

THE VALLEY AND EAST COAST VOICE INC.

Established 1968

50.04 June 15, 2017

Deadline for 50.05 is 5pm June 26, 2017



Darren Chester Minister for Infrastructure and Transport

Jonathon Duniam Senator for Tasmania

Mick Tucker Mayor

31 May 2017

New bridges for St Marys and Upper Scamander

- Four ageing wooden bridges to be replaced with structures able to last a century
- Upgrades avoid the need for load limits, benefiting industries such as livestock, quarrying and logging

- Work on \$665,000 project has commenced

Four timber bridges in the St Marys region and at Upper Scamander are being replaced, with structures designed to last over 100 years.

Federal Minister for Infrastructure and Transport Darren Chester said the Australian Government is delivering on its election commitment and providing \$45.3 million to land transport infrastructure in Tasmania.

Continued on p5



QUEEN'S HONOUR: Medal of the Order recipient Mary Knowles is recognised in the Queen's Birthday Honours List p5



Greater Esk Tourism Photographic Competition 2017

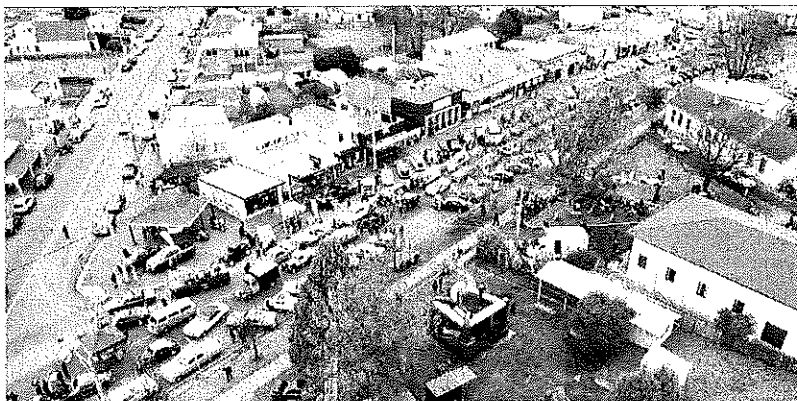
"Flora and Fauna of the Fingal Valley"

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
Friday November 24, 2017.

2017 St Marys Community Car and Bike Show - an amazing day for all.



Editor: Wendy Dawson

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website: valleyvoice.com.au

[facebook.com/ValleyEastCoastVoice](https://www.facebook.com/ValleyEastCoastVoice)

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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
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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

Community Notices

Rossarden Progress Association:

Annual General Meeting with a General Meeting to follow is Monday August 14, 2017
3pm at the Fire Station.

All welcome

Mary Knowles, Secretary, Gipps Creek. 6385 2002

GET meeting dates for 2017

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 Fire training and BBQ dates are: 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

Greater Esk Tourism **Annual General Meeting** will be August 14, followed by a General Meeting. 7pm at the Fingal Valley Neighbourhood House, Fingal
Mary Knowles, Gipps Creek

The next AVOCA Market will be in the Hall on September 9. Thank you to everyone who has supported the market. Mary Knowles, Gipps Creek.



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On 15 June 1862, Frank Gardiner bailed up the Lachlan Gold Escort in Eugowra Rock, near Forbes. The total value of the 2,700 ounces of gold taken was estimated at £14,000 (approximately AUD\$2 million in 2006 terms).

Community Notices

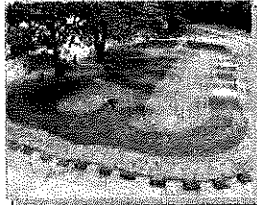
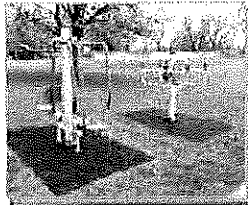
You are invited

ST MARYS COMMUNITY SPACE INFORMATION SESSION

Come along to the St Marys Hall for an open information session about the proposed St Marys Community Space which may include such infrastructure as:

- > Outdoor Play / Gym equipment
- > Bike track
- > Skate Park

This is your chance to listen to the facts and express your ideas and any concerns you may have.



For more information regarding this session, please contact Community Services Department at Council on 6376 7900 or admin@bodc.tas.gov.au



THURSDAY
20 JULY
2017

7PM

St Marys
Hall

Destination Action Plan for GET

Destination Action Plan workshops on June 15 and 16 will support GET to identify priority actions to assist with tourism planning for the Fingal Valley over the next three years.

The Destination Action Plan is a part of the implementation of the Tasmanian Visitor Economy Strategy 2015-2020.

If you have not received an invitation and would like to be involved please contact

Mary: gippscreek@skymesh.com.au

GET is a Finalist in the

Great Eastern Driver Awards 2017

Greater Esk Tourism has been named as a finalist in the Community Initiative Category for its perseverance in lobbying to have a steam train passenger service each year from Hobart to the Fingal Valley Festival.

The winner of the awards will be announced at the White Sands Estate Dinner on June 16.

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.

Hip Hip Hooray!! To the **St Marys Community Car and Bike Show crew** - another AMAZING event. See? St Marys IS a place to come to. Well done guys and gals. A very special thanks from Liz and helpers @ **Mt Elephant Fudge**. I'm off on holidays now. :) :) :)

Wanted

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

Dart Calcutta WINNER TAKES ALL



Union Hotel, Avoca
Friday July 14 at 7pm
Competition entry \$5
Supper \$5
RSVP to Helen on 6484 2101 by July 12

For Sale

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

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

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

Large round hay bales, not rain effected. \$55.
Alan 0407 944 158

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.

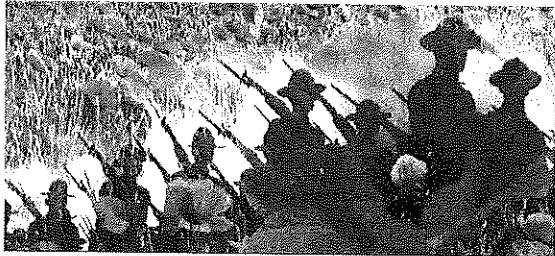
'The Great War in Broad Outlines'

is a pictorial display sponsored by the Belgian Government promoting public awareness of Australia's involvement in Belgium during the 1st World War. This display can only be seen at two venues in Tasmania - Hobart and St Helens. The St Helens Veterans' Information and Support Centre will be hosting this display in the Portland Hall from

- Monday July 3 to Friday July 21
- Monday to Friday 10am - 3pm and
- Saturdays 10am to 2pm.
- Free entry. Open to the general public
- School groups welcomed

Minister Guy Barnett has been invited to open the display on July 3.

Any enquiries phone Graham Cameron on 6376 2324 (Thursdays) or Gary Graham on 6372 5727



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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

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Hilly's IGA St Marys and St Helens

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Continued from front page

"Providing road upgrades to connect communities and keep the Tasmanian economy moving is a key driver of the Australian Government's record \$75 billion infrastructure investment package," Mr Chester said.

"Investing in these bridge replacements will cut maintenance costs in the future and provide efficiencies to industries such as livestock, quarrying and logging in the area."

Tasmanian Liberal Senator Jonathon Duniam said the works would also benefit local residents and tourists.

"Upgrading the four bridges will increase load limits, benefiting businesses in the region, while improving safety and access," Senator Duniam said.

"The new bridges will be built to last approximately 100 years, which will reduce the ongoing

maintenance costs and increase the resilience of this essential infrastructure."

Break O'Day Mayor Mick Tucker said works on the project commenced this month and completion of the upgrades are expected in mid-2018.

"Two of the bridges are located on Harefield Road in St Marys and cross Green Valley Creek and Break O'Day Tributary. Another is on Cloverbanks Road over St Patricks Creek, while the fourth bridge is located on Upper Scamander Road at Upper Scamander," Cr Tucker said. The Australian Government has committed \$300,000 and Break O'Day Council \$365,000 in total to replace the four bridges

Mary Knowles has been recognised with a Medal of the Order as part of the Queen's Birthday Honours List for her service to the Northern Midlands community and local government.

After surviving an abusive relationship, she found community support helped her through.

"I was a bit blown away by the support I got," she said. "I ended up in the little town of Rossarden ... I couldn't have ended up in a better place, the people were so accepting."

It was there that she got involved in volunteering.

She started off as a volunteer ambulance officer, which she has continued since 1989, while also becoming involved in the Distance Education Parent Association, Tasmanian Women in Agriculture and the Family Violence Consultative Group.

In 2010, Mrs Knowles was inducted into the Tasmanian Honour Roll for Women.

"I feel passionate about making sure small communities are recognised. It's one of the main reasons I stood for council."

She has been representing the Northern Midlands district since 2009.

Domestic violence is an issue she wants to raise more awareness of.

"People on the street don't see what's going on behind closed doors," Mrs Knowles said.

She did not think there had been a change in the rate of violence committed, and she is driven to do what she can to offer support.

"I'd like to encourage all councils to do something. Some councils are doing a really good job, but I'd like all councils on board," Mrs Knowles said.

"Health of the community is part of the role of councils, not just rates and rubbish."

She has approached her council to use street signage to show their support for women experiencing domestic violence so they know they can get out and get help.

Even listening could make a difference, she said.

Despite her hard work, Mrs Knowles was quite surprised when her letter arrived announcing she would receive a Queen's honour.

By being enthusiastic, she hoped to bring an energy which would encourage more people to donate their time to a cause.

It is not only her local community she helps, Mrs Knowles also travels to parts of Africa every second year to help out in orphanages and poorer communities.

