



# The Valley and East Coast Voice Inc. \$1

*valleyvoice.com.au*

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The deadline for 47.10 is 5pm September 8th 2014

## Cave Art and Science, article on page 22



Joey Nykiel's bronze Cave Spider

## Art to Wear exhibition coming up, details on page 20



## Fears welfare changes will drag \$78m from Tasmanian economy page 4

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## Cagerattler lets rip on page 6

## The falling of the mighty ones...pages 16, 17



## Break O'Day Council Elections

In October 2014 the first round of all-in all-out local government elections takes place in the Break O'Day municipality. The electoral roll for this upcoming election closes at 6pm on Thursday September 18th, 2014.

Voting enrolment forms are available at all Australia Post outlets, or can be obtained by calling 13 23 26. You may also be eligible to enrol on the General Manager's Roll if:

- ◆ You own or occupy land in a municipal area but you are NOT eligible to be on the State roll for that area
- ◆ You are a nominated representative of a corporate body which owns or occupies land in the municipal area
- ◆ You are not eligible for Tasmanian House of Assembly enrolment e.g. you are not an Australian Citizen but you are a resident of the municipal area.

**Country Night at Avoca Memorial Hall - August 30th 2014**

**Winter Warmers at St Marys Sports and Social Club - September 5th 2014**

**Community Bushfire Awareness & Preparedness Forum - September 13th 2014**

**AMIC Feel Good Workshop - September 13th 2014**

## Community Groups

**AA St Helens (Alcoholics Anonymous)** meet Wednesdays 8pm at St Paul's Anglican Church hall, St Helens. Call Murdoch on 6376 3335.

**AA St Marys (Alcoholics Anonymous)** meet Fridays 7pm at Holy Trinity. Call Mick or Shirl 6372 2909.

**AI Anon St Helens (Family Group)** meet 2pm Sundays at St Paul's Anglican Church Hall St Helens. Call Anne or John on 6376 4270 / Rose on 6376 3335.

**Beumaris Swap Markets** are held monthly on the 1st Sundays at Beumaris Park from 11-1pm. Plastic bag free, gold coin donation per stall (bookings required). Call Laura on 6372 5687.

**BINGO** at the Cornwall Hall Mondays at 7pm, 2 jack-pots each week. All welcome.

**Break O'Day Regional Arts** meet monthly on the 1st Tuesday in the Supper Room at St Marys Community Hall, 4pm. **RAYC** Regional Arts Youth Company for school aged children is on Thursdays 3.30-5pm. Session cost \$5 or \$40 p/10 week term. All welcome. Michelle on 0407 046 865. e: [bodregionalarts@gmail.com](mailto:bodregionalarts@gmail.com)

**The B.O.D. Stitchers** meet each Friday 10-3pm at the Neighbourhood House Bungalow in St Helens.

The **Break O'Day Woodcraft Guild Inc.** meet monthly on the last Thursday at 11am in the Goods Shed behind the St Marys Railway Station.

The **Chocolate Shop Singers** meet Thursdays 5pm at the Mt Elephant Fudge shop St Marys for informal and fun singing. Everyone welcome.

The **Cornwall Community Development Group Inc.** hold their general meetings on the 1st Tuesday every month. Hall hire available, please contact Raz or Deb on 6372 2261.

**East Coast Community Transport**, Jan Saunders, Community Hall, 23 Main Street, St Marys. 6372 2137.

The **Falmouth Community Centre** contact for booking club facilities is Cherrie Schier on 0417 887 941.

The **FVNH Op Shop** is happy to receive pre-loved clothing and goods weekdays 9-3. Donations can be collected on Mondays or items can be left at the Centre. Come along, check it out and pick up a bargain. Deb Speers for FVNH.

**Gone Rustic Studio + Gallery** 37 Main Street St Marys. Operation Cover-up meet on the 3rd Fridays monthly from 11-2, creating quilts and knitwear for those in need locally and overseas. \$5 donation towards quilt wadding; BYO lunch, cuppa included.

**Greater Esk Tourism** meet 7pm at Fingal Neighbourhood House on the 2nd Monday of each month, unless otherwise notified. 0412 425 666.

**Meals on Wheels** meeting dates for 2014: 21/8/14, 20/11/14, held in the Community Health Centre St Marys. Lundy Vosper, Secretary. 0488 384 344

The **Scamander and Beaumaris Community Development Association** meet monthly on the 3rd Wednesday at 7pm in the Scamander Sports Complex.

**Scamander Garden Club** meet monthly on the 3rd Monday at 1.30pm in the Scamander Sports Complex. Enjoy sharing garden activities. Call Val on 6372 2762.

**The St Helens Walking Group** walk each Wednesday and Saturday monthly. New members are most welcome. Call Healthy House 6376 5242 or Bryan Edhouse 6376 3439 for info.

**St Marys/Falmouth Playgroup** is held 10:30-12:30 each Wednesday at the Falmouth Community Centre. Join us for only \$3 per family in a relaxed and friendly atmosphere for all the family. Tash Speers 0419 591 905 / Amy Faulkner 0417 152 337.

**St Marys Hospital Auxiliary** meet monthly on the 1st Monday at 2pm in the St Marys Community Health Centre.

**St Marys Ladies' Midweek Tennis** meet 9.30am each Wednesday. New players & beginners welcome. Child minding included - a lovely safe place to bring toddlers while you play. Karon 6372 2382 or Dana 6372 2033.

St Marys Markets are held monthly on the 1st Saturday at the St Marys Community Hall 9-1pm. Christmas may see a second market in the month - stay tuned for updates. Bookings or queries call Michael Smith (BODR Arts) on 6372 2056 or 0407 046 865.

**St Marys Online Access Centre**, 23b Main Road St Marys. Mon to Fri 9.30-4.30 Sat 11-2. Ph 6372 2005.

The **St Marys Op Shop** (School Association) is open 11-3 weekdays and Market Saturdays 10-12.30. We are happy to receive ALL pre-loved items excluding electrical. SMALL donations can be left at the St Marys Newsagency. contact Janet Drummond - Coordinator 0404 562 320 for assistance. Check out the Facebook page

**St Patricks Head & Esk Valley Historical Society Inc.** meets every 2nd month on the 3rd Wednesday, 3pm at various venues. Barry 6372 2575 ([aulich@bigpond.com](mailto:aulich@bigpond.com)) or Jim 6372 2127 ([jimhaas@bigpond.com](mailto:jimhaas@bigpond.com)) [www.fingalvalleyhistory.com](http://www.fingalvalleyhistory.com)

**Stallholders' Market Inc.** is a nfp organisation that holds markets on Saturdays 8-12 in the Portland Hall St Helens. e: [sthelenmarket@yahoo.com.au](mailto:sthelenmarket@yahoo.com.au)

**Suncoast Singers** meet every Friday, 10am in the Catholic Hall Cecilia Street, St Helens. New singers welcome ... if you can talk, you can sing. Call Mary-Anne Wadsworth on 6376 2969.

The **Tasmanian Lymphoedema Centre Inc** meet monthly on the 3rd Monday at 10am in the St Marys Community Health Centre, Day Care Room.

The next Council meeting will be held on Monday September 15th 2014 at 10am in the Council Chambers, Georges Bay Esplanade, St Helens. Minutes from Council meetings are available online.

**Editor: Wendy Dawson**  
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Advertising rates for 2014:

- ◆ Business card ads \$15
- ◆ Intermediate ads \$18
- ◆ ¼ page ads \$25
- ◆ ½ page ads \$40
- ◆ Full page ads \$65

Community announcements are free. Private classified ads are free for two issues. Annual posted subscriptions are \$50.60 and annual online subscriptions are \$20.

Articles for publication may be left at the St Marys Pharmacy, posted to POB 230 St Marys 7215 or emailed. For online advertising, contact the Editor.

### For Sale



**Bar stools**, \$25 each or 4 for \$80.  
**6384 2355**

**Quality grass hay** 5x4 rounds.  
**6377 1154**

**Muscovy ducks and drakes**, on foot \$10 each or dressed \$12 (ducks) and \$15 (drakes), Cornwall. **6372 2421**

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**Round bales**, garden mulch or bedding, \$50 ea, free delivery in St Marys area. **0407 944 158**

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### Wanted

Would anyone have any old **National Geographics** they don't want anymore? Trying to fill gaps in an existing collection. Call Bob on **0428 345 265** if you can help.

#### On this day in 1963

Dr Martin Luther King tells thousands of Americans his dream for freedom.



### Community Notices

The **St Marys Hospital Auxiliary** will hold their **Annual General Meeting** on September 1st 2014 at the St Marys Community Health Centre, commencing 2pm. New and existing members welcome. Kevin Faulkner, Secretary

The **Cornwall Community Development Group Inc.** will hold their **AGM** in the Cornwall Hall on September 2nd 2014 commencing 7pm.

The **St Marys Tennis Club** will hold their **AGM** on Wednesday September 3rd 2014 at the clubrooms, commencing 9.30am.

Hon Sec Dana Smith, 0437 248 033

The **Valley and East Coast Voice Inc.** will hold its **AGM** at 12 Groom Street St Marys on September 10th 2014 commencing 4pm. All interested people are welcome to attend. W Dawson, Secretary

The **Fingal Valley Neighbourhood House Inc** will hold their **AGM** at the FVNH on Wednesday September 17th 2014 commencing 7pm. If you wish to become a member please contact the FVNH on 6374 2344; if you wish to join the FVNH committee you must be a financial member prior to the AGM. Please call 6374 2344 for membership/general queries.

The **St Patricks Head & Esk Valley Historical Society** will hold their **AGM** on Wednesday September 17th 2014 at the St Marys Online Access Centre, commencing 3pm. Matters arising will include the Presidents Report, Financial Report, Election of Office Bearers and future direction of the Society. All welcome.

Jim Haas, Public Officer

Wendy and Reon would like to wish **Heather Lodge** a Happy Birthday, with many happy returns.

