

THE VALLEY AND EAST COAST VOICE INC.

Established 1968

50.14 November 2, 2017

Deadline for 50.15 is November 13, 2017



*Glistening Mirror, George's Bay,
photo by Wayne Fulford
Hub4Health Walking Group report
on p12*

The Valley and East Coast Voice Inc.

committee members and
volunteers
extend their best wishes to
Judy Spilsbury
for a speedy recovery, and hope
to see you home again soon.



ST MARYS CHRISTMAS EVE CELEBRATIONS

Faulkner's Green St Marys

3 – 5:30pm



Free Jumping Castle
Free Face Painting
Free Giveaways

Prizes will be awarded for:

- Best decorated business
- Best Christmas lights
- Most festively dressed person
- Best dancer in the crowd
- Age and Gender prizes, and
heaps more ...

*Follow St Marys Christmas Eve
Celebrations on Facebook and
stay up to date*

Christmas Stocking tickets are on
sale at local businesses

\$1 per ticket

Get your ticket NOW to
go in the draw for this
fantastic prize!!



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rodhunt@netspace.net.au

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

November 2	Freya Wynter
3	Karl Balzer
6	Valmai Spencer
7	Pam Bretz
8	Louise Keady
9	Heather Griffiths
10	Ruth Aulich
13	Valmai Spencer
14	Pam Bretz
15	Lundy Vosper

Community Notices

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

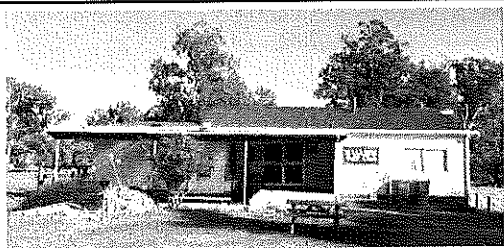
I am looking for any people who remember the Ringarooma Kidds - Russell Kidd who lived at "Glen Ayr" Ringarooma; Jack Kidd who lived at "Waratah," Ringarooma and Alex Kidd who lived at "Glen Ayr" and "Waratah," Ringarooma. Alex died in 1946 aged 96, Russell in 1972 and Jack in 1980.

Contact: **Gage Kidd, 29 Benvenue Rd, St Leonards, Tasmania, 7250.** Or golden_cameo@hotmail.com

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'

ROSSARDEN Fire training and BBQ dates are: November 4 and December 2. Fire Brigade training is 10am prior to each BBQ.

Mike Prewer, Rossarden. 6385 2184



Malahide Golf Club

A notice to all members, the **Annual General Meeting** will be held at the Clubhouse, Mangana Road, Fingal on Saturday November 25, 2017 at 2:30pm.

Bill Swann, Honorary Secretary 0408 568 678

The next **AVOCA Market** is **Saturday December 9, 2017** in the Hall. Contact Shirley at the Post Office on 6384 2129 or 6384 2259

MEGA GARAGE SALE

Silver Sands Motel

80 Burgess Street, BICHENO (10am - 4pm)

17 - 20 November

(Fri, Sat, Sun & Mon)



Furniture, Doors, Carpet,
Commercial Vinyl, Manchester,
Ex Motel Items, Bric a Brac, Free Items.

www.TasShacks.com.au

Spring Garage Sale in Falmouth

Saturday and Sunday November 4 and 5

10 - 4 only, no early birds

Collectables, vintage and retro furniture,
garden art, books

Canvas tent, travel clothes and gear

Kitchenware and more ...

108 Grant Street Falmouth

Near the phone box on the way to the beach

Fingal Valley Neighbourhood

House Inc. Talbot St Fingal

6374 2344 / admin@fvnh.org.au



Our **Facebook** page is our main communication tool for what is happening at the FVNH. 'Like' our page to keep up to date.

The **Play Centre** is open Mondays 9.30am to 2.30pm for children 3 - 5 years old.

Morning Tea is held every Wednesday at 10am. Come in and have a cuppa, snack and chat.

With support of the Aurora Energy and State Government, **NiIs** 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 to book an appointment with our trained staff.

Craft Day is held every second Monday, 10am to 2pm. Bring your craft and ideas, and enjoy the company of others. *Next day 13th November.*

The **Op Shop** has moved into the library. Call in, have a look at the new space and pick up a bargain. The **Library** is now in the FVNH.

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

The **Deloraine Craft Fair** is on **Saturday November 4**. Bus departs FVNH 8am, departs Deloraine 4pm. Bus cost: \$10pp. There is an entry fee to Craft Fair.

Eating with Friends will be held on **Tuesday November 7**, 1pm to 3.30pm. Cost \$5pp. Prizes for Best Ladies and Gents Hat. Race will be televised.

Contact the FVNH on 6374 2344 or call into the 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

GET meeting dates for 2017

November 24 and December 4.

7pm at the Fingal Valley Neighbourhood House

Mary Knowles 6385 2002

gippscreek@skymesh.com.au

Community Notices

Garage Sale November 4, 5 and 6 at 1 Lodi Court, Bicheno

8am start, look for the balloons

Log splitter, Old chest of drawers, Rocking horse - needs restoring, 2 Honda engines, Old carbide generators
Collection of cameras, including box brownie, Tin mining forks, Horn sewing cabinet, with lift, Adze and other tools, Tents, fishing nets etc, Carmen curlers, Old radial arm saw on bench, Jewellery, Lots of bric-a-brac and much more ...

For Sale

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

3 pneumatic wheeled Steelcraft *pram*, clean, \$50.
Pauline 6372 5464

Huon pine slabs starting from \$200, also King Billy Pine lots: boards, slabs, bundle of sizes. **Steve 6377 1209**



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Letters to the Editor

Dear Editor

To whomever was driving the small delivery van at about 7.20am Wednesday October 18 - **SHAME, SHAME, SHAME** on you.

You were travelling at over 50km p/h through St Marys when you ran over our town's geese, outside Hilly's IGA. How could you not see a large white goose on the road?? You didn't even stop. We weren't the only ones to witness this.

SHAME, SHAME, SHAME.

B and K Whit, St Marys

Dear Editor

Thank you for providing us with the opportunity to respond to Terry Knight's letter of October 19, 2017.

While we understand that there are some community members in St Marys who feel that the solution to the St Marys Rivulet flood mitigation is a 'simple' one, the reality is far more complicated.

For a start, Break O'Day Council are not responsible for waterways, these are in fact managed by the owners of land they pass through under State Government legislation.

This means that by law no one can just bulldoze their way through the waterways and do whatever they like. Like everyone, Council are bound by these laws and legislation.

What the Council is doing is trying to get the problem fixed for the community and property owners.

Secondly, there is a reason why a 'clean up' of the rivulet has not been undertaken since the 1970s.

The science of managing waterways has improved and shows that more damage than good can be done by 'cleaning out waterways' without fully understanding the problems first.

Mr Knight is correct however in saying that at the moment we have no Flood Plan to fix the issue, and this is because we want to ensure that we understand the problem completely before we start formulating the solutions to manage the risk from floods.

Our approach is to gather as much information as possible, involve the community and use best practice river management science.

In our opinion, this is the most responsible way to tackle this flood problem.

If you would like more information, we will be setting up an information page on the St Marys Rivulet Flood Management project in the coming weeks.

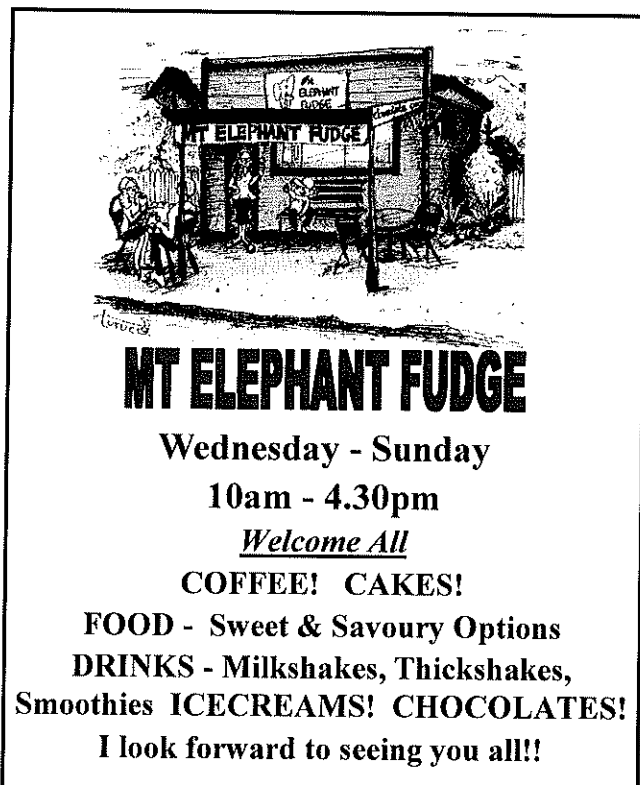
There are also further opportunities for the community to contribute to the project in the first week in December.

I encourage residents and businesses to participate in the project.

If you have questions or would like to discuss this further please contact Council's NRM facilitator Polly Buchhorn by emailing admin@bodc.tas.gov.au.

Kind Regards,

Break O'Day Mayor, Mick Tucker



MT ELEPHANT FUDGE
Wednesday - Sunday
10am - 4.30pm
Welcome All
COFFEE! CAKES!
FOOD - Sweet & Savoury Options
DRINKS - Milkshakes, Thickshakes,
Smoothies ICECREAMS! CHOCOLATES!
I look forward to seeing you all!!

Hilly's IGA St Marys



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'think Hilly's, think convenience'

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Cookies fried chicken
and hot chips available 7 days.



Hilly's IGA St Marys and St Helens

'we stand for fresh'

C & D EXCAVATIONS

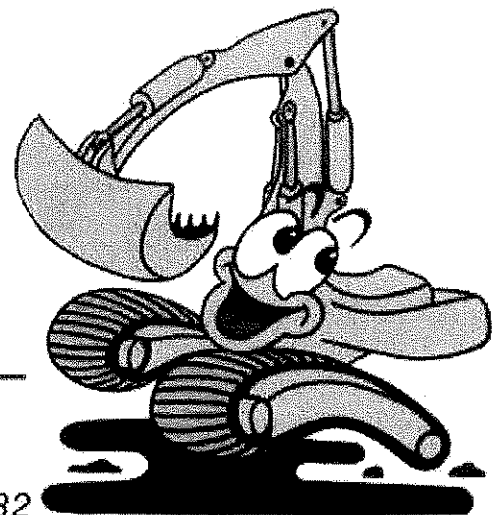
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- D65 Komatsu dozer with ripper and tilt blade.
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- Compaction roller.
- Wheel loader.

