

THE VALLEY AND EAST COAST VOICE INC.

Established 1968

50.09 August 24, 2017

Deadline for 50.10 is 5pm September 4, 2017

The Say, by Cagerattler

I was a bit surprised to see that a council in Victoria has voted to basically cancel Australia Day next year. This decision has ramifications for many that let's just say could be counter productive. I fully get the reasons why many of our indigenous citizens are not happy with January 26th being celebrated, but a lot has changed in this regard.

I'm not a huge fan of many politicians as most who know me would attest to, but I have to give credit in this regard to them. They have been trying to fix the wrongs of the past.

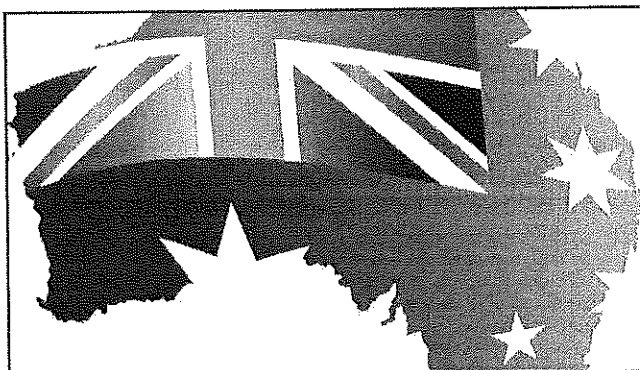
The early colonists, the early governments carried out genocide. Of that there is no doubt, and the shameful disregard for the indigenous people was palpable and deplorable in retrospect.

In those days though everything was different from today. EVERYTHING.

Those who carried out crimes like that today would never get away with it, they were not answerable to anybody much here as one of the outposts of the British controlled dominions.

Later on, missionaries were thrust upon the remaining original Australians whether they wanted it or not, but thankfully this rarely led to genocidal killings. Put yourself in their shoes and you are suddenly required to accept a "God" you have never known and abide by "Law of the Land" that you've never encountered or been introduced to.

Continued on p6



Iarapuna Community Weekend 2017

The North-East Tasmania community once again demonstrated its affection for, and commitment to, the area with the annual Iarapuna / Bay of Fires Community Weekend, held on 5 and 6 August, proving another great success.

During the three-day event, 130 participants from Anson's Bay to Denmark, walked 50 km to remove thousands and thousands of sea spurge plants from this very special coastline.

They also removed 40kg of marine debris, cataloguing it to add to the Tangaroa Blue marine waste database.

At the lighthouse keepers' houses on Saturday, rain gave way to sunshine as Danny Gardner led participants in a traditional Aboriginal smoking and cleansing ceremony to connect them to the land.

The event is organised by the Parks and Wildlife Service, Break O'Day Council and Tasmanian Walking Company (who operates the Bay of Fire Lodge Walk), with support from NRM North, Aboriginal Land Council of Tasmania, Friends of Eddystone Point and Birdlife Tasmania.

Below: Volunteers removing the coastal weed sea spurge during the annual Iarapuna/Bay of Fires Community Weekend August 2017



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Advertising rates 2017

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

Valley and East Coast Voice Inc.

Advertising rates for all community groups

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

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

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

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

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

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

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

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

24hr Emergency services numbers

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

The Valley and East Coast Voice Inc. Guidelines

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

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

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

All articles for submission must bear the author's name, town of residence, address and phone number. The address and phone number will not be published but are for verification purposes only.

Letter writers will be given the chance to respond over a suitable period of time.

Subjects may be closed at the editor's discretion.

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

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

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

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

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

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

All information is correct at time of printing.

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



Meals on Wheels | More than just a meal
Tasmania

St Marys roster

0488 384 344

August 24	Judy Duckett
25	Drew Adam
28	Karl Balzer
29	Ruth Aulich
30	Louise Keady
31	Valmai Spencer
September 1	Drew Adam
4	Pam Bretz
5	Lundy Vosper
6	Louise Keady

Community Notices

GET meeting dates for 2017
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:
September 2, October 7, November 4 and December 2.
Fire Brigade training is 10am prior to each BBQ. *Mike
Prewer, Rossarden. 6385 2184*

**The St Marys Sports Centre Inc. Annual General
Meeting** will be held on Saturday August 26, 3.30pm.
Glenn McDonald, Public Officer

August is Local's Month

Enjoy free entry to the
St Helens History Room

*St Helens History Room
61 Cecilia St
St Helens*



Wanted

Roll-top writing desk. Ph *0407 944 158*

**Hub4
Health**

Connected. So start here.

The **Annual General Meeting of Hub4Health** will be
held on Saturday September 2, 2017 at 11am at the
St Marys Community Hospital Day Room.
Business shall include:

- Confirmation of previous minutes
- Presentation of Annual Reports
- Election of Officers and Board Members of the association
- Appointment of the Auditor

Nomination forms are available from the St Marys Op
Shop, Hub4Health Office, our website and Facebook
pages too, or via email to the Public Officer, secretary@hub4health.org.au

Nomination forms must be returned to the email address
above.

L Rhodes, Public Officer

For Sale

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

Raspberry canes \$2. Good stock. Ph *Jack 0484 675 044*

Fingal Valley Neighbourhood House Inc.

Talbot St Fingal Ph *6374 2344 / admin@fvnh.org.au*

Facebook We have a new Facebook page, our main communication tool for what is happening at the FVNH. 'Like' our page to keep up to date.

Play Centre is now operating each Monday from 9.30am to 2.30pm. We are still taking enrolments for 2017.

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

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

Wedding Dress Parade will be held on October 21 at the FVNH. More details will be out soon.

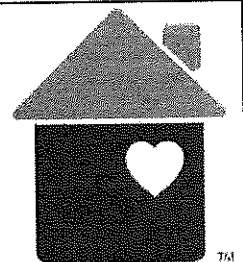
Op Shop has moved into the library. Call in and have a look at the new space and pick up a bargain.

Library is now in the FVNH.

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

Contact the FVNH on 6374 2344 or call into the Office 9am - 3pm Monday to Friday for more information.

The Fingal Valley Neighbourhood House Inc. is funded by the Crown through the Department of Health and Human Services



Letters to the Editor

Dear Editor

Local councils were set up for the purpose of maintaining services like garbage collection, library services, building applications and keeping town streets clean and maintained. One area they have no jurisdiction in is the social engineering which they seem to be forcing on their residents and rate payers.

It was very pleasing to see one of our councillors standing up against the "so-called progressives" in trying to force a decision to change OUR Australia Day (AD). Well done John.

With the Greens losing their relevance in Federal and State governments, they are slowly infiltrating our local councils with the intentions of forcing their socialist ideals from the bottom rung.

After some investigation it was found the move at the LGAT meeting to change AD was defeated by ONLY one vote, with five abstentions.

To reinforce the barrow pushing by minority groups, the vote in the Yarra council in Melbourne in the last 24 hours was passed by 3 Greens, 2 Labor and 1 Socialist ... does that sound like a fair indication of the will of the people ... I think NOT.

Let's keep politics out of local council and stick to the core functions it is there for.

Leave Australia Day alone and also leave the Australian Flag flying the way it has been for over 100 years. Too many people have died fighting for it.

Peter Wines, St Marys

Do you remember when Main Street St Marys flooded?

If you have photos or memories of past floods, they can help the new *St Marys Rivulet Flood Management project* Break O'Day Council is about to start.

Over coming months lookout for project events and activities to learn about how the floods work, participate in testing the best solutions and get your household and the community prepared for next time.

If you have flood photos, or for more information and to get on the project contact list, contact Polly Buchhorn at Council on 63767900.



The project is supported by the
SES through the Natural Disaster
Resilience Grants Program.

Letter to the Editor

Cagerattler wrote about Christmas recently and to think of the jolly red-suited fellow being inspired by a Coca Cola bottle might be a bit of a let-down for some! But I wonder how many people have ever thought about the origin of many of our customs at Christmas?

A few years ago I decided to write about the true meaning of Christmas. I investigated where I could (without access to Google then), and it was surprising what I managed to discover; for instance Pope Julius I decreed the 25th of December to override a pagan festival held in Rome at that time - Saturnalia.

Toni Brewster, Chain of Lagoons

NOTICE

**The St Marys Bakery will be CLOSED from
Saturday 2 to Saturday 16 September, 2017.**

**We will re-open on Sunday September 17 with
our normal trading hours.**

Sorry for any inconvenience.

By Management St Marys Bakery Proprietor.



OUT OF THE WOODWORK

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

The Break O'Day Woodcraft Guild & Men's Shed Inc. will hold its **Annual General Meeting** on September 7, 2017 at the Old Railway Goods Shed St Marys. Monthly meeting to begin at 11am followed by AGM at 11.30am.

All positions will be declared vacant.

Proposed change to Constitution

22. **Meetings of the Committee and of Subcommittees** The Committee is to meet at least eleven times in each year at any place and time the Committee determines.

Change to:

22. **Meetings of the Committee and of Subcommittees** (1) The Committee is to meet at least six times in each fiscal year at any place and time the Committee determines.

**Wendy Brennan Secretary, St Marys
6372 2094**

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C & D EXCAVATIONS

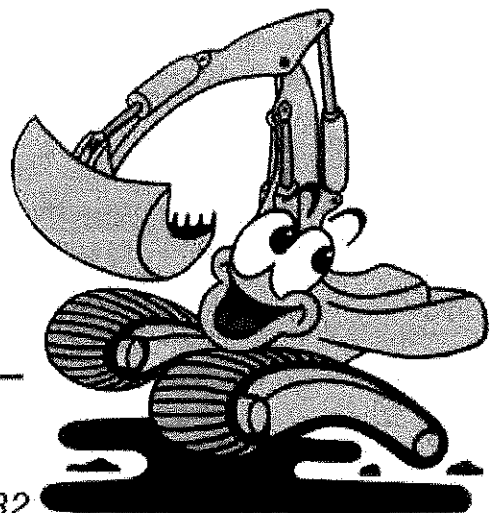
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The Say, by Cagerattler

cont. from front page

Later on, children still known as the Stolen Generation were taken without any real agreement but while not agreeing that this was at all just, at least it was done with some good intention at the time to promote a better life for the fringe dwellers - as misguided as that may have been.

