



THE VALLEY AND EAST COAST VOICE INC.

Established 1968

49.07 July 28 2016

Deadline for 49.08 is 5pm August 8, 2016

Making tracks with the Hub4Health Walking Group p9



Sun on a glistening Sea Scamander Beach, photo taken by Wayne Fulford

Break O'Day Council decision on Wicked Campers July 18, 2016

After a healthy debate in Break O'Day Council's July Council meeting, a motion to ban or cover Wicked Campers using council owned camp grounds was lost.

Mayor Mick Tucker said that while there was no doubt that the vans displayed content that could be interpreted as offensive by members of the community, there was no way for the Council to police and enforce the motion.

"While we respect and appreciate the view of community members who have concerns with Wicked Campers in our area, Break O'Day Council feels this is not an issue for Local Government to get involved in," Mayor Tucker said.

"We feel that instead it is an issue for the appropriate authorities to deal with."

Related articles on p6, 7

Return Thanks

Maleita May Newman

July 29, 1922 - June 23, 2016

The family of Maleita wish to sincerely Thank all relatives and friends for their love, kindness, support, cards, messages and attendance at her funeral.

Special thanks to Medea Park staff for their wonderful care over 11 years.

Our gratitude and special Thank You to Rev. Marjorie Mann and Tamara and staff at Harris Funerals.

Missed, but never forgotten.

'Lack of funding' sinks Tasmania's bid to secure HMAS Tobruk as dive wreck

A bid to secure the decommissioned navy ship for scuttling off Tasmania's east coast has sunk because of a lack of Government support, a lobby group says.

The HMAS Tobruk Skeleton Bay group is one of several across the country wanting to secure the ship for use as a dive wreck.

Project manager Peter Paulsen told 936 ABC Hobart the Government had not given the Navy sufficient paperwork, sending just a one-page letter backing the lobby.

"We've been arguing for the last month to have the State Government engage with doing the paperwork the Navy required to qualify for the ship," he said.

"They refused to do that, they're quoting that there's no funding for it."

Mr Paulsen said the chances of securing the vessel were now "in the toilet".

Continued on p4

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

Editor: WM Dawson
e: w Dawson@valleyvoice.com.au
0403 430 452
web: valleyvoice.com.au
[facebook.com/ValleyEastCoastVoice](https://www.facebook.com/ValleyEastCoastVoice)
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.

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

The Friends of the St Helens History Room & Museum

have pleasure in advising that our

2016 Annual General Meeting

will be held at 3:30pm on Monday August 15 at the St Helens Neighbourhood House.

Stephen Jones, Secretary

Fingal Valley Neighbourhood House Inc.



NO INTEREST LOANS (NILS)

Available at FVNH

You Must Bring along:

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Centrelink Income Statement

Recent Bank Statement (4 weeks transaction)

Proof of Accommodation

Electricity Bill

2 quotes.

For more information call into the office
or phone 6374 2344

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

Community Notices

VIETNAM VETERANS DAY 2016

This Year Marks the 50th Anniversary of the Battle of Long Tan

Vietnam Veterans Day will be commemorated on Thursday August 18, 2016.

The service will commence at 11am at the Vietnam Veterans Memorial at the Cenotaph in St Helens.

If you wish to join Veterans in the march, please form up at Hilly's Supermarket, St Helens at 10.45am.

You are invited to lay a wreath for the fallen during our Remembrance Service.

If the weather is inclement the Service will be held in the Portland Hall adjacent to the Cenotaph.

For further details please contact President Gary Graham on 6372 5727.

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 August 15



The **St Marys Salvation Army** would like to say a heartfelt **Thank You** to Pam Gillies, the St Marys Men's Shed, Mick and Lorraine Scott and Hazel Jones.

Melanie Norton, St Marys

Position Vacant

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/>

Congratulations to Peter Rubenach for reaching 70 years of age on 20th July.

