

# THE VALLEY AND EAST COAST VOICE INC.

Established 1968

50.11 September 21, 2017

Deadline for 50.12 is 5pm October 2, 2017

## Dr Mark Veitch, Director of Public Health ~Flu numbers declining, but it's still around

12 September 2017

As of 11 September 2017, Public Health Services had received notifications of 2,265 laboratory confirmed cases of influenza.

Cases peaked in late August, and appear to be declining.

Director of Public Health Dr Mark Veitch said notified cases are only a fraction of all cases of influenza in the community.

"Up to 5,000 cases of influenza can occur in the community each week around the peak of the flu season," said Dr Veitch

"This year's flu season started earlier than in recent years and has been moderately severe," Dr Veitch said.

Dr Veitch said 34 nursing homes had reported flu outbreaks this year, of which 17 were currently affected.

Twenty-one deaths have been reported during 12 of the outbreaks.

Dr Veitch said while a high coverage of flu vaccination among residents and staff was helpful, it was only one part of reducing outbreaks.

"Facilities caring for vulnerable persons use sound infection control measures, but even so, common and highly infectious conditions can be difficult to completely prevent.

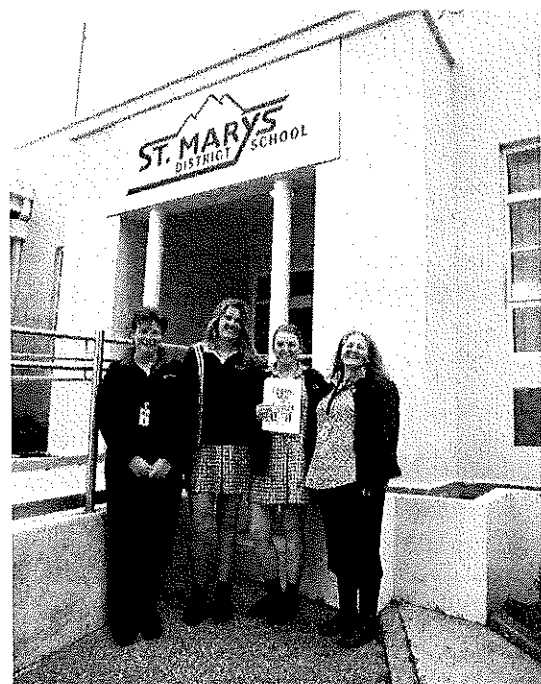
Staff and visitors can help by staying away if they have flu-like symptoms."



## Break O'Day Sticker competition winners announced September 13, 2017

It was with great excitement and deliberation that Break O'Day Council selected the winners of their sticker competition on Monday September 11.

More than 60 entries were closely scrutinised by the judging panel made up of Councillors Janet Drummond and Glenn McGuinness and Council staff, Works Support Officer Kristina Freshney and Project Officer David Jolly. After much discussion and debate, the winners were decided based on the artwork and the messaging of each sticker design. *Continued on p6*



*Break O'Day Council's Works Support Officer Kristina Freshney, Competition winners and St Marys District High Students Monique Dufty and Erinn Spilsbury with Councillor Janet Drummond.*

## The Annual General Meeting

St Marys Hospital Auxiliary meeting change.

Due to the number of members who will be absent on October 2, we wish to notify that the meeting will now be scheduled for October 9 in lieu of the 2nd.

**Kevin Faulkner, Secretary**

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### Advertising rates 2017

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

#### Valley and East Coast Voice Inc.

##### Advertising rates for all community groups

Regular articles i.e. news of current activities / events and general information will, at the discretion of the Editor, be carried free of charge.

Any community group requiring a full page will be charged 50% of the commercial rate, after proof of eligibility.

The decision regarding whether or not an article attracts advertising fees is the Editor's. Groups will be advised of any cost before going to print.

Private community announcements / private classifieds are free for two issues.

Annual posted subscriptions are \$69 and annual online subscriptions are \$20.

Articles for publication may be left at the St Marys Pharmacy, posted or emailed.

We do not accept responsibility for the accuracy of information provided by contributors.

Visit our website [valleyvoice.com.au](http://valleyvoice.com.au) and look back over ten 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.

### 24h Emergency services numbers

Abuse & Assault Services	1800 737 732
Ambulance, Fire & Police	000
Crime stoppers	1800 333 000
Digital mobile Phone emergency service	112
Poisons Information	13 1126
SES Flood & storm emergencies	13 2500
TasNetworks	13 2004
TasWater	13 6992

### 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 contact 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.



**Meals on Wheels** | More than just a meal  
Tasmania

### St Marys roster

0488 384 344

September 21	Valmai Spencer
22	Drew Adam
25	Valmai Spencer
26	Pam Bretz
27	Karl Balzer
28	Judy Duckett
29	Drew Adam
October 2	Ruth Aulich
3	Pam Bretz
4	Lundy Vosper

## Community Notices

### GET meeting dates for 2017

October 9, November 24 and  
December 4, 7pm at the Fingal Valley Neighbourhood  
House **Mary Knowles 6385 2002**  
[gippscreek@skymesh.com.au](mailto:gippscreek@skymesh.com.au)

### ROSSARDEN Fire training and BBQ dates are:

October 7, November 4 and December 2. Fire Brigade  
training is 10am prior to each BBQ. **Mike Prewer,**  
**Rossarden. 6385 2184**

**St Marys Hotel Social Club AGM** will be held on Sun-  
day October 8, 2017 at 3:30pm. All welcome.

### ST MARYS PACING CLUB Annual General Meeting Friday September 22 at 7pm

**Under the grandstand, St Marys Recreation Ground**  
The Committee would like to invite all club 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 mem-  
bers requiring assistance.

Please feel welcome to come along and put forward your  
new ideas towards improving the race meeting to be held  
on New Year's Day, January the 1st.

If you are unavailable to make the Annual General Meet-  
ing but are able to assist in any way kindly let one of our  
committee members know, or contact myself by way of  
contact 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**  
**0437 742 351 / [zugylarry@gmail.com](mailto:zugylarry@gmail.com)**

**The Cornwall Community Development Group Inc.,**  
with the help of residents, has been upgrading the Sol-  
dier's Walk at Cornwall. 23 men left Cornwall to become  
soldiers in 1914, and five did not return.

Council have put in a walking track so that it is accessible  
by all. We have had a number of donations of gravel, top  
soil, powranna mix, mulch and wire for fencing, and ma-  
chinery to help establish the garden, and would like to  
thank you all. At the moment the name plates of each  
soldier have been removed, but we are hoping to have  
them back on as soon as possible. We are searching for 23  
old skip trolley wheels to attach name plates too. If you  
have 1 or 2 laying around or know where there might be  
some could you please phone

**Raz or Debbie on 6372 2261**

## Wanted

6 - 10 *railway sleepers.* **6372 2747**

Mature couple w/ rural background *wanting to rent* farm-  
house in St Marys area, offset part rent with farmwork /  
gardening. **Margo, 0412 906 257**

Old surfboards, **Dale 6372 5529**

## Letter to the Editor

Dear Editor,

I am writing in response to Cagerattler and the Letter to  
the Editor by Peter Wines in the 50.09 issue of The Valley  
and East Coast Voice concerning Australia day.

Firstly, I think it is important to remember that most of the  
campaigns, local council decisions, and federal govern-  
ment lobbying around Australia Day is to change the date,  
not to cancel the day. Last year, Fremantle council moved  
its Australia day to January 28th.

As Australians, it is so valuable to have a day in which we  
can all come together as a national community to cele-  
brate so many of the things that we are lucky to have in  
this beautiful country.

These campaigns do not deny this – they just argue that  
January 26 is not the day. January 26 was the day that the  
first fleet arrived in Port Jackson and Arthur Phillip raised  
the British flag on Indigenous land. This was the begin-  
ning of a devastating invasion for the Indigenous peoples  
across the Australian continent which included attempted  
genocide, assimilation, and the removal of children from  
their families. Cagerattler argues that everything has  
changed since then.

Things may have changed in our government policies, but  
while many Indigenous Australians live with poverty,  
devastating health statistics, and discrimination, the leg-  
acy of colonisation very much lives on.

The Australian flag may have been flying for 100 years as  
Peter Wines highlights, but let us bear in mind that we  
stand on land that was occupied by Indigenous Austra-  
lians for between 40,000 and 60,000 years before us. How  
is Australia Day as it stands an inclusive celebration unit-  
ing 'all' Australians?

Are Indigenous Australians not Australian enough to be a  
part of 'OUR' (?) Australia Day?

Sincerely,

**Caitlin Sherrey-Dadd, St Marys**

## For Sale

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

**Norm 6372 2380**

**Large round hay bales, not rain effected. \$55.**

**Alan 0407 944 158**

## Garage sale

September 30 / October 1 from 9 - 5. Household goods,  
furniture, timber, bric a brac etc.

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**[johnwebb135@gmail.com](mailto:johnwebb135@gmail.com)**

## Guy Barnett, Liberal Member for Lyons

### Sport and Recreation Grants now open

Applications are now open for grants under the 2018 State Grants Program – Sport and Recreation.

Through the State Grants Program – Sport and Recreation – the Tasmanian Government provides funding to state sporting organisations, state disability sporting organisations, state sector

service providers and state active recreation providers.

Grants of up to \$60,000 are available to assist organisations to increase their capacity to deliver sport and recreation opportunities for Tasmanians.

The Tasmanian Government is committed to developing and supporting well-planned sport and recreation activities that engage Tasmanians to play sport and to be physically active.