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land clearing, house sites,
drainage, bridge construction
and much, much more ...

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OVER 25 YEARS EXPERIENCE

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craggy peaks

Tasmania

WANTED - Guest Service Attendant

Cleaning and Office duties

Employment Status: Casual

This is a multi-tasking role which includes but is not limited to: reception duties, working alongside cleaning staff, as well as dealing with the public. Operating the in-house laundry and overnight care taking responsibilities when required, while enjoying working in a fabulous bush setting.

Requirements:

- Be reliable, mature, honest and have a strong sense of responsibility
- Well presented, organised and a good eye for detail.
- Valid manual drivers licence.
- Cash handling experience.
- Clear understanding of English, written and spoken, with basic computer skills
- Ability to work under pressure, unsupervised and respond to difficult situations calmly
- A demonstrated ability in maintenance and handyman skills
- Be physically active to carry out a range of 'hands on' tasks indoor and outdoor
- Adapt quickly and positively to changes in pace.
- A minimum of 2 years of continual service in a similar industry
- Available for overnight caretaking shifts with a focus on site security.

For more information and a copy of the position description please contact
craggypeaks@TasShacks.com.au Web: www.craggypeaks.com.au

WANTED - Housekeeping Attendant

Employment Status: Casual

Required to ensure the cabins are clean and in an orderly manner as well as attend to the amenity blocks and common areas. Assist with laundry duties.

Requirements:

- Practical experience in a cleaning/housekeeping role;
- Experience working in a similar industry;
- Ability to work with minimal supervision;
- Excellent customer service skills;
- Well presented, organised and a strong eye for detail.

For more information and a copy of the position description please contact
craggypeaks@TasShacks.com.au Web: www.craggypeaks.com.au

Break O'Day youth well represented at Local Government Conference

October 19, 2017

The voices of Break O'Day youth were well represented at the Tasmanian Youth Local Government conference on the weekend of October 14-15 by St Helens District High School student, Anthony Prior.

Break O'Day Mayor, Mick Tucker and his wife Charmaine attended the closing ceremony and were extremely impressed with the attendance and commitment shown by the youth, the future of our community and our potential leaders.

"I feel certain that our future is in safe hands after attending the ceremony," Mayor Tucker said.

"We attended to support our local youth leader Anthony Prior who should be commended on his efforts and certainly did our community proud.

"There is no underestimating the importance of the Youth Local Government Council as it gives our young people the opportunity to not only have their voices heard but also understand how decision making at a Local Government level works."

It has been identified in the Break O'Day Council Youth Policy and Strategy that there is a real need for

the younger people of Break O'Day to have an increased representation. With the changing needs of people aged between 12-25 years as we feel it is important they have their voices heard.

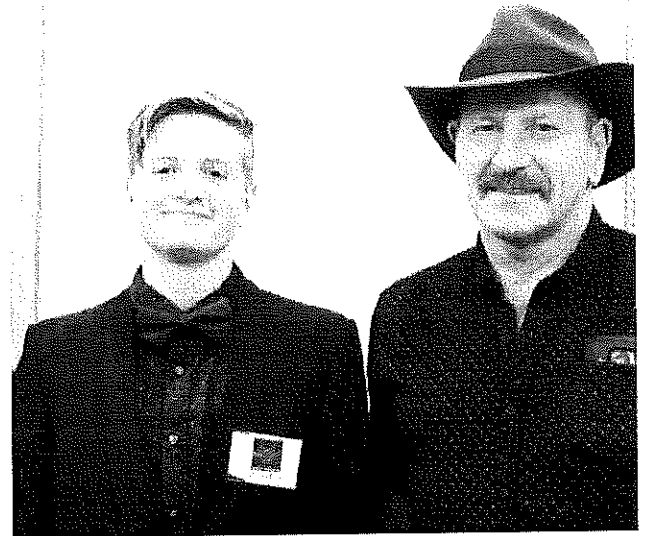
Break O'Day Council is also facilitating a Youth Advisory Group which is consistently making positive contributions, giving the youth a voice and working together to make a difference in our community. The Tasmanian Youth Local Government (TYLG) conference was established as a state-wide platform for the youth voice to be heard on local government issues. The conference is set to be an annual event which provides a link between young Tasmanians and the local government sector.

The TYLG program is facilitated by the Tasmanian Youth Local Government Association, an apolitical, 'for youth, by youth' organisation that runs the annual Tasmanian Youth Parliament, and

provides education to young people on politics, civic advocacy, and the functions of government.

At the conference, topics of debate included Mandatory therapy dogs in local schools, waste management and recycling by-laws, smoke free areas, fostering change in the employment sector, public transport proposal, youth advisory groups and community mental health.

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



Local youth leader Anthony Prior and Break O'Day Mayor, Mick Tucker

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and nurtured, even Holdens!
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St Marys Rivulet Flood Management project

How hard can flood management be? Monday, 30 October 2017

It is true that clearing the channel of St Marys rivulet by removing fallen trees, stumps and vegetation, and gravel and other sediments would increase stream flows through the town. A bigger, deeper St Marys rivulet channel with less friction for water flows will carry more water away faster with less risk of flood waters breaking the banks.

It is also true that faster water currents will carry more sediment and larger pieces of debris. Sand, gravel and rocks (and other even bigger things) are moved and carried along by the greater energy of stronger water currents.

This also means material is dragged out of the streambed and banks that would otherwise have stayed put, initiating erosion of the bed and banks which move sideways and upstream through the catchment. The resulting sediment is moved downstream, until the water slows down and it is dropped.

This has implications for the land, water quality and flooding which can take decades to settle down. Manipulating a stream or river is not so simple.

There is quite a lot of information available online and elsewhere on how rivers and floods behave and strategies for managing them. If you would like to look more closely at the science of rivers more information and links to other sources will be available on Break O'Day Council's webpage for the St Marys Rivulet Flood Management project.

Flood management options for St Marys

Cleaning out the St Marys rivulet channel is a flood management option that can be simulated and tested by the St Marys Rivulet Flood Management project with the computer flood model being developed.

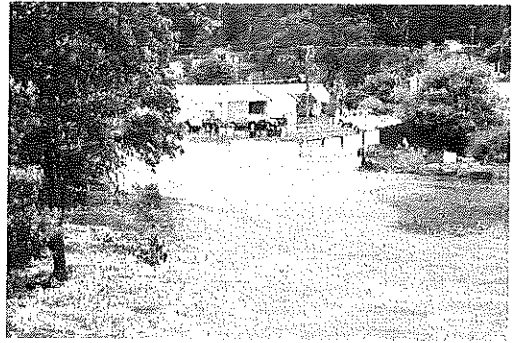
Other flood management options such as levee banks, detention basins and better flood preparation, early warning and response, could also be tested. These can show what floods are eased, stopped or not, what land is affected, how flood hazard (water velocity x depth) is reduced, and how well they might work in the future.

In December the computer models to simulate floods in St Marys will be ready.

There will be opportunities organised then for residents and the community to work with the project's river and flood management consultants, Water Technology, to identify the flood management options to test in the next stage of the project.

If you would like know more about the St Marys Rivulet Flood Management project visit Council's website or contact Council's project manager and NRM Facilitator, Polly Buchhorn on phone 6376 7900.

If you are interested in working closely on the project with Water Technology's Julian Skipworth and others, including representatives from the SES and Council, you might like to join the Project Reference Group.



East Coast Vet Clinic

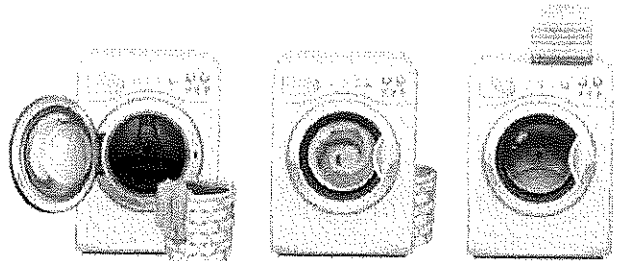
Dr Jeff Parsons regularly visits
the Fingal Valley
for all your veterinary needs.



*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

1968 Hobart Cup Some years ago I found a page from a small memo book with details of a 'sweep' I conducted as a young fellow on the Hobart Cup, with many Falmouth residents buying a stake in it at 20c per person!! Interestingly no Schiers were involved apart from myself, as my parents were not gamblers and a sweep would be considered gambling. My, how times have changed!
I had recorded the names of the sweep contestants, the horses they drew and the place getters I googled the winner; it was 1968 and I was just over 15 years of age. I hope this has been of some interest.

Name of horse and drawn by:

Elfroe - Kath/Kit/Carey Phillips
Bounteous, 1st place and prize money of \$2.20 - Len Phillips
Haughty Boy - Beth Pleasance
Winndalla - Brendan Pleasance
Hayworth - Greg Board
Muffler - Lynnie Cooper
Sailing Prince, 3rd place .30c - Tony Cooper
Delarius - Trevor Midson
Champollion - Molly Cocker

Algalon - Roy Cocker
Scalper - Maree Underwood
Beau Royal 2nd place and .90c. - Trevor Underwood
Eldeslie Boy - Maureen Underwood
Miralgo - Charlie Midson
Young Flynn - Merle Midson
Flaming Sun (Mr Steele died later in 1968 aged 102!!) - L.J. Steele
General Holt - John Schier

John Schier, Darwin 2017.

Spring Wedding Parade

A wonderful evening was had by all at the Fingal Valley Neighbourhood House on Saturday October 21.

There were over 30 beautiful gowns, the earliest was a gown worn in 1901 and there were also three gorgeous designer dresses on display, and two designer dresses created especially for the parade.

