to staffing.

We are seeking expressions of interest from people keen to be part of The Farm Shed team.

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at <u>subiandhelen@bigpond.com</u>, c/- The Post Office Bicheno Tas 7215 or drop an application into us in person. Don't hesitate to contact us with any questions via email or on 0419 566 779.

And a reminder – once we move into The Farm Shed, the post office will operate from 10 – 4pm Monday to Friday in the capable hands of Alison Oliver and Monica Lee.

THE FARM SHED

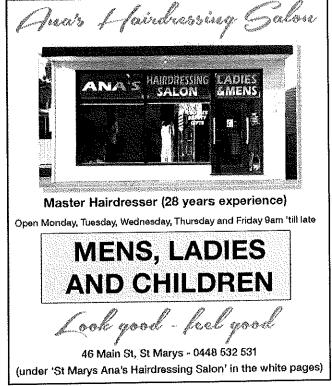
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Tasmania Talks with Brian Carlton

January 18, 2016

Interview with 'Andrew', Tassie Tiger hunter / expert from the north-east

Brian: G'day Andrew, how're you going?

Andrew: Good morning Brian

Brian: Hey good, I gotcha. Now thanks for sending through the photo mate, and allowing us to post it online - I much appreciate that first up. Now for those who don't know what we're talking about, Andrew sent us a picture of an alleged sighting of a Tasmanian Tiger, we've posted in on the website (Tasmanian Talks http://www.tasmaniatalks.com.au/the-show/411-is-this-a-tasmanian-tiger), check it out and Andrew's going to talk me through the photo now. So Andrew, what are we actually looking at mate?



- A: Well it's the back end of a female tiger, I believe. If you're looking at photos, and I look at I think the last time I came back from out of the bush I had about 30,000 photos to go through on these game cameras...
- B: Wow
- A: And that's only on 15, and I've got 50 of them ...
- B: Ok, so how is the picture actually taken? Was it a person holding a camera with a motion detector? How did it work?
- A: No, it's a motion detector so anything that walks past it it'll take a photograph of it if it's not too quick. Problem with the tigers is they like to be in the thick of the scrub so if you clean that scrub out they'll be back in the scrub behind it.
- B: Right
- A: Most times they'll come to an opening where there's a gap they'll actually run across it so a lot of the times you'll only get the back end of them. I was lucky with this photograph that he's actually hasn't realised the camera's there he's just walking along. I tend to think they can hear the camera's operating; I know Forester kangaroos can hear them, they'll turn around and look at the camera.
- B: So they hear the whirring and clicking do they?
- A: Well they must have good hearing because I can't hear them operating but they seem to turn around to look at it, unless they think 'Ah, that's something unusual in the bush even though they're camouflaged ...
- B: Righto. Okay. So let's rule out what other things this could be before we move on. It's obviously not any kind of wallaby, roo or pademelon or anything like that, the hip angles are all wrong and the rear legs don't look like anything that hops. This is a quadruped isn't it?
- A: Yes well it's walking isn't it, one foot's forward one foot's back, so it's obviously not a kangaroo or wallaby. And that's the first thing you do when you're looking at photographs is rule out what it's not first ...
- B: Ok, for what it's worth there's a lots and lots of b action happening now, I'm just getting a message through from Mel. Everyone's saying on our fb page it's a wallaby.
- A: Ah, wallabies don't walk
- B: And they think the stripes are photoshopped by the way Andrew, I'm just passing it on.
- A: Most of the females I've photographed don't have a great deal of stripes, lots have no stripes at all, the males that I've photographed they have got the stripes and lots of them. If you look behind his tail you'll see one of his footprints, or her footprints, and you'll notice that it's a round footprint. That's not a kangaroo's long footprint
- B: Oh I see what you mean, ok
- A: Like I said it's walking, kangaroos can't walk, they'll hop, so that rules that out straight away
- B: So a wallaby or a roo's footprint is obviously going to be longer, it's longer and thinner
- A: Longer and thinner, where this is a round footprint
- B: Ok. So for those of you who are on fb and the website having a look at the photo now, at the tip of the tail there's a clear circular indentation in the sand, have a look at that, does that look like a wallaby footprint? Ok. So the thing I find interesting, Andrew, is the very squared off back shape. So from the angle we're looking at it which is basically exactly back on, across it's back is very flat, it's not an arched thing. Like, if you were looking at a dog from the same angle you'd see the obvious arch of the back, there's no real back arch here, it looks pretty flat. Is that indicative of anything?
- A: Only a tiger. If you look at those stripes, and there's actually three of them on her, you'll look at the tail (inaudible)... the same as a tiger, the tail is part of the body, as it comes off is usually fairly thick
- *B*: Ok
- A: You'll notice that
- B: Ok. So I'm drawing on the picture I've printed out Andrew, while we're talking, so ok, just go back to the base of the tail, right, it's not an obvious tail that cleanly comes out of the back of the animal, it's as Andrews says fairly thick where it joins the body and then obviously tapers down to not quite a point. Is that again indicative of what a tiger was meant to look like tailwise, that sort of thick section where the tail attaches to the body is very thick and part of the body? Does that make sense?
- A: Yeah, that's correct. Where it comes off the body it comes off as part of the body; well it's part of the body anyway but as a thickness if you look at any of the museums or the old photographs you'll see that it's like the body continues on and then into the tail
- B: Ok. Right.