<http://www.theguardian.com.au/story/4720595/award-recognises-passion/?cs=5312>

Mary lives at Gipps Creek, 37km drive into the hills behind Avoca, and has been part of the volunteer ambulance service known as the Avoca Angels almost since she moved into the district 20 years ago. She works at Avoca School as an aid, runs the Red Cross group and helps coordinate the community garden.

"We grow vegies and each Thursday, the children cook something from the garden," she said. Mary is a member of the Greater Esk Tourism group set up two years ago to promote the area as a tourist destination. She has helped produce a booklet on the history of Rossarden and Storys Creek which is handed out to visitors taken on bus tours of the area as one of the fund-raisers for the annual Christmas party.

<http://www.vgate.net.au/notices.php>



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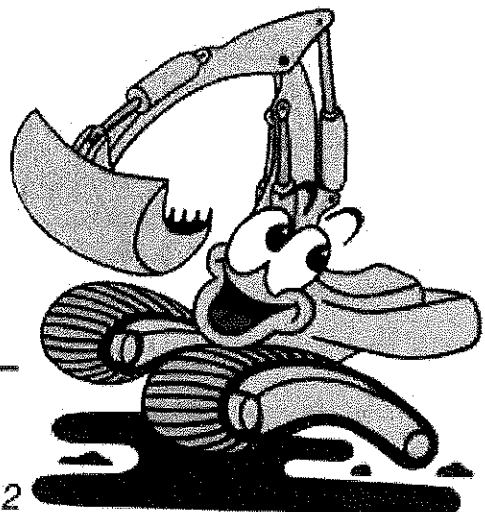
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A case study from the Australian Association of Stud Merino Breeders
Monday June 5, 2017

Merinos push producer profits up at Campbell Town

MERINOS consistently return profits of up to \$60 per dry sheep equivalent and \$40/DSE for lambs at Sam Lyne's Riccarton property at Campbell Town, Tasmania.

Sam farms with his father Crosby and brother Angus, running 7300 ewes on the 2600-hectare property, with 3500 of the ewes run as a self-replacing Merino flock and the remainder mated to terminal and composite sires. He said running a self-replacing Merino flock had helped to spread risk with dual income streams from meat and wool.

"Meat breeds are just relying on a strong lamb market," he said. "We sell Merino lambs to a nearby abattoir that opened up a market five years ago with the Middle East, and they like 12-18kg Merino lambs. It allows us to sell our Merino wether lambs earlier and still make decent money. If we were to go down the meat breed road it would be hard to get back into Merinos, whereas Merinos offer that flexibility. If you have the bigger meat breeds, you have less sheep and you have the associated feed requirements which isn't ideal for us in our unreliable climate."

The Lynes run Merinos at 12.5 DSE for winter grazed land, which includes dryland and some irrigated land, producing a profit of about \$500/ha. In comparison irrigated barley at a 7-tonne yield, at \$250/t has a profit of about \$850/ha. While dryland barley at a 5t yield, has a profit of about \$450/ha.

"We have a pretty diverse system, sheep and crops work well together on our property and in a year like we have just had, the high prices for wool and meat make up for the poor cereal prices," Sam said. "Making \$500/ha from sheep is good especially if you consider the low risk involved. Sheep also have an economic benefit in weed control and removing crop residues."

Sam said their Merinos had a more medium-frame, meaning handling was easier. "Merinos aren't as big so they are easier to handle, which is better for the shearers," he said. "There's more long-term sustainability for everyone. The country we have is ideal Merino country, in a dry year we would have to keep the feed up to another breed whereas Merinos don't have the feed requirements that these other breeds need. Then, you also have the wool which is going really well at the moment and lambs are very comparable (in price) at the moment."

In late February, Merino wether lambs, 14 kilograms dressweight, August-drop, sold for \$6.50/kg dw equivalent to \$96 a head.

"It's a very comparable price to crossbred lambs," he said. "Merinos have the potential to do just as well as first-cross lambs."

Wool prices have already been locked in for a quarter of the Riccarton clip at 1530 cents a kilogram clean for June, and rates were also locked in for July 2018 at 1650c/kg clean. On average, the Lynes produce 45,000kg of greasy wool a year. Wool is marketed through Roberts Limited and sold in Melbourne.

"Our main aim is to produce lots of wool with good strength," Sam said. "We have 19-micron wool and cut 5.5-6kg per head with an average yield of 72 percent, but this can vary depending on the year and what the ewes have been run on." Of the 2600ha property, 460ha can be irrigated, so dual-purpose crops are grown, and are currently being watered for autumn feed. Sam says on the two properties they run, there is a mix of red loam soil, open tussocks and improved pastures.

Lambs are dropped in August, in-line with seasonal feed availability. Rams have been sourced from a well-known stud in New South Wales since 2011, partly to shift to poll genetics but also to improve fertility and improve the early maturity of lambs. Since the switch, lambing percentages have risen from 80pc to 100pc. The Lynes have also scanned for dry, single and multiple pregnancies during the past three years.

Lambs are sold by June, before they cut two teeth. They are weaned and run on stubbles, weighed, then sold on-hooks once they fit into required weight categories, either the 12-18kgdw bracket to Tas Quality Meats, or if more than 18kgdw sold to Victoria.

"It depends on what price and seasonal conditions as to where we sell them," Sam said. "If prices are better we can keep until heavier, regardless though we want to get them off by June to free up feed before ewes lamb in August."

Sam said he supported the Australian Association of Stud Merino Breeders' Breed More Merino Ewes Campaign.

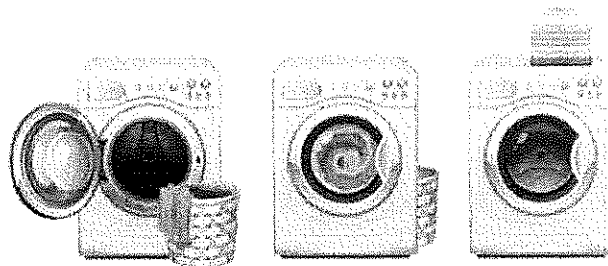
"I like the flexibility of the Merino," he said. "If you have a fertile ewe that is producing plenty of lambs and quality wool, I find it hard to beat."

More information available at www.merinos.com.au



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**Break O'Day Council Office
Bendigo Bank agency, Cecilia Street
Gone Rustic, St Marys**

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2 *Feasibility*

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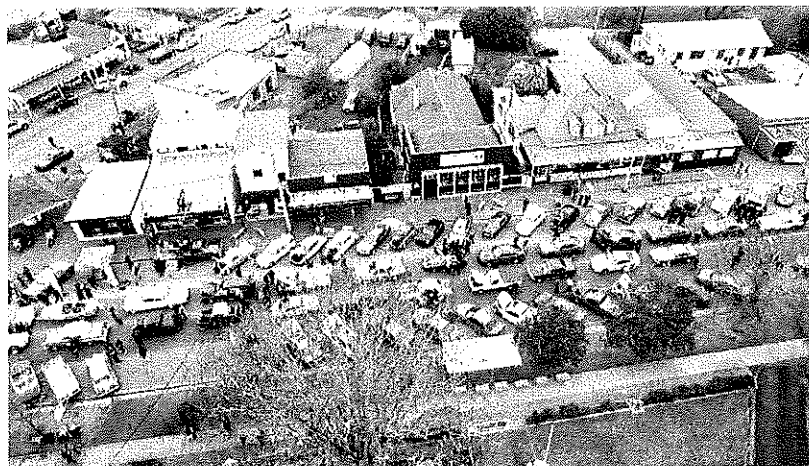
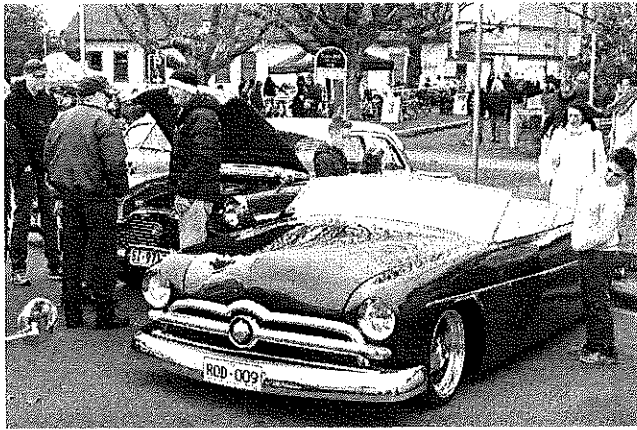
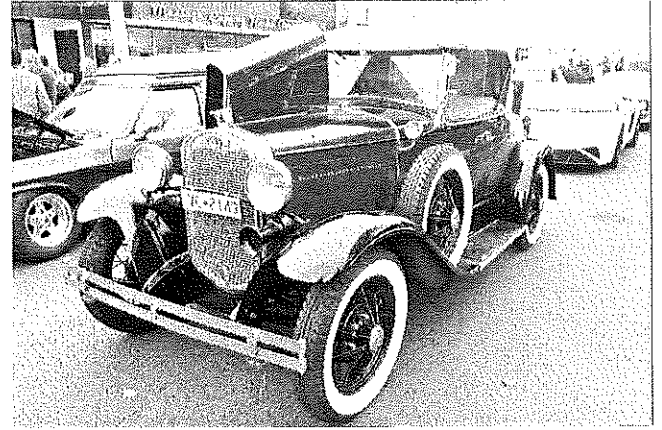
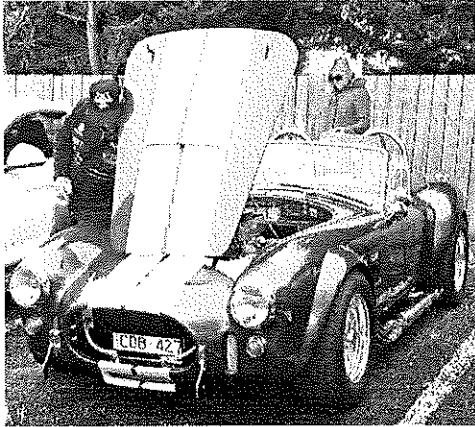
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2017 St Marys Community Car and Bike Show

Photos by Glyn Johnson, Bob Oates and Rod McGiveron



Nadine and Friends

Sitting at my kitchen table having breakfast I watched the Main Street fill and thought idly I wonder what sort of a day it will be? There was a bit of Facebook chatter about the weather and the usual speculation about numbers, food and other things and then I heard the distinctive rumble of "Nadine" and felt the collective air punch which says ... Yes, we have a Car Show!

