

\$1



THE VALLEY AND EAST COAST VOICE INC.

Established 1968

49.11 September 22, 2016

Deadline for 49.12 is 5pm October 3, 2016

Fingal District Progress Committee Inc. Invitation to the opening of the Fingal Railway Station Saturday October 29 at 11am

Come along and see history being brought back to life

The only other Federation Queen Anne style railway station building from this era is at St Marys but the railway line ends at Fingal, so the potential for the genuine train experience ends at Fingal.

Greater Esk Tourism, and the Northern Midlands and Break O'Day councils - along with the Local Government Association of Tasmania (LGAT) - are lobbying Government and TasRail to permit a steam train to come to the Fingal Valley Festival each year.

A group of us are meeting with the Minister on Friday September 23.



Break O'Day Council wins Building Surveying Team of the Year, Tasmania

September 19, 2016

Break O'Day Council's Building Surveying Team edged out other industry hopefuls to take out the Best Building Surveying Team of the Year, Tasmania. The announcement was made on September 16 at Wrest Point Casino, Hobart.



More on p17

'A Sporting History of Avoca District'

'A Sporting History of Avoca District' exhibition, to be officially opened by Brian Mitchell MP at the Avoca Spring Festival, will be open for six months - so if you miss the opening you can still view this excellent exhibition.



Happy Birthday, Building Blocks!

More on p10

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Advertising rates

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

Community announcements are free. Private classified ads 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. For online advertising, contact the Editor.

MANY THANKS to everyone who has contributed to this edition of the Valley and East Coast Voice Inc. Articles are always welcome, but we do not accept responsibility for the accuracy of information provided by contributors! Opinions expressed are not necessarily those of the editor or volunteer staff.

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 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.

Community Notices

Community notices must include the name, position, town of residence and contact number of the authorised representative.

Notice to non-profit groups re changes to advertising rates: Half a page or more will cost 50% of the regular advertising charge. To establish eligibility, ABN / IA details need to be produced.

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

Meals on Wheels Annual General Meeting

November 17

Lundy Vosper, St Marys

The Break O'Day Woodcraft Guild & Men's Shed will hold its **AGM** on **September 28**, 2016 at 11am. The Guild is situated at Lot 1 Esk Highway St Marys.

Wendy Brennan (Secretary) 6372 2094. All Welcome.

The Valley and East Coast Voice Inc. Annual General Meeting will now be held on **October 5 at 3.30pm** in the Salvation Army Hall, Main Street St Marys. All positions will be declared vacant. All interested people are welcome.

Wendy Dawson (Public Officer) 0403 430 452

St Marys Hospital Auxiliary Annual General Meeting will be held on **October 3**, 2016 at the St Marys Community Health Centre at 2pm. New members are required and are most welcome to attend.

Kevin Faulkner (Secretary)

BODRA AGM Please set aside a small amount of time on Thursday October 13, 2016 from 5.30 - 6.15pm to come along and have your say. New Committee to be selected, future meetings to be set and outlines for next year's events to be formed.

See you from 5.25pm at St Marys Post Office - light refreshments provided.

Current paid-up Members have voting rights; all welcome. Any queries - please email by return or call Michelle on 0407 046 865.

Michelle Kaal (Secretary)

Cornwall Community Development Group Inc. are holding Christmas Carols on December 18, 2016.

If anyone would like to perform a carol for us could you please contact *Debbie or Raz on 6372 2261.*

Bingo is held every Monday, doors open at 6pm eyes down at 7pm in the Cornwall Hall. **2 jackpots** - come and enjoy a friendly night out with a free cuppa and cake at half time. All welcome.

Elephant Pass Road scheduled closure:

Tuesday September 27 from 6am to 6pm, between Mount Elephant Pancakes and the Tasman Highway junction, for essential maintenance works.

Motorists will be detoured via St Marys Pass.

Dave Richardson - 6777 1948

Community Notices

Fingal Valley Neighbourhood House Inc.

Talbot St Fingal

6374 2344 / admin@fvnh.org.au



Evandale Market

Sunday 11th September. Leave FVNH 8am.

Bus Fare: \$10.

Kids Paradise

Thursday September 29. Leave FVNH 9.30am. Entry Fee \$9, Macdonald's \$5 limit. Free bus. Parents pay Kids Paradise & MacDonalds. Book before Wednesday September 21. BYO Lunch and plenty to drink.

Laser Tag

Wednesday October 5. Leave FVNH 9.30am. Parents pay Laser Tag, MacDonaldis \$5 limit. Free bus. Book before Friday September 30. BYO lunch and plenty to drink.

A.G.M

Wednesday September 14, 7pm at the FVNH.

Nomination forms are available at FVNH for President, Treasurer, Committee Member.

Kitchen Closure

Closed due to renovations, will resume when renovations completed.

Contact the FVNH on 6374 2344 or call into Office for more information on these trips and A.G.M. Office hours are from 9am - 3pm Monday to Friday.

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

Australia Day Awards

Each year we celebrate the achievements and contributions that community members make to create a better place for us to live, work and play –

nominations are now open for Australian Citizen of the Year and Young Citizen of the Year.

Application forms can be downloaded from Council's website www.bodc.tas.gov.au or contact Council on 6376 7900 / admin@bodc.tas.gov.au

Applications close Wednesday December 21, 2016.



We are searching the family history of **Emma Walker** (born 25-6-1851) who married **Charles Henry Oliver** on 30-6-1867. Charles died in 1898, in St Marys. Emma died on 12th May 1942, in St Marys.

I am also trying to track descendants of **Hannah (Annie) Walker** - born 1861, in St Marys - who married **Charles Richards** in 1877 at the Cullenswood Church, St Marys. Annie lived to 100, and lived in St Helens in later years. She died in 1961.

Thanks.

Gage Kidd, St Leonards 29 Benvenue Rd, St Leonards, Tas 7250
golden_cameo@hotmail.com



LAUNCESTON
COMMUNITY
LEGAL
CENTRE

Launceston Community Legal Centre's solicitor will be giving free Community Legal Education talks on "Before Death / After Death, things you need to know!" at Campbell Town Community Health Centre on Wednesday September 28, 2016 at 10am. The talk will go for about an hour and there will be a light morning tea afterwards.

There will be another talk at the St Helens Neighbourhood House on **Wednesday October 12, 2016** at 11am on "Consumer Law and you" dealing with contracts, rights, pitfalls and solutions.

These talks are invaluable and everyone who attends them learns something useful. This is a great opportunity for the community to get good information direct from a lawyer, and we look forward to seeing many people there on the day.

Launceston Community Legal Centre solicitors are available to give talks on a range of community and personal issues to any group.

For more information and to book a solicitor to talk to your group please phone 6334 1577

COACHING APPLICATIONS 2017

All coaching positions are now open for application
U12s, U14s & U16s.

Level 1 coaches certificate plus working with children, can be applied for after application is successful. Coaching courses will be run pre-season. Applications close October 27

To: **The Secretary, East Coast Giants Junior Football Club, 18 Highcrest Ave, Binalong Bay 7216**

OR pkdakin@bigpond.com.au



Annual General Meeting

November 10, 5pm at the Scamander Sporting Complex.

All Board positions - President, Vice President, Secretary, Treasurer and committee members. All new members welcome to apply.

Email the secretary for nomination form to be filled and returned 14 days prior to the AGM.

There is a membership fee \$5.

The Secretary

**East Coast Giants Junior Football Club
18 Highcrest Ave**

Binalong Bay 7216

OR pkdakin@bigpond.com.au



Community Notices

Calling all fundraisers looking for a new project

2nd meeting of people interested in fundraising for a Regional Park in St Marys including a Skate Ramp

On the 2nd September, the first meeting of a group of interested parties was held at the Mt Elephant Fudge Cafe. Some great ideas were put forward and there were a number of issues to follow up on. The regional park remains a long term goal, and more interested parties are needed to join with us to make this a success for the youth and younger kids of the Fingal Valley.

We need as a community to provide the initial funding support, we already have some in kind donations and also pledged financial donations. If you know anyone who would like to pledge a financial donation please let me know. This will show that we have community backing for such a major project in our municipality.

I am convening this second meeting and hope to have some mums and dads present. The meeting will be held at Mt Elephant Fudge in Story Street St Marys commencing 5pm sharp on Friday October 21, 2016.

Please direct all initial enquires to Clr. Janet Drummond on 0404 562 320 or email janet.drummond@bodc.tas.gov.au



BICHENO ADHD PARENT SUPPORT GROUP 'Coffee and chat'



Do you have a child with ADHD?
(Hyperactive or Inattentive)

Do you suspect your child may have ADHD?