Investing in sport and recreation creates healthier communities and sup-

ports the Tasmanian Government's goal of Tasmania becoming the healthiest state by 2025.

The 2018 State Grants Program – Sport and Recreation Guidelines and Application Form are available at [www.dpac.tas.gov.au](http://www.dpac.tas.gov.au) or by email at [sportrec@dpac.tas.gov.au](mailto:sportrec@dpac.tas.gov.au) or telephone on: 1800 204 224.

Applications must be received by 12 noon on Tuesday, 26 September 2017.

**Contact: James Billing 0438 399 989**

### Break O'Day Stadium named finalist in the API Excellence in Property Awards September 14, 2017

The Bendigo Community Stadium has been named as a finalist in the Australian Property Institute's Excellence in Property Awards in the Local Government Category.

Designed by Tasmanian architects Edwards and Simpson, since its official opening in February 2016, the Bendigo BOCS, as it is known locally, has exceeded the expectations of Council in terms of usage and has come under budgeted running costs.

Local sporting groups and the community have been very supportive of the facility with the stadium used nearly every day.

A real highlight for the stadium has been its inclusion in the State League Netball Roster, the first regional facility in Tasmania to receive such an honour.

The stadium has also started to attract large events to the region which our community gets to enjoy and participate in; they also draw visitors to the region who in turn stay and spend in the area. Two examples of these are the Shell Questacon Science Circus which will be at the stadium on October 24 and XPD expedition adventure race (National Qualifier for the World Series) which will be hosted at the stadium for a 10 day period next March.

In terms of operational costs, due to the installation of LED lights and transparent panelling at the facility, the stadium's operational costs were under budget with a saving of about \$10,000.

"We are really proud to see our community stadium being recognised for its innovation in these national awards," Break O'Day Council Mayor Mick Tucker said.

"For a regional community like ours to be able to offer such a great facility, one capable of hosting large events and professional sports is a real feather in our cap, especially considering it was built on a tight budget. "Even if we don't win, just being a finalist is something we should all be proud of."

Winners of the API Excellence in Property Awards will be announced in Melbourne on October 6.



## The Hungry Dragon

I had a totally expected visitation from our Fire Brigade this morning but, thankfully, not before the blaze had done a great deal of irreparable damage to grass, bracken and other summer highly combustibles. Half a dozen various vehicles and twice as many personnel attacked my welcome visitor from all points of the compass; the dragon's breath moved up the hill, fanned by a frisky, cold south breeze carrying low, moisture-bearing cloud. The fire was slow and thoroughly annihilating all in its path, thus ensuring a more relaxed summer.

Thank you fire, thank you Brigade.

*David Lawer, Osprey, Pass Road St Marys*



## FINGAL VALLEY NEIGHBOURHOOD HOUSE

TALBOT STREET FINGAL

SATURDAY 21st OCTOBER 2017 AT 5.30PM

Purchase your tickets from the FVNH Office - \$10 per person

A light supper will be provided



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

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Hilly's IGA St Marys and St Helens

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## C & D EXCAVATIONS

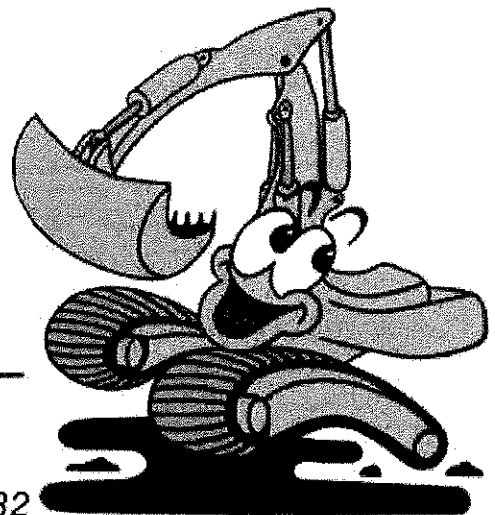
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## The Say, by Cagerattler

I was interested to see in the media recently about the extreme risk facing the State with the fire season soon upon us. In various reports it has been mentioned that due to almost drought conditions we are having, the risks of severe bushfire outcomes are very real this summer approaching.

I can't recall seeing our green state so parched in so many places, and it will be our responsibility to listen to the fire authorities between now and probably April next year.

On our own properties and local areas it'll be equally important to 'do our bit' and reduce the fuel, keep areas accessible and keep a close look out for anything suspicious that might happen.

Not a bad idea too in having the Evacuation Plan ready to go into operation just in case it's needed.

Many of us recall that ten or so days in 2006, that could so easily have wiped out numerous communities, that started up on the ridge near South

Sister and spread a long way down the coast.

Numerous houses, sheds, livestock and such were lost but thankfully no lives directly, due in no small part to the great work of local and statewide Firefighters, SES, Police, Forestry, Parks and Wildlife and earthmoving contractors. Then the clean up crews, Aurora restoring power and road recovery crews did an amazing job.

As I regularly walk in the bush it's pretty evident that with so much fuel on the ground, the risk of errant campfires, lightning strike or arsonists could lead very easily to similar circumstances to 2006.

The subsequent fires in 2013 on the East Coast, like at Dover and Murdunna and other places on the Tasman Peninsula and closer to home like near Coles Bay, have had massive effects since 2006. The lessons being learned have saved property and lives but ALL OF US need to be vigilant and help out in whatever way we can.

Very important indeed.

I was sad to read that our intrepid and hard working editor of the Valley Voice is retiring at the end of the year. Wendy is a really accommodating, skilful, friendly and genuine person who has done a great job over several years and done a lot for our iconic local publication following on from her predecessors. It's a hard and painful decision for Wendy I believe, and I congratulate her on a job well done. Anyone who can put up with my claptrap must be good.

I hope that a suitable person or persons can continue our local paper, but if not, it's been half a century of a really worthwhile, dare I say loved, little paper that is the envy of many other places and has become an institution and required reading for all us Valley locals ... THANKS SO MUCH WENDY.

What do you think?

*Rod McGiveron, St Marys*

### "Fish Tales and Fact - St Helens Fisheries Forum"

The Recreational Fisheries Section of DPIPWE, Fishcare Tasmania and the Institute for Marine and Antarctic Studies are holding a Fisheries Forum at the Portland Hall, St Helens on Friday October 20, from 5:30pm to 8pm.

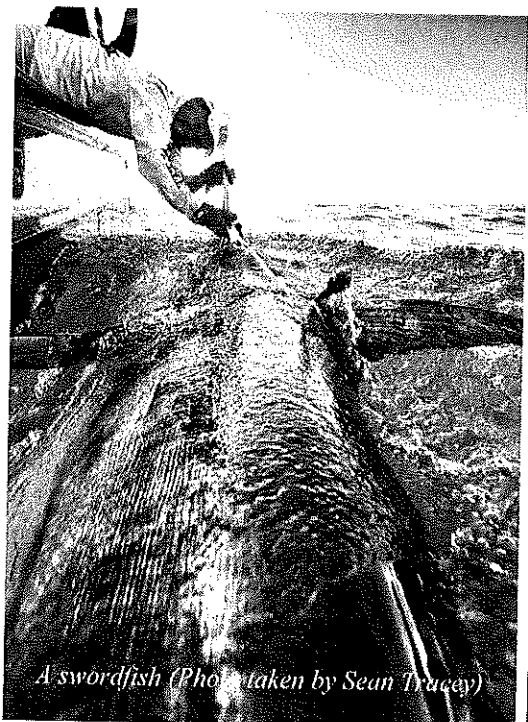
There will be brief presentations followed by audience and planned panel discussions which will include: *Centrostephanus* Urchin, East Coast Rock lobster Fishery, Game fish, Striped Trumpeter, Kingfish/King George Whiting/Yellowtail Kingfish Opportunities.

Feel free to register your interest or send us some questions on notice by phoning 6165 3047 or [fishing.enquiries@dpiipwe.tas.gov.au](mailto:fishing.enquiries@dpiipwe.tas.gov.au)

*Rod Pearn, Principal Fisheries Management Officer (Recreational Fisheries), Wild Fisheries Management, DPIPWE, One Franklin Wharf, HOBART  
Phone: (03) 6165 3034*



*SBT (Photo taken by Al McCubishan)*



*A swordfish (Photo taken by Sean Tracey)*



*Continued from front page*

A big congratulations to our winners, Zoe McKellar-Smith, age 9 from St Helens District High for her Recycling sticker, and the winners of the Waste sticker, Monique Duffy and Erinn Spilsbury age 14 from St Marys District High who submitted a joint entry.

"The calibre of the entries was amazing and we certainly had a tough time deciding on a winner," Works Support Officer Kristina Freshney said.

"The effort that the kids went to and the ideas they came up with were really outstanding."

All three winners said they were shocked and surprised to have won their respective categories and were looking forward to seeing their artwork on bin lids across the municipality ... and their prize of course.

The winners will receive an iPad or gift cards to the same value from the Mac Shop.

Mayor Mick Tucker said he was looking forward to seeing the stickers around the municipality as well.

"On behalf of Council, congratulations to our winners, Zoe, Monique and Erinn."

"All the kids who entered have done an awesome job and they should all be very proud of their efforts."

"I just can't wait to see these big colourful stickers on the lids of bins all around our municipality."

The stickers will be delivered with the new waste bins and Council hopes that all residents will take pride putting them on their bin lids.

Not only will the stickers help residents identify which bin is for what, Council hopes they will also be a discussion point in homes around what can and can't go in each bin.

