



THE VALLEY AND EAST COAST VOICE INC.

Established 1968

50.13 October 19, 2017

Deadline for 50.14 is 5pm October 30, 2017



Tasmanian MU flag held by Tasmanian Diocesan President Mrs Jenny Archer showing the Cullenswood Church, Mrs. Julie Llewellyn, Mrs. Lynne Tembey, World President MU, Mrs. Kath Francis, Mrs. Carole Withers, Rev. Anne Kennedy from Victoria and Mrs. Marie Alexander.

125 years is a long time

Four ladies from the Break O'Day Anglicans travelled to the **Australian Mothers Union Conference** held at the Tram Sheds at Invermay on September 16.

Delegates from all over Australia, with some international guests as well, gathered for three days.

A highlight of the day was hearing the World President, Mrs Temby from the UK, speak to the delegates.

On the Saturday they acknowledged the beginning of Mothers Union here in Tasmania. Of course we were delighted as that meant a lot to us, as Cullenswood Rectory was the venue for those initial meetings with Mrs L'Oste in 1892. Mrs Kath Francis, from Beaumaris, whose grandmother was a MU member, was invited to cut the celebration birthday cake. Her name was Mrs Cordelia Annie Williams. We are still looking for the list of those original families whose mothers and grandmothers were part of that group that met on the front verandah at the Cullenswood Rectory.

Please contact 6376 1638 if you can help.

Carole Withers, St Helens
More photos on p4

The Melbourne Cup

The St Marys Sports
Centre Inc.

Presents

The Melbourne Cup Luncheon
at the Centre on

Tuesday November 7,
commencing 12 noon

There will be prizes for the
Best Dressed Female, the
Best Dressed Male and the Best Hat

Cost \$15 per person.

This includes your first cocktail and a plate
of race day fare - Horse Doovers,
Canopies and such.

Please book in advance as we are
limited to seat 50, and first in sits down.

Bookings can be made with St Marys IGA on
6372 2240, Jacqui on 0439 978 156 and at the
Centre on 6372 2177

*Come along and share a great afternoon tea,
great company and maybe top the day off by
winning a prize!*

Hospital Auxiliary change of meeting date.

Due to the advertised date of the November 6 being a
public holiday it is necessary to change the meeting date
to **Monday October 30, 2017.**

Apologies for any inconvenience.

Kevin Faulkner, St Marys. 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 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

October 19	Ruth Aulich
20	Karl Balzer
23	Valmai Spencer
24	Pam Bretz
25	Freya Wynter
26	Judy Duckett
27	Lynne Fitzgerald
30	Valmai Spencer
31	Pam Bretz
November 1	Kerry Veldrum

Community Notices

Fingal Valley Coal Shovelling Festival Committee
AGM will be held on October 27, 2017 at 6pm in the Fingal Valley Neighbourhood House. All Welcome

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*

I am looking for any people who remember, or knew well, the Ringarooma Kidds - Russell Kidd who lived at "Glen Ayr" Ringarooma; Jack Kidd who lived at "Waratah," Ringarooma and Alex Kidd who lived at "Glen Ayr" and "Waratah," Ringarooma. Alex died in 1946 aged 96, and Russell died in 1972 and Jack in 1980. Contact: Gage Kidd, 29 Benvenue Rd, St Leonards, Tasmania, 7250. Or golden_cameo@hotmail.com

Fingal Valley Neighbourhood House Inc.

Talbot St Fingal

6374 2344 / admin@fvnh.org.au



Facebook 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.

Play Centre Is now operating on Mondays from 9.30am to 2.30pm for child/ren between 3 - 5 years old. We are still taking enrolments for 2017.

Morning Tea Every Wednesday morning at 10am. Come in and have a cuppa, snack and chat.

Nils With support of the Aurora Energy and State Government, Nils will offer subsidies and loans for the purchase of selected energy efficient items. Be quick as funds are limited. Contact the Office for more information or book for an appointment with our trained staff.

Wedding Dress Parade October 21 at the FVNH. Tickets are on sale from the office, \$10/p. Raffle tickets are also on sale at local businesses.

Craft Day Mondays 10am to 2pm. Bring your craft and ideas, enjoy the company of others. Every 2nd Monday. Next Craft Day is on October 30.

Op Shop Moved into library. Call in and have a look at the new space and pick up a bargain.

Library This is now in the FVNH.

Community Car/Bus Car available to book for transport to medical and other appointments. Bus available for group outings. Call the office for more information.

Deloraine Craft Fair Saturday November 4, leave FVNH 8am, depart Deloraine 4pm. Bus cost: \$10pp. RSVP. by Friday October 31. There is an entry fee to Craft Fair.

Contact the FVNH on 6374 2344
or call into Office for more information.
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

Nutrition consultations will now be available at the St Marys Community Health Centre one day a month.
For more information or to make a booking, please call 0418 523 689

The next **Avoca Museum & Information Centre** meeting is 4pm November 7, **Melbourne Cup Day**. Put the date in your diary, wear a hat, enter the Special AMIC Sweep and come along to enjoy afternoon tea 'After the Cup'

Letter to the Editor

Dear Editor,

As a relatively new St Marys resident of 18 months, and our home bordering the rivulet having been affected by three different flood 'events' in that time, I've been less than impressed with Break O'Day Council's lax approach to mitigation and protection of local residents' property stemming from these events, including this current research project. No criticism of the Water Technology team employed by BODC using the state government grant money, but they just weren't needed to solve this problem.

Whilst the stock 'we're on your side and want to hear your thoughts, discuss your ideas on solutions' has been trotted out by BODC, there is no clear physical plan for rectification and effective mitigation on what is blindingly obvious, particularly to veteran St Marys residents (whose opinions and experience have far more gravitas with me than expensive drawn-out research projects); lean out the trees, stumps and gravel that have been deposited unnaturally via forestry influence and council neglect over the last 40 years.

The last serious clean-up was in the 1970s!

What is also disappointing is that BODC appears to have succumbed on any future flood mitigation plans to include their belief that St Marys is actually flood-prone. Even the old chestnut of global warming was mentioned as a possible contributing factor.

Its really rather simple - clean it out, deepen the channel through town and then maintain a works program to keep it clear.

A lot of effective work with an excavator could have already occurred if BODC had genuinely listened. Residents along the river have lost plenty of real estate that we still pay rates for and now through this neglect, some are struggling to get flood insurance in a town that shouldn't flood.

Its time BODC recognised that a healthy river is a healthy town. And most times the simplest solutions are the right ones.

Regards,

Terry Knight, St Marys

For Sale

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



Mt Elephant Pancakes
Are hosting a fundraising dinner for the
Christmas Parade Committee
on November 18 at 6.30pm
Tickets are \$25 p/p, and include
2 pancakes of your choice
BYO alcohol and all drinks
Bookings are essential
Please contact Bree Sweet (a member of the
Christmas Parade Committee) on 0438 597 559

Australian Mothers Union Conference continued from front page



*Cullenswood MU banner which hangs in the
Holy Trinity Anglican Church, St Marys.
It is a copy of the original banner.*



*A close-up of the Tasmanian (reverse side) banner
for MU Cullenswood Church.*

On this day - October 19, 1872.

Hill End, originally known as Bald Hill, is a gold-mining ghost town about 66km from Mudgee in the New South Wales central-west.
Alluvial gold was discovered at Hill End in 1851 and within a month, there were 150 miners working the area.
The Hill End goldfield was one of the richest gold mining areas in NSW, and the first reef mining area in Australia.
The Beyers and Holtermann nugget, the largest single piece of reef gold ever discovered in the world, was found by workers at the Star of Hope Gold Mining Co on Hawkins Hill, on 19 October 1872.
It weighed about 286kg, measured 150cm by 66cm, and was worth at least £12,000 (\$20,245.06 current Australian dollars) at the time.



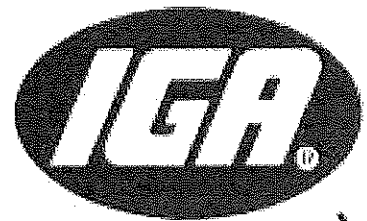
Hill End, 2014



*Bernhardt Holtermann with the 630lb
(285.7kg) rock, containing more than
75% gold*

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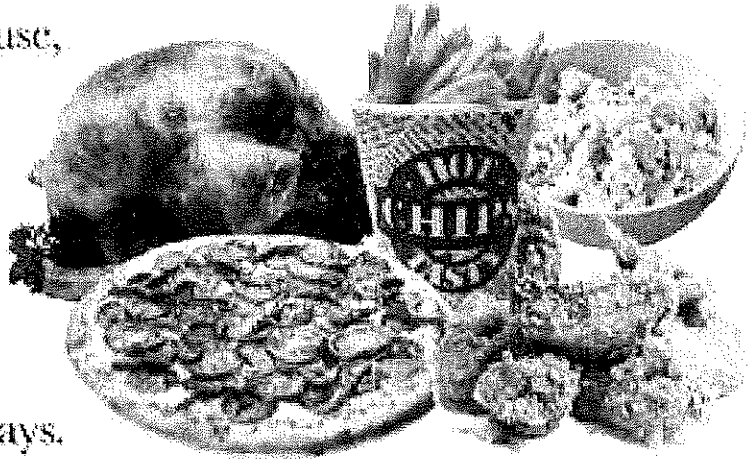
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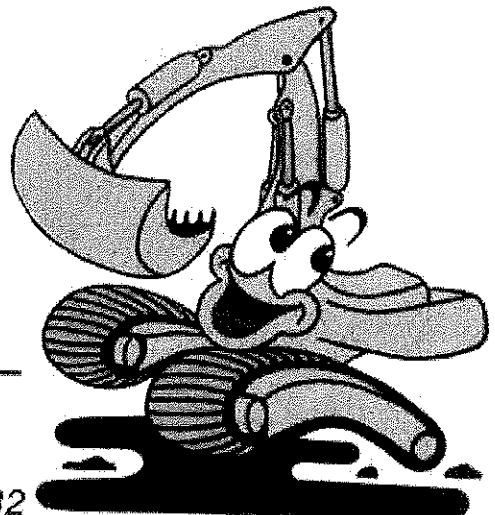
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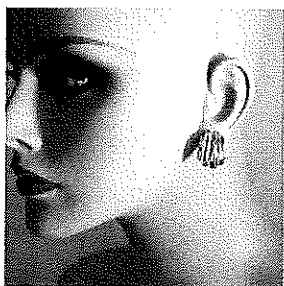
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and solution
with qualified
staff

