

\$1



THE VALLEY AND EAST COAST VOICE INC.

Established 1968

49.06 July 14 2016

Deadline for 49.07 is 5pm July 25, 2016



St Marys Historic Hotel dressed up for the June long weekend photo by Judy Duckett

Break O'Day residents could expect a 4% general rate rise this financial year, equating to about \$50 extra per household each year.

Mayor Mick Tucker said the large municipality had several dirt roads and bridges that needed to be upgraded or fixed, to keep members of the community safe.

The money from the rise in the 2016-17 financial year could be spent, in part, on the area's 82 bridges and 365-kilometre network of dirt roads.

The rise makes the council's rate increase amongst the highest across the state, sitting alongside the Kingborough Council and Glenorchy City Council.

"Because we have such a large area and low population we need to be able to fund this," said Break O'Day Council Mayor Mick Tucker.

"We've got a long-term financial plan that we're working towards and we've basically plateaued off now so the actual rate rise is meeting what we need," Cr Tucker said.

"We've had to do a major replacement of the old wooden bridges, and because we have such a large area and low population we need to be able to fund this."

"We're tracking on very nicely with all the replacements."

The rise in rates could also include a 3.3% rise in the general rate for commercial properties.

<http://www.examiner.com.au/story/4017198/rates-rise-set-to-impact-community/>

Meals on Wheels is once again asking for drivers



We are all getting older, some more so than others, so if you have an hour or two to spare each month we would gladly welcome you to our team.

We give a good orientation to the work, and the recipients really do enjoy our visits.

*For more information please call
Fingal Valley Meals on Wheels Coordinator
Lundy Vosper 0488 384 344*



Photographic Competition 2016 **THEME "Promote the Fingal Valley"**

The Greater Esk Tourism photographic competition for 2016 will again be judged by Tasmania's Master Photographer Owen Hughes, who will select 12 finalists and the overall winner, but the public have a say too.

So explore and get clicking to **"Promote the Fingal Valley"**



Entries must be submitted by 5pm on Friday September 8.
No late entries accepted.

Entry forms, terms and conditions of entry, go to our web site www.fingalvalley.com.au, the Fingal Valleys of Adventure [facebook page](#) or Purple Possum Wholefoods, Café and Gallery.
Cash prizes to be won.

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POB 230 St Marys 7215

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

The **AGM of the Cornwall Community Development Group Inc** will be held on August 2 at 7pm. followed by our general meeting

All welcome.

D Squires President

Meals on Wheels

Meeting dates for 2016
August 18, and AGM
November 17

Lundy Vosper, St Marys

The **GET Annual General Meeting** is on Monday September 12 at 7pm at the Fingal Valley Neighbourhood House, to be followed by a General Meeting.

All welcome

Mary Knowles, Secretary

Rossarden & Friends Kids Christmas Annual General Meeting August 16, 2016 starting 1pm at the Avoca Roadhouse

Rossarden Progress Association Annual General Meeting will be held on August 8, 2016 starting 3pm at The Church Cottage, 15 Lee St. Rossarden

Fingal Valley Neighbourhood House Inc.



Trip to Launceston to watch
ROCK OF AGES

BY LAUNCESTON COLLEGE STUDENTS

Venue: Princess Theatre

Date: Saturday September 3, 2016

Starting: 1pm

Tickets: \$32 Concession \$22. Child 2 - 16 \$22.

Bus Fare: \$10 per person.

Bus leaving FVNH at 9.30am

Book and pay before **Wednesday August 17, 2016.**

Where to have lunch will be discussed on the bus.

If you are interested contact the FVNH on
6374 2344 or call into Office to book.

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

Community Notices

Flue shots:

Dr Mark Veitch, Acting Director of Public Health

Still time for a flu jab – but don't delay

Tasmanians are reminded there is still just time to get their annual flu vaccination before the winter flu season really starts.

With only 120 notified cases of flu in Tasmania so far this year, Acting Director of Public Health Dr Mark Veitch said it was not too late to get vaccinated.

"The winter increase in flu is not far off so don't miss the chance for protection," Dr Veitch said. "It takes a couple of weeks for immunity to kick in, so getting a jab now means you'll likely be covered before you come in contact with the flu virus. Vaccination helps you and others – if you don't get flu, you can't spread it to people around you."

Tasmanians at risk of severe flu include:

- ◆ anyone aged 65 and over
- ◆ Indigenous people
- ◆ pregnant women
- ◆ adults and children from six months of age with underlying medical conditions such as heart and lung disease, cancers, HIV, asthma and diabetes.

Vaccination is available through GPs, some pharmacies and other immunisation providers.

Dr Veitch also encouraged anyone living or working with vulnerable people to get vaccinated.

Position Vacant



POSITION VACANT
Fingal Valley
Neighbourhood House Inc.
Play Centre Supervisor
PERMANENT PART TIME
Five hours per week at Fingal

Diploma in Early Childhood (education and care or equivalent) required

Please contact the Coordinator on
0418 659 781 for an application pack

*This position is funded by the Crown through the
Department of Education*

St Marys Cricket Club is seeking a new captain / coach for the 2016/17 season.

Role will include off field and on field duties to keep the club running smoothly.

If you are interested in this position please contact

Chris Turner on 6372 2393 / 0408 308 846

christurner69@bigpond.com

<https://www.facebook.com/groups/stmaryscricketclub/>

Wanted

Tractor / slashing available, fully insured, competitive rates, from Chain of Lagoons to St Helens, Fingal to St Marys. **Alan, 0407 944 158**

For Sale

Ford EL sedan, meticulously maintained, serviced, paint, engine bay, interior immaculate, 6 months rego, front end suspension rebuild, new battery, tyres & muffler, comes with box of oil filters, spare new brake pads. Good reliable solid vehicle. \$2,600. **Blackwood slabs**: 2.2mt x 400mm x 50mm, beautiful colour for benchtops, tables etc. Also large burl slabs. Reasonable prices. As new solid blackwood stained **SB & mattress**, v gd cond \$150. **Holden WB '82 ute** - 202 motor rebuilt 3 yrs ago, new clutch kit, Celica 5spd, 3.08 Commodore diff, 4 wheel disc brakes, 4 new rotors & pads, lots more.

Full details and offers to **Steve on 6377 1209**

20 XB **lambs**, just shorn and drenched, **\$75 each**.

Phone **Steve 0467 586 996**

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

The Say, by Cagerattler

I don't honestly know what's worse. A Coalition Government with a majority of one or two, or being at the whim of egocentric Independents.

The Federal election may well finish up as an unmitigated disaster for all of us as time goes on. One of the major parties needed to have a clear workable majority.

NOT HAPPENING ... A minority government would be equally terrible, and with a messy all-over-the-place senate, it's going to be a backroom deals arrangement once again.

I hope Turnbull has the guts to call for another quick election if indeed the Federal Parliament ends up as unworkable as it looks it will. I'm not a fan of politicians who grandstand a limited agenda, especially in the case of Independents - it usually ends in tears and compromised outcomes.

This is an awful result for every one of us. Just wait and see.

What do you think?

Rod McGiveron, St Marys



Main Street St Marys 7215
Ph 6372 2844

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Bay of Fires Eco Tours takes out tourism award on the East Coast

Bay of Fire Eco Tours has taken out the New Great Eastern Driver of the Year Award in the 2016 Great Eastern Drivers, also receiving a Certificate of Merit in the Great Eastern Drive Product of the Year category.

With just 12 months of trading under their belts, this Binalong Bay based family business has built their boat tour enterprise, and delighted over 1000 passengers as they traverse the stunning waters of the Bay of Fires.

At the awards dinner last night held at White Sands Estate, company Director Alisha Roper and her father David accepted the award on behalf of their families.

“Come and see what we’re all about and don’t just visit the Bay of Fires, experience it,” Tour Skipper David said when accepting the award last night.

After all the effort that has gone into the planning, implementation and start up of the business, they are understandably delighted to be recognised for their hard work. Bay of Fires Eco Tours will receive a tailored professional development package to the value of \$2500 to help them take their business to the next level.

“We’d love to be able to use the funds to gain assistance with marketing, professional development and writing award submissions for the future,” said director Alisha this morning.

“We live in an absolutely stunning part of Tasmania and it’s our pleasure to be able to share this breathtaking coastline with visitors from all over the world.”



