

# THE VALLEY AND EAST COAST VOICE INC.

Established 1968

50.16 November 30, 2017

Deadline for 50.17 is December 11, 2017



*Peron Dunes, photo by Wayne Fulford*

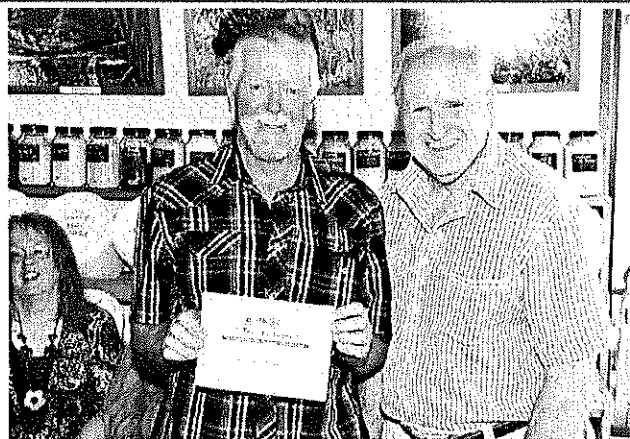
## Hub4Health Walking Group p6

The St Helens Walking Group wishes to wholeheartedly thank Hub4 Health, Heidi Howe and Wendy Dawson for their support throughout 2016.



*Break O'Day Council Mayor Michael Tucker, St Helens/St Marys Community Bank® Branch Manager Sheree Archer, Board Chairman Andrew MacGregor and St Helens Bendigo Bank Agent, Tom Bassett*

**The St Helens/St Marys Community Bank® is moving rapidly toward their scheduled opening in mid February next year p7**



GET Photographic Competition 2017 Open winner was Les Beckman with his entry 'Echidna Walking'. Russell Barr accepted the Open Award from Owen Hughes on behalf of Les, who was in Queensland. More winners on p20

Editor: Wendy Dawson  
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### Advertising rates 2017

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

### Valley and East Coast Voice Inc.

#### Advertising rates for all community groups

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

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

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

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

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

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

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

Visit our website [valleyvoice.com.au](http://valleyvoice.com.au) and look back over ten years of archival content, galleries and stories, in addition to each new issue.  
Leave a comment / suggestion on what you would like to see included.

### 24h Emergency services numbers

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

### The Valley and East Coast Voice Inc. Guidelines

Opinions in any letters published are not necessarily those of the Editor and committee, or volunteer staff.

Our pages remain open to fair and honest criticism so that on all questions both sides may be presented, but any submissions containing personal attacks / libel / slander will not be accepted.

Kindly do not attack the editor, the paper or the authors of previous articles.

All articles for submission must bear the author's name, town of residence, address and phone number. The address and phone number will not be published but are for verification purposes only. Letter writers will be given the chance to respond over a suitable period of time.

Subjects may be closed at the editor's discretion.

Please make sure of your facts. Do not write submissions just to let off steam.

Articles most commonly published are those relating to current community issues.

Keep articles short, simple and to the point. Letters are restricted to 300 words or fewer.

The editor reserves the right to edit any submission for grammar, spelling or reduction in size where necessary.

All letters/emails must include your full name, address and contact phone number.

The Valley and East Coast Voice Inc. reserves the right at all times, without notice, to update, change or amend our guidelines.

All information is correct at time of printing.

Whilst we value and welcome community input, the Valley and East Coast Voice Inc. does not provide specific feedback regarding any decision made not to publish a submission.



Meals on Wheels | More than just a meal  
Tasmania

### St Marys roster

0488 384 344

November 30	Judy Duckett
December 1	Lynne Fitzgerald
4	Valmai Spencer
5	Pam Bretz
6	Kerry Veldums
7	Heather Griffiths
8	Ruth Aulich
11	Valmai Spencer
12	Pam Bretz
13	David Lawer

## Community Notices

### AGM

The St Marys District Hospital Support Association Inc. will hold their Annual General Meeting on Thursday December 7, 2017 at 7pm in the Day Room at the St Marys Community Health Centre. All welcome.  
**Len Miles, President Ph: 6372 2285**

**ROSSARDEN Fire training and BBQ dates are:** December 2. Fire Brigade training is 10am prior to each BBQ. **Mike Prewer, Rossarden. 6385 2184**

**GET meeting dates for 2017:** December 4, 7pm at the Fingal Valley Neighbourhood House  
**Mary Knowles 6385 2002**  
**gippscreek@skymesh.com.au**

The next **AVOCA Market** is **Saturday January 13, 2018**, in the Hall. Contact Shirley at the Post Office on 6384 2129 or 6384 2259

The **Annual General Meeting** for St Marys Association for Community Development incorporating the St Marys Online Access Centre will be held at the St Marys Online Centre, 38b Main Street St Marys 7215 at 10.30am Friday December 1, 2017.  
**Paul Byard, President SMACD - 0435 592 664**

The new **Ochre Health St Helens Practice** is located at 11 Pendrigh Place, St Helens. The practice is open Monday – Friday, 8.30am to 5.30pm and Saturday 9am-12.30pm.  
To make a consultation, please contact the Medical Centre on (03) 6376 1777, or visit [www.ochrehealth.com.au](http://www.ochrehealth.com.au) to book online.

### For Sale

Home Hero steam cleaner, \$20. Hoover Freejet cordless vacuum cleaner, \$50. Epson Expression Home XP 432 printer, \$50. All hardly used. Feast Watson long lasting water based decking oil, jarrah colour 10L \$70.  
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### Fingal Valley Neighbourhood House Inc.



Talbot St Fingal  
6374 2344 / [admin@fvnh.org.au](mailto: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, **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 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.

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

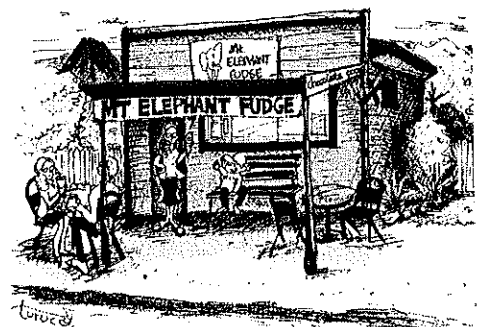
The **Library** is now in the FVNH.

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

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



### MT ELEPHANT FUDGE

Wednesday - Sunday  
10am - 4.30pm

The weather is warming ..

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See you soon!

## Working together in St Helens

Construction is set to resume this week on the sewerage main upgrades along the Tasman Highway from Jason Street to the Golden Fleece Bridge.

In recent weeks, TasWater has worked closely with Aboriginal Heritage Tasmania to ensure the works do not impact important local historical sites, bringing on Cultural Heritage Management Australia to conduct a survey of the area.

Aboriginal Heritage Tasmania Director, Steve Gall, stated that TasWater undertook Aboriginal heritage due diligence in accordance with the new Guidelines under the Aboriginal Heritage Act 1975. Mr Gall finds it encouraging that TasWater are committed to protecting the Aboriginal cultural values of the State.

TasWater Project Manager Fraser Nuttall is pleased that measures can be put in place to preserve important heritage sites and the project can successfully continue.

"The upgrade works have proceeded well on the Northern side of the bridge where the mains have been upgraded from the sewage treatment plant to



the Esplanade Sewage Pump Station. The existing pipes are being replaced with larger sized pipes to increase the capacity of the system, ensure it works more efficiently, reducing the risk of sewage spills impacting local oyster farmers and other seafood businesses.

We have been working closely with the Break O'Day Council to ensure this project is completed as safely and quickly as possible. We appreciate the cooperation and patience from the public while we continue this important work."

Temporary traffic arrangements will reduce traffic to a single lane during normal working hours in some areas while the construction resumes.

TasWater and its contractors are taking steps to minimise any impacts on local residents.

Residents who want more information about this project can contact TasWater on 13 6992 or email [enquiries@taswater.com.au](mailto:enquiries@taswater.com.au)

## Child care relief around the corner for Tasmanian families

Over 16,000 families in Tasmania will be better off from the Turnbull Government's child care overhaul.

Senator Jonathon Duniam said "the new child care package will provide the greatest hours of support to the families who work the longest hours, and the greatest subsidy and financial support to the families who earn the least.

"We know the cost pressures that families face so we've taken action to overhaul a broken system. Families using child care can be reassured that relief is around the corner" said Senator Duniam.

Minister for Education and Training, Simon Birmingham, said the child care changes are focused on helping the families that need it most.

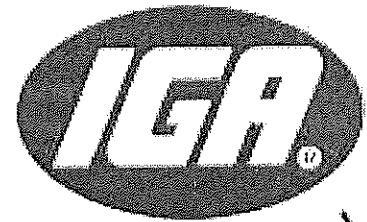
"Almost one million families will benefit from our additional \$2.5 billion investment and comprehensive changes to the subsidy system, our new hourly rate cap to put downward pressure on fee increases and the end of the \$7,613 annual rebate cap. With 1.15 million Australian families set to access child care next year it's important families have the opportunity to plan for the changes. I urge families to visit our child care estimator, plug in their details and see exactly how they're set to benefit" said Minister Birmingham.

The Turnbull Government's child care package includes:

- Increasing Australia's investment in early childhood education and care by \$2.5 billion so that almost one million Australian families benefit
- Introducing a better targeted activity test to ensure taxpayer subsidised child care places are targeted to those who depend on it in order to work, or work more hours.
- Delivering the highest rate of subsidy to those on the lowest income levels and more hours of subsidy to those who work the most. We're increasing the base subsidy from around 72 per cent to 85 per cent for the more than 370,000 families earning around \$65,000 or less a year.
- Low and middle income families will no longer be limited by an annual \$7,613 cap on the amount of subsidised child care they can access – that's more than 85 per cent of families using child care and means families won't run out of subsidy mid-year as happens now.
- A \$1.2 billion Child Care Safety Net will support vulnerable children and families who need extra support.

More information on the Turnbull Government's new child care reforms can be found at: [www.education.gov.au/childcare](http://www.education.gov.au/childcare)

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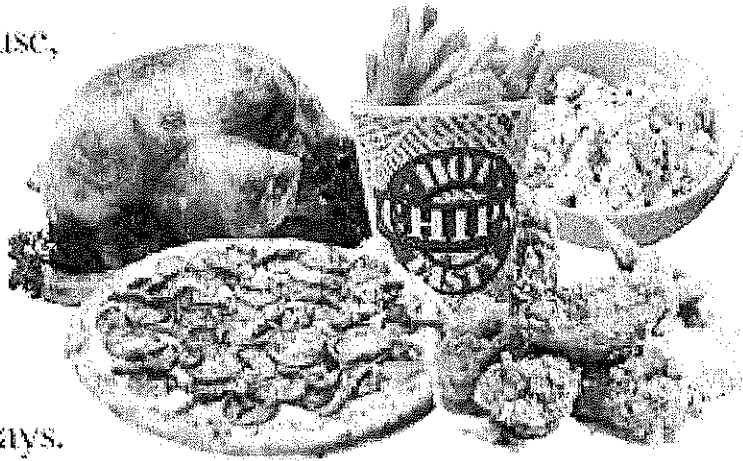
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## C & D EXCAVATIONS

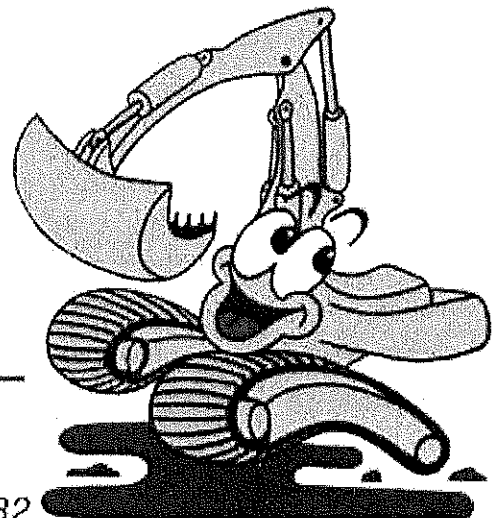
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## Hub4Health Walking Group

This is my report on the walk I led on 23/8/17: 15 people arrived at the Shelly Beach turnoff to walk in the sunshine. We first went up to the lookout to take in the view of the Tasman Sea to the east and Wrinklers Beach to the south, and the beautiful panorama of the beaches with the hills beyond. Although the tide was well in, there were shells in plentiful supply on the point.