Council would like to thank both the schools for their support of the competition and our partners, Northern Tasmanian Waste Management Group which has run recycling workshops at the schools and with local groups in the lead up to the competition.



*Break O'Day Council's Project Officer David Jolly, Competition winner and St Helens District School student Zoe McKellar-Smith and Councillor Glenn McGuinness*

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



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## St Marys Sports Centre Inc.

Presents the AFL Final Golf Day

Saturday September 30

Commencing 11am

9 Hole / 3 person Ambrose

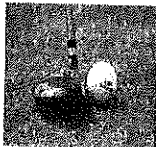
Entry \$10 per person

Includes entry and BBQ lunch  
after the Game

Prizes galore, Nearest the Pin,  
Nearest the Winning Points  
Margin and more

Usual Footy Day fare, sabs and  
pies on sale during the Game  
Happy Hour prices from first  
bounce to the final siren!!!!

Enter your team at the Centre  
and come along for a great  
day's entertainment!



## East Coast Vet Clinic

Dr Jeff Parsons regularly visits  
the Fingal Valley  
for all your veterinary needs.



*For appointments, please call the  
St Helens clinic on 6376 1577*

ADVERTISEMENT

# Curry Night

with

Kylie Wright &  
Rebecca White

Fundraiser



Fundraiser

Saturday, September 30th at 6.30pm

St Helens Neighbourhood House Bungalow

BYO curry to share and I will provide the rice, & dessert

Licensed bar serving beer and wine @ \$5 ea,

Non alcoholic drinks also available, Inc tea and coffee

Plus live music with the "Sea Katz" and friends

Entry:

With a curry to share \$10/ head

Without a curry to share \$25/head

**Labor**

*Putting people first*

Authorised by Brian Mitchell MP 53b Main Rd Perth Tas 7300

## Ladies and Gents

Whether you  
come by car,

bike or bus we'd love you to come raise  
money for cancer with us

The Mathinna community invites you all  
to Morning Tea at 10am  
on Sunday October 1  
at the Mathinna Community Centre

\$10 entry with door prizes

RSVP by September 24  
to Chris on 6377 1168

Proudly supporting



**Cancer  
Council**  
Tasmania



**Find out more about the diverse careers available to agricultural science students.**

**Feed your mind, feed the world** is a three day camp experience for Year 11 and 12 students wanting to learn about exciting career opportunities in agricultural science.

The camp is held in beautiful north-west Tasmania by the University of Tasmania's School of Land and Food, which is responsible for teaching agricultural science.

Each day we will visit a diverse selection of agriculture industries, many of which are national and international leaders in their field and are employing agricultural graduates.

**Who can apply?** The camp is free to attend and open to Year 11 and 12 students who have an interest in agricultural, biological, chemical, and environmental science and would like to see the exciting and rewarding careers available to those who study agriculture at the University.

**When** The camp runs for three days from 11-13 December 2017.

**Where** The camp is run in the beautiful north-west Tasmania at Camp Clayton in Ulverstone. We will have exclusive use of the facility for the two nights. Students will share dormitories and all meals are provided. Each day we will engage with the agricultural industry and return to camp each evening.

**Getting there** A bus will leave Hobart on the morning of 11 December. We will also have a pick up point in Campbell Town and others can meet us at Camp Clayton. A bus will be available to take students home on 13 December.

**Cost** The camp is free to attend.

**Scholarships** Three scholarships will be awarded at the end of the camp to attend a five day industry placement in January for one student from the south, one from central Tasmania and one from northern Tasmania.

**Apply now**

Applications close Friday 20 October 2017. [Complete the application form](#) (PDF) and return to:

Joanna Jones, Feed your mind, feed the world Coordinator

[joanna.jones@utas.edu.au](mailto:joanna.jones@utas.edu.au)

University of Tasmania, Private Bag 98, Hobart, Tas, 7001

<http://www.utas.edu.au/land-food/home/nested-content/news-items/applications-open-feed-your-mind,-feed-the-world-camp-2017>



**On this day: Sunday, September 21, 1817**

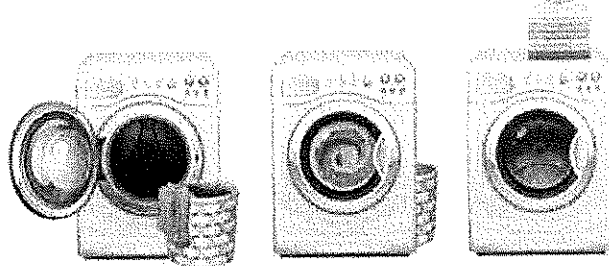
In an official dispatch, Governor Lachlan Macquarie advocates the adoption of the name **Australia** for the continent, as suggested by Matthew Flinders. Australia was previously named New Holland by the Dutch sea explorers who landed on the western coast in the early 1600s. James Cook claimed the eastern coast of the continent for England in 1770, naming it New South Wales. After the First Fleet arrived in 1788, Captain Arthur Phillip was given orders to extend the claim further west. The western half of the continent continued to be known as New Holland, and the eastern half was New South Wales.

In 1810 Matthew Flinders wrote an account of his expeditions, 'A Voyage to Terra Australis'. It was in this account that Flinders proposed the name 'Terra Australis' or 'Australia' be adopted for the southern continent, but wealthy sponsor Sir Joseph Banks did not support his suggestion. Flinders died before the new name of the continent could be decided upon.

It was Governor Lachlan Macquarie who, impressed by Flinders' arguments, advocated that the name 'Australia' be adopted, and began to use this term regularly.

## CLEAN CRACK LAUNDROMAT

32 Main Street St Marys



Coin operated washers  
and dryers  
6.30am - 8pm

# Over the years

2013 \* 2013 \* 2013 \* 2013 \* 2013 \* 2013 \* 2013



*The first Bulk Buying meeting at Scamander:  
Rod Bond, Pip Buchanan and Nev Shaw*



*Community initiative at Mangana*



*ANZAC Day at Avoca*



*The St Marys team, the first winner of the East Coast  
Bowls Association*



*The Woodcraft Guild Open day SCA Stand manned by  
Michael and Lillian*



*Back: Leon Latt, Max Morris, Lukas McDiarmid, Lily-  
Mae Hayes, Alicia Lowe, Ayla Harvey, Larna Wright.  
Front: Freya Prebble, Sara Greenwood, Paris Pribil,  
Courtney Middendorp, Melanie Guy, Madeline Hard-  
wicke*

*Absent: Finn Buchhorn, Shayna Beck, Chloe Harris, Al-  
isha Warren,  
Heather Marshall (taking the photo)*

*St Marys District School has won the Language Perfect  
World Championships two years in a row*

2013 \* 2013 \* 2013 \* 2013 \* 2013 \* 2013 \* 2013



*Margaret Osbourne accepting a cheque for \$2000 on behalf of the St Helens Netball Association from President Cheryl Cox at the St Helens Markets*



*Milo Cricket at St Marys*

## Sewerage upgrades begin in St Helens

TasWater has engaged Water Industry Solutions to continue works upgrading sewerage infrastructure in St Helens in mid-September.

The sewerage mains along the Esplanade will be replaced with larger sized pipes to increase capacity for quicker transportation of wastewater to the sewage treatment plant and to help reduce the risk of overflows into Georges Bay.

This project will improve environmental impacts of the transport and treatment infrastructure in St Helens, providing a more reliable system with lower risk of impacting local oyster farmers and other seafood businesses. It will also help improve capacity for tourism and cater for expected growth in St Helens over the next 30 years.

The mains upgrades will begin near the St Helens sewage treatment plant and shortly thereafter at the Jason Street sewage pump station working their way towards the Esplanade pump station. This two-pronged approach will be employed to reduce the duration of traffic interruptions along the Tasman Highway. Water Industry Solutions will be using a combination of techniques to replace the underground pipes, including digging trenches and using horizontal directional drilling in some sections to reduce the need to remove and replace earth and existing road surface.

The existing in-ground pipes are of varying diameter and have neared their end of life, with increased susceptibility to breaks and blockages. Three kilometres of 250mm diameter polyethylene pipe will be laid to replace this existing infrastructure, improving the system reliability and capacity. Andrew Moir, General Manager of Asset Portfolio, Planning and Delivery at TasWater is pleased this staged project has begun.

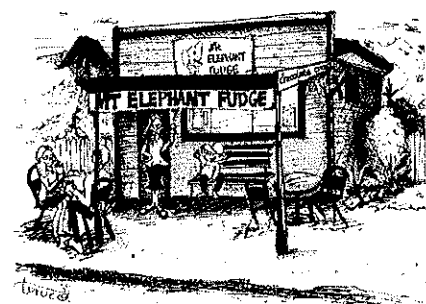
"The Jason Street sewage pump station upgrade a few years ago as well as the Jetty Road pump station upgrade more recently were important steps to improving the wastewater infrastructure in this picturesque seaside town," Mr Moir said.

"Now this project to upgrade the sewage mains and next year after Easter, to upgrade the Esplanade pump station will be another important achievement towards building the town's capacity for tourism and business development."

Along some sections of the pipeline route, temporary traffic arrangements will reduce traffic to a single lane during normal working hours and residents may experience some minor traffic delays.

TasWater and its contractor will be taking steps to ensure that any impacts are kept to a minimum. TasWater appreciates your cooperation and patience with these important infrastructure upgrades. The construction works will begin mid-September and weather permitting will be completed in early November.