- A: Which this does
- B: Ok. This was taken back in 2008 so it's about 8 years old. Ok. Where abouts was this shot, Andrew?
- A: In the north east of Tasmania.
- B: In the north east ok? Sorry Andrew, could you just turn around 45 degrees for me mate, your phone's just cracking up a little
- A: I should of rang you on the house phone instead of the mobile
- B: There you go, there you go. Ok, now I can only rely on the feedback from the people and the people are pretty sceptical Andrew, what do you say to convince them mate?
- A: I don't have to convince anyone, I've convinced myself and I've convinced every person that's come to visit me and have a look at what I've got. The only reason that I sent this photo in is it's already been made public
- B: Ok
- A: I could have sent plenty of other photos in but this one's already been made public and I don't want the photos out in the public so
- B: Ok. Why is that? Do you mind if I ask why you're not keen to have these photos spread too widely, what's the reason?
- A: The problem is, I said the other day about people out looking for them. It's not only that, the huge impact on the state, you would shut down Forestry, you would shut down agriculture, there'd be no more clearing of land, there'd just be a huge impact including mining. Funny story is that Gunns owed me \$50,000 and I couldn't get it, I rang them up and said I'm coming to get it. I went in to see them and when I got there the head of Finance there said 'I told you you're wasting your time, we'll pay you when we're ready'. I said 'Just hang on a sec'. I sat down and slid these photos out in front of him, and he looked at them and he said 'Is that what I think it is?' And I said 'It is' and I said 'If you don't give me the \$50,000 I'll be straight round the Examiner - I'll shut your timber industry down overnight.' And he turned round to the secretary and said 'Write him out his cheque.'
- B: That's an interesting allegation Andrew.
- A: Yes. Ah well, it's not interesting, it's true. I was told I'd end up under a log truck so I actually drove all the gravel roads home that I could find.
- B: Ok. So this sort of dovetails into the what I'd describe as a state-wide top down conspiracy theory
- A: I don't like to think of it as a conspiracy theory, it's just that I don't know how the state government would handle it being made public.
- B: But Andrew, we're talking about an animal that's been officially extinct for 80 years, and the suggestion is that if it was suddenly to be discovered that it is still living in the state it would have a massive impact on a whole range of industries. There's a pretty good reason there to try and convince everyone they don't exist anymore.
- A: Well we're farmers and we snared one in 1952, and we snared one again in 1974, so you tell me.
- B: Hmm, ok, allright
- A: Another point with this photo, if you look at the low hanging pouch, if you look down there there's a little black hole. Now that's too low to be any sexual organs, or (unintelligible)
- B: Sorry Andrew, again, we're just cracking up a bit. So the claim is, if you have a look at the photo there's a little black dot just to the right of the tail, and it's sort of not quite at the bottom but very nearly, Andrew's claiming that is the pouch opening of what he claims is the tassie tiger. Ok. Andrew, I'm gonna leave this up to the people to adjudicate, if that's ok?
- A: Yeah, no that's fine. Like I said, we've ruled out a wallaby 'cos it's walking so they can leave that and look for something else in it
- B: Allright, so the key for it not being a wallaby, there's two really, is the hip angle. The hip angle of a wallaby or a kangaroo is completely different to say a dog or a cat ok. They're rotated around 40-50 degrees, so it doesn't appear to be a hopper. But the key there is that big footprint, just below the tail, if you have a look at the photo on the website, and it looks like a pad, not a wallaby print. Andrew, I appreciate your time again mate, thanks very much and we'll stay in touch.
- A: No worries Brian, thank you.
- B: Appreciate it.