### Community Outreach Dinner

The Indonesian themed Community Outreach Dinner at the Holy Trinity Church Hall, St Marys on August 16th was a real feast and taste sensation. There were 25 community members present from the Fingal Valley and St Helens areas, and everyone really enjoyed tasting the different dishes.

Main course selections of Beef Rendang, Chicken in Spicy Peanut Sauce, Gado Gado, rice noodles and couscous were available, and lots of rice/vegetable side dishes were contributed by community; desserts were also brought along by community members.

All in all a great night was had by all, with the last guests leaving around 8pm.

The gold coin donations totalled \$90 and will be donated to the Voice of the Martyrs (<http://www.persecution.com>). The Voice of the Martyrs is a non-profit, inter-denominational Christian organization dedicated to assisting the persecuted church worldwide.

Look out for notices for next months dinner on September 21st. The donation next month will go to the Samaritans Purse.

Janet Drummond on behalf of the Anglican Parish of Break O'Day

## Some Thoughts by Mel Norton

Do you watch the daily news? Or listen to it on the radio or the internet? For a long time now it seems as though the news has all been bad, negative, depressing...capable only of drawing out feelings of hopelessness, anger, powerlessness and maybe even indifference due to what is now referred to as 'compassion fatigue'....do we still care?

Russia, Ukraine, Iraq, Israel, the Gaza Strip, Africa, the Ebola crisis, volcanoes, floods, earthquakes, suicides, road crash victims, Royal Commission findings into corruption and heinous crimes against innocent children – these are only a few of the war ravaged areas and horrendous issues from around the globe, indeed our own country.

How do we deal with the regular onslaught of doom and gloom? Turn off the telly, the radio, the internet? Read no newspapers?

Have nothing to do with the world? Bury (hide?) ourselves in an oxygenated, food and water stocked time-capsule and set it for 50 years – hoping that when we emerge, the world will be at peace and therefore perfect? Trouble is, ignoring the problems will never make them go away.

So it's easy to think, *what can I do to help, to bring about change, to improve someone's situation, to offer a hand-up* (as opposed to a hand-out – there's a difference).

By myself, I can't change anything on a global scale... even within the Break O'Day, I can't stop children going hungry, can't stop them being bullied, can't stop them from being influenced by an ever increasing drug and alcohol culture and can't stop them from being hurt by unkindness and indifference. What can I do? What can any of us do?

We can love people where they're at, because that's what Jesus does for us...He loves us exactly where we're at, on any given day, month, minute even.

I am reminded of that beautiful old children's song called, *Jesus Bids Us Shine*, wherein the lyrics call us to shine Jesus' love for others:

*with a pure clear light,*

*like a little candle, burning in the night  
in this world of darkness, so we must shine  
you in your small corner and I in mine.*

So in our 'small corners', we can aim to focus on the positive things we can do, be involved in, and express love through.

But I know I can't do those things by myself...rather, I daily pray, notwithstanding the horrors of a world gone mad, that I can, sometimes falteringly, shine Jesus' light and love.



## Fears welfare changes will drag \$78m from Tasmanian economy

21 Aug 2014

Welfare groups are warning that Tasmania's struggling economy will lose more than \$78m over four years from proposed changes to social security programs.

The federal budget includes plans to deny income support to unemployed people under the age of 30, for six months. The Tasmanian Council of Social Service has released modelling which it claims shows the changes will be devastating for Tasmanian jobseekers, their families and the state.

It estimates there will be almost 13,000 suspensions of benefits in Tasmania over the next four years, resulting in \$85m in lost income.

The council's Meg Webb said that will deprive the state economy of \$78m over the period.

"This is money that won't be going to people who would then be spending it on housing, on food, on their electricity bills," she said.

"Not receiving that income support means they won't be doing that spending so it's a hit to our economy, not to mention the impact on those individuals and the families that they'll turn to support them.

"Tasmania is in a particularly challenging situation given our unemployment rate and particularly given our high youth unemployment rate."

Ms Webb urged Tasmanian Senators from all parties to oppose the budget measure, which is yet to clear the Senate.

Tasmania has the highest unemployment rates in Australia, and youth unemployment is as high as 20% in some parts of the state.

In Tasmania seven service providers use the \$1.7m annual funding to provide mostly one-on-one support for more than 750 youth at risk who have left formal education.

Shadow assistant minister for higher education Amanda Rishworth said 80% of Tasmanian participants were still in work or training two years after completing the program.

"On the one hand the Government's saying these young people just need to just go out and find jobs, but the programs that were actually facilitating that are being scrapped."

"In Tasmania alone it helped over 750 young Tasmanians a year. Really this was a critical program in getting young people back on the path to finishing school or being connected with further training."

[abc.net.au/news/2014-08-21/tascoss-warns-welfare-cuts-will-drag-2478m-from-tasmanian-econ/5685646?WT.ac=statenews\\_tas](http://abc.net.au/news/2014-08-21/tascoss-warns-welfare-cuts-will-drag-2478m-from-tasmanian-econ/5685646?WT.ac=statenews_tas)



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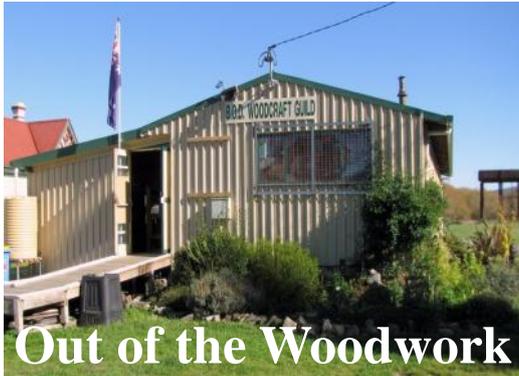
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- **GREAT VALUE**

**20% off winter clothing range while  
stocks last - hurry in for a bargain!!**



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**0448 532 531 - A/H 6372 5497**



Wendy Brennan, Secretary 6372 2094  
[www.breakodaywoodcraftguild.weebly.co](http://www.breakodaywoodcraftguild.weebly.co)  
[www.facebook.com/pages/Break-ODay-Woodcraft-Guild-Mens-Shed/654672894597969](https://www.facebook.com/pages/Break-ODay-Woodcraft-Guild-Mens-Shed/654672894597969)

The Guild is open every day except Friday and Sunday (depending on volunteers), and other times by appointment.

Firstly, I would like to apologise to Ian Summers whose name I inadvertently left out as one of the helpers with our croquet court. Senior Moment!

The court at present has had its final treatment with top soil, and grass seeds have been spread (just hope the sparrows decide on another venue to fine dine).

We are at present in the final stage of completing the clothes racks for the Fingal Valley Neighbourhood House. We hope that they meet the requirements.

Gentle reminder that membership renewals are now due.

Picture right is the Guild's shop. Christmas will soon be upon us, and we have some excellent items for sale at bargain prices.

Guilds Home Hint:

Burnt rice in saucepan

Place about 1cm of white vinegar in bottom of pan, place pan in freezer and let it freeze. Take pan from freezer and let thaw. Once thawed sprinkle on bi carb soda and while fizzing scrub with brush.



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*The Valley and East Coast Voice Inc. encourages local/regional contributions from the public. Stories, current events, historical information, lifestyle pieces, anecdotes, articles, travel blogs and written or visual art with a community-based theme are welcome, especially with relevant pictures included. Regular columns can be made available for talented and dedicated contributors.*

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## The Say...by Cagerattler

I was surprised that several locals commented to me in the past fortnight about the article regarding local footy. It seems I'm not alone when it comes to grass roots footy so thank you for telling me.

Not too far into the future is the next round of Council Elections, and thanks again to a long term resident who contacted me and asked if I was interested in standing. This was very humbling and kind to think to ask.

I am not in a position to be able to be nominated and serve because of my work, but to be asked to think about doing so was very nice. Again, thank you.

I know there are some very capable people in our community, though, and it would be great for those people to put their name forward - not least those who are currently serving or have served before. Our local councillors have always been very forthcoming and have done their best in the increasingly convoluted world of local government.

*This brings me to this fortnight's subject...over-regulation (not just in Council). Why oh why do we need, or want, all this new Risk Assessment rubbish to the point of distraction. I'll be a cynic and say that nowadays in workplaces, sporting organisations and even in volunteer community groups there is this frustrating process to go through before you can blow your nose...Don't get me wrong - there is need for Duty of Care and that is sensible and necessary, but recently I had to do a Risk Assessment and it drove me mad on the way it's done; I had no choice but to do it though. Absolutely needed? NO! Over -regulated? YES! (In my humble opinion.)*

The same applies to building regulations. Some bureaucratic nonsense again goes on here, and rather than it being a relatively straight forward, easy, clear and helpful process, it can be like navigating through the abyss. You bureaucratic numbskulls in Governments everywhere...GET A LIFE...and how about finding ways of making your building rules and regulations uniform, commonsense and encouraging to people who want to renovate/extend/build new? It doesn't need to be so hard - go out and talk to people. These poor Council officials in many cases bear the brunt of the indignation and that's not fair either...a simple, sensible and safe set of regulations would be a much appreciated improvement!



What do you think? Rod McGiveron

# INVITATION!!

You are welcome to join us for a  
**JAM and JOY COMBO!!**

on

Sunday September 7th, 2014

at the

**St Marys Salvation Army Hall**  
(behind the Town Hall in Main Street)

for a shared meal

(everyone brings something to put on the table)

**12.30pm start**

Please join us for some lunch, love and laughter,  
merriment, music and more...

*for more information please call Mel on 0409 838 816*

## **Peril in Prague**

Vaclav Hrsta sat, hunched against the cold, in a dimly lit, poorly heated café in central Prague. He took a sip of his drink and grimaced. He reflected that for every year the Germans had been in Czechoslovakia, the coffee had gotten worse. Now, in the third year of Nazi occupation, the beverage in front of him, concocted as it was from re-used coffee grounds and roasted acorns, was barely drinkable.