Hindsight is certainly the case now on that.

It took until 1967 for the indigenous people to be truly recognized as fully fledged "Australians" despite so many fighting for our country in wars and such.

Despite the wrongs, and plenty of them, various governments at both State and Federal level have been changing views, have acknowledged amazing indigenous culture and history, have tried to protect artefacts etc. as best they can, have celebrated over 50,000 years of history and respecting cultural traditions, in fact embracing that.

Also it's got to be said that the Welcome To Country and Smoking Ceremony rituals at many events are done to recognise the respective indigenous countries that existed, and still exist, in the view of our indigenous people that help make us all.

Ever noticed how TV stations acknowledge indigenous culture in respect to people no longer alive?

The AFL also celebrate the Indigenous Round each year, the Aboriginal flag is also recognised and displayed, in order to help us understand a crucially important component of our multi cultural modern Australia.

Of course let's not forget people like Eddie Mabo, whose fight paved the way for real outcomes, and the eventual heartfelt and bipartisan Federal Parliament Apology some years ago now.

Lots of big mistakes have been made, some outright blatant murder, some because culture and beliefs were ignored, and somewhere good intentions were not welcomed when it was forced upon them but let's not see that things are continuing to evolve and improve every year in this regard.

By cancelling Australia Day that council in my view is letting these mistakes be re-focused on where nothing much can be gained in reality.

All well and good but that will not achieve anything productive, and all it will cause is animosity and divide that community and, through the media, the rest of us. It's already happening.

Australia Day has the opportunity to educate and bring together people as a multi-cultural day. We can't fix those massive wrongs done to the victims but we can make sure that Australia learns from those wrongs and celebrate Australia Day as a truly multi-cultural day with the indigenous community as a crucially important part of that.

What do you think?

Rod McGiveron, St Marys

BODC Recycling - response to Four Corners program

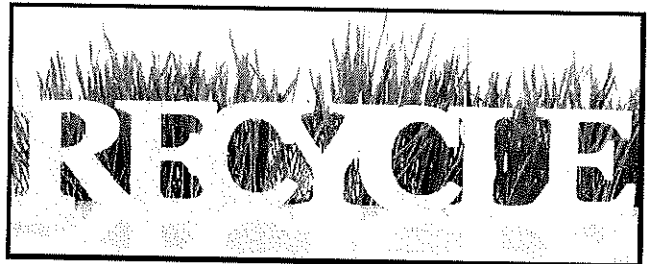
After the story on recycling aired on Four Corners on August 7, Council has received enquiries from concerned residents concerning what will actually happen to our recycling.

For those who missed it, the report looked at recycling industry practices on the mainland, finding that some of the recycling collected was actually going to landfill, glass being the major concern due to stockpiling, a result of the commodity price dropping.

There is no need for concern however, as in Tasmania we repurpose our glass, crushing it for various uses including road base, pavers, bricks and even in a very fine dust used for lining service trenches for water pipes and cables.

The Northern Waste Management group, of which the Break O'Day Council is a member, released a video and article in relation to what happens to Launceston City Council's waste - our process would be very similar to this.

If you haven't already seen it you can find it on our Facebook page or the LCC website. Basically the group reported that 85% of recyclables collected are in fact recycled, the remaining 10 - 15% being classed as contaminated and can't be recycled.



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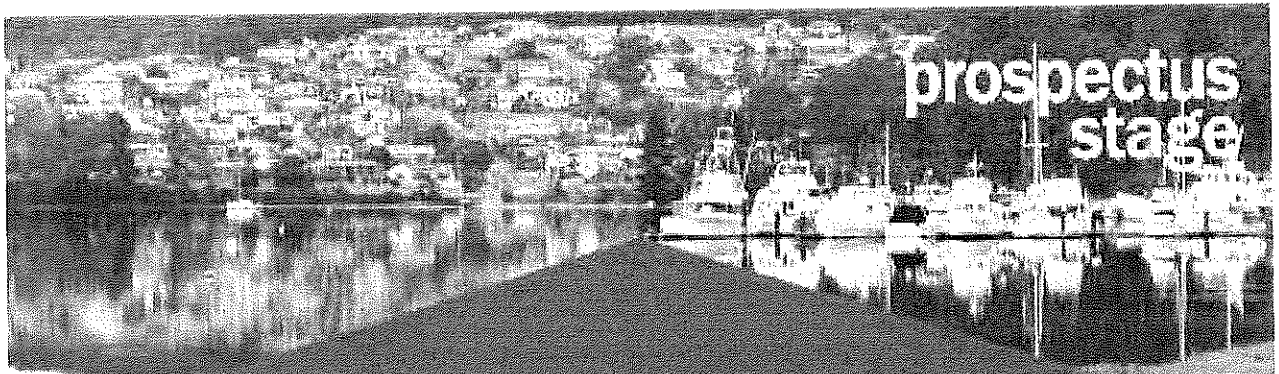
gone rustic
studio + gallery

OPEN 10-4, TUES - SAT

eco fashions, art quilts, fibre + textile
jewellery, handmade gifts + cards etc.

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0417027424 - 37 main street St Marys tas 7216



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shareholder in our community company.

Collect your prospectus from:

Break O'Day Council Chambers

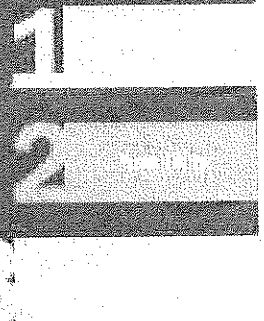
Gone Rustic in Main Street,
St Marys

Bendigo Bank Agency
41 Cecilia Street, St Helens

Contact:

Andrew MacGregor 0419 894 072

Roger Harlow 8376 1455



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bendigobank.com.au



Theme: Flora and Fauna in the Fingal Valley

The winners of the Judge's Choice and People's Choice awards will be announced at the Presentation Evening on 24th November 2017.

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

The 12 finalists will have their work exhibited in the Purple Possum for the next tourist season.

Entry forms can be collected from Purple Possum Cafe, or download from our website

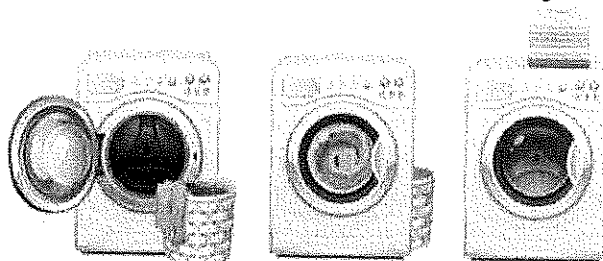
Entries close 5pm on Friday October 11, 2017. No late entries accepted.

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



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

32 Main Street St Marys



Coin operated washers
and dryers
6.30am - 8pm



Avoca Museum and Information Centre
Old School building
Avoca Tasmania 7213

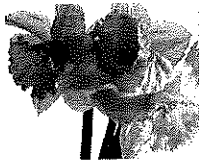


The next **AVOCA Market** is **Saturday 9th September 2017** in the Hall
Contact Shirley at the Post Office 63842129 or 63842259

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

Avoca Spring Festival

The AMIC committee has deferred this event until September 2018



Harvest Festival

Shirley Freeman is considering hosting a Harvest Festival on the 24th March 2018. If you are keen to grow giant pumpkins for the **Giant Pumpkin Competition** contact Shirley at the Post Office for seeds.



Rossarden & Friends Kids Christmas Inc.

Christmas Party December 3rd at the Primary School

Please give your parent contribution (\$10 each child) to Leesa or Helen from now on to ensure your child's inclusion.

Father's Day Raffle: tickets being sold now, enquire at the shop and Post Office

100 Club fundraiser: Week 1 winners: Burn family, Graeme Wilson, Ashley Cameron

Week 2 winners: Fred Reynolds, Helen Reynolds, Josephine Rundell

Get Active Stay Active

The Fingal Valley Neighbourhood House (FVNHH) and Grant Todd, exercise physiologist, would like to bring a 9 week individualised exercise class to the Ash Centre on Wednesday afternoons (at the moment). The cost has been reduced from the usual \$70 per session to \$20, thanks to funding obtained by the FVNHH if you obtain a GP Management Plan from your GP. This can be requested if you have a chronic condition such as arthritis, asthma or back pain or similar that has lasted longer than 6 months.

It may also be possible on request to have the cost bulk billed through Medicare. The exercise program is individualised for each person so it is of greatest personal benefit. The program is dependant upon your interest and a commencement date will then be advertised. If you are interested please complete the 'Expression of Interest' slip and give it to Helen Reynolds. Enhance your quality of life.



Expression of Interest Name: _____

I am interested in finding out more about the individualised **Get Active Stay Active** program at Avoca.

August 24, 1879: Explorer Alexander Forrest's expedition through northwest Australia is threatened with starvation. Alexander Forrest was born on 22 September 1849 at Picton in Western Australia. He gained much of his exploring experience from working with his brother John, but was an established explorer in his own right. In 1879 Alexander led an expedition from the DeGrey River, up the coast to Beagle Bay, then inland into the area now known as the Kimberley. He discovered good country and the Fitzroy River, but when he came across another river in the east, a shortage of food forced the men to keep moving, rather than explore the river more closely. By 24 August 1879, the future of the expedition was threatened by an increasingly desperate shortage of rations. With only 27kg of flour remaining, and most of the horses killed for food, Forrest's only solution was to push 160km east to the Overland Telegraph Line, where they were able to receive necessary food and water.

