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THE VALLEY AND EAST COAST VOICE INC.

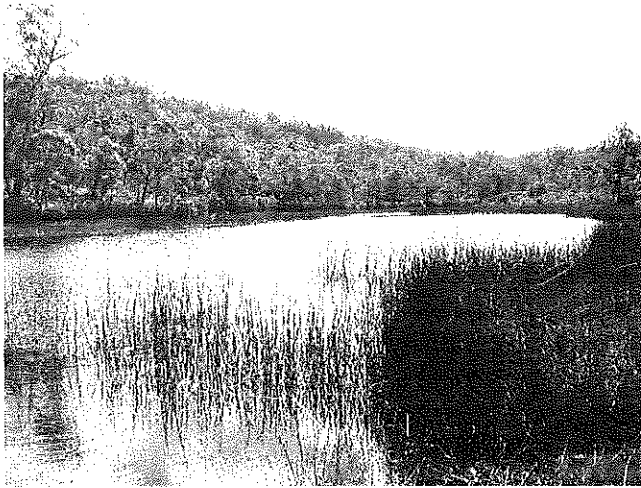
Established 1968

50.03 June 1, 2017

Deadline for 50.04 is 5pm June 12, 2017

Expressions of interest for the volunteer position of editor of the Valley and East Coast Voice Inc. are invited. Full details provided in response to genuine enquiries.

Contact W Dawson on 0403 430 452 wdawson@valleyvoice.com.au



Reid's Dam, photo taken by Wendy Saunders
Hub4Health Walking Group article on p6

\$12,000 REWARD

An endangered Wedge-Tailed Eagle was shot and killed near Rheban (Orford) on Tasmania's east coast, some time during the last fortnight.

The Raptor Refuge of Tasmania Inc. is offering a \$12,000 reward for information leading to the prosecution and conviction of the culprit.

Anyone with information about this shooting should contact Crime Stoppers on 1800 333 000 or The Wildlife Management Branch on 6165 4305.

Information can be provided anonymously.



For more information on Tasmanian Raptors visit
www.raptorrefuge.com.au

St Marys Community Car and Bike Show



Sunday June 11, 2017 from 9am - 2pm

Editor: Wendy Dawson

wdawson@valleyvoice.com.au / 0403 430 452

website: valleyvoice.com.au

facebook.com/ValleyEastCoastVoice

POB 230 St Marys Tasmania 7215

For all account queries please contact

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.

Articles submitted by non-profit groups are free up to a full page, then they will cost 50% of the advertised fee. 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.

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.

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

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.

Wanted

Mature couple, non smokers, excellent references wanting to **rent a caravan** whilst renovating, 2 - 3 months. 5km from St Marys. **0412 906 257**

For Sale

Westinghouse **upright freezer**, clean in good working order. No longer needed as a result of upgrading. \$80 firm.

0457 449 621

1 double bed base, new, still in wrap. \$150 (St Marys) **6372 2375**

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

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

Alan 0407 944 158

Firewood 3mt loads \$190 to St Marys, \$200 to Fingal. **Danny or Jenny 0417 385 935 / 6372 2301**

Toyota Hilux 4WD ute steel bulbar, \$150. **6372 2152**



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Community Notices

Dart Calcutta WINNER TAKES ALL



Union Hotel, Avoca
Friday June 9 at 7pm
Competition entry \$5
Supper \$5

RSVP to Helen on 6484 2101 by June 6

The next **AVOCA Market** is
Saturday June 10 in the Hall.
Contact Shirley at the Post Office
6384 2129 or 6384 2259

Thank You

On behalf of Karl, Jivanta and Patrice, Amber and Bud, Corinna and Paul, Evie, Arnold and Otis. Thank You to all who attended Vicki's memorial. Special Thank You to Mel Norton, Stuart, Wayne and all the Jam children for their moving tribute to Vicki.

'One in a million - loved and missed by all.'
Rina Howard.

All Woodcraft Guild members send their heartfelt condolences to Chris, Scott Woods and extended family for the sad loss of Mrs Woods.

We also send our deepest sympathy to the Bullock family for the sad loss of Jack.

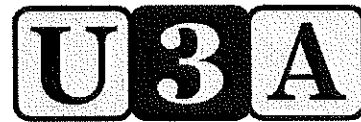
Wendy Brennan, Secretary, for and on behalf of Woodcraft Guild members.

ROSSARDEN Fire training and BBQ dates are: June 3, July 1, August 5, September 2, October 7, November 4 and December 2. Fire Brigade training is 10am prior to each BBQ.

Mike Prewer, Rossarden. 6385 2184

GET meeting dates for 2017
June 12, August 14 AGM,
October 9, November 24 and December 4.
7pm at the Fingal Valley Neighbourhood House
Mary Knowles 6385 2002
gippscreek@skymesh.com.au

Rossarden Progress Association meeting dates for 2017:
3pm at Marlene's on, June 12, August 14 AGM.
Mary Knowles, Secretary, Gipps Creek. 6385 2002



UNIVERSITY OF
THE THIRD AGE

Wanted: People interested in forming a Fingal Valley U3A

What is U3A?

Universities of the third age, or U3A's, are voluntary, not for profit organisations that offer people who are interested in learning educational opportunities that are fun and free, in a relaxed social setting. There are no entry requirements to U3A, and no qualifications or awards are given.

Members teach and learn for the sheer joy of it. The word 'university' in the title is used in the medieval sense of a community of scholars coming together to learn from each other. Every older person has a lifetime of talents, knowledge and skills to share with others.

Where did U3A come from?

The movement started in France in 1968, as a response to a government initiative to provide education to the retired. The first course was on Gerontology, in Toulouse.

The movement spread to other European countries, and to Quebec and California. The first Australian U3A was in Melbourne in 1984. Now, across Australia, there are 240 U3As and the movement is still growing.

What do U3As offer?

Most U3As offer a program of weekly classes, during school terms; holidays are avoided, due to members having grandparent responsibilities.

A wide range of subjects are offered, depending on availability of group leaders.

Some suggestions are:

- | | |
|----------------------|--------------------------|
| ♦ Armchair Theatre - | ♦ Creative Writing |
| play reading | ♦ History and Literature |
| ♦ Armchair Travel | ♦ Music Appreciation |
| ♦ Brain Games | ♦ Public Speaking |
| ♦ Computer Skills | |

Skills such as cooking, crochet, jewellery making etc. can also be part of the U3A group. Social activities can also be part of U3A - bushwalking, travel groups, coffee mornings, dining out groups can all be organised under the U3A umbrella.

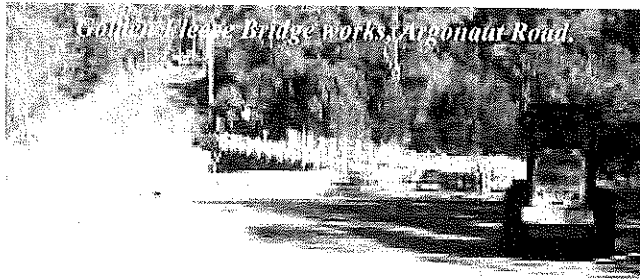
The Fingal Valley Neighbourhood House has kindly offered space for no charge, to hold activities for a new U3A group.

At this point we need names of people interested in both learning and teaching classes.

Please phone either Ruth Miller on 0448 408 492 or Rosemary Harper on 0467 186 593 to register interest. We will proceed with a meeting when sufficient interest has been indicated.

Break O'Day Council's Capital Works Projects - May

- ♦ Preparation for kerb to be laid at Treloggen Drive, Binalong Bay. New kerb will be laid in a section of Treloggen Drive, Binalong Bay this month and subsequent sections will be done in the coming financial years.
- ♦ Golden Fleece Rivulet bridge replacement, Argonaut Road is on track for completion in June 2017. • Mathinna Cemetery masterplan work is now under-way.
- ♦ Kerb installation work for Wattle Drive, Scamander will commence on May 11 with a scheduled completion of May 19, weather permitting.
- ♦ Works have now begun on a new toilet block at the Blue Tier.
- ♦ Ryans Road Bridge work is on schedule for completion at the end of June, weather permitting.
- ♦ The Reseal program is now complete.
- ♦ St Columba Falls Road works have now been completed.



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Hilly's IGA St Marys and St Helens

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The Say, by Cagerattler

Political Correctness versus Free Speech - I don't get it any more.

Australia is one of the true democracies on this planet of ours and one thing we are supposed to have is the right to freely express our opinions. Not necessarily or always the case it seems.

Some are threatened to say the politically correct thing on the chance that someone else may be offended by what you say. There is also the chance of defamation or libel legal cases if a person is seen to express a strong opinion, and the lawyers clean up while a legal fight takes place.

Over the past few days there is a situation of a very famous Australian female sports legend who is also a Christian religious minister - Margaret Court - who expressed strong views on marriage equality after an airline expressed views that differ from hers. She stated that she will not use their airline because of that.

The media are now reporting that some have called for the renaming of Margaret Court Arena in Melbourne, and such things because of her stance. This of course is highly unlikely but is this even being talked about - other than chastising Qantas for their official policy on marriage equality - or am I totally wrong?

I'm a member of a forum and it's a hot topic at present. The overwhelming forum opinion is that political correctness

has gone a little crazy and although many on the forum disagree with Ms Court, they have expressed the desire for her to be allowed to voice that opinion and draw attention to her views.