Break O’Day Green Army participants graduate July 1, 2016

On Friday July 1, a hard working group of eight Break O’Day Green Army participants graduated from this year’s second six month programmes.

The Green Army team, headed up by supervisor Dan Donaldson, have achieved some outstanding conservation outcomes for the Break O’Day Region. Some of their work included removing 450 Bridal Creeper weeds from the Binalong Bay area, removing sea spurge from more than 20 km of sand dunes and protecting more than 400 ha of important native habitats from various weeds including Spanish heath, African boxhorn, Alisha’s tears, blackberry, bluebell creeper and more.



A new innovation for the team was working with a specially designed weed mapping app that allowed team members to record what they found and where, and control treatments for future analysis and follow-up weed management.

They also helped build more than 250 nest boxes for a Tasmanian swift parrot research project by the Australian National University. The swift parrot is one of our most significant nationally threatened bird species. 100 of these nest boxes have already been installed on Bruny Island.

Break O’Day Council NRM facilitator Polly Buchhorn said the work the teams do for the area was to be congratulated and admired.

“The amount of work that this team tackled in a short space of time is immense, and without their hard-work and commitment to Break O’Day’s natural environment, there is no doubt that our threatened wildlife would face much more of a problem with weeds such as sea spurge, pampas and ‘garden escapes’,” he said.

Break O’Day Mayor Mick Tucker also sang the praises of the crew.

“Not only are they doing outstanding work, they are also getting real, hands-on experience which will hold them in good stead in the future,” Mr Tucker said. “If the work ethic and attitude of this team is anything to go by, any employer would be lucky to have them.”

The Break O’Day Green Army projects are supported by the Australian Government’s Green Army Programme and a project host partnership led by Break O’Day Council, with the Parks and Wildlife Service and North East Bioregional Network. The third Break O’Day Green Army project starts in late July 2016 and will be followed by a fourth in 2017. The Council/PWS/Bioregional Network partnership also recently applied for a further three Green Army projects, which would take this very successful joint initiative through to the end of 2018.

*You are invited to a
Masquerade Party*

*Saturday August 20, 2016 at the
Avoca Memorial Hall
6 for 6:30 start to 10pm*

Sit down Meal, Entertainment,

Crazy Raffle,

Best Costume Prize

Cost: \$35

RSVP to Helen

6384 2101 by 15th August



Surf Coast Realty

Ph: (03) 6372 5321



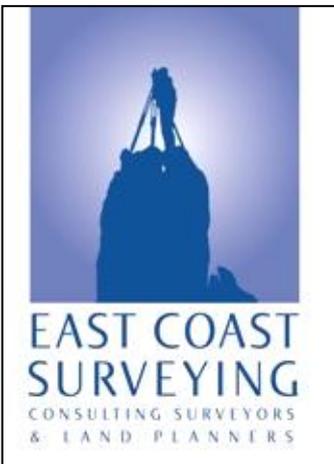
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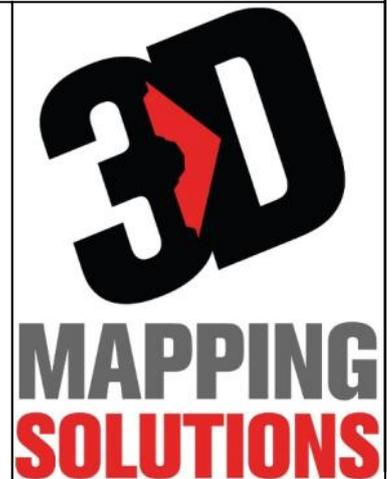
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One month until Australia's largest online event 9 July 2016

In just one month's time, millions of people across Australia will pause to complete the 17th national Census of Population and Housing, in what could be the country's largest and most significant online event. The 2016 Census will employ more than 39,000 temporary staff, who will travel a distance equivalent to almost 200 trips around the circumference of the planet in order to count over 24m people in about 10m households, who come from over 200 countries and speak over 300 different languages.

Head of the 2016 Census, Duncan Young, said the August 9 Census will be the easiest and most accessible ever, with people able to complete their Census from their own home on their smartphone, tablet or computer. 16m people are expected to complete the survey online.

"Later this month and into early August, the ABS will deliver some 10m letters to every household around the country in preparation for Census night," Mr Young said. "These letters will be addressed 'To the Resident' and include a unique login and instructions on how to complete the Census online, as well as details on how to request a paper Census form." While a majority of Australians won't hear from the ABS for a few weeks to come, Census Remote Area Mobile Team Leader, Steven Pearce, has driven 4,500km across northern Australia in the last two weeks, to ensure everyone in his remote area is counted as part of the Census.

"Within the 160,000 sq km area which I'm helping to count, I estimate there'd be less than 3,000 people living here, but that does not mean the data is less important," Mr Pearce said. "My primary task now is to make contact with the communities and all the relevant stakeholders in those communities and lay a bit of groundwork which will enable us to carry out the Census in as efficient manner as possible."

Mr Young said the ABS' 105 Remote Area Mobile teams highlight the ABS' extensive efforts to ensure everyone in Australia completes a Census form, wherever they are on Census night. The national Census has been a part of Australia since just after Federation and provides the most comprehensive and accurate picture of our rapidly growing and changing population. Despite 16 previous Censuses over 105 years, the 2016 Census will coincide with the Olympics for the first time ever this year. Mr Young hopes that while Australians are waiting for the swimming finals to start on August 9 they will do their bit for the country by completing their Census.

For more information about the Census visit www.census.abs.gov.au or follow us on Facebook and Twitter. Background information on the 2016 Census of Population and Housing Data collected from the 2016 Census will support funding decisions for services and infrastructure including housing, transport, education, industry, hospitals, and the environment. Data from the 2011 Census revealed that Australians come from more than 200 countries, speak more than 300 languages, belong to more than 100 religious groups and work more than 1,000 occupations.

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cooked to perfection.

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and hot chips available 7 days.



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OUT OF THE WOODWORK

WENDY BRENNAN SECRETARY 6372 2094

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

Facebook.com/pages/Break-O'Day-Woodcraft-Guild-Mens-Shed

A large thank you to Ken Alexander who donated to the Guild valuable equipment. Our two intrepid members Reon and Jeff Springer had the enviable task of transporting via the Spirit our treasured package. Mr Alexander (Ken) and his lovely wife Marcia are coming to live in St Marys in the near future. Members all wish them every success and happiness with their new adventure. Ken will be joining our organisation as a valued member.

Guilds Home Hint: If clothes become shiny from ironing wring a clean white cloth in white vinegar and place over the shiny area. Run a cool iron over the top.

Below: Ken Alexander and Jeff Springer.

Right: Reon Johns.



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Break O'Day Municipality awarded for commitment to mobile phone recycling June 21, 2016

Break O'Day Council is proud to have been awarded the 2016 Local Government, State Top Collector Award for mobile phone recycling.

Break O'Day Council is one of 360 Australian Councils partnered with MobileMuster, an initiative which, in under a decade, has seen nearly 30 tonnes of mobile phone components recycled.

Break O'Day Mayor Mick Tucker said considering last year's State Top Collector Award went to Burnie City Council, a municipality with more than three times our population, it was an outstanding achievement for the Break O'Day municipality.

"Considering our population size, we are proud of this achievement as it shows not just Council's commitment to taking care of the environment, but our community's as well," Mayor Tucker said.

"We live in one of the most beautiful places in the world, so doing what we can for the environment is important to our community and therefore, Council."

You can find a mobile phone recycling bin at Break O'Day Council as well as Australia Post outlets in St Helens, Fingal, St Marys, Scamander and Mathinna.



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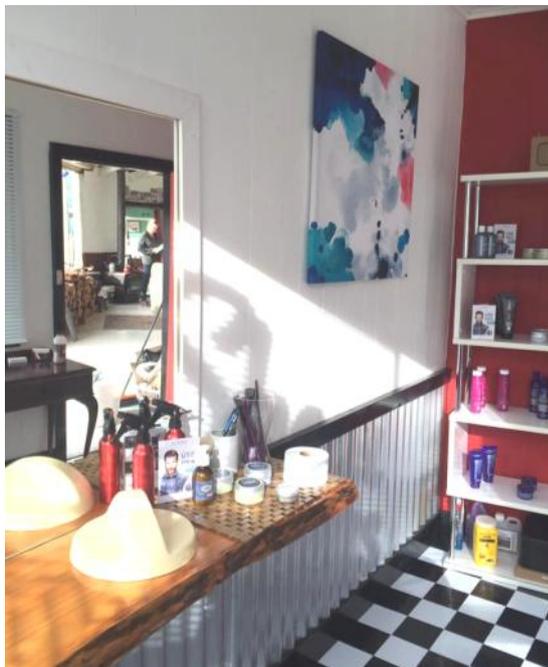
My name is Rachael and, although I reside in Fingal, I grew up in St Marys, it will always be my home town.