Peter was joined with family and a few friends at his home in Gray for a fun day of music, games and food to celebrate this milestone.

Hannah Rubenach-Quinn, Gray

July 28, 1923

Construction of the Sydney Harbour bridge began on 28 July 1923, and took 1400 men eight years to build at a cost of £4.2 million.

16 lives were lost during its construction, while up to 800 families living in the path of the proposed Bridge path were relocated and their homes demolished when construction started. The Premier of New South Wales opened the bridge on 19 March 1932.

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

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East coast 'let down' by tourism body continued from front page

"I don't see how we can recover from this now," he said. "I am disappointed the Premier would put his name to it, this effectively cut us out of the game."

In a statement, Mr Hodgman said the Government strongly supported the project but it had to be on the same terms as previous gifted dive wrecks.

"The current proposal from the Federal Government requires the State Government take on the \$10 million decommissioning and sinking cost, which in the context of a \$500 million GST write-down we simply cannot afford," he said.

Mr Paulsen said while the documentation required was detailed and complex, it was what the Navy needed to make their decision. During the election campaign, Federal Labor promised \$10 million towards the project which is estimated would attract thousands of divers every year.

[http://www.abc.net.au/news/2016-07-25/tasmania-bid-to-win-hmas-tobruk-as-a-dive-wreck-sunk/7658210?](http://www.abc.net.au/news/2016-07-25/tasmania-bid-to-win-hmas-tobruk-as-a-dive-wreck-sunk/7658210?WT.ac=statenews_tas)
[WT.ac=statenews_tas](http://www.abc.net.au/news/2016-07-25/tasmania-bid-to-win-hmas-tobruk-as-a-dive-wreck-sunk/7658210?WT.ac=statenews_tas)

Thank you to Local Artists and Businesses

The Annual Raffle, the main fund raiser for the Tasmanian branch of the **Australian Local Government Women's Association (ALGWA)**, was held at the LGAT (Local Government Association of Tasmania) conference in Hobart last week.

The Australian Local Government Women's Association supports women in local government so they, in turn, can support their communities and each other.

This raffle was supported by a great number of our local artists and businesses - THANK YOU all so very much - it was wonderful to see all the donations on display showcasing our local talent.

A big shout out to those who donated in no particular order: Rita Summers of Gone Rustic Studio & Gallery, the team at the Grassy Bottom Emporium Tasmania, Orphic Art2Wear, Judy Duckett, Andi Sherryn Mara and Dame-Sherryn

Woodward Mara, Bryon Beggs (a local artist) for the paintings, Rosemary Harper for some beautiful jewellery, Pings Place for a donation of Chinese items, Hannah Rubenach-Quinn for her Haven of Hope - handmade herbal products collection and Peter Power-Lawrence for the donation of a beautiful amethyst crystal.

The organisers of the raffle were delighted with the donations, and some of them went as far away as Sydney in NSW. Thank you all for your huge generosity!

Clr. Janet Drummond, St Marys



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Movie night - The Intern August 4

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The intern stars Anne Hathaway and Robert De Niro.
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Councillor Hannah Rubenach-Quinn's introductory speech for the motion, as tabled to the BODC, regarding Wicked Campers.

Throughout Australia and New Zealand, privately operated caravan parks are taking steps to either ban Wicked Campers from using their facilities, or requiring them to cover the van with a tarp whilst on their premises. This action has arisen from a growing public concern regarding the offensive slogans seen on many Wicked Camper Vans.

There have been attempts by the Australian Advertising Standards Board, and calls by the Tasmanian Anti-Discrimination Commissioner as well as politicians, such as Minister Rene Hidding, to attempt to prevent the worst of-fending slogans from being used on the vehicles. Unfortunately there has been no response from Wicked Campers.

I believe the time has come for us as a council to join with private caravan parks in sending a message to the company, as well as to the wider community, that the offensive slogans and portrayals of denigration are not welcome.