It wasn't the *ersatz* coffee, however, that was the cause of Vaclav's worried expression. He was to meet a fellow resistance fighter in this café to discuss details of an air-drop of much needed arms and ammunition from the Allies, and the man was over an hour late for their appointment. If his colleague had been captured by the Germans, Vaclav was in grave danger. In the hands of the Gestapo everyone talked, eventually.

The café door swung open and Vaclav looked up expectantly. When he saw the two grim-faced men in long leather overcoats he knew his worst fears were realised. His only hope, and it was a slim one, was to flee.

Vaclav headed for a door at the back of the room. It led through a small kitchen to another door that opened, to his great relief, onto a dark, narrow alley, lined with refuse bins.

His relief was short-lived. The Germans, with characteristic thoroughness, had covered the back entrance. A patrol of storm troopers waited in the alley.

'Halt!' they cried, when Vaclav burst into view, and unslung their long-barrelled Mausers. Vaclav charged past them before they could bring their unwieldy weapons to their shoulders.

The streets were deserted as Vaclav ran for his life, the only sound his laboured breathing and the pounding jackboots behind him. He knew he could not keep up the pace for long; capture seemed inevitable. He turned a corner and was momentarily out of his pursuers' sight when he saw a faint glimmer of light from a tiny shop front. The door was closed but the shopkeeper was obviously working late. Desperately, Vaclav hammered on the door. A bespectacled face peered out at him.

'Hide me,' Vaclav cried. 'The Gestapo are after me!'

'I'm sorry,' was the reply. 'This is only a small business. I do not cache Czechs.'

Bill Greer, Beauty Point.



## Country Women's Association continues to lobby for legal marijuana for the terminally ill

By Rosemary Grant

**Eleven years after the Country Women's Association (CWA) in Tasmania voted to legalise marijuana for medical use, the matter's has been raised again at the groups state conference.**

Members first voted for medicinal cannabis at their 2003 state conference and they are still calling on the government to legalise the drug for pain relief. National president of the CWA Noela Macleod addressed about 80 Tasmanian members at their annual conference. Mrs Macleod said she's lobbying at the federal level to legalise marijuana for medical use.

"We're trying to get legalisation of marijuana for people with terminal illnesses," she said. "We are one of the very few countries in the world that does not allow it. And I believe people should be allowed to have something that will alleviate their suffering in their last days."

CWA state president, Shirley Morrisby says a number of other health and safety issues are being debated at the Tasmanian CWA state conference, including making quad bikes safer with rollover protection installed.

Mrs MacLeod says she's been lobbying the government to extend existing legislation, which currently mandates roll over protection bars on tractors, to quad bikes.

"Twenty years ago we lobbied very successfully to have rollover bars on tractors," she said. "I keep telling the politicians they don't have to rewrite the legislation, all they have to do is extend what's already in place. It's getting them to listen to you. I mean you do have to be like water wearing away stone. You just have to keep on them and on them and on them to do something."

Mrs Morrisby says Tasmanian members are also calling for a test for overseas visitors, before they drive on Australian roads.

"It's definitely to keep the roads safer," she said. "I think we know here in Tasmania that we've had quite a number of tourists that have been driving that have had accidents. And we've also had some fatalities. We're hoping that if they can read up and do some exams on our road rules that it will make it a safer place for them to come to."

[abc.net.au/news/2014-08-20/cwa-tackles-marijuana-quadbike-safety-international-drivers/5684770?](http://abc.net.au/news/2014-08-20/cwa-tackles-marijuana-quadbike-safety-international-drivers/5684770?WT.ac=localnews_northtas)  
[WT.ac=localnews\\_northtas](http://WT.ac=localnews_northtas)



## Senator Christine Milne

August 18th 2014

"There were some terrible employment figures released over the weekend, particularly in Tasmania. This goes to the heart of Tony Abbott's budget strategy. It's a failed budget strategy.



There's no use trying to tinker around the edges with a bit of adjustment here and there. Tony Abbott is choosing to take money from the poor, the sick, the elderly, the unemployed and leave his friends at the big end of town accumulating more and more wealth. He needs to go back and actually asked the question: who can afford to contribute more in terms of revenue?

That is what he has to ask, and not attack the sick, the poor, the young and the unemployed.

On those unemployment figures in Tasmania, Tony Abbott needs to stop and think. His attack on the renewable energy target is a direct attack on jobs in Tasmania.

Already, abandoning the carbon price will cost the Hydro something like \$200m in terms of projected profit.

Not only that, 100 jobs are going in the Hydro, and there are cuts to jobs in the Antarctic division and in the CSIRO in Tasmania.

We need those science jobs, they are the future for Tasmania, not slashing all of that investment and support in climate science and in renewable energy."

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**MICK FOR MAYOR**  
**MICK FOR COUNCILLOR**

**VOTE 1**

**WHY?**

**MICHAEL TUCKER WILL REPRESENT ALL  
OF BREAK O'DAY**

**I AM NOT A YES MAN**

**I WILL GET THINGS DONE**

**I need your No 1 vote for both Mayor and Councillor**

Authorised by John McGiveron, Newman St, St Marys

**Most liveable cities:**

Melbourne has been named the world's most liveable city for the fourth year in a row, by the Economist Intelligence Unit's liveability survey of 140 cities.

- Melbourne, Australia 97.5
- Vienna, Austria 97.4
- Vancouver, Canada 97.3
- Toronto, Canada 97.2
- Adelaide, Australia 96.6
- Calgary, Canada 96.6
- Sydney, Australia 96.1
- Helsinki, Finland 96.0
- Perth, Australia 95.9
- Auckland, New Zealand 95.7



*abc.net.au/news/2014-08-19/melbourne-worlds-most-liveable-city-for-the-fourth-yearrunning/5681014*

In English pubs, ale is ordered by pints and quarts. Therefore, in old England when customers became unruly, the bartender would yell at them 'Mind your pints and quarts, and settle down.'

This is where the phrase 'mind your Ps and Qs' came from.



**Holding on to your dreams...**

We hide them in the caverns of our mind, visiting them clandestinely between coffee breaks

Those few moments of pleasure, worth far more than the sum total of our lives  
A single dream can drive an entire generation, form and empire, create a revolution

Having no limits or boundaries  
Except those of the human mind  
But, a thousand dreams die every day  
And a thousand more are born  
Many are victims of logic and reality  
Shot down in the course of conversation  
Too few have the courage to raise dreams  
Those voiceless wraiths of the mind  
That glitter our eyes and wing our feet  
That give us purpose but demand our lives

Christopher Hurd, Cornwall

**M**  
**a**  
**D**  
**D**  
**M**  
**U**  
**D**

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**E**  
**R**  
**Y**

**St Marys Tasmania**  
maddmudd@hotmail.com

**The world's 10 most dangerous pastimes**

- 10. heli skiing
- 9. horse riding
- 8. street lugging
- 7. bull running
- 6. big wave surfing
- 5. bull riding
- 4. motorcycle riding
- 3. base jumping
- 2. cheer leading
- 1. cave diving

*clicktop10.com/2013/05/top-10-most-dangerous-sports-in-the*



What a fantastic night we had last night when we celebrated our Junior Winter Ball. The Portland Hall was filled to the brim with 100 guests who wowed in their outfits. The guys and gals danced up a storm, enjoyed Limbo and won prizes.

The Youth Group would like to thank Sandy Purdy, who was our official photographer for the night. A huge thank you to Jeanymaree Jenkinson for DJ'ing, what a great line-up of music. The group would also like to thank all the volunteers who helped out on the night and to the parents who supported the event.



### Tasmanian students continue to lag behind children interstate in all areas assessed in the latest NAPLAN test.

Students in grades three, five, seven and nine were tested on reading, writing, grammar, spelling and numeracy. Tasmanian grade five students scored better than last year in four out of five categories, achieving big improvements in reading and numeracy compared to the first year of NAPLAN testing in 2008, but all year levels performed below the national average in each area.

**The gap between Tasmanian and interstate students was biggest in grade nine, with one in five pupils failing to reach the minimum standard in writing.**

At least one in 10 was below the bar on reading, spelling and grammar. The Australian Education Union's Tasmanian branch representative Terry Polglase said the test was not an effective measure of students' abilities.

"It's simply a test on a particular day and it doesn't show very much up at all. Even for this year's test we found that the writing test has failed, they blundered in that," he said.

A tough question has been blamed for a drop in primary students' writing performance. Students in all year levels were asked to choose a rule or law they would change and explain their reasons. The persuasive writing question read in full:

*Rules & laws tell us what we can and cannot do. Choose a rule or law that you think needs to change. This could be a home or school rule. It could be a rule of a game or sport. It could be a law that everyone has to follow. A change should make the rule or law better. Write to convince a reader why this rule or law should be changed.*

In Tasmania, grade three students' average score on persuasive writing dropped eight points, and grade five results were down more than three-and-a-half points.

The national testing body, the Australian Curriculum, Assessment and Reporting Authority, has decided the persuasive writing task was too hard for primary school students, who focus more on narrative style.

Mr Polglase said teachers did not know whether it would be a persuasive or creative writing task.

"The message I'm hearing is that most guessed that it might be a narrative test so they taught their children on that basis." The union said it wanted the assessment process to be overhauled.

Mr Polglase said too much time was spent teaching to the test before students sat for it in May.

"We even see in the principal memos virtually drop everything, make sure that all your focus, every minute of your day is put into preparing for this massive great test which nobody really gives a darn about," he said.

He said parents should not place too much emphasis on the results of a national literacy and numeracy tests. The State Government said the test results showed a need for investment in education.

Minister for Education Jeremy Rockliff said the results were an indictment on the former Labor and Labor-Green governments.

"(They) failed our students, experimenting with the education system and providing little stability for teachers and students," he said. "There can be no sugar-coating the fact that Tasmania continues to be ranked sixth or seventh out of all states and territories on most indicators."

He said the Liberal Government was urgently introducing 25 new literacy and numeracy specialist teachers in Tasmanian schools.