The gowns were modeled by Janna Steinmentz, Sommer Howorka, Melanie Woods, Renee Woods, Anne Marie Thomas, Catherine Thomas, Linda Robson, Sharna Burn, Tiffany McCormack and Genevieve Devlin.

Escorts for the ladies were Vic Jones, David Reece, Craig Woods and Shane Death.

One of the highlights of the evening was a lovely Impromptu dance performed by Sommer Howorka and David Reece - a spontaneous bit of fun with our very own Fred Astaire and Ginger Rogers.

Well done to Marilyn Statham and Elizabeth Death for all your hard work. It was a great evening girls, a marathon effort.

We even had a lovely wedding cake. The top tier was auctioned and one lucky person won the bid for \$30.

Many thanks to Gary Barnes, our Coordinator, for a great job as MC accompanied by Win Gray, Louisa and Lisa for the photography, a very big thank you to the ladies who worked tirelessly throughout the day to prepare and serve the lovely supper.

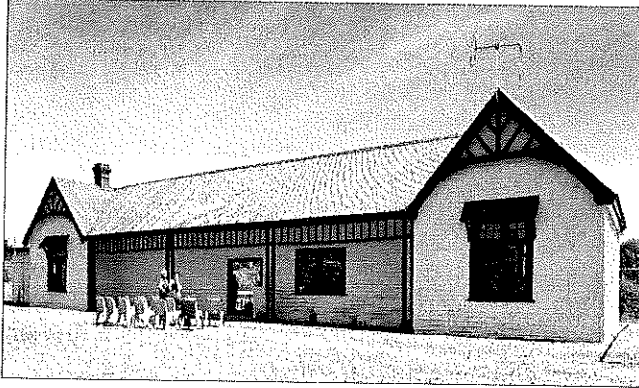
Thanks to everyone else who helped with the dressing of the girls, hair, makeup, flowers and setting up of the venue. It was lovely to see so many people support this event from all over the Valley.

Coral Brady, Fingal



Over the years

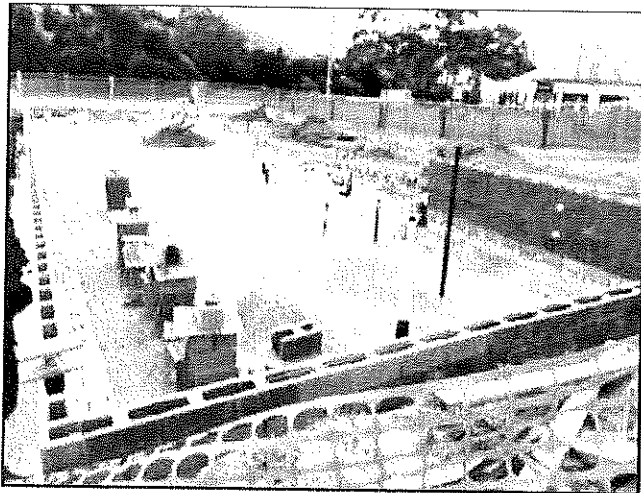
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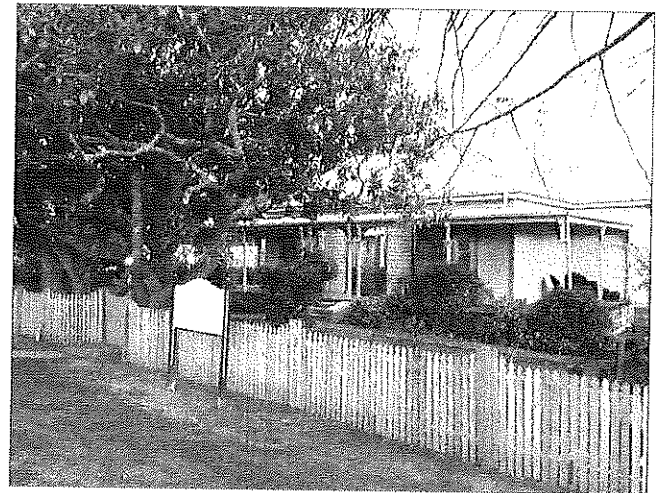
Fingal Railway Station opening



Rossarden museum destroyed by fire, October 2016



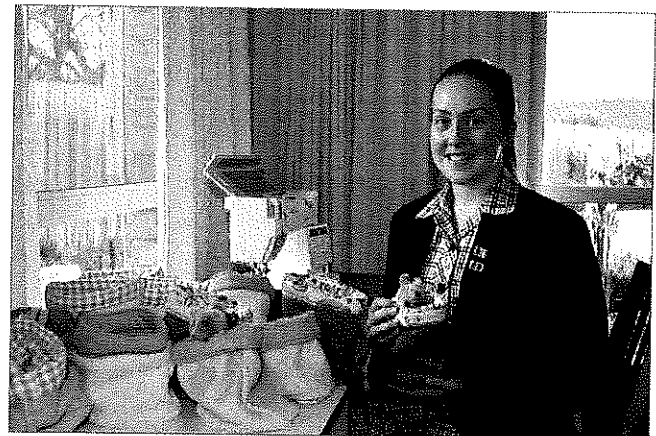
The Farm Shed, Bicheno, under construction



'Oakdene' in St Marys



Hub4Health Walking Group at The Gardens

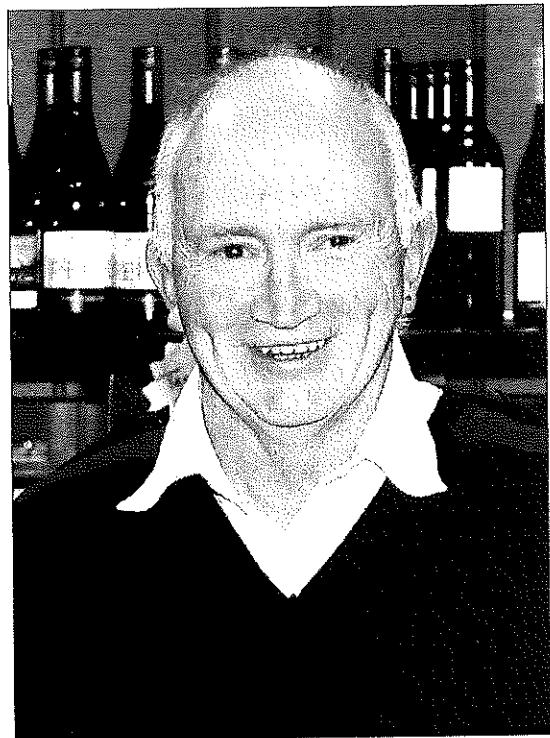


Catherine Bean, with some of the pouches made for Bono-rong Wildlife Sanctuary, November 2016

2016 * 2016 * 2016 * 2016 * 2016 * 2016 * 2016



*Rita Summers of Gone Rustic Studio and Gallery,
St Marys*



*Ian Bradbury
Emergency Service Volunteer Award 2016*

Surveying Town Planning Aerial Photography & 3D Modelling

- Property boundary checks and remarks
- House set-outs
- Land development and management
- Strata developments
- Engineering and feature surveys for design
- Construction set-out
- Development investigations and assessments
- Town planning services
- Aerial photography for real estate and other
- Agriculture services such as drainage and dams
- Quantity surveys for stockpiles and quarries
- Machine Control setup, establishment and onsite management
- Mapping and monitoring of sites
- Project feasibility studies
- Aerial and terrestrial 3D modelling
- Near Infra Red (NIR) and Normalised Difference Vegetation Index (NDVI) imagery for vegetation and crop health
- Thermal imagery capture



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Hub4Health Walking Group

Jones Road Manna Park Leader- Pam Bretz

Fifteen walkers set off on a very brisk Wednesday morning to walk to Manna Farm at Upper Scamander. Frost still lay on the ground in shady spots.

It was a matter of keep moving or freeze, as we walked through iron bark forest along the undulating gravel road.

When we reached the private property the owners were there to greet us and remind us of the interesting history of the place, named after the white or manna gums that are common on the property.

Thanks to the owners' warm hospitality, we were able to walk down to the Scamander River to the weir. The river is only narrow at this point and in slower moving parts it was iced over.

The wattles were not yet in flower so we made a note to return next year in Spring to enjoy them and the wonderful garden that surrounds the house.

The sun was higher as we walked back but by then we had thawed out with the exercise.

The best way to keep warm in winter!

Contributor: Pam Bretz

O'Connors Beach Leaders Fran & Stewart

Taylor The trailhead was not far from St Helens. It was hard getting going in the cold chilled morning, especially straight up a "huge" hill. The walk took us into less visited sections of St Helens (at least to me).

Then, from suburbia there was the glistening mirror still waters of George's Bay; ab fab! What a great bay walk and finally, I must mention the excellent morning tea, thanks to Fran & Stewart Taylor; and other contributions of the walkers.

Contributor: Wayne Fulford

Elephant Rd Walk Leader Pam Bretz

Wednesday saw a small group of 9 venture up Mt Elephant for a walk along Mt Elephant Road for a couple of hours. We were sheltered from the westerly gale and serenaded by a host of birds as we admired the mass blooming of silver wattles.

Using a made road meant that we could look around rather than at our feet so we could take in the lush gullies of manfern and the huge eucalypts towering over the road.

It's not an area that many of the group are familiar with and plans were discussed to return for a longer walk on a Saturday that would take us all the way down to the coast. Stay tuned for further news of that.