*Residents who want more information about this project can contact TasWater on 13 69 92 or email [enquiries@taswater.com.au](mailto:enquiries@taswater.com.au) Alternatively, visit [www.yoursay.taswater.com.au](http://www.yoursay.taswater.com.au)*



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# Hub4 Health Inc

Connections start here

## Where do you find us?

5 Portland Court, St Helens, 7216

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

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

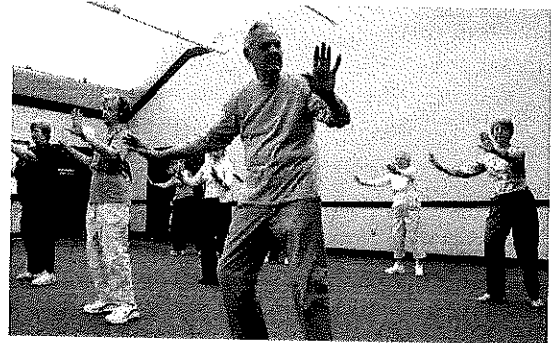
Facebook: Hub4Health

## Our Aim:

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

Tai Chi is a low impact, slow-motion, gentle form of exercise for health of body and mind. It can help improve muscle strength, flexibility, balance and circulation as well as enhance relaxation and reduce stress. Tai Chi classes for those over 50 are held at 9.30am on Tuesdays at St Helens Tennis Club. A gold coin donation is appreciated.

**For more information about these activities contact H4H on [admin@hub4health.org.au](mailto:admin@hub4health.org.au)**



Hub4Health held its Annual General Meeting on September 2 and successfully appointed a new board. Current members are : Janet Drummond (Chair), Rachel Bhardwaj (Secretary), John Brown (Treasurer), Rod Hunt (Public Officer), Amanda Hughes, Hannah Rubenach-Quinn, Dr. Cyril Latt and Mary Targett. Information on our AGM is on the Hub4Health website and interested community members are invited to contact us if they would like to join the board or offer any suggestions as to future projects.

The Board is now focused on strengthening the organisation following a challenging 12 months, and is looking at new opportunities and areas to support health and wellbeing in our community. This includes an Active4Life Gym in St Helens and additional programs at the St Marys facility (note our membership now totals a fantastic 200 people!), supporting counselling and mental health services and working in positive collaboration with other organisations to improve outcomes for residents. We continue to work with Ochre Health to support access to GPs in our area, and to encourage allied health services to visit Break O'Day in St Helens and to our Outreach Office in St Marys.



**A reminder that all contact with Ochre Health for GP appointments and follow ups should be via reception on 6376 2971**

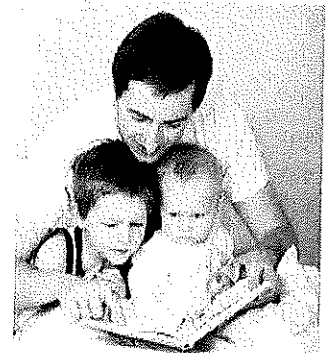
## Rock n Rhyme

Rock n Rhyme is a music and story time session held at LINC (library) in St Helens and St Marys.

Sessions are a short (up to 1 hr) fun way to introduce your child/ren to great books, songs and rhymes to promote early literacy and numeracy skills and interests that have a lifelong benefit.

Sessions are free and all families members welcome to come along - check out our calendar for times and venues.

Fridays 10.30-11.30 at St Helens & Tuesdays (Fortnightly) 11-11.30 at St Marys







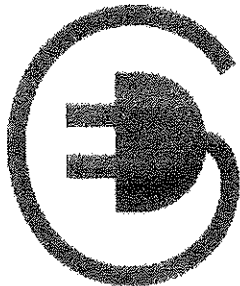
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**Nick Shaw 0439-414-299**

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St. Helens, Tas. 7216

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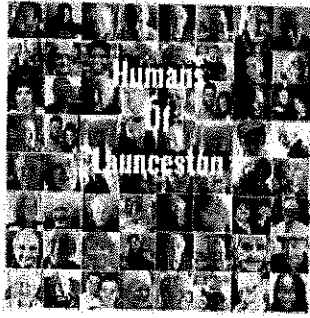
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## Humans of Launceston ~Allan ~ part 2

"My first marriage lasted ten years and we had two kids, Jamie and Elizabeth. Like most separated families I had the kids every second weekend and the kids loved the farm and got the best of both worlds. Both of our kids came here to work for me straight out of school. Jamie still works with me to this day. Elizabeth still works for Venarchie. My brother and nephew also worked for me. I have always seen the importance of keeping your family close. It works out really well.

Venarchie Contracting just kept growing over the years at our Glengarry site. We not only did asphalting but we moved into bitumen sealing or chip seal as well.

The OH&S laws were not nearly as stringent back then and you could get away with a lot more. The Worksafe laws were also less evident.

Unless you had a broken leg, you came to work. These days, if someone gets a splinter, they have to get a doctors assessment and have time off work.

From there, after my divorce, I moved our site into Connector Park up behind Bunnings. I got onto Joe Pentridge, and leased some land off him and we moved here. By then I had a workforce of about twenty people.

At that stage, the Launceston City Council asphalt plant was closing down or up for sale. I made a bid but Emoleum (now Downer) won that tender and they closed it down. So then there was only one asphalt plant in Launceston and that was owned by Emoleum. I was spending close to a million dollars a year buying asphalt from them. The price I was paying was the same price that a bloke off the street who only wanted a trailer load was paying.

I didn't think that was very fair so I went and asked them for a discount due to the large volume of product I was buying off them. They pretty much told me where to go. So I said, "Ok no worries. I'll just have to put up my own asphalt plant". They said, 'That'll never happen Allan'. But eventually it did.

Despite numerous issues with appropriate sites, environmental issues, council issues and not to mention the enormous costs involved, we eventually sourced a plant from Korea. I travelled there with a mate of mine and came back with a deal.

Went to the bank and did all that bullshit with international transfers and transactions and then started to build all the necessary infrastructure required to house an asphalt plant. It was a massive undertaking and took me three years of hard work to achieve.

It arrived at Bell Bay and was transported on the back of numerous semi-trailers and put together like a jigsaw puzzle. Up she went and I employed my nephew Andrew, who had been in the navy, to run it and it has now been operating successfully for over ten years, producing around 25,000 tonnes of asphalt a year. It could mix about 150,000 tonnes a year but of course, in Tassie there just isn't the requirement for huge volumes like they have on the mainland.

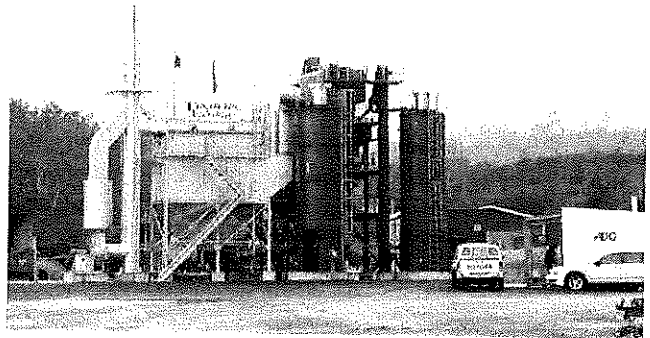
Venarchie was thriving after this period due to our quality of work and reliability and our workforce had grown to around 85 permanent staff and about 30 casual workers.

One thing I have always believed is that the company was only as good as the people working for me. And we had some of the best. Tasmanian workers are renowned both here and on the mainland as being the best around. I will always be an advocate for the quality of Tasmanian workers.

After close to 40 years in the asphalt and civil industry, I decided to sell Venarchie. Mainly because I got sick of all the bullshit in dealing with the state government. It used to be a lot easier to get work, do the work and move on to the next job. Times have changed. Dealing with the local government wasn't so bad, but at state level, it was just too hard. A while back, it was simple to have a discussion about tenders and all that, hand-

shakes, positive conversations and mutual promises kept. Plus the workplace safety requirements were over the top. Safety is very important don't get me wrong but it is very micro managed.

Nowadays, it's just ridiculous. You need a full time lawyer just to deal with them. I never lost my passion for the work or my workforce. Just the process of dealing with all the red tape and bullshit of the state government.





They would rather deal with the big companies, who essentially don't always use local workers, rather than the smaller local companies who employ all local people.

We are lucky here in Tassie because we still have strong local civil construction companies like Shaws Contracting, Hazel Bros, Andrew Walter, Hardings, Roadways. Very strong and reputable companies that need support and do a bloody good job, as good as anyone from the mainland. If not better.

Before I sold my business to Fulton Hogan, I had one mission. I wanted to ensure every single one of my employees jobs were secured. Fulton Hogan reassured me this would happen. And they all did. Then I signed off. It was also a massive coup for Fulton Hogan to inherit such a great team of people.

I had been dabbling in pubs. I bought the Rosevears Hotel about 7 years ago, and I recently bought the lease at O'Keefe's Hotel. I always loved the Rosevears Pub and I was lucky enough to be able to buy it. It's cost a lot of money to upgrade the basic infrastructure to just get it standing up straight again.

I recently built the accommodation units to get tourists to come to the Tamar. We don't have pokies and all that, so trying to get people to the pubs is a lot harder these days. My goal is to make Rosevears a must see destination. But diversity is the key.

Back in the day, all the pubs were full. If the Rosevears pub was in Queensland, it would have a world class marina and a great deal more tourist friendly infrastructure.

I want to make the Rosevears pub the heart of the Tamar. I have a plan to build a 40 berth marina, a helipad, a pontoon six times the size of the one that's currently there now. All for public use.