It is time we do our part to address the reality that these types of slogans enhance existing attitudes that objectify and denigrate women, and promote discrimination. It is well known that attitudes of disrespect toward women can lead to behaviours such as domestic violence. I will quote Prime Minister Malcolm Turnbull on this: "disrespecting women does not always result in violence against women. But all violence against women begins with disrespecting women. . . so much of this is a cultural problem. . . .".

Almost half a million women experience domestic violence in Australia each year, and it has been estimated that domestic violence in Australia costs between \$8-10 billion dollars a year. Action needs to be taken to address this at its source – and one of those sources is the entrenched attitudes about women and violence toward women.

We cannot continue to passively ignore this problem. I believe our council can take the bold step of being a leader in this, to help counteract some of the attitudes of misogyny, vilification and derogation that is prevalent in our community.

Vehicles painted with offensive slogans, such as the notorious Wicked campervans, could be banned from some areas along the New South Wales north coast. Earlier this month, Byron Shire councillors heard from a local grandfather who spray-painted over a slogan that was describing a sexual act.

Councillor Duncan Dey has now lodged a motion calling for signs erected at the entry points to Byron Bay telling the drivers of Wicked vans they were not welcome.

He said vans with offensive slogans could also be banned from council-owned caravan parks. "The motion has been looked at by council staff," Mr Dey said. "What they're saying is that enforcement on offensive language is not something that a council can do. But any landowner can do it and so council could do it in relation to those vans trying to enter onto council property like a caravan park."

Byron Shire Council may also call on the Federal Government to legislate against offensive slogans.

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Queensland company **Wicked Campers** vans are the subject of boycotts in Australia and New Zealand. Numerous caravan / camping parks and businesses pertaining to tourism have stated they will refuse entry to vans carrying offensive slogans.

Blue Mountains, Australia: Following community groundswell opposing the wicked slogans that promote rape, indecent sexual behaviour, Indigenous disrespect, harm to native wildlife and other offensive imagery and slogans, the Blue Mountains City Council notified the community on Wednesday June 1, 2016 that it is looking at various options to ban Wicked Campervans with offensive, misogynistic, racial and degrading slogans and imagery from Council-managed tourist/ caravan parks within the Blue Mountains.

Some promos lifted from the Wicked Camper website:

- ◆ *Are you a tight-ass?*
- ◆ *Get dirtier than an old man on a Thai vacation*
- ◆ *Cheap as a hooker at a bus stop !!!*
- ◆ *Spend less on fuel and more on cool shit - like shoe-bongs!*
- ◆ *Wicked Campers have been hiring their campervans ... and seen more white lines than Charlie Sheen..*
- ◆ *There's a f-----g stage on the roof ...! Play a rooftop gig ala The Beatles or just ... smoke a crack pipe -*
- ◆ *Save more on your hire, spend more on your beer!*
- ◆ *Whether you're a band with a heap of equipment or just a great c--t with lots of mates, these buses are ready for it.*
- ◆ *Long seen as the Redneck-Southern cousins of Australia, Tasmania has evolved a heap*
- ◆ *That's sexier than a hat full of nipples.*
- ◆ *Are you a f-----g maniac?*
- ◆ *...fish don't get much bigger than the big mother-----s lurk-ing off Port Lincoln, South Australia*
- ◆ *Do you want to pretend you're a motherf-----g pirate for a few days?*



As seen by an 11 year old girl and her grandfather in the Blue Mountains recently, without the blackout



Youth backlash - This campervan renter decided to take matters into her own hands.

Tasmania's Equal Opportunities Commissioner Robin Banks said it was clear legislative changes need to be made. "It's a fascinating problem, because we regulate what magazines you can buy in newsagents and what images you can see in newspapers ... but this is a slightly unregulated environment," she said. "People who have families, particularly people with small children, don't want their kids exposed to those messages. Why is it OK for them to have it on the side of the van but you couldn't put it on a numberplate for example?"