Come along and share information, triumphs and struggles in a supportive non-judgmental environment

Where: Bicheno Resource Centre, 94 Foster Street, Bicheno

When: Second Monday of the month

Time: 10am – 12pm

Contact: Deborah Gall

0477 210 573 / deborahgall98@gmail.com

Rossarden Progress Association Working Bees: Sat 15th + Sun 16th October, 10am start. The next RPA meeting is Monday October 10, 3pm at Marlene's. All welcome.

Avoca Market

will commence on November 3, 2016

from 9am to 2pm

every 2nd Saturday of the month

\$10 per stall

Stallholders welcome

Enquiries Shirley Freeman 6384 2129

Rossarden & Friends Kids Christmas Inc.



DISCO



Come in your 'ONESIES'

When: Saturday October 8 at the Hall

Time: 7 - 9pm

Cost: \$10 per family, bring a plate for supper
A free sausage sizzle in the park starts at 6pm

This is a family night. All children must be supervised.
No alcohol.

Positions vacant

Hospitality Staff needed - East Coast.

We are filling positions for Housekeeping, Bistro & Kitchen at Scamander Beach Hotel Motel. Phone (03) 6372 5255 / tascu137@gmail.com with resume.

Visit our website valleyvoice.com.au and look back over nine 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.


FREE
Child Restraint
Checks And Advice
WITH RACT



TUESDAY 27 SEPTEMBER 2016,
3:30-5:30pm, St Marys Child Care
Centre Tasmania, Gardiners Creek Rd,
St Marys

WEDNESDAY 28 SEPTEMBER 2016,
7:30-9am, Poss'm'agic Childcare
Centre, 10 Groom St, St Helens

- ✓ Receive advice and free checks from trained professionals
- ✓ Find out about the latest seat types and new safety features
- ✓ Learn how to make sure your children are as safe as possible in your vehicle

To find out more, please call Will Oakley on
6236 4308 or email education@ract.com.au

IN YOUR COMMUNITY by 

For Sale

Raspberry canes, good stock \$2. *Jack 6370 2034*

USED SHELVING and PANELS etc. in good order
Pegboard (painted beige one side) 4 / 1830 x 875mm - \$20ea. 80 / 875 x 625 mm (framed) - \$8ea. 100 / 1160 x 625mm (framed) - \$10ea.

Masonite panels (painted beige one side). 10 / 1530 x 875mm - \$5ea.. 10 / 700 x 350mm with 200mm backing, *sturdy wire mesh shelves* - \$8ea

30 / *metal panel sections* 875 x 625 - 15mm flange to edges. P/ coated beige. \$5ea.. (Cheaper job lots for some of the above).

Other mixed panels - Cheap.

Various sized boards & panels - chipboard, masonite etc. coated beige - sizes and prices on application - 6372 2626
Self Assembled Steel Racking - simple & sturdy -1380mm high, four racks (shelves) 1130 x 450mm - powder coated brown with stained particle board infils - \$160

Fluorescent light sections - \$8

Mobile Bread Stand - v/gd. con. - 5 sloping wire shelves (950 x 400) plus storage at bottom - \$120

Cane Sun Lounge - needs minor repair - \$40.

Pallet Jack - narrow tynes - incl. 2 / 50m x 19mm rolls metal strapping - Two strapping stands. Two sets of strainers - \$400 the lot.

6372 2626

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

Wanted

Wanted to buy, any **old dog rego tags** with a town name on them, will pay \$5 each, please phone (03) **6372 2570**

Windows, French doors and or trampoline.

Phone Adam or Bronwyn 6372 2755

Harris Funerals

St Helens, Bicheno & Fingal Valley

*We are here when you need us.
Burial or cremation, traditional or
unique funeral services available.*

Office & Chapel:

46 Tully Street St Helens

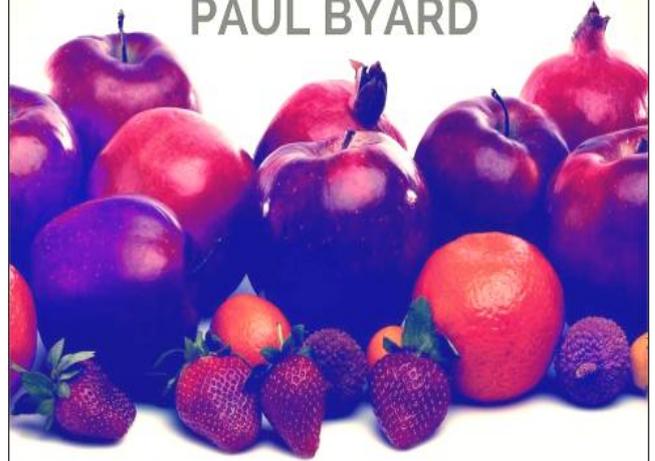
6376 1153 ~ 0418 133 420

tamara@harrisfunerals.com.au

Member of the
Australian Funeral Directors Association



STILL LIFE DRAWING CLASSES WITH RENOWNED ARTIST PAUL BYARD



St Marys Hall

Thursday 15th September 3.30-5.30pm

Saturday 1st October 1.30-3.30pm

Thursday 6th October 3.30-5.30pm



Bring your own materials
Cost: \$20 per class - members \$5
RSVP Michelle 0407 046 865
bodregionalarts@gmail.co

Ana's Hairdressing Salon



Master Hairdresser (28 years experience)

Open Monday, Tuesday, Wednesday, Thursday and Friday 9am 'till late

**MENS, LADIES
AND CHILDREN**

Look good - feel good

46 Main St, St Marys - 0448 532 531

(under 'St Marys Ana's Hairdressing Salon' in the white pages)

The Say, by Cagerattler

Why do people find it necessary to dump their trash in the bush? This past week just gone I was up on a well used forestry road when I noticed a whole bunch of white.

As I got closer it revealed itself as a bunch of household rubbish but also what must have been several of those foam vegetable / fish boxes (that was the white I could see from a distance). I was on that same track seven days before and it wasn't there then. They had been smashed up and bits were lying all over the place. as was a couple of dozen articles of general rubbish.

Back in July up on the top of Top Marshes Road I found a whole bunch of old bike parts (mostly) scattered across a small area not far off the road - all rusting away and a hazard for wildlife especially.

There is no excuse for this sort of dumping. It causes issues with native fauna and flora, and apart from being downright ugly is also dangerous.

As we head toward the warmer months, errant bottles, other glassware, paper and cardboard products become heat sources and fuel for starting bushfires.

How can people be so irresponsible?

It beggars belief. I hope the lazy, inconsiderate so and so's who do this get caught one day and are fined and prosecuted appropriately.

I ended up trying to clean up some of the discarded stuff last week, but fear that if I looked hard enough it's probably the tip of the iceberg.

I have seen it before, as have many others no doubt. If you do see anyone littering in the bush or roadside, dob them in.

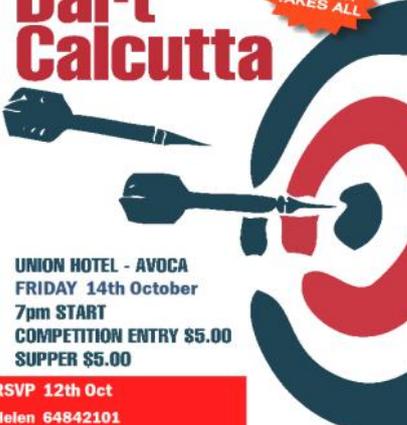
I certainly will, because it affects us all.

What do you think?

Rod McGiveron, St Marys



Dart Calcutta WINNER TAKES ALL



UNION HOTEL - AVOCA
FRIDAY 14th October
7pm START
COMPETITION ENTRY \$5.00
SUPPER \$5.00

RSVP 12th Oct
Helen 64842101

Hilly's IGA St Marys

Open 7 days a week



'think Hilly's, think convenience'

Pizzas made wholly in house,
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made fresh in-store.

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cooked to perfection.

Cookies fried chicken
and hot chips available 7 days.



Hilly's IGA St Marys and St Helens

'we stand for fresh'

EON EXPO 2016

Earth Ocean Network (EON) is set to launch its first EXPO to celebrate our beautiful and diverse natural environment. The November 5th- 6th event will run 10-5pm on Saturday and Sunday.

EON was established in 2010 to support local environmental projects. It raises money by selling second-hand books donated by generous people. All money raised goes back into the community.

All are welcome to the free weekend with a range of entertaining speakers, short films and interactive hubs.

Watch Deb Vogel create an exciting community arts project, utilising plastic waste and marine debris in a sculptural piece highlighting the negative impact of plastic on our environment.

Meet the Carter Family who took on the 'Zero Waste' challenge last September. How do they do it?



EON EXPO
*An Earth Ocean Network Initiative
Celebrating our Beautiful and Diverse
Natural Environment*

Free Entry
Sat 5th – Sun 6th November
Bicheno Hall 10-5pm
Fun Entertaining Informative

Where does recycling go? How much plastic and other contaminants are in our ocean? What is currently being done? What can be done?