Of course if deliberate lies, criminality, total lack of empathy, or hindering the law of the land results from speaking out then political correctness or moral turpitude needs to apply, but not on the grounds that expressing a view may 'hurt someone's feelings' with a different opinion. Sometimes the truth hurts but not saying it ultimately hurts more or nothing is thoroughly addressed.

What do you think?

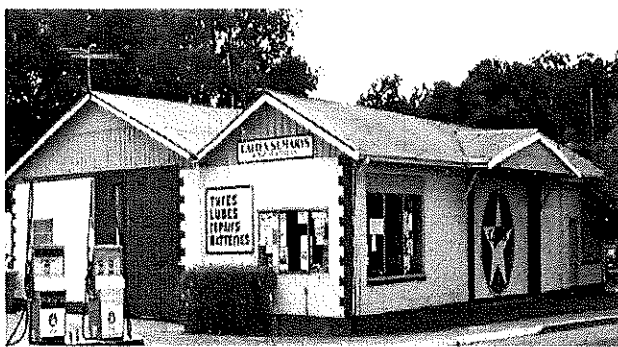
Rod McGiveron, St Marys



Game on: Margaret Court versus Qantas

June 3, 1769. :Lt James Cook was the first to sight and map the eastern coastline when he was sent to observe the transit of Venus across the sun from the vantage point of Tahiti. The transit of Venus occurs when the planet Venus passes directly between the Earth and the Sun, and its unlit side can be seen as a small black circle moving across the face of the Sun. Transits of Venus occur in pairs, eight years apart, approximately once every 120 years. Cook's ship, the 'Endeavour', departed England, on 25 August 1768. Cook reached Tahiti in time for his crew and scientists to set up their instrumentation necessary to observe and report on the transit, which occurred on 3 June 1769.

After observing the transit of Venus, Cook went on to search for Terra Australis Incognita, the great continent which some believed to extend round the pole. It was shortly after observing the transit of Venus that Cook came across New Zealand, which had already been discovered by Abel Tasman in 1642. He spent some months there, charting the coastline. Nearly a year later, he set sail east for New Holland, later Australia.



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Hub4Health Walking Group

Walk to Reid's Road Dam: Leader Wendy Saunders

The walk to Reid's Rd started on a bush track 4.8km along Reid's Rd from Priory Rd. Thirteen people met to walk about 20 minutes west along the gravel road to Reid's Rd Dam wall and reservoir. The reservoir looked very picturesque in the morning sunshine, with the reeds and water hyacinths and water trickling over the edge down to the collapsed concrete walls below.

Apparently this dam was constructed last century as the water supply for St Helens, when it was a much smaller town. The water was piped down in pipes constructed of iron bark, with a type of tar sheeting wrapped around them. (Part of the old piping was dug up in Tully Street and is on display at the History room). Some of the group went on a walk on the eastern side while others got their boots wet and crossed to the western side of the reservoir via the embankment. The vegetation was lush and varied in the gully behind the embankment.

Some of the walkers climbed up the hill to reconnoiter for a longer walk in the future up to Mt Pearson, while two went to check out the view of the reservoir from the western aspect before we all joined up to walk back along the road to our cars.

Contributor: Wendy Saunders

Mt William & Stumpys Bay Leader Alex Buchanan

Four members of the Walking Group spent a sunny autumn Saturday at Mt William National Park. In the morning we walked up the gradually ascending track to the top of Mt William and dallied on the granite mounds of the summit. A wide view of the coast spread out before us, with Eddystone Light to the south-east and the peaks of Cape Barren Island to the north. We then drove out to Stumpy's Bay for lunch beside the lagoon.

In the afternoon we walked southwards down the coast, along the many sandy beaches punctuated with small rocky headlands and wind-eroded dunes. A small number of young silvery leatherjackets were found washed up on the beach, but not as many as we saw the previous Wednesday near Diana's Basin. We walked as far as the lagoon, just short of Cod Bay, where we left the shore and turned inland, returning to the road by way of a track through the heath-land behind the dunes. Before leaving the National Park, a detour was made through the open, closely grazed, kangaroo feeding areas, only one was seen, bounding for cover at the approach of the vehicle. *Contributor: Alex Buchanan*

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

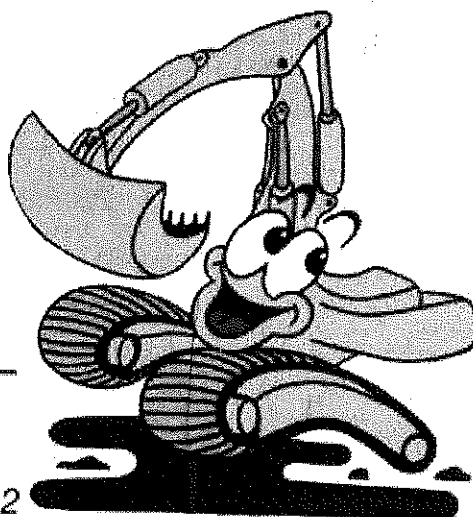
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Tasmanian medicinal cannabis scheme too expensive, patients say by Felicity Ogilvie

As the Tasmanian Government prepares to spend almost \$4 million on a controlled access scheme for medicinal cannabis, some people who already use the drug have raised concerns about the scheme's effectiveness.

The tightly-controlled regulation will mean some Tasmanian patients with severe epilepsy will be able to obtain medicinal cannabis from hospital pharmacies, but there are concerns it will not be affordable for those who need it.

John Reeves already takes medicinal cannabis to relieve his chronic pain and he runs a support group for others doing the same. Mr Reeves said the drug would be almost five times the price of what is already available on the black market.

"People aren't going to pay the money, they're not going to pay \$300 for something they could buy for \$50 or grow in their garden," he said.

Tasmania's Health Minister Michael Ferguson said children who had seizures would be the first to be given the opportunity to access the scheme.

"Our first focus under the controlled access scheme is young children and young Tasmanians with drug-resistant epilepsy," he said. "We don't know at the moment how many children are likely to be prescribed with a medical cannabis product but we want it to be available to those who need it."

Nicole Cowles, whose 11 year-old daughter Alice uses medicinal cannabis, said she had no plans to take her daughter to a specialist doctor in order to access the drug legally.

"The cost of medications to keep Alice where she is currently, at a therapeutic dose, [would be] about \$600 a fortnight and that's not something that many families in Tasmania could afford," she said.

Ms Cowles said using the drug had changed her daughter's life.

"At 25 weeks of age Alice was having up to 30 seizures a day and I was told that she was going blind and dying, that she would never survive," she said. "I started treating her with medicinal cannabis four years ago; from the moment Alice started on the medicinal cannabis her improved. She now has long periods without seizures, it's not just the reduction in seizures, it's the improved quality of life overall."

Mr Reeves said he hoped the scheme would help Tasmanians, but he doubted it would have a big impact.

"I think the horse has well and truly bolted from the Government to be honest," he said. "They're going to have to make this scheme quite broad, quite open and quite specific for patients needs for it to grow and essentially replace the black, or green, market."

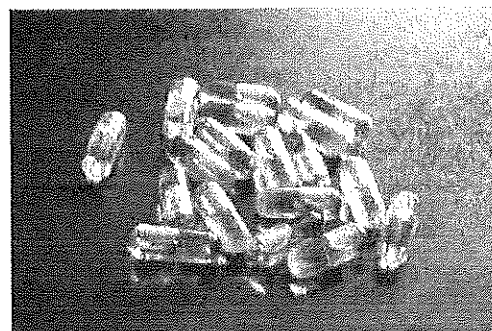
Mr Reeves wanted the Tasmanian Government to make it legal for patients to grow their own cannabis plants for medicinal use. The Australian Medical Association's Tasmanian president, Stuart Day, said he only supported medicinal cannabis that was prescribed through doctors.

"We don't believe that black market, self-medicating cannabis is the way to go because essentially you don't know what you're getting," he said.

According to the federal Health Department, medical cannabis cannot be included on the Pharmaceutical Benefits Scheme (PBS) as it was still an unregistered medicine. A department spokesman said it would welcome the submission of a medicinal cannabis product for evaluation.

[http://www.abc.net.au/news/2017-05-23/medicinal-cannabis-cost-fears-tasmanian-scheme/8552108?](http://www.abc.net.au/news/2017-05-23/medicinal-cannabis-cost-fears-tasmanian-scheme/8552108?WT.ac=statenews_tas)

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Safer from BUSHFIRE

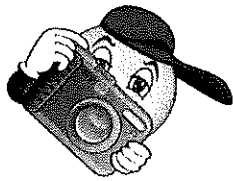
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Photographic Competition 2017 THEME "Flora and Fauna of the Fingal Valley"

Cash prizes are **\$500** for the winner, **\$250** for Under 18 and **\$150** for the People's Choice.

Entry fee: \$5 per digital image / Under 18 \$2:50 per digital image
Entries close in October so there is plenty of time to explore the Valley and enjoy its flora and fauna capturing exciting images.

The Presentation Evening is to be Friday November 24, 2017

Turnbull Government delivers \$3 million for palliative care in Tasmania

Palliative Care Tasmania and the District Nurses will both receive \$1.5m over the next three years as part of the Turnbull Government's commitment to support palliative care for Tasmanians.

This will assist Palliative Care Tasmania and the District Nurses to plan for the future and continue their outstanding work in end-of-life care.

"This funding will help these organisations go about their work caring for patients with terminal illnesses as well as raise community awareness about end-of-life issues," Minister Hunt said.