Regional Business / Services Guide

Accommodation

Addlestone House St Marys
6372 2783

Fish-Tales On The Bay
0439 265 362

Mariton House St Marys
6372 2059

Queechy Cottages 6376 1321

Seaview Farm St Marys
6372 2341

St Marys Historic Hotel
6372 2181

Tidal Waters Resort 6376 1999

Arts & Crafts

Gone Rustic Studio 6372 2724

Suncoast Gallery St Helens
0400 827 860

Australia Post

Fingal 6374 2195

Mathinna 6377 1168

Scamander 6372 5664

St Helens 131318

St Marys 6372 2124

Bakers

St Helens Bakery 6376 1260

St Marys Bakery 6372 2131

Banks

ANZ St Helens (atm) 131314

CBA St Helens (atm) 6376 2295

CBA St Marys (atm) 6372 2268

Boarding Kennels

The Gums St Marys 6372 2512

Upper Scamander Kennels
6372 5157

Wagabouts St Helens
6376 2131

Calows Bus Service

St Marys 6372 2476,

St Helens 6376 2161

Butcher IGA St Marys
6372 2274

Cable Locations

Michael Smith 0408 059 521

Cartage Contractors

C & D Excavations 6372 2033

Trotter's Contracting 6372 2107

Chinese Groceries & Medi-

cines Ping's Place St Marys
0411 186 573

Computer repairs Ray Walker
0401 497 199

Confectionary

Mt Elephant Fudge 6472 2787

Dentist St Helens 6376 2359

Designer Building Design

Studio 6372 2000

Doctors

St Helens 6376 1777

St Marys 6387 5555

Electrical Repairs

Ransley's 6372 5307

St Helens Electrical 6372 5522

Funeral Directors

Harris Funerals 6376 1153

Gardening Services

Andrew Davenport St Marys
0419 113 836

Hairdressers

Beachcombers Hair & Beauty

St Helens 6376 1988

Shear Scissors St Marys

0422 073 020

Health Foods Purple Possum

St Marys 6372 2655

Horticulturist Peter Dane

6372 2686

Hospitals

St Helens 6387 5570

St Marys 6387 5555

Insurance Brokers

McKillop Insurance

0400 984 595

Marriage Celebrants

Melanie Norton 0409 838 816

Mechanics

Michael Aulich 6372 2991

Grant Faulkner 6372 2335

Newsagencies

Scamander 6372 5275

St Marys 6372 2143

St Helens 6376 1182

Painters East Coast Mobile

Spray Paint 6372 5571

MLN Enterprise Painting

0439 722 718

Pharmacies

Scamander 6372 5495

St Marys 6372 2844

St Helens 6376 1374

Plumbers

PJ Child 6372 5378

R Harwood 6372 2445

Proofreading Leissa Dane

6372 2686

Realtors Surf Coast Realty

6372 5321 LJ Hooker St Helens

6376 2300

Roberts St Helens 6376 1799

View St Helens 6376 1592

Restaurants/Cafes

Coach House St Marys

6372 2529

The Hay Shed Café Fingal

6374 2171

Mt Elephant Pancake Barn

6372 2263

Purple Possum Wholefoods

6372 2655

Mt Elephant Fudge 6372 2787

Secondhand Dealers and

Collectables Secondhand

Rose

St Marys AH 6372 2267

Septic tank cleaner / Water

Carriers

Splash Seymour 0488 777 713

District High Schools

St Helens 6376 7100,

St Marys 6372 3900

Primary Schools

Avoca 6384 2117,

Fingal 6374 2197

Service Stations/Fuel

Avoca 6384 2157

Scamander 6372 5193,

St Marys 6372 2335

Supermarkets

Avoca R/house 6384 2157

Hilly's IGA St Marys 6351 1997

Hilly's IGA St Helens 6376 1161

Holder Bros Fingal 6374 2171

St Helens Super IGA 6376 1177

St Marys IGA 6372 2240

Scamander Supermarket

6372 5125

Surfing Supplies

Scamander Beach Surf Shop

6372 5529

Bay Surf Shop St Helens

6376 1755

Telephone, Data and TV

John Heron 6372 2402

Josh Rumbel 0408 388 322

Surveyors East Coast Survey-
ing 6376 1972

Vets East Coast Vet Clinic

6376 1577

North East Vet Clinic 6321 8999

For inclusions / amendments
please call 0403 430 452

Over the years

2011 * 2011 * 2011 * 2011 * 2011 * 2011 * 2011



St Marys 2010 Christmas Parade and Party



Corey Thow won the Floral Display competition at the BODRA Autumn Harvest markets



Break O'Day Council Australia Day Citizen of the year 2011 winner, racing identity Eric Bean



L-R: Liz Dent, Bailey Barnes, Ana Hayes, Zoe Bucknell, Eric Hayes, Chloe McCann, Lily Mae Hayes, Drew Mason, Maddy McCann and Kylie Bucknell at the Cub Scouts Clean Up



ANZAC Day in St Marys



Break O'Day Stitchers Luncheon at White Sands Resort.

Australian poll Wagyu sale tests market interest

By Lara Webster

There has been plenty of interest from northern cattle producers regarding the world's first physical sale of poll Wagyu genetics at the weekend.

A syndicate of three parties offered twenty 12-month-old purebred bulls for auction in North Queensland.

The 12-month-old bulls are the progeny of an American sire from Washington State.

They sold for an average sale price of \$9,000, with the top price \$15,000 for a 376 kilogram bull.

Tasmanian Wagyu breeder Keith Hammond, one of the men involved with the syndicate said overall he was pleased with the interest shown.

While not all of the bulls were sold, he said the sale was more about testing the market.

"It did not meet our expectations but we were there to meet the market, get this sale out of the way and get some bulls out in the market place and performing," Mr Hammond said.

"They were very well received, their condition could not have been any better and we were really happy with how they were presented."

These particular animals have been produced with Angus genes to create a hornless beast.

Dehorning cattle is a contentious issue in the industry, with some concerned it is a painful procedure that should be subject to tightened regulations.

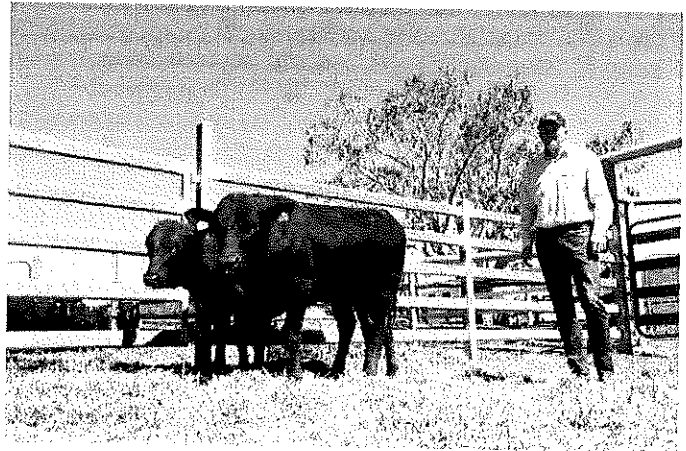
Mr Hammond believes for the Wagyu industry to continue its growth, polled animals will play an important role.

"There is more interest every year in producing cattle that make the management of the cattle easier ... and in just looking after the animals, having polled animals is going to be important."

Queensland cattleman Darren Hamblin who has been working with Keith Hammond on the genetics is also a member of the syndicate and it was at his property where the sale took place.

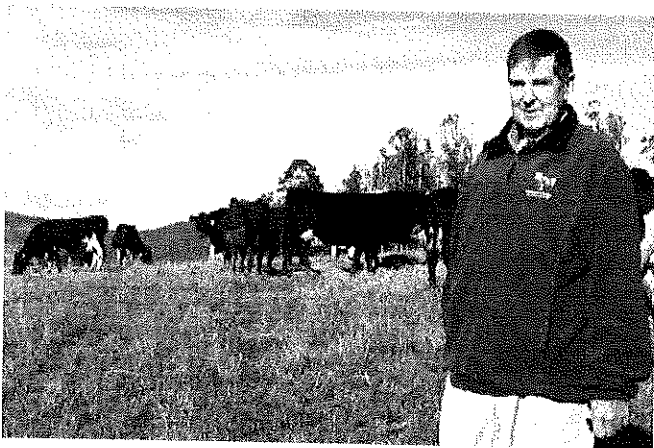
"We believe the future is going to mean that we have to do something about our dehorning practices," Mr Hamblin said. "Starting with polls is the simplest way to manage that problem."

<http://www.abc.net.au/news/rural/2017-08-21/poll-Wagyu-sale-tests-cattle-market/8825958>



Tasmanian cattle breeder Keith Hammond with two bulls sold to a north Queensland Wagyu producer

Farming Legend of the Year: John Bennett ABC Rural



John Bennet's dairy business was born out of a recycled tin mine

Tasmanian dairy stalwart John Bennett is one of those resourceful, unassuming farmers who gets on with the job without too much fanfare.

His family's nationally renowned dairy business, Ashgrove Cheese, was born from a recycled tin mine.

Today it employs 100 people across its factory and farms at Elizabeth Town in the state's north.

Mr Bennett, who has dedicated more than 60 years to advancing the Australian dairy industry in exports, research and premium branding, could not be prouder.

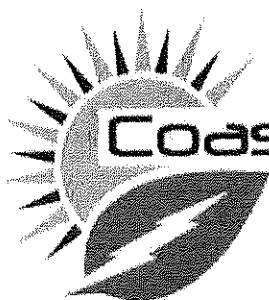
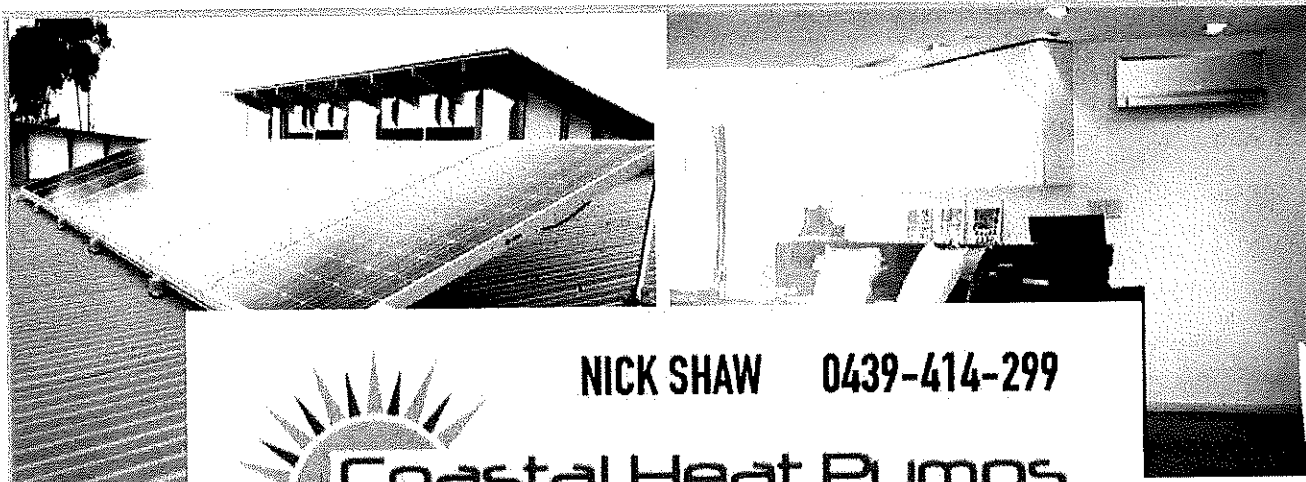
"It's all about community and that's what the Ashgrove Cheese factory is all about," he said.