Win prizes – Glass Bottom Boat and Penguin Tours, Nature World Passes

Hear a range of speakers. Cynthia Maxwell-Smith: 'What Happens to our Recycling'; Catriona Macleod: 'Pollution in our Oceans'; Dave Wise 'Little Penguins' and Leon Yates: 'Tasmanian Devils'.

Peruse the interactive display hubs. Decorate and record thoughts on penguin, devil and seabird templates, inspired by our local artist Vanessa Richardson from Waubs Bay Gallery.

At the end of each day artistic, international and inspiring films will be screened, with an exclusive preview of the *Teff – Tasmanian Eco Film Festival 2016* short films.

Lucky door prizes of local wildlife and adventure experiences.

Speakers on –
What Happens to Our Recycling?,
Pollution in our Oceans,
Changes to our Oceans,
No Waste Living,
Bicheno Fairy Penguins
& Tassie Devils

Teff – Tasmanian Eco Film Festival shorts
Community Art Project – Junk to Art
Q&A Panel – selection of speakers
Wombat Rehabilitation Program
REDMAP – Rare Marine Species Sightings
Invasive Species Displays
Kids Corner – Artwork and Ideas
Snake Rescue – Rehabilitating snakes

Shorebirds – Display and Information
Beautiful Bicheno – Marine Footage
Marine World challenges – mini clips
Plastics Alternatives
Lucky Door Prizes – Glass Bottom Boat,
Penguin Tours, Natureworld Passes
Email – earthoceannetwork@gmail.com

St Marys Sports Centre

Gray Road St Marys

Bar open *Thursday* 6 - 8pm *Friday* 6pm until close
Saturday 4pm onwards - warm fire, cheap prices
Sunday 1.30 - 4.30pm *Friday Happy Hour* 6.30 -
7.30pm with *Jag the Joker*, raffles and bar snacks

Licensee / treasurer *Jim Turner* 6372 2441
Interim secretary *Glenn McDonald* 6372 2429
President *Jacqui Bianchi* 0439 978 156
Vice President *Tamatha Grose* 0427 332 085
e: stmaryssportsctr@internode.on.net
<https://www.facebook.com/stmarysportscentreinc/>

Golf news Greens have all been cored etc. Misery bunker has almost been filled in, picking up sticks and bark ongoing. Our 'rake lady' was seen working very hard near Misery.

Trivia Night held on September 10. Well done Bluey Spilsbury for leading your team to victory. Liam and Steve - thanks for making up the numbers. Thanks also Macca and Blackie.

AFL Grand Final Saturday October 1, 2016 at 1300 hrs. Cold beer, cheap prices, warm fire. Footy food, 2 TVs. The wheel will be operating. Plenty of scallops for prizes. Bobby's team hanging in there.

Club Christmas Raffle We are having a raffle this year, with one major prize - watch this space for more info.

Bowls news Working Bee was held on Sunday 18, clean up of ground surrounding the bowls area was a great success. Looks great. Bowlers are required to pay their fees soon to allow affiliations to be paid by the club.

Melbourne Cup Luncheon Tuesday November 1, 2016 Champers & Cocktail Party for the ladies and partners. \$15 covers entry, 1 drink & 1 plate of Cup dainties. Starts 2pm, group bookings welcome. Neat dress, dress up or get the Cup clothes on.



I walked into Target, but I missed. I think the entrance to Target should have people splattered all around. And, when I finally get in, the guy says "Can I help you?"

"Just practicing."



C & D EXCAVATIONS

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

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



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Move to the bank with full banking products and great personal service.

St Helens/St Marys **Community Bank**[®] Branch will soon be part of Bendigo Bank's national **Community Bank**[®] network, which has contributed over \$140m back into their local communities.

Once opened, you will have access to great banking products like home loans, personal loans, credit cards, insurance, business banking, financial planning, rural banking, equipment finance, foreign exchange and more.

And with Bendigo Bank having won Business Bank of the Year four years running, as well as regularly topping the customer satisfaction results (Roy Morgan), you'll be joining one of Australia's leading financial institutions.

By moving your banking now, you will be directly supporting the St Helens/St Marys **Community Bank**[®] Project.

So, if you're not banking with us already, join us and be part of something bigger.

For all of your banking needs contact Tom Bassett at the local Bendigo Bank Agency in St Helens on 6376 1175 or phone Sarah Boutcher, Relationship Banker, on 0418 355 863.



bendigobank.com.au

St Helens/St Marys **Community Bank**[®] Project

The Building Blocks program celebrates **10** years



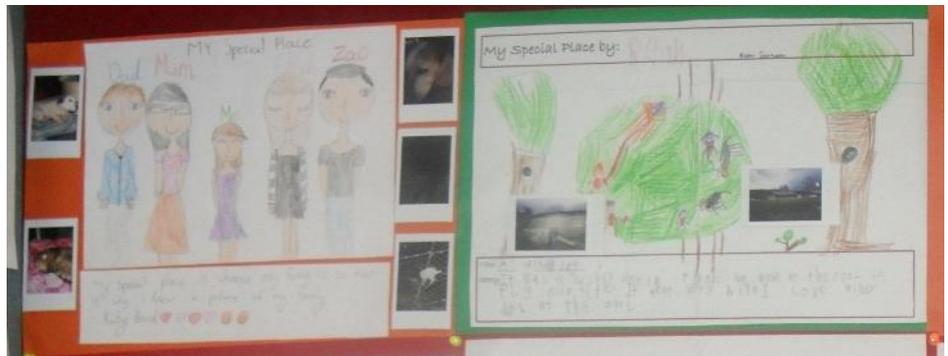
Since 2006, Building Blocks has been funded by the Australian Government Department of Social Services with the aim of improving outcomes for young children and families in North Eastern Tasmania.

We take our early childhood programs out on the road to communities in all parts of Break O'Day, including St Marys, Fingal, Mathinna, Falmouth, St Helens as well as Bicheno, Coles Bay, Winnaleah and Gladstone.

In September we have marked a special 10 year anniversary with a range of celebrations,

and the presentation of "My Special Place" - an art exhibition celebrating the voices of children from our community.

Events were held at the Break O'Day Child and Family Centre, Little Penguins Child Care in Bicheno, St Marys District School and Fingal, with over 160 people attending.



Many thanks to the following people who helped make it all happen: Natasha Speers (Building Blocks Support Worker), Hub4Health admin and board for their support, the team at Break O'Day Child and Family Centre, Nindarra and Clay for a beautiful Welcome to Country at St Helens, Rebecca Mason (LiL/LiFT St Marys District School) without whose help planning, promoting and supporting this event it would never have happened, Break O'Day Regional Arts for loan of display boards, all the students and class teachers at St Helens and St Marys Schools

that entered art work, the team at Little Penguins Child Care for a delicious morning tea, the staff, students and families at Fingal Campus for their ongoing support and participation and the St Marys Child Care and Out of School Hours teams for their art work and assistance.

Thanks also to the Bay Kitchen, Purple Possum and Hayshed for assisting in catering and Amanda and Tamieka who made the amazing birthday cakes!

A special thank you goes out to all the children and families who have attended our programs over the last 10 years - our program appreciates your ongoing support and participation. We hope to have many more years to come.

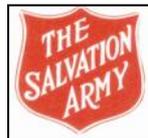
For more information on how to come along to our program contact Tanya - 0400 002 116 or check out our Facebook page.

EAST COAST GLASS



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- Shower screens
- Wardrobe doors
- Double glazing
- Aluminium windows
- Security doors

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St Marys Salvation Army

is pleased to offer the following services:

*Weddings
Dedication of children
Funerals*

Envy Mel Norton 0409 838 816

If Iron Man and Silver Surfer teamed up they would be alloys.



Where do you find us?

5 Portland Court St Helens 7216

Phone 6376 2971

Email admin@hub4health.org.au

Web www.hub4health.org.au

Our Aim:

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

At Hub4Health You Can Access:

- ◆ Podiatry services
- ◆ Foot care and Toe Nail Clinics
- ◆ Exercise Physiologist
- ◆ Pap Smear and Well Women's Checks
- ◆ Osteopath
- ◆ Counseling
- ◆ Building Blocks (children 0-5 yrs.)
- ◆ Walking Group
- ◆ FriendSHIP Program

What's coming up? *Counseling Services*

Please call Hub4Health for more details and booking enquiries. Counselors are suited to individual needs. No referrals necessary.



Osteopath

Osteopath **Kevin Clifford** will be available for appointments fortnightly on Fridays at **St Helens**. Please call Hub4Health for appointments on 6376 2971.

Osteopathy is a drug-free non-invasive manual medicine focusing on total body health by treating and strengthening the musculoskeletal framework, which includes the joints, muscles and spine. Its aim is to positively affect the body's nervous, circulatory and lymphatic systems.