From the time I was a young child I wanted to be a hairdresser. I would tell everyone, even giving my own dolls hair cuts (much to my Mum's disgust).

At the age of 12, I was a 'tea and tidy' for Jenny Blackburn for several months, then later Lynne Dawes at Designer Hair Studio for a few years. My passion had just started. I wanted to be a hairdresser just like Lynne. Later in life, following my dreams, I completed my certificate 3 training at Studio Hair and Beauty in Launceston, before purchasing Designer Hair Studio myself.

After that closed I went on to do mobile hair for a while, also working at Mt Elephant Pancake Barn, before getting offered a senior position at Ambient Hair and Beauty in St. Helens where I worked for 16 months.

While working there I was approached by Owen (St Marys Coffee Shop), asking if I'd be willing to cut hair in an old empty room he had on the other side of his shop one day a week. With great thought, and six months later, I said yes, but not just one day a week - I wanted more. This was my opportunity to re-open my own business as a men's hairdressing service, in my home town. Thank you Owen for this opportunity.



The room hadn't been used for many years but had great potential, in an ideal spot. This is when the fun started, planning renovations, permits, thinking of a name. Through blood, sweat and tears we turned an old empty unused room into a barber shop. I'd like to thank those who helped me - Lee Connor, Raz McDonald and Daisy - couldn't have done it without you.

I was recently told by a friend I should write a story about being the first 'barber' in town, however I am not the first. Many years ago when Todds Hall still stood, there was a barber in there, Geoff Baldock was his name, although he isn't in the industry anymore he is still a family friend.

Some of you are probably not aware that I am also not the first hairdresser to have a salon in the building I am in. There was a lady by the name of Nadine, although her salon was on the other end of the building (coffee shop side). I remember as a small child getting her to cut my Barbie's hair first. This is when my love affair with hairdressing began.

I am excited to be back in this beautiful town, serving the whole community and looking forward to getting to know each and everyone of you. Please feel free to pop in, say hello, introduce yourself. Sit and have a coffee.

I am located at 28-30 Main Street St Marys, entry via coffee shop doors.

I'm dedicated, I'm professional, I'm local, I'm affordable.

Look forward to seeing you.

Opening hours as of Monday July 18
Monday and Friday 9.30 - 2.30
Tuesday, Wednesday and Thursday 9.30 - 4.30
Saturday TBA

No appointment necessary
Cutting both men's and ladies
No chemical services.
Loyalty cards



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
- ◆ Hearing Checks
- ◆ Pap Smear and Well Women's Checks
- ◆ Blood Pressure Monitoring
- ◆ Counseling
- ◆ Building Blocks (children 0-5 yrs.)
- ◆ Walking Group
- ◆ FriendSHIP Program

Would you like to try a different approach to **QUIT smoking?**

SMART Recovery

We almost have enough people interested to run a free group program to assist in giving up smoking!

So if you are interested in 'kicking the habit'

don't delay in contacting us

Weight Management meeting July 20 at the

Child & Family Centre, 2pm

As you are aware the St Helens Weight Watchers group unfortunately did not get off the ground.

Hub4Health will be running a weight management group based on the SMART Recovery model.

This program allows participants to select achievable goals on a weekly basis, and be supported by their peers. There will be no cost involved. At the initial meeting, we will discuss expectations, times and other relevant information.

What's coming up?

Managing Chronic Disease Exercise Physiology/

Physiotherapy assessment

Now visiting Hub4Health weekly

Appointments available at St Helens and St Marys.

Please call 6376 2971 for bookings

Join our weekly Strength2Strength exercise classes which aim to help you manage chronic conditions.

Sessions will be held in St Helens and St Marys.

Contact 6376 2971 for information

Lions Club of St Marys

This week our club celebrates another year, signifying 41 years of serving this, our community, a task our members achieve and undertake with pride and satisfaction.

A significant factor though is that in 1975 when this club was initiated and chartered, we fortunately had 32 willing members with an average age of 36, to share the duties and tasks involved in a service organization such as Lions. I might add that in 1981 we increased that number to a high of 36.

Today, three of those original members - Len Miles, John McGiveron and myself - (who along with five other members having an average age of 73) remain, dedicated to the task of upholding the responsibilities and efforts of keeping our club operable.

Over this long period, hundreds of thousands of dollars have been raised and spent within our town and community for the one purpose, that of making this a better place to live.

To be part of a successful club such as ours, two main things are sought:

**Commitment to serve our community by helping the less fortunate than ourselves and;
Ability to handle the rewards received in return, which will be an extended hand, a smile and the friendship offered so readily by those on the receiving end.**

The tasks involved in giving help to the needy can extend over a wide range: simply mowing a lawn, supplying a load of wood, providing a cash donation in the event of losing a home to fire or sending a young family across the world to England to receive the medical help needed for the guarantee of life for their young child.

In order to permit such things to eventuate, Lions Clubs have a tremendous reliance on the generosity and unselfish support of our community which willingly give of their time (and money), ensuring the aims of our club are achieved.

I also thank and acknowledge the willingness and keenness of the band of volunteers who answer the call whenever the project planned (such as our Xmas party, which at times appears to be beyond the capabilities of our small club), but with that help once again becomes a reality. You know, as we do, who you are. So many achievements take place each year that sail, as we say, under the radar, and because we seek no honour or glory, go by unnoticed. But these things, in fact, happen.

Examples - this year, we have been able to supply a much needed portable power drill / driver to the local fire brigade, and with the generosity and cooperation of the Lions Club of St Helens we have supplied defibrillators to both St Marys and St Helens police stations.

Such things, along with donations to charitable organisations, schools, hospitals and numerous other instrumentalities become year to year activities.

I am proud to have had the experience and satisfaction gained by serving with and beside such a great group of dedicated people over that long haul, and if given the chance [God forbid] would do it all again, and say that if any one considering joining this club gains half the benefits we have been privileged to receive, their effort will be well worthwhile and rewarding.

As outgoing President, I wish to thank our members who so willingly give of their time, dedication and effort, which becomes increasingly more difficult with each passing year, allowing us to continue in the role we have successfully undertaken in the past and making my position both honourable and enjoyable.

To John McGiveron, our incoming President (again) and fellow members, I say congratulations and I look forward to serving on your committee.

In closing, I believe our town, community, nation (and no doubt, the world), are better off because of the input by Lionism.

Thanks and to all, "a job well done".

Kevin Faulkner, President.



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of 113 Cimitiere Street Launceston

VISITING EVERY SECOND TUESDAY
St Marys Community Health Centre 9.00am-10.00am
St Helens old Post Office building 11.00am-1.00pm

Please call to make an appointment **6337 5555**

Tasmania - (Usual residence)	2011			2006			Change
	Birthplace	Number	%	Aus %	Number	%	
							2006 to 2011
United Kingdom	23,171	4.7	5.1	22,559	4.7	5.2	+612
New Zealand	4,923	1.0	2.2	4,142	0.9	2.0	+781
Netherlands	2,368	0.5	0.4	2,422	0.5	0.4	-54
Germany	2,183	0.4	0.5	2,124	0.4	0.5	+59
China	1,886	0.4	1.5	967	0.2	1.0	+919
South Africa	1,511	0.3	0.7	1,049	0.2	0.5	+462
United States of	1,489	0.3	0.4	1,160	0.2	0.3	+329
India	1,486	0.3	1.4	786	0.2	0.7	+700
Philippines	1,286	0.3	0.8	970	0.2	0.6	+316
Malaysia	1,214	0.2	0.5	958	0.2	0.5	+256

In 2011, 5% of people in Tasmania came from countries where English was not their first language

Country of Birth data identifies where people were born and is indicative of the level of cultural diversity in Tasmania. The mix of Country of Birth groups is also indicative of historical settlement patterns, as source countries for Australia's immigration program have varied significantly over time.