We have done a preliminary report on the environmental impact and it's now in the hands of the Parks and Wildlife at the moment, and the council and EPA. I also want to involve the public as well. I want it to be a public space that is utilised well and a space that the pristine area deserves.

My dream is to bring back the Rosevears Regatta that happened back in the 30's. Boats and locals and tourists everywhere. I saw some photos of it a while back and it looked fantastic. Why not? It's all a bit pie in the sky but fingers crossed.

I could probably have retired after I sold the business, but what would I do? I still employ quite a few people and if I shut my other business ventures, including the concrete plant I own down in St Helens, then those people are out of work.

I have a business now called Streetwise Developments and I own a few parcels of land from Georgetown down to Legana and I'm going to develop them and I have a few local people helping me to do that. I am nothing without my workers and have always felt that way.

I ended up getting married again to a lady named Prue. Together five years before our wedding and we have been married five years now. She is a wonderful person, mother and grandmother.

And she does my ironing. (Laughs) Don't put that in. Please.

When you have been through divorces and shit like that, you can be a bit turned off to all that, but Prue and I just clicked. It only took me 30 years. We have seven grandchildren between us all up and life is good.

I feel like I've contributed to Launceston in a positive way. I've done alright for a Flinders boy. I get homesick for Tasmania if I'm away too long. We are in the best place in the world.

I can understand we need to preserve parts of it, but we also need to get people down here.

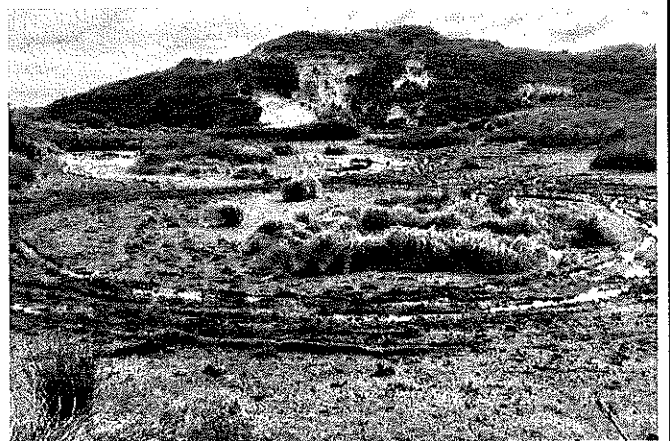
Otherwise we are going to be a huge retirement home in a few decades. There needs to be work and more opportunities for our young people and the current workforce. I'll support anything that gets Tasmania heading upward and onward".



*Rosevears Hotel*

### **4WD damage in Tasmania's Arthur Pieman Conservation Area stokes anger**

**This is why we can't have nice things.  
Idiots.**





## Humans of Launceston ~ Arthur

"So, we were battlers my family. Very much so in fact. Too poor for clothing sometimes and we had to rely on the kindness of others. We ate what we killed. My parents were simple, hardworking folks who never really had anything and died penniless. I became very determined not to do the same.

My grandfather was one of the last Tasmanians to be photographed with a Tasmanian Tiger and featured in a very famous photo with one of the last thylacines known to man. His name was Albert Quarrell.

(See photo).

My father was also named Albert and he was a very experienced bushman. He was pure muscle my father. Tough as old boots. He had a crosscut saw and an axe and he felled trees for a living. And he could fix or make just about anything". *Full interview next edition.*



G	N	L	K	R	T	E
E	I	E	O	X	A	E
K	R	N	I	H	M	N
E	A	Y	S	E	A	P
R	E	P	P	A	W	O
N	E	A	G	U	E	O
R	N	E	S	A	D	E

Hidden in the grid are eight, 7 letter words. Each word begins with the central S and you can move one letter in any direction to the next letter. All of the letters are each used exactly once.

What are the words?

Answer on p19

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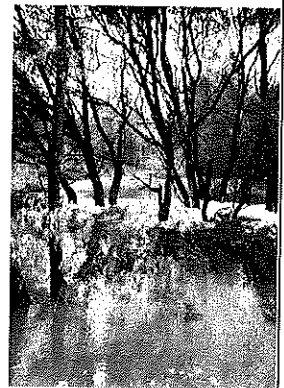
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## Do you remember when Main Street St Marys flooded?

If you have photos or memories of past floods, they can help the new St Marys Rivulet Flood Management project Break O'Day Council is about to start.



Over coming months lookout for project events and activities to learn about how the floods work, participate in testing the best solutions and get your household and the community prepared for next time.

If you have flood photos, or for more information and to get on the project contact list, contact Polly Buchhorn at Council on 63767900.



Break O'Day  
COUNCIL

The project is supported by the  
SES through the Natural Disaster  
Resilience Grants Program.

# 365 tomorrows

## Dying Man by David Henson

One morning I have a horrible pain in my right side. I go see Dr. Ivan, my organ manager. She concludes my body is rejecting my liver and quickly puts in another. Less than a week later, I can barely get out of bed.

"We'll have to put in a mechanical," Dr. Ivan tells me.

Surprisingly, my body rejects it, too.

"I don't know how I feel about that."

"You don't have much choice," Dr. Jenkins says. "Unless you want to be the first person to die in a thousand years. You'll get used to it. We can give you the same appearance. Not sure you want it." Wise guy. I reluctantly agree to have my consciousness transferred into an android body. Mechanical organs are one thing, but I'd rather not be a full artificial. I tried it decades ago. The extra strength is enjoyable for awhile, but the thrill wears off, and sensations are never as genuine as with truly human senses. That turns out to be the least of my concerns. The artificial brain doesn't accept my mind.

I lean back, and Dr. Wilson places the metal band around my head. The last resort, no pun intended, is to preserve my consciousness by uploading it into Virtual-Land. Virtual-Land! Where people go on holiday! What else am I to do? I choose to go to The World That Was exhibit. Dr. Wilson begins tapping a keypad. I close my eyes, and giant sequoias flicker into view then vanish. I open my eyes, and the doctor is shaking her head.

"We think a passing muon did something to your neural electrical system. A one-in-a-trillion occurrence. We don't fully understand, but it's stymied everything we've tried to do." Dr. Spangler opens a box with 10 small bottles. "I did some research and had these processed for you. They're called 'pills.' Take three of each every day."

"Take?"

He cups his hand to his mouth and tilts back his head. "Swallow them. With water. They won't cure you, but they'll prolong your life. You are going to die though, no doubt about it." I swear he's trying not to grin.

Dr. Spangler wrote up my case and is now famous throughout the medical community. But as renowned as he is, he's not half the celebrity I am.

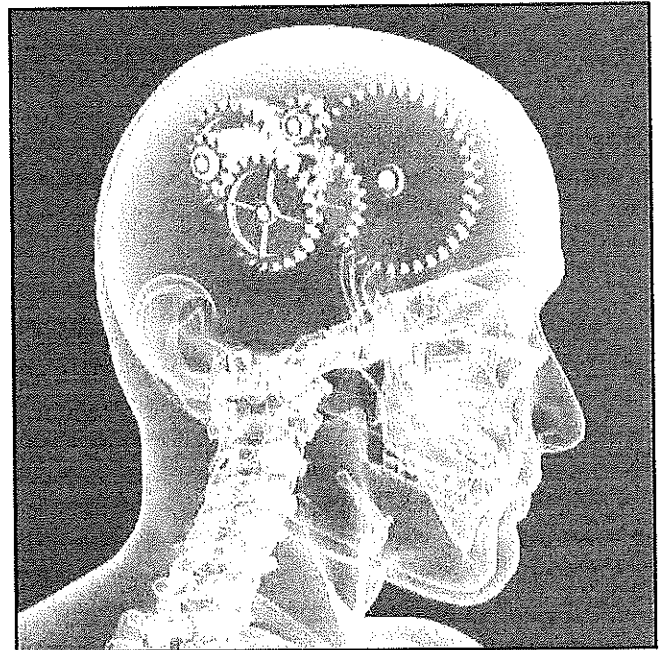
I can't keep up with all the requests for interviews. My face is on hover buses and sky posters. Whenever I venture out, I cause a commotion with hoards of people clamouring for my autograph. "No, don't sign your name," they always say. "Sign it Dying Man." I usually oblige.

I've been offered a fortune if I allow my every moment to be continuously live-streamed until my last breath. The colonies are begging me to visit but I'm too weak for hyper-travel.

There's even a memorial — a thirty-meter holo of me. I'm standing with my arms outstretched, staring pensively into the distance. It's called "Dying Man Looking Into The Abyss."

Pretty corny, but it's what most people want to know: How do I deal with the fact one day soon I'll simply cease to exist.

I never know how to answer them. In fact, I'm embarrassed to admit how I'm coping. I've become proficient at one of the rituals practiced by the ancients. Like everyone else, I used to belittle it. Now I understand why our ancestors prayed. They wanted to live forever, too.