[abc.net.au/news/2014-08-18/another-poor-naplan-report-card-for-tasmanian-students/5678018?WT.ac=statenews\\_tas](http://abc.net.au/news/2014-08-18/another-poor-naplan-report-card-for-tasmanian-students/5678018?WT.ac=statenews_tas)

**Save the whales. Collect the whole set.**



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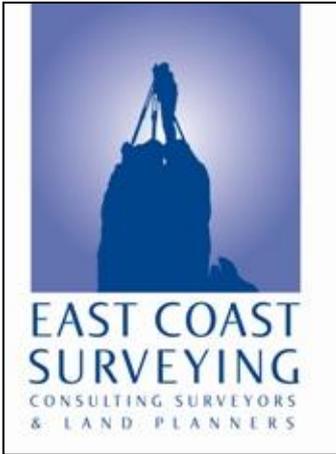
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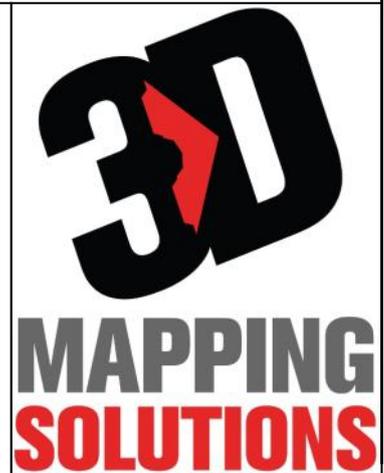
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*A statewide project funded by the Crown through the Department of Health and Human services in partnership with the Tasmanian Association of Community Houses and four other Community Houses.*



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[emily.mccormack@neighbourhoodhouse.org.au](mailto:emily.mccormack@neighbourhoodhouse.org.au)



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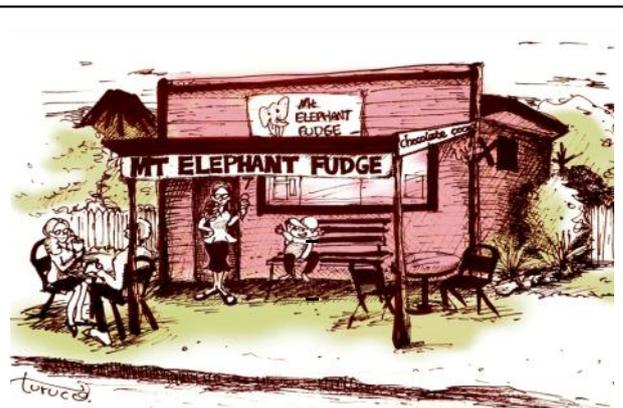
**LAST WEEK OF NSW ART QUILT EXHIBITION!**

If you were to spell out numbers, how far would you have to go until you found the letter 'A'?  
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## **MT ELEPHANT FUDGE**

*I am back on 4th September.  
Pop in and say hello and grab  
your favourite something...  
Looking forward to seeing you all!!  
"MEF" ALL your Sweet Desires!! ☺☺*

**The following is by Douglas Adams of "Hitchhiker's Guide to the Galaxy" fame.**

Australia is a very confusing place, taking up a large amount of the bottom half of the planet. It is recognizable from orbit because of many unusual features, including what at first looks like an enormous bite taken out of its southern edge; a wall of sheer cliffs which plunge into the girding sea. Geologists assure us that this is simply an accident of geomorphology, but they still call it the "Great Australian Bight", proving that not only are they covering up a more frightening theory but they can't spell either.

The first of the confusing things about Australia is the status of the place. Where other landmasses and sovereign lands are classified as continent, island or country, Australia is considered all three. Typically, it is unique in this.

The second confusing thing about Australia is the animals. They can be divided into three categories: Poisonous, Odd, and Sheep. It is true that of the 10 most poisonous arachnids on the planet, Australia has 9 of them. Actually, it would be more accurate to say that of the 9 most poisonous arachnids, Australia has all of them. However, there are few snakes, possibly because the spiders have killed them all. But even the spiders won't go near the sea. Any visitors should be careful to check inside boots (before putting them on), under toilet seats (before sitting down) and generally everywhere else. A stick is very useful for this task.

The last confusing thing about Australia is the inhabitants - A short history:

- ◆ Sometime around 40,000 years ago some people arrived in boats from the north. They ate all the available food, and a lot of them died.
- ◆ The ones who survived learned respect for the balance of nature, man's proper place in the scheme of things, and spiders. They settled in and spent a lot of the intervening time making up strange stories.
- ◆ Then, around 200 years ago, Europeans arrived in boats from the north. More accurately, European convicts were sent, with a few deranged people in charge.
- ◆ They tried to plant their crops in autumn (failing to take account of the reversal of the seasons), ate all their food, and a lot of them died.
- ◆ About then the sheep arrived, and have been treasured ever since.

It is interesting to note here that the Europeans always consider themselves vastly superior to any other race they encounter, since they can lie, cheat, steal and litigate (marks of a civilized culture they say), whereas all the Aborigines can do is happily survive being left in the middle of a vast red-hot desert, equipped with a stick.

Eventually, the new lot of people stopped being Europeans on 'extended holiday' and became Australians. The changes are subtle, but deep, caused by the mind-stretching expanses of nothingness and eerie quiet, where a person can sit perfectly still and look deep inside themselves to the core of their essence, their reasons for being, and the necessity of checking inside their boots every morning for fatal surprises. They also picked up the most finely tuned sense of irony in the world, and the Aboriginal gift for making up stories. Be warned.

There is also the matter of the beaches. Australian beaches are simply the nicest and best in the world, although anyone actually venturing into the sea will have to contend with sharks, stinging jellyfish, stonefish (a fish which sits on the bottom of the sea, pretends to be a rock and has venomous barbs sticking out of its back that will kill just from the pain) and surfboarders. However, watching a beach sunset is worth the risk.

As a result of all this hardship, dirt, thirst and wombats, you would expect Australians to be a dour lot. Instead, they are genial, jolly, cheerful and always willing to share a kind word with a stranger. Faced with insurmountable odds and impossible problems, they smile disarmingly and look for a stick. Major engineering feats have been performed with sheets of corrugated iron, string and mud.

Alone of all the races on earth, they seem to be free from the 'Grass is greener on the other side of the fence' syndrome, and roundly proclaim that Australia is, in fact, the other side of that fence. They call the land "Oz" or "Godzone" (a verbal contraction of "God's Own Country"). The irritating thing about this is they may be right.

**TIPS TO SURVIVING AUSTRALIA**

- ◆ Don't ever put your hand down a hole for any reason WHATSOEVER.
- ◆ The beer is stronger than you think, regardless of how strong you think it is.
- ◆ Always carry a stick.
- ◆ Air-conditioning is imperative.
- ◆ Do not attempt to use Australian slang unless you are a trained linguist and extremely good in a fist fight.
- ◆ Wear thick socks.
- ◆ Take good maps. Stopping to ask directions only works when there are people nearby.
- ◆ If you leave the urban areas, carry several litres of water with you at all times, or you will die.
- ◆ Even in the most embellished stories told by Australians, there is always a core of truth that it is unwise to ignore.

**HOW TO IDENTIFY AUSTRALIANS**

- ◆ They waddle when they walk due to the 53 expired petrol discount vouchers stuffed in their wallet or purse.
- ◆ They pronounce Melbourne as "Melbn".
- ◆ They think it makes perfect sense to decorate highways with large fibreglass bananas, prawns and sheep.
- ◆ They think "Woolloomooloo" is a perfectly reasonable name for a place, that "Wagga Wagga" can be abbreviated to "Wagga", but "Woy Woy" can't be called "Woy".
- ◆ Their hamburgers will contain beetroot. Apparently its a must-have.
- ◆ They don't think it's summer until the steering wheel is too hot to handle.
- ◆ They believe that all train timetables are works of fiction.

# HANNAH RUBENACH

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Authorized by: Peter Rubenach, 36 Dalmaine Rd, Gray 7215

## St Marys Sports and Social Club Winter Warmers

**Friday September 5th from 6.30pm**



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### Road Closures

Location	Road	Bridge	Dates	
Scamander	Upper Scamander Rd	Workers Creek	25/8/14 - 5/9/14	" " "
Goshen	Terryvale Rd	Powers Rivulet	8/9/14 -19/9/14	" " "
Goshen	Terryvale Rd	Powers Rivulet	22/9/14 - 3/10/14	" " "
Weldborough	Groses Rd	Weld River	6/10/14 - 17/10/14	" " "
Priory	Priory Rd	George River	13/10/14 - 26/10/14	Bridge closed, no through access, bypass route via Tasman H'way, Councils Rd & Chaplins Rd
The Gardens	Garden Rd	Tuckers Creek	20/10/14 - 31/10/14	Bridge bypass provided
Priory	Clellands Rd	Little Childs Creek	4/11/14 - 11/11/14	Bridge closed, no through access
Pyengana	Linda Vale Rd	North George River Tributary	12/1/15 - 2/2/15	Bridge bypass provided



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## **The falling of the mighty ones...**

Any life taken has an element of sadness, be it human, animal, bird or tree, and so it was in July this year when the mighty ones fell.

Planted by farmer Mr Morris in 1907, three radiata pines soon grew vigorous and strong on the verge of the road. They were protectors - wind breaks from the frequent strong easterly winds that battered his family home.

These three mighty ones became landmarks for several generations of Gray residents. The sight of them welcomed the traveller home, for they stood at the social heart of the community. They towered above the nearby Methodist Church, situated to the east, and the Church of England church to the west. They marked the entrance to the driveway to Gray Post Office which was located at the Morris's home and operated by Miss Dora Morris. They were the cause of much day dreaming by the 60+ students as they gazed out the Gray schoolroom windows, longing to play in the lofty branches. (Decades later, our six home schooling children also eagerly awaited a break from studies so they could climb the nearby pine trees.)

The three mighty ones were accustomed to seeing generations come and go. They had seen Gray in its heyday as a vibrant agricultural community, where the numerous large families of 14 or more children would congregate for Sunday worship of God and fellowship with neighbours. They watched the young Thorne girls make the long weekly walk from Thorne's Marsh to church. These girls would change out of their farm boots and put on dainty 'church' shoes. They hid the dirty old boots in a hollow tree ready for the evening walk back home.