THYLACINE enthusiast, who is only known as Andrew from the North East, claims the animal still exists and he's not the only one. Andrew claims parks and wildlife are aware of the Thylacine's existence and have told him there are 100 breeding pairs "unofficially" in Tasmania.

Source: https://www.tasmaniatalks.com.au/the-show/386-tassie-local-claims-the-thylacine-still-exists-and-thegovernment-knows-about-itThe Show

© Tasmania Talks



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

GP Surgery Hours

Monday - Friday 8:50 - 10am

(10 -10:30am reception closed)

10:30am - 12.30pm

(12:30 - 1:30pm reception closed)

1:30 - 2:45pm

(2:45 - 3:15pm Reception closed)

3:15 - 4:30pm

Pathology 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

Scripts and Doctors appointments

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

Please be patient

Waiting periods to see your doctor may be experienced. We are not able to issue scripts during the weekends, please ensure you have enough in advance.

Please be aware we are not able to issue scripts by phone

Non-attendance of Doctor's Appointments

Please be aware there is a <u>non attendance policy</u> 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 <u>two weeks in advance</u>. Waiting periods can apply.

Doctors Roster

Dr C Latt

4/11/16-18/11/16

Dr K Nash-Rawnsley

8/11, 11/11 & 15/11 2016

Dr E Reeckman

10/11/16 & 11/11/16

WAITING AREA AT THE HEALTH CENTRE

The waiting area for ALL services at the St Marys Community Health Centre is in the reception area.

Please report to reception upon arrival and the consultant you are here to see will be told and they will come and collect you from this area. This applies to inpatient visits as well

St Marys Medical Practice reminder

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

Driving licence

Insurance medicals

renewals Requested medical

Harness medicals
Pre-employment checks

reports

The above are NOT covered by Medicare and may incur cost. Please discuss this with reception when making your appointment. If you have any concerns, please contact us and we will try and address them.

A.H. contact numbers

GP Assist

1300 780 011

Ambulance or Emergency

1800 008 008

000

Lifeline - Saving lives, crisis

131 114

support and suicide prevention

Marine "

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

November

Social Worker Shan Williams

For appts ph 6387 5555

Physiotherapist Naomi Ide for appts please see your GP or Health Professional for a

referral

November

Physiotherapist Naomi Ide for appts please

see your GP or Health Professional for a

referral

November

Physiotherapist Naomi Ide for appts please see your GP or Health Professional for a

referral

Rae & Partners Lawyers consult fortnightly at the SMCHC. Ph 6337 5555 for appts

Occupational Therapist Danyelle Briggs by referral from your Health Professional

Max Solution 8:30am-5pm downstairs.

Child Health Session with Mary Mumford Tuesday fortnights, by appt only.

Ph 0428 136 381

November

Day Centre Ph Hayley Gilbert on 6387 5555

for information on the group

Outreach Health Solutions Grant Todd Exercise Physiologist. Ph 0428 491 621

November 10 Social Worker Shan Williams For appts ph 6387 5555

Physiotherapist Naomi Ide for appts please see your GP or Health Professional for a referral

Eyelines For appts please ph 1300 139 363. All consults are Bulk Billed to Medicare.

November 11 **Physiotherapist** Naomi Ide for appts please see your GP or Health Professional for a

referral

Social Worker Shan Williams For appts ph 6387 5555

November 14

Physiotherapist Naomi Ide for appts please see your GP or Health professional for a referral.

Hub 4 Health Podiatry ph 6376 2971 for bookings and fee enquiries

November 15 Physiotherapist Naomi Ide for appts please see your GP or Health professional for a referral November 16 Outreach Health Solutions Grant Todd Exercise Physiologist. Ph 0428 491 621

Social Worker- Shan Williams For appts phone 6387 5555

Consumer & Carer Advocacy Group 12 -2pm

downstairs at the SMCHC. Ph Shan on 6387 5555

Day Centre Ph Hayley Gilbert on 6387 5555

for information on the group.

November

17

Social Worker Shan Williams

Ph 6387 5555 for appointments

Ph 6387 5555 for appointments

Outreach Health Solutions Grant Todd Exercise Physiologist Ph 0428 491 621

MOW (Meals on Wheels) Meeting 2-4pm in the Day Room.

November 18

Social Worker Shan Williams
Ph 6387 5555 for appointments.

Physiotherapist Naomi Ide for appts please see your GP or Health professional for a

referral

PODIATRY NORTH

Podiatry North will be holding their next Podiatry Session at the St Marys Community Health
Centre on <u>Tuesday 13 December</u>
Please phone 6777 4155 for appointments.