Bec, Sally and
Cassie



Pharmacist instore Monday to Friday

Suncoast Singers invite you to a **Singing Workshop**

Director
Kathleen Ives-Heap

\$25 for the whole weekend
or \$15 for one day session
Lunch is provided

Neighbourhood House Bungalow

21st and 22nd October 2017

Sat 9:30am - 4:30pm Sun 12:30pm - 5:30pm

More information phone Mary-Anne 6376 2069
BOOKINGS ARE ESSENTIAL

SPRING GARAGE SALE FALMOUTH

SAT & SUN 4 - 5 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**

The St Marys Hotel

'The most family friendly hotel in the Fingal Valley' is pleased to introduce their patrons'

Social Club

**Membership is \$20 the first year
and \$10 after that**

What you get:

- Membership Card plus Loyalty Card
This entitles you to one of your usual drinks free, once your card has been punched 10 times. (Doesn't include Happy Hour drinks)
- 10% off your meal (please request when ordering)
- Your kids get a free loyalty card for their soft drink (if requested)
- A chance to win the monthly or quarterly members' draw (a mystery something from the Bottle Shop for your monthly prize, or \$100 credit for your quarterly prize)
- Special deals on Social Club events throughout the year

New members always welcome!

The Say, by Cagerattler

Columbine, Virginia Tech, Orlando, the incredibly distressing Sandy Hook School and of course the most recent Mandalay Hotel Gun massacres are beyond belief.

I often wonder why I get so upset by this incredulous situation each time it happens, but maybe it's because I have some dear friends living in the USA who are keen to see some small steps toward Federal laws to help prevent some of these horrific attacks.

Don't get me wrong, I have absolutely no problem with people owning and using guns.

They are very necessary and needed for numerous reasons.

What I do get upset by in the US is that the conditions of ownership have no consistency, no proper State to State cross-referencing and no nationwide data base exists.

Background checks of the owner are not transferable across the country as I understand it, because State rights have precedence, not Federal ones.

That's plain crazy. Certain places like Walmart can provide firearms and ammunition, and gun shop owners in numerous States aren't bound to sales of items in any uniform way.

Certain US States have open carry

allowances, but that pales into insignificance compared to the availability of AR15 or similar outwardly military assault weapons and ammo, that allows 59 deaths and well over 500 injured in a very short time.

It's impossible to understand or justify.

In the USA this year so far there has been many thousands of gun related deaths, including countless multiple shootings. To put that into perspective, if that many people were killed in road accidents or some form of sickness in nine months, there would be a massive outcry to stop or deal with it.

The gun culture, the number of politicians who are under the foot of the gun lobbyists (some tied up with the NRA) are running scared of them and their financial clout, would be a compelling reason why not much sane rational reform happens in America.

And then there's the much lauded and quoted Second Amendment that is used which is totally out of context to when it was written a very long time ago. Read it sometime and you'll struggle to see how it fits modern society with the weaponry that's come since then.

We constantly hear stuff like "It's too

soon to determine what happened" or "We won't make any knee jerk decisions".

Really, are they for real when they trot that out each time. How much evidence do they need?

I thought at the time of the Sandy Hook Massacre, when 20 tiny little innocent 6-7 year olds and six incredibly brave staff needlessly died, that this might be the catalyst for change.

NO. Several large shootings since, including this Florida one, and still nothing much on the radar to show for all these lost lives.

The cold calculating gun lobby officialdom, with vested financial interests, market gun laws as disarmament not gun control. That's how they do it.

The optimist in me hopes for the first steps to sensible gun ownership laws in America one day soon, but the pessimist and realist in me thinks that this is just as unlikely it will ever happen.

America, you need to get real and quick.

What do you think?

Rod McGiveron, St Marys

Harris Funerals St Helens, Bicheno & Fingal Valley

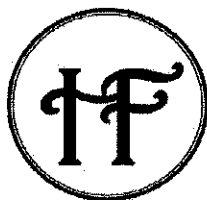
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caltexstmarys@bigpond.com

The St Marys Salvation Army would like to give HEARTFELT THANKS to Mr and Mrs Nick, and Miranda Ackers from the Launceston Business, Technical Assessing which recently granted the children's Ministry JAM an extremely generous gift of funds.

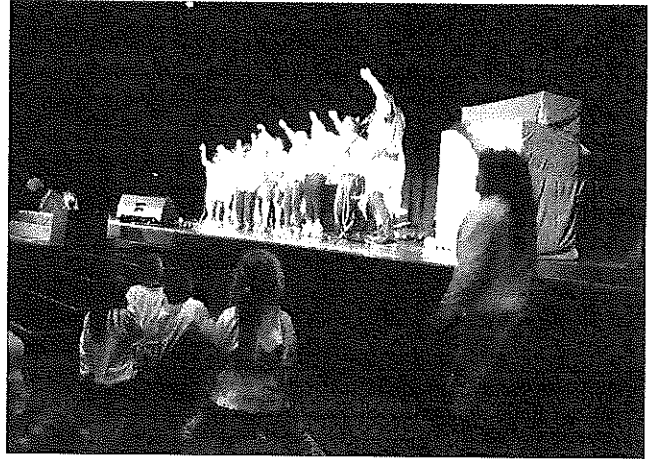
This enabled us to book a bus and feed a large group of JAMmers and the team of helpers, when we travelled to Launceston in order to once again be thrilled by the wonderful COLIN BUCHANAN in his live concert at the Door of Hope. A fantastic time was enjoyed by all - the highlight being that eight of our children were invited to join Colin on the stage and sing and dance with him.

The excitement for all the children and adults was palpable. We say a tender 'GOD BLESS YOU' to both Nick and Miranda and the company, Technical Assessing. Such kindness has blessed us, each one.

Envoy Melanie Norton B.Ed., TTC., Grad. Dip. Min.
Corps Officer | St. Marys Corps. Chaplain | Employment Plus

23A Main Street, St Marys, Tasmania 7215

0409 838 816 / melanie.norton@aus.salvationarmy.org



On stage with Colin, proudly wearing our JAM shirts



Our wonderful group of JAMmers, parents and helpers



Waiting excitedly in line to enter the auditorium

East Coast Vet Clinic

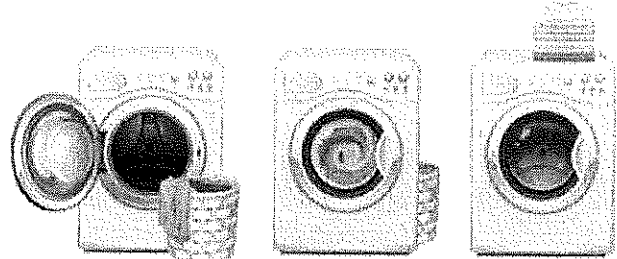
Dr Jeff Parsons regularly visits
the Fingal Valley
for all your veterinary needs.



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

CLEAN CRACK LAUNDROMAT

32 Main Street St Marys



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



How do you contact us?

Email: admin@hub4health.org.au

Web: www.hub4health.org.au

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



Moving on Up

Hub4Health recently held their AGM. I knew that this was going to be a good year for Hub4Health when I sat around the table with our newly appointed Board: John Brown - Treasurer, Rachel Bhardwaj - Secretary, Rod Hunt - Public Officer, and ordinary Board members Dr. Cyril Latt, Mary Targett and Amanda Hughes. Hannah Rubenach-Quinn was elected to the Board, but absent due to the very recent birth of her baby Victoria. Hub4Health persists in strengthening its position in the community, following the bumpy ride earlier in the year. We have a new Board of Management who are willing and able to work to obtain grant funding and to drive this organisation forward. We are applying for grants, wherever a particular opportunity presents, that fits with our mission statement. Hub4Health continues to support the provision of the necessary resources for optimal health and wellbeing in the Break O'Day community. We do this in part through the provision of our outreach office in St Marys, through our community based partnerships and also through our quarterly networking meetings. The Active4Life Community Gym recently hit the 200 membership mark, and what an achievement that is considering the short life of the gym. Active4Life classes are being provided at St Helens in the Tennis Club rooms and currently there are three fully booked classes plus we continue to take bookings for other self funded classes. Yoga and Tai-Chi push on with a strong following and Building Blocks goes from strength to strength. You will often see Tanya in the Building Blocks van moving around the municipality, and beyond, working with young children and families. These are exciting days for Hub4Health, as we build from this new base of being a self funded community based health organisation. As Chair of the Board, I am looking forward to this coming year with anticipation and enthusiasm. I thank the new Board, our staff and our volunteers for their dedication to this fantastic organisation.