The walk continued south along the wide sandy beach towards the Wrinklers Bridge. On the way we saw lots of shore birds - juvenile and adult Pacific gulls, silver gulls, oystercatchers and hooded plovers.

We then made our way along the bush track at the north of the lagoon, through the flowering boobyallas which look lovely interspersed with pink heath and other wild flowers just starting to bloom.

There were lots of wrens in the undergrowth and grebes and black swans on the lagoon but the highlight of the day was watching a male musk duck. This duck has interesting displaying behavior, as the lobe under its bill swells up to make its head double in size, and it fanned up its tail feathers and kicked water backwards in a spray like effect.

All this went on for 5 to 10 minutes or more, and it eventually succeeded in attracting the attention of a female who briefly swam behind it before losing interest and heading off alone.

We walked back along the footpath to enjoy a cuppa, to conclude our pleasant morning. Thanks to those who brought biscuits and helped with preparation and clearing up. Much appreciated! **Report by Wendy Saunders**

Seven members of the Walking Group met at the end of the road beyond Irish Town, the beginning of the walk up Paddy's Head, a cool southerly was blowing. The track winds up around the tops of the paddocks and from one vantage point the higher parts of Ben Lomond stood out in white, contrasting with the darker sky.

The track entered the forest and soon began to climb steeply up the rocky slope, eventually gaining the ridge-top. Here we left the shady forest and emerged into the warm sunshine with a magnificent view to the north, as far as Mt Strzelecki on Flinders Island and the peaks of Cape Barren Island.

This was a pleasant spot to stop for a snack before we climbed further up the ridge and back into the lazy wind.

Over rocky knobs and through narrow defiles, the way to the summit was a route of least resistance, until it reached the final climb. A fixed ladder allowed us to get up to the higher level and then another steep section followed but, what luck, we had brought a short ladder with us, and we climbed it with ease.

Then just a short scramble remained before reaching the summit, complete with trig, and the 360 degree view. The cold southerly ensured that we did not remain there for long. We soon retraced our steps to the first lookout and enjoyed our varied lunch on the warm rocks.

In the early afternoon we plunged back into forest and made a quick descent back down to the cars, completing a most worthwhile Saturday walk. Thank you to those who carried the ladder.

**Report by Alex Buchanan**

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



*Glorious waratah, the Moon Rim at the Blue Tier,  
photo by Gary Richardson*



*Shelly Beach to Wrinklers Bridge,  
photo by Diedre Binns*

*Continued from front page*

November 24, 2017

Board Chairman, Andrew MacGregor welcomed the new Branch Manager, Sheree Archer, to the Community Bank® team earlier this week.

Sheree comes to the Bank with considerable banking and financial industry experience. She is a current resident of St Helens and says that she can't wait to see the Branch open, and be a part of the immediate positive impact that the Community Bank® will provide to the local community.

Mr MacGregor welcomed the opportunity to introduce Mrs

Archer to Break O'Day Mayor Michael Tucker and to local Bendigo Bank Agent, Tom Bassett.

Mr MacGregor advised that the Community Bank® Board were currently receiving applications for the other staff positions, with the aim being to have all staff in place by early January ready for an intensive training program prior to opening.

Mayor Tucker congratulated Mrs Archer on her appointment, and emphasised the Break O'Day Council's commitment to assist, where possible, the success of the Community Bank®.

**For more information please call Andrew McGregor on 0419894072.**

## Learning to drive educational video offers more than instruction

November 24, 2017

Learning to drive can be overwhelming at the best of times, but when you also struggle with literacy, gaining a licence can seem like an impossible task. Two young Break O'Day residents, Megan Stocks and Rose Steel, are part of Break O'Day Council's Get in2 Gear program, a State Government funded learner driver program that pairs participants with mentors with the aim of helping them gain their driver's licence. Megan and Rose both felt their experience with the program went beyond just getting a licence; they both stated that the program had really helped their self-confidence. When they were approached to help make an educational

video for the program, they jumped at the chance.

Break O'Day Youth facilitator Simon Holmes secured funding from LINC to produce the educational video and worked with Council's Community Services Project Officer, Erica Lowry to educate and engage the young women with the concept. Megan and Rose displayed professionalism and were not deterred by seeing and hearing themselves on film. They reviewed each scene together and brainstormed oral literacy improvements, prior to the final scenes being produced.

The aim of the project was to improve the oral literacy of the participants and build their self-confidence, as well as producing a video that would help future program mentees and mentors.

Break O'Day Mayor Mick Tucker

said it was great to see Megan and Rose not only helping themselves, but also helping others.

"At Council we have seen how a program like this can change lives; having a licence opens up a whole new world to participants, not just because they are mobile, but because they have gained confidence in themselves and their abilities," Mayor Tucker said.

"We are really proud of the program and what Megan and Rose have achieved; they are a great example to others in our community."

A copy of the video has been uploaded to Break O'Day Council's Facebook page.

For more information, including contacts for the participants please contact Break O'Day Council's Communications Coordinator, Jayne Richardson on 6376 7900 or 0400 454 089

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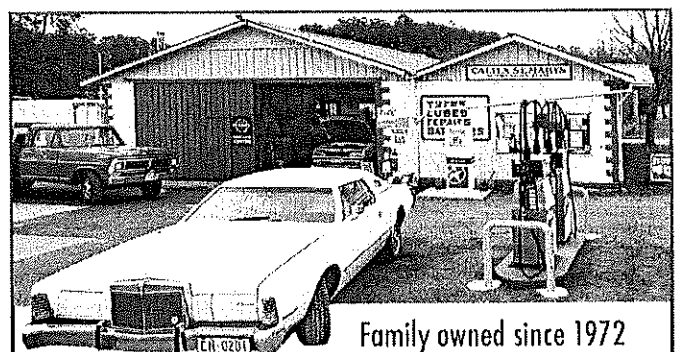
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#### OUT OF THE WOODWORK

*The Guild is open everyday except Friday, Saturday and Sunday (depending on volunteers) and other times by appointment*

*Facebook.com/pages/Break-oday-Woodcraft-Guild-Mens -Shed*

Take one elongated table decorated in festive attire. Fifteen Guild members dressed in their Sunday best and two accommodating hosts and what do you have? A great Christmas party.

All members present send their sincere thanks to Pings Place for an unforgettable evening filled with great food and laughter. After three generous servings and then a choice of either ice cream or cheese cake. The tummy was filled sufficiently enough for a relaxed reflection on the year.

The night ended with our generous hosts providing a raffle where winners were given a \$20 voucher to spend. It does not get any better than that!

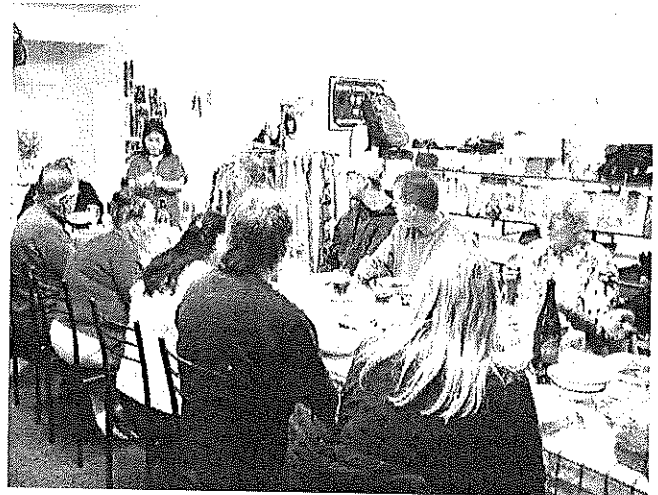
If you would like to join us next year please feel free to ring either Reon or Wendy on 6372 2094 to discuss membership to our club or drop in and say hello.

The Guild will be closed from the 14<sup>th</sup> December until the 8<sup>th</sup> of January.

Finally, all members send their heartfelt wishes for a full and speedy recovery to Judy Spilsbury.

**Wendy Brennan, Secretary**

**Photos by Wendy Brennan**



### East Coast Vet Clinic

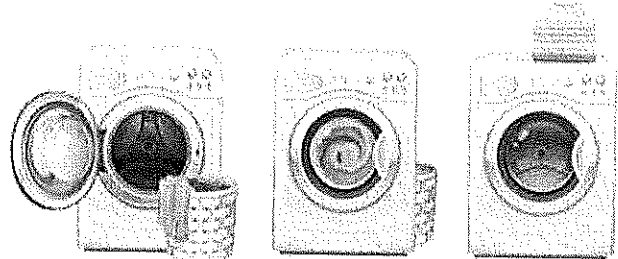
Dr Jeff Parsons regularly visits  
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for all your veterinary needs.



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

### CLEAN CRACK LAUNDROMAT

32 Main Street St Marys



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## Leading medical organisation announces acquisition of St Helens General Practice 27 November 2017



Ochre Health Medical Centres will provide St Helens residents with enhanced medical services following its acquisition of St Helens General Practice from IPN Medical Centres.

Ochre Medical Centre's existing St Helens practice will relocate from 5 Portland Court to St Helen's General Practice at 11 Pendrigh Place. It will operate the new practice as Ochre Medical Centre St Helens and retain its mixed billing policy. The new practice will be staffed by Ochre Health St Helen's doctors, Dr Molly Shorthouse, Dr Janet Cantley and Dr Colin Smith, with St Helen's General Practice staff also being consolidated into the team. To ensure continuity of care for patients, all doctors will have access to existing medical records, and allied health professionals will continue to be available as per their current appointments. Appointments will continue to be available throughout the transition.

Ochre Health Chairman and co-founder Ross Lamplugh who lives in Tasmania, says, "I am proud that we are helping to improve the health services in this beautiful state, which has adopted me. My family lives in Ulverstone, our recruitment head office is in Hobart and two of my daughters have cycled in the Christmas Carnival in St Helens. It feels good to be able to do some great stuff in your own backyard."

"Ochre Health was formed with the goal of improving the way primary health care is delivered in both rural and urban Australia, and the St Helens acquisition is another step in helping us achieve this objective and strengthen our presence in a key region for Ochre."

Ochre Health CEO Dermot Roche says that combining both practices will bring enormous healthcare benefits to the local community.