In conversation with people on Monday it is very clear that she is a firm favourite with us all. For those of you who haven't met her, "Nadine" is a beautifully restored Clipper bus belonging to a local Valley family, and many were delighted to see she had two worthy companions, including one painted in the livery of the old "Green Line Coach Line", the company which serviced rural Tasmania for much of my youth.

Bikes, both modern and classic, cars too numerous to list, some terrific restoration jobs, a few works in progress and some pending projects - it was a great display.

I won't embarrass myself or annoy the car fanatics by expressing an opinion about any of them except to say I loved the car and matching boat ... in particular the chrome duck on the car bonnet. The Sheffield fire truck is a credit to those who have done her up and last but by no means least; well done to the organising committee and those who volunteered on the day

Article and photographs by Wendy Fowler, St Marys



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

The Say, by Cagerattler

When it comes to special events we are indeed very lucky to live in this little town of ours.

First, the amazing efforts of the **Pacing Club** that keep providing an amazing event, run entirely by local volunteers, and is genuinely looked forward to by so many harness racing patrons from all over, annually. This crew do a phenomenal job and are inspiring. This year, despite huge obstacles and uncooperative weather, they ran the event at Easter and did incredible things.

Next, **The Woodcraft Guild Open Day** is a great family day for visitors and locals alike, and cannot happen without the fantastic organisation of the men and women of the Guild. Great stuff.

Now there is another equally fantastic crew that run the **St Marys Community Car and Bike Show** every June. Yesterday all those who attended this year's event would have been blown away by the amount of keen volunteers (the green vested army), that had everything sorted, and the amazing live music, kids entertainment, a ton of incredible stalls, motoring providers, fantastic food and beverages, and a brilliantly laid out assortment of well loved cars, bikes and buses. As I walked down Main Street it was fantastic to see so many people happily browsing, joking, talking and literally having a ball on a cool winters day. This event is quickly becoming a pretty special Tasmanian motoring event and I spoke to lots of visitors who just love

coming. Most of them look forward to attending every year. This is due to the dedicated work of this intrepid crew, too numerous to mention and for fear of forgetting those whom I'm not aware of (and there'd be a few of them no doubt).

The 2017 event was just amazing, no other word could describe it, and to provide a family day like this in winter is a master stroke and why so many visitors want to come.

CONGRATULATIONS!!

One night on the phone recently Macca said "Why don't you come and play golf with us next Saturday?" It's been about five years since I picked up a club.

As Macca is expert in this, he made a pretty good argument why I should. Six of us played. The previous weeks there had been similar numbers. Once again, the **St Marys Sports Centre Inc.** volunteers keep providing something most towns our size can only dream about. The club facilities are plain fantastic, the clubhouse with the recent renovations is a beaut place to be. The golf course, after a lot of hard work by a small group of keen volun-

teers, is about as good as it's ever been and I should know, being a member for over 40 years and greenkeeper for almost a decade. The work the lads have done on the greens especially is incredible, and the bowls green is looking fantastic as it hibernates for winter. This little club has SO MUCH to offer - it truly does. I urge everyone, both long term St Marys residents or new to the town, to contact the club and look at what you get for a very very reasonable membership. It will genuinely, pleasantly surprise you. Needless to



say, I'm glad Macca reminded me about why we should be very happy to have this terrific club.

See what I mean about why we should be grateful? We have these awesome volunteers who provide so much, with these examples and others not mentioned.

What do you think?

Rod McGiveron, St Marys

St Helens St Marys Community Bank® Break O'Day Community Strengthening

Following on from the provision of recent advice to the Break O'Day Community that the St Helens/St Marys Community Bank® has extended its share offer for a further four months, the Bank Chairman, Mr Andrew MacGregor, has advised that work is now underway to commence the recruitment of new staff. Mr MacGregor said that the bank will be seeking to employ a full time Manager and a full time Customer Relations Officer together with two part time Customer Service Officers. Advertising for the positions will commence as soon as the bank reaches 85% of it's share application target. "It's all up to the community now,"

said Mr MacGregor. "They have told us that they need a Community Bank® to help strengthen the community, so it's now time for less community chatter and more action in the form of share purchases."

Mr MacGregor also advised that the building plans for the fit-out of the St Helens Branch were nearing completion and that tenders for the works would be sought when all necessary approvals had been obtained.

"It's a very exciting time for the Break O'Day Community," said Mr MacGregor, "with the Community Bank® being established at the same time as the new St Helens Hospital, with the development of the local

mountain bike trails, a proposed redevelopment of accommodation at Medea Park Residential Care and several significant tourism developments on the go, the region is buzzing."

Anyone interested in purchasing shares in the St Helens/St Marys Community Bank® can obtain a copy of the newly-issued Supplementary Prospectus at the Bendigo Agency in Cecilia Street, St Helens, at the Break O'Day Council Chambers in St Helens and at *Gone Rustic* in Main Street, St Marys.

For more information call Andrew MacGregor on 0419 894 072.

Over the years

2005 * 2005 * 2005 * 2005 * 2005 * 2005 * 2005



**Grassy Bottom
Movie Night**
BLADE RUNNER
7 pm @ Falmouth
Community Centre
Saturday 12th March
All tickets \$8 (Members \$7)
Bar open, snack foods available.


CONGRATULATIONS to
Michael Williams and his dog
Mack, who won his 12th
Tasmanian Yard Dog
Championship last month, at the
2006 Now and Then Bullock
Festival, at Oatlands.
Well done, Michael.

Tsunami Concert
Richens Lions Park (opposite school)
Saturday March 12th Long weekend 2 pm to 7 pm

Bands: Pete Cornelius
Ray Singline & The Trawl Dogs
Pictures of Health
Terese Tanner & Bruce Galbraith
The Feral Cats
The Belchies
&.....special guests!

Food: Abel Tasman Pancake Parlour
'Blue Horse' from Swansea
Bar-b-que gourmet sausages etc. Sir Loin Breir

Drinks: Freycinet Vineyard
Wine, Beer & other refreshments




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Letters to the Editor

The plan by the Forestry Industry to buy up all of the farms in the Fingal/Slusk Valley and convert them to plantation forest should be of concern to all of us.

Thousands of native animals, including rare and endangered species, will be needlessly slaughtered by shooting or poisoned baits, and probably aerial spraying.

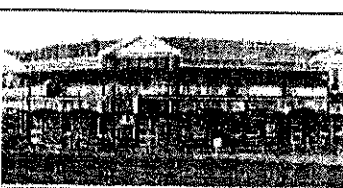
As this area is the catchment and headwater for the drinking water for the city of Launceston, I have to ask, "does anyone have the right to poison or greatly reduce the quantity by planting large areas of thirsty trees?"

The beautiful town of St Marys, with its unique mountains and valley, is a tourist gem, which is attracting even more visitors from around the world.

Are we to allow a few greedy people to put all of this at risk for personal short term gain.

We owe it to our children to see that it is prevented from happening.

Charles Trollope,
St Marys. Ph: 6372 2980



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Meals on Wheels Roster			
Aug	St Marys	Fingal	
Mon 8th	Audrey Wright	Sharon Hall	
Tues 9th	Ruth Aulich	Robyn Holder	
Wed 10th	Peter Williams	Barbara Saunders	
Thur 11th	Liz Rice	Lynda Bean	
Fri 12th	Claire Bean	Christine Woods (S)	
Mon 15th	G & M Derbyshire	Mim Woods	
Tues 16th	D & K Floyd	Debbie Speers (N)	
Wed 17th	Ruth McGiveron	Tom Brady	
Thur 18th	Pat O'Donnell	Patsy Death	
Fri 19th	Geoff Herrmann	Robyn Miller	

Page 4:

HEALTH NOTES - FEAR OF DOGS

What can be done to help a youngster who is afraid of dogs? This happens quite often when a child has been frightened by a dog while very young.

If a child shows fear at sight of a dog, it's quite wrong to try to urge the youngster to become friendly with the 'nice doggie'. The more you do this, the more likely he is to hold back.

Instead, reassure the child by acknowledging to him that it's natural for 'small' children to be afraid of 'big' dogs, and let him see that there's no need to be ashamed of this.

You can interest him indirectly, too, by telling him stories about pet dogs or let him see one of the many 'doggie' TV shows. Give him a toy dog to play with, or you might even go so far as to buy him a puppy and encourage him to help prepare his food so that he will feel that he is playing a part in his life.