"When it was established, the area had the lowest income in the nation and the highest unemployment.

"The destiny of Tasmania rests not with a few big

companies doing big things, but a few small companies like ours doing their little bit.
"And the community at large supporting them."

<http://www.abc.net.au/news/rural/2017-08-16/abc-rural-farmer-of-the-year-awards-2017/8798382>



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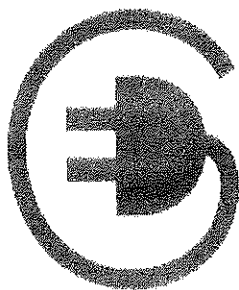
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Nepal

Heath Titley is the grandson of lifelong St Marys resident Jeff Morris. Heath has travelled to Nepal on numerous occasions, and established a coffee plantation working with, and for, the Nepalese people.

On April 25th 2015 a 7.8 magnitude earthquake struck Nepal. The result of the country's worst earthquake in over 80 years was the loss of more than 8,800 lives, and over half a million homes destroyed. This was followed weeks later by a second tremor that caused further death and destruction. Heath and his partner Candice were not in Nepal when the earthquake struck, however they learned that the coffee plantation and associated buildings were totally destroyed.

During their past visits to Nepal, Heath and Candice sent emails to Heath's mother Virginia, Jeff Morris's daughter. Virginia lives in Melbourne and the following excerpts are taken from the emails sent to her. These emails were edited for publication by Robert Jones of St Marys.

Heath writes: Rabies

We had to race a day or so early from Chitwan due to finding out Candice had possible exposure to rabies. Now don't jump to any conclusions, she wasn't frothing at the mouth before we decided to do anything. This was due to a bat bite / lick on an open wound, the wound caused by an injection back home for TB (who would have thought prevention would be the cause of a significant risk?). So after Candice called the doctor at the Ciwec Clinic in Kathmandu they said for us to get to Kathmandu straight away. We left Chitwan the next day, causing a big rush at the school to farewell us appropriately with flowers, certificates, red tikka paint on foreheads and presents. We again received the same treatment when leaving our home we had been staying in for four weeks. It was like a movie goodbye, looking out the back of the taxi, waving to all the people in the village.

Now with our gear crammed in the back of a well worn Toyota taxi, we departed hot Chitwan on the pot holed road that we had become accustomed to on our motorbike. After a seven hour trip with a young, inexperienced driver, going up hills, overtaking trucks, with oncoming traffic, he was doing 25kph in fourth (sometimes fifth) gear. It felt like eternity on the other side of the road made more evident by massive trucks speeding along directly towards us. To make matters worse, Candice and I witnessed six overturned buses and trucks on our journey to Kathmandu.

Finally arriving in Kathmandu, with the extra hassle of the driver not knowing how to get around the city as he was a country boy, Candice and I changed taxis to a more experienced city driver who drove us to the clinic. We lifted ourselves, with weary unstretched legs, out of the taxi and with our gear on our backs made our way through the guarded gates and into the air conditioned Ciwec Clinic. It smelt like a real doctor's surgery and the people were smiley, efficient and professional which was a welcome relief. We had cold water provided for us while Candice filled out the necessary paperwork. After more than \$US1000 later, and one big 7.7ml injection into the infected area, Candice smiled, with tears of relief in her eyes. I also received a pre-exposure vaccine injection, however this was a lot cheaper, and we are both still receiving the course, getting our last one in a couple of days.

After the drama had passed, Candice and I spent a little over a week in Thamel, Kathmandu, staying in a hotel with hot water, soft bed, privacy and no animals in the room!!

Sickness

Before the meeting could occur, I ate something (either lettuce or a mango) that gave me a dose of diarrhoea! I put up with it for 24 hours before Candice convinced me to take some tablets. She went to the pharmacist believing that Nepali pharmacists would know best about Nepali illnesses, and purchased some antibiotics after explaining my condition. Unfortunately, this thinking was incorrect and as it turns out, 80% of foreigners contracting diarrhoea do so due to bacterial infection that the Nepali are immune to. After five more days of upset stomach, I gave up and went to the Ciwec Clinic for testing and received the correct antibiotics for my foreign belly, and was better in less than 24 hours!

Trekking

So as Candice explained, I didn't end up doing the Everest Base Camp trek due to bad weather, and am kind of glad I didn't as the Lukla airport at the foot of the mountain is notoriously bad, and many planes have crashed - scary. Also a small plane on route to Lukla was diverted and crashed a few weeks before my trip, which made it even scarier. So I was relieved that we didn't take any unnecessary risks.

So I guess if you know what trekking is like, it's pretty boring really (Stu and Arnit know what I mean), every day walking up and down for anywhere between four and eight hours a day! I got to see many magnificent sights though when I stopped, and got some really great pictures. I had this chance as I mainly trekked by myself the whole time, as I was a lot

Cont. p16



Heath (left) and trek guide

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faster than the rest of the group. This allowed me to take necessary 'Snickers breaks', and lots of awesome photos of different mountain peaks, gullies, rice paddy fields, villages, waterfalls and rivers. The highlight of the trip though, I must say, was reaching Annapurna Base Camp (ABC) approximately 4200m above sea level. This was a great achievement for me and the Sherpa Biaris, as we beat the rest of the group by at least three hours! I must say though breathing is quite difficult up there, although I wasn't susceptible to Acute Mountain Sickness like some of the other trekkers in the group. So after reaching ABC we all went to bed early; the next morning we got up at 5am and had the chance to take some great photos of mountain peaks including Annapurna South, Annapurna I and Macchapuchrie, which are all close to or over 8000m high. This opportunity only lasted 15 minutes though before the clouds rose from the valley again, and we were surrounded by whiteness and nothing could be seen. We were told that we were lucky as many had come before us in the last few weeks and seen nothing. I will post a photo of me and the trekking guide, for everyone to see. After getting some awesome pictures and reaching the pinnacle of our trip, we made our way back down the mountain, which included on the last day, going down over 8000 steps (or rocks made to be like steps) which made for interesting times, especially in the wet.

Snakes

Ranjan and I travelled to the market on his motorbike. Ranjan spotted something in the tree, as birds were circling. He was like 'Heath, maybe a snake in the tree.' I was thinking yeah right. Anyway on our return from the market sure enough, two locals were up in the tree trying to catch the python which was probably looking for birds' eggs. It dropped from the tree and Ranjan and I cornered it quickly and caught it. So much fun. (Mum don't worry, it's not venomous.)

Heath's 10 simple rules for driving in Nepal

1. When getting in your vehicle, make sure you are in the correct mindset to be as annoying as possible on the road (if there is one) for the day. Keep this in mind and apply to the following situations or strategies:
2. Drive down the road as fast or as slow as you like, and keep in mind there are no road markings so you can drive down the left or right hand side, it's up to you.
3. Drive as close as possible to pedestrians. Taxis, this is especially important, so you can hit or slightly injure a person whilst still asking 'Taxi, you need a taxi.'
4. Frequently stop wherever you need, others behind you aren't in any real hurry.
5. Use your horn as much as and as repeatedly as possible, even when not required. Just leave your hand on the damn thing! Note - bigger, much louder after market horns are much more fun.
6. Turn into oncoming traffic when required. Don't wait, just pretend you didn't see that vehicle. Other drivers don't really mind throwing on their brakes.
7. Whether a car, truck or bike swerve wherever required in order to avoid pot holes. In the event of oncoming traffic, simply flash your lights before getting to the other side.
8. Don't use your mirrors EVER and when overtaking a slower vehicle be sure to look over your shoulder at the other driver, or anything interesting for as long as required, the car will drive itself.
9. Play chicken with anything that's in your way, it's fun! That includes any livestock on the road, apart from cows of course.
10. Smile and enjoy the experience!!



Candice writes:

Heath urges the bike straight over large rocks, ruts, puddles and bridges where concrete has stood tall while the road leading to it has not. There are some sort of speed bumps in the gravel road along the way that barely serve to slow us down, as they can't be seen until we are bumping over them. Someone has dumped a load of rocks to fix the road in the middle of it, leaving the traffic to flatten in out for now.

We walk through the gate past an electric fence that is on at night to keep rhinos and wild elephants from the village - when the power is on at least. Our village, we are told, is safe from rhinos because of the canal surrounding it, but others are not so lucky.

The wheel rutted path forces its way through the trees, with their overhanging canopy.

The kitchen is leant up against the concrete house and is made of

straw, bamboo and mud. It has a dirt floor, clay wood fire over to one side, electric rice cooker, gas stove with pressure cooker pot on top, a shelf for plates and bowls, and one cupboard. Swapna peels potatoes on the floor of the hallway and slices them into pieces using a sickle facing upwards, held still by her foot an pushing the potato onto the blade. There is electricity tonight so no need for a candle in the room, but I need to take my torch to the outside toilet. I put on my thongs always left at the front step, and slip slowly to the outhouse as the path is muddy, sloping and wet from the rain. I have fallen in the mud on this trip before. A path has been started with rock here but is not yet finished. *Cont. p18*

40 YEARS ALONG THE TRACK.....



Volunteers are irreplaceable

Over the 40 years since the Valley Voice's inception, there have been many wonderful volunteers, without whom this publication would not have been able to continue.