"Ochre Health's existing centre in St Helens has thrived for many years, and we are delighted to join with St Helens General Practice to bring residents top-tier medical care. Ochre Health's acquisition of St Helens General Practice reinforces our commitment to improving the health of the St Helens community, and will provide residents and visitors on the North-East Coast of Tasmania access to a greater range of quality medical services."

Established in 2002, Ochre Health manages 31 medical centres in Australia with over 150 doctors, providing care to 750,000 patients each year and striving to deliver the best health outcomes for their patients and communities.

Ochre Health St Helens Practice Manager Nicole Richards says, "Our highly qualified team of doctors and allied health professionals is looking forward to continuing to serve the St Helens community from a new location and with a stronger medical and administration team. The new St Helens practice will have a mix of new and familiar faces, all of whom are dedicated to providing residents with excellent health care."

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Kylie

# Wright

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Authorised by Brian Mitchell MP  
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A black and white portrait of Kylie Wright, a woman with long dark hair, smiling.

### *A Christmas thought ...*

Christmas comes but once a year  
'Hooray' the vendors cry.  
And people start to rush about  
Wondering what gifts to buy.

They go about their shopping  
In a state of financial fluster.  
Spending up for all they're worth  
All the credit they can muster.

'Spend up, spend up' the vendors cry  
And offer their wares with glee.  
'Come in and buy' this or that  
And have a spending spree.

The carols play, the tinsel gleams.  
With all the sales promotion,  
But 'Where is Jesus?' we might ask  
In the midst of this commotion.

This isn't how it's supposed to be  
Remembering our Saviour's birth.  
It should be a time of joy, for sure,  
With songs and stories and mirth.

But all this frenzy can be stopped  
Of this we have no doubt.  
Instead of getting into debt  
Why not give each other NOWT?

Let us return to simple things  
A thought, a word, a deed.  
And by remembering Jesus Christ  
We have the greatest gift indeed.

*Toni Brewster, Chain of Lagoons*

# Over the years

2011 \* 2011 \* 2011 \* 2011 \* 2011 \* 2011 \* 2011



*Back- Irene Smith and Marie Owens  
Front- Bernice Targett, Wendy Mallett and Heather Lester*



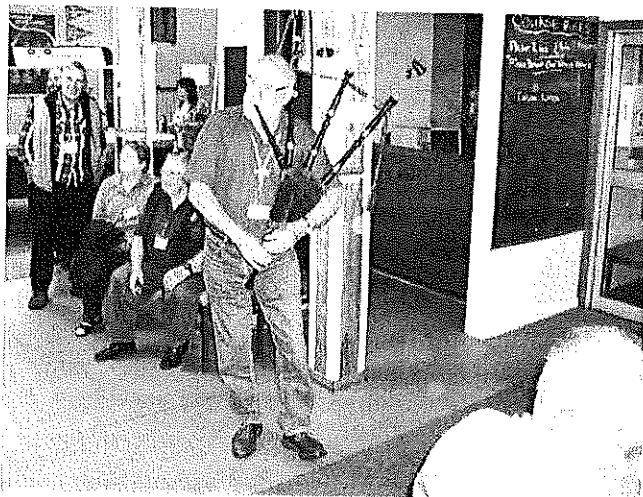
*The late Mrs Una Camplin.*



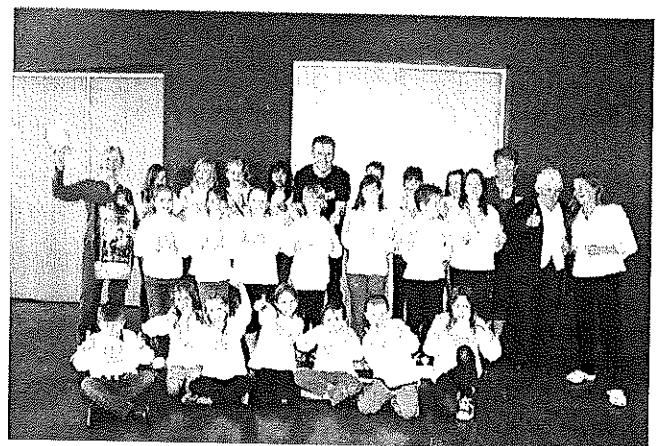
*Valmai Spencer at the St Patrick's Head & Esk Valley  
Historical Society Inc. Walks Re-Invented*



*Break O'Day Stitchers wind up at White Sands Resort*



*Winnebago Convention at the  
St Marys Sports and Social Club*



*JAM and Colin Buchanan*

2011 \* 2011 \* 2011 \* 2011 \* 2011 \* 2011 \* 2011



*Jean and Robert Legge's Farewell Dinner at White Sands*



*Alex and Harry Veldums in the Top End*



*Kevin Faulkner, Andrew Mitchell, Adam Gillies  
And Len Miles receiving a donation from Aurora*



*Teresa Hornibrook, Liz Rice, Peter Troode at the  
Women's Art Shines function*

ADVERTISEMENT

**THE COALITION GOVERNMENT**

**Armistice Centenary Grants Program**

“Organisations in our community are invited to express an interest in grants to support local, community based projects and activities that commemorate the end of the First World War.”

For information on this program please contact my office.

**SENATOR JONATHAN DUNLAM**  
Liberal Senator for Tasmania

03 6424 5960 @ senator.dunlam@aph.gov.au f SenatorDunlam

Authorised by Senator Jonathon Dunlam, 5 - 7 Best St, Devonport TAS 7310.

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## Mt Elephant and Beyond Book Club review

Heart of Darkness by Joseph Conrad was the book we read this past month. It was written in 1899 and stands as a modern classic that has stimulated and inspired discussion and imitation for over a century. Francis Ford Coppola's film *Apocalypse Now*, released in 1979, uses many of the ideas of this story, transposed to the Vietnam war in the 70's.

Conrad was born in Ukraine, of Polish parents, so English was his third language, thus his extensive writings that include *Lord Jim* and *Nostromo* are even more remarkable.

As a young man Conrad spent 20 years as a merchant seaman, becoming a British citizen and travelling in the Far East and Africa, and it wasn't till he was 39 that he gave up the sea and turned to full time writing.

*Heart of Darkness* is very short, just over 120 pages long, but it is a weighty read. It was inspired by a trip Conrad made as Captain on a French Congo River boat into the heart of Africa. Marlow is the narrator and he tells the story to a group of friends on board a cruising yawl as they wait for the tide to turn at the mouth of the Thames. The sun sets and the tale of Marlow's trip up the Congo begins with Marlow's disembodied voice coming to them out of the deepening gloom of nightfall.

The action takes place at the beginning of the colonisation and exploitation by Britain and Belgium of the Congo and its people. Marlow's task is to travel up the river by boat, after weeks of battling through the jungle on foot, to check on the agent of the company at the last station on the river.

From the very beginning of the journey Marlow has heard rumours and speculation about this man, Kurtz, and by means of frequent references to him we are kept in suspense till the end.

This sounds, perhaps, like an adventure story and in some ways it is. However it is also something much deeper: it is an exploration of the darkness of the human psyche, the line where "civilisation", as we know it, ends and savagery and darkness take over.

Conrad's language brings alive for the reader the lush, threatening and wild jungle that Marlow passes through. Through Marlow's eyes and commentary we see that one of Conrad's concerns is the evils of colonisation where greed, indifference and cruelty meet the unknown, dark and savage otherness of the jungle and the natives who live in it.

There is irony in many of the grotesque comments that he makes about the degradation and monstrosities he witnesses.

Eventually, after attacks by local tribes, he comes upon the ivory trading agent, Kurtz, who is dying. We are led to believe that he has committed atrocities, that he has "gone over" to the "dark side" and has assumed the status of a god like figure in the eyes of the natives who worship him and don't want him to leave.

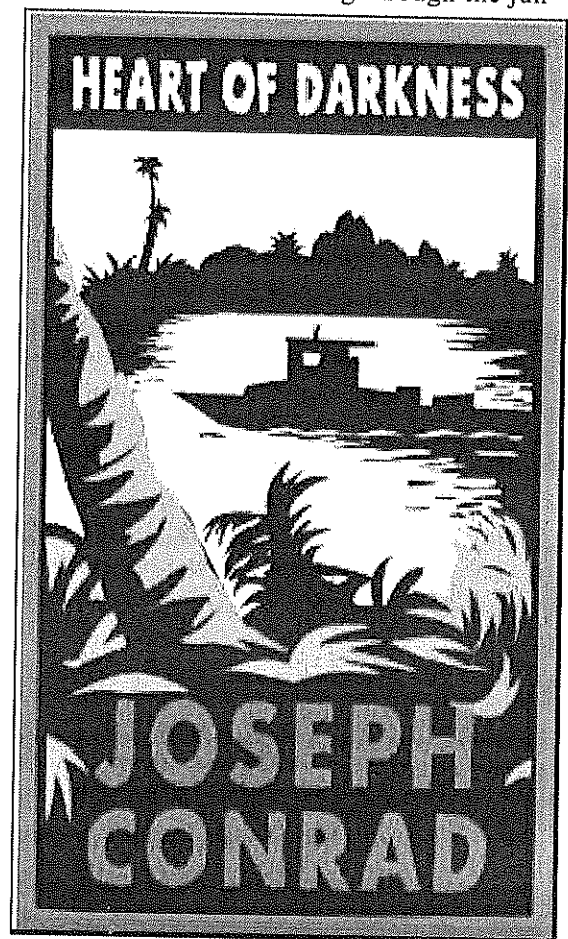
Marlow takes him on board and in a way comes under his spell. Kurtz had apparently been a man of great promise and ambition but has succumbed to the primitive and dark urges of the jungle.

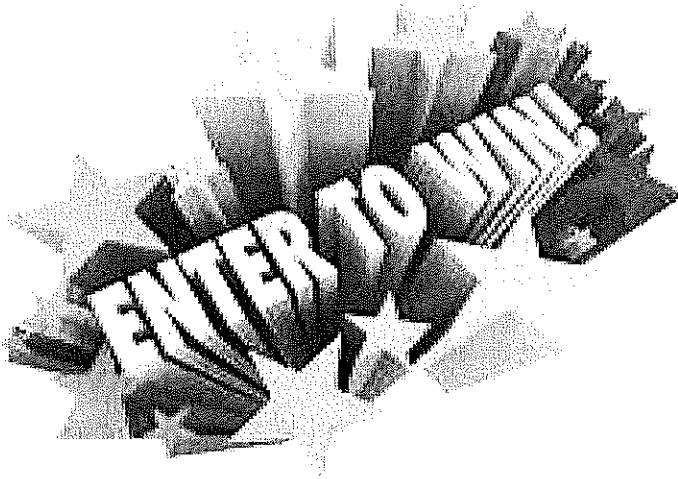
Today we might say that he went crazy from loneliness but it is more than that. There is evidence at his house in the jungle that he has taken part in hideous rites and killings. He is deluded and dying but still manages to hold forth on good and evil. Eventually Marlow returns to England and visits "The Intended", the fiancée of Kurtz, with his personal papers. He finds himself continuing the myth of the "noble" Kurtz telling her what she wants to hear, that her name was the last thing Kurtz uttered. In reality he had whispered, "The Horror, the Horror!"

And so ends Marlow's chilling tale and we are back on the boat in the Thames with the four friends.