Janet Drummond, Chair H4H Board of Management

Scamander River Bream Fishing Competition

Saturday 21st October 2017
Fishing from 5am – 1pm for 1:30
Weigh in at Scamander Sporting Complex



Kids \$10
Adult \$20
Family \$45

To be Entered and Paid by 16th October
Entry forms available at Coach House
Restaurant St Marys, Hub 4 Health St Helens
and Scamander Sports Complex



Adult, kids and boat prizes available

Sponsored by Hub 4 Health

**See us at the
Health and Wellbeing Days
coming soon**

October 31, Town Hall, St Marys

November 1, Portland Hall, St Helens

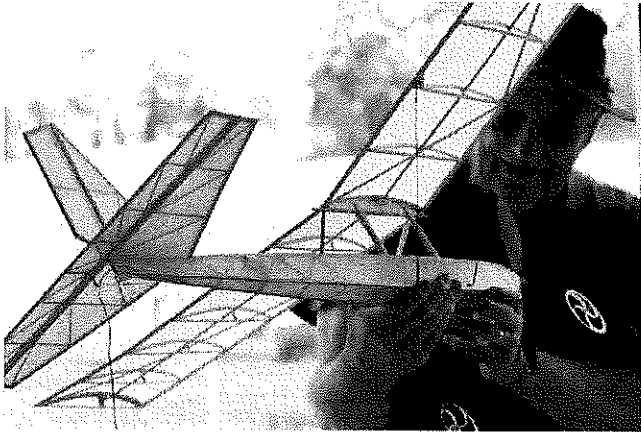
Information on our physical health programs,
children's activities, free Tai Chi Classes and
a chance to hear about all the changes at
the Hub.



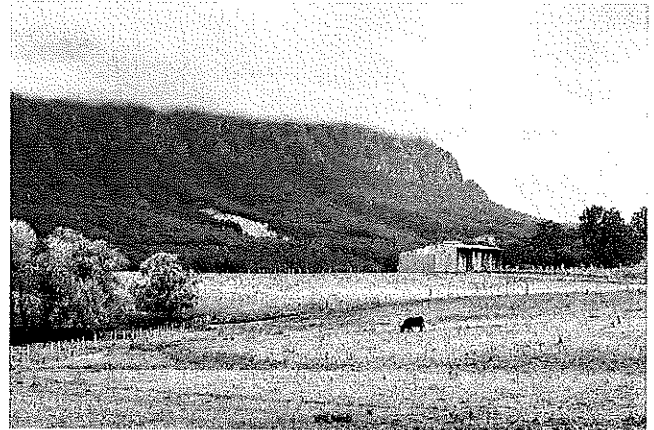
**A reminder that contact with Ochre Health
for GP appointments and follow up should
be via reception: 6376 2971 or
5 Portland Court, St Helens**

Over the years

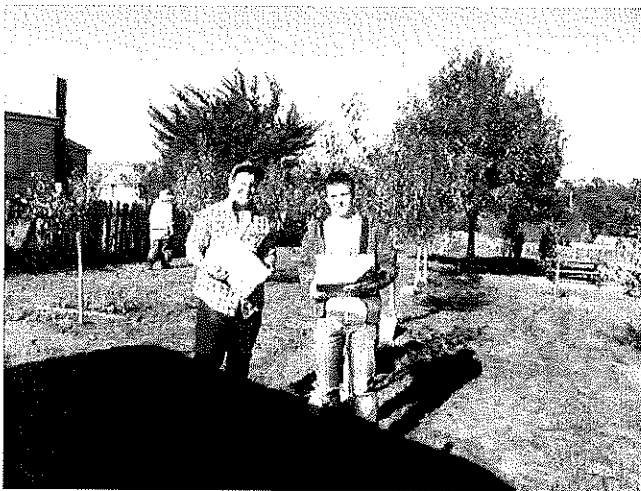
2015 * 2015 * 2015 * 2015 * 2015 * 2015 * 2015



*Australia Day with the East Coast RC Flyers
Mike MacDonald of St Marys inspects the old-timer built
by John Morrison of Bicheno*



Mt Roland, photo by Glyn Johnson



*Tyler Phillips and Jack Bestwick helping at a recent
working bee and the Avoca Memorial to local ANZACS*



*Rossarden & Friends Kids Christmas Party at Avoca in
December 2014*



Ruth Aulich and fan at the Fingal Valley Festival



Healthy House Walking Group at Maurouard Beach -

2015 * 2015 * 2015 * 2015 * 2015 * 2015 * 2015



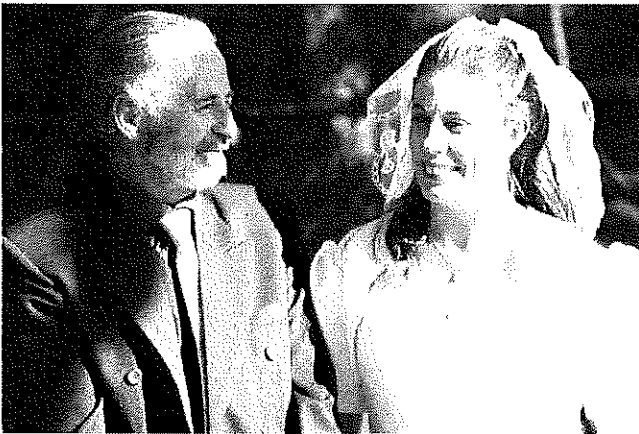
Participants at Break O'Day Council's Shorebird Walk and Dogs Breakfast at the Scamander river mouth



128th St Marys Pacing Cup 2014 Fashion on the Field winner was Kristy Smith of Launceston (right) and runner-up Kaylee Nash Rawnsley (left)



St Marys welcomes Jay, Linda and Keanu (not pictured)



Ross and Hannah's wedding



The late Michael Smith and Karon Wong promoting 'Consistency, Patience and Repetition' in dog training



Lynne Dawes, Francine Lowe and Roger Salter at a fundraiser for the Leukaemia Foundation recently at the St Marys Historic Hotel.



Meet Brad & Carol Scott

Hear Brad speak at a daytime/evening conference at
Riverside, about today's issues:

Is there a Right & Wrong?

Is there a Moral Compass - an Instruction Manual?

What is SIN? What is TRUTH? What DOES IT MATTER?

www.wildbranch.org

Brad has been teaching the Scriptures since 1971. Raised in Missouri, he was taught traditional Christian theology in the Lutheran system. In 1978, he began Greek language studies and soon discovered the well-defined Greek structure was **not** so well-defined. This led him to study the Hebrew language.

Having been taught that the New Testament was written in Greek, Brad discovered through other scholars of the New Testament and the Dead Sea Scrolls, that "There is abundant evidence the New Testament was first written in Hebrew". He has been teaching the Hebrew language and culture since 1983. Brad is an ordained minister through a Non-denominational Pastoralship.

"The organized Christian church has for two millennia, cut herself off from her roots", Brad writes. "The WildBranch focus is to restore the ways of our Creator to His people, by teaching the Old and New testaments from the language and culture of the people who penned them".

Saturday 28th October, 2017

Session times: 10:00 am 1:30pm 3:45pm 7:00pm

Choose one or more sessions, or stay for the whole event. Complimentary Snacks, Light Meals & Beverages.

Windsor Community Precinct, 1 Windsor Drive, Riverside, Launceston.

No registration required - No charge - Offerings accepted - Enquiries: 0417 155 075

Surf Coast Realty

Ph: (03) 6372 5321

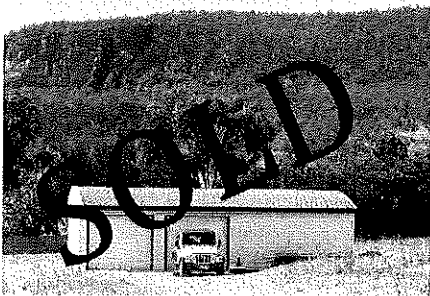
Suite 1, 158 Scamander Avenue,
Scamander Tas 7215

enquiries@surfcoastrealty.com.au

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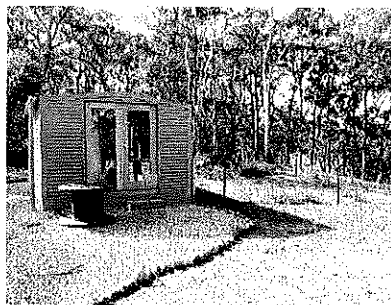


562 German Town Road,
St Marys



18-24 Gray Street, Fingal

NEW LISTING!!!



Private and Peaceful Acreage

This property consists of 11.8 acres with approximately 2 acres cleared and some landscaping already in place. The established outbuildings consist of a lined and insulated 18m2 shed, 12m2 garden shed and large chook house. With power already

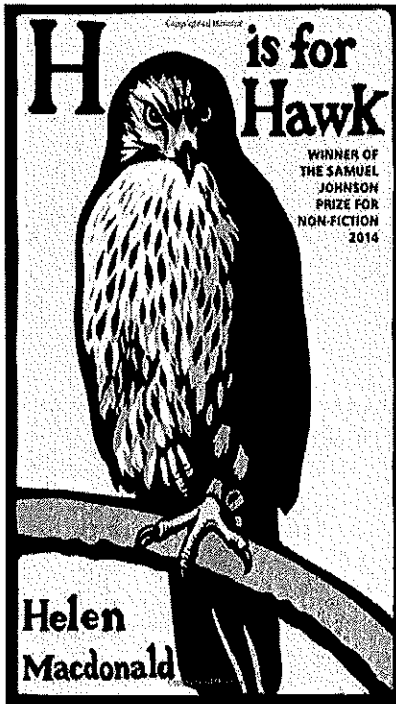
connected to the block, there is an opportunity to get straight into building your new home, or set up a caravan or motorhome.

Plug the power in and start enjoying this relaxing property.