The photos on this page are just *some* of those people. The photos are earlier shots of:

Top l/r: Mary Targett, Heather Lodge, Bettie Sumner, Audrey Wright, Jill Faulkner.

Centre l/r: Marj Oliver, Sharyn Binns, Ron Sumner, Maureen Bushing, Judy Spilsbury, Kerin Glatte, Margaret Bullock, Heather Gillies, Lisa Bean, Kathryn Brown,

Bottom : Jos Lynch, Eiko (Judy) Waller.

As featured in
The Valley and
East Coast
Voice 2008

School

We walk the children to school every morning and hold hands until the muddy path requires us to let go to balance or take a narrow piece of path that still has a bit of grass left, to stop us sinking into the mud! We go to school from 6am until 10.30am (school finishes at 11am), and try to teach lessons from books the students have, but can't explain english concepts in Nepali.

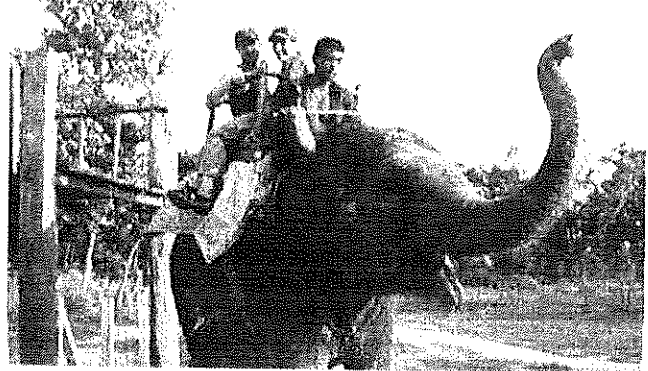
Grade 1 class, which we teach double lessons to (40 + 40 minutes is way too long for little children I think), are supposed to learn how to hold a pencil, but they don't have a pencil or it's too short a pencil to learn how to hold properly. We bought pencils for this class and asked them to read the alphabet for them, so hopefully we can help more with this class now they have pencils.

There are some really lovely children who have taken us for walks, and bring us lollies, and do my hair, and give me flowers, and fight over holding my hand (one day I actually fell over from being pulled in different directions!).

Just in the last few days we have learned a lot about the projects Ranjan wants to do and has started in the village.

We are taking photos and will make a website for him to show this as he requires much funding for this work. There is a toilet project, goats and buffalos for families, trying to make a school for poor families in the village, community forest (given by government to manage to make money to help fix roads etc), women's education for reading and sewing, bio gas, and other education for business opportunities other than logging or poaching. To put it in perspective, I was reading in the newspaper (I found one with an english crossword!) that there is 23% middle class in Nepal (according to the Asian Development Bank) who spend \$US2-20 per

day, and only 0.34 upper class earning more than \$US20 a day.



Festivals

This week, our second week here, has been the start of the festival season with holidays on Tuesday and Wednesday for a festival wherein Brahmins replace the notifiable string they wear. Others wear wrist string for protection, and Wednesday was Gai Jatra (Gai meaning cow), a festival for worshipping and feeding cows. It was also Mohan's two daughters' birthday celebrations on Tuesday and we were lucky to be here to be involved. There were many family members visiting all day, and a party in the evening where presents were bought (we got some water colours and I actually managed to find gift wrapping down the road). Tika (the red dot on the forehead) was performed, and cake before tea - what a good idea! The men sat in another room and drank whiskey and ate chicken with old school notebook pages for napkins, while the children played and the women cooked.

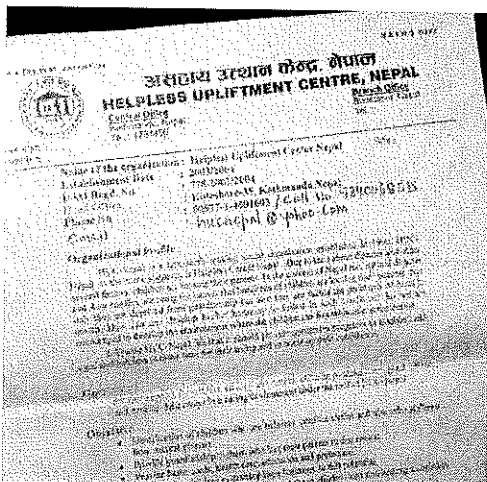
Yesterday Heath and I visited Patan Durbar square which is an amazing temple complex. We enjoyed finding the place on foot, looking through the excellent museum, eating at the restaurant, learning about how the amazing brass sculptures are made and walking the back streets of the square to find them actually being made for real!

We watched some sort of procession from the roof top restaurant, with people playing music and dressed in masks and costumes.

We have also seen a street festival here in Thamel (there is lots of hype about Nepal Tourism in 2011), so this was part of that warm up. There were lots of coloured lights hung above the street and food out on the road. Traffic was banned for a few blocks this night, and it was so nice to be able to walk. There was face painting and portraits, and massive offerings, and dancing in the street and music. It was magical.

Tomorrow we are off to Nargakot which is at an elevation of 2000m, and there are supposed to be nice mountain views on a clear day - fingers crossed. The weather has been a lot nicer in the last few weeks with much less rain, as the monsoon has cleared. We will attempt to see mountain sunsets and sunrises before heading off back to Koteshwor (Tinkune) to the homestay where we have been invited to return to for Dashain Festival. We will miss the biggest part of the 10 day festival as we fly out before the last few days, but I'm kinda relieved we don't have to decide whether to go and see the animal sacrifices on the 8th day!

Today I went with Swapna by bicycle over very rocky roads, collecting money for a community loans scheme. We got stuck in monsoonal rain and sheltered in the nearest house, which was a straw hut about 3m by about 8m. I'm not very good with sizes, but it was quite small. It housed eight people and I was given a banana by one of the students from school whose house it was. She giggled at her 'miss' coming to visit! We then



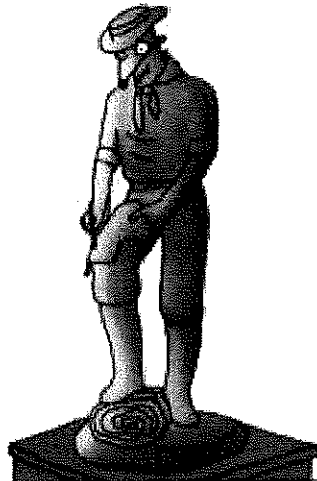
went to another house where I sat in the semi dark for about 20 minutes before feeling something alive at my ankles under the bench. After quickly moving my leg I took a reluctant glance under the seat to see a baby goat stretching out under there. I gave it a pat with a sigh of relief, it wasn't a reptile or big insect of some sort. We talk about how lovely it is to hear the rain on a tin roof, but I think it's lovelier to hear it on a grass one, although I wouldn't want one as apparently

Cont. p20

Are Australia's proud memorials to racism under threat from leftwing fascists?

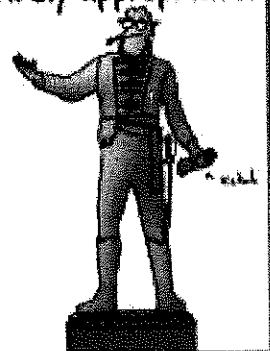
Welcome to Australia where our public spaces are jammed with monuments celebrating brutal racist mass murderers from white settler history. Is it time to look at our own version of Confederate Statues here in Australia? Yes it is.

On Collins St "the father of Melbourne" John Batman is remembered with a statue. He has an electorate, parks and streets named after him and is known from various records as being a vile thief and a mass murderer.

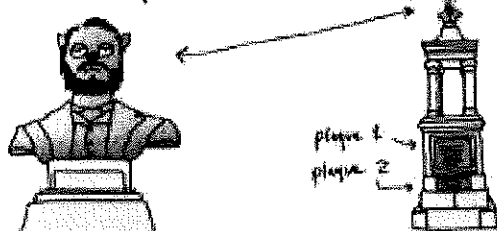


Governor Lachlan Macquarie's name is all over everything in NSW and so is the blood he spilled. He has a library named after him, a university and even a merchant bank although that seems entirely appropriate.

Macquarie was responsible for various atrocities not limited to massacres of Aboriginal people and the abduction of Aboriginal children.

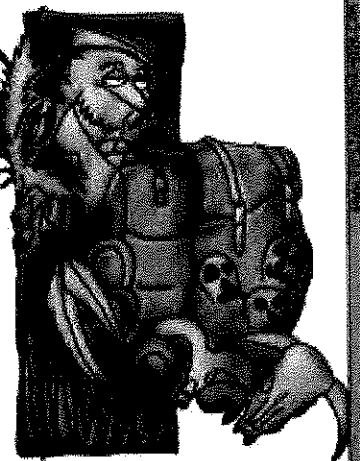


The Explorers' Monument in Fremantle WA commemorates explorer Maitland Brown and his friends. The plaque describes how they were "attacked at night by treacherous natives". A punitive massacre ensued.



In 1993 the local Aboriginal people were allowed to have a plaque placed beneath the first which gave their side of the story.

Angus McMillan, a murderous Scotsman is commemorated in a bas relief in Sale, Victoria. He wears a jaunty tam o' shanter, and is festooned with thistle and eucalyptus. In a nod to his homicidal legacy his saddle bags appear to be stuffed with human skulls.



The NT Freemasons have a lodge named after Paul Foelsche a photographer, police officer and brutal genocidal maniac who engineered the deaths of hundreds of people.

Northern Territory Freemasons also erected a statue in Alice Springs of John McDouall Stuart holding a gun. He's an explorer known for shooting numerous Aboriginal people whose descendants live in Alice Springs.



When it comes to the inevitable discussion of these monuments I am sure we can look forward to a lot of whitesplaining, alt-reich whining, hurt racist feelings, anger and denial. But one day we will see these celebrations of our genocidal history toppled. One day.



first Aboriginal man

it will start to leak after three hours. We went to another house and I watched a two year old eat food off the back of a CD.

Nepal: Arrived at the airport after the flight over the mountains, amazing views again seeing peaks of snowy mountains poke through the clouds.