Contributor: Pam Bretz

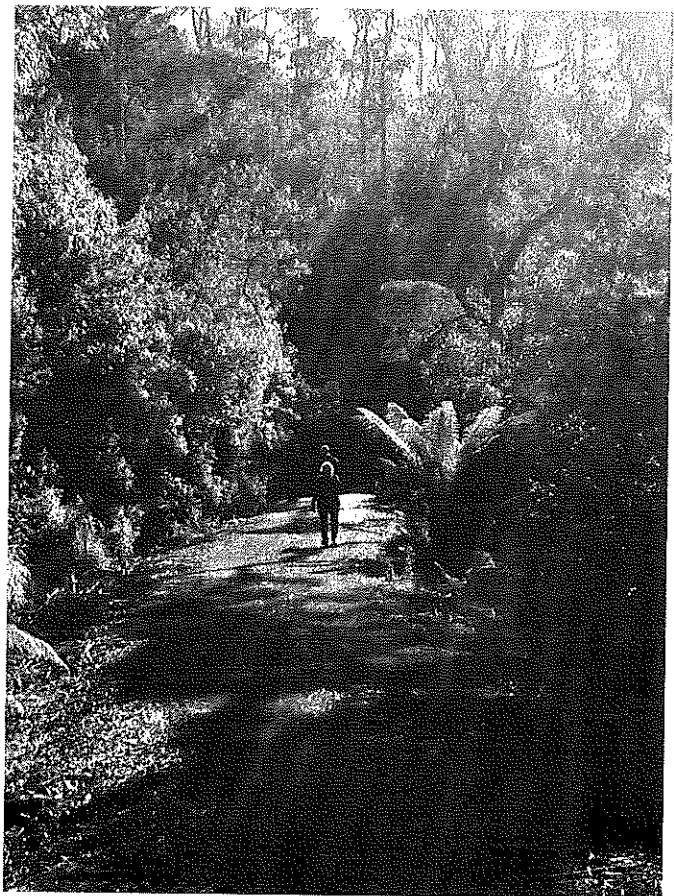
New members are most welcome.

Please call Hub4Health:6376 2971 or Bryan Edhouse:0414 987 435.

Come join up soon!



*A walker's surprise, Manna Park.
Photo by Wayne Fulford*



*Elephant Pass walk,
photo by Pip Buchanan*

GAZZMAN'S

BIGGEST SALE EVER!

1st - 11th November 2017

- CARPET from \$9.90 m²
- VINYL from \$15 m²
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MATTRESSES from \$199

21 Quail Street, St Helens
Ph: 6376 2555

A rose by any other name ...

It was a journey of epic proportions ... through Jericho, via the hills behind Bagdad and along the banks of the Jordan River to the olive groves of the Weston family. Richard met us and shared his passion for small acre intensive agriculture and value adding. Vegetables, including a trial crop of white asparagus, olives, paprika and peony roses; generally cultivated in the open and processed on site.

The peony market has several aspects; cut flowers for the market, tubers for sale in April and capers, yes capers in brine. It seems that rather than discarding secondary flower buds when trimming stems to maximise the quality of the cut blooms the tiny buds are harvested and salted to produce capers for both sale and use in the family restaurant in Hobart. Some of the premium blooms are used by Hobart florists and other go interstate. As a number of us have tried, with mixed success, to grow herbaceous peonies we were keen to pick up some growing tips and Richard was very happy to answer questions and share his passion. It seems that once established the plants are very drought tolerant but need to be lifted and divided about every ten years. The Westons manage to achieve flowers on three year tubers although he did suggest making sure that any purchased tubers had at least 2 or 3 eyes ... I'm not sure how many nurserymen would endorse his suggestion of tipping them out of a pot to check for eyes and nematodes, if you hear of a grey headed woman thrown out of Allan's for tipping plants out of pots ... IT IS NOT ME ... I'll be at home in St Marys digging up the Lupins in my garden because peonies like a low nitrogen environment.

My mother grows a very dark red and a pure white peony on lowish shrubs (about 6 inches high) so I was fascinated by the corals and yellows grown by Richard, and also by the length and strength of the stems. It seems that peonies are also very frost tolerant, in fact do better if exposed to frost while dormant. The take home advice would be ... if you can successfully grow apples your climate will support both peonies and olives.

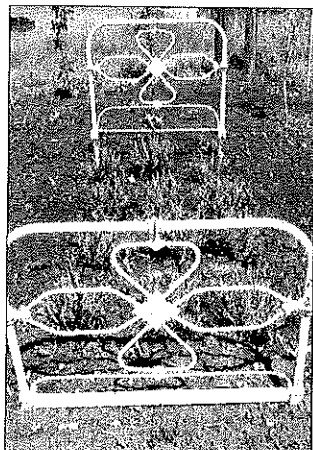
After a fascinating hour we re-joined the bus and followed the Jordan to Bridgewater from whence we travelled to the Royal Tasmania Golf Club via Old Beach and Geilston Bay. Lunch allowed us to enjoy the vista across Pittwater and carefully manicured greens.

To complete our epic journey we made our way home via the Coal River Valley which of course took us thought Jerusalem (Colebrook) and back to Jericho, where sadly the tumbling walls are no longer visible from the highway.

Article by Wendy Fowler, St Marys



Peony roses, photo by Wendy Fowler



A bed of lavender, photo by Irene Smith

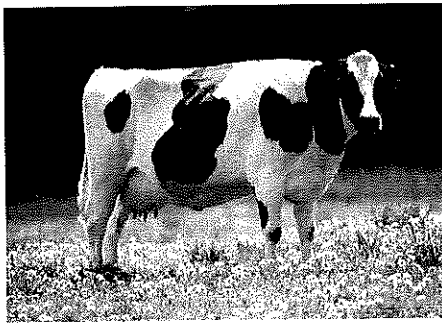


Morning tea at Ross, photos by Wendy Dawson



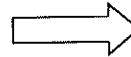
Luncheon at the Tasmania Golf Club, photos by Wendy Dawson

Ever dreamt of having a Friesian of your own?



← No – not *this* kind!

This kind!



The Friesian horse has to be one of the most beautiful breeds of horse in the world. Often described as 'Baroque' in appearance, the Friesian is black, solidly-built, and often well in excess of 16 hands. However the breed is probably best-known for its majestic looks, with its naturally long, flowing mane and tail and feathered fetlocks.

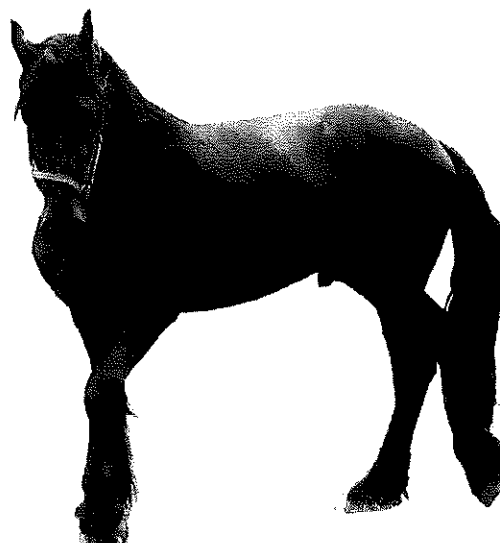
Friesians have enormous shoulders, muscular backs and sloping hindquarters, all of which combine to give the Friesian its characteristic 'uphill' movement. Along with an arched neck, kind eyes and chiselled facial features, it's no wonder the Friesian is often referred to as the 'fairytale' horse. Friesians are also kind and willing, and capable of moving with power and precision, making them very versatile mounts.

We are proud owners of the only purebred, registered Friesian stallion in NE Tas – our very own Twin Rivers 'Rutger'. Rutger has all the best traits of the Friesian horse – looks, conformation and temperament – along with impeccable breeding. His grand-sire is the legendary Jasper 366, and his sire is the wonderful Hotse dV.

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The Say, by Cagerattler

Over the past week or two the St Helens bushfire that has so far affected about 7500 hectares has been in the news. Some of our local fireys and earthmoving contractors have been aiding in the fight to control this current fire. Thank goodness there has been minimal property and livestock loss, and hopefully the same for native wildlife.

This though is a really poignant incident and of great concern to us all. It's still only October. The real issue for many of us is that the normal time for major bushfire threat is around December to late March, not October.

This is obviously exacerbated by the extremely dry winter we've just had. I can't recall the figures I saw recently but I understand that the rain to September for 2017 is well below the average and this just adds to the concerns in regard to dry fuel loads all over the place. I suspect that waterways and dams would also be well down on usual levels too. This leads to all of us needing to be switched on as the hot months arrive, and anything we can do to reduce risk has to be at the forefront of our thoughts especially given the current situation down on the coast. Most of us recall 2006. Hard to believe this was eleven years ago, but in very early December that year there was a small fire that got going; before very long it decimated numerous places in

the region, destroyed houses, killed animals, threatened whole towns and ruined lives. Amazingly no lives were directly lost, thanks to simply incredible and dedicated emergency services personnel, and maybe a bit of luck too here and there with the weather/wind shifts. One of the clean up crews were killed later on though and this was terribly tragic for all who knew that young bloke.

I recall vividly being trapped in Scamander as the fire had hit Riverview Road, St Marys Pass, Upper Scamander, the coastal hinterland all around Scamander South Sister and various other localities. I remember seeing tourists panicking in Scamander, road blocks everywhere, massive flames threatening properties along the foreshore in Scamander, volunteer TFS trucks and crews covering spot fires in all directions, helicopter crews running themselves ragged and locals doing all sorts of things to help out those scared and bewildered by what was happening.

Later on various government utilities did amazing work to restore services as soon as possible.

That December 2006 Monday night I made my way to St Helens and spent the night on the back seat of my car in St Helens Foreshore Car Park, because we weren't allowed to go any further until the next morning. It was a long

uncomfortable night but at about 7am the next morning the back road through to Ringarooma, Mathinna, Fingal etc. was cleared for use and I got home around 9 am if memory serves. That was nothing to be concerned about once the full extent of the terrible property losses of numerous families became evident, tempered by how much worse this could so easily have been. It took weeks to get something approaching 'normal' back but the work done by so many was just phenomenal.

In 2009 in Victoria 182 lives were lost and several towns were decimated. In 2013 the Tasman Peninsula fire devastated Dunally, Forcett, Murdunna and other townships as well as Half Moon Bay etc. Some incredible survival stories came out of that bushfire. The local communities again proved resilient beyond belief.

This is all part and parcel of living where we do, and whether it comes really early like this year or in mid to late summer, it becomes the responsibility of every one of us to do the right things to minimize the risks and to make the job of the fireys and emergency services a little bit easier, if at all possible. There's too much to lose if we don't.

What do you think?