November is 'MOVEMBER'

Moustaches are now available for sale from the reception at the Health Centre.

Funds raised will be used for Prostate Cancer
Awareness and Research

Moustaches will be on sale for \$2 each



Community Transport – St Marys

Ph Jan or Colin for Community Transport bookings on 6372 4415

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

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Answer next edition.



For the full barber experience

Cutting for men & women

Fully qualified

Opening hours:

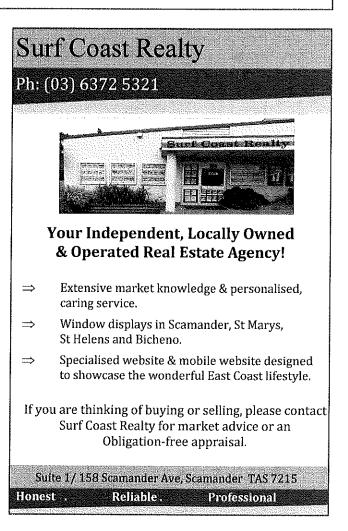
Tuesday - Thursday 9.30 - 4pm Friday 9.30 - 2.30

No appointment needed

Mobile colour services available and soon to be in house

0422 073 020

28 - 30 Main Street St Marys



Here's a bumper sticker I'd like to see: "We are the proud parents of a child who's self-esteem is sufficient that he doesn't need us promoting his minor scholastic achievements on the back of our car." — George Carlin

ACROSS

- 1. Briskly (music)
- 5. Quickly
- 10. Remnant
- 14. Anagram of "Dome"
- 15. Celebrations
- 16. Genuine
- 17. Compensate
- 19. Beige
- 20. Apprehend
- 21. Map within a map
- 22. French for "Room"
- 23. Gist
- 25. Andean animal
- 27. Effeminate
- 28. Deceiving by a mock action
- 31. Vomits
- 34. Widely known
- 35. Japanese apricot
- 36. Historical periods
- 37. Bygone
- 38. Parsley or sage
- 39. French for "Friend"
- 40. Extraterrestrial
- 41. Blockheads
- 42. Inducements
- 44. Bro or sis
- 45. Criminal
- 46. The shaved crown of a head
- 50. A loose coverall
- 52. African virus
- 54. Holiday drink
- 55. Jacket
- 56. Brotherhood
- 58. Against
- 59. Kidney-related
- 60. At the peak of
- 61. Pear variety
- 62. Strangely
- 63. Flippant
 - Solution on p27

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DOWN

- 1. French sciencefiction writer
- 2. Anagram of
- "Aside"
- 3. Graves
- 5. Graves
- 4. Large flight-less bird
- 5. Wing
- 6. Analyze syntactically
- 7. Wings
- 8. Stockmen
- 9. East southeast
- 10. Imagined
- 11. Rectified
- 12. Nobleman
- 13. Adhesive

- 18,9999
- 22. Found on most

beaches

- 24. F F F F
- 26. Mortgage
- 28. Evanesces
- 29. Roman emperor
- 30. Tomcats
- 31. Tiny sphere
- 32. Ground forces
- 33. Trench coats
- 34. Wavered
- 37. Hodgepodge
- 38. Imps

- 40. Out of control
- 41. Kuwaiti monetary unit
- 43. North Pole area
- 44. Alone
- 46. Complete
- 47. Come together
- 48. Turbine part
- 49. Country of the
- Nile
- 50. Anagram of
- "Cabs"
- 51. Not stereo
- 53. Musical group
- 56. To and ___
- 57. Short sleep



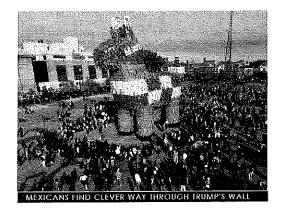
POB 136 Scamander Tasmania 7215

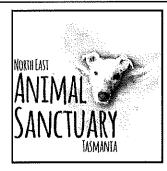


Washing machine **noisy?** Refrigerator runs **too long?** Clothes dryer blows **cold air**?

... then you need the services of our technicians

6372 5307 / 0428 761 811







16 month old Millen came to us a very timid boy who has had little training. While he's been in foster care his confidence is growing but he is still shy. We are currently seeking a new foster home for Millen as his current family does not have the time required to continue his training. Millen does need more training as he's not yet housetrained - he was an

outside dog in his previous home. He would do well with a family who has the time and patience to help him overcome his shyness and continue his training.



Rupet is a 2 year old Staffy Cross

We found the perfect family for Rupet but unfortunately their property is not secure enough for our boy.