"By supporting Palliative Care Tasmania and the District Nurses with funding from the 2017-18 Budget, we are putting our support behind the people and organisations that support us when we need it the most."

Both organisations do great work in the community and the Turnbull Government is committed to supporting them.

Palliative Care Tasmania is the peak representative body for hospice and palliative care in Tasmania and sup-

ports the continuous development of best practice standards, workers and networks involved in caring for people at end-of-life.

The Hobart District Nursing Service is one of Hobart's oldest and best-loved philanthropic organisations and has been providing in home end of life services and community care to Tasmanians since 1896.

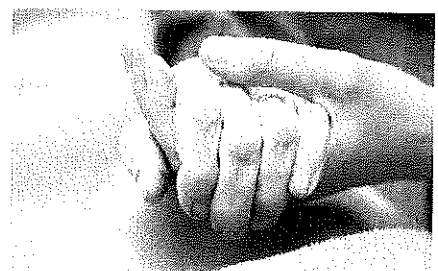
"It's Palliative Care Week and throughout this week we are encouraged to start the discussions about end-of-life care, in an open and constructive way, with the people we love," Senator Duniam said.

"We need to build a picture, in our own minds about what end-of-life care means to us, so that we can be better prepared to make the choices and decisions that lay ahead. To have a high quality of life, right to the end of life, is a measure of the society we live in and today, like every day, we honour the work of palliative care doctors, nurses and allied professionals and say thank you."

Minister Ferguson said "Both the District Nurses and Palliative Care Tas-

mania have made significant contributions towards improving the delivery of palliative care in Tasmania, so we thank the Commonwealth for providing this funding as part of the Mersey deal.

"We will now work with both organisations to deliver the best possible outcomes for the community, focusing on supporting Palliative Care Tasmania's peak body activities, information, training and education around palliative care, and funding." The Commonwealth is providing this funding to the Tasmanian Government, who will be responsible for agreeing the delivery arrangements, reflecting the Tasmanian Government's ongoing responsibility for palliative care services in Tasmania.



1800HOSPICE

Tip locations and opening hours

Ansons Bay

Long w/ends Mon

12 - 4

Wed/Sun 12 - 4

Fingal, Mathinna Road

Tues/Thurs 10 - 4

Sun 2 - 5

Pyengana, Tasman

Hwy No builders'

waste please

Wed 9 - 1, Sun 2 - 5

Scamander, Coach

Street

Tues/Thurs 10 - 4

Sun 2 - 5

St Helens, Eagle Street

Open 7 days 10 - 4

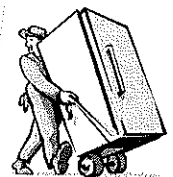
St Marys, Gray Road

Tues/Thurs 10 - 4

Sun 2 - 5

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State Government announces more than \$13 million in funding for Break O'Day

On May 15 and 16, the State Government visited Break O'Day and had some great news to share with Council and the community.

They announced they would fund in its entirety the building of the new St Helens District Hospital at Annie Street, a \$12 million project, and that they would fund the St Helens Mountain Bike Trail Network to the tune of \$1 million. Council have worked hard in the background to bring this funding to fruition, so we were very pleased with both these announcements and very grateful to the State Government. Representatives of the Government were in the area to hold a Regional Cabinet Meeting with Councillors and the General Manager attending, in order to discuss what Council felt to be some of the priority areas for our community. This included discussions around the ongoing maintenance and ownership of Binalong Bay Road, as well as the Tasman Highway south of St Helens, which Council would like to see widened to cater for the increased heavy traffic as well as cyclists.

The Minister for Infrastructure, Rene Hidding, recognised the pressure on both these roads and agreed to consider Council's proposals.

The issue of Health Services, including Mental Health, was also raised by Councillors who spoke passionately about our communities' needs and discussed their ideas for a consistent and cohesive solution for our area.

Minister for Health Michael Fergusson said he would like to come back to Break O'Day and further discuss these plans as he could see merit in Council's ideas but would need to 'thrash' them out further with all interested parties.

Other issues discussed were around Council amalgamations with Break O'Day proposing a takeover of half of Glamorgan Spring Bay; marine infrastructure, in particular the ongoing maintenance costs and importance of our jetties; flood mitigation works in St Marys; and the ownership and purpose of state owned land in the area.

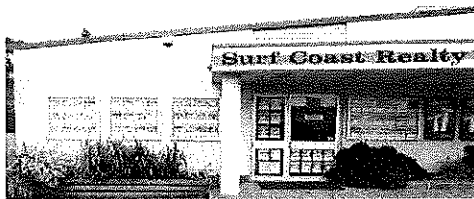
All in all it was a very successful meeting and Council left feeling the State Government had not only listened, but were committed to working with us in achieving the outcomes most important to our area.



Mayor Mick Tucker, sans Akubra, fronts the media with members of the State Government at the new hospital site

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Authorised by Rene Hidding MP, 1 Gordon Street, Sorell

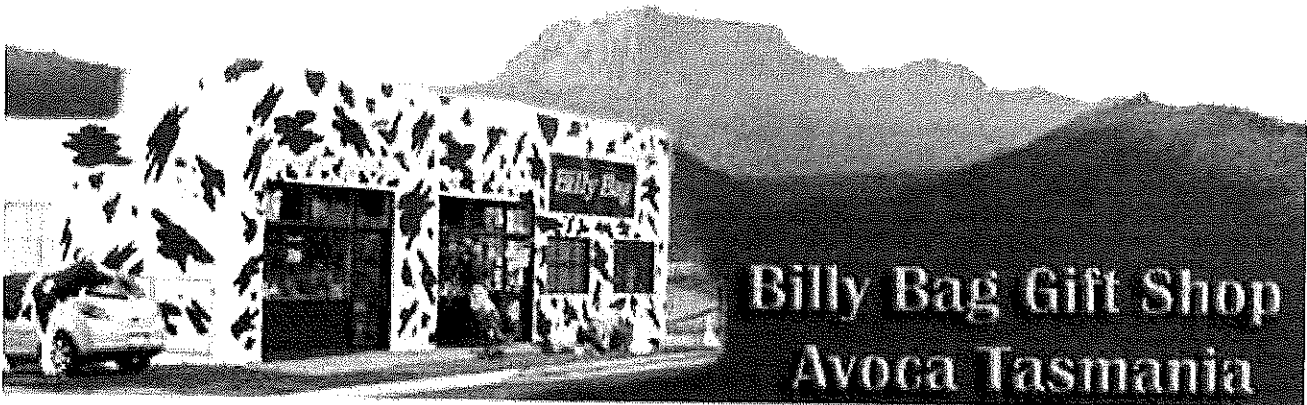
Over the years



Todds Hall, St Marys, lost to fire.



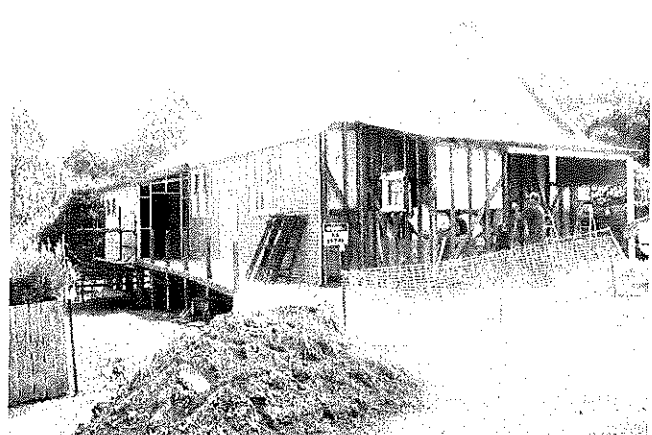
*Preparing the Umu (Stone oven) 2010
Falmouth Community Centre*



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Coal shovelling at the Fingal Valley Festival 2016



*Cornwall Community Committeeman,
Graeme Hayes, prepares the Cornwall Hall for
a face lift.*

Do you run a Community Group? Break O'Day Council is currently updating their
Community Group contact list.

If you are affiliated with a new or existing group and would like to ensure we have the
correct details, please contact Erica Lowry; Erica.Lowry@bodc.tas.gov.au.

Thank you.

Page 3.

FROM *Miss Fiddle*

3 May, 1968.

T.F.F. St. Marys Branch. Meeting
Wednesday 8 May, 8.00 p.m. at the Institute.
Business:- Government aid.

Mrs. J.B. Bushing of Fingal and Mrs. H.B. Bushing of St. Marys are off to Melbourne on Friday the 3rd May, for two weeks holiday. Lucky things. They intend to visit their sister-in-law, Mrs. H. Holland of Trafalgar.

Mr. & Mrs. Ian Walker of Fingal have returned after two weeks away. Most of the time was spent at Burnie, Bicheno and Hobart.

Megan Luck and Jeff Kerrison who will be married on May 18th are to be guests of honour at a Kitchen tea given by Mrs. Maisie Pilgrim on Friday May 10th, 8.00 p.m. Cornwall Hall.

Ellen Keddies recent letter from Melbourne tells us she is enjoying settling in at Bethesda Hospital for her nursing training.

On Saturday April, 27th at the Scamander River Hotel-Motel, the Child Health Association and the Preschool Committee combined to hold a Mannequin Parade.

WHAT'S ON

Miss Teena Quest

A Bar-b-que at the home of Mrs. E. Barnes, Fingal, Sat. 4th May.

Concert at Royle's Theatre, St. Marys, Friday 3 May.

Euchre evening Sat. 4th May at the Institute, St. Marys.