Australian Senator David Leyonhjelm said people complaining about the van designs are "authoritarians disguised as hippies or feminists". The senator said the company had done nothing wrong, and had made some funny slogans. People who did not like them should simply "mind their own business", he said. After becoming the butt of a Chaser joke for his support of Wicked Campers' controversial slogans, Senator David Leyonhjelm lashed out at a women's rights activist, telling her to STFU (shut the f*** up) on Twitter.

The Tasmanian Government is considering new laws to ban Wicked campervans ... if other states legislate to ban them first. Tasmanian Infrastructure Minister Rene Hidding said that would also force Wicked campervans off Tasmanian roads. "That would tend to, in the short term at least, fix it for Tasmania because they arrive here with Queensland registration," he said. "If they don't meet the Queensland standards then they're deregistered and they can't operate in Tasmania."

Change.Org online petition:

We have the right to choose what we and our kids see on TV, movies, books, magazines, video games, etc., and there are standards that govern these areas, including outdoor advertising, but those rights are taken away when Wicked Campers continually ignore demands by the Advertising Standards Bureau to remove offensive slogans and images from their vans that are in breach of their Code of Ethics. If anything, they are getting worse.

<https://www.change.org/p/qld-attorney-general-remove-wicked-campers-offensive-slogans-and-legislate-to-allow-fines-for-breaching-advertising-signage-codes>

St Marys Sports Centre

Gray Road St Marys

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Sunday 1.30 - 4.30pm Friday Happy Hour 6.30 -
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Licensee / treasurer: *Jim Turner* 6372 2441
Interim secretary *Glenn McDonald* 6372 2429
President: *Jacqui Bianchi* 0439 978 156
Vice President *Tamatha Grose* 0427 332 085
e: stmaryssportsctr@internode.on.net
<https://www.facebook.com/stmarysportscentreinc/>

Golf news Let's see if we can fix our course.

Working Bee - Sunday July 31 from 9am - 12pm on the greens, which need attention urgently.

Easy lunch of either savs or snags.

Dining The meal served on the 15th was again a success. Seafood chowder was a big hit! Pumpkin, feta & caramelised onion quiche, salad, beef stroganoff & creamy potato went down well. The homemade Queen Pudding was to die for.

Next meal is on Friday August 19.



Bowls news The green was dry enough to have a good trim, looking great.



Memberships fees are now due - please pay at the Centre.

Sports membership \$60
Social membership \$30
Affiliation with bowls or golf extra.

Grandparents don't have to do anything except be there when we come to see them. They are so old they shouldn't play hard, or run. It is good if they drive us to the shops and give us money.

Everybody should try to have a grandmother, especially if you don't have television because they are the only grownups who like to spend time with us.

They wear glasses and funny underwear.
They can take their teeth and gums out.



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Happy walkers at Scamander Beach, photo taken by Judith Edhouse

Hub4Health Walking Group

Scamander River mouth to Winifred Curtis return via the beach with leader Wendy Saunders

Today's walk got off to a chilly start at Scamander River mouth, as a snowy wind was blowing down to the carpark from Ben Lomond, meeting one blowing off the sea. 14 walkers set off past the Surf Club and along Dune Street, heading south towards Winifred Curtis Reserve. There was quite a bit of water on the first part of the track behind the dunes, due to the recent rain.

As we neared Winifred Curtis Reserve we saw swans in flight, and had a clear view through to Paddy's Head and the surrounding mountains.

When we reached the boundary fence the taller men-folk helped the ladies with the shorter legs climb over the stile. At this point we split into two groups: a group of three walkers headed west through the wetlands

over duckboard and continued to the gate of the reserve, while the majority of the group headed east over to the beach.

There we had a beautiful walk back along the very wide beach in brilliant sunshine, spotting two ends of a wrecked dinghy and looking at the river mouth, where the barway had recently been dug out to expose the rocks and a swift channel of water.