Many children fear dogs and quite a number don't lose their fear until they reach school age, or later - particularly if unwise adult handling has made their fears worse. Well-meant 'coaxing' attempts may be harmful and being told to 'look after the dog' may be too great a responsibility for a nervous child.

Some sort of balance has to be struck so that the child neither cowers in fear at sight of a dog, or runs up to every dog he sees to hug or pat it. Usually, though, the child will work it all out quite satisfactorily for himself. Naturally, if it begins to be a 'phobia' with him, then medical help must be sought quickly.

Q. Why is the sand wet?

A. Because the sea-weed.

LETTERS TO THE EDITOR

Sir,

My congratulations on your first edition of the "Valley Voice". May it prosper and give the citizens of this Valley a chance to express their hopes and opinions on what can be done in this very neglected area.

A start is a much needed dressing up by the Public Works Dept. of that vacant block which is the most prominent corner in our district. This is the gate-way to St. Helens and Swansea and passed each year by thousands of tourists and locals who can glimpse over the piles of rotting rubbish and fine view of our Community Hall framed through the rusted bottomless sanitary pan that nestles among the debris.

Couldn't this block have a lawn - seats and perhaps a tree to allow our elderly citizens and tourists awaiting buses etc. to rest.

Many times I have seen and talked to tourists squatting on the steps of our Community Centre and even on the edges of our pavements, awaiting buses. These people should have some consideration.

Finally, what about a public convenience.

Ruth Gill.

3 May, 1968.
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COX: To Janice and Trevor, a son Charles Douglas.

SQUIRES: To Dawn and Wayne, a son Dean Michael.

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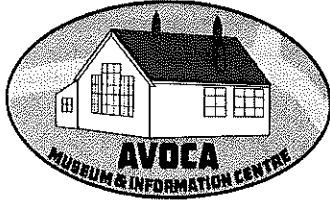
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Avoca Museum and Information Centre Old School building Avoca Tasmania 7213



Rossarden Progress Association: Annual General Meeting with a General Meeting to follow
is Monday August 14, 2017 commencing 3pm at the Fire Station. All welcome

Small town being terrorized

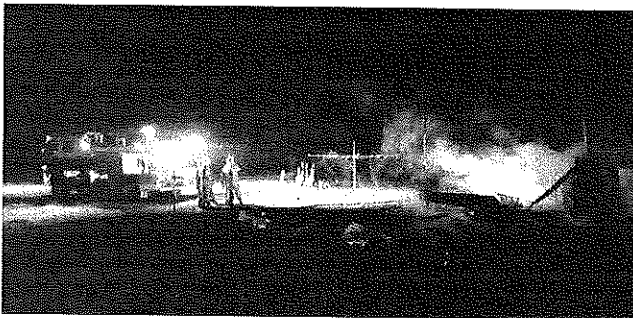
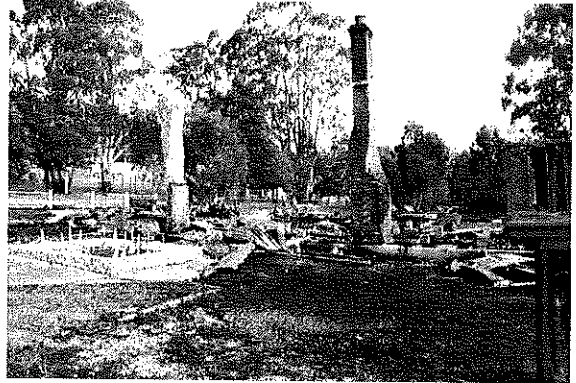
The small town of Rossarden has less than 50 residents, 25 of whom are members of the Rossarden Progress Association, 15 are fully trained fire fighters and the fire brigade is supported by Tas Fire, Avoca and other valley brigades.

The Progress Association is a Landcare Group and has recently been a part of a Green Army project tackling the broom weed infestation.

Until last October, Rossarden had a very successful museum which was a central hub for the very active vibrant community. However, in October the museum was burnt down, beautiful trees in the park have been cut down, the fire station was broken into and the truck disabled, all tools and the community defibrillator stolen and now people's homes are being targeted with one burnt down last week. When is this going to end?

The police need statements and proof but locals are living in fear of retribution. This is so not fair. Why should locals have to leave the town they love and have worked hard for? The terror has to stop and people need to feel safe again.

Mary Knowles, Gipps Creek.



Avoca Spring Festival

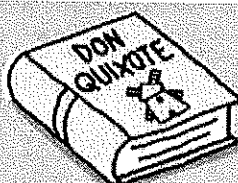
Sunday September 3

Details out soon

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windmills.
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LJ Hooker

End of an era

It is with much regret and emotion I have to advise that the members of the Lions Club of St Marys Inc. we have decided that we no longer have the capacity or membership to effectively continue.

This was a decision not taken lightly and has been on the agenda for some time.

Of the remaining members with ages ranging between 70 and 92, and the majority in the mid to late seventies at various levels of health and mobility, you reach a point where unfortunately the batteries are getting flat.

Our Club was Chartered on 15th/12/1975 with 37 energetic, young members. As of 7/6/2017 our Club was made up of 3 Charter members, John McGiveron, Kevin Faulkner and Len Miles, with David Young (1982), Jake Smythe (1983), Ruth McGiveron (2002), Peter Troode (2006) and Henry Holder (2010). These few members running the Club ranged in ages from 70 to 92!

We have tried on many occasions to recruit but in a small town with many other Groups the potential members are just not there.

We realise not having a Lions Club in St Marys will leave a big gap in our Community, such as donations and assistance to sick and needy, our School, Fire Brigade, Hospital, Ambulance, Playground and BBQ equipment, house fires, The Christmas Party, Parade, town decorations and Santa Letters to name just a few.

Over the last 42 years we have raised over \$750,000 that has been distributed in our Community, something our members are extremely proud of.

We would like to thank the community for the ongoing support over the past 42 years which has allowed us to support you.

John McGiveron, St Marys

What an amazing weekend we had! Bay of Fires Winter Arts Festival Youth Arts Prize 2017

Thanks to all the volunteers, artists and especially Michelle and Bree for the many hours to setup a beautiful display for all the amazing works of art.

Congrats to the winners!

Skye Louise Smith, Overall Winner

Amelia Snell, People's Choice

Felix Chisholm, under 7 - 1st

Amelia Snell, 8-11 - 1st

Skye Louise Smith, 16-18, 1st

Sam McEwen, 12-14, 1st

Holly Devereaux, 16-18, Runner Up

Charlotte Howells, 8-11, Runner Up

Rebecca Hibberd, class, Runner Up

Ayla Johnson, 12-14, Runner Up

Callum Hays, under 7, Runner Up

Daisy Holmes, under 7, Hon Mention

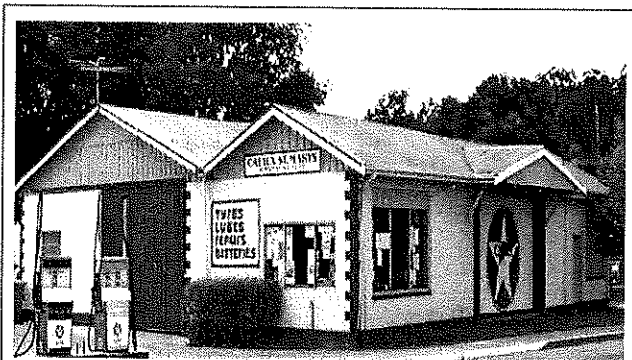
Kate Kudelka, 8-11, Hon Mention

Tara Bursic, 12-14, Hon Mention

William Hurd, 16-18, Hon Mention

Sarah Nicol, KP1 Class, Hon Mention

Cheers, Barbara Longue, President.



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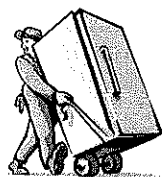
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GREATER ESK TOURISM

Greater Esk Tourism **Annual General Meeting** will be August 14, followed by a General Meeting. 7pm at the Fingal Valley Neighbourhood House, Fingal



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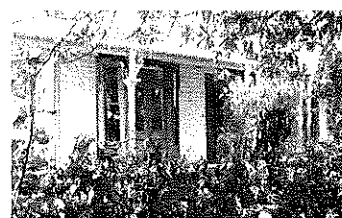


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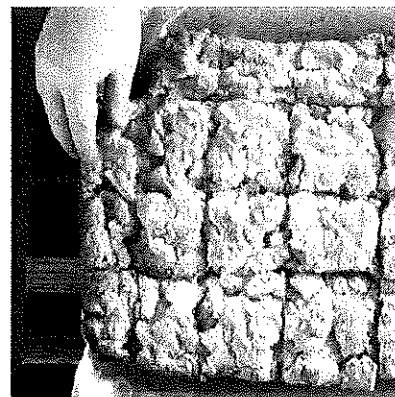
This Apple Slice uses only five ingredients, it's really easy to make (and even easier to eat)!

Ingredients

- 2 cups self raising flour
- 1 cup sugar
- 3 apples, peeled, cored and diced (1cm)
- 125g butter or margarine
- 1 egg

Directions

Toss apples with self raising flour and sugar in a medium mixing bowl. Melt butter in a small saucepan on the stovetop or in a small bowl in the microwave. Stir in egg. Pour butter and egg into the apple mixture and mix until combined. Spoon into a greased and lined slice tin. Bake at 180 C for 35 to 40 minutes or until the top is golden brown and a skewer inserted into the middle comes out clean. Keeps for about 3 days.



Break O'Day Council to hold Report Back Sessions on the 10 Year Strategic Plan.