Within one hour of arriving, we were at HUC (Helpless Upliftment Centre), which is the orphan home that Mohan is involved with (not the one where we are going later) playing soccer with the children with bricks for goals. Nine very sweet children. Showed them Tasmania on their map and was comforted by one of them letting me know that I was only 12cm away from home!

Let's start with food! On the first Friday we were here, we decided to try and cook chicken for the kids. The state of affairs at the children's home was not too good, and often the eldest had to cook whatever vegetables could be found (or not), so we thought it was a good idea to give it a go. Heath bought chicken from the local butcher who blow torched the carcass before chopping every bit of the chicken into pieces. I pulled out the recipe I had copied down from Chitwan and tried to convince the kids - who were telling me put this here and that there - that we wanted to cook it for them so they could play and that we knew what we were doing. As it turns out, the adults did arrive at the home this evening just when tea was ready with their families in tow, so we ended up feeding nine children, ourselves and four other adults with 2kg of chicken, rice and dahl. The dahl was made by the kids because we haven't learned the pressure cooker and measurements etc.

We eat Dal Baht every day with curry and chutney, which is quite nice. Yesterday I was taught how to make yummy chicken so hopefully I can make it for you at home. We have chicken twice a week. Tomorrow is school, and then tomorrow night we are staying in the jungle tower to watch for animals overnight. We saw it yesterday and thank goodness it is quite high!



Patan Durbar square

People watch the soccer through our window which has to be open because it's so hot. We don't even know they are there at night time until something happens in the game and we hear a noise right near us! The kitchen is a lean-to of straw with a dirt floor, quite dark, with a clay fire oven and a gas one. The parents are in the older straw house above the buffalo, cow and goats right beside them.

I started asking how we could take our bags on the bike as they were big and heavy, and was instructed on how to live a simple life, like Nepali people. We dumped all non-essential items, and travelled to Chitwan on the back of a Honda Hero with only one bag between us. Not sure what

the deal was with all that, but in the end it was a fantastic experience although very tiring and long - nine hours riding! We arrived at the hotel where Ranjan is employed and transferred to a jeep for about 10km to his home, wondering what sort of place we were staying in. We were greeted by his family with flowers and a white scarf, and a Nepali hat for Heath which didn't fit his head. It was very nice. We lay down and I proceeded to feel sick, then vomited within a few hours I think from the heat from riding all day. Lesson number one via hand signals from the mother of the house - Aama = mother, I think - 'Please don't vomit in the toilet, do it in the garden.' There was a big snake beside the house on this first night, but we were told this is not very often. There are also frogs at night, and geckos, and we had a bat in the room the first few nights. The first I knew about it was when it was on my arm, and I woke up brushing it off. I think it got hit by the fan! Our mosquito nets were no good, as the wrong anchoring points were used and they were too small, but after the bat incident we asked for and borrowed another one. Power is out for many hours at a time, and it is so hot. Today 39 degrees on my thermometer.

We are drinking plenty. At our house there are goats, buffalos and cows. We drink the milk from the cow and buffalo, and there is maize and rice drying out the front every day. It is harvest time and yesterday we helped to bunch rice seedlings to be replanted, though I don't think we helped too much because we only did it for a little while.

Saturday was the real Teej. My host's wife was fasting today, but at least was taking water, fruit and curd. We dressed again in red saris and the rest of the outfit, and headed out to Pashupatinath, a temple which is the centre of this festival, with the wife and her two young daughters wearing red and pink glittery outfits.

We lined up in a rope queue for about an hour, probably more but I wasn't looking because I knew it would be ages and didn't want to think about it. Women sat to the side trying not to faint in the heat with no water for the day. Stretchers were there waiting for them, and I read in the newspaper that they were used by 30 people during the day. Others held their leafy offerings in their hands with much shaking, due to lack of water and nutrition.

We bought some offerings for the temple along the line, and gave donations to the disabled beggars taking advantage of the occasion, and the number of people passing them by forced to slow down.

As we drew nearer, we removed our shoes. With about 100 people left between us and the temple it was discovered by our host that I was not permitted to enter the temple, so I was removed from the line by a snappy, almost panicky man. Before I was able to think all this through, he took me to wait on the other side of the river where we could see the women all lining up. Here, we could also see bodies being washed and prepared for cremation, thus the interruption to my thoughts; women smiled excitedly, struggled with the waiting in queue, called out to each other across the river, while just below them on the steps leading to the river bodies were being washed. *Conc. p21*

I was surprised this was performed on such a public day. I asked Sadikshya if it was ok to sit here and watch, and were all the others on the steps family? She said it was fine and they were not family, just watching.

I saw some other tourists watching from the steps, some took photos while the people whose job it was to wash the feet and face, and remove the clothes underneath a covering cloth, struggled with one body to stop it slipping down the sloping concrete where they place the bodies, as he was wrapped in plastic.

Sadikshya was watching with open curiosity while I was sitting uncomfortably. I reached for her hand and held onto it, it was the only thing I could do to stop the tears dropping.

I appreciated that hand holding was normal custom for girls, as her sister yelled out from the other side to announce they were nearly inside the temple.

I never asked her what she thought about all this and wish I had but at the time, and in the days that followed, I

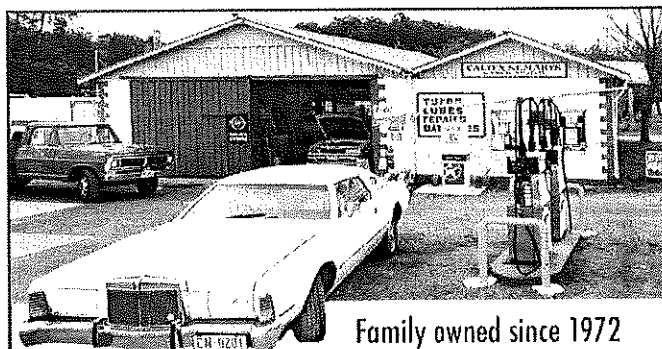
couldn't get over how normal this all seemed to be to everyone but me.

The contrast was overwhelming, and as usual I had no time to process this before they had finished and we were walking home through the crowds, buying dried fruit on the way, taking some family snaps, with more 'last chance' dancing at home with the girls after dinner. I was asked if I had taken photos from the other side of the river - how could I have taken out a camera?

Nepal, 2010



Women gather to light incense sticks and diyos (oil lamps) during the Teej festival in Pashupatinath Temple in Kathmandu



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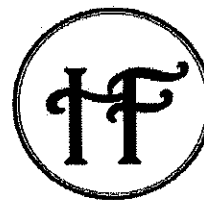
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The 1960 Valdivia earthquake or *Great Chilean earthquake* of 22 May is the most powerful earthquake ever recorded. Various studies have placed it at 9.4–9.6 on the moment magnitude scale. It occurred in the afternoon (19:11 GMT, 15:11 local time), and lasted approximately 10 minutes. The resulting tsunami affected southern Chile, Hawaii, Japan, the Philippines, eastern New Zealand, southeast Australia and the Aleutian Islands.

The epicentre of this megathrust earthquake was near Lumaco, approximately 570 kilometres south of Santiago, with Valdivia being the most affected city. The tremor caused localised tsunamis that severely battered the Chilean coast, with waves up to 25m. The main tsunami raced across the Pacific Ocean and devastated Hilo, Hawaii. Waves as high as 10.7m were recorded 10,000km from the epicentre, and as far away as Japan and the Philippines.

The death toll and monetary losses arising from this widespread disaster are not certain. Various estimates of the total number of fatalities from the earthquake and tsunamis have been published, ranging between 1,000 and 6,000 killed. Different sources have estimated the monetary cost ranged from US\$400m to 800m (or \$3.24b to \$6.48b today, adjusted for inflation).

The BETOOTTA ADVOCATE

CLANCY OVERELL | Editor |

Barnaby Joyce Under Fire For Accidentally Standing During Kiwi Anthem At Bledisloe Match

Australian Deputy Prime Minister and dual-Kiwi-citizen Barnaby Joyce has come under fire this morning after he was seen sub-consciously standing up for the New Zealand national anthem at the All Blacks match against the Wallabies last night.

Having this week been dubbed the Member for New Zealand, Mr Joyce has only made things worse for himself by forgetting that he wasn't meant to be cheering the All Blacks.

A spokesperson from Mr Joyce's office says it was purely a result of bad timing, as the MP was simply adjusting his Tamworth merino wool boxer shorts.

"He didn't mean to stand up. Any allegations that he was singing the national anthem, including the Maori verse, are

Fake News. Also any allegations that his 'mana was pumping' during the All Blacks haka are also fake news"

This comes just days after the Member for New England and 13 year veteran of Federal politics was seen in the Maroubra Police Citizen Youth Club polishing up on his haka with other local Kiwi kids.

National Party staffers close to Mr Joyce say that the Deputy PM has been able to find at least a few positives in this week's revelations surrounding his dual-citizenship.

"Firstly, I think he is excited to finally support a winning rugby team," said one advisor. "Albies, the Waratahs, The Wallabies. His usual teams having been doing much for him. At least now he can claim the Highlanders and The ABs"

It is also believed that Mr Joyce is rel-

ishing in the fact that, if he felt the need to marry a bloke, he would be able to do so – under New Zealand law.

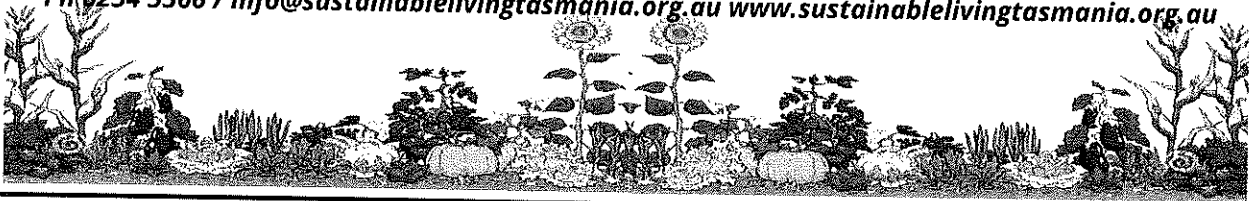
A venue owner in the South Brisbane suburb of Logan has today leaked photos of the Deputy PM drinking a long neck of New Zealand lager out of a wooden crate, while visiting a Kiwi bikie pub in South-East Queensland. This came shortly after GetUp campaigners accused him of trying to turn the central Queensland Adani Coal mine into a giant Hāngī.