The three trees witnessed the economic decline of Gray, and the departure of many families. Soon only a few people remained. But they welcomed a resurgence in the 70s and 80s when people seeking alternative life styles moved into the area.

The mighty ones remembered the time when the clip-clop of draught horses and the creak of cart wheels on the dirt road meant people were taking produce to market. Then came cars blowing smelly fumes at them (oh for the days of horses!).

They heard the noisy rumble of trucks transporting coal from Dalmayne Mine to St Marys railway.

They even saw their road renamed from Thompson's Marsh Road to Dalmayne Road.

Big and stalwart, the trees endured floods, droughts, ferocious winds, massive thunder and lightning storms and the threat of bushfires. In their great strength their branches would bend but not break. They were Gray's proud sentinels!

But on January 31st 2009 they were battered relentlessly with hail stones as big as golf balls. This left the mighty ones badly defoliated - their life was coming to an end.

After this event, we kept close watch on the condition of the three trees. Soon we knew they would have to be cut down but we wondered how and by whom, for they were massive. Two were about 50 metres tall, and all three had huge girths - five to eight metres!

One day Peter and I looked at old charts of the hamlet of Gray. We had always thought the trees were on our land (the property was purchased by the Rubenachs from the Morris family in 1967), but this chart showed they were growing on Council land. We contacted Council and surveying confirmed that two of the trees and a third of one tree were indeed on Council land, and therefore their responsibility. The remained 2/3 of the one tree was our concern.

An arborist determined the trees were dying, and could soon be in danger of splitting and falling. Because Peter had years of experience in bush skills, he decided to cut down our 2/3 of tree himself (it was a relatively uncomplicated tree to fell). Council made a commitment to remove their trees. And so, on Wednesday July 16th, Dalmayne became a hive of activity with machinery, three professional tree fellers and a local contractor with an excavator and truck.

All the spectators had their hearts in their mouths as the men scaled the first tree and lopped branches. Wow! Did they know their job! Just as well, as it was a three-day task starting at 7.30 in the morning and working to near dusk.

I couldn't watch any of the felling for somehow above the noise of chainsaws and the excavator I imagined I heard the joyful laughter of our children and their friends, delighting in their lofty tree houses and forts. Beautiful memories flashed before me of the people who had come up our driveway, past those great landmark trees. Our direction to newcomers had always been 'come 360 metres along Dalmayne Road and turn right at the pine trees'. Now they were gone! Huge trunks lay on the ground, waiting removal to a mill.

The huge butts of the three mighty ones now line our driveway. We intend to preserve Gray's history by painting murals on them of Dalmayne mine, Tassie tigers of Thorne's Marsh, the churches, school etc. (any volunteers to help with this project?)

I miss watching the black cockatoos flock to the pines to feast on seeds.

I miss the solitude of a moonlit night, listening to the wind whistle through the pine needles. But I thank God for keeping everyone safe during the felling of the mighty ones, for they were all dangerously decaying internally and could not have survived many more heavy winds.

So thank you to the Break O'Day Council for responding to this need/safety issue of the Gray community. I'm happy for our neighbour as he now has a sunlit home, no longer shaded by the massive pines. Finally, congratulations to Craig, Paul and the other men for a huge and dangerous job so well done!!

I'll long remember the three mighty ones. They blessed many people for 107 years.

(A short DVD of the Falling of the Mighty Ones, filmed by Peter Rubenach and Dennis Beveridge and compiled by James Rubenach, is available to watch. Phone 6372 2348.

*Article by Beverley Rubenach, August 2014*

*Photos by Peter Rubenach and Rodney Baker*



## Federal funding for Tasmanian local governments

Local governments in Lyons will receive nearly half the \$72.6m from the Federal Government to support local projects and services this financial year, says Federal Lyons MP Eric Hutchinson.

Mr Hutchinson welcomed the announcement today of funding for councils nationally from the Federal Government's \$2.3b Financial Assistance Grant Program for 2014-15.

The Federal Government has committed to providing \$9.3b to local governments from this financial year to 2018-19, to help deliver services and build community infrastructure.

Lyons electorate councils, which make up 12 of the 29 Tasmanian councils, will receive individual grants under the scheme of up to \$4.3m. They are able to spend the funding on their identified local priorities.

These could include infrastructure, health, recreation, environmental or employment projects.

Lyons local governments to receive Financial Assistance Grant Program money were Break O'Day, Brighton, Central Highlands, Derwent Valley, Huon Valley, Kentish, Meander Valley, Northern Midlands, Sorell, Southern Midlands, Tasman and West Tamar Councils.

Meander Valley received the highest individual council grant among the Lyons' electorate councils of nearly \$4.4m. That was broken down into more than \$2.1m for general purpose projects and \$2.2m for roads.

Deputy Prime Minister and Regional Development Minister Warren Truss said that Tasmanian Councils could now also apply for federal funding of up to \$565m for the Black Spot roads program and \$300m through the Bridges Renewal Program.

Details of the allocations to councils under the Financial Assistance Grant Program are available at [regional.gov.au/local/assistance/index.aspx](http://regional.gov.au/local/assistance/index.aspx)



## The worst children's book ever?

Parents, are you worried about how to explain to your children that you go about your daily life carrying a deadly weapon? Never fear. A handy book has been created to do exactly that - complete with charming illustrations.

The children's book *My Parents Open Carry* by Brian Jeffs and Nathan Nephew, shows kids exactly what it is like to live in a family of gun nuts.

The picture-book, which would be funny if it wasn't so horrifying, follows a "typical Saturday running errands and having fun together" for 13-year-old Brenna Strong and her parents.

"What's not so typical is that Brenna's parents lawfully open carry handguns for self-defence," the book explains.

The book, which apparently "reflects the views of the majority of the American people," was written because the authors "fear our children are being raised with a biased view of our constitution and especially in regards to the 2nd Amendment."

On the *My Parents Open Carry* website, the authors describe the book as something that "will be treasured for years to come and will be passed down to new family members".

Before writing the "wholesome" book, published by White Feather Press, the authors said they looked for other pro-gun children's books and couldn't find any.

But, *despite reports that 20 American children are hospitalised every day for gun injuries*, the authors have insisted kids need to feel more comfortable around guns. *Nephew reportedly even told Armed American Radio* that "most kids aren't scared of a gun ... that's another good point this book tries to make," Raw Story reported.

On their website, the authors make sure to thank their sponsors – the National Take Your Daughter to the Range Day – and offer buyers a free copy of the "fun" book *Raising Boys Feminists Will Hate!* by Doug Giles.

At this point the Huffington Post UK became convinced this must be a spoof, but, incredibly, it seems to be the real deal. And yet the title has drawn positive reviews, according to the authors' website.

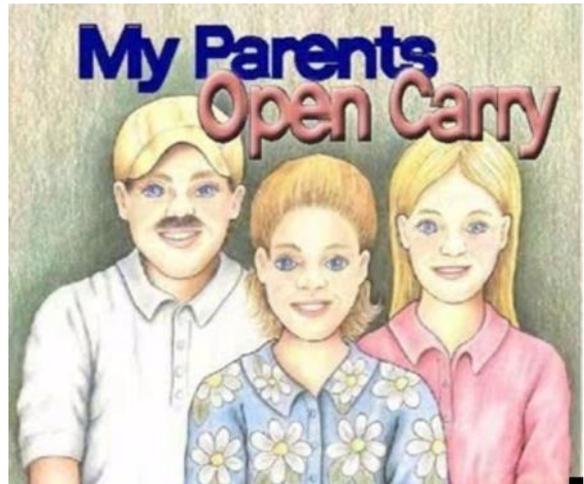
"Loved it, I ordered a copy for our school's library" John Roshek, the Founder of Citizens League for Self-Defence said. Alan Korwin of [gunlaws.com](http://gunlaws.com) is quoted as saying "I love it...boy does this fill a vacuum."

While another supporter, James Towle, the host of American Trigger Sports Network, said the book was "Outstanding, outstanding...every person should buy five copies of this book. Very well done...I believe long overdue."

But many reacted with horror to the book, with children's publisher Elizabeth Laws saying that it was the first time in 25 years that "a children's book leaves me speechless".

**Raw Story's review of the book called it "a primer for the children of gun nuts who'll be lucky to see their 10th birthday".**

[http://www.huffingtonpost.co.uk/2014/08/05/my-parents-open-carry-pro-gun-children-book\\_n\\_5650546.html?utm\\_hp\\_ref=uk](http://www.huffingtonpost.co.uk/2014/08/05/my-parents-open-carry-pro-gun-children-book_n_5650546.html?utm_hp_ref=uk)



# The People Poles Project

## St Marys Tasmania

### Show your support for the Project



T- shirts \$15



Caps \$20



### NOMINATE YOUR PEOPLE POLE PERSON!

We are putting together a list of the characters for our People Poles and we are looking for your ideas and input. If you would like to suggest a character please submit your suggestion using the form below or email your idea to me at [peoplepolesproject@bigpond.com](mailto:peoplepolesproject@bigpond.com). We are especially interested in details of any actual historical characters from the local area and in any old photographs showing these characters.



Name: \_\_\_\_\_

Contact Details

e: \_\_\_\_\_ Ph: \_\_\_\_\_

I wish to nominate the following character(s) as a suggestion for a St Marys People Pole.

Description \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Add drawing or attach a photo.

Return completed form to People Poles Project, St Marys Post Office or leave at Gone Rustic or Madd=Mudd  
Diana Foster, People Poles Coordinator

## Arts/Crafts

### ART TO WEAR - first time exhibitors show us what they can do!

On September 5th at 7 pm, an exciting exhibition of new work will open at Gone Rustic Studio and Gallery in St Marys. This colourful display of wearable art will feature unique handmade garments by local residents Sherryn Woodward and Andi Mara.