June 7, 2017

After two weeks of consultation and more than a month of processing and distilling down the huge amount of material

10 year Strategic Plan Report Back Community Sessions

After Consulting with the community and compiling all your feedback, we have now drafted a 10 Year Strategic Plan for the Break O'Day area and we want to share it with you!

We are holding four Report Back Community Sessions at four locations and hope you can attend so we can explain how your thoughts and ideas became the plan!

Once the Report Back sessions are complete, there will be a 28 day, written submission process which is your opportunity to formally comment on the Plan.

TOWN	LOCATION	DATE / TIME
SCAMANDER	Scamander Sports Complex- Dining Hall	Monday June 26 5.30 - 7pm
ST HELENS	Portland Hall	Tuesday June 27 5.30 - 7pm
ST MARYS	St Marys Sports Complex	Wednesday June 28 5.30 - 7pm
FINGAL	Fingal Valley Neighbourhood House	Thursday June 29 5.30 - 7pm



Break O'Day COUNCIL
www.bodc.tas.gov.au

For more information follow our facebook page, go to our website or call us on 6376 7900

presented by the community at the Community Conversation Sessions, Council is now ready to share and discuss the draft 10 Year Strategic Plan with the community.

In April the Break O'Day Council held 10 Community Conversation sessions and ran an online survey in order to capture the ideas and aspirations of the community regarding the future of the Break O'Day area. All this information, some 100 pieces of butchers paper and more than 1000 sticky notes, has now been recorded, compiled and filtered down into a concise draft of the 10 Year Strategic Plan.

As the community were not privy to the process of how their thoughts and ideas became the plan, Council would like the opportunity to explain just how the plan came together. In order to do this, Council will hold four Report Back Community Sessions at four locations around the area.

The idea of these sessions is to explain how the community's thoughts became the Vision, Goals, Key Focus areas and strategies of the Plan. The sessions will be held from Monday June 26 – Thursday June 29 from 5.30 – 7pm at the following locations; Monday, Scamander Sports Complex, Tuesday, the Portland Hall St Helens, Wednesday St Marys Sports Complex and Thursday Fingal Valley Neighbourhood House. "Drafting the plan has been a long and laborious process but we really wanted to make sure that it reflected what the community had told us during the Community Conversations," Mayor Mick Tucker said. "We really want this plan to be embraced by the community as it is not just about Council, it is about all of us and unless we all work together towards a common goal and vision, we will never get anywhere."

Once these sessions are complete, a 28 day submission process will open which is when the community will be able to make formal comment on the plan.



Break O'Day Council announced as finalist in the Great Eastern Driver Awards 2017

Break O'Day Council is proud to have been named as a finalist in the Great Eastern Driver Awards 2017. The Council was nominated for the Community

Initiative category for their dedication and commitment to bringing the economic and social benefits of Mountain Bike Tourism to the area.

Break O'Day Mayor Mick Tucker said Council had been very thorough in their approach to this project.

"For more than 12 months we have been working behind the scenes with various stakeholders and organisations to ensure the project was economically viable, able to inject much needed revenue into the local economy, be low-impact and environmentally sustainable as well as have social benefits to the wider Break O'Day Community," he said.

But despite the honour of being a finalist in their own right, Cllr Tucker said Council is even more proud of the fact that there are eight other finalists from the Break O'Day area including, Bay of Fires Bush Retreat, Bay of Fires Eco Tours, Bay of Fires Winter Arts Festival, Coffee Away, Greater Esk Tourism, Pelican Point Sanctuary, The Weldborough Hotel and White Sands Estate.

He said seeing so many finalists from the area was a real "feather in the cap" for Break O'Day and a good reflection of the growing tourism sector on the East Coast.

"It's great to see our tourism operators and businesses receiving this kind of recognition for their hard work, and from such a mix of services and locations across the municipality," Cllr Tucker said. "In the last 12 months we have experienced a real growth in visitation and it is pleasing to see new and existing businesses providing various goods and services to keep visitors in our area longer. We hope that when the St Helens Network is built it will encourage our visitors to stay even longer, help contribute to a much more stable year round tourism industry and bring even more people to our beautiful corner of the world."

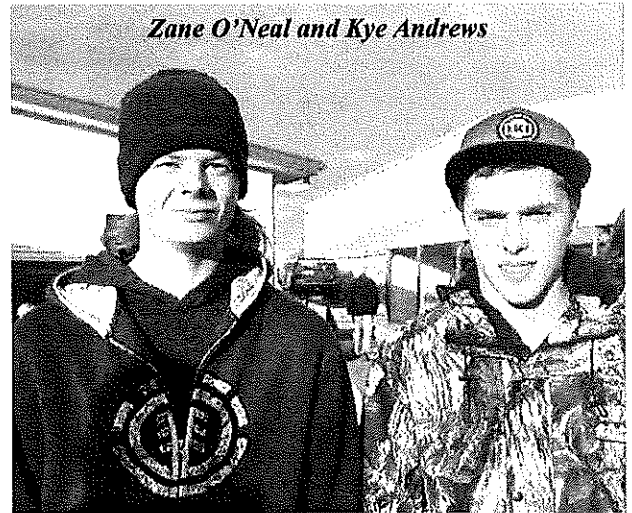
The winners of the Great Eastern Driver Awards will be announced at an awards dinner held at White Sands Estate on June 16. The Great Eastern Driver Awards are an initiative of East Coast Regional Tourism Organisation.

GAME ON

For many, getting fancy with the Weber might include some lovingly prepared kebabs or butterflied prawns, however, for an entire movement wafting its way across the country, "low and slow" cooking is introducing Australians to the taste sensations of real barbecuing.

The latest opportunity for the uninitiated to meet the converted occurred this long-weekend as part of the Bay of Fires Winter Arts Festival, with 11 teams from across three states stoking their kettles and taking aim at the whopping \$5500 worth of cash prizes on offer during Round 18 of the Australasian Barbecue Alliance (ABA) national competition.

Whilst debate rages in the United States over what constitutes real barbecue (some say that it can only be a whole hog, some say the shoulder is acceptable, whilst others recognise beef and chicken), the ABA recognises five categories being; Pork Ribs, Lamb, Pork, Brisket, and Chicken.



Zane O'Neal and Kye Andrews

Some of the crowd at BBQ announcements



With each type of protein requiring its own tender touch, entering a competition of national scale would deter many, however, the challenge wasn't too big for students of St Helens District High School who, fielding two teams, rolled up their sleeves and took on Grill Masters from Tasmania, South Australia, and Victoria.

Despite admitting to "no practice and getting straight in", members Zane O'Neal, Kye Andrews and their team mates did the district proud, receiving the loudest cheers from the crowd. Unfortunately the accolades stopped there, with the boys and other local entry (Binalong Smokers) all going home empty handed.

The same cannot be said for overall winners "The Smoking Joint", a South Australian-based team who scored a whopping 343 out of 360 in the lamb category, to bag the prestig-

ious title of "Grand Champions". The next round of the competition will be held in Adelaide.

If you would like more information about "low and slow" cooking, head to www.ausbbq.com.au

by Fiona Britten, Gray.

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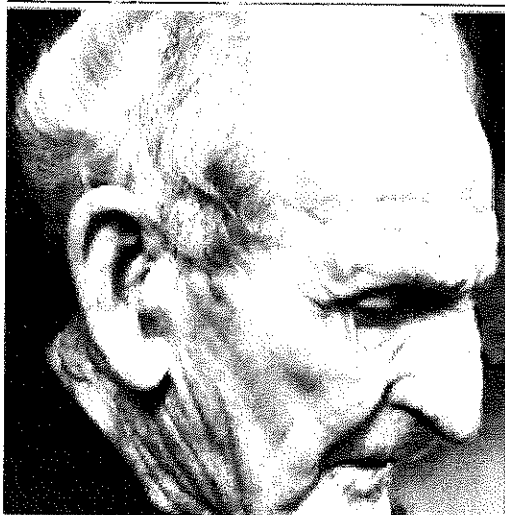
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Fred <https://www.facebook.com/humansoflaunceston/posts/373378623063633>

Part 2

I used to go down to Duck Reach and catch eels. There used to be a huge wooden dam wall down there before they built the Trevallyn Dam wall in the early 50's. Now, what I used to do was, I'd get a long copper needle about a metre long and also a big bloody gob of worms in a bucket, and using a hemp strip cut from a spud bag, I would sew and twist the worms and hemp all the way down the copper needle and just drop it in the water. When the eel would bite the worms, it's teeth would get stuck in the hemp strip and I would just pull it out of the water and cut the buggers throat. Didn't need a hook or a net. It sounds strange, but it was a very effective way of catching them. And I caught hundreds over the years. Big bastards too.

Some of us locals would go and cut wood down near the end of Mt Leslie Road. Wattle and sheoak mainly. All cut by hand. Axes and splitters. 15 or 20 tonnes at a time. We would cart it all up the hill and then sell it to all the local businesses, including the bakehouses for their bake ovens. It would burn really hot, especially wattle. Perfect for their ovens. When I was 85 years old, I walked down to Duck Reach from my house with an old mate of mine. At the end of Mt Leslie Road, all the way down the old gully. It bugged me, but it was great to go back to the place where I spent so much of my younger life. The Gorge and the river are as close to paradise as you'll get.

We rarely bought groceries. Didn't have to. Grew all of our own veges. Lived off rabbits and pigs. I'd salt up the meat and hang it up from a tree and then keep it in an old safe for cooling.