Being deaf Rupet requires a special family willing to continue his training as well as a secure yard that allows him room to run around.

He prefers to be inside with you when you are home and he requires a home that has another dog to keep him company as well as to take cues from.

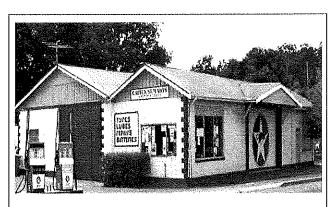
We have a lady in our network who has deaf dogs of her own and has offered her support for Rupet's new family. He gets along well with cats, rabbits and other dogs. Loves children and is a very well-mannered little boy. Rupet is housetrained and would love a family to call his own. Rupet is de-sexed and vaccinated as well as being microchipped and flea/worm treated.

If you think you can provide the love and attention Rupet needs please contact us

0457 081 533 michelle.jesson@bigpond.com



Clr Hannah Rubenach-Quinn at the opening of the Fingal Railway Station, photo taken by Glyn D Johnson



CALTEX ST MARYS

MECHANICAL REPAIRS & SERVICE 41 Main Street 6372 2335/0419 503 109 Fax 6372 2822



St Marys Salvation Army

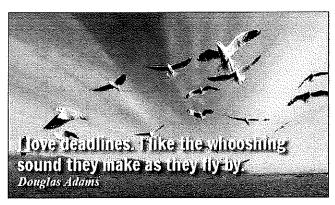
is pleased to offer the following services:

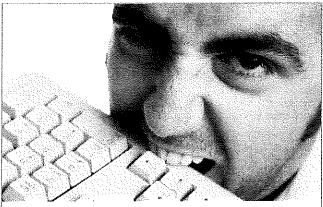
Weddings Dedication of children Funerals

Envoy Mel Norton 0409 838 816

Meals on Wheels

November 3	Heather Griffiths
4	Drew Adam
7	Ruth Aulich
8	Valmai Spencer
9	Lundy Vosper
10	Sonya Allison
11	Drew Adam
14	Pam Bretz
15	Louise Keady
16	Valmai Spencer





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

Tip locations and opening hours

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

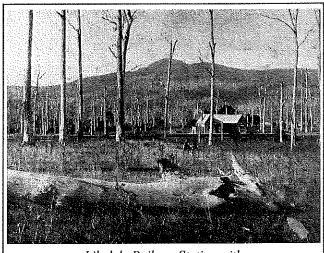
Emergency services

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



Lilydale Railway Station with Mt Arthur in the background, 11/4/1912

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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 November 2 - 8	p/kg	Butchery specials Nov 9 - 15	p/kg
Leg of Lamb	10.99	Pandani Corned Silverside	8.99
BBQ Meat Pack	10.99	Round Steak	13.99
Ingham Chicken Portions	5.99	Rump Steak	17.99
Nichols Chicken Drumsticks	3.99	Ingham Butterfly Beast Fillets	10.99
Nichols Chicken Kievs	3.75ea	Nichols XL Whole Chickens	4.99
Two	week specials	November 2 - 15	
McCain Frozen Peas & Corn 500g	2.29	White King Bleach 2.5L	2.99
Ingham Frozen Chicken Breast Tenders	4.99	Multix Bake 20mx30cm	3.99
Ski Yoghurt Varieties 1kg	3.49	Kit-e-Kat Canned Cat Food 410g	1.49
Devondale Dairy Soft Spread 500g	3.49	Chum Dry Dog Food 3kg	6.99
Sorbent Toilet Tissue 12pk	5.49	Red Bull Energy Drink 250ml 4pk	6.99
Kleenex Facial Tissues 250s	2.49	Wander Ovaltine 350g	4.79
Palmolive Naturals Spoo or Cond 350ml	2.99	Nestle Milo 1.25kg	14.99
Earths Choice Dishwasher Tablets 42pk	11.99	Sanitarium So Good Almond Milk 1L	2.69
Arnotts Clix or Savoy Biscuits 225g	1.99	Dolmio Extra Pasta Sauce 500g	2.49
Greens Pancake Shake 375g	2.79	Kelloggs Crunchy Nut Cornflakes 380g	3.49

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

Avoca Post Office Holder Bros Fingal
Coachouse Restaurant Mathinna Post Office
St Marys Scamander S/market
Hilly's IGA St Helens St Marys IGA
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Launceston 6339 4900 St Helens 6376 1143 Fax 6339 2900 suncoastexp@netspace.net.au

John Campbell 0438 392 621

Jamie Harper 0408 012 145



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