Sherryn creates amazing apparel by combining a variety of fabrics and quality pre-loved materials. Each is individually designed and constructed, featuring rich textures and detailing. Sherryn is the scissors queen, an echo of her previous life as an award-winning hairdresser, and is fearless when cutting into the fabrics and clothing she transforms. Andi produces wonderful one-of-a-kind knitted items using a variety of knitting machines and his own invented stitches and patterns. He is following a family tradition, but at the same time is creating his own individual style and techniques. His talents as a drummer and musician dovetail neatly with his knitwear creations.

Both artists are not afraid to push the boundaries in their work, and have made their own rules concerning construction and design.

Their brand, 'Orphic' is sure to make an impact, and Gone Rustic is honoured to host their very first exhibition of work. Most items will be for sale, providing you with a not-to-be-missed opportunity to own and wear one of their unique designs!

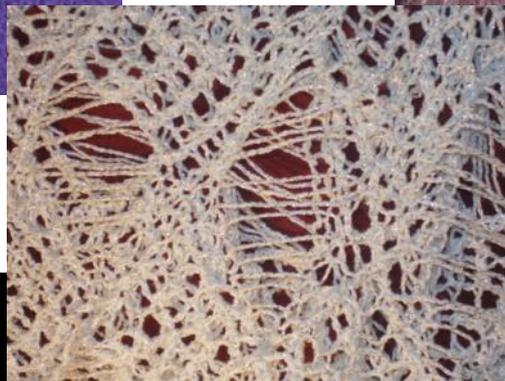
Official launch - 7 pm, September 5th 2014

Cost (launch only) - \$5 (includes refreshments)

RSVP – 03 6372 2724 or 0417 027 424

*All photos by Sherryn Woodward and Andi Mara*

Postscript - you can also visit the artists' facebook page at [facebook.com/orphicart2wear](https://www.facebook.com/orphicart2wear)



# School Events Calendar .....

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>28TH AUGUST</b> ◇ ST.MARYS— COMBINED Launching Into Learning & Stepping Stones 1.15PM - 2.45PM ◇ Launching Into Learning - Fingal 9.15AM - 10.45AM	<b>29TH AUGUST</b> ◇ Primary Assembly— Led by 4/5 Fyle
<b>1ST SEPTEMBER</b> ◇ Active After School— Fingal Campus	<b>2ND SEPTEMBER</b> ◇ School Banking	<b>3RD SEPTEMBER</b> ◇ Active After School— St.Marys Campus	<b>4th September</b> ◇ ST.MARYS— COMBINED Launching Into Learning & Stepping Stones 1.15PM - 2.45PM ◇ Launching Into Learning - Fingal 9.15AM - 10.45AM ◇ Defence Force Talk Grade 9/10's	<b>5th September</b>
<b>8th September</b> ◇ Active After School— Fingal Campus ◇ Arts on Tour ◇ Bicheno to Pool— SWSP	<b>9th September</b> ◇ School Banking ◇ Arts on Tour ◇ Bicheno to Pool—SWSP	<b>10th September</b> ◇ Active After School— St.Marys Campus ◇ Arts on Tour ◇ Country Gold Training ◇ Bicheno to Pool— SWSP	<b>11th September</b> ◇ ST.MARYS— COMBINED Launching Into Learning & Stepping Stones 1.15PM - 2.45PM ◇ Launching Into Learning - Fingal 9.15AM - 10.45AM ◇ <b>ARTS ON TOUR—NIGHT PERFORMANCE + 7/8</b> <b>Drama presents</b> <b>3 Little Pigs</b> <b>7.00pm in the school hall</b> <b>Adults \$5.00 students \$2.00</b> ◇ Bicheno to Pool— SWSP	<b>12th September</b> ◇ Bicheno to Pool— SWSP

## St John Ambulance CPR courses for pool key holders and community members

will be held on Monday September 22nd in the St Marys District High School Hall.

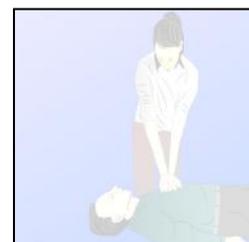
Booking and payment must be made directly with St John Ambulance on **6343 4226 (please note new number)**

Session times:

1.30pm - 3.30pm

4pm - 6pm

Cost \$45



13 Gray Road St Marys Tasmania 7215.  
 Ph: 6372 3900 Fax: 6372 2543  
 e: st.marys.district.high@education.tas.gov.au



## CAVE ART and SCIENCE

Bookend's Cave Art Program is the first stage of many cave-related projects being presented throughout 2014 as part of Bookend's Sixteen Legs Program.

Cave Art is an extra-curricular program for a selected group of year 9 and 10 students from Tasmanian High Schools. The program was co-ordinated by Bookend Trust education officer, Andrew Hughes, who was the Tasmanian Australian of the Year in 2013. Andrew has been a very inspirational person on the students' journey through this program.

Joey Nykiel, Teagen Smith and Jacinta Kringle, St Marys District School students, went on an excursion with their Art teacher, Jill Lewis, to explore the Mole Creek, Honeycomb Cave with experts showing the students cave ecology and geomorphology. They also looked at Art at Mona and the Science of caves at the University of Tasmania, to see how art can be inspired by science and vice-versa.

The students then had eight weeks in which to create a piece of art for the 'Sixteen Legs' Exhibition that was held at Rosny Barn, Hobart, from the 16th - 24th August.

Over 200 people attended the opening of the exhibition which showcased 25 students' work, plus a selection of art about caves from adults. The students were from 10 different schools around Tasmania and the art was very individual and of a very inspiring standard. The schools included Smithton High, Ulverstone High, Launceston Church Grammar, Calvin Christian School, Tasman District High, Hutchins, Ogilvie High, Kingston High, Clarence High and St Marys District School.

The art work was very diverse including a violin and keyboard composition, a video composition, drawings, paintings, sculpture, collage and mixed media. Students used realistic and fantasy ideas.

The art was judged by Kirsha Karchele from Mona and Professor Peter Davies from the University of Tasmania.

Teagen created detailed drawings of the cave spiders, concentrating on the female cave spider. Jacinta created a painting based on the rhythms and patterns of life within the cave.

Joey created a bronze sculpture of a cave spider with the help of our local artist John McColl and Joey's father, Kevin Nykiel. A huge thank you to John for his time and expertise in helping Joey take a clay spider through the plaster cast to wax, to bronze development.

Although our St Marys students did not win a major prize in the competition, Joey received a special mention for his great cast work and high effort and they will all receive a copy of the upcoming 'A Visit to the Queen of the Dark' book showcasing Jodee Taylah's art from the centre of the exhibition.

Four students were offered a free double pass on one of the Pennicott Wilderness Journeys ocean day cruises for their amazing visual art work. The winning prize of a four day Antarctica experience program including a flight to see Antarctica was won by Julia Parker from Smithton High for her musical composition, and Sophie Ambler from Clarence High for her video interpretation.

All the information about the students' experiences can be seen online at [skullbone.expeditionclass.com](http://skullbone.expeditionclass.com) Cave Art 2014 or [bookendtrust.com](http://bookendtrust.com)



Jacinta Kringle



Teagen Smith

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**24798 Tasman Hwy St Helens 7216**

**ACROSS**

- 1. Chair
- 5. French for "Man"
- 10. Trickle
- 14. Song of praise
- 15. Submarine
- 16. Was a passenger
- 17. Mathematics
- 19. Harvard rival
- 20. Hairpiece
- 21. Artist's workstand
- 22. Birch relative
- 23. Strong and proud
- 25. Under
- 27. East southeast
- 28. Envious
- 31. Young hog
- 34. Contagions
- 35. Ribonucleic acid
- 36. See the sights
- 37. Large bulrushes
- 38. Slaloms
- 39. Altitude (abbrev.)
- 40. Operatic solos
- 41. Legions
- 42. Darnel
- 44. Letter after sigma
- 45. Woodworking tools

1	2	3	4		5	6	7	8	9		10	11	12	13
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58					59						60			
61					62						63			

**DOWN**

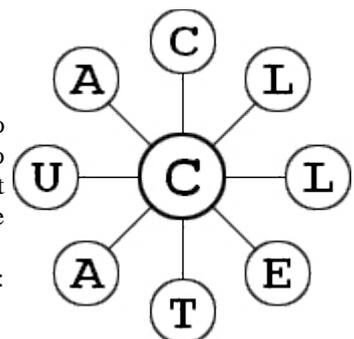
- 18. Holdup
- 22. Beers
- 24. Close
- 26. Nights before
- 28. Cokes or Pepsis
- 29. Module
- 30. Back talk
- 31. Sun
- 32. Sacred
- 33. Overcoat
- 34. Power
- 37. Snare (British)
- 38. Not sweet
- 40. Backside
- 41. Abrasive
- 43. Carport
- 44. Move unsteadily
- 46. Yours (archaic)
- 47. An analytic literary composition
- 48. Clamor
- 49. S S S S
- 50. Not first
- 51. "Do \_\_\_ others..."
- 53. Stair
- 56. American Sign Language
- 57. Snake-like fish

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	2	7				4	6	
5				7			1	2
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How many words can you find?

Each word must contain the central C and no letter can be used twice, however, the letters do not have to be connected. Proper nouns are not allowed, however, plurals are. Can you find the nine letter word?

Excellent: 22 words. Good: 19 words. Average: 16 words.



## The Valley and East Coast Voice Inc. Guidelines

Opinions in any letters published are not necessarily those of the Editor 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 or hinting at libel or slander will not be accepted. Please do not attack the editor, the paper or the authors of previous articles. 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.