Saturday, July 14, 1770. : **The first European sighting of a kangaroo is recorded.** James Cook and his crew were the first known Europeans to sight the kangaroo: the "Endeavour" struck the Great Barrier Reef and nearly sank. It was eventually brought into the harbour formed by the Endeavour River for repairs. Landing on 10 June 1770, Cook and his crew spent almost two months repairing the ship. On 14 July 1770, a crewman shot a strange looking, unknown animal which was brought back to camp for examination, and the skin eventually taken back to England. The word "kangaroo" is believed to have come from the Aboriginal word gangurru, a Guugu Yimidhirr word referring to the Grey Kangaroo. The word was recorded by Sir Joseph Banks as "kangaru" or "kanguroo" (sources vary). It is not true that the word means "I don't understand"; this is a popular myth often applied to various other Aboriginal-based Australian words.

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Sunday 1:30 - 4.30pm Friday Happy Hour 6.30 -
7.30 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
[facebook.com/stmarysportsandsocialclub](https://www.facebook.com/stmarysportsandsocialclub)

AGM New and existing members have formed a new committee - we received two resignations. We have some new ideas and plans; a Trivia night and some card nights are on the agenda.

Bowls news The green improves each week. More shadecloth will be installed later - we had a great turn-up of bowlers to the AGM

Dining *Old Fashioned Meal* The club is catering this meal on Friday July 15 at 6pm. 30 bookings will be taken until Thursday 14 at 4pm. Ring Jacqui, Jim or the club (6372 2177) and leave a message please.

Golf news Big plans for the greens and tee beds, commencing mid Aug / Sept. We had obtained some Tee bed sponsors, now we need some manpower when work commences! This will take time.

Mt Elephant and Beyond Book Group review

The Cuckoo's Calling is a detective novel written by Robert Galbraith, the penname of JK Rowlings, author of the Harry Potter series for young readers. It is the first (so far) of a series of three, centred on the oddly named private detective Cormoran Strike.

As is typically the case in this genre he is a down-at-heel "gumshoe" who has a troubled history. He is the neglected son of a pop star and one of his "groupies". After losing part of a leg performing an act of bravery as a military policeman in Afghanistan, he sets up shop as a private detective following his release from hospital. His on-again, off-again love relationship with a beautiful but unstable woman has finally ended, his business is in financial trouble and he is reduced to sleeping on a camp bed in his dingy office. Enter the attractive new temp. secretary and a new case concerning the apparent suicide of a supermodel, and we have all the makings of a good whodunnit. And this is mostly what it is - a good entertaining read.

The title is taken from a Christina Rossetti poem *Dirge*, which references loss and mourning, but could also refer to the cuckoo's habit of laying its eggs in another bird's nest so that the offspring is raised by another. Quite a bit of dysfunctional parenting has gone on before the story begins! Each of the five parts of the story starts with a weighty quote from the great Roman thinkers. Is this to add weight to what is after all just a detective story? Rowlings claims she was enjoying the freedom of breaking into a new genre of writing before her cover was blown, and book sales improved noticeably. So much for anonymity!

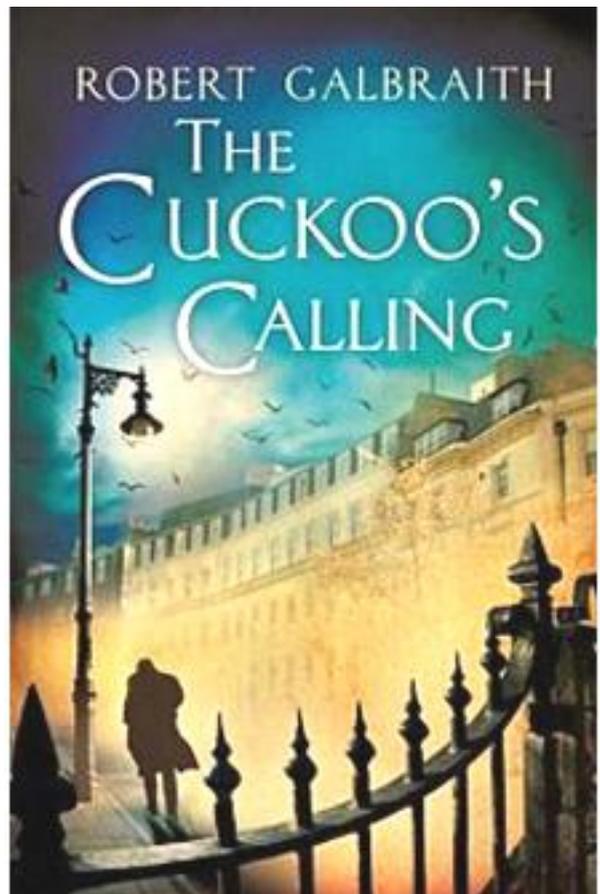
At times her prose becomes rather florid and this may also be a result of exploring the possibilities of writing for adults. Perhaps editors are shy of criticising such a successful writer ...

The story, in the tradition of the genre, throws up all sorts of red herrings to lead us astray but the truth is finally revealed, thanks to the experience and cleverness of Cormoran and the resourcefulness and initiative of the new temp, Robin. She looks set to become a permanent fixture in the office and the series, and, who knows, maybe a love interest! Some experienced readers of detective fiction found the ending unconvincing and somewhat rushed.

The characters, and there are a lot of them, are well drawn and credible. The city of London provides a recognisable setting as Cormoran picks his way around ever present building sites and roadworks, copes with miserable weather conditions, visits his regular pubs and rubs shoulders with people from very different backgrounds. We meet celebrities, money grubbers, waifs and strays, as well as people on the "make" living off the successful.

If you are looking for an undemanding read and a cast of interesting characters then this book is for you, though it does run to 450 pages.

Pam Bretz, St Marys





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VALLEY and EAST COAST VOICE Inc. WRITING COMPETITION 2016

Our writing competition for school students will run each school term in two sections, one for primary students and one for secondary students.

We are asking for a short story, maximum 500 words, and entries will be published in the Valley Voice.

You can write about anything you like - if it interests you, tell us about it.

To make things easier for our judges we would like your entry typed please.

(Our judges have no children currently or formerly enrolled in a school within the area, and their decision is final.)

**** 2 prizes will be awarded at the end of each term ****

The Rules ... yes, we have to have them!

- ◆ Your entry must be your own work
- ◆ The Valley Voice has the right to publish your work with your name on it if you are a finalist
- ◆ Entries will be published anonymously throughout each term
- ◆ Entries must be in by the closing date ... no late entries will be accepted

Closing dates

Term 1 April 4

Term 3 September 15

Term 2 July 7

Term 4 December 8

Lodgment can be by:

- ◆ email to wdawson@valleyvoice.com.au OR
- ◆ mail to **POB 230 St Marys Tasmania 7215** OR
- ◆ leave at **St Marys Pharmacy, Main Road St Marys**



Valley and East Coast Voice Inc. Writing Competition

Attach this section to your entry and please make sure all information is provided

Full Name _____

Class/Grade _____

School _____

Title of essay/ written work _____

Parent / guardian's signature ... this implies permission to publish your work and your name
(should you win a prize) _____

Parent / guardian's address _____

Parent / guardian's contact phone number _____

Enquiries to W Dawson - 0403 430 452

Office use only (identifier code)

GHOST UNDER MY BED

I lay in bed looking up at the roof listening to the voice talking to me from under my bed.

'Jorjah ... Jorhah ... Jorjah I'm coming for you!' 'Jorjah ... Jorhah ... Jorjah I'm coming for you!' the voice says every night.

I have now been hearing this voice for 9 years and it has never changed.

A couple of weeks later it changes and it is really starting to scare me I had just got used to it.

'Jorjah ... Jorhah ... Jorjah I'm coming for you!' 'Jorjah ... Jorhah ... Jorjah I'm next to you!'

I immediately look next to me. All I see is this dark shape going back under my bed. I run and tell my mum she never believes me but it is worth a shot.

'Just go back to bed and we will have a look in the morning' Mum says half asleep. Yeah right, she never looks for me.

Two months later it changes again. I am never sleeping again.

'Jorjah ... Jorhah ... Jorjah I'm coming for you!' Jorjah ... Jorhah ... Jorjah check on your brother Jorjah!'