If you are prepared to read carefully you will see that there is a profound struggle to understand the potential darkness at the heart of every person that can take over when the veneer of civilisation is undermined and swept away. This story is also an indictment of the colonial system embodied by the corrupted figure of Kurtz who was "hollow at the core". It is a critique of Imperialism and colonisation and in many ways seems very contemporary in its attitudes.

*Pam Bretz, St Marys*





# **\$1000 SHOPPING SPREE**

**Gazzmans is giving away  
a \$1000 in-store  
shopping spree to one lucky  
customer this Christmas.**

**All you have to do is purchase any item  
between 1st - 22nd December 2017  
and you can go into the draw**

**No minimum purchase required!**

**WINNER DRAWN on  
Friday 22nd December at 3pm**

**21 Quail Street, St Helens  
Ph: 6376 2555**



# St Marys Christmas Eve Celebrations

**Faulkner's Green St Marys**

**3pm – 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!!*



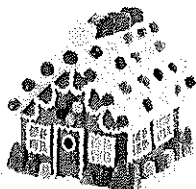
**Register your  
decorated house  
to win a randomly  
drawn cash prize.**



**Register your name at the St Marys  
Newsagency or you can leave your  
details on the facebook page.  
(St Marys Christmas Eve Celebra-  
tions)**

**Doesn't have to be lights as long  
as it looks like Christmas**

**Drawn Christmas Eve  
at the party**



## **Thank You**

On Saturday November 18, a fundraising dinner was hosted by the Mt Elephant Pancakes where over 50 people had a wonderful night and a great meal. We would like to take this opportunity to say a huge thank you to Louise and her staff, as they volunteered their time for the evening. Without this generosity we would not have been able to raise over \$1,000 which will go towards the FREE activities at the Christmas Party. Please make sure you support a business which fundraised for this wonderful event, and head out for some pancakes!!

## **Christmas Parade**

As a new committee has been formed this year, we have had to go through several processes to enable us to seek permission to continue to hold the parade through the street. However, this process is taking longer than anticipated, so we may not know if we can hold the parade until the last minute. Fingers crossed that we can, in the meantime start thinking of your float ideas and check out our Facebook page *St Marys Christmas Eve Celebrations*. In the event that we cannot hold a parade, decorated bikes will still be judged on Faulkner's Green, so you may win a prize!! Come along and enjoy all other festivities.

## **St Marys Businesses**

**Decorate your business for  
Christmas and go into the  
draw to win a cash prize.**



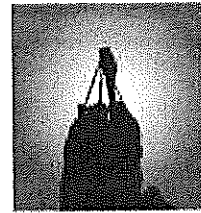
**No Need to Register!**

**Drawn Christmas Eve  
at the party**



## **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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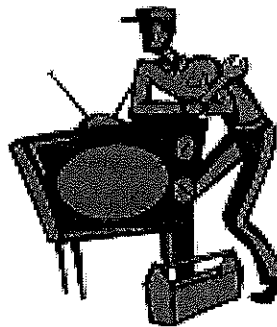
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## The Say, by Cagerattler

I was going to write this for the last issue of the Valley and East Coast Voice, more than likely the very last one ever, but I think it might be better done in the penultimate one.

This is and has been a huge part of our community for all but fifty years. Many readers of our unique little fortnightly paper from 1968 to now were not born when Geoff Dean and an intrepid crew of volunteers decided to give us our own paper.

What has come is the iconic, fun, informative, quirky, silly (in a good way), thought provoking and genuinely local production that sums up this area and people like no other.

I can honestly say that the current and previous editor/s, proof readers, finance and advertising organisers and all those who have been part of the crew, doing all the behind the scenes things up to and including a few generations of kids who hand delivered the paper to subscribers, are "BLOODY LEGENDS". It is no small feat to get the Valley Voice out there, and to the best of my knowledge there has never been a scheduled issue ever not produced in almost half a century.

Some wonderful contributors, from groups to individuals, have made our Valley Voice something to be intensely proud of and should be celebrated as time goes by. I understand that the pages of the Voice will be

secured and archived correctly for posterity and that is a comforting thought for many keen fans of our paper.

Fond early memories for me are Miss Piffle, local comic strip Laurie Lawrence, the incredible writings of Jim Haas with historical articles, Tee Up (Ruth Gill) who did her own 'editing' of the golf scores as only Ruth could, Glenn McDonald's footy club columns and since then, so many other sports news contributors, Lions Club, school news pages, hospital news additions, masses of special stories revolving around ANZAC days, New Years Day Races, Woodcraft Guild Open Days, Cranks and Tinkerers Car Show days, Wrapped in St Marys - it goes on and on.

Days of troubled times were faithfully recorded too such as the 1974 floods, the 2006 Bushfires, the Todds Hall loss, the time the Hospital Closure happened and the way the community used the Valley Voice to literally voice their opinions on how bad a decision that was, and many more defining moments and times.

The Valley Voice has had it's critics, it's had times when people have taken it for granted and got ho hum about it but no-one can deny that this has been massively outweighed by the times it's provided us with so many good things to read and importantly be involved in. Should this year in-

deed be the last one, and the next issue is the very last Valley Voice to go to the presses, I want to then sincerely thank and congratulate Wendy Dawson, Judy Spilsbury, Audrey Wright, Ron Sumner, other editing personnel I might have forgotten, every single person who has contributed to its production and distribution, and all who have bought and supported it.

Every single one of us need to save a very special thanks though for a local farmer, Mr Geoff Dean and his family, who came up with the idea that a little Valley town needed a news outlet of its own all those years ago. As all printed media cop it big time from ever growing social media, the Valley Voice should never be forgotten for an enduring fabric it has provided us all. I think Mr. Dean would be extremely proud of what it has achieved, as we all should.

One special request from me (sorry Wendy and crew for extra work). Could some of the long time readers briefly add some fond comments or memories of our wonderful paper in the last issue so we KNOW WHAT YOU THINK?

C'mon, you know you want to. Last chance guys ...

Won't be the same 2018 onwards without "our paper". Will it?

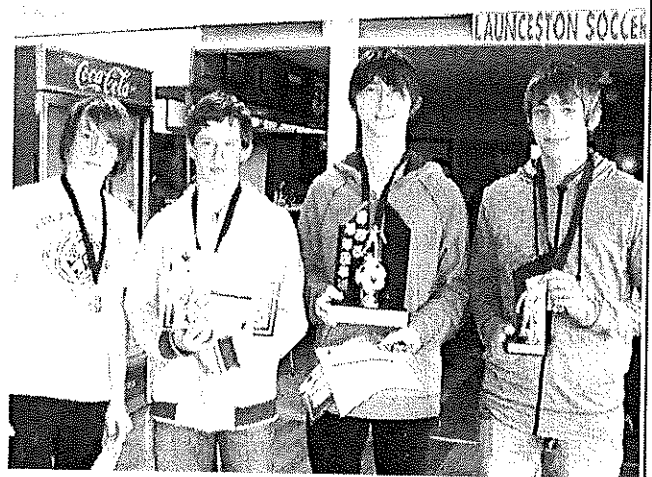
What do YOU think?

*Rod McGiveron, St Marys*

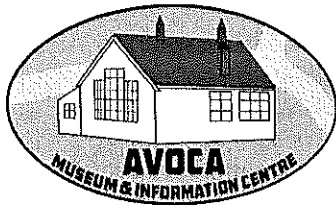
## More pics from the archives - 2011



*Polly McGee at the Anglican Church Dinner*



*Jack Greenwood, Jesse McColl, Corey Thow and Stephen Lea played for Launceston United in the Northern Tasmanian Junior soccer League in 2011*



**Avoca Museum and Information Centre**  
**Old School building**  
**Avoca Tasmania 7213**



The next **Avoca Market** is **Saturday January 13, 2018** in the Hall.  
Contact Shirley at the Post Office 6384 2129 or 6384 2259



**Rossarden & Friends Kids Christmas Inc.**

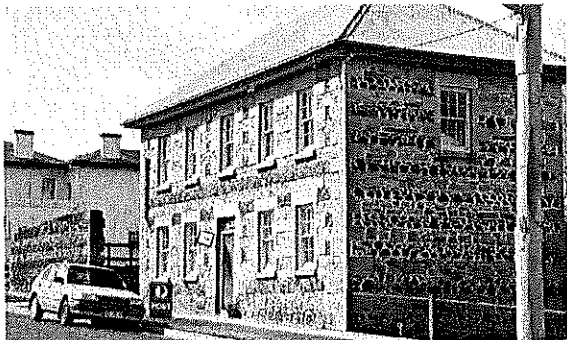
*Christmas Party*

**Sunday 3rd December at the Primary School**

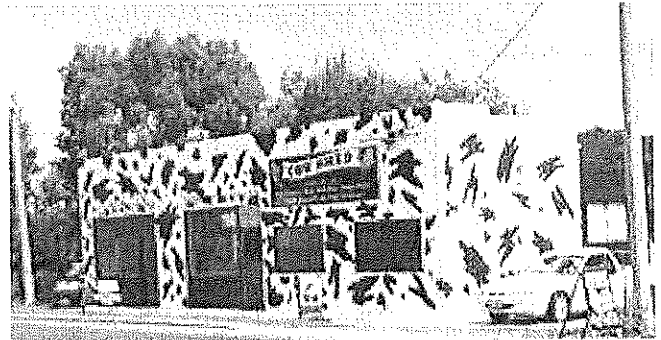
Come along and have a fantastic day. Bring a plate of party food and your helmet



*Christmas greetings from Avoca*  
*Happy Christmas and a safe New Year*



Avoca Post Office



The Cow Shed Ice-creamery



Union Hotel



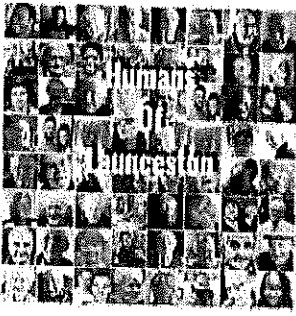
Avoca Roadhouse



Melbourne Cup fun at the recent AMIC meeting



Avoca Museum and Information Centre



### Humans of Launceston ~ ~ Ashley

"On Mondays, I work up at Sandhill Nursing Home. I help set up for bingo and I sell chips and chocolates in the kiosk. I do the dishes and make cappuccinos. I like working with the old people and talking with them. You hear some amazing stories. Old people grew up without television. Because T.V didn't get invented till 1955 and colour T.V didn't come into Australia till 1975. That's interesting isn't it? On Fridays I go to Gary Presnell Bodyworks and I do all types of jobs. I clean out the paper shredder, do office work like emptying rubbish bins and do the dishes in the staff room. I'm good at doing dishes. I get along with the men there. They are a nice set of men there and I like them a lot".

"I was born on the 2nd of the 2nd in '95 at 11 a.m at QV. I can remember I was born on a Thursday. I lived in Pioneer Place in Ravenswood and I liked living there but I can't really remember because I was so young when I was a baby. I went to Ravenswood Heights Primary School and I did all different types of sport. Sometimes I got picked on because of my autism but it was pretty good. Most of the kids were really nice".

Michelle (Ashley's Mum) – "Ash won't ever work full time because of his disabilities but his Dad and I are setting him up to be ready to go into the workforce in some capacity down the track. Ash has epilepsy, autism and hydrocephalous, which is fluid on the brain. He has a few other things wrong too and it's been a hard slog for Ash. He could have sat at home on a pension. We didn't want that. He didn't want that either.