Ladies Day at the Golf Club St. Marys, Tuesday 7 May. Starts 12 m.d. Visitors from Ben Lomond, Fingal and Bicheno. Bring your own partner.

American Tea at Mrs. Cles Niel's, St. Marys, 10.00 a.m. Thurs. 9th May. Bring a gift and buy a gift.

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SO COME AGAIN AND GAIN AGAIN

MISS TEENA QUEST

St. Marys Entrant Patsy Targett

Readers don't forget the concert Friday night 3rd May, at Royals Theatre. It is in aid of the Miss Teena Quest. It promises to be a good night.

Performers will include John Laing - Aust. winner of Brian & the Juniors, which speaks for itself. Others include Danny and Dudley Madden and Mr. R. Scott from Hobart and some fine and varied local talent includes a short, hilarious locally made movie, skits and singing talent.

METHODIST CHURCH

The preacher at the St. Marys Methodist Church this Sunday morning, 5th May, will be the Rev. H.B. Freeman, the Chairman of the Tasmanian District.

The St. Marys Methodist W.A.O.M. will celebrate its 49th Birthday next Tuesday at 2.30 p.m. The speaker will be Rev. R. Innes of Launceston. All ladies invited.

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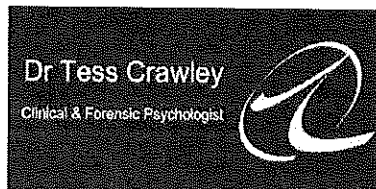
Where do you find us? 5 Portland Court, St Helens, 7216
Phone: 6376 2971
Email: admin@hub4health.org.au
Web: www.hub4health.org.au
Our Aim: To deliver health and wellbeing programs to rural and remote communities within the Break O'Day Municipality.

Psychology/Mental Health Social Worker

Hub4Health is pleased to be working in collaboration with Tess Crawley and Associates/Rural Psychology Tasmania. Katherine Bishop is available for face-to-face consultations on a fortnightly basis from Hub4Health, and additional follow up Skype and phone appointments are also available.

Sara France works from St Helens on a weekly basis on Thursdays and Wednesday fortnightly. Sara also works from St Marys every Tuesday.

If you would like to make an appointment to see Catherine or Sara please phone Tess Crawley and Associates (03) 6331 0577.



GENTLE WALKERS ~ Are you interested in leisure walking?

If you're over 50, enjoy gentle walking exercise, like meeting new people and being out in the fresh air, please join us. The walks start from Hub4Health at 10.30am on Tuesdays.

Hub4Health Walking Group

The Hub4Health Walking Group meets every week on Wednesday for a short low grade walk lasting approximately two hours. Longer and more strenuous walks are organised for the third Saturday of each month. Meet at Hub4Health at 8:50am for car pooling to leave at 9am. The Walking Group encourages car pooling for members to get to the start of each walk. The nominal amount is \$2 for the weekly Wednesday walk and \$5 for the monthly Saturday walk.

Some recent walks have been to; Winifred Curtis Reserve, Seaton Cove, Scamander River Area, Moulting Bay, Reids Rd Dam, Dianas Basin and the Golden Fleece Area.

Our walkers come from Fingal, St Marys, Beaumaris, Scamander, Binalong Bay and St Helens.

New members are most welcome.

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

GENTLE TAI CHI FOR THOSE 50+

Tai Chi is a low impact, slow-motion, gentle form of exercise for health of body and mind. It can help improve muscle strength, flexibility, balance and circulation as well as enhance relaxation and reduce stress. Tai Chi classes for those 50+ are held at 9.15am on Tuesdays at St Helens Tennis Club. A gold coin donation is appreciated.

For more information please call Hub4Health on 6376 2971



Welcome
Dr Molly Shorthouse!
6376 2971

5 Portland Court, St Helens
Mon-Thurs: 9.00am-4.30pm

Ochre
MEDICAL CENTRE
St Helens

Ochre Medical Centre St Helens is proud to welcome Dr Molly Shorthouse! Patients may remember Molly from she worked with us as a locum back in December 2016. Molly has since moved into St Helens to become a permanent GP/VMC at the centre.

Dr Shorthouse has worked in Emergency Medicine, Remote General Practice, Indigenous Health & Mental Health over the past 10 years. Dr Shorthouse is a Rural Generalist with Advanced Skills Training in Mental Health.

Our services:

- General family medical care
- Women's & Men's health
- Minor emergencies
- Occupational medicine
- Health assessments
- Antenatal checks
- Development of care plans for chronic or complex issues
- Travel advice & vaccinations
- Workers compensation
- Minor procedures

TASMANIA COMES OUT ON TOP IN 2017 NATIONAL STUDENT AWARD

Friday May 19, 2017

Ashlea Schott, representing Tasmania, has been announced as the winner of the Ag Institute Australia (AIA) National Student Award for 2017.

Ms Schott won a tightly-contested final in Manjimup (WA) yesterday (Thursday 18th May) at the 'Science and Innovation in South West Agriculture' conference, a joint event being held by AIA and the South West Science Council.

The prestigious AEV Richardson Memorial National Student Award is competed for by students selected from each AIA Division of Australia, who have completed an Honours or coursework Masters research project as part of an agricultural science (or related) degree.

As part of the competition, finalists provide a written submission on the background of their research topic and also present a 15-minute talk to a judging panel at the final.

Ms Schott's research project at the University of Tasmania investigated the floral developmental stages most sensitive to environmental stress in pyrethrum production.

"Winning the final was a wonderful surprise as all of the other contestants were confident and well spoken, but it's definitely a proud moment," she says.

"The opportunity to participate in the competition, including coming to Manjimup for the final was an amazing opportunity for all of us to learn from industry representatives and to showcase our own projects."

Ms Schott now works for Bejo Tasmania as a graduate research agronomist, just one example of the exciting career opportunities available in agriculture.

Ian Macleod, from National Student Award sponsor Peracto, says the quality of presentations from the finalists continues to impress.

"This competition sees some of the best agricultural students from across the country come together to present their research, and each year the quality gets better," Mr Macleod says.

"Importantly, the National Student Award not only showcases the talent coming through in our industry, but also gives these students a chance to perform on the national stage.

"We are very pleased to sponsor this competition, and look forward to seeing the positive impact Ashlea and her fellow finalists have in agriculture in the years to come."

Official 2017 National Student Award Results:

WINNER:

Ashlea Schott, University of Tasmania, representing Tasmania
Researching effect of assimilate supply and vernalisation duration on flower yield and production in pyrethrum

SECOND PLACE:

Rudi McEwin, University of Adelaide, representing South Australia
Researching impact of non-additive genetic effects on Wagyu carcass quality

THIRD PLACE:

Kiara Crook, University of Queensland (St Lucia), representing Queensland

Researching effect of organic amendments on sugarcane root health and function, and associated nematode populations

PEOPLE'S CHOICE:

Rudi McEwin, University of Adelaide, representing South Australia

FINALISTS:

Grace Scott from Western Sydney University, representing New South Wales

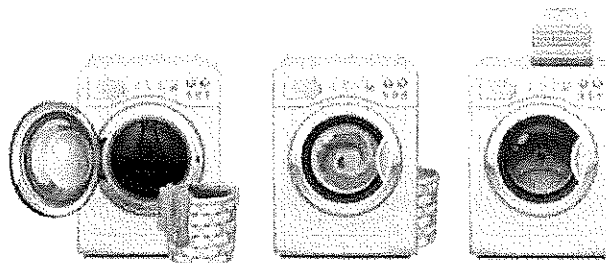
Researching new cultivars of nutritionally sound crops
Charlotte Jones, University of Western Australia, representing Western Australia

Researching links between ecological restoration and human health



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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

All members would like to express their gratitude and thanks to Councillor Janet Drummond whose prompt attention

brought a Guild issue to a quick resolution.

I apologise for the reiteration, however, there are many new faces in St Marys who maybe wondering what our club is all about. We are an apolitical organisation that accepts **both men and women as members**. Joining fee is twenty five dollars (\$25.00) a year which helps cover insurance costs. To use the machinery it is mandatory for all new members to do an induction as a safety precaution. The cost to utilise the workshop is two dollars and fifty cents (\$2.50) a day or six dollars (\$6.00) weekly which assists with purchasing new tools and electricity.

We are an incorporated organisation and hold an Open Day Fair yearly to help with finances as well as a monthly democratic meeting where all members have a voice. We do work for the infirm, elderly and wildlife carers for free or at a cost recovery basis only.

Please feel free to drop in for a cuppa and have a chat to see if you would like to join or give us a call. We are situated behind the Railway Museum Esk Highway St Marys.

Guilds Home Hint: Next time your rubber gloves develop holes, don't discard them. Cut the tips of the fingers off and cut in rounds to your desired size for strong elastic bands.

Wendy Brennan Secretary

Break O'Day Woodcraft Guild


1 Esk Highway St Marys 6372 2094

Guy Barnett MP
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guy.barnett@parliament.tas.gov.au
www.guybarnett.com.au

 GuyBarnettMP

Authorised by Guy Barnett MP, 76 Emu Bay Road, Deloraine 7504

Alfred Deakin, Australia's second Prime Minister, finished his great 1898 speech in support of Australian Federation with the words:

*For God has made her one: complete she lies,
Within the unbroken circle of the
skies,*

*And round her indivisible the sea,
Breaks on her single shore.*

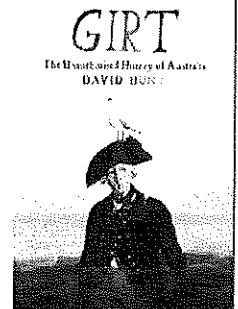
Robert Menzies yearned for the love of a blue-hatted woman who lived far over the sea.