### Vol 47.08 solutions.

All words: aim, aims, alarm, alarms, alarum, alarums, alma, almas, alms, alum, alums, am, ama, amas, ami, amia, amias, amir, amirs, amis, amp, amps, ampul, ampuls, amu, amus, amusia, arm, arms, arum, arums, asarum, imp, impala, impalas,imps, ism, lam, lama, lamas, lamia, lamias, lamp, lampas, lamps, lams, larum, larums, lima, limas, limp, limpa, limpas, limps, lum, lump, lumps, lums, ma, maar, maars, mail, mails, mair, mairs, malar, malars, map, maps, mar, maria, marl, marls, mars, marsupia, **MARSUPIAL**, mas, maul, mauls, mi, miaul, miauls, mil, milpa, milpas, mils, mir, mirs, mis, mu, mura, mural, murals, muras, mus, palm, palmar, palms, pam, pams, pima, pimas, plasm, plasma, plum, plums, praam, praams, pram, prams, prim, prima, primal, primas, prims, primula, primulas, primus, prism, psalm, puma, pumas, purism, ram, rami, ramp, ramps, rams, ramus, rim, rims, rump, rumps, rums, salami, salmi, samp, samurai, sim, sima, simar, simp, simular, slam, slim, slum, slump, sum, sump, ulama, ulamas, um, ump, umps

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1	8	6	9	4	3	2	5	7
5	4	9	3	8	7	6	2	1
3	1	7	6	2	5	9	4	8
6	2	8	4	9	1	7	3	5

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Rainbow Retreat St Marys 6372 2168  
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6372 2341  
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Madd=Mudd St Marys 0409 174 287  
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Fingal 6374 2195  
Mathinna 6377 1168  
Scamander 6372 5664  
St Helens 131318

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St Helens Bakery 6376 1260

**Banks** CBA St Marys (ATM) 6372 2268  
CBA St Helens (ATM) 6376 2295  
Westpac St Helens 6376 2751

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Upper Scamander Kennels & Cattery  
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Wagabouts 0429 170 077 / 6376 2131

**Break O'Day Business Enterprise  
Centre** St Helens 6376 2044

**Break O'Day Council** St Helens  
6376 7900

**Bus Services** Calows Bus Service St  
Marys 6372 2476  
St Helens 6376 2161

**Butcher** IGA St Marys 6372 2274

**Cable Locations** Michael Smith  
0408 059 521

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6372 2742

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ah 1300 780 011  
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**Healthy House** St Helens 6376 5242

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6376 5222  
Community Health Centre St Marys  
6372 2111

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St Helens 6376 1389

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dema Centre 6272 2900

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# ST MARYS COMMUNITY HEALTH CENTRE

## St Marys Community Health Centre

### GP Surgery Hours:

Monday—Friday

**8:50am-10:00am**

10:00am-10:30am— Reception Closed

**10:30am- 12:30pm**

12:30pm-1:30pm— Lunch Reception Closed

**1:30pm-2:45pm**

2:45pm-3:15pm— Reception Closed

**3:15pm- 4:30pm**

## AFTER HOURS CONTACT NUMBERS

Please phone

GP ASSIST ON- 1300 780 011

AMBULANCE 1800 008 008 or  
EMERGENCY 000

ST MARYS COMMUNITY HEALTH CENTRE  
6372 2111

**Please RING before presenting after hours**

**Lifeline 131 114**

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## PATHOLOGY SERVICE-

NO PATHOLOGY SERVICE BETWEEN:

12:00-1:30pm or before 8:30am daily

If you require Pathology **before 8:30am an appointment must be made with the Nurses Station the day/night before** by phoning 6372 2111

## SCRIPTS AND DOCTORS APPOINTMENTS

Please ensure doctors appointments are booked **PRIOR** to your medication/s running out or **IN ADVANCE** if you are attending this practice regularly.

**PLEASE BE PATIENT** waiting periods can apply to see the doctor. Scripts are unable to be done over the weekends, ensure you have enough medications in advance.

### PHONE SCRIPTS

Please be aware **scripts are no longer able to be done over the phone.**

## INR TESTS

A doctor's appointment is required if you are having an INR test. **Please let reception staff know when making your appointment that you are having an INR test.** This requires a 5 minute doctor consult.

## DOCTORS ROSTER

• Dr Cyril Latt

28/8/14- 10/9/14

• Dr K. Rawnsley

28/8, 9/9 and 11/9 2014

• Dr E. Reeckman

10/9, 11/9 & 12/9 2014

For appointments phone: 6372 2111

## IMPORTANT INFORMATION TO PATIENTS

Please be aware that Dr Latt's Surgery is currently fully booked for appointments 1 week in advance as of 28/8/14

If you are unable to get a doctor's appointment at the time of ringing and you feel you need more urgent medical attention *please inform the reception staff* who will put you through to the Nurse on duty.

Daily Doctor appointments are not always available but if the need arises we can prioritise.

If in doubt— Call an Ambulance 000

Thank you for your cooperation

## PHYSIOTHERAPY SERVICE

1 day/ fortnight— Physiotherapist from the LGH

**Referrals will still be accepted and prioritised**

Please see your GP for a referral or phone 6372 2111

## WAITING AREA AT HEALTH CENTRE

If you are attending **any appointments** at the St Marys Health Centre please be aware that **the waiting area for ALL SERVICES is the Reception area of the Health Centre.**

**Please report to Reception when you arrive** and the consultant you are booked to see will be contacted by our reception staff and they will come and collect you from the Reception area.

This is a compulsory requirement for our Occupational Health & Safety at the Health Centre. Thank you

## AUGUST HEALTH PROMOTION TOPIC IS:

**International Youth Day: 'Mental Health Matters'**

Mental Health does matter especially with our youth.

### Where do I get help? Who do I talk to?

Come in to the Centre and grab a 'Local Contact Sheet' off the Health Promotion Board of people who you can talk to in Break O'Day if you are concerned about yourself or someone else who may require some assistance.



# ST MARYS COMMUNITY HEALTH CENTRE

## ARE YOUR DETAILS UP TO DATE?

**Do you have a new address/ phone number?  
Do you have a new Centrelink/ Medicare Card?**

**Have you updated these details at the Health Centre?**

It is sometimes necessary for us to contact you or pass your details onto other Health Professionals and we are unable to do this if your contact details are incorrect or out of date.

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

If ANY of your details have changed please contact the St Marys Community Health Centre on 63722111 or come in and update them with our friendly reception staff.

## WHAT'S ON AT THE CENTRE

- 28 Aug **Social Worker**– Shan Williams. Please phone 6372 2111 for appointments  
**Angicare Drug & Alcohol Counsellor.** For appointments please see your GP for a referral.
- 29 Aug **Stepping Out Program** 10:00am-2:00pm. Please hone Fiona Watts at LINC for details on 6376 2742.  
**Social Worker**– Shan Williams. Please phone 6372 2111 for appointments
- 1 Sept **Mental Health Clinician/ Case Manager**– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.  
**TML Psychologist**– Sam McCarthy. Please see your GP for a referral.  
**Hospital Auxiliary Meeting** 2:00pm in the Family Room
- 2 Sept **Mental Health Clinician/ Case Manager**– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.  
**Child Health Session** with Sue Gofton every Tuesday– Appointments only. Please phone 0428 136 381  
**Tom Bain, Rae & Partners Lawyers.** At the Community Health Centre Tuesday fortnights. For appointments please phone 6337 5555

## WHAT'S ON AT THE CENTRE Continued...

- 3 Sept **Day Centre**– For details on the group please contact Hayley Gilbert 6372 2111  
**Mental Health Clinician/ Case Manager**- Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- 4 Sept **Social Worker**– Shan Williams. Please phone 6372 2111 for appointments.  
**Relationships Australia**– Leanne McMurtie for appointments please phone 1300 364 277
- 5 Sept **Social Worker**– Shan Williams. Please phone 6372 2111 for appointments.  
**Stepping Out Program** 10:00am-2:00pm. Please phone Fiona Watts at LINC for details on 6376 2742.
- 8 Sept **TML Psychologist**– Sam McCarthy. Please see your GP for a referral.  
**Mental Health Clinician/ Case Manager**- Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- 9 Sept **Mental Health Clinician/ Case Manager**– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.  
**Child Health Session** with Sue Gofton every Tuesday– Appointments only. Please phone 0428 136 381  
**Lightfoot Podiatry**– Perry Daly. Phone 6331 9568 for appointments.
- 10 Sept **Day Centre**– For details on the group please contact Hayley Gilbert 6372 2111  
**Physiotherapist**– Please see your GP or Health Professional for a referral to the service.  
**TAZREACH**– Antenatal Clinic with Katie. For appointments please see your GP.  
**Mental Health Clinician/ Case Manager**– Faye Thordardottir. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- 11 Sept **Social Worker**– Shan Williams. Please phone 6372 2111 for appointments.
- 12 Sept **Social Worker**– Shan Williams. Please phone 6372 2111 for appointments.

**Tip locations and opening hours**

*Ansons Bay.* Long week-end Mondays 12 - 4  
Wed & Sunday 12 - 4  
*Fingal, Mathinna Road.*  
Tues & Thurs 10 - 4  
Sunday 2 - 5  
*Pyengana, Tasman Hwy.*  
No builders' waste please.  
Wednesday 9 - 1  
Sunday 2 - 5  
*Scamander, Coach Street.*  
Tues & Thurs 10 - 4  
Sunday 2 - 5  
*St Helens, Eagle Street.*  
Open 7 days 10 - 4  
*St Marys, Gray Road.*  
Tues & Thurs 10 - 4  
Sunday 2 - 5

**Meals on Wheels ~ 0488 384 344**

September 1	Debbie Barnes
2	Pam Bretz
3	Lundy Vosper
4	Valmai Spencer
5	Lorraine Gill
8	Ruth Aulich
9	Trish Pike
10	Lundy Vosper
11	Liz Rice
12	Drew Adam

**Tasmanian Lost Pet Register**  
[https://www.facebook.com/  
e: tasmanianlostpetregister@gmail.com](https://www.facebook.com/tasmanianlostpetregister@gmail.com)



**Missing in Kingston**

Please help me find my puppy Rex, a brown and white border collie. He's wearing a black vest and a black collar, and went missing tonight in Kingston. If anyone sees him please contact me at [facebook.com/groups/71653057200/](https://www.facebook.com/groups/71653057200/)

First posted August 21st.