We wanted to push Ash to be independent and be an active member of the community. To achieve milestones for himself and part of that of course is having a job and being part of the workforce with responsibilities and routine.

When I was 12 weeks pregnant with Ash, the doctors picked up on the fluid on his brain. They told Colin and I that Ash would never walk or talk and would be paralysed from the neck down and we had two weeks to abort. We both didn't believe in that stuff so here we are. Look at him. He's wonderful. He amazes medical professionals all the time.

He has an underdeveloped cerebellum, so his balance is a bit off but that's why the dancing is so good for him as it helps him with his balance. He's got a lot of obstacles to get over but he'll get there don't you worry. It's been a long and hard journey for Ash, and Colin and I are both very proud of him.

When he was young we had Ash very involved with early intervention through St Giles who were just fantastic with Ash. But we were hell bent on Ash going to a mainstream school. He spent some time in day care at St Giles with other children with disabilities and he began to mimic those children, so he was really taking steps backwards so we stopped him going there. He thrived in a mainstream school so it was a good decision by Colin and I".

Ash-"I like dancing. My Dad got me into it. He doesn't dance my Dad. Ever. But he takes me to concerts so I can do it. I go to the casino a lot and I dance up there. They have great musicians up there. I go to a lot of comedy concerts by Col Elliott and Kevin 'Bloody' Wilson.

I love going to concerts. I went to one last night called Peace Train- The Cat Stevens impersonator. I met him after it and he loved me because I told him that I had been listening to a podcast on Spotify of him playing live at the Gympie Muster from a few years ago and he got really excited and talked to me and said nobody listened to that so I'm pretty cool. I couldn't get away from him (laughs).

I love Elvis, Johnny Cash, Roy Orbison, Neil Diamond and Leo Sayer. I saw Russell Morris at an APIA show. Joe Camilleri was there too. And Colin Hay from Men at Work. They write some great songs. I met them all. They liked me and I liked them.

My favourite song at the moment is Drift Away. (starts singing Drift Away). I met Barnesy too. He was very nice to me. Look at the photo. That's me there and that's Barnesy. I look not happy but I was.

Mrs Brown Boys. I met her too and all of the Housos cast. I met Ahn Do. He was nice.

I don't even get anxiety anymore. I've come a long way. I have been catching a bus on my own for 12 months now. It's good on the bus. There's always nice people on the bus. The first time Mum let me on the bus on my own, I went into town and spent \$200 on lots of things.

Games, DVD's and C.D's and heaps of just rubbish (laughs)



*Kevin Bloody Wilson with me and Dad*



I came home with so many shopping bags. Mum was like wow. (Laughs) I want Mum to come on the bus. She is coming on Tuesday. This Tuesday and we will go out for lunch.

I'm starting to understand about money now.

You can't waste it. Except on presents.

Sharing is good for you.

Mum and Dad split up a year ago and I am coping better about it now. Mum said it's just a hurdle in life and I see Mum is happy now and Dad is happier too and they both love me a lot and it's ok. I see both of them every day. And I love them too.

I have just come back from a week in Melbourne with Dad. He should watch what he eats. Dad got sick in the guts.

We went to the motor museum in Shepparton and went to a café and he had bacon and eggs for lunch. And he got sick.

When I got home, I said to Mum it was lucky I had chips. (laughs) Thank god for chips. (laughs) I love chips.

I like the people in Launceston, they are very friendly. I like nature and the rivers. I love the Gorge and that's a nice area down there. I love the wobbly bridge and I go on it and look over the river.

It doesn't bother me the wobbly bridge. Mum doesn't like it though. I'd never rock it with Mum on there. I respect her too much. I was brought up that way.

Mum and Dad always say "Ya got to have a go. There's no such word as can't".

I used to like staying home but I'm getting more outgoing. I like going to the Casino. I go on Wednesdays and sometimes Fridays and Saturdays. I saw Reno Morea playing on the ship last week when Dad and I came home from the wedding in Melbourne. He is really nice to me. He plays at the casino too.

I tried to dance on the ship but it was rocking because of the waves and it was really hard to keep my balance but I did okay. It was funny and made me laugh. I got other people to dance too.

I went to Tafe for two years and did a Transition to Work course. Now I am a part of a place called Epic and they are really, really nice to me and help me a lot.

They help me get ready for work and learn new things and do things like keep fit at Key Fitness near the Princess Theatre and I'm not used to the exercise and I'm stiff after it.

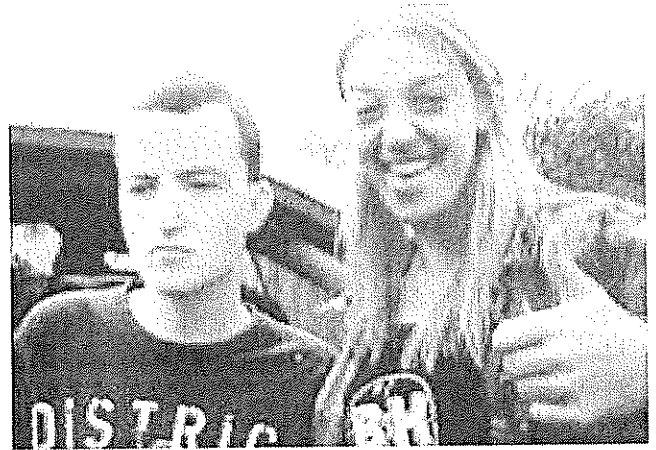
The other day I lay on my back to bring my knees up and I tell you what, that was agony. I'll get fitter and I do like it.

Maybe two more years and I'll be ready for a job in the workforce.

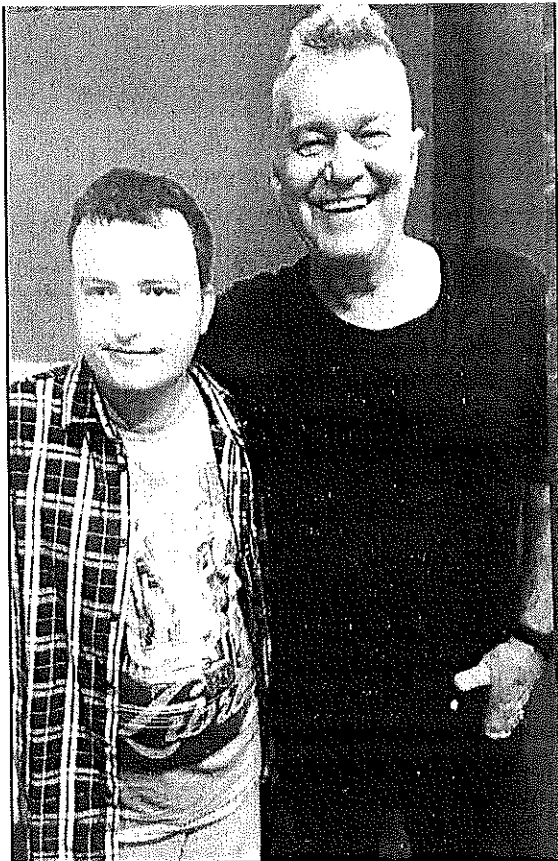
I love my family and they say I'm doing very well and are proud of me. I'm definitely not scared of having a go at things now. I know I can come back home afterwards. Don't get me wrong, I feel safe and secure at home but I like going out. Going out is good".

Please share Ashley's story because "sharing is good for you".

Thank you.



*Shazza from 'Housos' and me*



*Barnsey and me*



*Mum and me*

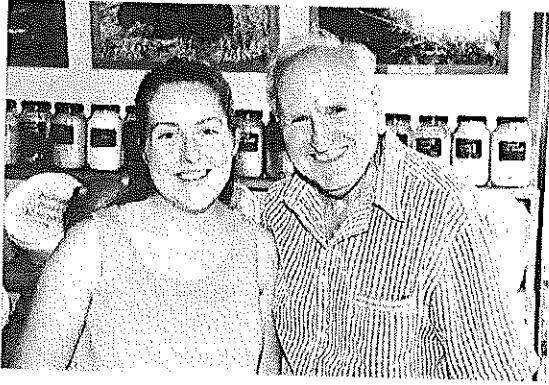
## Valleys of Adventure

AVOCA • ROYAL GEORGE • ROSSARDEN • FINGAL • MANGANA • MATHINNA • UPPERESK • CORNWALL • ST MARYS

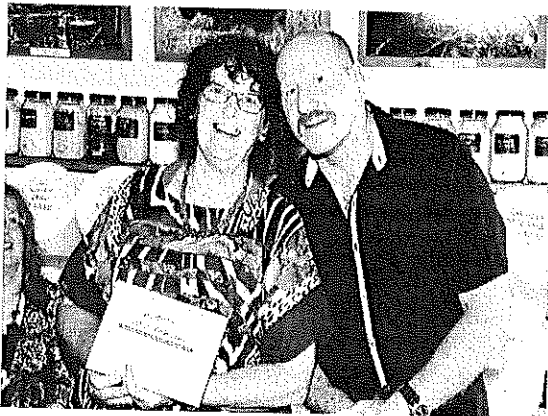
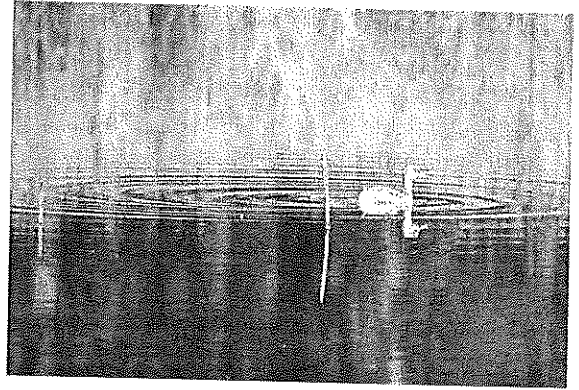
GREATER ESK TOURISM

### GET Photographic Competition 2017 Presentation Evening

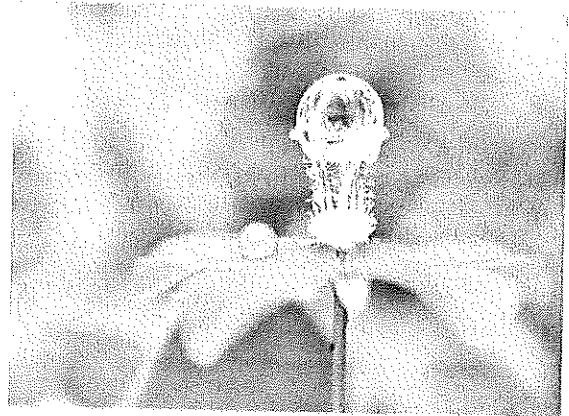
A delightful evening was held at the GET Photographic Competition Presentation Evening at Purple Possum Wholefoods, St Marys. The Theme for 2017 was "Flora and Fauna of the Valley"



Catherine Bean won the Under 18 Award with her entry 'Hoary-Headed Grebe'. Catherine, above left, is shown accepting her Award from Owen Hughes



Mandy Kidd won the People's Choice Award with her entry 'Scarlet Pimpernel Holding on Eastbourne'. GET Secretary Mary Knowles accepted Mandy's Award from Break O'Day Mayor Mick Tucker, as Mandy had animals to care for and could not attend in person.