My vegetables used to win many prizes at the local shows. Parsnips, carrots and pumpkins. At the Longford Show, Evandale Show, St Marys and Launceston. My carrots were a metre long. I used to dig a 3 foot deep trench and fill it with oat husks. Plant the carrots and they would come out absolutely huge. Carrots only stop growing when they hit something. Or I would fill a 44 gallon drum with pea straw and the same thing would happen. The biggest carrots you've ever seen. Some would weigh 2 kilos. And very tasty I might add. My pumpkins were so big they took six blokes to lift them. (laughs). Tasmanian soil you see. It's magic. A bit of farming know how didn't hurt either.

I had a racehorse named E-Reckt. Don't ask me why I called him that, it's a bit blue, but let's just say he was always in an excited state! (laughs) He won the Deloraine Cup one year. I also had a greyhound named Young Beaver. He did alright too.

Our boys have always been hard workers and good fellas and we have always been a pretty tight unit. We used to go up to the Highland lakes a lot to fish and go shooting. Up near Liawenee. Our boys both married and had their own families. Maurice and Jenny have three boys Daniel, Gavin and Andrew. Ross and Susan have three daughters Rebecca, Pamela and Sarah. Sarah has two little ones Kobi and Rubi. All of them are great kids. So I have six grand kids and two great grand children. I always loved being a dad and as I got older, being a grandfather.

Lola and I had a very happy marriage and she helped everything on the farm tick over nicely. I always looked forward to knocking off and talking about our day. She was always smiling and stuck by me through thick and thin.

Towards the end of 1979, Lola was diagnosed with ovarian cancer. She went down very quickly and as she started to fade, near the end she was paralysed. Could not move a muscle and she was in a lot of pain. When I spoke to her, the poor love would let me know she understood what I was saying by blinking at me. It was a terribly painful time for her. For the whole family. Lola passed away on the 20th of June 1980. So I have now been on my own since then. Lola was the love of my life and I have never had any interest in the romance stuff since she passed. She was the only woman for me and I still miss her terribly.



At our son Maurice's wedding



Lola and I with our granddaughter

In the early 70's, I sold the six blocks along the Westbury Road end of my farm and I got 1800 dollars for them and I thought that was alright, considering I had only paid 750 pound (\$1500) for the 33 acre farm when I bought it. Then the real estate fellow Bushby came to me in the late 70's and bought more land off me up to Chris Street.

That was the start of the development of Prospect as a major suburb of Launceston. It was inevitable that Prospect became the suburb it now is.

It's very well set out and well planned. I retired from working the farm in about 1987 I think, maybe a bit earlier.

In 1995, I won the Best Clubman award at the Hagley Football Club for the voluntary work I had done there over the years. I was the official timekeeper for their

footy games for 28 years. I was also a long time treasurer there and I'm also a life member at that club. I was very honoured to get that trophy and it takes pride of place in my cabinet.

My family has a long farming history here in Tasmania and I am very proud of our heritage. The majority of my ancestors are buried in the little graveyard just down the road in Westbury Road, opposite the nursery near St Pats. I was the voluntary maintenance man at the graveyard for 20 years.

Prospect has been my home for 84 years now and I have seen a lot of people come and go and the landscape change a lot.

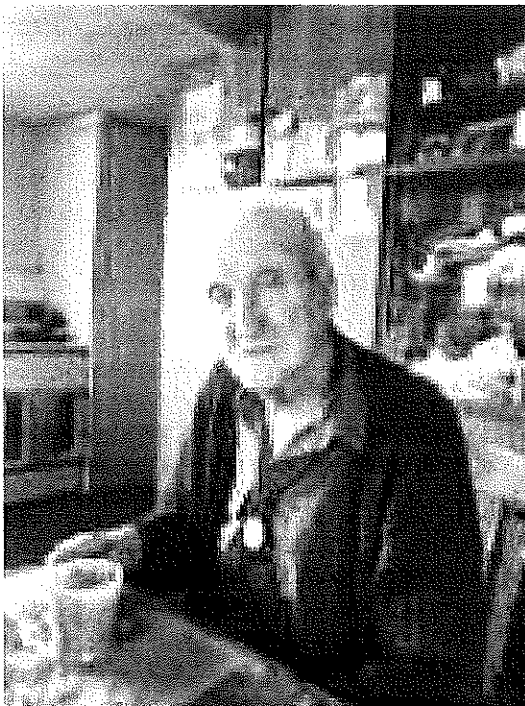
A little while ago, I was invited to go back to Summerhill Primary School to celebrate their 100th Anniversary and I just loved it. I got my mug in the paper and the littlies were wonderful and I felt very welcome and privileged to be there.

I have now lived in this house on the corner of Mace Street for 65 years. I'll die here too. I have no interest in going into a care home. My two boys Maurice and Ross are my mainstays and they help me out a lot. Ross is here most days, making sure I eat and have my medication. I am not interested in going into a home, selling my bloody house I've worked for all my life for just to pay for it. I'm just fine on my own thank you very much. I understand that some people have to do that, but not for me.

I always believed in working hard, helping people out if they were in strife and always show respect to your neighbours. Prospect is where me and my family have spent our lives and I love the place. Thanks for popping in mate".

Please feel free to share Fred's story. It's a great snapshot of Launny history.

[#humansoflaunceston](#)




Fred Mace, May 2017

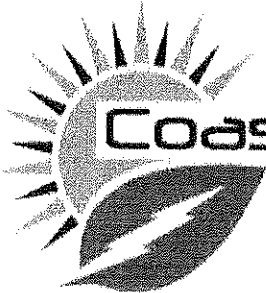
East Coast Vet Clinic

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



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





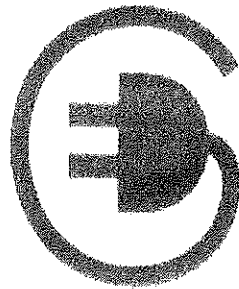
NICK SHAW 0439-414-299

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Life In A Nutshell Author : Joseph Lyons June 1, 2017

I put my mother in a home a few months ago when her Alzheimer's became too much for me to deal with. Now here I stood with early-onset, refusing to go the same route. The doctor nodded. He knew why I'd signed up. My job was simple. Travel forward, wait for a cure and for them to figure out how to send someone back, then return.

"This thing gonna get me where I need to go?"

"You're in a giant metal nutshell, you won't technically be going anywhere. If it helps, the entire facility could burn down, have the power shut off or be bombed to hell. You would still step out of there completely whole in five years."

"Great. If there's a nuclear war I could be the last man on earth."

"And you still wouldn't get a date." I smiled. He was trying to relax me. I already knew this was going to hurt a lot. Every single molecule broken down in an instant and slowly reformed over five years. Not quite how I had imagined time travel would work and certainly nothing to look forward to.

"See you soon." He flipped a switch. I had been selected because my disease meant I was highly motivated but also physically capable of enduring the stresses incurred. I clung to my motivation for the three seconds I remained conscious. I couldn't tell if my bones had been ripped out or the skin had slumped off. In those three seconds I'd been skinned, de-boned and flash fried alive. I did not want to experience it again.

I fuzzily regained consciousness. Dr Blake stared in through the port-hole. He grinned, nodded and walked away.

"Hey." I staggered to bang on the door. "You got something for me?"

"Not yet Karl. But we can send you further. See you in ten years."

It was probably a kindness I didn't have time to catch my breath. Like ripping off a band-aid on two, when you promised to count to three. The pain came and went and apparently so did ten years. Dr Blake was still there, greying now.

"The good news is we have the cure. Bad news is we can't send you back yet. See you in twenty."

This time I did brace, not that it helped. Instantly awake I fell through the door. Dr Blake stood tall, and with a full head of hair. Maybe they'd found the cure for baldness too.

"Are we done?"

"Yes Karl." He handed me a USB drive as I was helped to a wheelchair. He pushed me down a few corridors to a similar room and set up with a virtually identical pod.

"This one going to send me back?"

"It is." He wheeled me close and helped me in. The door shut noiselessly behind me.

"Wait, won't I fall apart? When I came forward the chamber held me together. Isn't this the same?"

"It is."

"Well how will I stay together if the past isn't ready for me?"

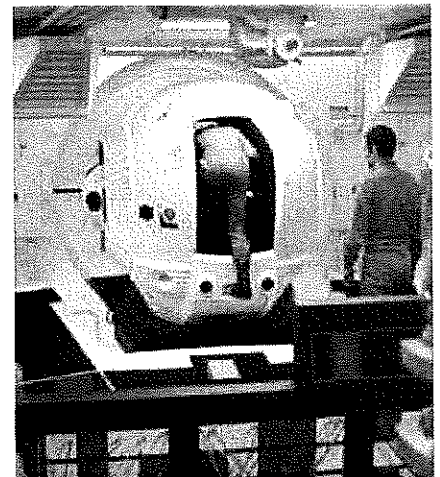
"Ask me when you get there." He flipped a switch. Lots of pain before I came round just the same.

Dr Blake opened the door and stepped in. I'd dropped to my knees exhausted. He took the flash drive and stepped out. "Gentlemen, we now hold the cure for every disease the world over for the next thirty five years." Cheers erupted.

"Doctor. What should I do with the patient?"

"Send him back fifty years. No-one will ever know he existed."

The door closed and the pain set in.



Reversing Boat Trailer Triggers Chorus Of "Woo" Sounds From Nearby Dads

29 January, 2016 13:30

CLANCY OVERELL | Editor

While attempting to reverse his boat trailer closer to the water during a family skiing trip, local dad Brett Cawley (44) has been left in a state of confusion by the amount of "woo" sounds he was met with by bystanders.