Dietitian

Starting in September Hub4Health will have a visiting Dietitian in house.

Georgia Rossetto will be visiting Hub4Health monthly. She will see any client seeking advice about diet and nutrition. She specialises in food allergy, weight management, diabetes and chronic disease management.

Phone Hub4Health for bookings: **6376 2971**

Pap Smear and Well-woman Clinic

The fabulous Lisa from Family Planning Tasmania is making another visit to the Break O'Day area at Hub4Health on:

**Thursday 29 &
Friday 30 September
2016**

**For appointments
Contact Hub4Health on
6376 2971**

**Don't delay -
appointments go fast !!!**

**VALLEY and EAST COAST VOICE Inc.
WRITING COMPETITION 2016**

Pictured are the winners of our first writing competition, congratulations to all and a huge thank you to Sandra Cook and the staff at St Marys District School for their assistance.
Thanks also to our esteemed judges.

Stay tuned for our next competition.



Pictured are (clockwise from right):
Zoey Jones, Jayme King,
Tasharna Pursell and Charlotte Robson.



**Surveying Town Planning
Aerial Photography & 3D Modelling**

- Property boundary checks and remarks
- House set-outs
- Land development and management
- Strata developments
- Engineering and feature surveys for design
- Construction set-out
- Development investigations and assessments
- Town planning services
- Aerial photography for real estate and other
- Agriculture services such as drainage and dams
- Quantity surveys for stockpiles and quarries
- Machine Control setup, establishment and onsite management
- Mapping and monitoring of sites
- Project feasibility studies
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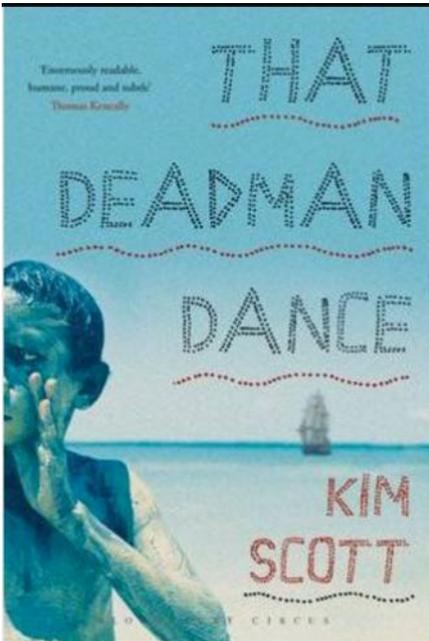


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Mt Elephant and Beyond book review

This month's book was **That Deadman Dance** by Kim Scott, winner of the 2011 Miles Franklin Literary Award. Scott is a descendant of the Noongar people who lived along the shoreline of Southern Western Australia. This "contact" novel is an imagining of the early (1830s) relationships between the white settlers and the aboriginal people of the area. Scott says that his novel was "inspired" by history, and that he wanted to convey the "confidence ... and readiness to appropriate new cultural forms" of these people.



This is embodied in the main character, Bobby Wabalanginy, through whose eyes we see some of the story. He is a charismatic figure, a changer in his own tribe, who grows from a cheeky child to a wily and confident go-between for the Noongar and the white settlers. He learns to read and write English, to dress in European clothes, to mimic the alien behaviour and mannerisms of the strangers but can still move back into his own people's ways and customs. He is the survivor, while those of his tribe who survive the ravages of European illnesses become alienated and suffer at the hands of the new regime.

The book offers up the possibility of what might have been, had these two such different cultures been able to continue the early days of co-operation - when the whites were often dependent on the local knowledge of the Noongar for sheer survival, and the aborigines showed interest in sharing language and some aspects of culture.

We see this co-operation between the aborigines, the British settlers and the American whalers during the annual migration of the whales and the vividly described whale hunting and slaughter.

All too soon, however - with the introduction of sheep, farming, fence building and appropriation of land - the inevitable clashes began with the Noongar not understanding the European sense of ownership and being harshly and brutally punished for stealing.

There are sympathetic and more enlightened characters among the settlers and for a while it did seem as if something positive might come out of these early interactions. Alas, we all know the tragic story of what happened here and across the nation.

Scott's writing is lyrical and often poetic. His descriptions of the natural world are beautiful, and he attempts to convey the sense of mysticism and connection with the natural landscape shared by the Noongar.

This book is not an easy read. It often demands a leap of imagination to follow the chronology of the story as he moves backwards and forwards in time. He challenges our linear view of story and time, and we are forced to enter the sensibility of the Noongar mind and world view.

It is an important book and deals with the issue of clashing sensibilities and the inability to reconcile two different cultures. Ultimately it is a tragic story, but it does offer us a rather different view of how the tragedy unfolded.

Pam Bretz, St Marys



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What did you have for breakfast this morning?

As the Australian dairy industry faces an economic crisis, and I spread my morning toast, my mind drifts back to those childhood breakfasts when a block of golden yellow butter on a covered china plate graced the morning table rather than some spreadable concoction in a plastic tub. Duck River, wrapped in waxed paper which might well be used to line a cake tin and perhaps there would be fresh hot teacake ... dripping in melted butter and dusted with cinnamon and sugar as an after school treat. It's the stuff of childhood memories and belongs in the days of milk and cream in glass bottles, bread deliveries before school lunches were cut and cheese cut off a wheel by the grocer rather than hermetically sealed in plastic with a use by date months into the future ... cheese was purchased and eaten within the week in the house in which I grew up.

A little bit of online research provides a little insight into the fate of those childhood brands and tells the story of globalisation in a very local way.

Tasmania's first co-operatively owned butter factory was floated by C B M Fenton in 1892 in the Wynyard region with 98 subscribers, and its product marketed as Lighthouse Butter. In 1963, the by then named Table Cape Company purchased the Yolla Dairy Company's butter factory to start its successful cheese-making venture. The merger between the Table Cape (Wynyard) and Duck River (Smithton) Companies, to form United Milk Products (effective from 31 January 1973), was an important rationalisation within the dairy industry following Britain's entry into the European Economic Community.

The Duck River co-operative was about the sixth dairy factory to begin operating in the Circular Head region. It was established in 1904 as the Duck River Co-operative Butter and Bacon Factory Company Ltd. Duck River purchased the Circular Head Butter and Cheese Factory (Stanley) in 1937, Tassie Cheese Company (Broadmeadows) in 1939, the Montagu Cheese Factory in 1948 and the Cadbury-Fry-Pascal (Edith Creek) milk powder factory in 1969. By the time of its golden jubilee (1954) Duck River was the largest butter producer in the state, reaching a top production of 4,106 tons in 1971.

The northeast too made an important contribution to the dairy products we ate on our daily bread during my Launceston childhood and I was no stranger to Ringarooma butter or Pyengana cheese - my father's favourite, the crumblier the better, on Savoy biscuits with Blue Banner Pickled Onions. In fact one of those family yarns, which loses little in the telling 50 years after the event, is that of my reaction to "Kraft in the blue box" cheese the first time I encountered it at an extended family picnic ... they tell me my face was a picture.

Unfortunately those buy ups, takeovers and amalgamations, together with globalisation and a market driven economy, led to the disappearance of a number of those local brands which were such a significant part of pre supermarket shopping. My instinct is that even where the labels remain it's pretty unlikely that the butter on my toast this morning was actually sourced "from the rich pastures of the far north west" however all is not lost. Certainly the remnants of the old cheese and butter factories, frequently abutted by disused piggeries which remain in the back streets of country towns are sad reminders of a by gone era, as are the silent rail lines and disused sidings where milk churns no longer await collection, but all is not lost. It would seem that a significant if small portion of the population shares my disdain for the modern version of "Kraft in the blue box" and once again fine cheese is being produced in the northeast. I think it unlikely I'll be buying Ringarooma butter any time soon, but I'm very happy to eat a Tasmanian cheese my father would have enjoyed.

By Wendy Fowler, St Marys



Above left: St Marys Cheese Factory

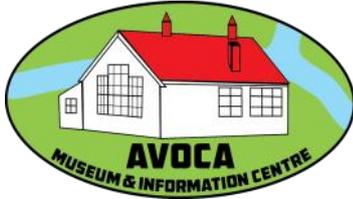


"One thing you won't find much in Australian second-hand bookshops are 1950s or earlier editions of lots of books – The Catcher in the Rye, A Farewell to Arms, Animal Farm, Peyton Place, Another Country, Brave New World and hundreds and hundreds of others.

The reason for this is simple: they were banned. Altogether, at its peak, 5,000 titles were forbidden to be imported into the country.

By the 1950s this had fallen to a couple of hundred, but it still featured some extraordinary exclusions – Childbirth Without Pain, for instance, whose unflinching candour in describing where babies come from was considered a little too rich for Australian sensibilities. This was just conventional titles, by the way."