Malcolm Fraser lost his trousers on the other side of the sea.

John Howard and Julia Gillard told people to go back across the sea.

And Harold Holt, our greatest sub-maritime politician, has been girt by sea since 1967.

From Girt: The unauthorised history of Australia by David Hunt



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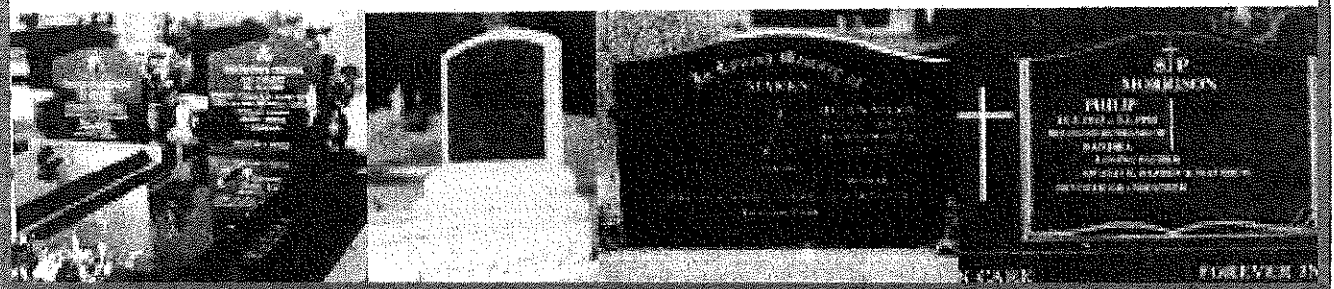
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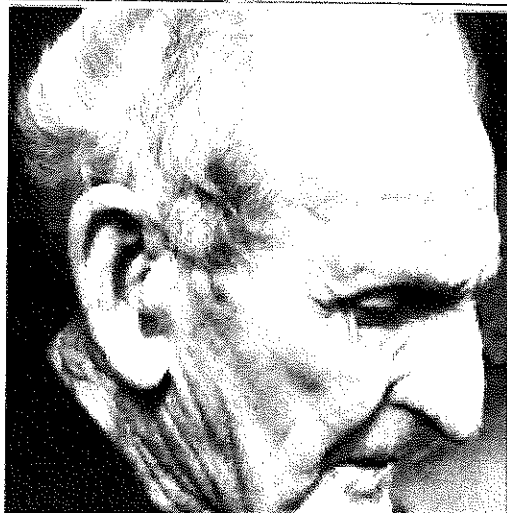
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~Fred <https://www.facebook.com/humansoflaunceston/posts/373378623063633>

"Well, what did I do? I worked 7 days a week, that's what I did. I have never had a holiday. Ever. Except for our honeymoon in 1952, we went to Queenstown for a few days. Actually I did go to the Melbourne Cup once. I don't remember what year, but the aeroplane was one of those focker planes with the big propellers, so it was probably in the 50's I reckon.

I was born at the Toosey Hospital in Longford on the 22nd of March, 1922. I was 95 a few months ago. Not bad hey? So, we lived out that way on Illawarra Road and that farm went right through to Pateena Road. So that was our playground as kids. All of us boys used to shoot rabbits to make some money as kids. We would get about 1/6 (15 cents) for the meat and 2/6 (25 cents) for

the fur. Once our farm was empty, we would wait for our neighbours to go out on a Sunday in their horse and jinker and we'd jump their fence and shoot dozens of rabbits. What we didn't end up selling, we'd eat.

My great grandfathers name was Warren Mace and he lived on a farm where the Olde Tudor pub is now and it ran up to Ralph Street. They had cows and used to carry their tins of milk on a horse and cart everyday into the city to sell it at the market.

My grandfather was Clarence Mace and after he married Eliza Reinmuth, he bought a farm out on Illawarra Road in Longford. My grandfather used to use a horse drawn cab to transport people out to Carrick from Launceston back in the early 1900's. We have so much history out this way. I might just keep you listening for days. (Laughs).

I still have the Mace family bible and it dates back to 1835.

Our family farm had a market garden, an orchard, hay crops and a tonne of pigs. Usually about 80 or 90. It was my job to take the horse and cart into Launceston every morning to pick up the food for our pigs. There was no sewerage or water so it was a big job to make sure there was always enough water and food on hand, not just for us but also for the animals.

My father was Frederick Leroy Mace, but everyone called him Roy and he took over the Longford farm after he married my mother Dora (nee Nailer). Mum worked at the Carrick Pub as a kitchen hand. That's where they met. They had four sons, Mervyn, Henry, Ronnie and me and a daughter Lorna. Ronnie died when he was very young unfortunately.



Clarence and Eliza Mace

When I was about 11, we moved up to Prospect. It was 1933 and us kids were enrolled at Summerhill Primary school. From the boundaries of Normanstone Road, up Prospect Street down to Duck Reach Power station there were about 80 families and we all knew each other. A lot of the farms were either dairies, market gardens or pig farms. Some farms carted wood, or gravel, sand and clay and many of the residents of Prospect went to work at Patons and Baldwins, the railways or into the retail shops in the city.

Where St Patricks College is now, there was a place called the Rising Sun Hotel, owned by a fella named John Ockerby. It wasn't actually a pub, just a board-

ing house of sorts and he had a farm there. My father did a lot of work for him, so we all used to go and pick apples and help him spray the crops. I'd also milk a few cows for him. Then after a few years, he sold all of it to St Pats College. Where his orchards were, is now the school sporting ovals.



Summerhill Primary School



After I left school, I worked very hard doing all different farming sort of jobs and I was pretty good at saving my money. In 1947, I decided to buy my own farm, and my land went from Westbury Road, opposite where the Prospect Shopping Centre is now, right down the hill past where the Bass Highway and the SilverDome are now.

The farm was 33 acres and it cost me 750 pounds. I didn't quite have enough money, so I borrowed a little bit off my mother. I worked flat out 7 days a week and the farm became a very successful one. I bought a single axle flat bed Bedford Truck and

she was a real workhorse. I also had an old Studebaker truck that I adapted into a farm truck.

I bought myself an Indian Scout motorbike with a sidecar. Me and my mates used to ride down the hill to the All Year Round Tavern or the Duke of Wellington for a few stouts. I loved to drink stout with lemonade. It's called Portagas and it was my drink of choice. Or a Boags. None of that Cascade rubbish for me. (Laughs) Eventually I took the sidecar off and replaced it with a big box that my 9 workdogs would all sit in as we worked the farm.

I didn't have any romance in my life until my late twenties as I was too busy farming. I had some cousins living in St Marys and I used to ride my motor-

bike up there to visit them. They introduced me to a girl who worked in the milk bar in the main street. Her name was Lola. For the first time in my life, I thought, hello, we've got one here. I thought she was a fantastic person. Lola and her family were from Upper Scamander. We really hit it off and I'd head up to St Marys as much as I could.

One time I was riding back from St Marys with a mate of mine, Herbert Rudd, who was in the side car and we got a puncture. We didn't have a spare and we were way past Fingal. So me and Ruddy, well what we did was, we pulled big clumps of dry grass out of the ground and firmly stuffed it inside the

tyre. It was a slow ride back to Launceston but it did the job.

Lola would sometimes travel up and stay with



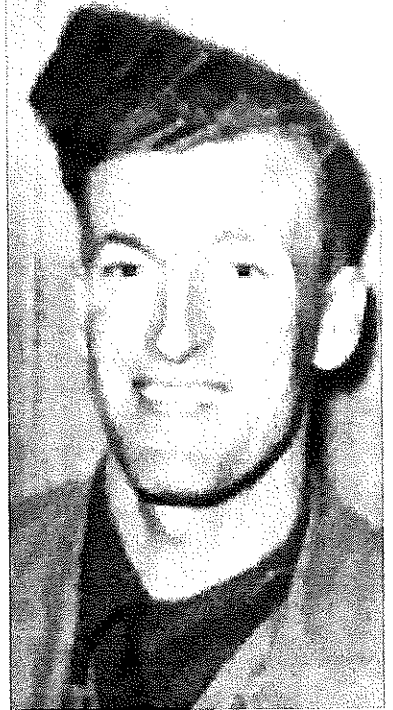
me on the farm, and we soon fell in love.

I eventually asked her to marry me and she said yes. Lola and I married in the Holy Trinity church at St Marys in the June of 1952 (photo above).

I had a two room shack on my property at 6 Mace Street (yes they named the street after me) and in the mid 50s, I converted it into a four room house, once our two sons Maurice and Ross were born.

When they got older and married, I helped them both get a house. Ross and Susan still live next door to me and Maurice and Jenny are just down the road.

I ended up building a place on the corner and that's been my place ever since. Quite a few of the streets in Prospect are named after the pioneering farming families. Burrows St, Chris St, Bradford St, and of course Mace Street. My father lived at 6 Mace Street after he retired.