I run to my brother's room. I squeal, he is ... DEAD. I run into mum's room.

'MUM, MUM, MUM GET UP JAKE IS DEAD!' I yell at her.

She runs with me Jake's room. I can't believe what I see, he is awake and looking at me.

'Jorjah you are in big trouble. Go to your room and think about what you have done!' mum demands.

'Jorjah ... Jorhah ... Jorjah I'm for you! 'Jorjah ... Jorjah ... Jorjah I'm going to kill you!!' the shadow comes out from under the bed and hovers over me.

AAAAHHHHH

Thanks to this Year 6 student Ed.

Sausage Sizzles

The sausage sizzle is a spin on the classic BBQ, and unique because of its community and charitable associations common across Australia and New Zealand.

"No one would ever invite friends to a sausage sizzle at home," notes Barbara Santich in *Bold Palates: Australia's Gastronomic Heritage*.

A sausage sizzle needs only two core ingredients: boring ol' white bread and, of course, sausages. (Tomato sauce and onions are suggested but not compulsory.)

In the late 19th and early 20th centuries, a sausage sandwich was typically viewed as a German or Italian-style meal. It appears that sometime around the mid 1900s, the sausage sanger morphed into an iconic Aussie food as sausage sizzles started to become a thing.

"Sausage sizzle" begins to appear in newspaper reports through the '40s, but was apparently slow to take off — by the early '70s the term was still novel enough to warrant quotation remarks.

Sausage sizzles seem to have come to prominence in the 1980s, and have since become staples at fundraisers, Bunnings and (of course) elections.

All ingredients are usually purchased as cheaply as possible, or donated from local sponsors such as butchers, bakers or supermarkets, to maximise fundraising.

Some have outgrown their humble beginnings, with more lavish options including haloumi, relish and rocket.

A recognised and expected addition to polling booths at Australian elections,

sizzles are nicknamed "Democracy Sausages". Politicians were once accused of BRIBING voters by offering them free sandwiches - before the sizzle became an election day essential.

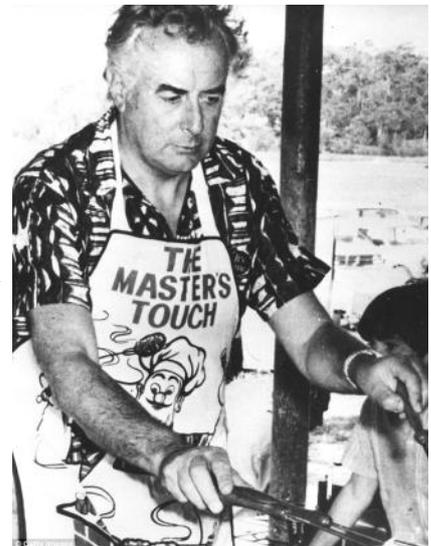
West Australian Premier Peter Dowding was accused of bribing voters with free sausages in 1989. Police investigated whether a 'free family sausage sizzle' held a week before the election breached the Electoral Act.

The sausage saga continued when Mr Dowding accused state Liberal Party leader, Barry MacKinnon, of being photographed during the campaign wearing a BBQ hat and apron 'being involved in the dissemination of sausages'.

The iconic Australian event is now a staple on any election campaign and in recent years the likes of Kevin Rudd, Tony Abbott and Julia Gillard have all manned the BBQ.

This campaign trail was no different, with Malcolm Turnbull spotted helping turn the sausages at Penrith South Public School on Election Day in western Sydney.

The Coalition's Christopher Pyne also shared a snap of himself on Twitter 'lending a hand to the parents of Marryatville Primary sausage sizzle', and Bill Shorten was photographed awkwardly hoeing down on a sausage sanger.



Australian Prime Minister Gough Whitlam getting involved in 1975



Dachshunds eye a democracy sausage.

Community Groups / Services Guide

For inclusions / amendments call 63722 766

AA St Helens meets Wednesday 8pm at St Paul's Anglican Church hall, St Helens. *Murdoch 6376 3335*

AA St Marys meets Friday 7pm at Holy Trinity. *Mick / Shirl 6372 2909*

Al Anon (Family Group) meets Sunday 2-3.30pm at St Helens Neighbourhood House. Please call (in order) *Rose 0456 063 943 / Ann 0409 763 270*

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

BINGO at the Cornwall Hall Mondays at 7pm, 2 jacks weekly. All welcome.

Break O'Day Council St Helens 6376 7900

Break O'Day Regional Arts meet monthly on the 2nd Thursday at 5.30pm in the St Marys Hotel.

RAYC Regional Arts Youth Company for school children is on Thursday 3.30-5pm. Session cost \$5 or \$40 p/10 week term. All welcome.

Michelle 0407 046 865 e: bodregionalarts@gmail.com

The BOD Stitchers meet Friday 10-3pm at the Neighbourhood House Bungalow in St Helens.

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

Carers for Wildlife Tas Inc.

St Marys 6372 2973 / 0417 017 105

The **Chocolate Shop Singers** meet Thursday 5.30pm at the Mt Elephant Fudge shop St Marys for informal and fun singing. Everyone welcome.

The Combined Probus Club of Scamander Inc meet on the 4th Wednesday of each month at Scamander Beach Resort, 10am. Contact **Lorraine on 6376 2185** for further information - new members welcomed

The Cornwall Community Development Group Inc. hold their general meetings on the 1st Tuesday 7pm monthly. Hall hire available. *Raz / Deb 6372 2261*

East Coast Community Transport, Community Hall, 23 Main Street, St Marys. *Jan Saunders 6372 4415*

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

The **FVNH Op Shop** is happy to receive pre-loved clothing & 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 FVNH

Greater Esk Tourism meet on the 2nd Monday 7pm at Fingal Neighbourhood House monthly. *0412 425 666*

Healthy House St Helens 6376 5242

Hospitals Circassian Street St Helens 6387 5570
Community Health Centre St Marys 6387 5555

Justice of the Peace K Faulkner 6372 2196

Libraries St Marys 6372 2114, St Helens 6387 5530

Lymphoedema St Marys Lymphoedema Centre 6272 2900

Meals on Wheels St Marys 0488 384 344

Museum Cranks & Tinkerers St Marys 0417 648 845

Online Access Centres Fingal 6374 2222, St Marys 6372 2005, St Helens 6376 1116

The Scamander and Beumaris Community

Development Association meets monthly on the 3rd Wednesday at 7pm in the Scamander Sports Complex.

Scamander Garden Club meets monthly on the 3rd Monday at 1.30pm in the Scamander Sports Complex.

Val 6372 2762

Schools - District High Schools, St Helens 6376 7100
St Marys 6372 3900

Primary Schools, Avoca 6384 2117, Fingal 6374 2197

The St Helens Walking Group walk each Wednesday and 3rd Saturday monthly. New members are most welcome. *Healthy House 6376 2971*

Bryan Edhouse 6376 3439

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.

Bec Mason 0409 253 504

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

Wednesday. New players & beginners welcome. Child minding included - a lovely safe place to bring toddlers while you play. *Karon 0419 722 390 / Dana 6372 2033*

St Marys Markets are held monthly on the 1st Saturday 9-1pm at the St Marys Community Hall.

Michelle (BODArts) 6372 2056 / 0407 046 865

St Marys Online Access Centre, 23b Main Road St Marys. Monday to Friday 9.30-4.30 Sat 11-2. 6372 2005

St Marys School Association Op Shop 25a Main Street (Behind the Town Hall), St Marys. Weekdays 10am - 4pm. First Saturday each month (Markets) 9am - 1pm.

Janet Drummond 0404 562 320

St Marys Sports & Social Centre Inc 6372 2177

St Patricks Head & Esk Valley Historical Society Inc. meets every 2nd month on the 3rd Wednesday at 3pm.

Jim 6372 2127 (jimhaas@bigpond.com)

www.fingalvalleyhistory.com

Stallholders' Market Inc. markets are held Saturday 8-12pm in the Portland Hall St Helens.

e:sthelenmarket@yahoo.com.au

Suncoast Singers meet Friday at 10am in the Catholic Hall Cecilia Street, St Helens.

Mary-Anne Wadsworth 6376 2969

The **Tasmanian Lymphoedema Centre Inc** meet monthly on the 3rd Monday 5pm in the St Marys Community Health Centre, Day Care Room.