Congratulations to the winners and the finalists. With 70 high quality entries it was indeed a difficult task for Master Photographer Owen Hughes to judge. Thank you Owen Hughes.

### The Artisans @ Stables Handmade Market

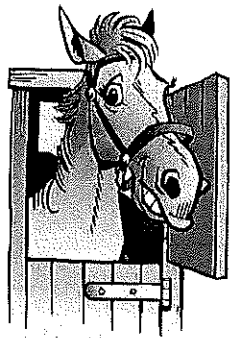
St Marys Sports and Recreation Ground via Harefield Rd, St Marys  
Friday December 15, 2017 from 3.30pm to 6.30pm

*'St Marys District School Arts on Tour' will be performing!*

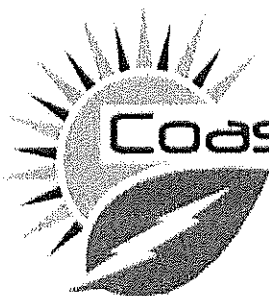
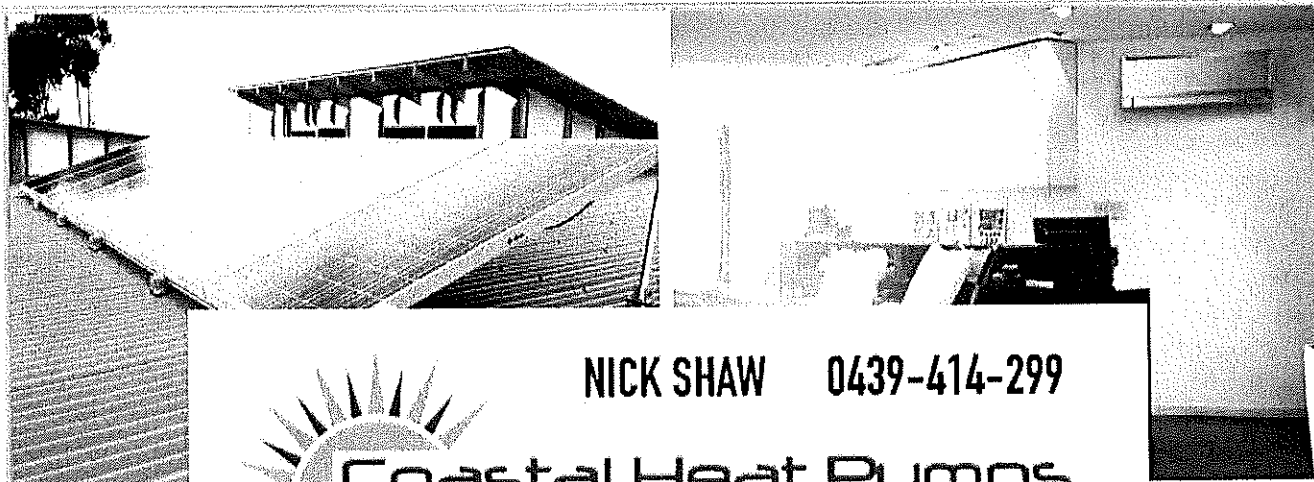
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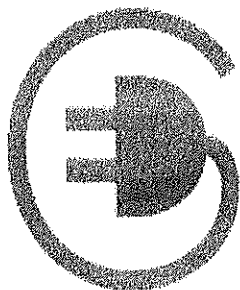
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365  
tomorrows

## Crossing the Line

**Author : Steve Smith**

Trent sat in the small office cradling the cup of hours-old coffee until the clock showed twelve. He then unfolded himself from his chair, collected his flashlight and his hat and started his rounds.

Every hour, on the hour. Up the east stairwell on the even hours to the second floor, clockwise around the perimeter before midnight, counter clockwise after. Back down the same stairs, around the ground floor then to the basement, then back to the office to sip crappy coffee. On the odd hours, he'd go down the east stairwell and work from the basement up.

There wasn't anything to see, there wasn't ever anything to see. The complex had three-meter perimeter fencing iced with razor wire, and there were guards with guns at the corners and the gate. His position was largely ceremonial.

Trent had cleared the second and the ground floors and had just rounded the corner at the west stairwell when something moved.

He blinked, then shone his flashlight directly towards the source of the motion, but there wasn't anything there. He blinked again, checked quickly behind him and switched the flashlight to his left hand, then loosened his Glock in its holster.

He swung the light back and forth along the empty hallway. Nothing. No, wait, there was something. A line on the wall from the floor two-thirds of the way to the ceiling that he'd not noticed before. He put his back to the far wall and moved forward. Someone had clearly drawn a stick figure on the wall, a long body with a head that was just the line bent at an angle, where he would have drawn a circle. The legs bent in a slight crouch, and arms akimbo.

This wasn't here an hour earlier, of that he was positive. Someone was in the building or had been. His gun was out now, barrel held parallel to the flashlight as he moved slowly down the hallway, shining the light back and forth. The doors were flush to the wall, so there were no shadows in which someone might hide, and he crisscrossed the hall carefully trying each door to make sure they were all locked. None opened, and none appeared to have been tampered with.

He walked a full revolution of the basement hall, stopping at the east stairwell and listening for any sound, then back to the west stairwell.

He couldn't hear anyone.

The stick figure just stood there, arms crossed. Silent.

He should radio this in, but he didn't relish the thought of explaining how someone managed to slip into the building and graffiti the walls on his wa...

Arms crossed?

Trent turned and brought the flashlight and gun back to chest level.

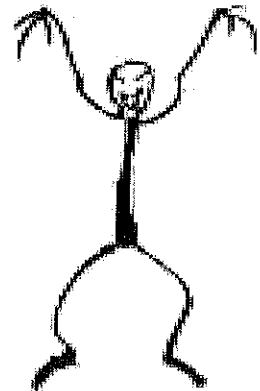
The stick figure was crouched, but its arms now were extended out from the wall.

"What the f..."

There was a sound, like a wet towel snapping in a locker room and the line bridged the distance from the wall and hit Trent hard in the face, knocking him off his feet to land with a wheeze on the concrete floor. The flashlight and gun landed somewhere out of reach, and as he blinked to get his wind and his bearings back he saw the line elongate from the floor and hang in the air above him. It bent slightly where its waist might have been, as though regarding him, before raising one thin line above his head and stomping down, knocking Trent unconscious.

Anyone watching would have squirmed at the sight of the stick figure stretching out on the floor and inserting its stick legs into Trent's tipped back head, through his gaping mouth and down his throat. The shadowy stick creature pulled Trent on like a suit, and then stood him up and lumbered up and down the hall for a few minutes, until it had a feel for him.

Stick Trent retrieved the gun and the flashlight, perched his hat back on his head and wandered back upstairs. When Lewis relieved him at six am, he said nothing, he just watched him start his rounds from his position in the doorway of the office, slightly crouched, arms akimbo with his head bent at a slight angle.





#### How do you contact us?

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

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

Facebook: Hub4Health

#### Our Aim:

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

Hub4Health will be introducing new Active4Life Gym Memberships in 2018. This will be based on an electronic card holder system (similar to that currently used at St Marys District School Pool). Fees from the card holder membership will be used to support the ongoing operation of the gym and ensure it is sustainable over the longer term. As the gym currently attracts no external funding, the changes are necessary to ensure that the facility can continue, community programs can be offered and that our work, health and safety obligations can be met. Memberships will be available on a 3, 6 or 12 month basis and concessions will apply for seniors and health care card holders.

Part of the changes will see the key at the newsagency removed and access will be increased to 6am - 10pm (outside scheduled programs) once the appropriate membership forms have been completed. Information on the card holder membership will be available at an information session to be held concurrently with the next Stables Market (**December 15, 3.30 - 6.30pm**) and on Tuesdays from 1.30 - 2pm after that date.

Further information sessions will be held and advertised later in the year and in 2018.

Hub4Health has a 10 seater mini bus available for community hire. The fee is \$80 per day plus fuel for not for profit groups and can be booked via our email.

For more information please contact us via email [admin@hub4health.org.au](mailto:admin@hub4health.org.au) - note our office at 5 Portland Court is now open for limited hours on Tuesdays, from 11-4pm.



**A reminder that Ochre Medical Centre St Helens  
has now moved from 5 Portland Court  
(Hub4Health) to 11 Pendrigh Place, St Helens.  
For GP appointments and follow up,  
call 6376 1777**

#### **Gentle Tai Chi for Seniors**

Every Tuesday from 9:30am at  
St Helens Tennis Club.

Gold coin donation  
email [admin@hub4health.org.au](mailto:admin@hub4health.org.au)

#### **Hub4Health Walkers**

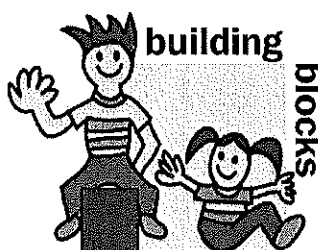
The Walking Group meets every  
Wednesday and third Saturday at  
Hub4Health.

Leaving at 9am sharp.  
Contact Bryan on 0414 987 435 or  
Pam on 0439 547 529.

#### **LIFE COACHING**

Would you like to have some free assistance to help meet your goals? Hub4Health is offering a volunteer one to one Life Coaching Program with John Williams. To register your interest please contact us at [admin@hub4health.org.au](mailto:admin@hub4health.org.au)

**All Building Blocks sessions are free of charge for all children from 0-5 years old, along with their parents, carers & grandparents. Look out for our school holiday program coming out soon for all ages activities.**





# The BETOOTA ADVOCATE

## Katter Calls For \$120m Plebiscite On Whether Crocs Should Be Allowed To Eat North Queenslanders

### **Kent Reginals** | *Entertainment*

Maverick MP Bob Katter has today renewed calls for a \$120m plebiscite into whether crocodiles should be allowed to eat North Queenslanders or not.

Katter stated that he believes it is every Australian's right to have a say in whether or not North Queenslanders were worth keeping around.

"Frankly, this is one of the biggest and most pressing issues of our time. Even bigger than that whole marriage equality thing – this one affects everyone.

And these bleeding hearts whitefellas aren't helping. We had a lot less croc attacks when it was just my brother cousins up here keeping the

population low"

"We all know a North Queenslander – they're our co-workers, our league players and some of them are even our friends. And it's high time we all came together and gave them the basic human right of not being devoured by a large croc. But that's for Australia to decide."

Katter's plea for North Queensland equality comes in stark contrast to the Australian Conservatives, who issued their own statement in response to this new call.

"The Australian Conservatives believe, first and foremost, that a meal is between a crocodile and a North Queenslander. Any attempts to change the

definition of this is to disrespect the very foundation of Crocodile religion – and we will fight for our right to express this view."

"Also, Safer Schools is bad and we'd much prefer to spend \$120m on deciding what to do with Christian bakers who don't want to make gay cakes."



## Tasmania Planting Guide for November / December

Lettuce, cabbages, broccoli, parsley and parsley 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](mailto:info@sustainablelivingtasmania.org.au) [www.sustainablelivingtasmania.org.au](http://www.sustainablelivingtasmania.org.au)



## LJ Hooker



**Kate Walsh**

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

Ph: (03) 6376 2300

Mobile: 0419 683 904

Email: [kwals.h.sthelens@lh.com.au](mailto:kwals.h.sthelens@lh.com.au)

I hate Russian dolls, they're so full of themselves.