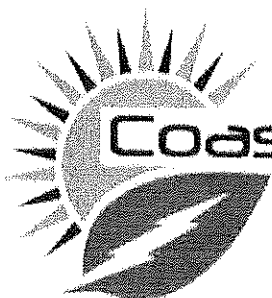
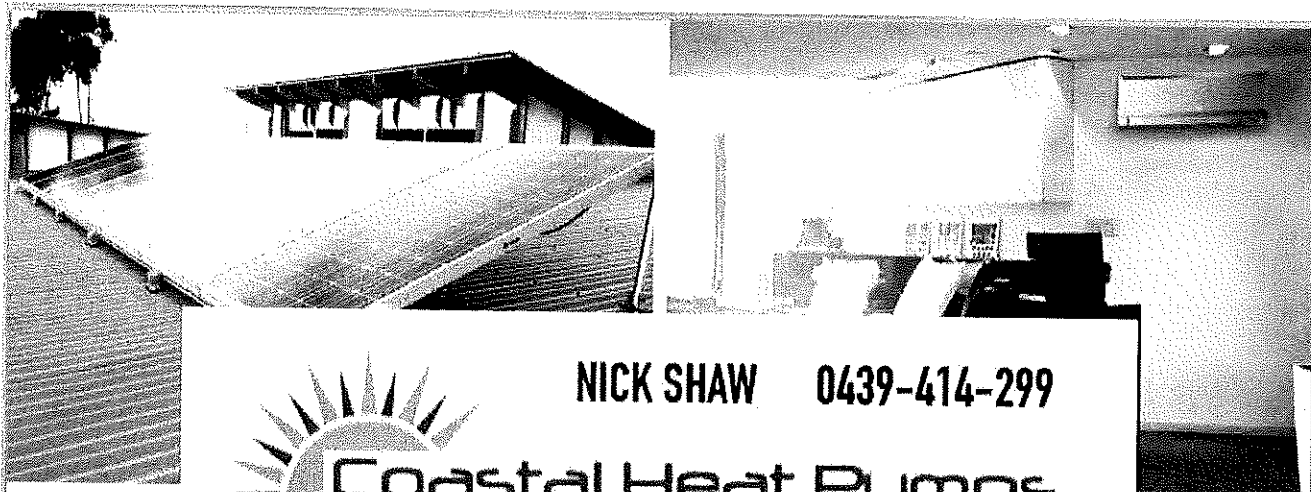


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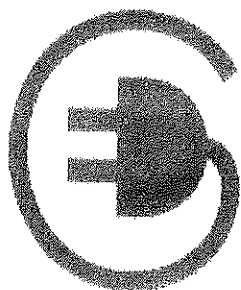
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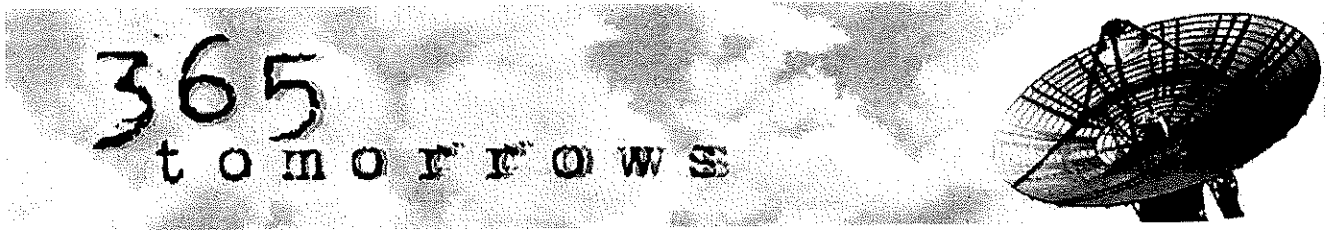
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Father Son Time May 27, 2017

Author : Joseph Lyons

A few years ago I was lucky enough to land a reasonably well paid job. Like most well paid jobs in this system it meant not great work in a not great place. It was a mining facility on an uncomfortably hot but habitable planet. We were encouraged to bring our families, so I did. My wife and I had just had a son so the new start and good money were very welcome. Worker's housing was a good deal better than we'd had before, an old world looking wood-effect two storey home with its own small plot of land and full mod cons. For a long time I was happy, but my wife was not. It was no surprise when she left me, but it was a surprise when she left our son.

The work had been long shifts on rotating patterns till this point. Now I had to cut back to set hours, have friends babysit, enroll him in nursery and eventually school. My colleagues and friends were incredible throughout the adjustment, very supportive, but no one can really tell you how to raise a young boy by yourself.

I had always been the fun parent; discipline was never my thing. I knew enough to know smacking wasn't the route to go down so I tried naughty steps, time outs, removal of privileges. He continued to become more unruly until I stumbled across something that worked. Once, as a child I had spilled my cereal on the floor and my mother made me count every single piece back into the bowl. My son dropped his on purpose so the memory kicked in and I set him to counting. It worked very well. Eli was five then, he's six now. He'd been young enough that I'd had to help him once he reached a certain number. It felt oddly good and rewarding for us to work together, even if he was being punished.

Tonight he'd been avoiding his homework and not turned his console off when I had repeatedly asked him to.

"No, no, NO!" he eventually screamed after I asked for the dozenth time.

"That's it." I killed the power myself. He stormed out back. "If you're going to sulk out there you can count the stars while you're at it."

"ONE!" He shouted. "TWO! THREE!"

I sat down and tried to block it out. He'd simmer down eventually.

"FIFTEEN! SIXTEEN!.....One, two."

"Hey, no shortcuts. You keep going till you hit a billion."

"Seven...eight...nine."

"Speed it up. Count to a hundred fast and you can come back in."

"Fifteen, sixteen, seventeen, eighteen."

"That's better, keep it up."

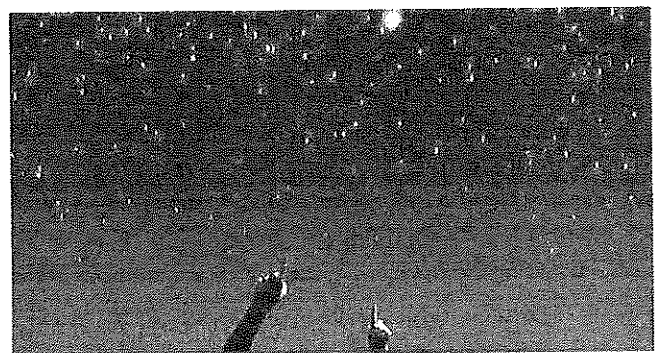
"Dad, they're going too fast for me to count."

"What're you talking about?" I mumbled as I headed out.

"I got to twenty three less but they're going too fast now."

"Twenty three less?" My son looked back to the sky and I followed his gaze. "Oh god." I took a second to make sure I held it together in front of my son. "Wait here." I headed back inside and came out with a blanket, ice cold lemonade and the last of his chocolate. I poured us both a drink and we laid on our backs.

"I'll help. You point and I'll count." He raised his arm to the darkness as he took a sip of lemonade. "Here." I moved it up to the left. "We'll count the ones that are still there. By the time you've finished your chocolate that's going to be the much easier job."



Broke student currently living on diet of cheap Easter eggs, hot cross buns

17 May, 2017

ERROL PARKER | *Editor-at-large*

A student at the prestigious South Betoota TAFE campus has revealed to *The Advocate* this morning that he's been living off cheap post-Easter chocolate eggs and near-stale hot cross buns – because that's all he's able to afford. Graham Poolman, a second-year horticulture student, said he's eaten nothing but chocolate and highly-processed bread since Easter this time last month. "You should see what's coming out of me, it's like the Exxon Valdez," said the 21-year-old.

"But all that Easter food is so goddam

cheap at the moment, it's hard to walk past. I don't feel very well and my teeth hurt, but what can you do? I can't afford anything else."

Poolman then helped himself to a handful of individually-packed Mentos sitting in a bowl in the reception of *The Advocate's* offices.

"Do you mind? I'm trying to get some diversity back in my diet."

Mary-Belle Frogmole, manager of Frogmole IGA on Wentworth Road, told our reporters that the Easter-themed foods are flying off the shelves and shoppers can expect to save big.

"You can pick up a 1kg Lindt Bilby for \$1 at the moment. It's also not Halal so you can rest easy knowing you're not supporting Islamic State or Sharia Law."

"Our hot cross buns are even cheaper,

though they're almost stale enough to drive a star picket into a real quartz-heavy gibber stone plain. But at 20 cents for a 6-pack, who could walk past that? Scrumptious."

EDIT: Mr Poolman collapsed outside the offices of *The Advocate* a short time ago and went into cardiac arrest. He's been rushed to Betoota Base Hospital, where he's listed in a critical condition.

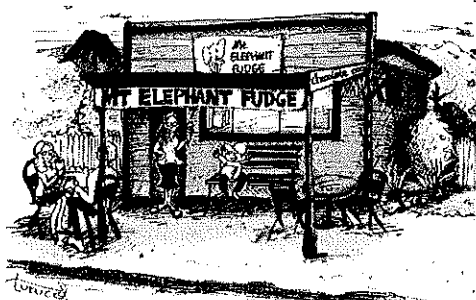
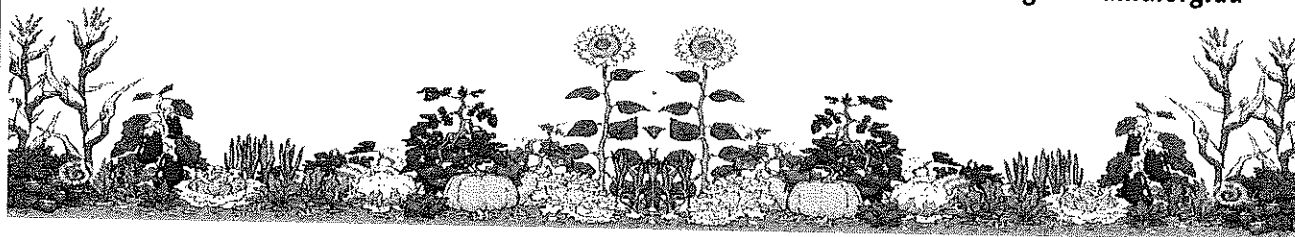
<http://www.betootaadvocate.com/uncategorized/broke-student-currently-living-diet-cheap-easter-eggs-hot-cross-buns/>



Tasmania Planting Guide for June

Asparagus crowns, early potatoes, rhubarb divisions, Jerusalem artichokes, globe artichoke suckers, potato onions, chives, shallots, long-keeping onions, broad beans, spinach and garlic cloves.