Elephant Pass Rd, St Marys Price: \$109,000

Mt Elephant and Beyond Book Club Review

H is for Hawk by Helen Macdonald, a non fiction book, was our focus for September. Macdonald is an English poet, writer and academic and this book has several strands. The central theme is falconry, the training of raptors (birds of prey) for the hunting of small game such as rabbits and pheasants. From childhood this has been an abiding interest of the author and she has had considerable experience in the area.



When her beloved photographer father dies unexpectedly Macdonald is struck down by grief. Her job at Cambridge University ends and she is bereft and lost. She rediscovers a book she had read as a child-The Goshawk by TH White- and she rereads it. White was the author of the Arthurian novels The Sword in the Stone and The Once and Future King.

A very complex and unhappy man, he too is fascinated by falconry and undertakes the training of a goshawk, a notoriously difficult bird to master. Macdonald decides that this is what she will do and takes possession of a goshawk named Mabel. So while we follow Macdonald's exploration of her grief and the difficult training of Mabel the author tells us about TH White's endeavours to train his "Gos" that ultimately prove unsuccessful, partly because of his cruelty and his own personal chaos.

As a piece of nature writing this book is highly readable. The English countryside where the author flies her hawk is often what one might call wasteland-next to an RAF training facility, a power station and on the edges of farmland yet the writer/poet's keen eye and sensitivity to the detail and moods of the seasons and this land create lyrical prose.

Her obsessive focus on the task of training takes over her life but she receives support from falconer friends and ultimately comes to some sort of acceptance of her father's death and achieves a type of peace through her experiences with the hawk and her close observations of the natural world.

Falconry is not something we are very familiar with in Australia but it has a long history dating back many centuries in England and Europe and, indeed, in Asia. This book certainly was informative and we learned some of the terminology connected with the practice of falconry. It is difficult to overlook the inherent cruelty involved in shackling a wild creature to our purposes but a bond of sorts seemed to develop between the author and Mabel and for Macdonald, unlike for TH White, it became a healing journey. By the end of the account the reader understands that H is for Helen as much as for Hawk.

Pam Bretz, St Marys

Another Spoonful of 'Food for Thought' "How to Destroy The West"

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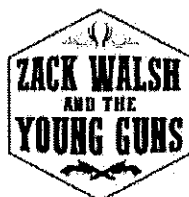
Interesting wording, particularly when you learn it was written by Vladimir Lenin in 1921 (abridged version).

(Submitted by Toni Brewster, Chain of Lagoons)

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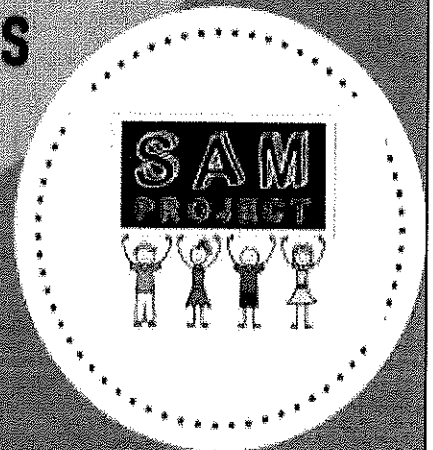
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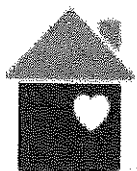
Topics Covered:

- Causes, signs and symptoms of mental illness
- When and where to seek help
- Practical strategies for helping a friend or family member
- Prevention and building resilience

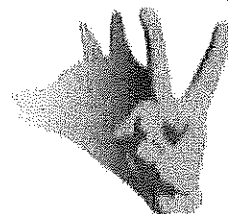
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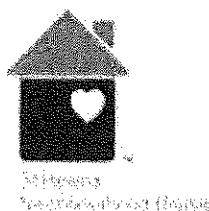


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Mental health: 8 early warning signs

Rural doctor and mental health specialist reveals the potential early symptoms of those who may experience a mental health issue

With St Helens having five times the national suicide rate, a local doctor and mental health specialist wants to raise awareness of early warning signs – which can include memory and concentration changes, appetite loss and poor sleep – and of risks for mental health issues – such as having diabetes, heart disease and obesity.

Almost half (45%) of Australians are expected to experience a mental health issue in their lifetime. More than 40% of Australians with a mental health condition also have a chronic physical illness such as diabetes, heart disease, osteoporosis or even arthritis; and more than 11m Australians are known to have at least one of eight known chronic diseases in 2014-15. Research has shown that rates of depression are four times higher among people with chronic pain and 50% of diabetes patients experience depression or anxiety; diabetes is one of the country's biggest health concerns with more than one million Australians diagnosed.

Last year, the suicide rate among young Australians reached a 10-year high, increasing by 32% since 2006. Possibly even more concerning is the suicide rate in rural Australia, which is around 40% higher than major cities. *Tasmania has the second highest suicide rate per 100,000 people in Australia (after NT) and, specifically, St Helens has five times the national suicide rate.*

Dr Molly Shorthouse, Medical Co-ordinator and GP at Ochre Health Medical Centre St Helens, President of the Rural Doctor's Association Tasmania and the first person in Australia to graduate as a rural generalist with a specialty in mental health from the Australian College of Rural and Remote Medicine (ACRRM), says it is important to be aware of some of the early warning signs of a mental health issue, which can very often be mistaken for something else.

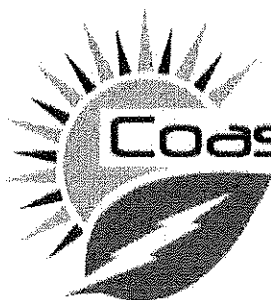
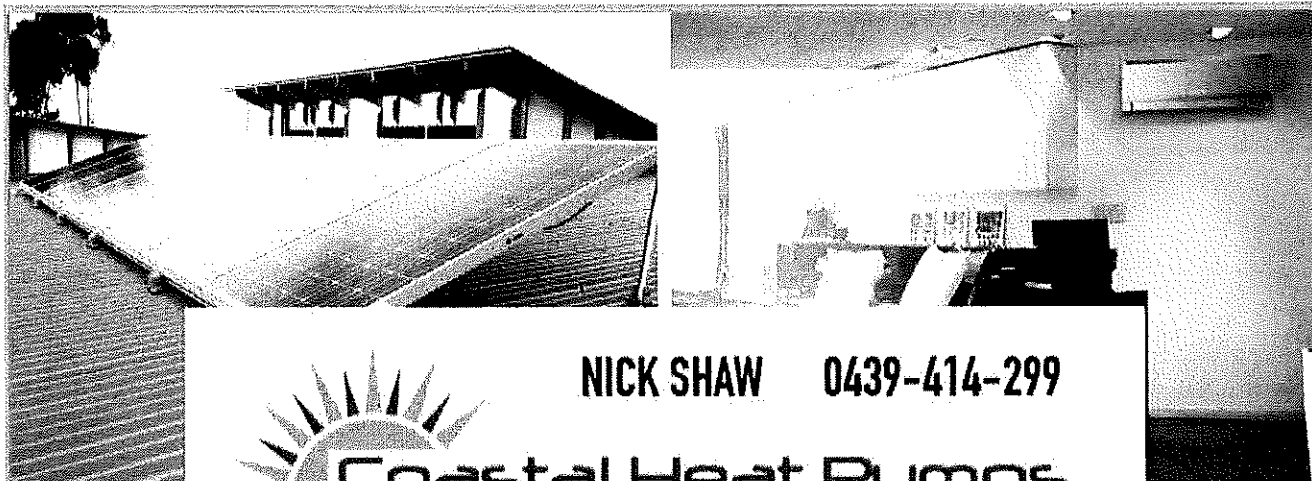
"There are many signs of mental illness that are less pronounced and easily slip under the radar. People shouldn't be afraid to seek help in improving their mental health. Receiving treatment is not a sign of weakness but a positive step that can transform your health and wellbeing for the better. We know that when a person's mental health is strong, their chronic and physical illnesses also improve and similarly, many people with chronic disease do not have their mental health checked, despite the known associations. There are several therapy options available with proven effectiveness – medication is only prescribed when needed," says Dr Shorthouse.

Dr Shorthouse reveals 8 early signs of mental health issues:

1. *Memory loss or a short attention span* Changes in cognitive behaviour can be a tell-tale sign of a mental health condition. If someone you know starts to experience frequent memory loss – such as forgetting appointments – this could be a sign of depression. Likewise, if they begin to have difficulty concentrating at work or school, thinking clearly and making decisions, it may be time for them to make an appointment with their local GP who may refer them to a psychologist.
2. *Weight gain or loss* Most people are aware that weight loss and a loss in appetite could be one symptom of a mental health issue – but it's not well known that overeating and a lack of willingness to exercise could also be an early symptom of depression. In many cases, the weight gain itself is caused by depression, not the other way around.
3. *Irritability* Sadness is associated with depression and anxiety, but irritability in men can also point to a mental health issue. While everyone can be irritable at times, frequent or easily provoked irritability in men can be a sign of a deeper issue. If you're noticing a lot of conflict at home especially, it might be time to talk to a mental health professional to see if something else is going on.
4. *Fauxcialising* (or social withdrawal). If you have a friend that starts to cancel plans with you in favour of staying in (fauxcialising) or they become less willing to participate in social activities, it may indicate that something is up mentally. It's worth making an extra effort to talk with any of your friends who exhibit this behaviour, as it could be a silent cry for help.
5. *Anhedonia* A lack of enjoyment in activities that once gave a person pleasure (anhedonia) is another subtle but common change we see in sufferers. It's advisable to speak with your doctor if you start noticing these changes, as they can recommend a variety of treatment or lifestyle changes which can make a big difference, like trying yoga or meditation.
6. *Conflict in the workplace* Employees who instigate conflict in the workplace can be suffering from an underlying mental health issue. Businesses should work towards providing mental health support to employees, especially with regard to stress.
7. *Loss of productivity* The number one cause of reduced productivity at work is mental health, which costs the Australian economy more than \$12b per year in lost work and has significant impacts on staff morale and organisational performance. There are simple techniques that a local psychologist can explain to you, to help employees cope and boost morale.
8. *Insomnia* Difficulty sleeping can also point to wider mental health issues, such as stress, anxiety, schizophrenia, bipolar disorder and depression. It is estimated that 60-90% of patients with depression have insomnia, with the cost of depression and anxiety attributed to sleep disorders thought to be more than \$170.8m.