The first time I got a universal remote control I thought to myself, "This changes everything".

## Helpful guide for Corgi owners

Untoasted

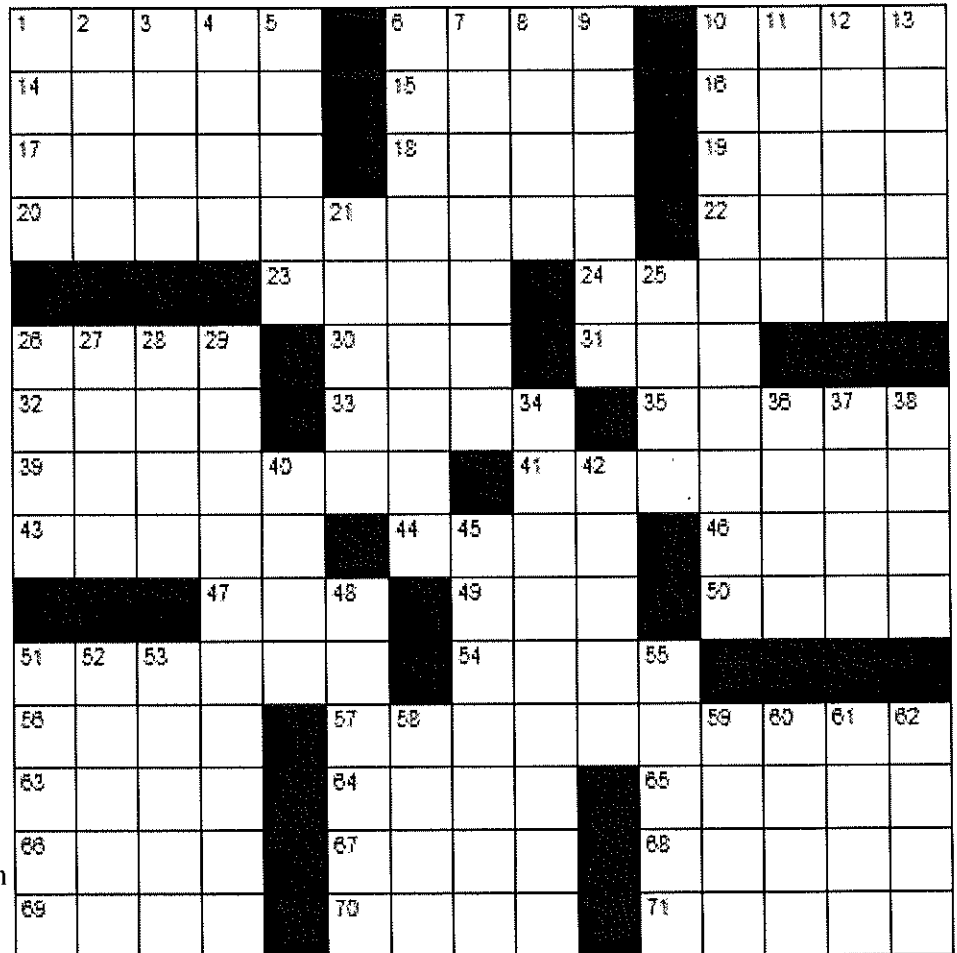
Toasted

Burnt



# ACROSS

1. Arguments
6. Wail
10. Back talk
14. Log home
15. Being
16. Send forth
17. A drama set to music
18. Mimics
19. Eat
20. A pungent herb
22. Food thickener
23. Nonclerical
24. Get
26. Dethrone
30. Explosive
31. Born as
32. Dwarf buffalo
33. Exam
35. Jittery
39. Urinary organs
41. Restoration
43. Statistics
44. Travel on water
46. Location
47. Autonomic nervous system
49. Wander aimlessly
50. Flower stalk
51. Protective head covering
54. Bit of gossip
56. Pearly-shelled mussel
57. Hard coal
63. List of options
64. Genuine
65. Deadly snake
66. Portent
67. Quash
68. Assumed name
69. Deliver a tirade
70. Biblical garden
71. Very slender



# DOWN

1. Flat-bottomed boat
2. Dad
3. Assist in crime
4. Rubber wheel
5. Entangle
6. Fatigue
7. Distinct features
8. Applications
9. A unit of instruction
10. Solemnity
11. Girlfriend (Spanish)
12. Egyptian peninsula
13. Strict
21. Bitchy
25. Legume
26. Trees of the genus Quercus
27. Module
28. Fizzy drink
29. Equivalent
34. Swim, run and cycle race
36. Blockhead
37. Satisfy
38. The original matter (cosmology)
40. Feudal worker
42. Church officer
45. Provoke
48. Go without food
51. The quality of being funny
52. Colonic
53. Flax fabric
55. Long-tailed parrot
58. Require
59. Soft drink
60. Nile bird
61. Snare
62. Not difficult

Solution on p28

## JOHN AND SUSAN WEBB

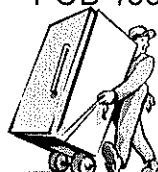
[www.zort.com.au](http://www.zort.com.au)

WORDPRESS WEBSITES  
SEO SPECIALISTS  
ADWORD CAMPAIGNS  
RESUMES AND COVER LETTERS

JOHN 0439 929 915 - SUSAN 0429 911 808  
[johnwebb135@gmail.com](mailto:johnwebb135@gmail.com)

## 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

**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

**Scripts and Doctors' Appointments**

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

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

**St Marys Medical Practice reminder**

Dr Latt 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

**SMCHC Teaching Site**

We are a UTAS teaching site

We regularly host students from various health faculties, who attend our site to participate in training placement.

If you are attending this practice and would prefer the students do not sit in on your consultation, please inform reception prior to your appointment. These placements are very important for the students, so your cooperation is greatly appreciated.

**Doctors' Roster**

**Dr C Latt**

30/11/17 – 15/12/17

**Dr K Nash-Rawnsley**

1/12, 4/12, 5/12, 8/12, 12/12 & 15/12 2017

**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.

**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.

**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

**Are your details up to date?**

Do you have a new address / phone number? Do you have a new Centrelink / Medicare card? Have you updated these details with us?

Sometimes we need to contact you, or pass your details on to other health professionals.

**You may also be charged for some medical services if your Centrelink / Medicare cards are not current**

If **any** of your details have changed, please contact us on 6387 5555 or call in and see our friendly reception staff for assistance

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

**What's on at the Centre**

- November 30 **Social Worker** Shan Williams  
Call 6387 5555 for appts  
**2nd Bite Delivery**
- December 1 **Social Worker** Shan Williams  
Call 6387 5555 for appts
- December 4 **Occupational Therapist** Danyelle Briggs by referral from your Health Professional  
**Max Employment** 8:30am-5pm downstairs  
**Hospital Auxillary Meeting** 2pm in the Family Room
- December 5 **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  
**Diabetes Educator** Sally Gates by referral from your Health Professional  
**Anglicare** 1:30pm-3:30pm downstairs
- December 6 **Day Centre** Ph Hayley Gilbert on 6387 5555 for information on the group
- December 7 **Social Worker** Shan Williams  
Call 6387 5555 for appts  
**2nd Bite Delivery**
- December 8 **Social Worker** Shan Williams  
Call 6387 5555 for appts
- December 11 **Occupational Therapist** Danyelle Briggs by referral from your Health Professional
- December 12 **St John Podiatry** Ph 6376 2971 for bookings and fee enquiries
- December 13 **Social Worker** Shan Williams  
Call 6387 5555 for appts  
**Day Centre** Ph Hayley Gilbert on 6387 5555 for information on the group  
**Continence Nurse** Karen Bell by referral from your Health Professional  
**HUB4HEALTH** meeting 6:30pm-9pm in the Day Room
- December 14 **Social Worker** Shan Williams  
Call 6387 5555 for appts  
**Community Transport Drivers Dinner** 12noon-2:30pm
- December 15 **Social Worker** Shan Williams  
Call 6387 5555 for appts

The St Marys Community Health Centre is a distributor of the **2nd Bite Food Program**.



Food parcels are delivered on a Thursday and can be collected from the reception area from 2:30pm.

To accept a food parcel:

- You must be experiencing hardship
- You must have a current Centrelink or Pension Card
- One parcel per week
- You must sign for it at Reception

The food parcels are a combination of core fresh produce and other food items supplied from a variety of farms and supermarkets around the State.

For further details about the program please phone on 6387 5555

**Mathinna** catchment area: Mathinna & Upper Esk

Collection From: Mathinna Post Office

**Fingal** catchment area: Fingal

Collection from: Fingal Neighbourhood House

**St Marys** catchment areas: Cornwall, St Marys, Gray & as far as the Scamander Bridge. Collection from: St Marys Community Health Centre

**St Helens** catchment areas: St Helens side of the Scamander Bridge, Beaumaris, St Helens, Goshen & Binalong. Bag Collection from: Thom Ryan- Anglicare 6376 1144

**AGM**

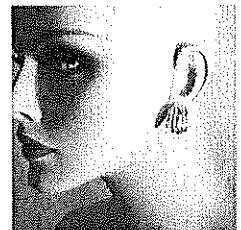
**The St Marys District Hospital Support Association Inc.** will hold their Annual General Meeting on Thursday December 7, 2017 at 7pm in the Day Room at the St Marys Community Health Centre. All welcome.  
*Len Miles, President Ph: 6372 2285*

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**

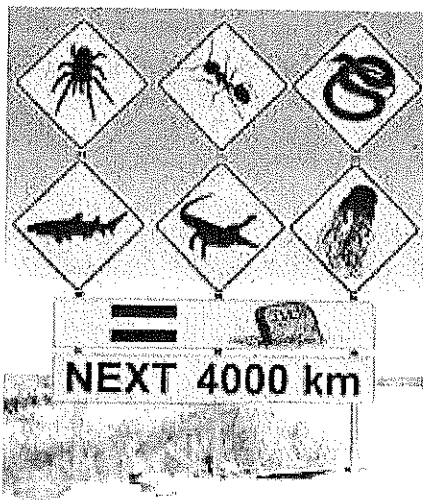
*Information on this page supplied by St Marys Community Health Centre, Gardiners Creek Rd St Marys Tasmania 7215*

176 words of 3 letters or more were found in  
**PREVENTION**

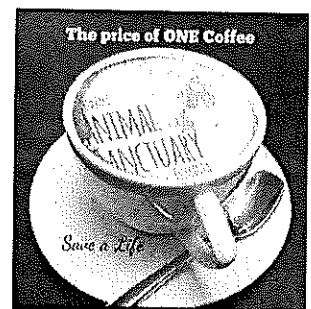
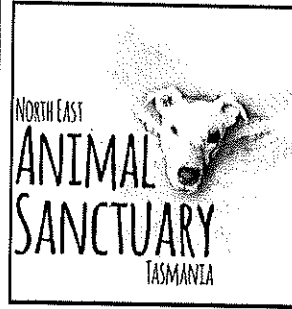
enter	nitro	pivot	repot	
entire	none	pivoter	retie	
envier	nope	poet	rev	
environ	nor	point	revote	
eon	norite	pointer	riot	tone
eve	not	pontine	rip	toner
even	note	pore	ripe	tonne
event	one	porn	ripen	top
ever	open	port	rite	tore
evert	opener	porte	rive	torn
evite	opine	pot	riven	tree
inept	opt	poteen	rivet	trio
inepter	ore	preen	roe	trip
inert	orient	prenote	rope	tripe
inn	oven	preon	rot	trope
inner	over	prevent	rote	trove
inter	overt	preven-	rove	vee
intern	peer	tion	tee	veer
into	pen	print	teen	vein
intone	penner	prion	ten	venin
intoner	pent	prone	tenner	vent
intron	peon	protein	tenon	venter
invent	per	prove	tenor	vet
inventor	pert	proven	tenpin	veto
invert	pet	pterin	tern	vetoer
ion	peter	rein	terp	vie
ire	pie	reinvent	terpen	vine
iron	pier	renin	terpine	vintner
neon	pin	rennet	tie	viper
neper	pine	rent	tier	voe
nerve	pinene	reopen	tin	vote
net	pint	repen	tine	voteen
never	pinto	repent	tinner	voter
nevi	pion	repin	tip	
nine	pioneer	repine	tire	
nip	pit	repo	toe	
nit	piton	repoint	ton	



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



I refused to believe my road worker father was stealing from his job, but when I got home all the signs were there.