— [Bill Bryson, In a Sunburned Country](#)



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Free WiFi



**Rossarden Working Bee,
Landcare gathering and BBQ
lunch - thanks to
Monique and Rae**



Fingal District Progress Committee held a working bee at the weekend, to get the interior of the Fingal Railway Station finished in time to open on October 29. All paint and brushes were stolen, so thanks to the **St Marys Lions Club** for replacing these. Next working bee is **Saturday October 15**. Thanks to FRRR Foundation for Rural + Regional Renewal for a new toilet at the station.



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Theme - Promote the Fingal Valley

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Tick the box for the section you wish to enter: 18 and under
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- Enter as many images as you wish on this Official Entry Form
 - Each image file must be named to correspond with the Entry Title Name
 - Entrance Fee is \$5 per digital image
 - Images submitted should be cropped to a ratio of 3:2, otherwise cropping will be executed at the discretion of the photo finisher when enlarging the image to 24"x16"
- Submitted images to be e-mailed at full resolution to addestone@bigpond.com or posted by mail on a CD/DVD/Thumb Drive together with this completed Entry Form and total Entry Fee to:

Peter Troode 2016 GET Photographic Competition 19 Gray Road St Marys TAS 7215	Or deliver to	Purple Possum 2016 GET Photographic Competition 5 Story Street St Marys TAS 7215
--	---------------	---

Entries Close at 5pm on 12th October 2016. No late entries will be accepted.

NB: If making payment by Money Order or Cheque, please make them payable to Greater Esk Tourism Inc, or deposit via direct deposit to:
BSB: 067019 Account Number: 10019212 Reference: Photo Comp (and your surname)

Entry - Title Name No.1

Entry - Title Name No.2

Entry - Title Name No.3

Entry - Title Name No.4

Entry - Title Name No.5

Entry - Title Name No.6

*If you have any queries about the competition, please contact:
Peter Troode on 6372 2783 or 0412 425 666*

Continued from front page

Break O'Day Council wins Building Surveying Team of the Year, Tasmania

Building Services Coordinator, Jake Ihnen said he was 'shocked and astounded' that a Local Government Organisation had won the award, particularly when the competition included established building surveyors in the private sector.

Mr Ihnen said the Building Services Team and Break O'Day Council were working collectively to improve service delivery and the public perception about Building Surveying and Local Government.

"We have been striving to improve our customer service and rapport with developers and this award proves that we really are on the right track," Mr Ihnen said.

"It's our goal to ensure developers understand the legislative and statutory reasons behind decisions made by the Building Surveying team but we also pride ourselves on working hard to look for alternative solutions for our clients.

"We aim to revolutionise the way in which Council Building Inspectors are portrayed by providing a higher level of customer service."

Break O'Day Mayor Mick Tucker said he was really proud of the Building Surveying Team.

"This award just shows how committed our staff are to our area and our community and this is a real feather in the cap of our Building Services Department," Cr Tucker said.

"We live in an amazing area filled with potential and we welcome the opportunity to grow and enhance what is already an amazing place."

OUT OF THE BLUE by Anne Collins ©

Set in the 1960s, Tom Campbell, husband of Vi, father of Meg and Rose, builds a ferro-cement boat in his Canley Vale back yard. The story tells of how this project takes over his life and the effect it has on his family. Told from Tom's point of view, the story's humorous edge captures the mood of a time when Sydney's suburbs were littered with the dreams of those whose ferro-cement hulls stood landlocked in small yards towering over modest houses.



Down at the Central, four-letter words were sparking across the public bar like firecrackers. Somewhere in the background a radio announcer was calling the Harold Park Trots. The end of the week and it was the same faces, the same drinks, the same arguments. Tom Campbell was thinking about the weekend. The last thing he wanted was to spend Saturday mowing the lawn - a waste of space all that grass - but Vi had it all lined up. That and a few other jobs.

Barry was rabbiting on, full of himself - something about some heavy-weight champion he'd met. Tom looked towards the door. He had to admit, he didn't enjoy the pub as much as he used to, he was thinking of leaving early but then, just at that moment, Parker came up behind him and slapped him on the back, splashing beer over his shirt.

"You're a winner, mate!" announced Parker looking at the others with a smirk on his face. "A dead-set winner!" Tom frowned.

"The boat mate, Frank's boat - the bet, you won the bet!" The bet? The stupid bet he'd made a few weeks ago about the football? Tom was just proving a point, Frank couldn't have been serious.

"Fair dinkum," continued Parker, watching Tom's face. "Frank's missus was threatenin' to go back to Germany! He's makin' plans t' deliver it, as we speak. As we speak, mate!"

"Frank's a man of his word," added Barry, "you can bet on that."

The group erupted into laughter and shouts for a new round. Tom looked across at Den, bewildered. What the hell was he going to tell Vi?

"It's a whopper mate," Den confirmed, as if reading his mind.

Later that night Den dropped Tom home, by then he was more than tipsy.

"I knew you'd be in a state" Vi scolded as she opened the front door.

"Night Mrs C." Den left quickly.

Inside Tom announced that he was the proud new owner of a boat.

"What nonsense are you coming home with this time?" Vi was trying to steady him towards a chair.

"Jus' nee's a bi' of finishin' love."

Groaning with his weight, Vi lowered him into a lounge chair. Tom had his arms around her and pulled her towards him for a hug. She loosened herself from his grip and turned to go to the kitchen.

"I'm not your love. Sit there and behave yourself."

"Years of enjoymen'," he added, smiling to himself as she left the room.

A couple of weeks on, late one afternoon, Tom took a saw to the gum at the bottom of the garden and started dismantling part of the fence that divided the back of their property from a vacant piece of land owned by the council. The boat was due to be delivered the next day.

Vi came down from the house to see what he was up to. He'd not said much more since that night he got home from the pub, but he'd been over to Frank's place and knew what was in store.

"We'll bring it in this way," he explained as if this were perfectly normal.

"Most people would use the driveway."

"It's . . . a fair size, you might say . . . we don't want it scraping the house. You know how narrow the driveway is."

"And, getting it out again?"

"One thing at a time," said Tom trying to sound logical. "We'll have her moored somewhere eventually, of course," he pointed out, "she won't be spending the rest of her life here." Canley Vale, where they lived, was about two hours from the coast.

"Moored? From what I've seen most people keep their boats in their yards, like Bob."

Bob lived a few doors along. He had a motorboat. Tom could feel his ulcer playing up, and knew that he and Vi were heading for a clash.

The next day nothing less than a lorry delivered a thirty-two foot ferro-cement hull that stood about ten foot high. All the neighbours gathered to watch - the women stood together looking aghast, their arms folded over their aprons; the men scattered themselves about, ready to lend a hand, as if they'd been part of the plan all along.

The lorry groaned its way into the Campbell's back yard, leaving deep tread marks and scraping Vi's camellias by the back fence. The hull was unlashd and the spreaders were rigged. Then a mobile crane was brought in to remove the hull from the lorry. It just fitted into the remaining space in the yard, not far from the back of the house. The crane squeaked and lurched the hull into position, settling the keel onto the chocks. The slope and the balance had to be right.

Once it was secured by the lorryjack, Tom, Den, Frank and the other men rallied around to build some basic scaffolding. That's when Meg came down from the house with a message. "Mum wants to see you - she said NOW."

During all of this, Vi had stayed inside. Tom looked knowingly at Den. "Back in a sec." He strode up to the house, he could see Vi's terse face through the screen door. "Here we go," he mumbled.

As expected, Vi was furious but she kept her voice lowered. "The hide of you Tom Campbell - down there in all your glory, the great man and his boat. I'm nothing but a laughing stock!"

Tom looked at the floor. Best she lets off steam, he reasoned, get it over and done with.

"Is this some kind of bad dream or what? My lawn's been butchered." All Tom could think of was how he wouldn't have to mow it anymore. "How am I supposed to get the washing dry with that monstrosity towering over the clothesline? Carrying on like it was no bigger than a row boat."

"I never said that," protested Tom, "you're the one -" Vi stabbed his chest with her finger, she was almost spitting.

"And you, Tom Campbell, conveniently failed to say that the thing was almost as big as the house. I should've known when you took those palings off the fence. Damn you!" Tom could hear a whole lot of banging and shouting outside. "Better get out there." He turned his head towards the back yard.

"Yes well, don't mind me, I'm only your wife after all." Her tone stayed with him as Tom wandered back down the yard. He caught Den's eye and cocked his head back towards the house. "Not a pretty sight, mate."

Den shrugged. He's right, thought Tom, there's not much he could do now. It's not like he could take it back in a hurry.