# Regional Business / Services Guide

## **Accommodation**

Addlestone House St Marys  
6372 2783

Fish-Tales On The Bay  
0439 265 362

Mariton House St Marys  
6372 2059

Queechy Cottages 6376 1321

Seaview Farm St Marys  
6372 2341

St Marys Historic Hotel  
6372 2181

Tidal Waters Resort 6376 1999

## **Arts & Crafts**

Gone Rustic Studio 6372 2724

Suncoast Gallery St Helens  
0400 827 860

## **Australia Post**

Fingal 6374 2195

Mathinna 6377 1168

Scamander 6372 5664

St Helens 131318

St Marys 6372 2124

## **Bakers**

St Helens Bakery 6376 1260

St Marys Bakery 6372 2131

## **Banks**

ANZ St Helens (atm) 131314

CBA St Helens (atm) 6376 2295

CBA St Marys (atm) 6372 2268

## **Boarding Kennels**

The Gums St Marys 6372 2512

Upper Scamander Kennels  
6372 5157

Wagabouts St Helens  
6376 2131

## **Calows Bus Service**

St Marys 6372 2476,

St Helens 6376 2161

## **Butcher IGA St Marys**

6372 2274

## **Cable Locations**

Michael Smith 0408 059 521

## **Cartage Contractors**

C & D Excavations 6372 2033

Trotter's Contracting 6372 2107

## **Chinese Groceries & Medi-**

**cines** Ping's Place St Marys

0411 186 573

## **Computer repairs Ray Walker**

0401 497 199

## **Confectionary**

Mt Elephant Fudge 6472 2787

## **Dentist St Helens 6376 2359**

## **Designer 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 Davenport St Marys

0419 113 836

## **Hairdressers**

Beachcombers Hair & Beauty

St Helens 6376 1988

Shear Scissors St Marys

0422 073 020

## **Health Foods Purple Possum**

St Marys 6372 2655

## **Horticulturist Peter Dane**

6372 2686

## **Hospitals**

St Helens 6387 5570

St Marys 6387 5555

## **Insurance Brokers**

McKillop Insurance

0400 984 595

## **Marriage Celebrants**

Melanie Norton 0409 838 816

## **Mechanics**

Michael Aulich 6372 2991

Grant Faulkner 6372 2335

## **Newsagencies**

Scamander 6372 5275

St Marys 6372 2143

St Helens 6376 1182

## **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 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**

Coach House St Marys

6372 2529

The Hay Shed Café Fingal

6374 2171

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

## **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 St Helens

6376 1755

## **Telephone, Data and TV**

John Heron 6372 2402

Josh Rumbel 0408 388 322

## **Surveyors East Coast Survey-**

**ing** 6376 1972

## **Vets East Coast Vet Clinic**

6376 1577

North East Vet Clinic 6321 8999

For inclusions / amendments  
please call 0403 430 452

## Mt Elephant and Beyond Book Group Review

**The Shadow of the Wind** by Spanish writer Carlos Ruiz Zafon was our book for this month. Translated from the Spanish by the daughter of Robert Graves this is a massive read, not only because of its length - over 500 pages - but also because of the maze-like interweaving between generations of characters and their often parallel stories.

A best seller in Spain and Europe, it could be described as a Gothic novel, set in Barcelona and covering the era between 1900 and 1955. Most of the current action takes place in the decade post World War Two in the narrow dark streets of Barcelona, in deserted and crumbling mansions and involves violence, overwhelming passion and revenge.

The central character and narrator is Daniel whose mother died when he was 4 and who was raised by his bookseller father. On his 11th birthday he is taken by his father to the secret Cemetery of Forgotten Books where "books no longer remembered by anyone....live forever, waiting for the day when they will reach a new reader's hands". Daniel is allowed to choose one book and he selects *The Shadow of the Wind* by a Julian Carax. This is a fateful choice, as it turns out, and will affect the course of his life because this book comes with a long and dangerous history. Daniel is consumed by the story of a man's quest to discover his lost youth and it reminds him of 'one of those Russian dolls that contain innumerable diminishing replicas of itself inside'. And so begins an at times macabre, dark story. "Few things leave a deeper mark on a reader than the first book that finds its way into his heart" writes Daniel.

Someone is finding every last copy of the novels written by this unsuccessful writer and burning it. Could it be the evil police inspector, Fumero, who bears a lifelong grudge against their author, Carax? He is just one of the extraordinary and sometimes overdrawn characters who inhabit these pages.

As Daniel grows up he is mentored by Fermin, a survivor of the Spanish Civil War and all its horrors.

This terrible war has cast a dark shadow over the lives of many of the characters. It is the personal cruelties and violence which many of the characters suffered during that time that the novel focuses on the wider political issues of Spain do not concern us here. The city of Barcelona takes on the role of a character in a sense as we are led by Daniel through its streets and buildings. Poignantly we read of streets like Las Ramblas just as the terrorist

attack was happening in that city and now we hear of Catalonia wanting independence from Spain. Strange how sometimes one's reading connects with current events ...

Verging on the surreal or magic realism at times, the novel has a heightened tone. All is finally logically explained by the somewhat artificial inclusion of a diary entry by one of the characters, who has an overview of all the events of the past.

It could be considered a 'coming of age' novel as Daniel grows up and falls under the spell of three women - Clara, a blind, beautiful young woman ten years older than Daniel, the tragic and mysterious Nuria Monfort, a much older woman and finally Bea, the haughty sister of his best friend, Tomas.

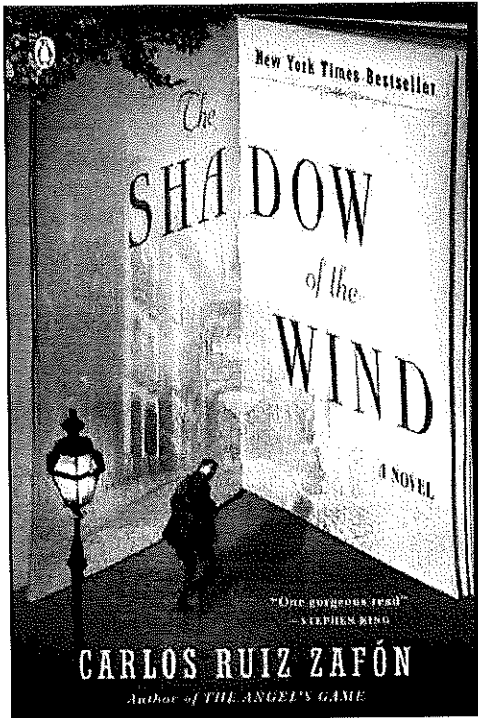
The novel also has something to say about the power of reading to transform lives and teach us about life. With its mixture of the heightened elements of passion, obsession, adventure, forbidden love, vengeance and fate this is certainly a story to become immersed in in the way that one might in a labyrinth.

Zafon's ability to control the multiple threads of his story is to be admired

*Pam Bretz, St Marys*

When Sweden play against Denmark, the scoreboard will display SWE-DEN  
The un-used letters remain DEN-MARK

**Answers to Word Grid on p16,  
shampoo, seaweed, sausage, spanner,  
speaker, syringe, snorkel.**



*1920 Bullock teams in the Florentine Valley*



# The BETOOTA ADVOCATE

## Local Machine Smashes Entire Load Of Groceries In One Hit

CLANCY OVERELL | Editor

Local woman, Deborah Farrah (45) has stunned neighbours today by transporting \$200 worth of groceries from the boot of her Holden Commodore to the kitchen bench in one load.

The single mother of three says it's no big deal, and sometimes you just need to harden up.

"Yeah, the fingers were hurting by the time I got to the steps, but I had to get dinner ready for when the boys got home from footy training, so I wasn't gonna stuff around with two or three loads."

Next-door neighbour, Andrew

Hudson (38) says he has never seen anything like it.

"I'm pretty sure she had a whole leg of lamb in one of those bags. Not to mention a couple of 1.25 litre bottles of Coke."

"Good on her. She puts me to shame."

"I'm flat out with a carton of grog and a bag of chips. That's a fortnight's worth of groceries right there and she just smashed it."

Between working two jobs and playing the role of a full time homemaker, 'Debbie' says there is "no time for f\*\*\*\*\*g around" – especially when she's got to wash fifteen jerseys for the Betoota Dol-

phins Under 12's and get them on the line to dry overnight.

"It's just how it goes. I'm a lifter, not a leaner. I've definitely moved more weight than that before."

"I'm not made of f\*\*\*\*\*n' glass, f\*\*k ya."



## Tasmania Planting Guide for September

Potatoes, Jerusalem artichokes, globe artichokes, chives, rhubarb divisions, turnips, swede, mustard greens, broad beans, peas, lettuce, carrot, beetroots, kohlrabi, broccoli, spinach and small salad radishes.

Start seedlings of tomato, capsicum, zucchini, pumpkin, sweetcorn, cucumber, okra, melons and eggplant indoors.

Ph 6234 5566 / [info@sustainablelivingtasmania.org.au](mailto:info@sustainablelivingtasmania.org.au) [www.sustainablelivingtasmania.org.au](http://www.sustainablelivingtasmania.org.au)



## LJ Hooker



**Kate Walsh**

Your local area specialist in St Marys and Scamander. For an obligation free market appraisal please contact Kate Walsh from LJ Hooker St Helens.