We continued our walk across to the old Scamander Bridge, as many people had driven past it but had never actually stopped to walk across it.

At the conclusion of the walk some of us warmed up with a very welcome coffee at Scamander Post Office.

Contributed by Wendy Saunders



Jubilee Mine walk, photo taken by Garry Richardson



Old Scamander Bridge, photo taken by Pip Buchanan

Jubilee Mine walk with leaders Henry and Pauline-see photo

New members are most welcome. Please call Hub4Health: 6376 2971 or Bryan Edhouse: 0414 987 435

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*Before you ask for any advice, please know I
once spent a week in Coles
when presented with 5 options of syrup*

Satnav – A new poem by Pam Ayres

I have a little Satnav, it sits there in my car.

A Satnav is a driver's friend it tells you where you are.

I have a little Satnav, I've had it all my life.

It's better than the normal ones, my Satnav is my wife.

It gives me full instructions, especially how to drive

"It's sixty miles an hour", it says,

"You're doing sixty five".

It tells me when to stop and start,
and when to use the brake

And tells me that it's never ever,
safe to overtake.

It tells me when a light is red, and
when it goes to green

It seems to know instinctively,
just when to intervene.

It lists the vehicles just in front, and all those to the rear.

And taking this into account, it specifies my gear.

I'm sure no other driver, has so helpful a device.

For when we leave and lock the car, it still gives its
advice.

It fills me up with counselling, each journey's pretty
fraught.

So why don't I exchange it, and get a quieter sort?

Ah well, you see, it cleans the house, makes sure I'm
properly fed.

It washes all my shirts and things, and keeps me warm in
bed!

Despite all these advantages, and my tendency to scoff,
I only wish that now and then, I could turn the bugger off.



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Congratulations to St Marys Fire Brigade Cadet member, Jackson Spilsbury July 16

Jackson was presented the Antony Gee Recognition Award at today's conference.

Anton (Tony) was a long serving member of the TFS family and a valued member of the State Fire Management Council. Sadly Tony recently passed away. We are joined today by his wife Joan and their son Michael.

Jackson was chosen for this award as he visibly upholds the TFS values, and the values Tony Gee demonstrated throughout his life.

**Nail clippers:
For when you want your nails not only off, but also immediately far away and lost forever.**

The North East Animal Sanctuary

North East Animal Sanctuary Tasmania is made up of a small group of like-minded animal lovers who have identified a gap in the animal welfare section within North East Tasmania, and have come together to rescue and re-home domestic pets in need.

We will also strive to educate owners and potential owners on animal health and maintenance, and aim to reduce the number of unwanted litters within the area via education and a strict in house policy on neutering.

Long term, we would also like to implement programs that can help people keep their pets, whether it's to secure their yard better, training for their animal or assist them find the right help if they are in difficult family situations.

The Sanctuary is looking for donations of food, kitty litter, bowls, bedding and travel crates as well as the financial kind.

If you can help, drop in to the North East Vet Clinic or email Michelle; michelle.jesson@bigpond.com

Visit the fb page <https://www.facebook.com/>

Donations can be made at <https://www.gofundme.com/netassiesanctuary>



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The Say, by Cagerattler

Remember the days in winter when many Fingal Valley families spent Saturdays playing, volunteering, coaching or supporting the local footy and netball teams? Others who were members of the local golf clubs would be off enjoying a game of golf, or playing pennant golf on Sunday, or both.

Winter sport activities were a huge part of the fabric of the community. Over the past 20-25 years all this has sadly come to an end. I write this on a Sunday, but yesterday about 2pm I was walking along Main Street with literally nobody to be seen anywhere, other than a couple of parked cars.

This prompted me to recall those heady days when, if I'd been standing in that same vicinity on the street and it was a home game, you'd hear car horns tooting every time a Tiger took a specky or they kicked another goal.