The top three therapies trusted by psychologists to improve mental health:

1. *Cognitive behaviour therapy* This treatment involves the use of practical self-help strategies, which are designed to teach patients to think in a positive way and reduce negative mood.
2. *Acceptance commitment therapy* This therapy focuses on applying acceptance and mindfulness skills to uncontrollable experiences in order to increase psychological flexibility.
3. *Mindfulness* A form of therapy centred on gaining awareness of the present moment through paying attention in a purposeful manner. It can be used to treat a range of mental health issues including depression and anxiety.



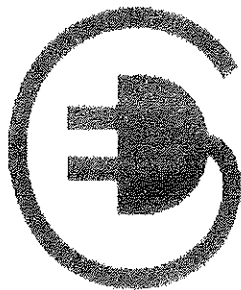
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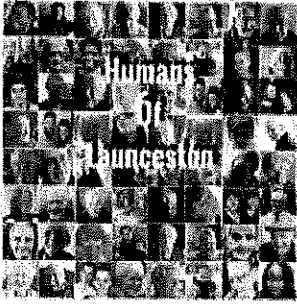
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Humans of Launceston ~ Arthur part two

During these years, I met my first wife Doreen. We had four great kids together. Paul, Faye, Sonny Boy and Maree. I named our third child Sonny and Doreen used to call him Boy so he just became Sonny Boy. One time a copper pulled him over and asked 'What's your name sonny boy'? And he said 'Sonny Boy officer'. (Laughs)

Doreen and I had some wonderful years, but she got wrapped up in the Seventh Day Adventists religion and it took her over. We were still friends and all that but she changed a lot. So, sadly, separating was only natural. Doreen was a good woman. Sometimes things just change.

Two of the kids lived with me and two lived with her and we would swap at Christmas time. It worked out well for everyone and we are still a very close family. I love my kids so very much.

Quite a few years after and our kids had grown up, I met a lady named Lyn and we fell in love. Lyn had a 3-week-old baby girl named Sally when I met her. I adopted Sally as my own. I rented the farm out as we decided on having a change and moved to Port Augusta in South Australia.

I worked on the railway and we put in the first concrete sleepers in the railway line between Whyalla and Port Augusta. It was the first time this had been done in Australia. It was the same year the Tasmanian horse Pipers Lane won the Melbourne Cup. It was 1975.

My eldest son Paul joined me in Port Augusta and got a job as an electrician and he ended up also learning how to be a boilermaker and welder and he was doing so well he won the South Australian Apprentice of the Year. He was actually so sought after that he had offers from every major construction company in the country. Smart bloke he is. Went on to buy a pizza shop franchise in Brisbane and became very wealthy and successful.

I eventually moved back to the farm in Togari and after a couple of years, I was very lucky to be in a financial position to be able to buy the farm next door. I built that farm up after a few years of hard work and then eventually, I bought the farm next to that one, then two neighbouring farms. Running five dairy farms was a full time job, but I loved it all the same.

I am not a bragger but I can say that through hard work and smart investing, by the start of the 1980's, when the average wage was about \$350-\$400 per week, I was earning about \$7000 a week. It took me a while to deal with that. I wasn't used to having a lot of money but I got used to it. (laughs)

Some of the richest people in Tasmania live up on the North-West Coast. Farmers and people involved in the agricultural industry. Hard workers, land owners and visionaries. The land and soil up there is amongst the best in the world.

I decided to buy an investment property on the Gold Coast, I drove a Mercedes, bought a huge holiday house in Binalong Bay and all of that fancy stuff you do when you come from nothing and find success. Life was very exciting for us. And I did enjoy aspects of it. But I never let it change me. I will always be the son of a bushman and I came from a house with a dirt floor. I have never forgotten that.

I have always made sure my loved ones were always ok. I bought Sally a hairdressing salon on the North coast when she turned 18. And always provided for family if it was needed.

Life was perfect in my eyes. Then sadly, at the age of 42, Lyn got a tumour in her head and died. Suddenly. It was very sad. Several months later I sold the farm at Togari. I just lost the passion for it. Then I gradually sold the other farms in a multi-million dollar deal.

I unfortunately don't have much contact with young Sally these days as there was a dispute about money somewhere along the line. Sad really. I still love her.

I eventually remarried and my wife Patricia and I have been married for 26 years now. We live out on a 100-acre farm in Longford. Patricia was a schoolteacher but her heart lies with horses. She is very sentimental when it comes to the horses. She trains them, rides them and has been very successful with some of them. She is very passionate about her horses. She bought three horses years ago. One for \$5000, one for \$2000 and one for \$1000. She trained them all. The one that cost \$2000 was named Bionic Best and it went to the mainland where it won over \$400,000 in prize money. It was a very talented horse.

Another she took to Melbourne and it won a race at 66-1 odds. Patricia thinks they are all going to be champions but of course, only a few go on to glory.

A few years ago, one of the horses was getting it's teeth cleaned by the vet and the horse reared and walked over the top of Patricia and broke 27 bones in her face and also caused some other internal injuries. It messed her up for a while. Another time she got pushed out the back of the 4wd and broke her knee. By me. I shoved a hay bale out and it somehow bumped her out. She's also broken her hip. But at 73 years old, she is still mobile luckily. She's tough my Pat.



I should tell you that I have never really had a close friend. I am not sure why. Jealousy may have played a part in that. In war I had good mates. But not so much in my later life.

About two years ago, I was pretty depressed. Just sad and I felt hopeless. I was actually seriously thinking about shooting myself. I knew I needed help so I spent some time in the psych hospital where I constantly thought about my four wonderful kids and how it would have affected them had I gone through with it. Lucky. I'm not going to make out life is all peaceful and perfect in your old age. Bugger that.

Life can be a bit fucked sometimes, you know? But it always gets better again.

In August, I went back to Seoul in South Korea for the Korean War 65th Anniversary special ceremony. The government paid for half my fare and 30% of my wife's fare. It was a wonderful time and the Koreans were just so accommodating and lovely to us all. Pat and I had a lovely time.

There were people from 23 countries there and we all got along very well. It cost a bit with all the injections, flights and insurances but it was well worth it.

I also paid \$350 to get my seven medals on a mount so I could wear them on my chest. I'll give my medals to my grandson once I'm gone.

South Korea is a nice place. No unemployment. Everyone works. High rise buildings everywhere because they've run out of room. The hotel we stopped at had 600 rooms. Once a house ages over ten years, they pull it down and build a high rise on it. They have to. No bloody room you see? When I went there for the war 65 years ago, there was only one bridge joining North and South Korea. Now there's 32.

The Korean people were so nice and obliging to us and kept thanking us. I stood on a stage with a young girl who was representing her grandfather and she gave me a lovely letter and we held hands and both cried our eyes out. It was very emotional and I don't recall ever crying as much as I did whilst I was there.

After returning home from Seoul two weeks ago, I went for a beer at my local, the Longford RSL Club and I won the meat raffle. The bloke who drew the raffle was named Brian Harper and he announced that I had just returned from the 65th Anniversary Commemoration in Korea and the whole place gave me a standing ovation and I cried there in front of everyone.

But they didn't care. It was very touching.

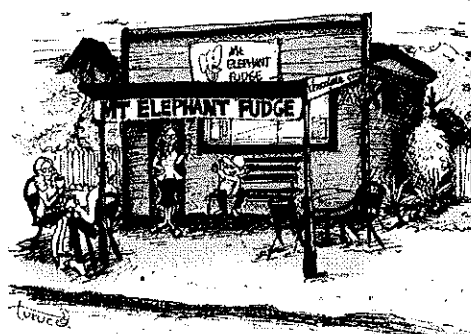
The government give me three weeks a year free respite in a care home so I take advantage of it as it gives my wife a break. We are great mates but we have some terrible rows with swearing and all that. Just get on each other's nerves sometimes.

But that is like everyone I suppose. That's a part of marriage. (Laughs)

I played lawn bowls for many years but can't anymore because my back is stuffed. I still ride the four-wheeler, drive the tractor and trucks and utes and keep as active as possible.

My life has been pretty colourful. I am not one to give advice as I reckon you got to run your own race, but I have gotten on ok by listening to people, being a good citizen and working hard. I've been very poor, I've been very rich. And I can tell you that having money means nothing.

It's all bullshit if you're not happy. I was happy when I had nothing. I only spend money nowadays on staying healthy because without that you're up shit creek mate".



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REMEMBRANCE DAY 2017

(from the 2017 St Marys ANZAC address given by Lt Col M Cameron RFD Rtd)

Let us recall that 100 years ago this year in France, Australia suffered 77,000 battle casualties (including 22,000 dead or missing). This was the year of the infamous battles of Bullecourt, Messines Ridge, Menin Road, Polygon Wood, Poelcappe, Broodseinde, and culminating in Passchendaele. Meanwhile in the Middle East the Australian Light Horse executed the extraordinary charge at Beersheba.

25 years later and 75 years ago this year war came to Australia and with it the tragedy of Tasmania's own battalion, the 2nd/40th.