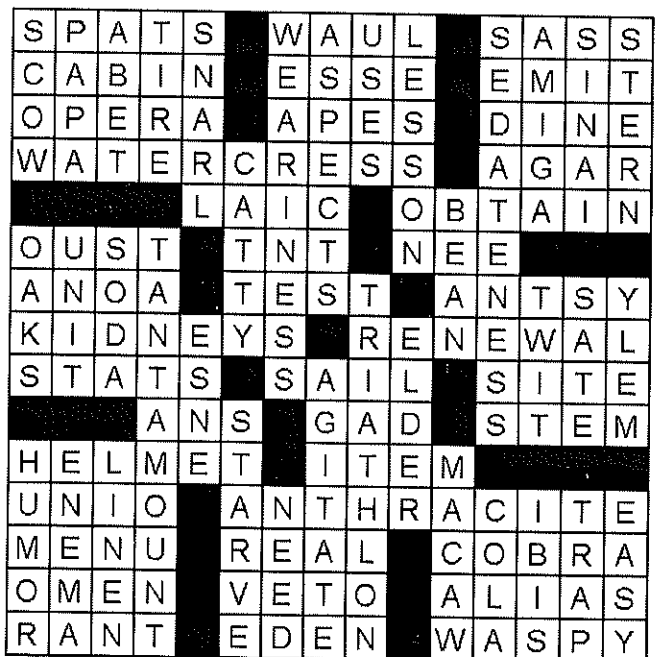
Sammy just had his dental work done, with Sally booked for hers and Louie booked for x-rays. So far we have received \$305 in donations to this little family with bills so far coming in at just over \$900.

Any donation received is greatly appreciated, no matter if it's big or small!!

**ADOPT, DON'T SHOP**

[michelle.jesson@bigpond.com](mailto:michelle.jesson@bigpond.com) 0457 081 533

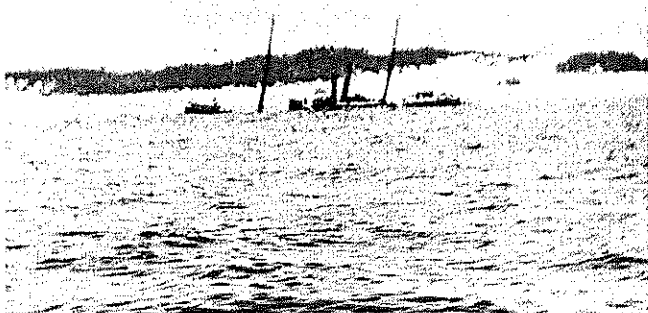
The five second rule for food dropped on the ground doesn't work if you have a two second dog.





## Tasmania Way Back When

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

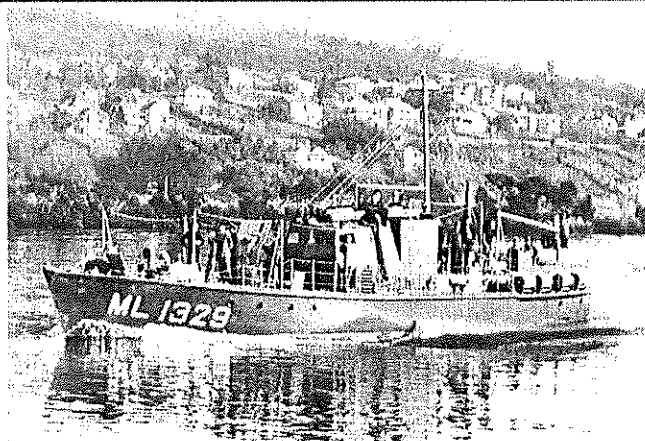


*1907 -Side view of the S.S. Kaiwatiri wrecked at Macquarie Heads near Strahan*

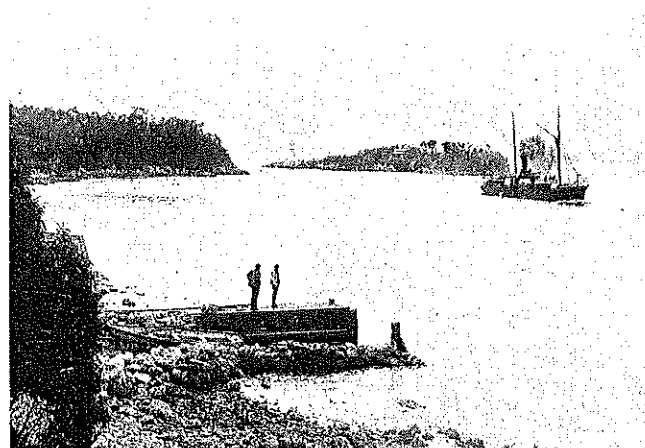
The steamship "Kawatiri" was an iron vessel of 516 tons gross, and 322 tons net, register, and with engine capacity of 350 nominal horse-power; and at the time of her loss carried a crew of 22 persons. From the evidence, it appears that the vessel, carrying about 40 passengers and some 150 tons of general cargo, left Hobart for Strahan at 12.30pm on August 12; that she called at Margate, where she loaded 106 tons of coal, and left again at 4.40pm the same day, clearing D'Entrecasteaux Channel at 8.30pm that night.

According to the captain's statement, on proceeding to sea the vessel encountered a north-west wind, which increased to a gale off the South-West Cape, which point was rounded at 5am on the 13th. When off Port Davey at 0.30pm on that day the wind veered round to the southwest with squally conditions, and continuing to blow from that quarter all the way up the coast.

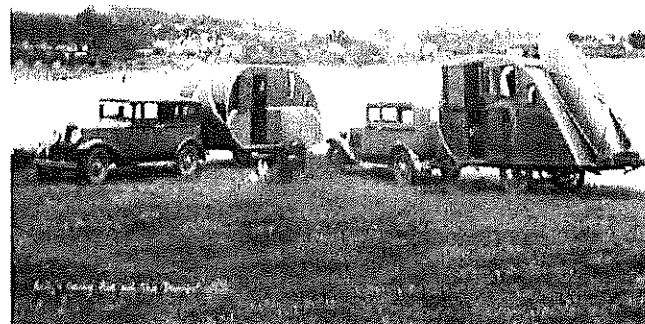
The vessel rounded Cape Sorell at 10.35pm on the night of the 13th, and approached the entrance to Macquarie Harbour. It appears that at about 11pm, when crossing the bar, the wind having become more westerly (though of about the same velocity), a very heavy cross sea was met with, and that the vessel was struck twice in quick succession on her starboard quarter by huge seas, causing her to broach to and run towards the harbour breakwater, which she struck end-on, afterwards backing off and heading towards the entrance. Every effort appears then to have been made by the captain to send the vessel ahead in the direction of safety; but it is evident that at that stage she was at the mercy of the sea, which drove her on to the sand at a spot known as the "North Spit," where she became a wreck. In the steps thereafter taken by the captain's direction, and under his supervision, for the safety of passengers and crew, it appears that the lives of six passengers were unfortunately lost; but for this the officers of the vessel do not appear to be in any way blameable.



*Launceston 1944 HMAS Harbour Defence Motor Launch ML 1329, Tamar River*



*C1925 Hells Gates West Coast*



*Bailey's Garage Hire and Tour, Devonport 1936*

Once I remember sitting in a train as it passed a playground where children were standing to attention for the annual school photograph ... Photographs matter because they freeze moments of our lives which pass unremarkable, and which seem to have little importance to us at the time.'

**Declan O'Neill, New Zealand**



## 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 29 - December 5 p/kg

Southern Heritage Leg Ham	6.49
Forequarter Lamb Chops	12.99
Round Steak	12.99
Chicken Breast Chunks	9.99
Ingham Chicken Thigh Fillets	10.99

### Butchery specials December 6 - 12 p/kg

Southern Heritage Leg Ham	6.49
Porterhouse Steak	25.99
Pickled Pork	11.99
Ingham Chicken Cuts	3.49
Netted Boneless Lamb Roast	14.99

### Two week specials November 29 - December 12

Papa G's Family Pizza 445g	4.99 save 1.81
Heinz Baked Beans 555g	1.50 save 1.50
Pedigree Canned Dog Food 1.2kg	2.99 save 0.81
CSR White Sugar 3kg	4.69 save 2.30
Kelloggs Crunchy Nut Cornflakes 380g	2.99 save 1.66

Duck River Pat 500g	4.99 save 1.51
Fountain Tomato Sauce 2L	2.99 save 3.60
Radiant Laundry Powder 2kg	6.99 save 6.00
San Remo La Pasta 120g	1.25 save 0.64
Tresmme Shampoo or Conditioner 750ml	4.99 save 2.71

*Now taking orders for Christmas. Ham, turkey, duck, seafood, rolled roasts and more.  
Call in and have a chat with one of our friendly staff members.*

## 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.

**Bowls news** November 18, St Marys lost to Scamander. November 25 St Mary had a Bye. December 2 St Marys travel to Bicheno

**East Coast Trebles Championship** finals played on November 19. J McDonald was sick and G Hayes stepped in to play with T Viney and G McDonald. The big thrill was these 'veterans' WON!!! Johnny Mac, I hope you are drinking plenty of water so you will take your place in the side next year.

**Golf news** No updates on the Chicken Run but golf is played every Sunday at 1pm. The opportunity is there to play anytime; members are encouraged to greet visitors and tourists, to have a round.

**General news** We are catering for the Probus Christmas function on Wednesday December 13. There is a small dinner or a private group on Friday 15. Friday December 22 at 5pm the Sports Centre is having their breakup. BBQ and salads will be served. The Christmas Raffle will be drawn approx 8pm. Also on that day the miners will be having their breakup. Community Christmas BBQ Sunday December 24, this is for children and adults. No egg and bacon rolls as little kids can't manage them. Sausages/rissoles and onions on sale. Clive Berwick Memorial Day Wednesday December 27, first 16 teams accepted. Big prize! Lots of other prizes, food, fun and cheap prices. Who likes crayfish??

### 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** Isn't it weird how alcohol is the only drug which is allowed to help shape a culture - vineyards, public houses, bars? Imagine societies where the culture is shaped around a different drug.

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



0 609722 951852