Ph 6234 5566 / info@sustainablelivingtasmania.org.au www.sustainablelivingtasmania.org.au



MT ELEPHANT FUDGE

I am welcoming everyone to the store in the last two weeks of trade before closing for winter and visiting family.

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:-) :-)-)

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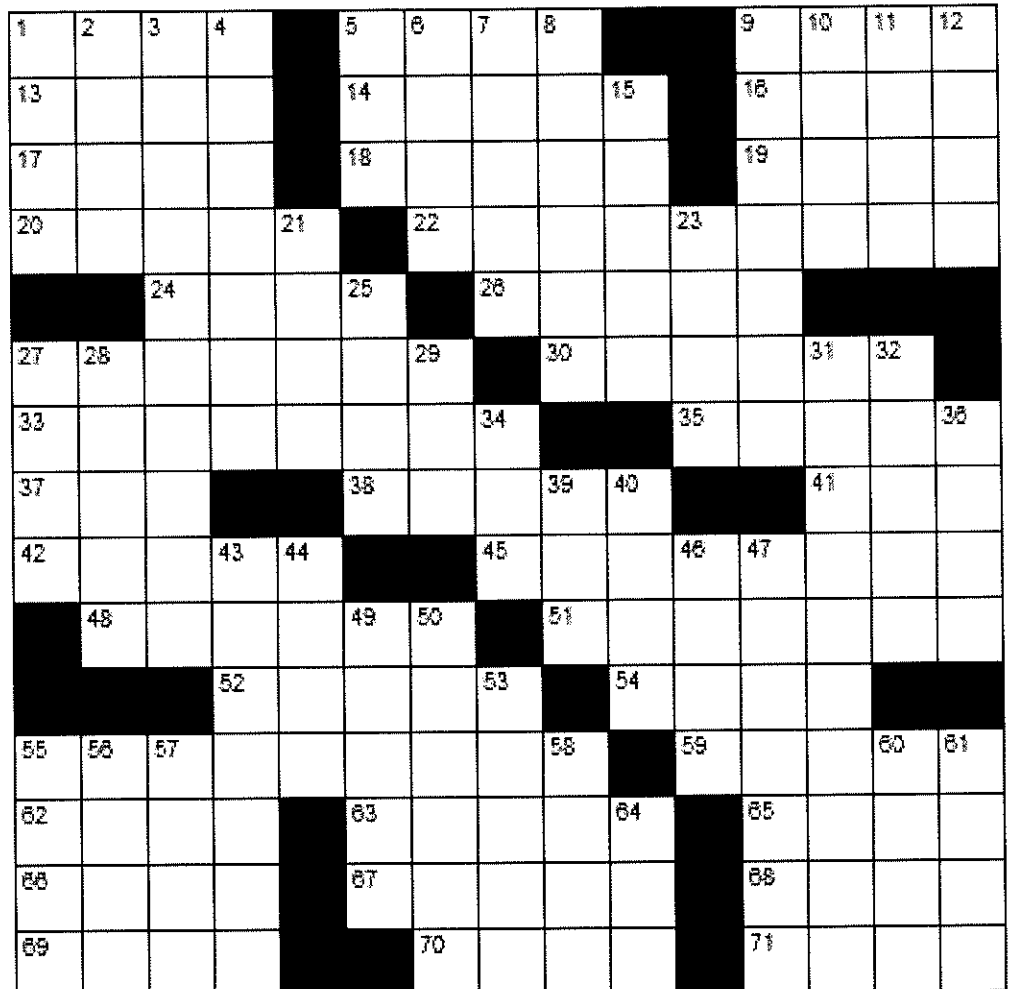
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35. Footwear
37. Paraphernalia
38. A tea-like beverage
41. Biblical boat
42. Yaps
45. Elation
48. Women's stockings
51. Sunken
52. Makes changes to
54. To endure (archaic)
55. Cause extensive destruction
59. Sea eagles
62. Midmonth date
63. French for "Storehouse"
65. Relating to aircraft
66. Border
67. Graphic symbols
68. Russian emperor
69. Tailless amphibian
70. Anagram of "Seek"
71. Anagram of "Sees"



DOWN

- | | | |
|--------------------------------|----------------------------|---------------------------|
| 1. Join | 21. Sun | 44. Mats of grass |
| 2. District | 23. Wildebeests | 46. Not there |
| 3. Clearly | 25. Alright | 47. Perform surgery on |
| 4. Gist | 27. Nauseated | 49. Fertilizer ingredient |
| 5. Take in slowly | 28. Extraterrestrial | 50. Sculpture |
| 6. Clove hitch or figure eight | 29. French for "Summer" | 53. Smelled badly |
| 7. Stagnated | 31. Huskiness | 55. Weight loss plan |
| 8. Conversation | 32. Creepy | 56. Cocoyam |
| 9. Incriminate | 34. Before, poetically | 57. Lyra's brightest star |
| 10. Many millennia | 36. Three-handed card game | 58. Type of sword |
| 11. Timbuktu country | 39. Pal | 60. Historical periods |
| 12. Coalition | 40. Copied | 61. Achy |
| 15. Rink | 43. Delighted | 64. S |

Solution on p25

Libraries (Closed public holidays)

61 Cecilia Street St Helens
6387 5530

Mon, Tue, Wed, Thurs
10am - 1pm, 2 - 5pm
Fri 10am - 1pm, 2 - 6pm
Sat 10am - 12pm

31 Main Street St Marys
6372 2114

Mon, Wed & Fri 12.30 - 4pm
Tue & Thurs
10am - 12.45pm

Fingal Online Access Centre

29 Talbot Street 6374 2222
Mon, Wed & Fri 9am - 4pm
Tue & Thurs 9am - 12pm



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

GP Surgery Hours

Monday - Friday

8.50 - 10am

(10 - 10.30am reception closed)

10.30am - 12.30pm

(12.30 - 1.30pm reception closed)

1.30 - 2.45pm

(2.45 - 3.15pm Reception closed)

3.15 - 4.30pm

Pathology Service – Bloods

There is no pathology service prior to 8.30am.

If you require pathology prior to 8.30am i.e. urgent blood test and / or a fasting test, an appointment must be made at the Nurses' Station the day / evening before on 6387 5555

Pathology hours 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

1/6/17 – 16/6/17

Dr K Nash-Rawnsley

2/6, 6/6, 9/6, 13/6 & 16/6 2017

Public Holiday Monday 12 June 2017

Normal Doctor Surgery hours will resume on Tuesday 13 June.

Please see after hours contact numbers (below) for during this time.

St Marys Community Transport

For transport bookings phone 6372 4415

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

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.

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

Waiting area at the Health Centre

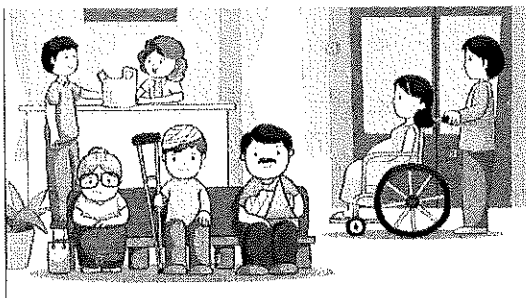
The waiting area for **ALL** services at the St Marys Community Health Centre is in the reception area. Please report to reception upon arrival and the consultant you are here to see will be told and they will come and collect you from this area.

Podiatry North will be holding their next Podiatry Session at the St Marys Community Health Centre on: Tuesday 13 June 2017. Please phone 6777 4155 for appt.

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

What's on at the Centre

- June 1 **Social Worker Shan Williams**
Ph 6387 5555 for appts
Adult Community Mental Health Worker 1 – 3pm
2nd Bite Delivery
- June 2 **Social Worker Shan Williams**
Ph 6387 5555 for appts
- June 5 **Max Employment 8:30am–5pm downstairs.**
Hospital Auxiliary Meeting 2pm In the Family Room.
- June 6 **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 11am–1pm
Diabetes Educator Sally Gates. See your GP for a referral.
- June 7 **Day Centre** Ph Hayley Gilbert on 6387 5555 for information on the group
Dietician Diabetes Tasmania Melanie Hortle, please see your GP for a referral
- June 8 **Social Worker Shan Williams**
Ph 6387 5555 for appts
2nd Bite Delivery
- June 9 **Social Worker Shan Williams**
Ph 6387 5555 for appts
- June 13 **Podiatry North** For appts please ph 6336 5155.
- June 14 **Social Worker Shan Williams**
Ph 6387 5555 for appts
Day Centre Ph Hayley Gilbert on 6387 5555 for information on the group
Consumer & Carer Advocacy Group 12–2pm downstairs at the SMCHC. Ph Shan on 6387 5555
TAZREACH Antenatal Clinic with Katie. Contact GP for appts
- June 15 **2nd Bite Delivery**
Social Worker Shan Williams
Ph 6387 5555 for appts
- June 16 **Social Worker Shan Williams**
Ph 6387 5555 for appts



Are your details up to date? Do you have a new address / phone number? Do you have a new Centre-link / 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

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

Great truths about growing old

Growing old is mandatory; growing up is optional.
Forget the health food. I need all the preservatives I can get.
When you fall down, you wonder what else you can do while you're down there.
You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.
It's frustrating when you know all the answers but no one bothers to ask you the questions.
Time may be a great healer, but it's a lousy beautician.
Wisdom comes with age, but sometimes age comes alone.