In 1942 (seventy-five years ago this year) Australians witnessed Japanese bombings of towns such as Darwin in the north, Townsville and Mossman in Queensland and Broome in the West. Almost 100 such raids were conducted against targets in Northern Australia. Sydney saw the incursion into the harbour of midget submarines and the Japanese navy remained active around the Australian coastline.

Tasmania was not immune. On 1st March 1942, an aircraft launched from Japanese Submarine I-25 in Great Oyster Bay conducted a reconnaissance flight over Hobart. This lightweight, collapsible reconnaissance aircraft packed into the submarine had also successfully reconnoitred Sydney Harbour and Port Phillip Bay. The IJN I-25 had travelled the east coast of Australia before circumnavigating Tasmania and then sailing on to New Zealand and the Pacific. However, the darkest period for many Tasmanian families was the destruction of our own 40th battalion in February 1942.

History tells us that in mid-1940, at the behest of the Tasmanian Government and community representation, the unusual step was taken to raise an exclusively Tasmanian Battalion without supplementing its ranks with recruits from other states as had occurred with the 2/12th Battalion raised in Tasmania the previous year. This was despite recruitment for the war outstripping available equipment, weapons and trained instructors. Never-the-less the 2/40th Battalion was raised at Brighton as an all Tasmanian unit.

With the threat of Japanese expansion in the Pacific becoming a reality, the defence of Australia was paramount. The 2nd/40th was designated as part of the 8th Division which was to deploy to Northern Australia. Whilst most of the Division went on to Malaya, its 23rd Brigade was reformed into three Battle Groups:

LARKFORCE - based on the 2nd/22nd Battalion which was subsequently deployed to Rabaul in New Britain and Kavieng in New Ireland off the coast of New Guinea.

GULLFORCE - based on the 2nd/21st Battalion deployed to Dutch Ambon now Indonesia; and

SPARROWFORCE - based on the 2nd/40th Battalion deployed to Dutch West Timor, now Indonesia.

So, in February 1942, the Tasmanians found themselves, in the company of the other arms and services of SPARROWFORCE deployed to Dutch West Timor. Their mission was to defend the Kupang airstrip and the west of the island of Timor.

The concept of defending isolated islands was always controversial. The reasons were more political than operational.

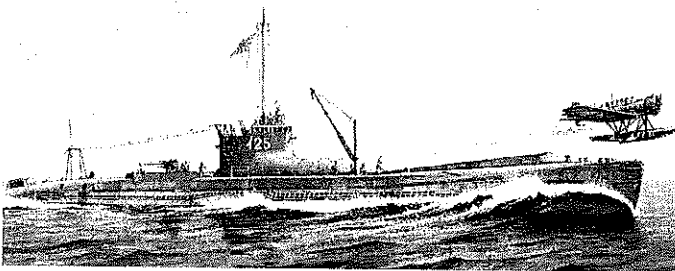
The token effort of defending the islands and their airstrips to maintain the Dutch airline (KLM) service was seen as paramount.

The reality was that by the time SPARROWFORCE was deployed, the Japanese operations in the region had forced the suspension of all commercial flights and all allied aircraft had been withdrawn from the island.

Following the initial reconnaissance of Timor, the Commander of SPARROWFORCE, Colonel Geoff Youl from Evandale (a highly decorated veteran of the First World War) expressed his concerns at the practicalities of defending an airstrip against a determined enemy. He was replaced as was the Commander of GULLFORCE, Col Roach, who questioned the wisdom of the enterprise following the overrun of LARKFORCE to his east.

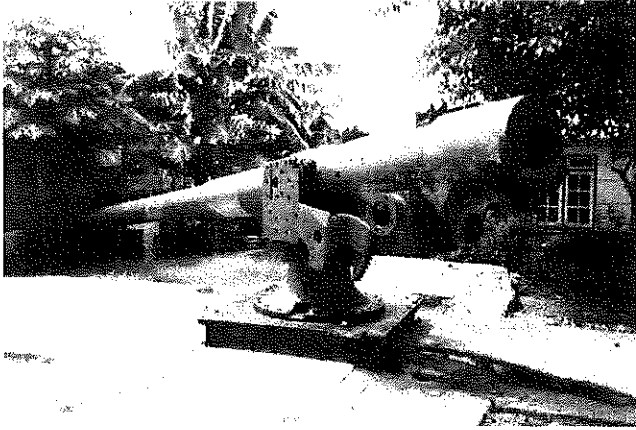


Troops from the 2/40th Battalion march through Brighton prior to embarkation, 1940



The Japanese submarine IJN I-25. (www.combinedfleet.com/I-25.htm)

As the water in Great Oyster Bay was extremely calm on 1 March 1942 the reconnaissance aircraft (*Glen*) was lowered into the bay for take-off rather than launched by catapult.



One of two Guns from the AIF's 2/1 Heavy Artillery Battery remaining at Kupang Harbour, West Timor.

(Photo M Cameron)

As the Japanese advanced south, Malaya, Hong Kong and Singapore quickly fell and the bulk of the 8th Division went into captivity. No decision was forthcoming on the fate of the remaining battle groups. Instead, another, larger ill-equipped force was cobbled together and deployed to Java, also part of the Dutch East Indies (now Indonesia) known as BLACKFORCE.

From Australia's perspective, should the Dutch East Indies fall to the Japanese, Papua New Guinea and Australia itself were next in line.

Inevitably, LARKFORCE was gone in one day whilst GULLFORCE held out for five days. The Tasmanians with SPARROWFORCE were part of the last line of resistance. Predictably, on the 20th February 1942, the Japanese under their Commander Major General Takeo Ito, conducted a textbook invasion of Timor with land sea and air superiority. Darwin had been bombed the previous day to ensure there was no interference from the Australian mainland.

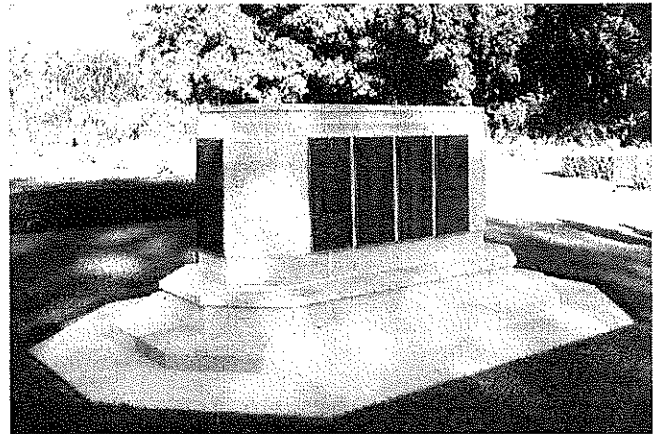
The Tasmanians with SPARROWFORCE fought for three



ANZAC DAY, St Marys, 2017

(Photo India Duff)

The Brigade Commander in Darwin (Brigadier Lind) had for some months agitated for more equipment and reinforcements to the extent that he too was replaced. General Lavarack, the commander in Darwin, warned Prime Minister Curtin on behalf of these poorly equipped, inadequately supported and undertrained battle groups that the venture was doomed. The Chief of the General Staff in Canberra (General Sturdee) had consistently warned of the effectiveness of the Japanese army and the flawed "Fortress Singapore" policy. He was sympathetic to Lavarack's petition, however, the Australian Government remained indecisive. Despite the strong recommendation for withdrawal by the United States Naval Command, Churchill's directive of "no withdrawal and no surrender" was slavishly followed by the commanding General, Wavell and the Australian government.



Memorial to the mainly Tasmanian members of the 2/40th Battalion Adelaide River War Cemetery, Northern Territory. (Photo M Cameron)

days against 6,000 of Japan's most experienced army and marine troops. With the odds at 6:1 the outcome was clear.

Nevertheless, there were many acts of bravery. To their credit the Australians destroyed the Japanese parachute battalion which landed inland in support of the seaborne landings. For the duration of the war the Japanese never again attempted an airborne assault.

For some, surrender was not an option. A number joined up with the 2/2 Independent Company in Portuguese East Timor (also occupied by the Japanese despite Portugal remaining neutral). This little force was to tie-down some 22,000 Japanese troops for the remainder of the war; but that is another story.

On the 23rd February 1942 SPARROWFORCE surrendered and BLACKFORCE shortly after.

The sad truth remains that most SPARROWFORCE members who survived the invasion became prisoners of war suffering illness, malnutrition and physical abuse. (In a strange twist of fate, some were taken to Japan as slave labour and witnessed at first hand the destruction of Nagasaki by the atomic bomb and lived to tell their story.) Many died in captivity and those who returned suffered years of trauma as did their families.

We salute our sailors, soldiers, airmen, merchant seamen and civilians who paid the ultimate sacrifice in those uncertain and dangerous times in the defence of our nation.

The BETOOTTA ADVOCATE

Caution: Local Web Developer Is Mates With A Sniper So Don't Test Him

LOUIS BURKE | *Culture*

He's a web developer known for his Pop Vinyl collection and long comments defending DC films, but there is more to 26-year-old Chris Jefferies than meets the eye. According to a co-worker of Jefferies, the mild-mannered web developer is mates with a military sniper.

Jefferies co-worker, who has asked to remain anonymous, reported on his discussion with Jefferies where he detailed the nature of the relationship with an ex-army sniper.

"I asked him where he met him and he said "On the dark web.

Where do you think?"

Murmurs of Jefferies' friendship with the unnamed sniper have circulated around the Betoota developer scene in the past week. "Chris told me, "We hang out at his place cause he's got a massive TV. I still beat him at COD though."

According to the anonymous source, Jefferies has met with this person several times and has even used the gun himself to shoot "tyres off moving cars," and that he has plans to use "a scoped RPG on a police helicopter" if the situation arises. Our anonymous source states he reached out to us as he has

some concern for the safety of others.