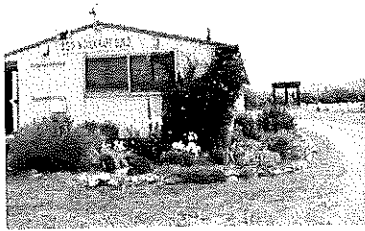
Rod McGiveron, St Marys

On this day in 1922 Qantas is Australia's national airline service and the name was formerly an acronym for "Queensland and Northern Territory Aerial Services". The inspiration for Qantas came in 1919 when the Australian Federal Government offered a £10,000 prize for the first Australians to fly from England to Australia within 30 days. The challenge was taken up by W Hudson Fysh and Paul McGinness, former Australian Flying Corps officers who had served at Gallipoli. The men were promised sponsorship for the race by wealthy grazier Sir Samuel McCaughey, but McCaughey died before funding could be delivered.

Undaunted, Fysh and McGinness undertook an assignment from the Defence Department to survey part of the route of the race, travelling almost 2200km from Longreach in Queensland to Katherine in the Northern Territory in a Model T Ford. The journey took 51 days and covered territory which no motor vehicle had negotiated before, and the difficulties highlighted the need for a regular aerial service to link remote settlements in the Australian outback. Fysh and McGinness sought sponsorship once again, but this time for a regular air service, rather than a one-off race. Wealthy grazier Fergus McMaster, whom McGinness had once assisted in the remote outback when his car broke an axle, was happy to fund the venture. McMaster also garnered further investment from his own business acquaintances. Originally purchased under the name of The Western Queensland Auto Aero Service Limited, the air service became the Queensland and Northern Territory Aerial Services, or Qantas, in November 1920.

Based in Winton, western Queensland, the original Qantas fleet was made up of just two biplanes: an Avro 504K with a 100 horsepower water-cooled Sunbeam Dyak engine and a Royal Aircraft Factory BE2E with a 90 horsepower air-cooled engine. The men's former flight sergeant Arthur Baird was signed on as aircraft mechanic. Initially, the service operated just for joyrides and demonstrations, until the first major air contract was landed in November 1922.

On 2 November 1922 Qantas commenced its first regular airmail and passenger service between Cloncurry and Charleville. The first passenger was 84-year-old outback pioneer Alexander Kennedy, who flew on the Longreach-Winton-McKinlay-Cloncurry leg of the inaugural mail service from Charleville to Cloncurry.



OUT OF THE WOODWORK

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

Well the sizzler king is back in motion. The tongs are cleaned, poised and ready to be handled from our specialist, and the BBQ is all fired up ready to sell our haute cuisine snags. Look out for the piff hat most Saturdays next to the top IGA. A large thank you to all who have supported us over the years and continue to do so. Our group tries to be as self funded as possible and all monies raised are returned to our club which at present is helping with maintenance.

This Sunday some members will have their Vintage Go Karts on display at Symmons Plains for the charity "Varity". We hope to see a sizable crowd to support this worthwhile cause.

A warm welcome to our two new members; we hope that the association will be long lived and brings much enjoyment. Finally all members send their best wishes to Ted for a full and speedy recovery.

Guilds home hint: Oil leaves a shadow on clothes even after washing. To remove place dishwashing detergent over stain and massage in. Wash as normal and presto! All gone.

Wendy Brennan, Secretary



Guy Pasco, the late Peter Williams and Reon Johns at our first Open Day in 2008, courtesy of the Examiner.

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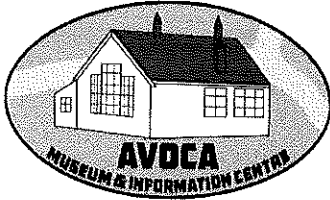
Libraries (Closed public holidays)

61 Cecilia Street **St Helens**
6387 5600
Monday to Friday 10am - 5pm
Sat 10am - 12pm

31 Main Street **St Marys**
6372 2114
Mon, Wed & Fri 12.30 - 4pm
Tue & Thurs
10am - 12.45pm

Fingal FVNH
Talbot Street 6374 2344
Mon, Wed & Fri 9am - 4pm
Tue & Thurs 9am - 12pm





Avoca Museum and Information Centre
Old School building
Avoca Tasmania 7213

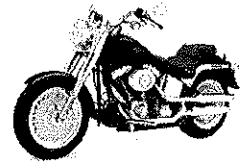


The next **AVOCA Market** is **Saturday December 9, 2017** in the Hall.
Contact Shirley at the Post Office 6384 2129 or 6384 2259

Rossarden & Friends Kids Christmas Inc.



Christmas Party Sunday December 3 at the Primary All parental contributions need to be paid by November 24. Invitations and letters will be distributed soon. Please bring a plate of party food and a helmet if you want to ride with the M.A.C.E. motorcycle club



Northern Tasmanian Fire Brigades gathered for a well organised training day held in Rossarden and the surrounding bushland on Sunday October 15. Over 130 fire volunteers attended, supported with food by SES and St John's Ambulance volunteers. A very successful day.





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

Guy Barnett, Minister for Energy October 20, 2017 **Seniors to receive Special Energy Bonus**

Aged pensioners and Commonwealth Seniors Health Card holders will receive a one-off bonus payment of \$125 per household in coming months to help cover their energy bills.

The Special Energy Bonus is being made under the Government's Tasmanians First energy policy and will see higher than expected returns from our energy businesses paid into the pockets of Tasmanians, rather than retained by the Government.

As revealed in their annual reports yesterday, both Hydro Tasmania and Aurora Energy performed better than expected in 2016-17, providing unbudgeted windfall gains to the Government.

While power prices are still lower than when we came to of-

fice in 2014, we recognise that many people, particularly aged pensioners and Commonwealth Seniors Health Card holders, are being hit hard by the rising cost of living.

This past winter was also very cold, meaning that some Tasmanians used more energy than previous years.

The Hodgman Liberal Government takes cost of living issues very seriously, and along with cheaper water bills, freezing car registration, and capping power prices, the Special Energy Bonus is further evidence of our commitment to act on it.

It is anticipated the rebates will be paid to eligible customers before Christmas.

For Aurora Energy customers with a Pensioner Concession Card, this will be in addition to the State Government-funded concession already applied on quarterly Aurora Energy bills. These customers do not need to apply but will receive the payment based on the current con-

cessions information.

To extend the benefit of the Special Energy Bonus further, it will also be made available to Commonwealth Seniors Health Card holders who do not receive a regular concession.

An application process will be developed for Commonwealth Seniors Health Card holders in the coming weeks with information on how to apply for their household to receive the Special Energy Bonus.

In total, it is estimated the Special Energy Bonus will be paid to approximately 72,000 aged pensioner households and around 6,000 Commonwealth Seniors Health Card holders households. The total cost is estimated to be around \$10 million.

Under the former Labor-Green Government, power prices went up by 65% over 7 years.

In contrast, we have a Tasmania First policy which means lower power prices and energy security for Tasmanians.

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.

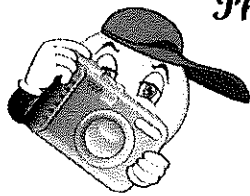
Please book in advance as we are limited to seating 50, and first in sits down.
Bookings can be made with St Marys IGA on 6372 2240, Jacqui on 0439 978 156 and at the Centre on 6372 2177

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

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GREATER ESK TOURISM



Photographic Competition Presentation Evening and Vote for the People's Choice Award

Date: Friday November 24, 2017

Time: 5:30 for 6pm start

Cost: \$10 per person

Location: Purple Possum Café & Gallery, 5 Story Street, St Marys, Tasmania 7215

RSVP November 20, 2017

0412 425 666 / addlestone@bigpond.com

Neat casual dress / Light refreshments will be provided.

Come along and network in the Fingal Valleys of Adventure

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The Stables Handmade Market

We are getting excited about the sundown market at the Stables Handmade Market commencing on November 17 from 3:30pm until 6:30pm

Pete Cornelius will be playing two 45 minute sets. There will be activities provided by Building Blocks for the kids to get involved with.

Food stalls, sausage sizzle and hot coffee.

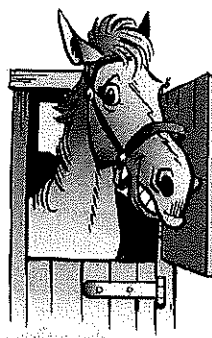
Paul Frater, Horticulturalist, will be selling a great selection of plants from his nursery.

Start thinking about your Christmas gift shopping - some amazing artisan wares, handmade product and fresh produce.

Still taking bookings for stalls, and don't forget there is FREE overnight camping at the St Marys Recreation ground so make a weekend of it, visiting the Fingal Valley

Contact Janet: 0404 562 320

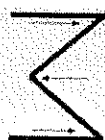
thestablesmarkettas@gmail.com



1 angle



2 angles



3 angles



4 angles



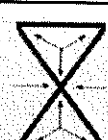
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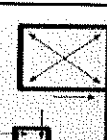
6 angles



7 angles



8 angles





9 angles



0 angles

Zero
Angel





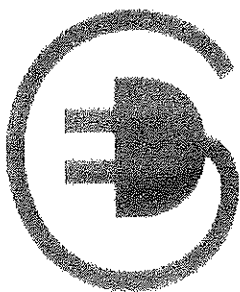
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The Lonely Parade

Author : Kent Rosenberger

"It's happening," announced Saul Quick from two minutes ago. "Is everybody ready? We're only going to get one pass at this."

"Who cares?" sniped Saul Quick from sixty-six years ago, his grungy concert shirt in terrible need of a wash. "What does it matter if we do this or not? It's going to happen either way, isn't it?"

Saul Quick from sixty-two years ago shook his head, comparing his dress uniform to the sloppy attire of his younger self. "I forgot what a snide little creep I could be. It's amazing what a few years and a little discipline can do, huh?"

"I'm dressed better than he is," Saul Quick from sixty-six years ago mentioned about his eighty-four year old self. "He's only got a hospital gown on."

"That's okay," Saul Quick from fifty-six years ago stated matter-of-factly, strutting around in his impressive top hat, white tie and tails. "I show you all up. We clean up good when we try, huh kid?" he asked of his eighteen-year-old self.

The rebellious adolescent ran his fingers through his long, greasy locks, staring in disbelief at the young man he was to become. "Dude, what did you do to my hair? And what are you wearing?"

"Would you rather have your hair and that black tee or Cecelia Cunningham?"