At the popular north-coast camping and cabin holiday destination, Crakatinny Lagoon, it appears that every male over 17 is equally responsible for any vehicles that are geared into reverse. It is believed that rough estimations of distance and acceleration were offered to Mr Cawley from as far as 50 metres away, as bystanding dads

from the surrounding thirteen campsites began focusing their attention on his delicate maneuverings of both a four-wheel-drive and boat trailer.

"It wasn't as helpful as they thought," says Brett.

"There were blokes that I have never seen before rushing over to direct me. I had asked my brother-in-law to spot me and he was doing a good enough job," "Next thing I knew I had about twenty blokes yelling "ooop", "woo" and "give 'er some" – they were all conflicting instructions," With several more days booked at their Crackatinny campsite, Mr Cawley says he will wait until the

very end before he decides to turn on his car again.

"These blokes are all over me. I'm really not looking forward to some of the odd advice they start spewing when I try to light up the campfire,"

"Oh, and the Webber, for f---'s sake, these blokes look like real backseat barbecuers."

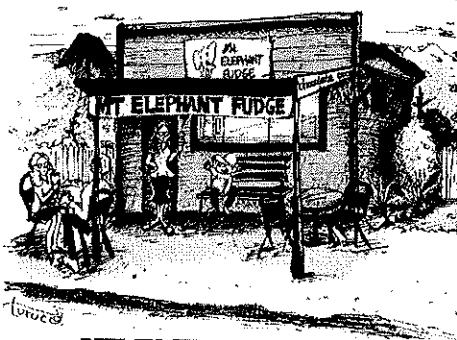
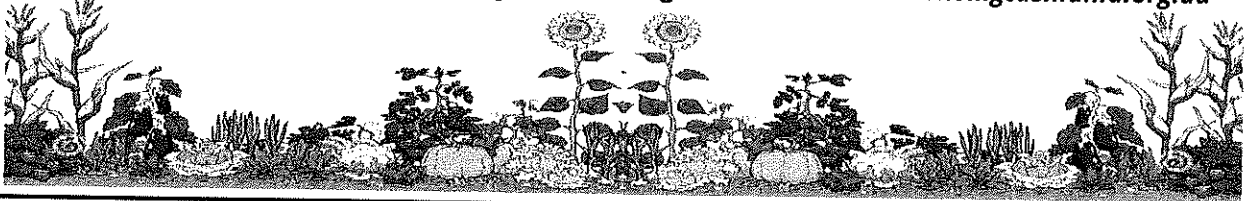


It wasn't as helpful as they thought," says Brett.

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

THANK YOU people for your continued support over the past year.

Fudges are still available

all over town and throughout Tasmania!

I look forward to seeing you next season!

& quite possibly in the street - where I can say

"hello" and have a chat at my leisure ☺ ☺

:-) :-):-)

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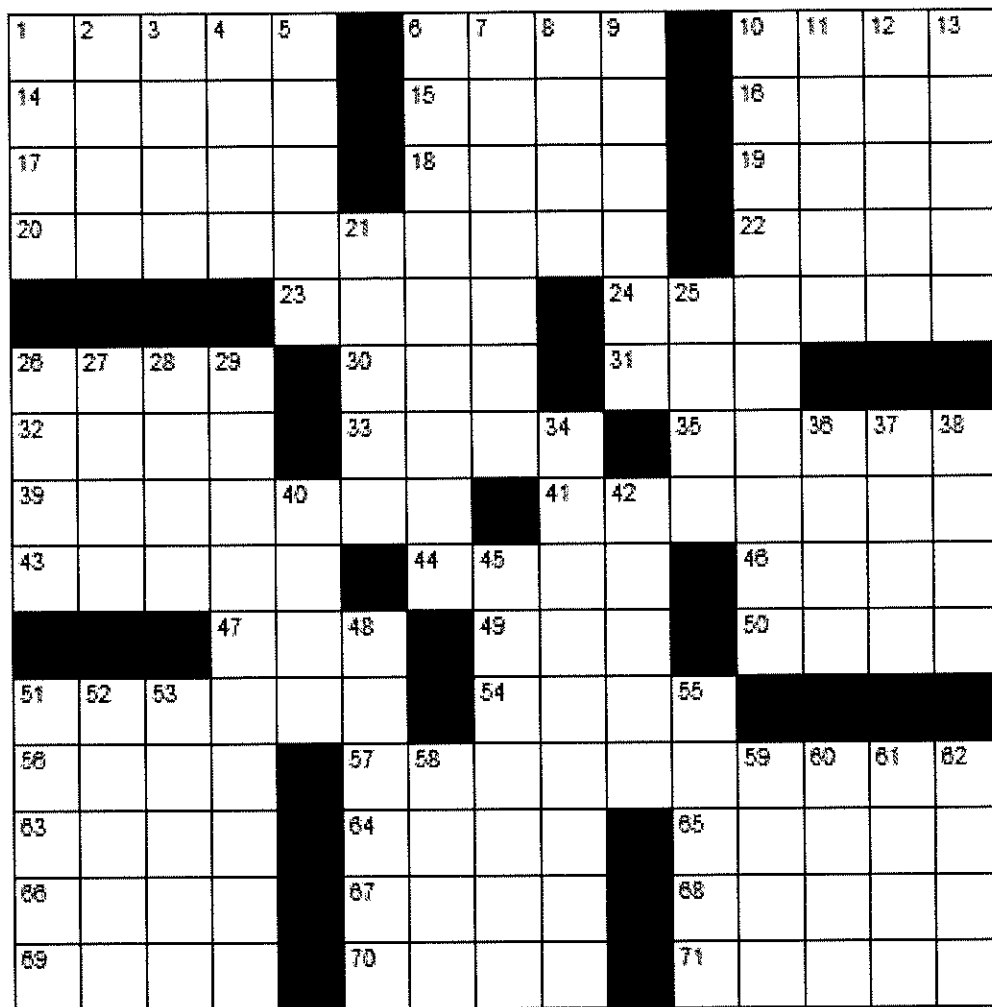
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ACROSS

1. Hunt illegally
6. F F F F
10. Knife
14. Small egg
15. Coagulate
16. Pipe
17. Discourage
18. Lawn mower brand
19. Shade of blue
20. Snow thrower
22. Cashews and almonds
23. Alike
24. Not the youngest
26. Laugh
30. Neither ____
31. Aye
32. Is indebted to
33. Backside
35. Brown ermine
39. Whitish edible root
41. Capable of being seen
43. Lofty nest
44. A person who is in charge
46. Give temporarily
47. Unruly crowd
49. Sick
50. Dregs
51. A person without pigment
54. Membership fees
56. Gloomy atmosphere
57. Densely textured woolen fabric
63. Bright thought
64. Religious splinter group
65. Sound
66. Thin strip
67. Balm ingredient
68. Attempted
69. Not there
70. Care for
71. Dispatches

**DOWN**

- | | | |
|---------------------------|--------------------------|--------------------------------------|
| 1. Seedcases | 13. Monster | 42. Stagnated |
| 2. Baking appliance | 21. Hawaiian veranda | 45. An apparition |
| 3. Car | 25. Not more | 48. Small lynx |
| 4. A ball of yarn | 26. Expect and wish | 51. Gorillalike |
| 5. Seasonings | 27. On the road | 52. Soup server |
| 6. Thin person | 28. German for "Mister" | 53. Tired to the point of exhaustion |
| 7. Blossoms | 29. Acculturate | 55. Skeddaddles |
| 8. Not aft | 34. Assessed | 58. Govern |
| 9. A level in a building | 36. Double-reed woodwind | 59. Attraction |
| 10. Impasse | 37. Wings | 60. Norse god |
| 11. A Canadian winter hat | 38. 10 10 10 10 | 61. Fastened |
| 12. Borders on | 40. A noble gas | 62. Boxes for bricks |

Solution on p29**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

15/6/17-30/6/17

Dr K Nash-Rawnsley

16/6, 20/6, 23/6, 27/6 & 30/6 2017

Dr Libby Reeckman

Thursday 15/6/17

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.

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.

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

What's on at the Centre

June 15	Social Worker Shan Williams Ph 6387 5555 for appts 2nd Bite Delivery
June 16	Social Worker Shan Williams Ph 6387 5555 for appts
June 19	Max Employment 8:30am-5pm downstairs
June 20	Child Health Session with Mary Mumford Tues-day fortnights, by appt only. Ph 0428 136 381 Occupational Therapist Danyelle Briggs by referral from your Health Professional Anglicare 11am - 1pm
June 21	Day Centre Ph Hayley Gilbert on 6387 5555 for information on the group
June 22	Social Worker Shan Williams Ph 6387 5555 for appts 2nd Bite Delivery
June 23	Social Worker Shan Williams Ph 6387 5555 for appts
June 26	Tasmanian Lymphoedema Centre meeting 5pm in the Day Room
June 27	Hub 4 Health Podiatry ph 6376 2971 for bookings and fee enquiries
June 28	Social Worker Shan Williams Ph 6387 5555 for appts Day Centre Ph Hayley Gilbert on 6387 5555 for information on the group Rae & Partners Lawyers consult fortnightly at the SMCHC. Phone 6337 5555 for appointments
June 29	Adult Community Mental Health Worker 1 - 3pm Social Worker Shan Williams Ph 6387 5555 for appts

MEALS ON WHEELS

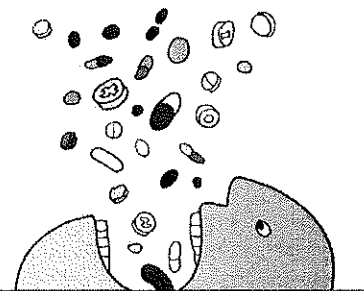
Do you know you don't just have to be elderly or sick to receive meals on wheels? You can also select from a 3 course down to a one course meal. You don't even have to get them every day - *you decide when and how often.*
Are you interested or have further questions? Call Alana at the St Marys Health Centre on 6387 5555 and see if you are eligible or to discuss your options. Home style meals are made on site at the Health Centre daily. Pick-up and delivery available.
St Marys Meals on Wheels cover from Scamander to Bicheno and as far as Fingal and surrounding area.