"He made a joke about the sniper paying his ex a visit and then mimed a shooting action. I never met his ex but apparently, she's a model who splits her time between LA, Milan and Betoota so she needs to know about this."



Tasmania Planting Guide for October

Globe artichokes & chive divisions, early cabbages, broccoli, celery, parsley, parsley root, summer carrots, silverbeet, potatoes, beetroot, spring onions, leeks, lettuce, English spinach, radishes, parsnip, cauliflower, spring & salad onions, late peas, tomato, zucchini, pumpkin, squash, melons, runner beans, bush bean and French beans.

Ph 6234 5566 / info@sustainablelivingtasmania.org.au 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

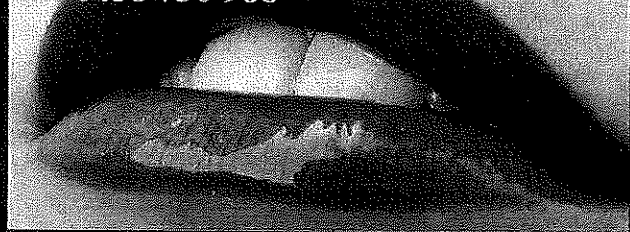
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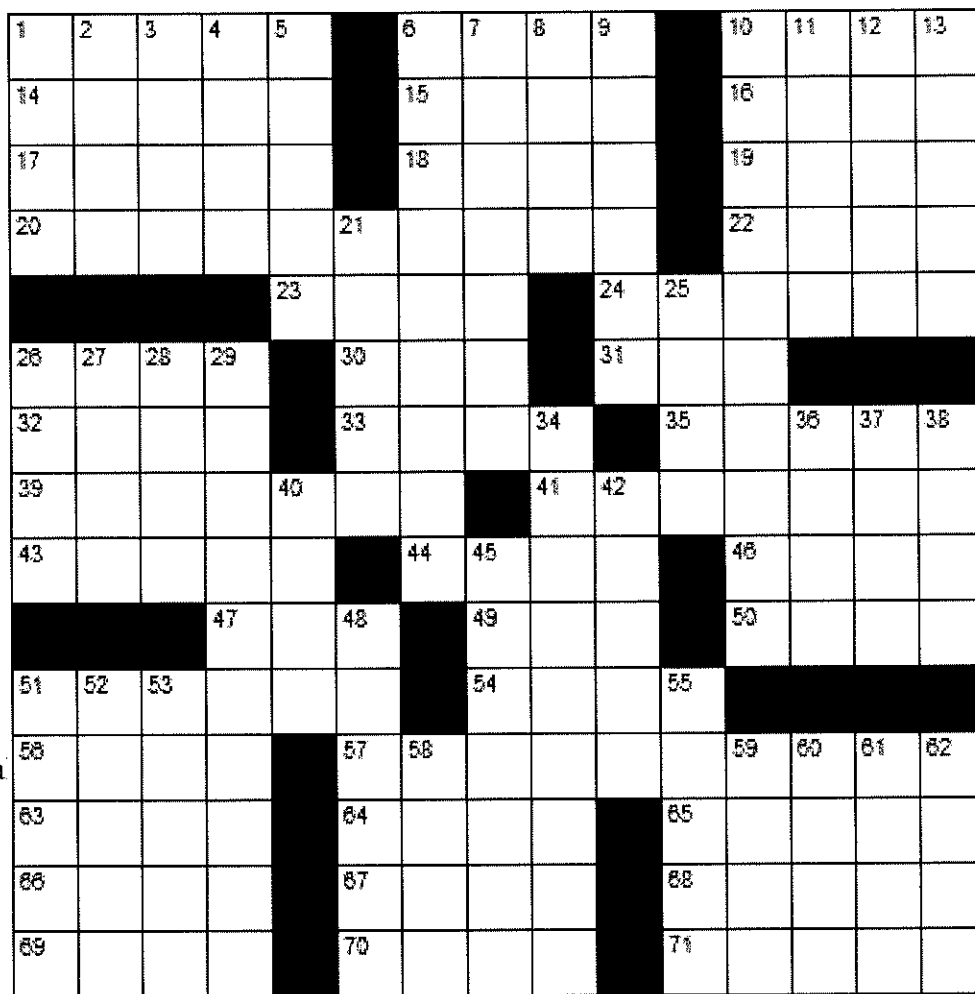
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ACROSS

1. Declares
6. Wings
10. Wicked
14. Cover girl
15. Pelts
16. 3 times 3
17. Duck down
18. Gymnast's feat
19. Soft drink
20. Unalike
22. Beers
23. Arizona river
24. Convict
26. Gave the once-over
30. Anagram of "Bid"
31. Not bottom
32. Hefty volume
33. Homosexuals
35. Accumulate
39. A popular international sport
41. Troop formation
43. Long-necked bird
44. River of Spain
46. Nil
47. Japanese apricot
49. Scarlet
50. Snare
51. Distorted
54. Again
56. Hodgepodge
57. Squadron
63. Fishing poles
64. Among
65. Less friendly
66. You (archaic)
67. Anagram of "Note"
68. Volumes
69. Not soft
70. Hens make them
71. Sound of contempt



DOWN

1. Copied
2. 8 in Roman numerals
3. Terminates
4. Regrets
5. Bit of parsley
6. Associate
7. Cradlesong
8. Operatic solo
9. Verve
10. Campground
11. String quartet instrument
12. Arm of the sea
13. Rental agreement
21. Gnatlike insect
25. Ark builder
26. Carve in stone
27. Bygone era
28. Arab chieftain
29. Decayed
34. Sings (to attract)
36. Winglike
37. Fizzy drink
38. Break
40. Leg joint
42. Encrypted
45. Brisk
48. Conceive
51. Value
52. Hello or goodbye
53. Equestrian
55. Formal orders
58. Dirty air
59. Computer symbol
60. Large luxurious car
61. Lascivious look
62. At one time (archaic)

Solution on p27

The Antenna Guy

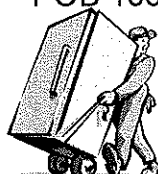
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6372 2341
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Scamander 6372 5664
St Helens 131318
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6372 2655
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Hilly's IGA St Marys 6351 1997
Hilly's IGA St Helens 6376 1161
Holder Bros Fingal 6374 2171
St Helens Super IGA 6376 1177
St Marys IGA 6372 2240
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6372 5125

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6376 1755

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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

365 tomorrows

Mine Was A Good Life

Author : Russell Bert Waters

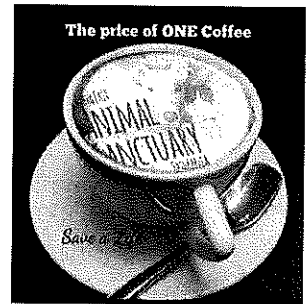
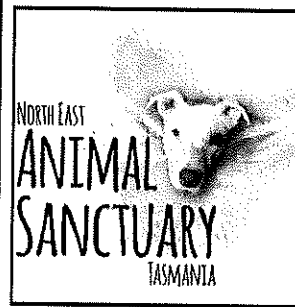
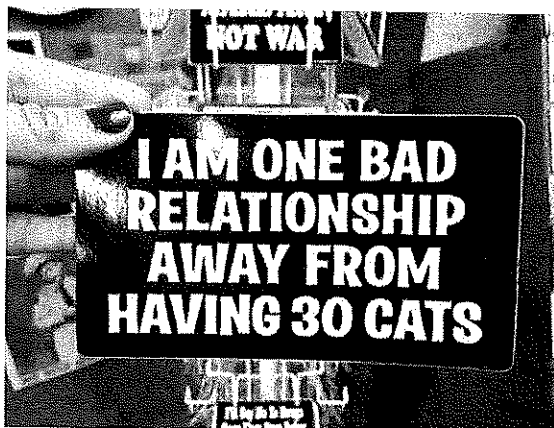
...fireworks exploding, the smell of sulphur...
...sliding off the road on a slushy day...
...first kiss, soft, lights of the city in the distance...
...fighting, bloody nose, principal blocked by a crowd of kids...
...nervous job interviews, too many to count if one were...
..."I do" as he looked into her glistening eyes...
...running over a dead deer...
...September 11 "where were you when" conversations with co-workers...
...every intersection, and landmark, as if a slideshow...
Things had begun to blend now, swirling, speeding up. He wasn't supposed to know, but that didn't matter.
...school cafeteria rejection scene, "I wouldn't go out with you if you were the last boy on Earth!"...
He wondered where she was now, right now. He knew she wasn't experiencing this. No one was. No one knew. Scenes were flying, he could feel the sensations, smell the scents, hear it all, see it all.
...the first hill of The Tornado roller coaster...
...the Cubs winning the World Series...
He had no control over what was coming through his mind, it was amped up, his body was awash with waves of memory, and his mind was in a spooky trance state that he wasn't sure he could recover from.
...his first real estate sell...
...various acceptance speeches...
...the birth of his daughter...
...anguish at the death of his daughter...
...the note his wife had left...
...anguish again...
He yearned for more happy memories, happier sensations, some began to come.
...sunsets, sunrises, skylines reflecting in water...
...baby animals...
...gatherings with friends and family...
...finding love again...
...the birth of his second daughter...
...graduation of his second daughter...
...proud tears walking her down the aisle...
This was more like it, he smiled to himself. More floods, more happiness, waves of joyful memories, most of the sad memories were long past now.
...grandchildren...
...trips with his family...
...watching storms roll in off the lake at their summer home, the lightning playing in the sky, the wind chopping the water...
He came to the now, the present. He slowly woke up from his trance, from the life he had lived flashing before his eyes. Sitting in a park, a light breeze played with various papers and leaves before him. He was on a bench that had been donated by someone, in memory of someone else. The sky was clear, and there were other people around. People whose life had not been flashing through their minds; in front of their eyes. He could see a bright spot in the sky, like a misplaced star.
As the bomb detonated, just outside the atmosphere, there was a spherical burst, which caught people's attention. His phone crackled angrily at the interference, and then decided to begin to restart itself.
As the sky lit up there was an Aurora effect, and green serpents played in his view.
He realized he should stop staring right as his retinas were scorched and it no longer mattered.
The rest of his life continued to play out in the theater of his mind, as his flesh crackled and sizzled like a good steak, and his bones popped inside of him. As he baked and burned and melted and popped, he had one last thought, and a smile played on his now nonexistent lips:
"mine was a good life."