Woodcraft Guild Old Railway Goods Shed St Marys 6372 2094

WOW, a fun social group for ladies of all ages, meets monthly on the 1st Tuesday from 6.30 - 8.30pm (February to December 2016). *Contact Christine 0410 441 558 for further details.*

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.

Gunns: The Life and Death of a Rogue Corporation A Feature Length Documentary

This story is part David and Goliath, and part Enron. It discovers what happens when the system fails and a corporation, Gunns Limited, grows to become so powerful that leading national politicians of all persuasions acknowledge that the real power in Tasmania is not the government, but Gunns itself.

You can corrupt the system, control the media and seek to persecute those who disagree with you. You can rape the land, exterminate protected species, exploit your workers and you can even poison your neighbours. But the naked pursuit of greed at all costs will, in the end, destroy your public legitimacy and ensure your doom.

"They [Gunns] run the state Labor Government, they run [Labor Premier] Lennon ... and old Lennon there, he wouldn't scratch himself unless the guy who heads up Gunns told him to." *Mark Latham Former leader of the federal Labor Party*

"The state's misguided forestry policy was ruthlessly policed by Gunns." *Bob Cheek, Former leader of the State Liberal Party*
"They ignored their opponents, they sued the opponents, they attacked them. They tried to take away their personal assets. The corporate governance of this company is appalling." *Geoffrey Cousins, Businessman, Telstra board member and former adviser to Prime Minister John Howard*

Only four years ago, Gunns was a billion dollar company with investments as diverse as historic properties, wineries, walnuts, eucalypt plantations and hardware stores. However, by the time it called in the administrators it had sold even its Launceston head office, and its net assets stood at just \$24 million.

This is the shocking and compelling story of a rogue corporation that sought to build a pulp mill at any cost, and those who stood up against it in a struggle that ultimately cost the company its life.

The film will combine film footage of interviews and landscapes, archival footage and the extensive photographic record the director has made of the last decade of the Tasmanian forest wars, in the manner of Ken Burns' celebrated documentaries, to tell the remarkable story of the rise and fall of one of Australia's most notorious corporations.

"If there is something to be learnt from the Gunns saga, it is that the captains of industry, people who are hugely powerful through their money and their political connections, can get it very wrong." *Bob Brown, Former leader of The Greens*

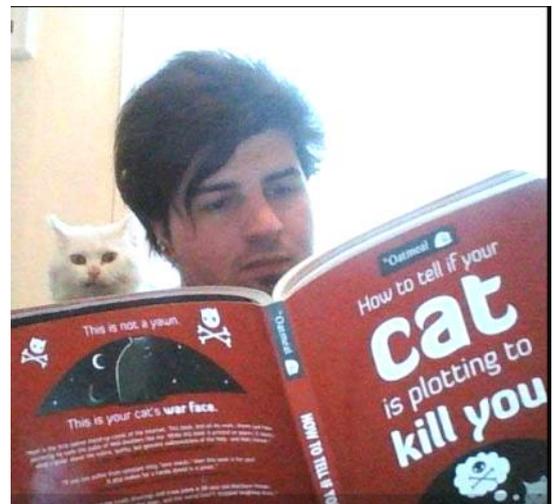
This film tells the environmental and political history of Tasmania for the last thirty years. It serves as a parable for corporate governance, and the failings of government when it becomes too close to corporations.

It is a story that is universal and has relevance globally.

A key outcome of this film is to empower communities to engage with process, and to use the notion of "Public Legitimacy" as a powerful tool to ensure both governments and corporations adhere to the law when proposing new and ongoing developments

A further outcome of this film is to create a lasting document of a dark time in Tasmania's history that may be used as an example for future generations.

<https://pozible.com/project/179006>



"Columbus's real achievement was managing to cross the ocean successfully in both directions.

Though an accomplished enough mariner, he was not terribly good at a great deal else, especially geography, the skill that would seem most vital in an explorer.

It would be hard to name any figure in history who has achieved more lasting fame with less competence.

He spent large parts of eight years bouncing around Caribbean islands and coastal South America convinced that he was in the heart of the Orient and that Japan and China were at the edge of every sunset.

He never worked out that Cuba is an island and never once set foot on, or even suspected the existence of, the landmass to the north that everyone thinks he discovered: the United States.

— [Bill Bryson, At Home: A Short History of Private Life](#)





Avoca Museum and Information Centre
Old School building
Avoca Tasmania 7213

Avoca Sporting History

Last chance to offer stories or items of interest related to Avoca's sporting history. Just take them to the museum for scanning. On July 25 a graphic designer is coming with the Roving Curator from Arts Tasmania to help put the information together for the pull-up banners. Everyone is welcome to this potentially very interesting session.



Dart Calcutta WINNER TAKES ALL

UNION HOTEL - AVOCA
FRIDAY 19th August
7pm START
COMPETITION ENTRY \$5.00
WINNER TAKES ALL

RSVP by August 17 to Helen on 6484 2101

AMIC Avoca



Isn't it enough to see that a garden is beautiful without having to believe that there are fairies at the bottom of it too? Douglas Adams



CALTEX ST MARYS

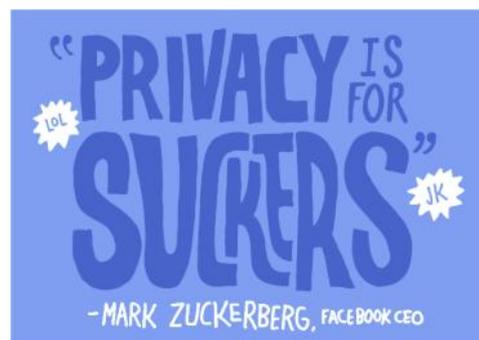
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6372 2335/0419 503 109
Fax 6372 2822

Curiouser and curiouser, said Alice

I tried to block Mark Zuckerberg from my facebook page and can't (after receiving an unwanted promotional post from him).

The facebook platform interprets multiple blocking attempts as a cyber attack, and prevents that process happening.

So many people try to block Mark Zuckerberg all the time that he is constantly protected from being blocked, and therefore has access to every facebook page that exists regardless of privacy settings. Editor



ACROSS

- 1. Ritual
- 6. Bankrolls
- 10. Rascal
- 14. Pee
- 15. Type of sword
- 16. Part in a play
- 17. Profit oriented
- 19. Dogfish
- 20. Highly seasoned fatty sausage
- 21. Hearing organ
- 22. C C C C
- 23. Piquant
- 25. Communication device
- 26. River of Spain
- 30. Wiggle room
- 32. Antelope
- 35. Tenfold
- 39. Diminutive
- 40. Ends a sentence
- 41. Roiled
- 43. Weird
- 44. Chronicles
- 46. A noble gas
- 47. Fabrics with long coarse nap
- 50. Blockade
- 53. French for "Head"
- 54. Estimated time of arrival
- 55. Stay
- 60. Savvy about
- 61. Temple
- 63. Two-toed sloth
- 64. Website addresses
- 65. Master of ceremonies
- 66. Sailors
- 67. Midmonth date
- 68. Expels

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60						61			62						
63						64					65				
66						67					68				

DOWN

- 1. Monotonous sounds
- 2. District
- 3. Engage in logrolling
- 4. Ancient Peruvian
- 5. League members
- 6. Damp
- 7. Each
- 8. Detained
- 9. Clairvoyant
- 10. Typical crabs
- 11. Juliet's love
- 12. Extraterrestrial
- 13. Make fun of
- 18. Bite
- 24. Type
- 25. Harness racer
- 26. Wanes
- 27. Bleat
- 28. Hindu princess
- 29. Offensive
- 31. Cried
- 33. Farm buildings
- 34. Portent
- 36. A coniferous tree
- 37. Corporate image
- 38. Biblical garden
- 42. A despicable coward
- 43. South southeast
- 45. At risk
- 47. Stalwart
- 48. Reddish brown
- 49. Fragrant oil
- 51. Needlefish
- 52. Sea eagles
- 54. Decorative case
- 56. Incline
- 57. Behold, in old Rome
- 58. Killed
- 59. T T T T
- 62. S

Solution on p24

ST. MARY'S. 22-09-1908 Examiner Launceston

Mr. Clarke, the district surveyor, is in the St. Mary's district, busily engaged in surveying a road through Forest to Gardiner's Creek. This is a much needed piece of work, and when the road is completed much benefit will be derived by those residents at Gardiner's Creek, etc.