Ph: (03) 6376 2300

Mobile: 0419 683 904

Email: [kwash.sthelens@llh.com.au](mailto:kwash.sthelens@llh.com.au)

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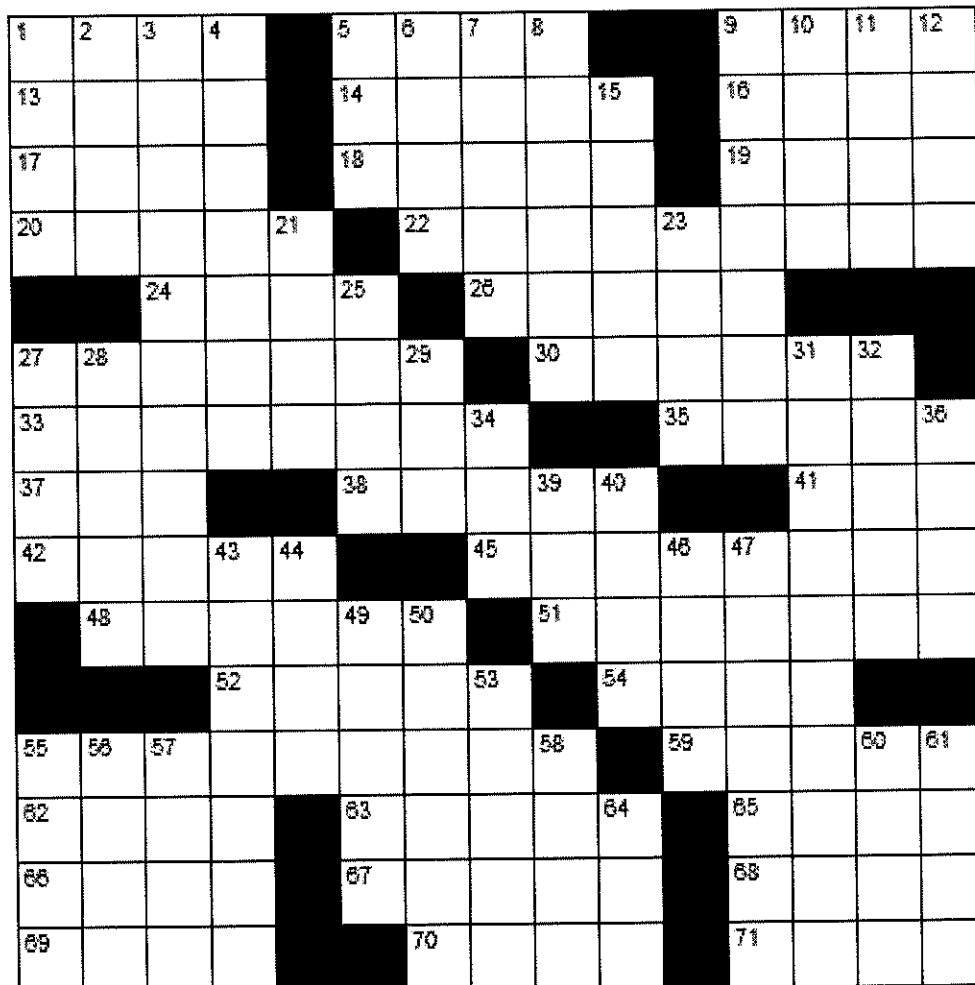
Web <https://raywalker.it>



## ACROSS

1. Seats oneself
5. Cartoon bear
9. Mongolian desert
13. Lawn mower brand
14. Wash out with a solvent
16. Black, in poetry
17. "Smallest" particle
18. Make fun of
19. Catch a fish
20. Measuring instruments
22. Supervisors
24. Plenty
26. Extraterrestrial
27. Strong and proud
30. African foxlike animal
33. Issuing commands
35. Fish broth
37. Purchase
38. Russian emperors
41. Atlantic food fish
42. Toward the outside
45. Edge of an area
48. Panic
51. A four-sided spinning top
52. Old photo color
54. Terror
55. Unreadable
59. Go by car
62. Midday
63. Unsophisticated
65. Holly
66. Central points
67. Santa's helpers
68. If not
69. Ear-related
70. Lairs
71. Collections

**Solution on p27**



## DOWN

1. Male deer
2. Greek letter
3. Cave dweller
4. Any unspecified person
5. Nevertheless
6. Margarine
7. Exotic jelly flavor
8. Reflexive form of "It"
9. Tartarus
10. Double-reed woodwind
11. Rude person
12. Writing fluids
15. Creepy
21. Blend
23. Transmit
25. Hissy fit
27. Part of the outer ear
28. Spew
29. N N N N
31. Squadron
32. Task
34. Chitchat
36. Bucolic
39. 16 1/2 feet
40. Ride the waves
43. Insecticide
44. Remnant
46. Require
47. Personal journals
49. Express a thought
50. Humorously vulgar
53. Not dead
55. Data
56. Plunder
57. Hubs
58. Not odd
60. Sleeveless garment
61. Former lovers
64. S

## The Antenna Guy

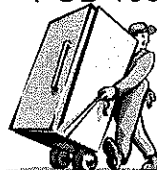
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Clothes dryer blows cold air?*

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**6372 5307 / 0428 761 811**

**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**

(1 - 1:30pm Reception closed)

**1:30 - 3:00pm**

(3 - 3:30pm Reception closed)

**3 - 4:30pm**

**Doctors' Roster**

**Dr C Latt**

21/9/17 - 6/10/17

**Dr K Nash-Rawnsley**

26/9, 29/9, 3/10 & 6/10 2017

**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 are 8.30 - 11am and 2 - 4pm, Monday-Friday

**Non-attendance of  
Doctors' 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, doctors' appointments need to be booked at least **two weeks in advance**.

Waiting periods can apply.

**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.

**A.H. contact numbers**

GP Assist 1300 780 011

Ambulance or 1800 008 008

Emergency 000

Lifeline - Saving lives, crisis support and suicide prevention 13 11 14

St Marys Community Health Centre - please ring before presenting after hours 6387 5555

**St Marys Medical Practice reminder**

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

Driving licence renewals	Insurance medicals
Requested medical reports	Harness medicals
	Pre-employment checks

These are NOT covered by Medicare, and may incur costs. Please discuss this with reception when booking. If you have any concerns, please contact us and we will try and address them

**Infection Prevention**

If you are presenting at the Health Centre with flu like symptoms please use the **face masks** and **hand sanitisers gel for your hands** which is available at the Reception area.

These simple steps will help to prevent the infection spreading to others.

If you are non compliant you may be asked to wait in another area. Thank you

**SMCHC Teaching Site**

We are a **UTAS teaching site**.

We regularly host students from various health faculties, who attend our site to participate in training placement. If you are attending this practice and would prefer the students do not sit in on your consultation, please inform reception prior to your appointment.

These placements are very important for the students, so your cooperation is greatly appreciated.

INR tests require a 5 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 21	<b>Social Worker Shan Williams</b> Ph 6387 5555 for appts
September 22	<b>Social Worker Shan Williams</b> Ph 6387 5555 for appts
September 25	<b>Occupational Therapist Danyelle Briggs</b> by referral from your Health Professional <b>Max Employment 8:30am-5pm downstairs</b>
September 26	<b>Max Employment 8:30am-5pm downstairs</b> <b>Child Health Session</b> with Mary Mumford Tuesday fortnights, by appt only. Ph 0428 136 381
September 27	<b>Day Centre</b> Ph Hayley Gilbert on 6387 5555 for information on the group. <b>Rae &amp; Partners Lawyers 9:30am-10:30am</b> Consult fortnightly at the SMCHC. Ph 6337 5555 for appointments.
September 28	<b>Social Worker Shan Williams</b> Ph 6387 5555 for appts <b>2nd Bite Delivery</b>
September 29	<b>Social Worker Shan Williams</b> Ph 6387 5555 for appts
October 2	<b>Occupational Therapist Danyelle Briggs</b> by referral from your Health Professional <b>Hospital Auxiliary Meeting 2pm</b> in the Family Room.
October 4	<b>Social Worker Shan Williams</b> Ph 6387 5555 for appts <b>TAZREACH Antenatal Clinic</b> with Katie. Contact GP for appts <b>Day Centre</b> Ph Hayley Gilbert on 6387 5555 for information on the group.
October 5	<b>Social Worker Shan Williams</b> Ph 6387 5555 for appts <b>2nd Bite Delivery</b>
October 6	<b>Social Worker Shan Williams</b> Ph 6387 5555 for appts

**Community Transport- St Marys**  
For transport bookings  
Phone: 6372 4415

#### 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.

#### What is Influenza?

Influenza (flu) is an infection of the nose, throat and lungs caused by the flu virus. It is usually a more severe illness than the 'common cold'.

#### How is it diagnosed?

Flu may be diagnosed based on your symptoms and can be confirmed by testing a sample of fluid taken from the back of the nose and throat or a blood test.

#### How is it prevented?

**Cover your face** with your elbow or a tissue when you cough or sneeze, and throw used tissues in a rubbish bin

**Wash your hands** thoroughly and often. Wash hands for at least 10 seconds, especially after coughing, sneezing or blowing your nose, or use an alcohol-based hand rub.

**Stay at home** until you're well. Wait at least 24 hours after your fever resolves so that you are unlikely to infect other people. Keep sick children away from school and other activities.

**Call ahead to see a doctor** This will allow the medical service to plan your visit to prevent the infection spreading to others.

#### How is it treated?

Symptoms can be managed by **rest**. **Paracetamol** can help lower your fever and relieve your headache and muscle aches

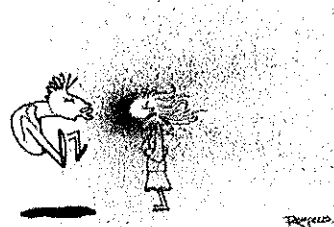
#### Follow instructions carefully

**Antiviral medications** can reduce the severity and the duration of influenza but need to be taken within 48 hours of the first symptoms.

These medicines need to be prescribed by a doctor, and are usually considered for **people at higher risk of complications** from flu infection.