Just by listening no-one needed to tell you whether the locals were up or down in the game. As a golfer I was getting a great view of the game, as our own game took place along with another 20 plus fellow players. As we tee'd off on the 4th, we'd try to avoid clobbering a parked car on the unguarded embankment on the footy sheds side of the 'Rec'...then we'd duck over to the kiosk and buy a saveloy, pie or refreshment as we headed off to play our second shot to the green. If memory serves correctly St Marys Tigers, as a fully stand alone football club, finished not too long after the FDFA folded in the early 1990's, although they did have a go in the NTFA Div 2 and later were a part of the Valley Saints for a year or two. Not sure about netball, but probably finished with the FDFA in 1992/93 or so. With the golf club it's a bit more recent - as late as 2005 St Marys had just won a fourth consecutive East Coast Pennant.

On Saturdays we were still getting 12-15 golfers to play and take part. Pennant is what held the competitive side of the club together, despite a downturn in local job opportunities - a similar reason for the demise of local footy several years before. Young blokes and their families had to find work elsewhere of course.

In 2007 there was a stupid and selfish rule change to pennants, which meant some key players dropped out. The pennant team folded soon after and within a year or two so did regular Saturday events. Goes hand in hand it seems ... some might say who cares, but in the days when sport was a big part of St Marys and Fingal in particular, the communities had something to look forward to during the miserable months of winter.

There was a greater sense of "community" than now and, by definition, team sport taught our kids commitment, dedication and dare I say discipline that would stand them in good stead for other things. Thank goodness for Auskick, and for the Senior footy etc. in more recent years. Both were / are great avenues for the game of Aussie Rules, and give some the opportunity to take part and learn.

In more recent times Fingal Valley footy club have finished and over the last year or two the actual local residents' numbers, out of circumstance, have dwindled greatly. The closest thing to 'local' footy now is the East Coast Swans, and that's it.

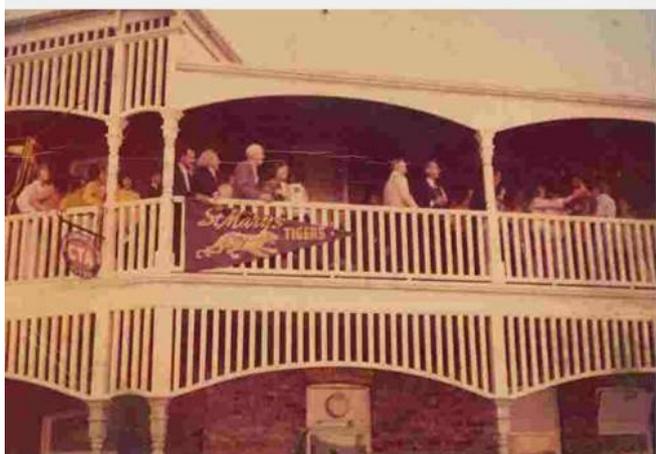
I have no answers. All sorts of things have changed greatly and the chances of footy, netball and maybe even club golf returning to those wonderful days that many of us grew up in are unlikely any time soon. Equally, however, many of us will fondly recall the 1972, 1983 (who could ever forget that epic Grand Final), 1990 and 1991 FDFA Grand Finals and celebrations, many Reserves and Thirds flags around 25 East Coast Golf pennant flags and three NTGA championships too! In regard to football, it's not just here. I was looking at a Tasmanian Football Almanac book from the 1990s recently and footy clubs and associations have folded all across the State ... many of you would have thought that possibility ridiculous a quarter of a century ago.

Makes you wonder what's happening with the grass roots ... I'd love to know your many and varied opinions on winter sport/activities ...

What do you think?

Rod McGiveron, St Marys

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Premarin is a very common drug prescribed to millions of women worldwide as a hormone replacement therapy. The name stands for PREGant MAres uRINE, as the drug is produced from the hormones present in the mare's urine. The horses used to produce this drug are referred to as "PMU" horses, for short.