The women had gone off, leaving their husbands behind, who were now in full swing, calling out and laughing. Their excitement rubbed off on Tom and made him feel better. After a couple of hours, under Frank's direction, the group had erected four pairs of side props diagonally braced together, bow and stern supports and a pair of main posts that were sunk into the ground and secured to the starboard. Tom brought out a slab to thank them. The rest of the afternoon turned into a bit of a party. Every now and then Tom's thoughts drifted to Vi up in the house, but they didn't linger there. Over the course of that day something in Tom had changed and he decided that this big beast had arrived on his doorstep for a reason. Here was a chance to do something different. He raised his glass to Den.

"Some boat, eh?"

"We'll get her in shape in no time."

Continued next issue.



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St Marys Community Gym Timetable August/September 2016 version 24082016

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9am					
10am		Men's Weight Management *J	Supported Individual Circuit *J		
11am		Senior Get Active			Kalari Adult Class Aged 14-99 with Katrin \$5
12pm				Supported Individual Circuit *J	
1pm			Parent Fitness Kinder Play	Chronic Disease Management and Support	Parent Fitness Kinder Play
2pm					
3pm	3:30pm - 4:30pm Kalari Martial Arts Aged 8-12				
4pm	Start 4:30pm Women's Core Strength Everyone welcome			Start 4:30pm Women's Core Strength Everyone welcome	
5pm		Yoga (4:45pm-6pm) at SMDS Hall	5:30pm - 6:45pm Kalari Adult Class Aged 14-99 with Katrin \$5		Strength / Fitness Everyone welcome 5:30pm start
6pm	Women's Weight Management	Adult/Youth Boxercise		Adult/Youth Boxercise	
7pm					

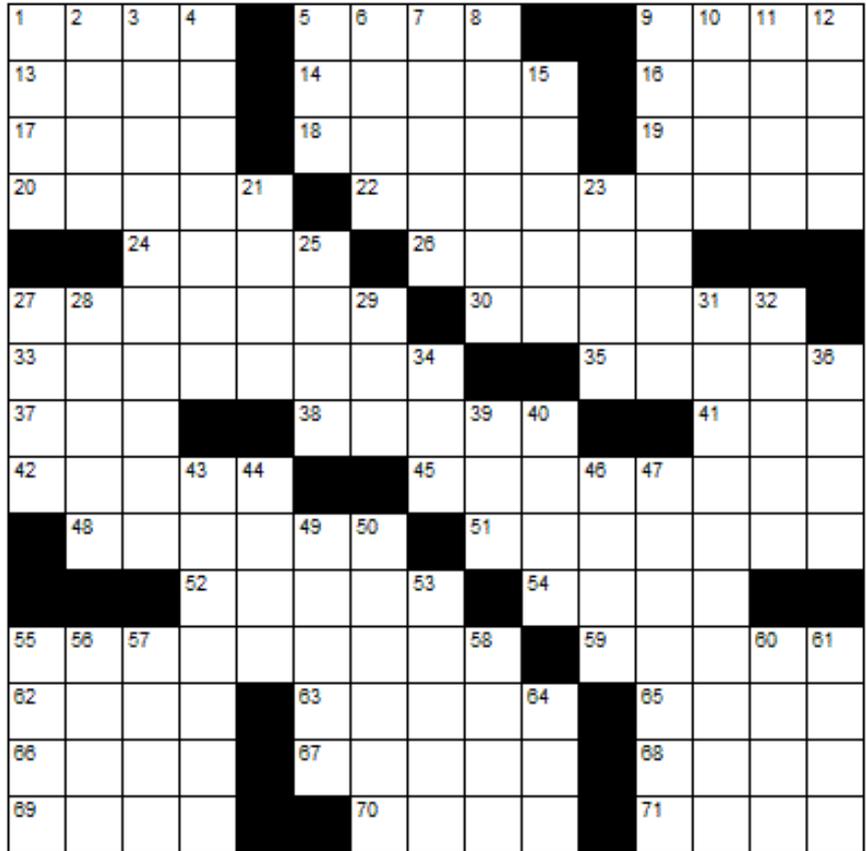
*J = Jason on site at this time to help with membership form completion and equipment induction.

“The most celebrated pocket borough was Dunwich, a coastal town in Suffolk that had once been a great port—the third biggest in England—but was washed into the sea during a storm in 1286. Despite its conspicuous nonexistence, it was represented in Parliament until 1832 by a succession of privileged nonentities.” [Bill Bryson, At Home: A Short History of Private Life](#)



ACROSS

- 1. List of options
- 5. Information
- 9. Brother of Jacob
- 13. Baking appliance
- 14. Borders on
- 16. Flows
- 17. Bobbin
- 18. Under
- 19. Liturgy
- 20. Provide with a permanent fund
- 22. An antacid
- 24. Rich soil
- 26. He flies a plane
- 27. Day after Monday
- 30. Cumulus and cirrus
- 33. Completely preoccupied
- 35. Aroma
- 37. Mayday
- 38. Mops
- 41. 52 in Roman numerals
- 42. Periods of discounted prices
- 45. Study of movement
- 48. Rickettsial disease
- 51. Rifle knife
- 52. Scintillas
- 54. Rate
- 55. Egotistical
- 59. Anagram of "Space"
- 62. Curved molding
- 63. Queues
- 65. At the peak of
- 66. Scheme
- 67. Anagram of "Sneer"
- 68. Carry
- 69. Arid
- 70. Leisure
- 71. Backside



DOWN

- 1. Not less
- 2. Not odd
- 3. Unnecessarily
- 4. Release
- 5. Apply gently
- 6. Cain's brother
- 7. Garden bulb
- 8. Nuclear
- 9. Typographical error
- 10. A set of garments
- 11. Stake
- 12. End ____
- 15. Increase in size
- 21. Bankrolls
- 23. Romances
- 25. Catholic church service
- 27. Throw
- 28. Submarine
- 29. A type of ever-green tree
- 31. Sketcher
- 32. Slash
- 34. East Indian tree
- 36. Enumerate
- 39. Top part of an apron
- 40. Break
- 43. Effeminate
- 44. Sneaker or pump
- 46. Nestling hawk
- 47. A baroque musical composition
- 49. Practical
- 50. Lampoon
- 53. Ringworm cassia
- 55. Policemen
- 56. Leer at
- 57. Close
- 58. D D D D
- 60. Kettles
- 61. Type of sword
- 64. South southeast

Solution on p25



Ransley's Appliance Service

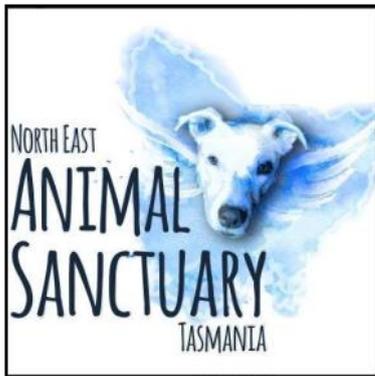
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Zac (4.5 yr old border collie kelpie cross) likes attention from his humans and loves a good old chest or belly rub. He is an affectionate fellow and very eager to please. Zac knows some basic commands. He walks well on a lead and needs exercise as part of his daily routine. Zac is happy to sleep in his own bed for the whole night without fuss. He enjoys his food, treats and bones.



My name is Mr. G My world has been spinning lately and I need a very special person or persons to make my dream of having a forever home complete.

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Social Services Minister Christian Porter has declared a "revolutionary change" is needed to break the cycle of lifetime welfare dependency in Australia and prevent the annual \$160 billion welfare bill from spiralling into the trillions for future generations.

Lemon Curd

Ingredients

110g (½ cup) sugar
2 large lemons, juiced and zest finely grated
3 large free-range eggs lightly beaten
100g unsalted butter, cut into cubes



Instructions

Place sugar, zest and juice in a saucepan over low heat, stirring until sugar dissolves. Remove the pan from the heat and gradually add eggs, stirring to combine.

Return the pan to low heat and add the butter, a piece at a time, whisking constantly for 8–10 minutes until thickened.

Remove from heat, transfer to a bowl, cover surface with baking paper and chill lemon curd until ready to serve or pour into sterilised jars.

Cook's notes

Oven temperatures are for conventional; if using fan-forced (convection), reduce the temperature by 20° C. We use Australian tablespoons and cups: 1 teaspoon equals 5ml; 1 tablespoon equals 20ml; 1 cup equals 250ml.

MYTH:

There is plenty of work out there if you look, you are not trying hard enough and making excuses.

TRUTH:



ACTIVITY TESTED PAYMENT NUMBERS

Newstart - Full work capacity of 30hrs	561,678
Newstart - Partial work capacity of 15hrs	144,136
PPS - Activity tested	49,935
Youth Allowance Job Seeker	113,998
TOTAL	869,747

Add to this others seeking work, but not activity tested...

Those on Austudy seeking part time work	48,197
Youth Allowance students seeking part time work	241,670
Parenting Payment Single (children under 6)	210,000
Parenting Payment Partnered (children under 6)	104,028
	603,895

1,473,642 more jobs are needed to have everyone employed,
Now they want the disabled to find work also?