129 words of 3 letters or more were found in
CONFLUENCING



clef	flouncing	lingo
cling	flu	lion
clog	flue	loci
clone	flung	log
clonic	foci	logic
cloning	foe	login
clue	fog	loin
clung	foil	lone
cog	folic	long
coif	foul	longe
coil	fouling	lounge
coin	fuel	lug
cole	fueling	luge
colic	fun	lung
con	fungi	lunge
cone	funnel	neon
confine	funneling	nice
conic	gel	nil
coning	gin	nine
conning	glen	noel
council	glue	noncling
cue	gluon	none
cuing	gluonic	nonlife
cunning	gnu	nonlung
ego	golf	noun
elf	gone	nuclei
elfin	gonif	nucleic
engulf	guile	nucleon
enol	gulf	nun
enolic	ice	oculi
eon	icon	ogle
feign	inn	oil
felon	ion	olefin
fen	leg	once
fencing	legion	one
fig	leu	online
file	lice	ounce
fin	lie	uncle
fine	lien	uncling
fling	lieu	unclog
floe	life	uncoil
flog	line	union
flounce	linen	unlog

How many words of three letters or more can you find in
PROPOGATE? Answer next edition



Colin is approximately 8 months old, and is a domestic shorthair. He is a friendly, cuddly guy and loves his pats. Untested thus far with other cats and dogs. Colin has met children and thought they were pretty cool to hang out with. Colin has had his vet work completed and is ready to move out with his new forever home.

We're ready to get the ball rolling on our annual **North East Animal Sanctuary Tasmania Raffle!** Tickets are only \$1 each again, and can be purchased either directly from the sanctuary via our Facebook page, or from Megan or Michelle if you know us personally. We will have tickets available in some shops etc, and we'll let you know who and where as soon as that's locked down. So the important bit: the **PRIZES!**

1st prize Norwex valued at \$275 donated by Helen Fellows – awesome environmentally friendly cleaning products!

2nd prize is an amazing Furbabies and friends photoshoot and framing voucher from Wombat Frames – combined value of \$175

3rd prize is one night accommodation at Bicheno Tidelines valued at \$100 with a \$25 voucher for food at Pasini's Cafe.

4th prize is a \$100 Tattoo Voucher from Tsunami Tattoo – where Michelle has had her excellent ink done!

5th prize is a gorgeous squishy Lorraine linen dog bed donated by Louise Muddle, valued at \$90.

We couldn't do this without the support of our wonderful donators, whose services and products can all be viewed by clicking on their names/business names – go on, pop over and see what the products and services are like in case you win. Good luck everyone!

ADOPT, DON'T SHOP

michelle.jesson@bigpond.com 0457 081 533

After the recent snail racing contest, the four contestants were congratulating each other.

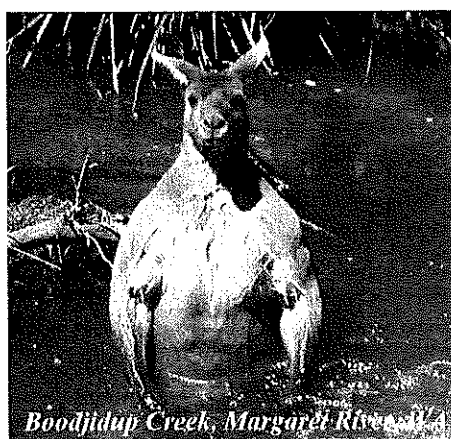
- Only one snail wore the same number as the position it finished in
- Alfred's snail wasn't painted yellow nor blue, and the snail who wore 3, which was painted red, beat the snail who came in third
- Arthur's snail beat Anne's snail, whereas Alice's snail beat the snail who wore 1
- The snail painted green, Alice's, came second and the snail painted blue wore number 4
- Anne's snail wore number 1



Can you work out who's snail finished where, its number and the colour it was painted?

Answer: # Owner Wore Colour

1	Alfred	3	red
2	Alice	2	green
3	Arthur	4	blue
4	Anne	1	yellow

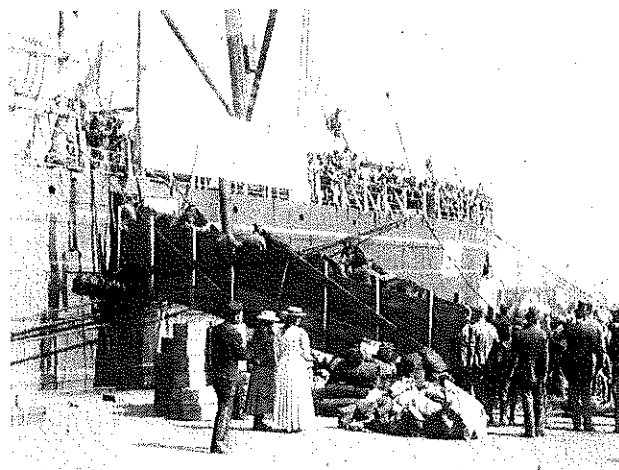


Boodjidup Creek, Margaret River, WA



Tasmania Way Back When

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



Atlantic left Hobart on 5 March, 1900 for Capetown carrying the First Tasmanian Bushmen Contingent

A Tasmanian colonial contingent was sent to the Second Boer War, consisting of the 1st and 2nd Tasmanian Bushmen.

These mounted infantry units were primarily made up of volunteers who had good bushcraft, riding and shooting skills.

The first contingent, known as the First Tasmanian (Mounted Infantry) Contingent, consisted of approximately 80 men under the command of Captain Cyril St Clair Cameron.

The Second contingent, known as the Second (Tasmanian Bushmen) Contingent, departed from Hobart on 5 March 1900, and were under the command of Lieutenant-Colonel E.T Wallack.

They arrived at Cape Town on 31 March, and were sent to Beira, where they formed part of General Carrington's column, operating in Rhodesia and Western Transvaal.

A third Tasmanian contingent, the Third Tasmanian (Imperial Bushmen) Contingent, departed on 26 April, and the Fourth Tasmanian (Imperial Bushmen) Contingent followed soon after.

A branch of Tasmanian Special Service Officers also accompanied the Tasmanian contingents.

In total, 28 officers and 822 other ranks were sent from the colony.

The first two Victoria Crosses awarded to Australians in that conflict were earned by Private John Hutton Bisdee and Lieutenant Guy George Egerton Wylly, both members of the Tasmanian Bushmen, in action near Warm Bad in 1900.

On 1 September, they were part of a small party consisting entirely of Tasmanians, who were escorting an Army Service Corps unit sent to round up cattle at Warmbaths, 60 miles north of Pretoria.

They were ambushed by a Boer Commando, but fought exceptionally well.

Bisdee and Wylly received their VCs for heroically recovering wounded and unhorsed men under fire from the enemy.



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6372 2274

Monday - Friday 7.30am - 7pm

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



Butchery specials October 18 - 24

p/kg

Boneless Pork Belly Roast

14.99

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Butchery specials October 25 - 31

p/kg

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13.99

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14.99

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5.45

Two week specials October 18 - 31

Peters Drumsticks 4pk

3.99 save 4.01

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1.67 save 1.68

Meadow Lea Margarine Spread
500g

2.49 save 0.81

I-Care Double Length Toilet Rolls
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1.99 save 0.56

Nescafe Coffee Blend 43 500g

16.99 save 3.01

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Uncle Tobys Vita Brits 750g

2.99 save 1.66

Kleenex Viva Paper Towel 3pk

3.99 save 1.26

St Marys Sports Centre Inc.

Gray Road St Marys

Thursday 5pm onwards. Friday 5pm until close, includes Happy Hour 6.30 - 7.30pm. Raffles, Lucky Members Draw, Pick a Pen, toasted sandwiches on sale. Saturday 12 until close. This time may vary. Sunday 1pm until close.

Golf news Small competitions each Sunday, 1pm start. Nearest the Pin prize will be fresh scallops this week. On Sunday October 15 Stroke, Steve M 32, Peter 37, Macca 39 and N/P Steve Mercer.

Bowls news Bowls commenced Saturday October 7 with St Marys 113 defeating Bicheno 69. Saturday October 14 St Marys 63 losing to Swansea 120. St Marys travel to Scamander on Saturday October 21.

General news Open Mike / Jam Session Sunday October 22 at 1pm, local talent and more. Cheap prices, variety of food, lots of laughs.

Melbourne Cup Luncheon will be held on November 7 at 12 noon. Cost \$15 p/p includes 1st cocktail and plate of race day fare. Prizes for Best Hat, Best Dressed Male and Best Dressed Female. Raffles, Sweeps and much more. Please book in advance with the Centre on 6372 2177 - IGA 6372 2240 - Jacqui 0439 978 156.

Chad Morgan Show on Sunday December 17, \$20 per ticket which are on sale at the Centre.

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

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Hilly's IGA St Marys	

Shower Thoughts:

Does anyone else get anxiety when they see people driving on TV and they look away from the road to talk to the passenger?



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