The sour expression Saul Quick from sixty-six years ago was holding softened considerably. "We marry C.C.?" His astonishment could not be stronger.

"More than worth a trim and a monkey suit, huh kid?"

"I'll say," the youth concurred, finding it strange to agree with anyone, even if it was himself.

"Let's not forget," piped in Saul Quick from sixty-five years ago, "before you landed her, you managed to snag Valerie Gale and Liz Kapizzi as practice first." The transition installment of himself between hoodlum and veteran bore a vague resemblances to both, featuring long but managed locks and a posture half-way between the stooped teen and upright Corporal.

"Really?" the high school senior marveled, quite impressed with himself and what were going to be his future conquests.

"A monkey suit, huh?" Saul Quick the soldier scoffed.

"C.C. wouldn't go for the uniform," Saul Quick from fifty-six years ago shrugged. "Frankly, she looked so amazing in her wedding dress, I didn't even care."

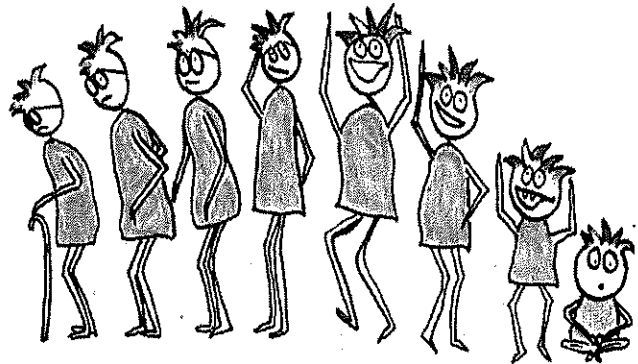
"And our daughter," declared Saul Quick from thirty years ago, sporting a different, more reserved tuxedo and a snowy, receding hairline, "looked even more beautiful than her mother on her wedding day." A small tear leaked from the eye of the heavier, balding man as he recalled the milestone event.

"Daughter?" the younger versions of Saul Quick asked in unison. Their two voices were joined by a third; one that sounded like it had not hit puberty yet. They all turned to see Saul Quick from seventy-six years ago, sporting filthy dungarees and a backwards red and blue baseball cap. He appeared as though he had been digging in the dirt. "I'm too little to be a daddy," he declared nervously.

"Don't worry kid," reassured Saul Quick from thirty years ago, "you'll do fine. She turns out great."

"Really?" The boy gave an apple-cheeked smile, revealing a missing baby tooth in the front of his lopsided mouth.

Saul Quick from sixty-two years ago marvelled at the sight of his tiny self. "I forgot what a cute kid I was."



"Thanks," Saul Quick from seventy-nine years ago squeaked. As small as his third grade personae seemed, he towered over the kindergarten version of himself decked out in a miniature vest and tie for his first day of school.

"Good Lord, I remember that embarrassing suit," cried out the white bedecked groom.

"Our mother made us wear it," the others chorused, breaking into polite identical laughter. "We've had our share of embarrassing moments," Saul Quick from fifty-six years ago observed.

"Yes, but we've had some great times," Saul Quick from forty-two years ago stated, fresh from vacation with the family. A pair of binoculars still hung about his neck, resting against the khaki safari shirt he sported

A distraught Saul Quick from seventeen years ago, rubbed his stubbly chin, the shine gone from his downcast eyes. "And we've had some hard times. Like when C.C. left us for a better place."

Trying to brighten the mood, Saul Quick from twenty-seven years ago reminded all of them, "True, but we've been with others along the way who have made the journey happy and worthwhile. Like the grandchildren."

"Mommy," remembered Saul Quick from eighty-one years ago.

"My high school buddy Butch," came a friendly recall to the mind of Saul Quick from sixty-eight years ago. The smell of French fries accompanied the fast food uniform he wore.

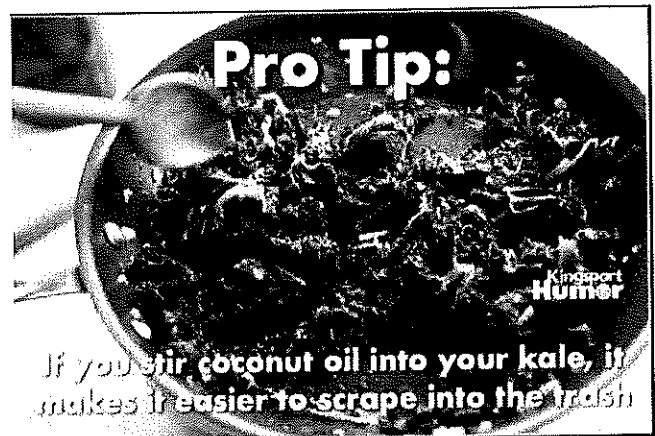
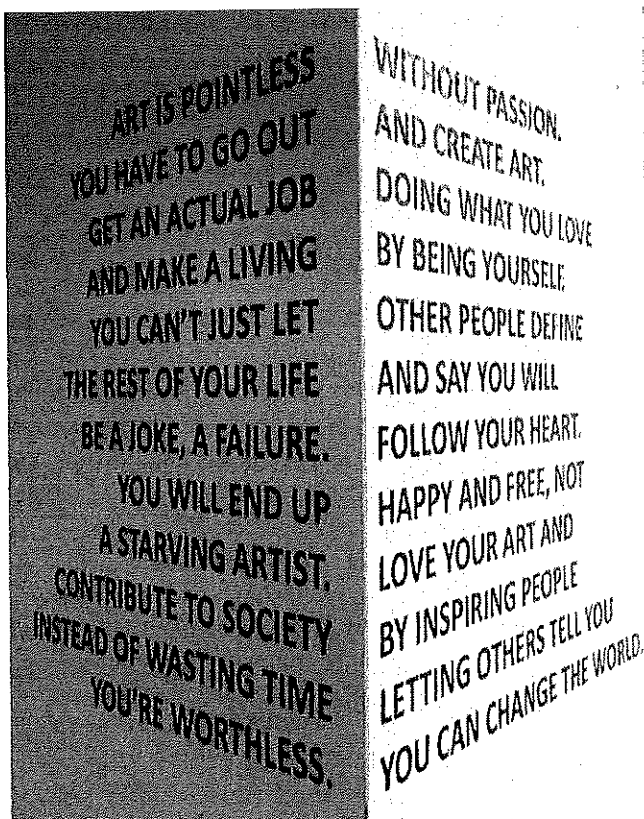
"And all our relatives, schoolmates, army pals, work colleagues and church friends," Saul Quick from two minutes ago summed up. "It feels strange that here at the end we are resigned to die alone."

Still mourning the loss of his wife, Saul Quick from seventeen years ago uttered under his breath, "Everybody dies alone."

"No," the five-year-old pointed out, demonstrating a wisdom beyond his years, "we're not alone. We have everyone we've ever known in our hearts and minds. And we have each other. We always have. And we always will. All the way to the end."

Unable to keep dry eyes, the other versions of the man down through the years teared up as Saul Quick from two minutes ago helped them all to line up in order, placing himself at the end of the line. "Alright, gentlemen, it's time. Let's make this an event none of us will ever forget."

And in the last few heartbeats he had remaining, Saul Quick became the sole spectator of his own lonely parade as his life flashed before his eyes.



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The BETOOTA ADVOCATE

More Australians In Lebanon's World Cup Team Than Federal Parliament

CLANCY OVERELL | Editor

Lebanon will make its second appearance at the Rugby League World Cup later this weekend. Their all-star side, known as the 'Cedars', will feature a number of experienced National Rugby League players, most of whom were born in Australia and don't carry citizenship anywhere else other than Australia.

Through the rugby league's 'grandparent rule' any player can claim up to one fourth of their ancestry when it comes to picking a national side, unlike federal politics which strictly states you must only hold Australian citizenship and not hold citizenship to any

other country if you want to represent Australians on a tax-payer funded salary.

In a startling revelation, the entire Lebanese world cup squad appears to hold more solely Australian citizens than both the lower and upper houses in federal parliament.

"Yeah. Bit of a funny finding" says a prominent Lebanese-Australian carpenter from South Betoota named Joe.

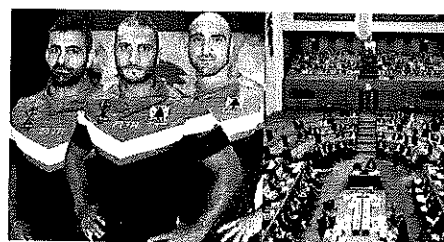
"Considering I'm the one who gets told to go back to where I came from. The two leaders of the Nationals are less Aussie than me."

"Mate, three out of our last four Prime Ministers have had an Eng-

lish parent. Two of them were born over there."

"These people need to learn our ways before fraudulently getting themselves elected and living off my tax dollars."

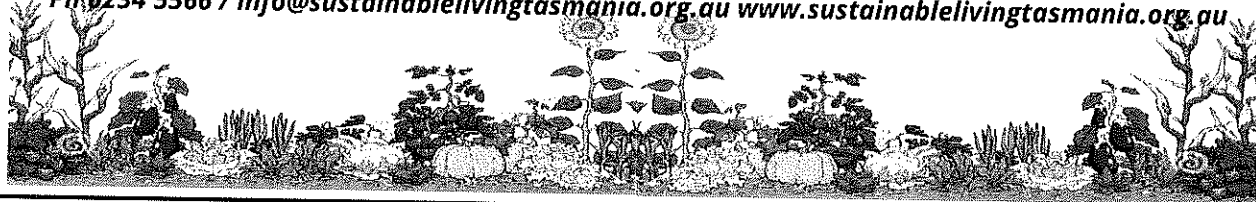
This news comes as the High Court has ruled Barnaby Joyce, Fiona Nash, Larissa Waters, Scott Ludlam and Malcolm Roberts were ineligible to be elected.