Latest figures show the approximate amount of jobs vacant at any one time currently sits at **100,000** to meet **1,473,642** job seekers.

Singulair: Doctors, pharmacists, regulators shift blame over asthma drug side effects warning by Meredith Griffiths

Doctors, pharmacists and regulators are all shifting the blame when it comes to who is responsible for warning parents that a common asthma drug can have severe psychiatric side effects.

Recently 7.30 reported the Therapeutic Goods Administration (TGA) had received almost 90 reports of psychiatric events, including suicidal thoughts, in children and adolescents treated with Singulair's active ingredient, a drug called Montelukast.

Since then more parents have contacted the ABC saying their children became suicidal, depressed, or violently angry while taking Singulair.

John, who did not want his last name used, said his seven-year-old daughter had been taking Singulair for about a year when he noticed she started having irrational tantrums.

"They'd end up with her biting us and kicking us and screaming on the floor, and then after she'd calm down, which might be like an hour, she'd say things like 'I can't be good, it's impossible, I'm not good enough, why was I ever born, I don't like myself, why am I so weird, I hate myself,'" he said.

John said she started making comments like that every day. "There is nothing in the world quite like hearing your seven-year-old full of self-loathing," he said.

After searching online John and his wife learned Singulair could have behavioural side effects. They took their daughter off the drug and she was better within weeks.

Suicidal thoughts and actions, depression, aggression and hostility are listed side effects on the Consumer Medicines Information for Singulair, but like many parents John said he and his wife never got verbal or written warnings from their doctor or pharmacists, or information leaflets in boxes of Singulair. The Australian Medical Association (AMA) said parents might have been warned but not realised it.

"Most prescribers do warn, but it might not be in a way that the family have recognised it," Richard Kidd, the chair of the AMA's Council of General Practice, said. "The doctor may have had said something to the effect that this medication could affect the way the child is thinking and, you know, if you've got any concerns come back at talk to me — which is not the same thing as saying your child could become suicidal, which is a really scary, confronting thing to say."

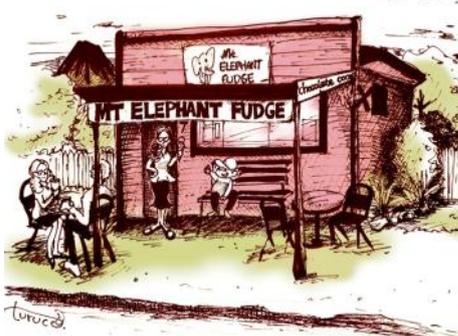
He said it was pharmacists' responsibility to give patients the Consumer Medicines Information.

Nobody from the Pharmacy Guild was available for comment, but in an emailed statement a spokesman said pharmacists were not required to provide the Consumer Medicines Information to patients but were to use their professional judgement on the need for and provision of counselling patients about the use of their medicine.

Parents are pushing for labels to be clearly displayed on packets of Montelukast warning that the drug can cause mood and behavioural changes, including suicidal thoughts.

Richard Kidd from the AMA said he did not support box warnings.

"It is such an uncommon side effect and it is a medication that has such benefit for so many people I don't think it needs a warning label on the box," he said. "As I said, the CMI is supposed to be in the box so it's there to be read when they get the box."



MT ELEPHANT FUDGE

Open 10am to 4.30pm

Thurs - Sunday

Pop in and take a look at my
range of chocolates

I look forward to seeing you! 😊

The Pharmacy Guild said it was a matter for the Therapeutic Goods Administration. Last week the TGA told the ABC medicines did not generally have warning statements on the box because the information was in the Consumer Medicine Information and there was an expectation the prescriber explained the risks and benefits to the patient.

<http://www.abc.net.au/news/2016-09-12/singulair-montelukast-side-effect-warning-dispute/7833068>

St Marys
PHARMACY



Main Street St Marys 7215
Ph 6372 2844

Kodak copies from 45¢

Ear piercing \$27

including earrings and solution with
qualified staff Bec, Sally & Cassie

Pharmacist instore Monday - Friday

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

Doctors Roster

Dr C. Latt
22/9/16– 29/9/16 & 3/10/16– 7/10/16
Dr K. Nash-Rawnsley
23/9, 27/9, 30/9, 4/10 & 7/10 2016
Dr E. Reeckman
29/9/16 & 30/9/16

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: Monday-Friday
8:30 -11am & 2 - 4pm

PUBLIC HOLIDAY

Thursday October 6, 2016

Please see after hours contact numbers for during this time. Normal Doctor Surgery hours will resume on Friday 7/10/16

Community Transport – St Marys

Phone Jan or Colin for Community Transport bookings on : 6372 4415

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 wishes to remind the community of the following exceptions to bulk billing at SMCHC:

<i>Driving licence renewals</i>	<i>Insurance medicals</i>
<i>Requested medical reports</i>	<i>Harness medicals</i>
	<i>Pre-employment checks</i>

The above are NOT covered by Medicare and may incur cost. Please discuss this with reception when making your appointment. If you have any concerns, please contact us and we will try and address them.

Non-attendance of Doctor's 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, doctor's 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 131 114

St Marys Community Health Centre - please ring before presenting after hours 6387 5555

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

St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215
6387 5555

What's on at the Centre

September 22 **Social Worker** Shan Williams
Ph 6387 5555 for appointments
Outreach Health Solutions Grant Todd
Exercise Physiologist. Ph 0428 491 621

September 23 **Physiotherapist** Naomi Ide for appointments please see your GP or Health professional for a referral
Social Worker Shan Williams
Ph 6387 5555 for appointments

September 26 **Physiotherapist** Naomi Ide for appointments please see your GP or Health professional for a referral

September 27 **Child Health Session** with Mary Mumford
Tuesday fortnights, by appointment only. Ph 0428 136 381

Rae & Partners Lawyers consult fortnightly at the SMCHC. Ph 6337 5555 for appointments

Occupational Therapist Danyelle Briggs by referral from your Health Professional

Max Solution 8:30am-5pm downstairs

Physiotherapist Naomi Ide for appointments please see your GP or Health professional for a referral

September 28 **Day Centre** Ph Hayley Gilbert on 6387 5555 for information on the group

Outreach Health Solutions Grant Todd
Exercise Physiologist. Ph 0428 491 621

Cancer Council Outreach Service 2:30pm - 3:30pm at St Marys Health Centre

September 29 **Social Worker** Shan Williams for appointments ph 6387 5555

Physiotherapist Naomi Ide for appointments please see your GP or Health professional for a referral

September 30 **Physiotherapist** Naomi Ide for appointments please see your GP or Health professional for a referral

Social Worker Shan Williams
Ph 6387 5555 for appointments

Diabetes Educator Sally Gates. See your GP for a referral

October 3 **Hospital Auxiliary Meeting** 2pm in the Family Room

Social Worker Shan Williams
Ph 6387 5555 for appointments

October 4 **Physiotherapist** Naomi Ide for appointments please see your GP or Health professional for a referral

Max Solution 8:30am - 5pm downstairs

October 5 **Outreach Health Solutions** Grant Todd
Exercise Physiologist. Ph 0428 491 621

Social Worker Shan Williams
Ph 6387 5555 for appointments

Consumer & Carer Advocacy Group 12 -2pm downstairs at the SMCHC.
Ph Shan on 6387 5555

Day Centre Ph Hayley Gilbert on 6387 5555 for information on the group.

TAZREACH Antenatal Clinic with Katie. Contact GP for appointments.

October 6 **PUBLIC HOLIDAY– Launceston Show Day**
Please see after hours contact numbers during this time. Normal Doctor Surgery hours will resume on Friday 7/10/16

October 7 **Physiotherapist** Naomi Ide for appointments please see your GP or Health Professional for a referral

Social Worker Shan Williams
Ph 6387 5555 for appointments.

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.

There will be a Medical Student and two Nursing Students on placement during the month of October 2016



Asylum Seeker Resource Centre 15 September

"I was listening to Scott Morrison on Monday speaking about what a burden migrant parents are. My migrant parents didn't have a word of English when they came to Australia (like so many). They raised two human rights lawyers with eight degrees and an Order of Australia medal.

My parents slaved away on farms and in factories doing shit jobs most people wouldn't touch, for decades until their bodies couldn't take it anymore, like so many migrant parents. That was ok though ...

Sick of this racism. So damn sick of it.

The Turnbull government insults every one of you, whose parents or grandparents sacrificed everything for you and gave so much back to this country.

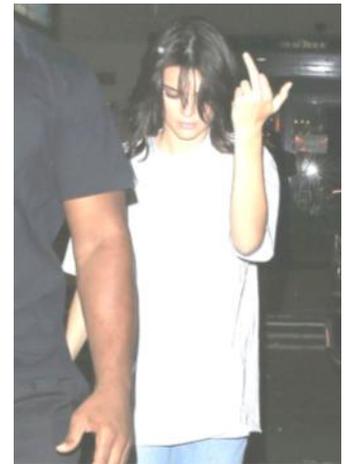
Unless you are Indigenous, we are all descendants of boat people on Aboriginal land."