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

119 words of three letters or more
were found in CAFFINATED

ace	cent	eta	
aced	cite	facade	
acid	cited	face	
acne	cnida	faced	
acned	cnidae	facet	
act	dacite	facie	fined
acted	daft	fact	fit
actin	dance	fad	ice
affect	data	fade	iced
affine	date	fadein	ide
affined	deaf	fain	idea
aft	dean	faint	infect
aid	decaf	fainted	naiad
aide	decant	fan	neat
and	defat	fanatic	net
ant	defiant	fancied	nice
antacid	deft	fat	nit
ante	den	fate	tad
antic	dent	fated	tan
ate	detain	feat	tea
cad	dice	fed	ten
cadet	die	feint	tend
cafe	diet	fen	tic
caftan	din	fend	tide
can	dine	feta	tie
cane	eat	fetid	tied
caned	edict	fiance	tiff
cant	edit	fiend	tin
canted	eff	fin	tine
cat	enact	find	tinea
cedi	end	fine	tined



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

Real ads - really

Lost: small apricot poodle. Reward. Neutered. Like one of the family.

Tickle me Elmo, still in box, comes with its own 1988 mustang, 5L, auto, excellent condition - \$6,800.

Lose all your weight, only \$49.

Nordic track, \$300. Hardly used. Call Chubby.

1988 Toyota Hunchback, \$2,000.

A superb and inexpensive restaurant. Fine food expertly served by waitresses in appetizing forms.

Dinner Special: Turkey \$2.35; Chicken or Beef \$2.25; Children \$2.00.

For sale - an antique desk suitable for lady with thick legs and large drawers.

For sale - a quilted high chair that can be made into a table, pottie chair, rocking horse, refrigerator, spring coat, size 8 and fur collar.

Four-poster bed, 101 years old. Perfect for antique lover.

Amana washer, \$100. Owned by clean bachelor who seldom washed.

Cute kitten for sale. Two cents or best offer.

Free puppies. Part German Shepherd, part dog.

Whirlpool built-in oven - frost-free.

Meals on Wheels 0488 384 344

June 1	Heather Griffiths
2	Drew Adam
5	Pam Bretz
6	Lundy Vosper
7	Louise Keady
8	Valmai Spencer
9	Drew Adam
12	Ruth Aulich
13	Heather Griffiths
14	Karl Balzer

Harris Funerals

St Helens, Bicheno & Fingal Valley

We are here when you need us.

*Burial or cremation, traditional or
unique funeral services available.*

Office & Chapel:

46 Tully Street St Helens

6376 1153 ~ 0418 133 420

tamara@harrisfunerals.com.au

Member of the
Australian Funeral Directors Association



LINCS FM PHONE-IN

Presenter: Which is the largest Spanish-speaking country in the world?

Contestant: Barcelona.

Presenter: I was really after the name of a country.

Contestant: I'm sorry, I don't know the names of any countries in Spain ..

NATIONAL LOTTERY (BBC1)

Question: What is the world's largest continent?

Contestant: The Pacific.

Jamie Theakston: Where do you think Cambridge University is?

Contestant: Geography isn't my strong point.

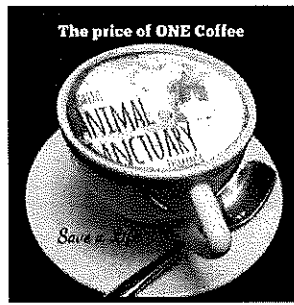
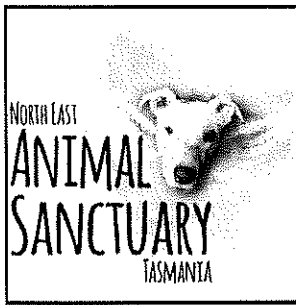
Jamie Theakston: There's a clue in the title.

Contestant: Leicester

UNIVERSITY CHALLENGE

Bamber Gascoyne: What was Gandhi's first name?

Contestant: Goosey?



Phone Michelle for information on the lovely animals waiting for their forever homes.



ADOPT, DON'T SHOP

0457 081 533

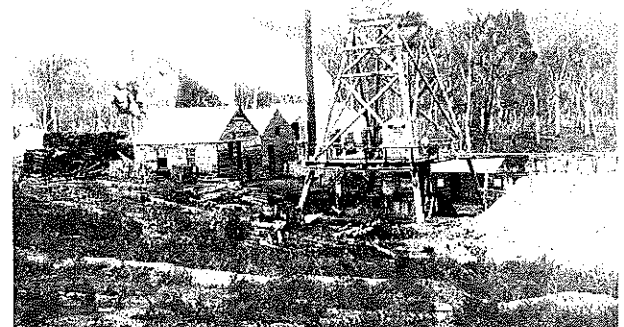
michelle.jesson@bigpond.com

Tasmania Way Back When

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



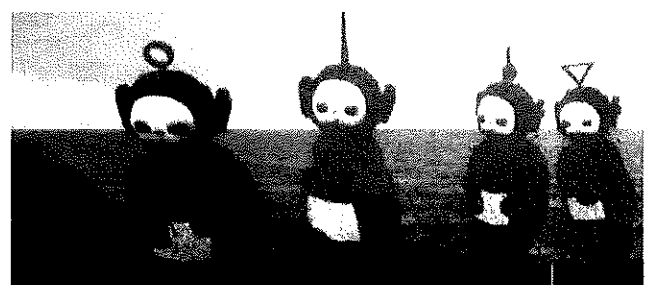
Mathinna 1900



Mathinna gold mine 1903

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

TELETUBBIES IN BLACK & WHITE LOOK LIKE A HORROR SHOW





St Marys IGA Supermarket

38 Main Street 6372 2240

Butcher instore weekdays 8am - 2.30pm
6372 2274

Monday - Friday 8am - 6.30pm

Saturday 8am - 5pm

Sunday 10am - 5pm



Butchery specials May 31 - June 6

	p/kg
Porterhouse Steak	25.99
Beef Casserole Steak	12.99
Pickled Pork	11.99
Lamb Loin Chops	16.99
Ingham Microwave Chicken	5.99

Butchery specials June 7 - 13

	p/kg
Corned Silverside	9.00
Blade Steak or Roast	13.00
Lamb BBQ Chops	12.00
Bacon Bones	8.00
Chicken Bocconcini	7.00

Two week specials May 31- June 13

Cadbury Ice Cream 2L	4.00	save 2.99	Arnotts Shapes 165-190g	1.50	save 1.50
Kleenex Facial Tissues Large & Thick/Aloe Vera/Eucalyptus 95s	1.67	save 1.28	Campbells Canned Soup 410-420g	1.09	save 1.10
Sorbent Toilet Rolls 8pk	3.97	save 3.98	Golden Fresh Cooking Oil 2L	7.00	save 2.00
Chum Canned Dog Food 1.2kg	2.69	save .58	Kirks Canned Soft Drinks 10pk	5.99	save 3.41
Golden Circle Cordial Syrup 2L	3.35	save 1.00	Cascade Raspberry or Blackcurrant Syrup 750ml	4.99	save 1.16

St Marys Sports Centre Inc.

Gray Road St Marys

Bar opening times - Winter months

Friday 5 - 10 or until close. Happy Hour 6.30 - 7.30pm -

Raffle, Lucky Members Draw, Pick a Pen, Wheel Spin!

Cheap Prices.

Saturday 1 - 6pm or until close.

Sunday 1pm onwards. Warm fire.

Open last Thursday of each month 4pm onwards.

Interim secretary: Glenn McDonald 6372 2429

Golf news Rained out Saturday May 20. Results Saturday 27, 2 Person Ambrose: Brad and G Mac 35; Diesel and Steve 36; J Mac and Andrew 38. Nearest the Pin: Steve Mercer. Black Rock: Brad McDonald. Next week: Mulligans. Week after: Pinehurst. We will have toasted sandwiches after all games.

Bowls news The Bowls AGM will be held on Saturday June 10 at 4pm. The election of office bearers is on the agenda. For more information contact Nikki. Good luck to Liam Davern who is trialling for selection in the Junior Tasmanian Squad Team. Great to see a teenager from a small club and town having a go. We will watch his progress. Our Bowls Club does encourage junior bowlers to participate in joining, practicing and playing in our Pennant Team.

General news The Centre Dinner was held on Saturday 20. Guests braved the rain and arrived safely to enjoy a nice meal. Thanks to the Chef. A Jam Session was held on Sunday 21, and was a great day. Next Jam Session is booked for Sunday July 9. Christmas in July flyers will be out soon with prices etc. The meal will be traditional. Bookings essential. Thank you for your cooperation to make this a lovely evening.

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:

Honey is totally underrated. Its the only natural food that's made without destroying any kind of life.
It's also the only food that won't rot.

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