Tasmania Planting Guide for November / December

Lettuce, cabbages, broccoli, parsley and parsely root, silverbeet, beetroot, spring onions, leeks, English spinach, kohlrabi, celery, parsnip, Brussels sprouts, Asian brassicas, pumpkin, kale, sweetcorn, tomato, zucchini, summer carrots, cucumber, melons, French, bush and climbing 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

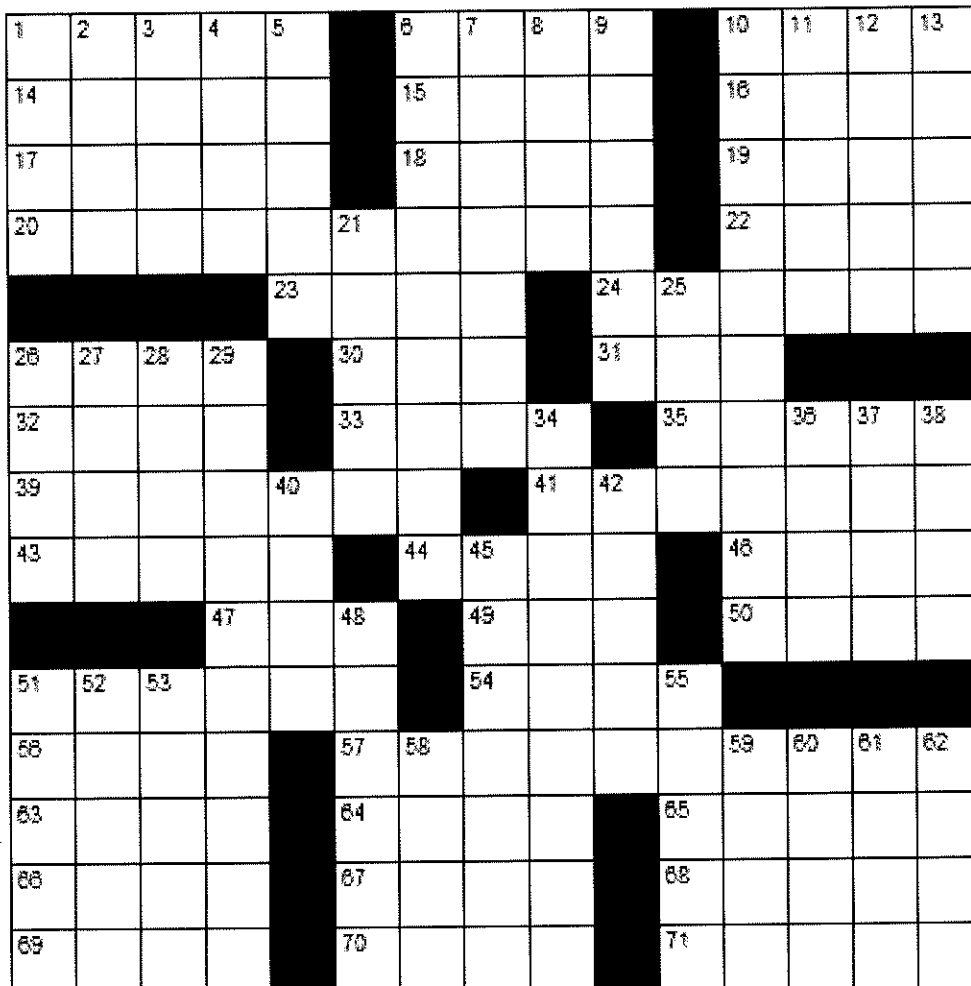
Email: kwalsh.sthelens@lh.com.au

Once again, the Washington Post has published the winning submissions to its' yearly neologism contest, in which readers are asked to supply alternate meaning for common words, and the winners are:

1. Coffee (n), the person upon whom one coughs
2. Flabbergasted (adj), appalled over how much weight you have gained
3. Abdicate (V), to give up all hope of ever having a flat stomach
4. Esplanade (v), to attempt and explanation while drunk
5. Willy-nilly (adj), impotent
6. Negligent (adj), describes a condition in which you absentmindedly answer the door in your nightgown
7. Lymph (v), to walk with a lisp
8. Gargoyle (n), gross olive-flavoured mouthwash
9. Flatulence (n), emergency vehicle that picks you up after you are run over by a steamroller
10. Balderdash (n), a rapidly receding hairline
11. Rectitude (n), the formal, dignified bearing adopted by proctologists
12. Pokemon (n), a Rastafarian proctologist

ACROSS

1. Type of mushroom
6. Cain's brother
10. Small island
14. Draw forth
15. Tibetan monk
16. Newbie (slang)
17. Daughter of a sibling
18. Snip
19. A compact mass
20. Protect by insurance
22. Ascend
23. Essence
24. Required
26. Humdinger
30. Petroleum
31. Little bit
32. Distinctive flair
33. Brother of Jacob
35. Rope fiber
39. Livery
41. Spire
43. Acted presumptuously
44. Gush
46. Cashews and almonds
47. Foot digit
49. Former boxing champ
50. Gait faster than a walk
51. A framework of steel bars
54. A musical pause
56. Double-reed woodwind
57. Stretchability
63. Reasonable
64. Records
65. Markedly masculine
66. Anagram of "Sees"
67. False god
68. Glacial ridge
69. Marsh plant
70. Declare untrue
71. Verse



DOWN

1. List of options
2. Norse god
3. Regretted
4. Behold, in old Rome
5. Lascivious looks
6. The qualities of unselfish concern
7. Glasswort
8. Send forth
9. Bewail
10. Element
11. Not fluid
12. Not tight
13. Subsided
21. Tempter
25. Lack of difficulty
26. A feudal vassal
27. Forearm bone
28. Den
29. Unshackled
34. In vain
36. Prod
37. Countertenor
38. In order to prevent
40. Smell
42. Chubby Checker's dance
45. Ideal
48. Palpebra
51. Errand runner
52. Demean
53. Clamor
55. Anagram of "Merit"
58. Prospector's find
59. Money
60. Yucky
61. Not us
62. Bygone era

Solution on p29

The Antenna Guy

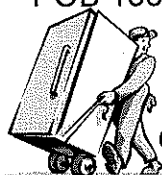
- Antennas
- VAST (free to air by satellite)
- TV tuning
- Home entertainment setup
- All areas serviced
- Get clear reception anywhere!



Call Josh 0408 388 322 / 6377 1150

Ransley's Appliance Service

POB 136 Scamander Tasmania 7215



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

then you need the services of our technicians

6372 5307 / 0428 761 811

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

2/11/17- 17/11/17

Dr K Nash-Rawnsley

3/11, 7/11, 10/11, 14/11 & 17/11 2017

Public holiday Monday 6/11/2017

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

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 informed, and they will come and collect you from this area.

Scripts and Doctors' Appointments

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

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

Non-attendance of 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.

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

A.H. contact numbers

GP Assist	1300 780 011
Ambulance or Emergency	1800 008 008 000
Lifeline - Saving lives, crisis support and suicide prevention	13 11 14
St Marys Community Health Centre - please ring before presenting after hours	6387 5555

INR tests require a 5 minute doctors' consultation.
Please inform reception when booking

PUBLIC HOLIDAY Monday 6/11/2017

Please refer to the After Hours contact numbers during this time.

GP Assist 1300 780 011, Ambulance 1800 008 008 or Emergency 000, Lifeline 131 114

St Marys Community Health Centre 6387 5555

If possible please ring before presenting after hours.

Normal doctor surgery hours will resume on Tuesday 7/11/17

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

What's on at the Centre

November 2	Social Worker Shan Williams Ph 6387 5555 for appts 2nd Bite Delivery
November 3	Social Worker Shan Williams Ph 6387 5555 for appts
November 6	Public Holiday
November 7	Child Health Session with Mary Mumford Tuesday fortnights, by appt only Ph 0428 136 381 Occupational Therapist Danyelle Briggs by referral from your Health Professional. Anglicare 1:30pm-3:30pm downstairs
November 8	Day Centre Ph Hayley Gilbert on 6387 5555 for information on the group HUB4HEALTH Meeting 6:30pm-9pm in the Day Room
November 9	Social Worker Shan Williams Ph 6387 5555 for appts Eyelines- For appts please ph 1300 139 363. All consults are Bulk Billed to Medicare. 2nd Bite Delivery
November 10	Social Worker Shan Williams Ph 6387 5555 for appts
November 13	Occupational Therapist Danyelle Briggs by referral from your Health Professional.
November 15	Day Centre Ph Hayley Gilbert on 6387 5555 for information on the group Social Worker Shan Williams Ph 6387 5555 for appts
November 16	Social Worker Shan Williams Ph 6387 5555 for appts Meals on Wheels luncheon 11am-2pm 2nd Bite Delivery
November 17	Social Worker Shan Williams Ph 6387 5555 for appts

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

A healthy sleep not only makes your life longer, but also shortens the workday.



MEALS ON WHEELS



Do you know you don't just have to be elderly or sick to receive meals on wheels?

You can also select from a 3 course down to a one course meal.

You don't even have to get them every day ...
you decide when and how often

Are you interested or have further questions?

Call Alana at the St Marys Health Centre on 6387 5555 and see if you are eligible, or to discuss your options.

Home style meals are made on site at the Health Centre daily.

Pick-up and delivery available.

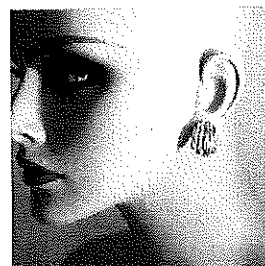
St Marys Meals on Wheels cover from Scamander to Bicheno and as far as Fingal and surrounding areas.