**Emergency services**

**AURORA Emergency 132004**  
**Carers for Wildlife St Marys 6372 2973**  
**0417 017 105**  
**Crimestoppers 1800 333 000**  
**Poisons Information 131126**  
**POLICE Emergency 000 & Enq 131444**  
**SES Emergency 132500**  
**TFS Emergency 000 & Enq 1800 000 699**

**Church Services**

**Catholic Parish of St Marys Sr. Lorraine Groves**  
6372 2252 / 0409 172 741  
**1st Sunday Mass**  
St Helens Vigil 6pm  
Bicheno 9am  
Fingal 11.30am  
**2nd Sunday Liturgy**  
St Helens Vigil 6pm  
St Marys 9am  
Bicheno 9am  
Fingal 9.30am  
**3rd Sunday Mass**  
St Helens Vigil 6pm  
St Marys 9am  
Bicheno LWC 9am  
**4th Sunday Liturgy**  
St Helens Vigil 6pm  
St Marys 9am  
Bicheno 9am  
Fingal 9.30am  
**5th Sunday Mass**  
St Helens Vigil 6pm  
St Marys 11am  
Bicheno 9am

**Anglican Parish of Northern Midlands**  
Avoca 11am 2nd Sunday  
Fingal 2pm 2nd Sunday  
Mathinna 2.30pm 4th Sunday  
Ross 10am 5th Sunday  
Campbell Town 9am

**St Marys Salvation Army**  
Sunday Joy 12.30pm  
This is a bring-and-share lunch followed by a great time of friendship and fellowship. You are very welcome to join us and share our JOY!  
Tuesday JAM 3-5pm every Tuesday except school holidays.  
Envoy Melanie Norton  
0409 838 816

**Break O'Day Anglican Parish** 6372 1144 or PO Box 143, St Helens Tas 7216  
St Helens 9.30am Sunday  
5th Sunday Combined Service with Uniting Church 10.30am  
St Marys 10am Sunday  
Pyengana Please phone for service times  
[facebook.com/anglicanbod](https://www.facebook.com/anglicanbod)

**Break O'Day Uniting Church**  
The Manse 6376 2405  
St Helens 9am  
Fingal 11.15 am

**FINALLY!!!!**



**A cup for left-handed people!!!**

## **AN INTRODUCTION TO St Marys Sports and Social Club Gray Rd, St Marys Tasmania**



*The club has been with us for many years and was once a thriving sports club. During the early 1990s membership was in excess of 200. Unfortunately, due to many factors, like many country clubs around Australia, the St Marys Club is struggling to survive. For this reason, rather than being a sporting club only, the committee are focussing on making it a social club open to all members of the community. Membership (non sporting) is just \$25pp and is due by the 1st of October each year. There are additional fees for golfers and lawn bowlers and any other organised competitions we may run such as darts, indoor bowls or eight ball.*

### **OPENING HOURS**

Thursday 5.30pm - 7.30pm

*During the summer months lawn bowls practice during this time*

Friday 5.30 - close

*Happy Hour 6.30 - 7.30 Lucky members draw and Jag the Joker*

Sunday 1.30 - 4.30

*Social indoor bowls, darts etc*

### **EVENTS**

*Throughout the year we endeavour to hold some regular events, including:*

*Clive Berwick Bowls Day (January)*

*Trivia Night (April)*

*Annual Dinner (At conclusion of pennant bowls)*

*Mothers Day Luncheon*

*Swish & Fish (golf fun day on Good Friday)*

*Christmas in July*

*AFL Grand final Function*

*Melbourne Cup function*

*Club Christmas Party*

### **OTHER ACTIVITIES**

*Throughout the year the ladies committee cater for many other functions including funerals, parties, private dinners and gatherings.*

We have a strong lawn bowls pennants side playing in the East Coast Competition.

Social Golf is played every Sunday (9 holes, 12.30 start)

We have a darts team playing in a local competition and are hoping to soon start an indoor bowls competition (Sunday afternoon), plus a card night is being looked at.

New players needed for all activities!

*At least once a month we offer a very reasonably priced meal on a Friday night.*

The Committee invite new and long-term residents of St Marys to become members of our community sports and social club. The viability of any club is dependant on the support of its community. Lets make this a place we can all take ownership of and be proud of.

President Bobby Harwood 6372 2445

Licensee/Treasurer Jim Turner 6372 244

Secretary Annette Wines 0417 010 648

## Sports news

### ST MARYS SPORTS AND SOCIAL CLUB

Opening hours: Thursday 5.30 - 7.30 Friday 5.30 - 8.30.  
Saturday, before and after golf. Sunday 1.30 - 4.30.

#### **WINTER WARMERS**

Great seafood chowder, Jacquie, followed by delicious desserts from Bobby. Job well done ladies!  
Don't miss out on our next offering! Friday September 5th from 6.30pm for spaghetti bolognese or carbonara, followed by chocolate pudding, all for just \$15pp each. BOOKINGS REQUIRED SMS 0427 332 085 by Wednesday 3rd, thank you.

#### **CRIBBAGE**

Why not stick around after your meal on Friday 5th and give it a go. \$5 entry fee will cover a light supper.

#### **DARTS**

The Club managed to beat the Pub for this round. Trophy presentation will take place on Thursday September 11th. Another round will commence in a few weeks time, watch this space.

#### **GOLF NEWS**

Due to falling numbers and bowls soon to commence, we are moving golf back to Sundays. Tee off at 12.30 unless otherwise advertised.

#### **INDOOR BOWLS**

Sunday afternoon we are offering indoor bowls for beginners. This is a great starter game for lawn bowls so if you are interested please call Caroline on 6372 2112. If we can get enough dedicated people we will organise a regular competition.

#### **JAG THE JOKER AND MEMBERS DRAW**

The Jackpot is now up to \$460 so it's well worth dropping in to the club on Friday evening to try your luck. Just \$2 a ticket and non members are able to participate.  
Congratulations Jacquie, its good to see our regular punters take home the carton.

#### **CYSTIC FIBROSIS GREAT ESCAPE 2014**

Could all volunteers please meet at the club this Thursday August 28th at 7pm. This will enable us to see if we need extra help on the night.  
This is a real opportunity for us to showcase St Marys so please can we have all hands on deck.

#### **MEMBERSHIP FEES 2013-2014**

**Normal Membership** \$25pp., **Sports Membership** \$60 adults \$40 juniors

Bowls and Golf Affiliation fees are advertised on the notice board.

Fees are due now and must be paid by 01/10/2014. Arrangements can be made to pay these off, just have a chat to Jim.

#### **FACEBOOK PAGE**

Check out our page at <https://www.facebook.com/stmarysportsandsocialclub?fref=ts>

Annette Wines Secretary

## The Travelling Ladies Club is back on the East Coast!



The Travelling Ladies Club invites you to join them for afternoon tea. At this meeting, Dr Christina Henri, a Tasmanian social historian, artist and writer will be presenting, plus Lynn Ayers will take you through the newly released group tours for 2015.

**DATE** Saturday 6 September  
**VENUE** White Sands Estate,  
21554 Tasman Highway,  
Ironhouse Point  
**TIME** 2 - 4pm **COST** \$15  
**RSVP** Wednesday 3 September  
Please phone Kay Donnelly on 6331 1214  
or email [kay@ajtravel.com.au](mailto:kay@ajtravel.com.au)



**ST MARYS IGA SUPERMARKET**

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

38 Main Street

Ph/Fax 6372 2240 Butcher 6372 2274

Monday to Friday 8-6 Saturday 8-12



**Specials from 27th August - 2nd September 2014**

<i>Butchery</i>	<i>per kg</i>
Porterhouse steak	15.99
Forequarter lamb chops	9.99
Gerello roast	9.99
Inghams chicken drumsticks	3.99
Nichols chicken kiev burger	9.99

**Shelves**

Nescafe Blend 43 coffee 500g	15.99
Kleenex cottonelle toilet tissue 16pk	6.99
Greens essential cake mix 340g	1.49
Devondale long life milk 1L	.99
Palmolive dish washing liquid 500ml	1.99

**Coolroom & Freezer**

Miracle margarine spread 1kg	1.99
Danone greek yoghurt 4pk	3.99
Coon cheese block 1kg	8.99
Peters ice cream 2L	3.79
Ingham chicken breast nuggets 400g	4.99

**Specials from 3rd - 9th September 2014**

<i>Butchery</i>	<i>per kg</i>
Leg of lamb	9.99
T-Bone steak	16.99
Round BBQ steak	9.99
Lamb shanks	9.99
Beef stir fry strips	13.99

**Shelves**

Chum canned dog food 1.2kg	2.49
Sunsilk shampoo/conditioner 200ml	2.99
Cadbury favourites 300g	5.99
Cottees cordial syrup 1L	3.79
Dolmio extra pasta sauce 490-500g	2.69

**All under \$2**

Continental cup-a-soup 2pk	.99
Golden circle tetra fruit drink 1L	.99
Kit-e-kat canned cat food 410g	.95
Nanda pasta 500g	.99
Soph dish washing liquid 1L	1.69



**Pasta and Chicken in Yogurt Cheese Sauce**

1 zucchini	pasta, any shape
1 medium onion	2 tbs olive oil
5 garlic cloves	1 container fat free Greek yogurt
1 package of fresh spinach	225 g extra sharp reduced fat cheddar cheese
1 small tin sliced mushrooms	salt and pepper to taste
4 boneless skinless demoralised chicken breasts	

Slice/chop all the vegetables except for the spinach and garlic, and sauté in large frying pan in the olive oil until tender. Smash the garlic, and marinate with the chicken and the Italian dressing. I always use a meat mallet on the chicken. Add the spinach to the vegetable mix and cook 5 minutes more until spinach is wilted.

In a separate pot, boil enough water to cook the pasta, and cook as directed. Remove the vegetables from the frying pan and place on a plate, while you cook the chicken in the same pan.

Combine the cooked chicken, cooked vegetables and cooked pasta in a large pot. Add the yogurt and cheddar cheese, and mix well.

Salt and pepper to taste.

Serves 6

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