Tasmania Planting Guide for August

Seed potatoes, Jerusalem artichokes, shallots, peas, broad beans, turnips, swedes, Asian brassicas, English spinach & potato onions. Sturdy young seedlings of cabbage cauliflower, celery, broccoli, lettuce, onion & leek.

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



LJ Hooker



Kate Walsh

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

Ph: (03) 6376 2300

Mobile: 0419 683 904

Email: kwalsk.sthelens@llh.com.au

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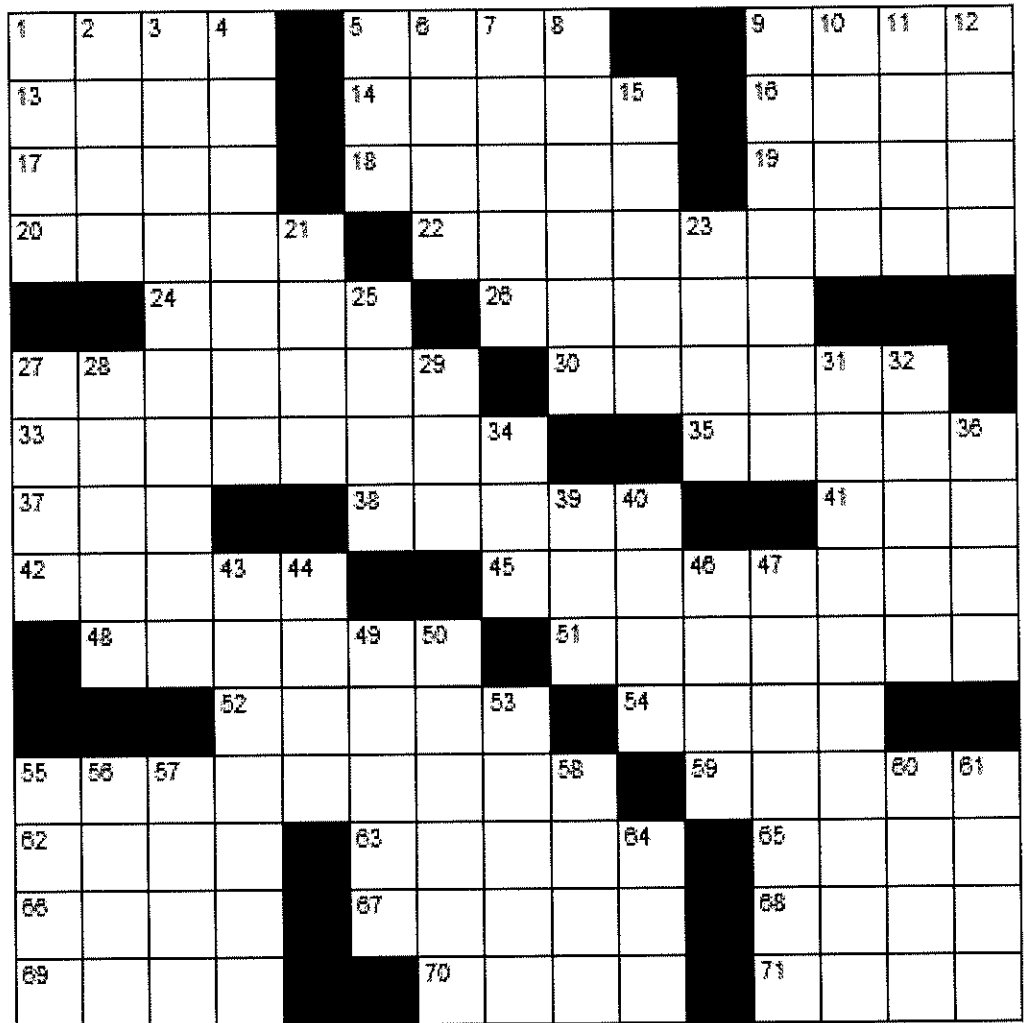
Ph 0401 497 199

Email hello@raywalker.it

Web <https://raywalker.it>

ACROSS

1. Helps
5. French for "Names"
9. An enclosure
13. Paper holder
14. Codeine source
16. Mining finds
17. Plateau
18. Latin name for our planet
19. Lairs
20. Spare
22. Talk terms
24. Edges
26. A pinnacle of ice
27. Give forth
30. Silicon dioxide
33. Dietary fiber
35. Blockages
37. Muzzle
38. Turbine part
41. Short sleep
42. Different
45. A kind of sideboard
48. Hit
51. Not later
52. Long stories
54. A mixture of cellulose fibers
55. Pounded (British spelling)
59. Female dog
62. Decorative case
63. Loads
65. Heap
66. Not first
67. Greek letter
68. Fly high
69. You (archaic)
70. Marsh plant
71. Terminates



DOWN

- | | | |
|----------------------------|-------------------------|----------------------------|
| 1. Crest | 21. Nanny | 44. Fully developed |
| 2. Holly | 23. After-bath powder | 46. Defeat decisively |
| 3. Deeply agitated | 25. Celebrity | 47. Oval |
| 4. Refraining from harming | 27. Therefore | 49. Slays |
| 5. Excluding | 28. Protective ditches | 50. Cream-filled pastry |
| 6. Not closed | 29. Conceit | 53. Marsh plant |
| 7. Bogs down | 31. Tantrum | 55. Fur |
| 8. Billows | 32. Staring intently | 56. Salt Lake state |
| 9. Will supplement | 34. And so forth | 57. Cogitate |
| 10. Region | 36. Box | 58. Greek territorial unit |
| 11. Lady's escort | 39. Mineral rock | 60. Attired |
| 12. Being | 40. Harvest | 61. Not his |
| 15. New Zealand | 43. A Christian recluse | 64. Unhappy |

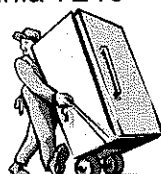
Solution on p27

Below: Last train leaving St Marys - 2008

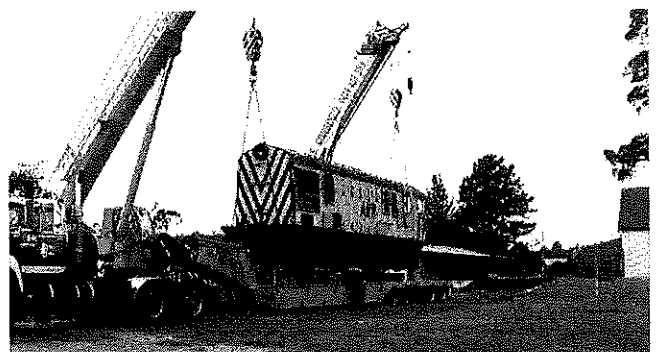
Ransley's Appliance Service

POB 136 Scamander Tasmania 7215

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



then you need the services of our technicians
6372 5307 / 0428 761 811



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

GP Surgery Hours
Monday - Friday

8:50 - 10am

(10 - 10:30am Reception closed)

10:30am - 12.30pm

(1 - 1:30pm Reception closed)

1:30 - 3:00pm

(3 - 3:30pm Reception closed)

3 - 4:30pm

Pathology Service – Bloods

There is no pathology service prior to 8.30am.

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

Pathology hours are 8.30 - 11am and 2 - 4pm, Monday-Friday

Doctors' Roster

Dr C Latt

24/8/17—8/9/17

Dr K Nash-Rawnsley

25/8, 29/8, 1/9, 5/9 & 8/9/17

Dr L Reeckman

Women's Health Clinic 24/8/17

**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.

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 over the weekend, 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

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

SMCHC Teaching Site

We are a **UTAS teaching site**.

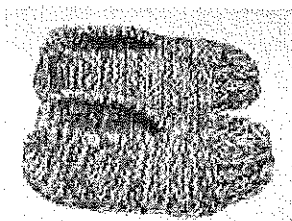
We regularly host students from various health faculties, who attend our site to participate in training placement. If you are attending this practice and would prefer the students do not sit in on your consultation, please inform reception prior to your appointment.

These placements are very important for the students, so your cooperation is greatly appreciated.

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.



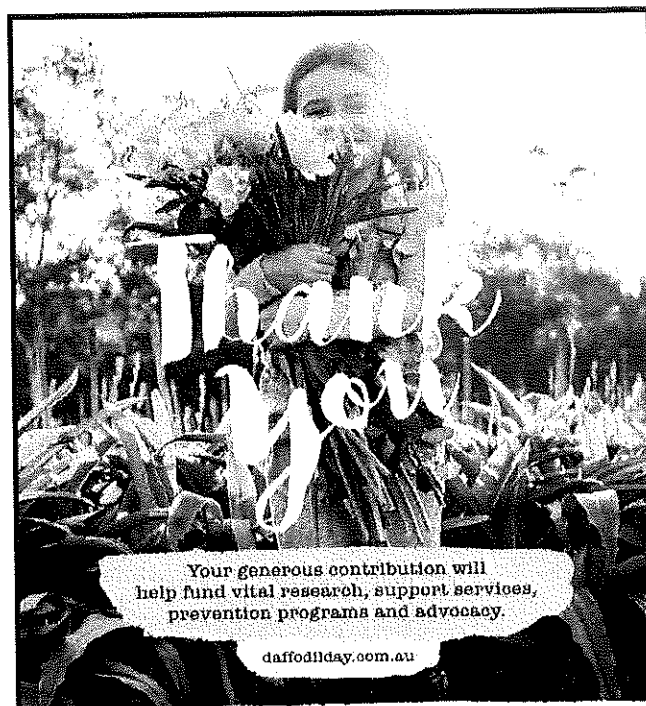
FOR SALE
KNITTED SLIPPERS
\$10 pair
Available from the
Reception Counter
at the Health Centre