St Marys
PHARMACY

Main Street St Marys
Ph 6372 2844

Kodak prints from 45¢

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



Pharmacist instore Monday to Friday

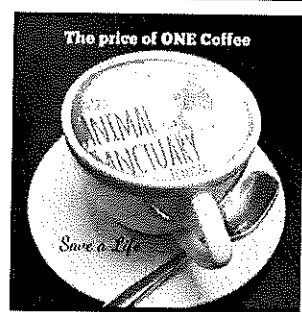
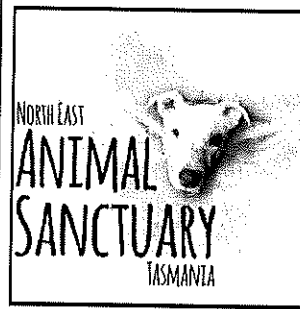
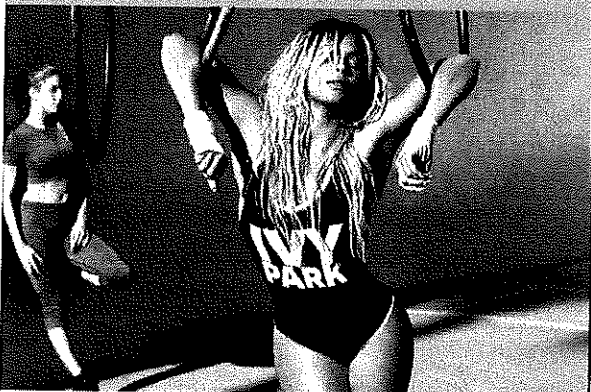
120 words of 3 letters or more were found in
PROPOGATE



age	orate	rage
ago	ore	ragtop
ape	page	rap
aper	pager	rape
app	pap	rapt
apt	paper	rat
apter	par	rate
are	pare	reap
art	parge	repo
ate	parget	repot
atop	part	retag
ear	pat	retap
eat	pate	roe
ego	pater	root
era	pea	rope
erg	pear	rot
ergo	peat	rote
eta	peg	tag
gap	pep	tap
gape	per	tape
gapper	pert	taper
gate	pet	tapper
gator	poet	tar
gear	pogo	tare
get	poop	taro
goat	pooper	tarp
goer	poor	tea
goo	pop	tear
goop	pope	terp
gore	pore	toe
got	port	toga
grape	portage	too
grate	porte	top
great	pot	topper
grobe	potage	toprope
oar	prate	tore
oat	preop	toro
ogre	prep	trap
opera	prop	troop
opt	rag	trope

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

In 2016, it was discovered that Beyonce's "Empower Women" clothing line was made by women sweat shop labourers working on less than \$6 a day.



Dress up and join us in the St Helens Christmas Parade

This year NEVC will be putting a team together at St Helens' yearly Parade (24th December) fundraising for North East Tas Animal Sanctuary. Entry per dog is \$15, dress up and join in to do our bit for the one and only cat and dog sanctuary on the East Coast of Tasmania – so far NEAST has rehomed 120 animals, thanks to the community embracing the idea.



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.

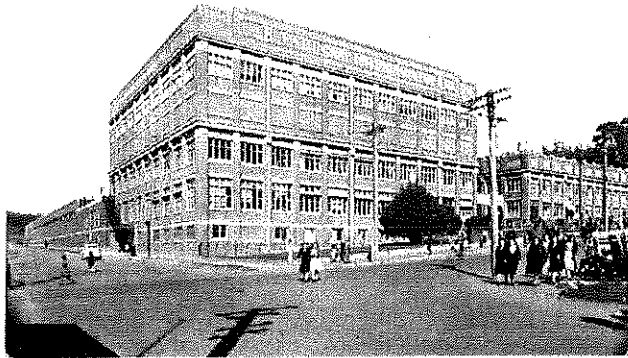
We couldn't do this without the support of our wonderful donators, whose services and products can all be viewed by clicking on their names/business names – go on, pop over and see what the products and services are like in case you win. Good luck everyone!

ADOPT, DON'T SHOP

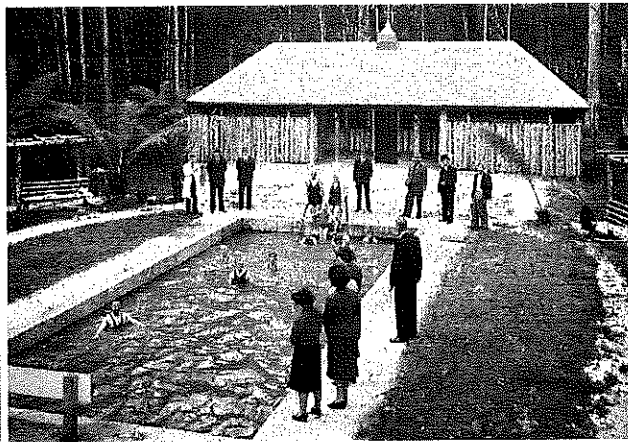
michelle.jesson@bigpond.com 0457 081 533

Tasmania Way Back When

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



1950s Patons and Baldwin Ltd Woollen Mill, Launceston



1940s Hastings Caves - thermal swimming pool and shingle dressing rooms



Every time you get dressed remember: if you die, that's your ghost outfit forever.



Brent Crosswell (born August 8, 1950 in Launceston) is a former Australian rules footballer who represented Carlton, North Melbourne and Melbourne in the Victorian Football League (VFL) during the 1960s, 1970s and 1980s. A charismatic and versatile player, Crosswell is part of a select group of VFL/AFL footballers to have won premierships with two different clubs. Crosswell was educated at Scotch College in Launceston, where he excelled both as a footballer and a high-jumper.

Recruited from Northern Tasmanian club Campbell Town, Crosswell made his VFL debut in 1968 for Carlton. A solid debut season earned him Carlton's 'best first year player' award. They won the 1968 Grand Final by three points. Crosswell was one of Carlton's best players in the famous 1970 Grand Final victory over Collingwood, and fittingly it was he who kicked the goal that put Carlton in front deep into the final quarter. He missed the 1972 premiership through illness. In 1975 he left Carlton and went to North Melbourne and play a crucial role during the club's golden period, adding two more premierships to his resume. Crosswell's finals form cannot be faulted and he featured in the best players list in all his Grand Finals appearances, except in 1976 when he injured himself against Geelong in muddy conditions the previous week. Not be discounted, the selection committee at the club selected Crosswell in the 1976 Grand Final side and gave North Melbourne a needed boost, but this was only temporary as his endurance was waning and the injury prevented him giving 100%. When Barassi decided to leave North Melbourne, Crosswell moved to his third club, Melbourne, in 1980 and spent his final three seasons of football there, to end a career with one of the most Grand Final appearances by a player at the time: nine VFL Grand Finals.

Years Club Games (Goals)
 1968-1975 Carlton 98 (92)
 1975-1979 North Melbourne 76 (108)
 1980-1982 Melbourne 48 (57)
 Total 222 (257)



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



Butchery specials November 1 - 7

p/kg

Porterhouse Steak
Topside Beef Roast
Round Steak
Chicken Breast Chunks
Ingham Whole Chicken

25.99
13.99
13.99
9.99
4.99

Butchery specials November 8 - 14

p/kg

Scotch Fillet Steak
Beef Stir Fry Strips
Netted Leg Of Lamb
Forequarter Lamb Chops
Nichols Chicken Wings

14.99
17.99
14.99
12.99
3.49

Two week specials November 1 - 14

Bega Tasty Cheese 1kg
Drumstick Vanilla 24pk
Kelloggs Crunchy Nut Cornflakes 380g
Bushells Tea Cup Bags 100s
Lucky Dog Biscuits 3kg

8.99 save 3.00
19.99 save 10.00
2.99 save 1.66
2.99 save 2.00
5.99 save 1.66

Cottees Cordial Syrup 1L
Maggi Cup Noodles 58-65g
Organic Care Shampoo or Conditioner 400ml
Friskies Cat Biscuits 1kg
M&Ms Chocolate Block 150-160g

2.99 save 1.36
0.89 save 0.91
2.49 save 1.46
3.99 save 0.86
2.99 save 2.00

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 22/10 Steve 1, 33, Macca 36, Steve 2, 43. No N/P. Sunday 29/11 Peter won on the day, Steve 2 second, Steve 1 third. Scallops for N/Pin next week. Starts 1pm Sunday

Bowls news 21/10 Scamander def St Marys 19 shots at Scamander. 28/10 St Marys def Bicheno by 10 shots at Bicheno. Next game is at Swansea on 11/11. Our bowling green is in excellent condition. Barefoot bowls each Thursday at 5pm. Practice is also on Thursday evenings.

General news Christmas raffle books are now in stores and at the Centre. 1st prize Deluxe Fry Air Cooker Roaster, 2nd prize Stihl pressure cooker, 3rd prize H/Air 12v mini Compressor, 4th prize Nutri Infusion Juicer 700. Gentle reminder: Memberships and Affiliations are to be paid by October 31, thank you. New members can join throughout the year and are most welcome. Golfers and bowlers old and new are invited to come and see how good our Centre looks.

Melbourne Cup Luncheon details on page 19

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:

Rick and Morty is the best Halloween costume because even if there are a dozen others at the party it still works.

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



Christmas Toy Sale



Meccano Micronoid M02

Build MicroNoid a body to help him get around, with push button programming MicroNoid can walk, turn, and smash through obstacles. He also interacts with other MicroNoids and even dances when music plays. MicroNoid is your new robot best friend!



\$79.99
EACH



Maisto Radio Control Hydro Blaster Boat

\$39.99



Zuru XSHOT Bug Attack Crossbow

\$29.99



Zuru Hamsters in a House SERIES 2 - Hams Burger

\$34.99



Oonies Starter Pack

Create an Ooniverse of your creations! Oonies are the coolest way to create anything you can imagine! Using the Oonies Inflator you can inflate Oonies that magically stick together and create an ooniverse of creations. It's super easy and super fun!



\$34.99



Wobbly Worm

\$34.99



Pikmi Pops series 1 Surprise Pack

\$16.99
EACH

Collect them all

East Lines

28 Cecilia Street, St. Helens TAS 7216
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Facebook - EastLines St Helens Tasmania
Shop Locally and Smile ☺



\$49.99

**Little Blokes
Metal Digger Sit N Dig**



\$39.99

**Little Blokes
Metal Wheelbarrow**



\$19.99

Archery Set Light Up



**Little Blokes Metal
Wagon Small**



\$49.99



**\$12.99
EACH**

**EVA Rocket
with Whistle**



\$39.99

**Glitter
Zoingo Boingo**



**Intex Explorer
2 Person Boat
with Oars & Pump**

\$49.99



**Wahu Swim Vest
Small 15-25kg**

**\$39.99
EACH**



\$14.99

**Zuru XSHOT Water Blaster
- Stealth Soaker Twin Pack**



**Zuru XSHOT Water
Blaster - Tornado Tide**

\$16.99