**Severe or worsening flu symptoms should be assessed by a doctor**

Having a **flu vaccine each year** is the best way to prevent flu. If you get sick, **don't share it!**



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

#### The Annual General Meeting St Marys Hospital Auxiliary meeting change.

Due to the number of members who will be absent on October 2, we wish to notify that the meeting will now be scheduled for October 9 in lieu of the 2nd.

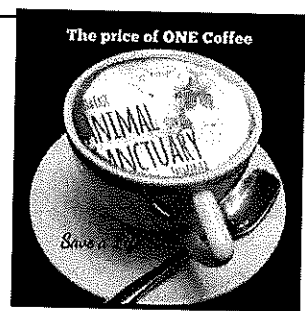
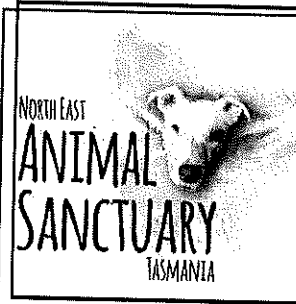
**Kevin Faulkner, Secretary**

152 words of 3 letters or more were found in  
**AMBULATION?**



ablation	ban	lit	numb
ablution	banal	loam	nut
aboulia	bat	loan	oat
about	baton	lob	obtain
abulia	bin	loin	oil
abut	biota	lot	oilman
ail	bit	loti	omit
aim	blat	lout	omni
alb	bloat	mail	out
albino	blot	main	tab
album	blunt	malt	tabu
albumin	boa	man	tail
alto	boat	manat	tala
alum	boatman	mania	talon
alumina	boil	manila	tam
alumna	bolt	manual	tan
alumni	bout	mat	tau
ambient	built	maul	tin
ambit	bum	mbila	toil
ambo	bun	mil	tomb
ambulant	bunt	mint	ton
ambula-	but	moan	tonal
tion	butanol	moat	tub
amino	into	mob	tuba
amount	inula	molt	tubal
anal	ion	moulin	tuna
animal	iota	moult	ulna
anotia	lab	mount	umbo
ant	labium	muon	unbolt
atom	lain	nab	unit
atonal	lam	nabal	unlit
atonia	lamb	nail	until
aunt	lamina	natal	unto
auto	latino	naut	
baa	limb	nib	
bail	limbo	nil	
bailout	limn	nit	
bait	limo	nob	
balm	lint	not	
bam	lion	nub	

How many words of three letters or more can you find in  
**ASPIRATION?**



We are presently taking expressions of interest on **Max** (whilst we get to know him and get his vet work up to date). He is 7 months old and a happy boy who will be a small / medium sized dog once he has finished growing. He gets along well with other dogs but will require a secure yard and fencing. Max has some working breed in his background, and will need a home where he gets regular exercise and mental stimulation, so he doesn't get bored and destructive



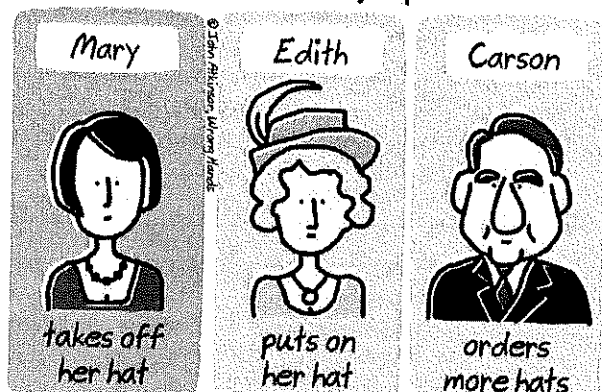
**Mary Kate**, 10 months old. All vet work up to date. Mary is shy at first and doesn't really present well to strangers, but she warms up and gains confidence given a short time.

**ADOPT, DON'T SHOP**

0457 081 533

[michelle.jesson@bigpond.com](mailto:michelle.jesson@bigpond.com)

**Downton Abbey spoilers**



[wronghands1.wordpress.com](http://wronghands1.wordpress.com)

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## Tasmania Way Back When

<https://www.facebook.com/tastime/photos/>



### Lucky Grills - Actor, comedian and TV personality

Born in Hobart, Tasmania, Grills was best known for portraying the title role of unconventional detective "Bluey" Hills in the television series Bluey, in 1976.

Prior to Bluey, he worked as a stand up comic in the Sydney clubs. He would change his material to suit his audience, stating: "Some people know me as the dirtiest comic in the business".

He was awarded the Australian Centenary Medal in the 2001 Queen's New Years Honours List for his services to the entertainment industry and the arts. He was also awarded the O.A.M. (Order of Australia Medal) in the 2001 Queen's Birthday Honours List for his services to the entertainment industry through charitable organizations.

Grills died in his sleep in Queensland. On the day prior to his death he was still working and had made two public appearances back to back.

Prior to Bluey, he played other parts in Crawford's shows but, "oddly enough, despite my bulk and appearance, never once have I been asked to play a heavy".

It was a guest role in one of those shows - Matlock Police - that brought him to the attention of producers for the role of Bluey. He was sent a script page, read it and duly went to the audition. Within ten days he knew he had the part.

He was reintroduced to a younger generation in a recurring segment of the early 90s comedy series The Late Show called Bargearse, a humorous re-dub of Bluey.

Grills also made three in-person appearances on the show, including singing as a member of a Crosby, Stills, Nash & Young parody band and in character as Bluey protesting the last episode of Bargearse.

St Marys  
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Cassie



**Pharmacist instore Monday to Friday**

"Darwin's theory of evolution was a concept of such stunning simplicity but it gave rise, naturally, to all of the infinite and baffling complexity of life.

The awe it inspired in me made the awe that people talk about in respect of religious experience seem, frankly, silly beside it. I'd take the awe of understanding over the awe of ignorance any day."

— Douglas Adams, The Salmon of Doubt

$$1 \times 8 + 1 = 9$$

$$12 \times 8 + 2 = 98$$

$$123 \times 8 + 3 = 987$$

$$1234 \times 8 + 4 = 9876$$

$$12345 \times 8 + 5 = 98765$$

$$123456 \times 8 + 6 = 987654$$

$$1234567 \times 8 + 7 = 9876543$$

$$12345678 \times 8 + 8 = 98765432$$

$$123456789 \times 8 + 9 = 987654321$$



## St Marys IGA Supermarket

38 Main Street 6372 2240

Butcher instore weekdays 8am - 2.30pm

6372 2274

Monday - Friday 7.30am - 7pm

Saturday 8am - 7pm Sunday 9am - 7pm



<i>Butchery specials September 20 - 26</i>		<i>p/kg</i>	<i>Butchery specials September 27 - October 3</i>		<i>p/kg</i>
Corned Silverside		8.99	Nichols 6 Legged Chicken		4.99
Topside Beef Roast		13.99	Ingham Chicken Breast Fillets		9.99
Ingham Chicken Drumsticks		3.49	Lamb BBQ Chops		12.99
Short Loin Lamb Chops		18.99	Boneless Pork Leg Roast		11.99
Scotch Fillet Steak		29.99	Porterhouse Steak		24.99

### *Two week specials September 20 - October 3*

Pacific West Flathead Fillets 360g	5.95	save 4.90	Cheezels or Chickadees Box 110g	1.00	save 1.20
Miracle Margarine Spread 1kg	2.50	save 0.99	Multix Cling Wrap 33cm x 60m	2.00	save 1.70
Earths Choice Dish Wash Concentrate 500ml	1.95	save 1.04	Sunsilk Shampoo or Conditioner 200ml	2.39	save 2.40
Arnotts Shapes 160-190g	2.00	save 1.00	Golden Circle Cordial Syrup 2L	2.95	save 1.40
Cold Power Laundry Liquid 2L or Powder 2kg	9.95	save 7.04	Doritos Corn Chips or Smiths Chips 150-175g	1.64	save 1.65
Cadbury Dark Milk Chocolate 160-170g	3.00	save 2.00			

## St Marys Sports Centre Inc. Gray Road St Marys

**General news** Memberships and affiliations now due. Open mike Jam Session Sunday 24, 1pm onwards. Free entry, food available, cheap prices.

**Chad Morgan** posters are up, purchase tickets at the Centre \$20 each, show is on December 17 at 3pm.

**Golf news** Last Saturday J Mac 37, Steve N=M 40, Bluey 41, Steve 2/47  
AFL Grand Final Golf Saturday September 30, 11 am start. See notice on p8.

Friday 5pm onwards. Happy Hour 6.30 - 7.30pm  
Raffle, Lucky Members Draw, Pick a Pen, Wheel Spin! Cheap Prices. Saturday 1 - 6pm and can go later. Sunday 1pm onwards.

Open last Thursday of each month 4pm onwards.

**Bowls news** Bowls practice every Friday at 5pm until Bowls start. Then it will be Thursday as usual. Good attendance at our practice last Friday, great to see old and new players joining in and having a friendly game on our near perfect green. The list for teams for Clive Berwick Memorial Day is already up. Note: the first 16 teams are accepted. The Nan Stewart Memorial Day Sunday October 1, starts 12 noon. Please bring a plate of goodies to share. Enter at the Centre, prizes given.

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

Avoca Post Office	Holder Bros Fingal
Coach House Restaurant	Mathinna Post Office
St Marys	Scamander S/market
The Farm Shed, Bicheno	St Marys IGA
Hilly's IGA St Helens	St Marys Newsagency
Hilly's IGA St Marys	

### Shower Thoughts:

When Sean Bean actually dies, his death will be overshadowed by jokes about how he always dies.

Printed and published by  
The Valley and East Coast  
Voice Inc.  
POB 230  
St Marys Tasmania 7215.