- Kon Karapanagiotidis, ASRC CEO

Kendall. Oh, kid, lighten up.

For real, though, I obviously don't know what it's like having a camera in my face all the time, THANK GOD, but ... It is INCREDIBLY disingenuous, to me, to flip off the paparazzi when you and your family have sought and re-sought that kind of attention, and built your empire on inviting those cameras into your homes and into your lives (and onto your sidewalks). If someone was harassing her, then I take it back, obviously, but if she's just being a cranky pants on her way to change for a party, then get a grip, kid.

This is reaping what you all sowed.



**I AM NOT AN
EARLY BIRD OR A
NIGHT OWL.
I AM SOME FORM
OF PERMANENTLY
EXHAUSTED PIGEON.**

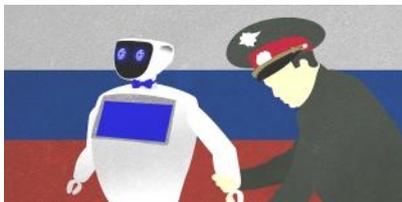
Robot arrested by Russian police at political rally in Moscow

A robot has been detained by police at a political rally in Moscow, with authorities attempting to handcuff the machine. The rally was for Valery Kalachev, a candidate for the Russian Parliament, who had rented the robot for his campaign.

Police have not confirmed why they detained the machine named Promobot, but local media was reporting the company behind the robot said police were called because it was "recording voters' opinions on a variety of topics for further processing and analysis by the candidate's team".

A Promobot representative suggested it was detained because "perhaps this action wasn't authorised". Mr Kalachev has featured the robot at previous campaign stops.

A different Promobot model made headlines in June when it made two breaks for freedom from a scientific research lab in Moscow. The robot was being taught to move around on its own when a worker reportedly left a gate open. Promobot travelled to a nearby street, stopping when its battery ran out, the BBC reported.



CALTEX ST MARYS

**MECHANICAL REPAIRS
& SERVICE**

41 Main Street

6372 2335/0419 503 109

Fax 6372 2822

Libraries (Closed public holidays)



61 Cecilia Street **St Helens**
6387 5530
Mon, Tue, Wed, Thu 10am - 1pm,
2 - 5pm
Fri 10am - 1pm, 2 - 6pm
Sat 10am - 12pm

31 Main Street **St Marys**
6372 2114
Mon 12.15 - 5pm
Wed 10.15am - 1pm, 2 - 5pm
Fri 10.30 - 11.30am, 12 - 5pm

Fingal Online Access Centre
29 Talbot Street 6374 2222
Mon, Wed, Fri 9am - 4pm
Tue, Thu 9am - 12pm
Closed public holidays

Meals on Wheels

September 22	Heather Griffiths
23	Drew Adam
26	Pam Bretz
27	Valmai Spencer
28	Louise Keady
29	Lundy Vosper
30	Drew Adam
October 3	Ruth Aulich
4	Lundy Vosper
5	Valmai Spencer

Tip locations and opening hours

<i>Ansons Bay</i> Long w/ends Mon 12 - 4 Wed/Sun 12 - 4 <i>Fingal, Mathinna Road</i> Tues/Thurs 10 - 4 Sun 2 - 5 <i>Pyengana, Tasman Hwy</i> No builders' waste please Wed 9 - 1, Sun 2 - 5	<i>Scamander, Coach Street</i> Tues/Thurs 10 - 4 Sun 2 - 5 <i>St Helens, Eagle Street</i> Open 7 days 10 - 4 <i>St Marys, Gray Road</i> Tues/Thurs 10 - 4 Sun 2 - 5
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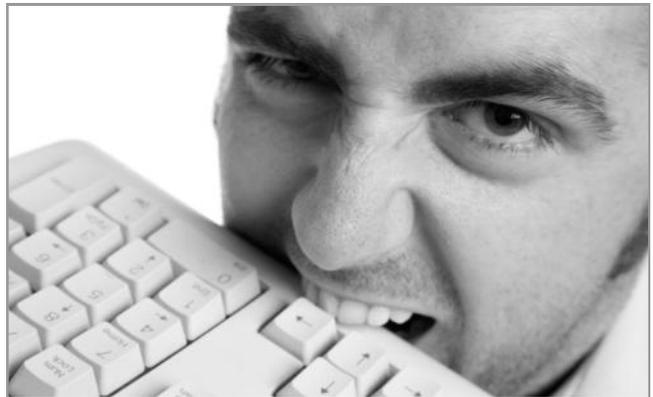
Emergency services

AURORA Emergency	13 20 04
Carers for Wildlife St Marys	6372 2973 / 0417 017 105
Crimestoppers	1800 333 000
Poisons Information	13 11 26
Police Emergency	000 & Enq 13 14 44
SES Emergency	13 25 00
TFS Emergency	000 & Enq 1800 000 699



Shower Thoughts

I wonder how many people around the world think Colorado borders Canada thanks to South Park
<http://just-shower-thoughts.tumblr.com/>



Computer Trouble?

- 15 years experience
- Home & business
- Hardware & software
- Websites & email
- Windows, Mac, Linux
- ADSL, WiFi, Satellite

Ray Walker

m **0401 497 199**

e **help@raywalker.it**

66 words of 3 letters or more from AMBROSIA

aas	baa	bris	ribs
abs	baas	ism	rim
aim	bam	isobar	rims
aims	bar	mar	roam
air	barm	mara	rooms
airs	barms	mars	rob
ais	bars	mas	robs
ambo	bias	mob	samba
ambos	bios	mobs	sambar
ambrosia	boa	oar	sari
aria	boar	oars	sim
arias	boars	orb	sir
arm	boas	orbs	soar
arms	bra	ors	sob
aroma	bras	ram	som
aromas	brim	rams	
ars	brims	rib	



How many words of 3 letters or more can you make from OBTRUSE?
 Answer next edition.



ST MARYS IGA SUPERMARKET

38 Main Street
 Ph/Fax 6372 2240 Butcher 6372 2274
 Monday - Friday 8am - 6.30pm
 Saturday 8am - 5pm
 Sunday 10am - 5pm
 Butcher instore weekdays 8am - 2.30pm

In the centre of town, at the heart of the community

<i>Butchery specials September 21 - 27</i>		<i>p/kg</i>	<i>Butchery specials September 28 - October 4</i>		<i>p/kg</i>
Topside Beef Roast		13.99	Porterhouse Steak		24.99
Regular Mince		10.99	BBQ Blade Steak		12.99
BBQ Meat Pack		10.99	Corned Silverside		8.99
Lamb BBQ Chops		12.99	Leg Of Lamb		10.99
Ingham Whole Chickens		3.99	Nichols Chicken Kiev Burger		1.15ea
<i>Two week specials September 21 - October 4</i>					
Peters Drumsticks 4pk		3.99	Mission Corn Chips 230g		1.99
Ingham Chubby Chicken Pieces 1kg		3.99	Kleenex Facial Tissues 170pk		1.79
Kraft Cheese Block 1kg		7.99	Gillette Blue II Razors 5pk		3.99
Miracle Margarine Spread 1kg		1.99	Continental Pasta & Sauce or Rice 85 - 120g		1.49
Sunrice Meals 350g		3.99	Juicy Isle Long Life Juice 2L		2.69
Greens Traditional Cake Mixes 380 - 500g		1.99	Masterfoods Squeezy Tomato or BBQ Sauce 500ml		1.99
Maggi Cup Noodles 58 - 65g		.97	Nice & Natural Bars 180 - 192g		2.99
Defender Snail Pellets Bonus Pack 600g		2.99	Morning Fresh Dish Washing Liquid 400ml		1.97
Kit-e-Kat Canned Dog Food 410g		1.25	Whiskas Vita Bites 1kg		3.99
Chum Canned Dog Food 700g		1.49	Chum Dry Dog Food 8kg		14.99

The Valley and East Coast Voice Inc. is available at:

Avoca Post Office	Mathinna Post Office
Coachouse Restaurant	Mouth Cafe Scamander
St Marys	Scamander S/market
Hilly's IGA St Helens	St Marys IGA
Hilly's IGA St Marys	St Marys Newsagency
Holder Bros Fingal	



*Incorporating
St Helens Transport &
Coles Bay Carrier*

Launceston 6339 4900
 St Helens 6376 1143
 Fax 6339 2900
 suncoastexp@netspace.net.au

John Campbell
0438 392 621

Jamie Harper
0408 012 145



There are only three things that can kill a farmer: lightning, rolling over in a tractor, and old age. Bill Bryson.

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