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

Net Profits for Top 11 Global Pharmaceutical Companies, 2003-2012

(in billions of US dollars)

Johnson & Johnson	\$105.8
Pfizer	\$100.4
Novartis	\$83.1
Merck	\$59.1
Roche	\$73.3
Sanofi-Aventis	\$57.7
GlaxoSmithKline	\$77.8
Abbott Laboratories	\$40.6
AstraZeneca	\$58.9
Eli Lilly	\$27.7
Bristol-Myers Squibb	\$27.0
Total:	\$711.4 BILLION



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Cassie



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258 words of three letters or more were found
in **REGARDLESS**

ads	dresser	gassed	lagered	less	
age	eager	gasser	lagers	rager	
aged	eagle	gear	lags	ragers	
ageless	eagles	geared	lard	rages	sag
ages	ear	gear-	larder	rags	sage
agree	eared	less	larders	rare	sager
agreed	earl	gears	lards	rare	sages
agrees	earls	gee	large	read	sags
alder	ears	gees	larger	reader	sale
alders	ease	gel	larges	readers	sales
ale	eased	geld	largess	reads	sea
ales	easel	gelder	lar-	real	seal
are	easels	gelders	gesse	realer	sealed
ares	easer	gels	lased	reals	sealer
ars	easers	glad	laser	rear	sealers
ass	eases	glade	lasers	reared	seals
dare	edge	glades	lass	rears	sear
darer	edger	glare	lea	red	seared
dares	edgers	glared	lead	redear	searer
deal	edges	glares	leader	redeals	sears
dealer	eel	glass	leaders	redrag	seas
dealers	eels	glassed	leads	redress	sedge
deals	egress	glee	lear	reds	sedges
dear	elder	glees	leas	reed	see
dearer	elders	grade	lease	reeds	seed
dears	els	grade-	leased	reel	seeds
dee	else	less	leaser	reels	seer
deer	era	grader	leasers	regal	seers
deers	eras	graders	leases	regale	sees
dees	erage	grades	led	regard	sera
degas	erased	grads	ledge	regard-	seral
degas-	eraser	grass	ledger	less	sere
ser	erasers	grassed	ledgers	regards	sered
dele	erases	grease	ledges	regear	serer
deles	erg	greased	lee	regears	series
dere	ergs	greaser	leer	regrade	serges
drag	err	greas-	leers	re-	slags
drags	erred	ers	lees	grades	sled
drear	ess	greases	leg	regress	sledge
dreg	gad	greed	legs	reread	sledges
dregles	gal	lad	less	rereads	sleds
s	gale	lade	lesser	resale	
dregs	gales	lades	rag	resales	
dress	gals	lads	rage	reseal	
dres-	gas	lag	raged	reseals	
sage	gases	lager	rage-	sad	



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

Meals on Wheels 0488 384 344

June 15	Valmai Spencer
16	Drew Adam
19	Karl Balzer
20	Valmai Spencer
21	Lundy Vosper
22	Heather Griffiths
23	Drew Adam
26	Pam Bretz
27	Valmai Spencer
28	Louise Keady

I'm great at multitasking. I can waste time, be unproductive, and procrastinate all at once.

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Suite 1/ 158 Scamander Ave, Scamander TAS 7215

Honest

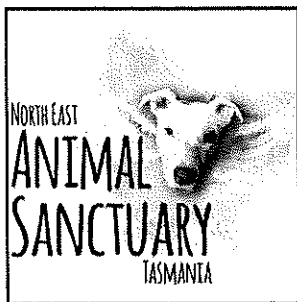
Reliable

Professional

... But in 1622 Britannia did not yet rule the waves, with the Spanish, Dutch and French fleets challenging her naval supremacy. And while Great Britain is now a nation of shopkeepers, back then if Brookes wanted to buy a really good cheese, tulip, painting of a chubby nude chick with red hair or, most importantly, the latest must-have condiment, he would have had to ask the Dutch.

Europe had discovered that its traditional cuisine of turnip and lard was actually edible when heavily disguised with spices. Pepper was all the rage, the landed gentry held nutmeg parties, and gold was worth its weight in cloves. Most of these exotic treats could only be found in the East Indies (now Indonesia) and the Dutch East India Company held the keys to the spice rack.

Girt: The unauthorised history of Australia by David Hunt



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

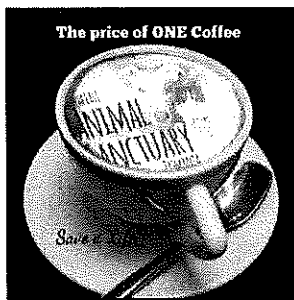


Beautiful Molly has settled in very well and her trial went so well that she's now in her forever home with her beautiful new family.

ADOPT, DON'T SHOP

0457 081 533

michelle.jesson@bigpond.com

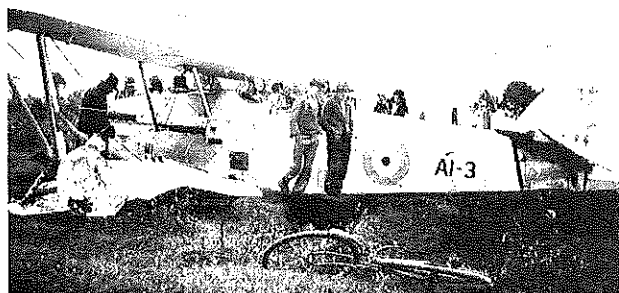


Tasmania Way Back When

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



1945 - Victory Day. RAAF officer dancing across Macquarie Street, Hobart.



1937 - Hawker Demon crash at Waratah

Relationships are a lot like algebra.
Have you ever looked at your X and wondered Y?

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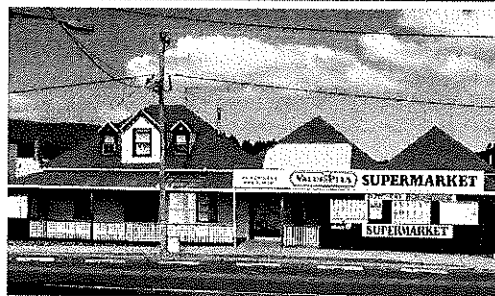
tamara@harrisfunerals.com.au

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 6372 2274
 Monday - Friday 8am - 6.30pm
 Saturday 8am - 5pm
 Sunday 10am - 5pm



<i>Butchery specials June 14 - 20</i>		<i>Butchery specials June 21 - 27</i>	
	<i>p/kg</i>		<i>p/kg</i>
Corned Silverside	9.00	Pickled Pork	11.00
Leg Of Lamb	10.00	Gerello Roast	13.00
Forequarter Lamb Chops	13.00	Nichols Chicken Thigh Fillets	11.00
Ingham Diced Chicken Breast	11.00	Ingham Chicken Cuts	3.50
Nichols Six Legged Chicken	5.00	BBQ Steak	15.00
<i>Two week specials June 14 - 27</i>			
Pacific West Flathead Fillets 360g	7.00 save 3.85	Flora Spread 1kg	3.75 save 1.24
Continental Cup A Soup 46-701g	1.00 save 1.37	Greens Essential Cake Mix 340g	1.09 save 1.10
I-Care Toilet Tissue 4pk	2.00 save 2.09	Leggos Pasta Sauce 500ml	1.85 save 1.30
Bushells Tea Cup Bags 100s	3.00 save 1.99	Kelloggs Nutrigrain 500g	5.00 save 1.90
Vicks Chesty Cough Syrup 180ml	4.00 save 4.99	Nestle Milo 450g	6.00 save 1.94

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.

Bowls news Bowls AGM was held on Saturday June 10 with a promising result. Reminder East Coast Assoc. Meeting Sunday June 18 at 2pm.

The selection panel for the State Junior Squad was pleased to announce that Liam Davern (St Marys) and Patrick Oldham (St Helens) would both be going to Victoria in the Tassie side. Good luck to you both! You have done us proud.

Golf news Saturday June 3: Mulligans = G McDonald 31½, F J McDonald 34, Diesel 35, S Mercer 39, R McGiveron 39. N Pin 7th John Mac. Each week we see different people coming to join in. Great to see Rod McGiveron back having a hit.

Ambrose 9 hole: Danni, John Mac and Macca 30 Rod and Steve 32½, Brad and Diesel 33½. Nearest the Pin Diesel on the 7th. Next week Pinehurst Saturday 17. Then next 4 Ball Best Ball. Looks like golf's a goer!

General news Tamatha's almost ready to release the Christmas in July posters. Bookings will be essential. Jam Session booked for Sunday July 9. The Centre has been booked on June 15 and 16 by a local group. Wednesday 28 the Council has booked the Centre from 5.30pm - 7pm as a follow up to the 10 Year Plan Forum held on April 5.

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:

Mr Rogers did not adequately prepare me for the people in my neighbourhood.

Printed and published by
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 Voice Inc.
 POB 230
 St Marys Tasmania 7215.