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

What's on at the Centre

August 24	Adult Community Mental Health Worker 1:30pm – 3pm Social Worker Shan Williams Ph 6387 5555 for appts Women's Health Clinic Dr L Reeckman
August 25	Social Worker Shan Williams Ph 6387 5555 for appts
August 28	Max Employment 8:30am-5pm downstairs. Occupational Therapist Danyelle Briggs by referral from your Health Professional
August 29	Occupational Therapist Danyelle Briggs by referral from your Health Professional. Child Health Session with Mary Mumford Tuesday fortnights, by appt only. Ph 0428 136 381
August 30	Day Centre Call Hayley Gilbert on 6387 5555 for information on the group Rae & Partners Lawyers consult fortnightly at the SMCHC. Ph 6337 5555 for appts
August 31	Social Worker Shan Williams Ph 6387 5555 for appts Hub4Health Networking Meeting 10:30am-2pm in the Day Room 2nd Bite Delivery
September 1	Social Worker Shan Williams Ph 6387 5555 for appts
September 4	Occupational Therapist Danyelle Briggs by referral from your Health Professional. Hospital Auxiliary Meeting 2pm in the Family Room.
September 5	Podiatry North For appts ph 6336 5155.
September 6	Social Worker Shan Williams Ph 6387 5555 for appts TAZREACH Antenatal Clinic with Katie. Contact GP for appts Day Centre Call Hayley Gilbert on 6387 5555 for information on the group
September 7	Social Worker Shan Williams Ph 6387 5555 for appts 2nd Bite Delivery
September 8	Social Worker Shan Williams Ph 6387 5555 for appts

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



Daffodil Day 2017
Friday 25 August



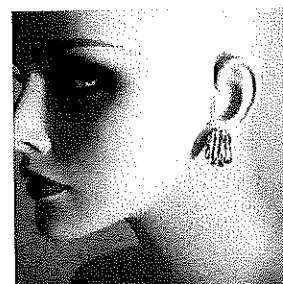
Cancer Council
Daffodil Day

**Daffodil Day Merchandise available from the
reception of the St Marys Health Centre -
Daffodil Pin \$5, Daffodil Pen \$6**

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



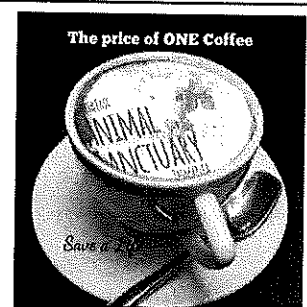
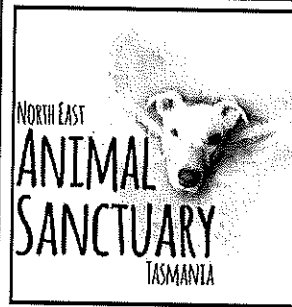
Pharmacist instore Monday to Friday

207 words of three letters or more were found in **PATRICIDE**



ace	crape	pare	
aced	crate	pared	
acid	crated	part	
acre	credit	parted	
acrid	crept	parti	redipt
act	cried	pat	repaid
acted	dacite	pate	retap
acter	dare	pater	rice
adept	dart	patricide	riced
aid	date	pea	rid
aide	dater	pear	ride
aider	dear	peat	rip
air	decart	pediatric	ripe
aired	depart	per	ripped
ape	depict	pert	riptide
aped	diaper	pet	rite
aper	dice	petard	rited
apt	dicer	pie	tad
apter	dicier	pied	tap
arc	die	pier	tape
arced	diet	pieta	taped
are	dip	pirate	taper
arid	dire	pirated	tapir
art	direct	pit	tar
ate	dirt	pita	tare
cad	drape	pitied	tarp
cadet	drip	pitier	tea
cadre	ear	prate	tear
cap	eat	prated	tepid
cape	edict	predict	terp
caped	edit	price	tic
caper	epic	priced	tide
capite	era	pride	tidier
capri	eta	pried	tie
car	ice	race	tied
card	iced	raced	tier
care	icer	radii	tip
cared	icier	raid	tipi
caret	ide	rap	tirade
carp	idea	rape	tire
carped	ipad	raped	tired
carpet	irate	rapid	trace
carpi	ire	rapt	traced
cart	ired	rat	trade
carted	pace	rate	trap
cat	paced	rated	tread
cater	pacer	react	triad
cedar	pact	read	triadic
cedi	pad	reap	tricep
cider	paid	recap	tried
cite	pair	red	trip
cited	paired	redact	tripe
crap	par	redip	

How many words of 3 letters or more can you find in **OBSEQUIOUSNESS**?
Answer next edition



To say our meets went well is putting it mildly. Both Pepper and Patch went really well with meeting their new families, so both started their trials today!! Bring on two weeks time when we finalise their adoptions !!! — feeling excited.



Black truly is beautiful! Come meet Nero, Marco (pictured), Marla or Ellen at the sanctuary today! They deserve love too!



ADOPT, DON'T SHOP

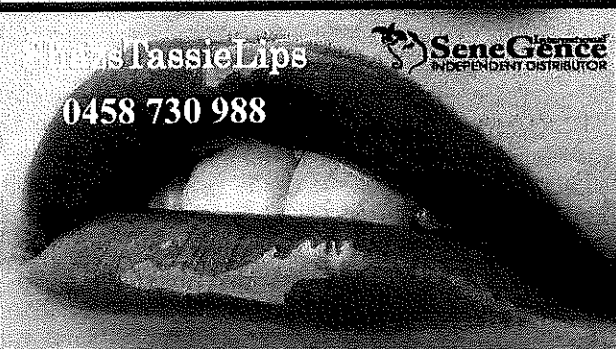
0457 081 533

michelle.jesson@bigpond.com

Puzzle: Three people are buried in the sand all facing forwards with their heads above ground. Each person has a hat placed on their head selected from a bag containing 3 red hats, and 2 black hats, and they knew the possible hat choices. They cannot turn around to see those behind them. The person at the back is asked what hat they are wearing. They reply 'I do not know'. The middle person is asked what hat they are wearing. They also reply 'I do not know'. The person at the front is then asked what hat they are wearing. They reply 'I am wearing a red hat'. How did they know? Answer next edition.



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- BLEED-PROOF
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- NOT TESTED ON ANIMALS

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Tasmania Way Back When

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



1960 The Tassie Team That Downed the 'Big V'

Back row (L-R): J Fitzallen, M Pascoe, S Morcom, I Hayes, J Ross, R Geard, D Parremore
Third row (L-R): N Conlan, G Smith, T Shadbolt, M Lawrence, G Mason, C Moore, B Strange, B Payne
Second row (L-R): J Pelham (Trainer), D Gale, K Sheehan, J Hawksley (Vice captain), J Metherell (Coach), S Spencer (Captain), A Webb, B Loring, D Lewis (Manager)
Front row (L-R): M Kelleher, M Steel, R Withers, D Leste



Max Walker - from Hobart

As a student he worked at the MCG as a maintenance man and scoreboard operator, and spent winter playing football and summer cricket. Eventually Walker's summer pursuits won out and he made his test debut in 1972, shortly after giving up his football career. Melbourne retained him on their senior list in 1973 but couldn't entice him back to play.

Max then moved to cricket and played 70 first-class games for Victoria and 38 Tests for Australia, taking 138 wickets as a medium-fast bowler. He played in 29 ODI's between 1974 and 1981, including matches during World Series Cricket from 1977 to 1979. His strange bowling action, particularly the way he moved his feet, earned Walker the nickname of "Tangles" or "Tanglefoot".

Walker was named a Member of the Order of Australia for service to cricket at a national and international level as a player and commentator, and to the community through a range of youth and social welfare organisations.



St Marys IGA Supermarket

38 Main Street 6372 2240

Butcher instore weekdays 8am - 2.30pm

6372 2274

Monday - Friday 7.30am - 7pm

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



Butchery specials August 23 - 29

p/kg

Boneless Leg Of Pork

11.99

Beef Stir Fry Strips

16.99

Lamb Shanks

10.99

Corned Silverside

8.99

Ingham Chicken Drumsticks

3.49

Butchery specials August 30 - September 5

p/kg

Pickled Pork

9.99

Forequarter Lamb Chops

12.99

Beef Casserole Steak

13.99

Blade Roast

13.99

Ingham Chicken Cuts

3.49

Two week specials August 23 - September 5

Continental Cup-A-Soup 2pk

1.00 save 1.37

Cadbury Favourites 320g

6.00 save 6.79

Tresemme Shampoo or Conditioner 900ml

5.25 save 5.74

Greens Pancake Shake 200g

1.20 save 1.20

Jiffy Fire Lighters 24pk

3.00 save 1.79

Peters Light & Creamy Slices 12pk

5.50 save 2.49

Continental Pasta & Sauce 85-105g

1.00 save 1.09

Kit-e-Kat Canned Cat Food 410g

1.25 save 0.44

Nanda Pasta Range 500g

0.87 save 0.88

Chum Canned Dog Food 1.2kg

2.50 save 0.77

St Marys Sports Centre Inc. Gray Road St Marys

President J Bianchi 0439 978 156

Friday 5 - 10pm 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 Bowling rink opens Friday September 8 at 5pm. Practice and a Bowls Meeting to be held that evening. All players and intending players please try to attend or contact Danni Turner or Glenn McDonald. Thank you. Again, a request for the return of shirts by past players, or if you do not need them could we have them for our new players. Thank you!

Golf news Results Saturday August 19 - Stroke Kodie 33 net, J Mac 38, G Mac 38, Peter 40, Steve 43, N/Pin J Mac on 7th. Golf starts 1pm each Saturday.

General news Our AGM is on Saturday August 26 at 3.30pm. **Jam Session Sunday** September 10 from 1pm. Tea, coffee and food available. Warm fire and heaps of laughs. **Chad Morgan Show** Sunday December 17 at 3pm. Posters will be up next week and some tickets will be available at club. Cost is \$20 to Chad. We have some we will raffle and we will sell the remainder. We will have gazebos up outside. And yes, he is 84 years old and still going strong

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St Marys
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Hilly's IGA St Helens
Hilly's IGA St Marys

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St Marys IGA
St Marys Newsagency

Shower Thoughts:

My adult years have made me question why anyone would go big when they could go home.

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