It is springtime. Nature has donned her most alluring garb. All the trees and hedges are putting forth their new green leaves, and the meadows are carpeted with the grass, while the gardens are spangled with pale primroses, shy sweet violets, and the yellow daffodils. What a profusion there is of the flowers that are, as Longfellow says, "emblems of our own great resurrection."

The building in course of construction, to be known as the National Bank, is making rapid progress. Several additions to premises and erection of houses have improved the look of the township.

The cutting up of a portion of the "Londavra" estate into small blocks has certainly tended towards the progress of the district.



Selfies et al ...

The growing trend of taking smartphone selfies is linked to mental health conditions that focus on a person's obsession with looks. According to psychiatrist Dr David Veal: "Two out of three patients who come to see me with Body Dysmorphic Disorder since the rise of camera phones have a compulsion to repeatedly take and post selfies on social media sites."

"Cognitive behavioural therapy is used to help a patient to recognize the reasons for his or her compulsive behaviour and then to learn how to moderate it," he told the Sunday Mirror.

Is it possible that taking selfies causes mental illness, addiction, narcissism and suicide? Maybe, but most likely not. Many psychologists say yes, and warn parents to pay close attention to what kids are doing online to avoid any future cases like what happened to Bowman.

A British male teenager tried to commit suicide after he failed to take the perfect selfie. Danny Bowman became so obsessed with capturing the perfect shot that he spent 10 hours a day taking up to 200 selfies. The 19-year-old lost nearly 30 pounds, dropped out of school and did not leave the house for six months in his quest to get the right picture. He would take 10 pictures immediately after waking up. Frustrated at his attempts to take the one image he wanted, Bowman eventually tried to take his own life by overdosing, but was saved by his mom.

"I was constantly in search of taking the perfect selfie and when I realized I couldn't, I wanted to die. I lost my friends, my education, my health and almost my life," he told The Mirror.

The teenager is believed to be the UK's first selfie addict and has had therapy to treat his technology addiction as well as OCD and Body Dysmorphic Disorder. Part of his treatment at the Maudsley Hospital in London included taking away his iPhone for intervals of 10 minutes, which increased to 30 minutes and then an hour.

"It was excruciating to begin with but I knew I had to do it if I wanted to go on living," he told the Sunday Mirror.

Public health officials in the UK announced that addiction to social media such as Facebook and Twitter is an illness and more than 100 patients sought treatment every year. Selfies frequently trigger perceptions of self-indulgence or attention-seeking social dependence that raises the damned-if-you-do and damned-if-you-don't spectre of either narcissism or very low self-esteem," said Pamela Rutledge in Psychology Today.

The big problem with the rise of digital narcissism is that it puts enormous pressure on people to achieve unfeasible goals, without making them hungrier. Wanting to be Beyoncé, Jay Z or a model is hard enough already, but when you are not prepared to work hard to achieve it, you are better off just lowering your aspirations. Few things are more self-destructive than a combination of high entitlement and a lazy work ethic.

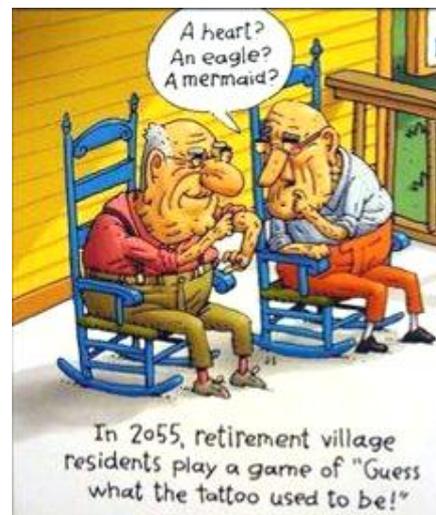
Ultimately, online manifestations of narcissism may be little more than a self-presentational strategy to compensate for a very low and fragile self-esteem. Yet when these efforts are reinforced and rewarded by others, they perpetuate the distortion of reality and consolidate narcissistic delusions.

<http://www.healthy-holistic-living.com/scientist-link-selfies-to-narcissism.html?t=JERF>

<http://www.bbc.com/culture/story/20140303-is-this-the-first-group-selfie>



These men had to stand still: their photograph was taken with a camera too heavy to be held in one hand. All five were photographers at the Byron Company, a Manhattan-based studio described by [The New York Times](#) as "one of New York's pre-eminent commercial photography studios from 1892 to 1942". Joseph Byron is on the far left; his colleague Ben Falk is holding the other side with his left hand. In between them on the roof of the [Marceau studio](#) on Fifth Avenue, Pirie MacDonald, Colonel Marceau, and Pop Core crane their necks against a less crowded New York skyline.



Irvine, Alice Christina (1879–1940) by E. A. McLeod

This article was published in Australian Dictionary of Biography, Supplementary Volume, (MUP), 2005

Alice Christina Irvine (1879-1940), domestic science teacher and cookery book author, was born on 12 May 1879 at Mathinna, Tasmania, third daughter of Peter Irvine, mine manager, and his wife Flora, née McLaurin. Educated at Mangana State School, Alice began her teaching career on 1 April 1897 as a paid monitor at Mathinna School. She was transferred in March 1898 to West Zeehan State School and in 1902 to Burnie, where the head teacher described her as 'a most powerful and painstaking teacher' and an inspector commended her 'great skill and . . . most unremitting labour'. She was promoted to class IV teacher in 1904.

In 1906 she was a cookery student-teacher at the Melbourne Training College. On her return she was sent to Launceston, where she was briefly at Glen Dhu and then Charles Street, before being appointed head of the cookery school at Wellington Square in November 1907. Irvine was at the Hobart cookery school in 1914-15 then held her former position at Launceston until the end of 1925.

During this period a new cookery school was established as part of Launceston High School, the move from Wellington Square occurring in May 1921. She was granted leave to attend the Emily MacPherson College of Domestic Economy in Melbourne for a year in 1926.

Back in Tasmania, Irvine was mistress of domestic science in charge of the State High School's cookery school in Hobart (1927) and then at the Domestic Arts School, housed in the Central School in Murray Street, from 1928 to her death.

She also supervised cookery schools throughout the State and trained student-teachers in domestic science subjects.

In July 1928 she received departmental permission 'to deliver six weekly lectures on Cookery through the Wireless'; in February 1930 the department notified her that there was 'no objection' to her becoming a member of the National Council of Women. Two years later she received permission 'to assist the Hydro-Electric Department by giving demonstrations in connection with the use of electric stoves'.

A determined and dominant woman, Irvine was physically large as well as professionally imposing.

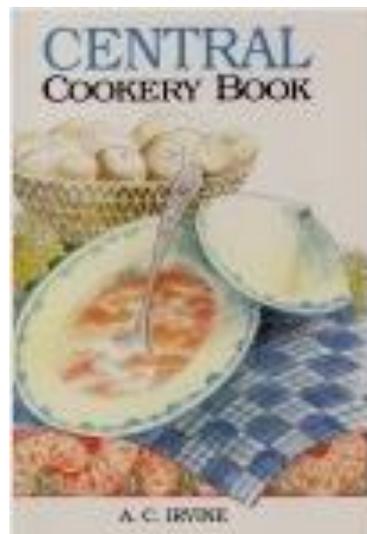
She pioneered domestic science teaching in Tasmania, creating a forceful pattern and a lasting tradition that was followed by other domestic science teachers.

Irvine's Central Cookery Book (1930) became the definitive text for cookery teaching in Tasmanian schools.

By its sixteenth edition (1991), it was more than simply a basic text for schools and was widely used in homes throughout the State; as the preface stated, 'it has become an institution'.

One devotee wrote in 2002 that Irvine's dishes were 'models of simplicity and testimony to the days when no ingredient foreign to solid English fare was allowed within oven range'. Miss Irvine died of cancer on 12 November 1940 in St John's Hospital, South Hobart, and was buried in the general cemetery at Fingal.

Over sixty years later she was still well known in Tasmania, for her cookery book, the ubiquitous Central.



Three editions of this book are available for loan through the LINC network

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Gardiners Creek Rd St Marys Tasmania 7215
6387 5555

GP Surgery Hours

Monday - Friday
8:50 - 10am
(10 -10:30am reception closed)
10:30am - 12.30pm
(12:30 - 1:30pm reception closed)
1:30 - 2:45pm
(2:45 - 3:15pm Reception closed)
3:15 - 4:30pm

Pathology Service– Bloods

There is no pathology service prior to 8.30am. If you require pathology prior to 8.30am, i.e. urgent blood test and/ or a fasting test an appointment must be made at the Nurses' Station the day / evening before on 6387 5555

Hours of Pathology are: Monday-Friday
8:30 -11am & 2 - 4pm

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

**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.

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

Doctors Roster

Dr C Latt

14/7/16 – 29/7/16

Dr K Nash-Rawnsley

15/7, 19/7, 22/7, 26/7 & 29/7 2016

Dr E Reeckman

21/7 & 22/7 2016

A REMINDER TO THE COMMUNITY

When coming to the Health Centre for ANY appointments please ensure you report to the Reception staff upon arrival.

All your needs are important but it is sometimes necessary to prioritise our patients needs, which means waiting periods can apply.

Please be mindful of other patients.

**St Marys Medical Practice
reminder**

Dr Latt wishes to remind the community of the following exceptions to bulk billing at the 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.

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

St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215
6387 5555

What's on at the Centre

July 14 **Psychologist** Please see your GP for a referral.

Social Worker Shan Williams
Call 6387 5555 for appointments.

July 15 **Social Worker** Shan Williams
Call 6387 5555 for appointments.

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

July 18 **Physiotherapist** Naomi Ide for appointments please see your GP or Health professional for a referral.

TLC Meeting (Tasmanian Lymphoedema Centre) 5pm in the Day Room.

July 19 **Max Solution** 8:30am-5pm downstairs

Child Health Session with Mary Mumford Tuesday fortnights, by appointment only. Phone 0428 136 381

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

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

July 20 **Day Centre** Call Hayley Gilbert on 6387 5555 for information on the group.

Outreach Health Solutions– Grant Todd, Exercise Physiologist. Phone 0428 491 621

July 21 **Psychologist** Please see your GP for a referral.

Social Worker Shan Williams for appointments please phone 6387 5555

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

Eyelines For appointments please phone 1300 139 363. All consults are Bulk Billed to Medicare.

July 22 **Social Worker** Shan Williams
Call 6387 5555 for appointments

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

July 25 **Physiotherapist** Naomi Ide for appointments please see your GP or Health professional for a referral.

July 26 **Max Solution** 8:30am-5pm downstairs.

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

July 27 **Social Worker** Shan Williams
For appointments phone 6387 5555

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

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

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

July 28 **Social Worker** Shan Williams
Call 6387 5555 for appointments.

Psychologist Please see your GP for a referral.

July 29 **Social Worker** Shan Williams
Call 6387 5555 for appointments.

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

ARE YOUR DETAILS UP TO DATE?

*Do you have a new address / phone number?
Do you have a new Centrelink / Medicare card?
Have you updated these details with us?*

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

If **any** of your details have changed, please contact us on 6387 5555 or call in and see our friendly reception staff for assistance

BabaKiueria (Barbeque Area), a 1986 Australian satirical film, revolves around a role-reversal, whereby it is Aboriginal Australians who have invaded and colonised the fictitious country of BabaKiueria, a land that has long been inhabited by white natives, the BabaKiuerians. The opening scene depicts a group of Aboriginal Australians in military uniforms coming ashore an unknown land where they discover a number of European Australians engaged in stereotypical European Australian activities. The Aboriginal Australian explorers approach the group and the expedition's leader asks them, "What do you call this place"? one of the Europeans replies, "Er... 'Barbecue Area'".

After around 200 years of Aboriginal occupation, white Australians have become a minority. Aboriginal people have assumed power, taken all of the available land and have mostly confined whites to suburban ghettos. They are expected to follow the laws and customs of the colonisers, and their lifestyle is seen through the patronizing eyes of the majority culture. The latest manifestation of this is in a 'documentary' presented by Duranga Manika (Michelle Torres).

The remainder of the film follows Duranga Manika as she observes how white people are disempowered through poverty, are treated unfairly by the police - often with brutality and indifference, experience arbitrary dispossession, government inaction on white issues, white tokenism, white children being taken from their families only to be taught the values of the majority culture and white people being relocated because the government needs their home for "something".

White people are now often characterized by society and in the media as lazy, unintelligent and untrustworthy, and anyone who protests about the current circumstances is labelled as a 'troublemaker'. White rituals and cultural values are derided and dismissed as violent and meaningless.



The BabaKiuerian government's paternalistic policies are defended by Wagwan, the Minister for White Affairs (Bob Maza) who was based on the then Premier of Queensland, Sir Joh Bjelke-Petersen.

Much of *BabaKiueria* was filmed on location, including the Anzac March and the 'Ritual of Violence' (AFL Game).

It was screened in the Australian Museum for many years, and received awarded the United Nations Media Peace Prize in 1987.

The inversion of reality in *BabaKiueria* highlights the unfairness of Australia's past and present Aboriginal policies and the entrenched racism in society. This subversion of normality allows viewers to see what is wrong when one group tries to control and dominate another, and questions the fairness of the current power structure in Australia.

Babakiueria has been used at times to educate police officers.

After it was screened at the Message Sticks Festival in 2012, Mahjid Heath noted that "issues we were struggling with in the early 80's are still relevant and still define the political and national discourses today.

<https://en.wikipedia.org/wiki/BabaKiueria>

<https://www.youtube.com/watch?v=oUMpPgmGCe8>

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How many words of three letters or more can you make from VISITATION?
Answer next edition



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Meals on Wheels

July 14	Liz Rice
15	Drew Adam
18	Karl Balzer
19	Trish Pike
20	Louise Keady
21	Lundy Vosper
22	Drew Adam
25	Pam Bretz
26	Valmai Spencer
27	Karl Balzer

Tip locations and opening hours

<i>Ansons Bay</i> Long w/end 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

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.

Libraries

St Helens

61 Cecilia Street St Helens
Tas 7216 6387 5530
Mon 10am - 1pm, 2 - 5pm
Tue 10am - 1pm, 2 - 5pm
Wed 10am - 1pm, 2 - 5pm
Thu 10am - 1pm, 2 - 5pm
Fri 10am - 1pm, 2 - 6pm
Sat 10am - 12pm
Sun Closed
Closed public holidays



St Marys

31 Main Street St Marys
Tas 7215 6372 2114
Mon 12.15am - 5pm
Tue Closed
Wed 10.15am - 1pm, 2 - 5pm
Thu Closed
Fri 10.30am - 11.30am, 12 - 5pm
Sat Closed
Sun Closed
Closed public holidays



Fingal Online Access Centre

29 Talbot Street Fingal
Tas 7214 6374 2222
Mon 9am - 4pm
Tue 9am - 12pm
Wed 9am - 4pm
Thu 9am - 12pm
Fri 9am - 4pm
Sat Closed
Sun Closed
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Blade Steak/Roast	12.99	Corned Silverside	8.99
Beef Casserole Steak	13.99	Round Steak	13.99
Ingham Butterfly Breast Fillets	9.99	Nichols Chicken Breast Schnitzel	13.99
Nichols Chicken Kiev	3.49ea	Ingham Chicken Kebabs 450g	7.99ea
<i>Two week specials July 13 - 26</i>			
Nannas Snack Apple Pies 4pk	2.99	Multix Alfoil 30cm x 10m	1.25
Steggles Chicken Breast Nuggets 400g	3.49	Multix Cling Wrap 33cm x 30m	1.25
Flora Spread 500g	2.99	Gravox Instant Gravy Canister 120g	2.99
Kraft Cheese Singles 216g	2.49	Sorbent Toilet Tissue 8pk	4.95
Campbells Chunky or Country Ladle Soup Cans 495-505g	2.29	Kleenex Facial Tissues Thick & Large or Extra Care 95s	1.69
Cadbury Chocolate Blocks 350g	3.49	Whiskas Vita Bites 1kg	3.99
Kirks Soft Drink Cans 10pk	5.99	Arnotts Cream Biscuit Range 250g	1.99
Fountain Tomato or BBQ Sauce 500ml	1.99	Arnotts Tim Tam or Mint Slice Value Pack 330-337g	2.29
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Fantastic Cup Noodles 70g	.94	V8 Juice Range 1.25L	3.99

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