The Problem With Premarin

Premarin is created by collecting the urine of pregnant mares. The mares are kept in small standing stalls in order to limit their movement, so as not to displace the urinary bladder bags used to collect every drop of urine.

The mares are kept in this manner for a lengthy portion of their pregnancy, normally about six months. Once the mares are full term and ready to deliver, they are turned out to have their foals. The mares are able to

nurse their foals until weaning age, about 4 months, at which time they are separated and the mare is bred back to repeat the whole process again.

This cycle of breeding has created an overabundance of unwanted foals, most of which are sold to the slaughter industry. "PMU" farms exist all across the USA, and are also prevalent in Canada. Conditions at "PMU" farms vary, and some farms work very diligently to place their unwanted foals. Many others are not as responsible.

Many "PMU" babies are well bred, and some are even registered purebreds. "PMU" foals can be adopted online through rescue groups, but most of the foals bred in Canada are sold directly to meat processing plants. In Canada, a "PMU" filly has a less than one in ten chance of escaping slaughter. A colt is almost certainly doomed, with a less than one in fifty chance at life.

The mares suffer a much more grim outlook, as they are not sold until they are no longer able to become pregnant, and at that point many are too foul tempered to be desirable.

"PMU" foals can be very rewarding to work with, as they frequently have not been handled before rescue, and for all intents and purposes should be considered wild. For more detailed information about Premarin, please visit www.premarin.org. Not only are they a well researched source of information, but they also provide a link to an online petition to stop the production of Premarin.

<https://www.youtube.com/watch?v=l8i4NUNWkBA>

A generic version of Premarin would save female consumers approximately \$300 million a year, not to mention a generic version would not involve horses or harvesting the horse's urine.

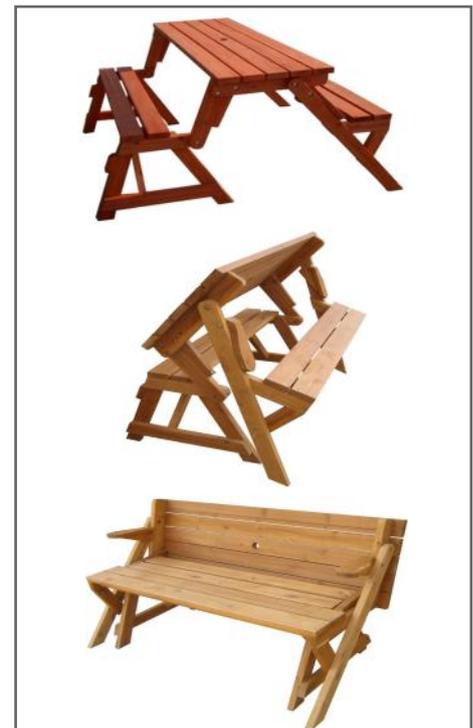
Several smaller pharmaceuticals, including Duramed Pharmaceuticals, did develop generic versions of Premarin in the '70s and '80s, as Premarin's patent expired.

In 1990, however, Wyeth-Ayerst told the FDA that the generic products on the market released estrogens more quickly into the blood stream than Premarin.

Relying on the Waxman-Hatch Act's requirement that a generic have the same rate (how fast the drug enters the blood) and extent (how much total drug enters the blood) of absorption as the listed drug product, Wyeth-Ayerst has (so far) successfully waged a campaign to keep these generics off the market.

As a result, although the generics have been developed, none are currently on the market or available to women.

http://www.project-aware.org/Managing/Hrt/PremarinFacts_Opinion.shtml



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The Back of Beyond

Two young sisters, Sally and Roberta, have left their home for the Birdsville Track to get help for their mother. They have their dog, a bottle of water, and a wheeled cart in tow. The youngest picks up her recorder and plays a simple melody while they cross the desert.

When they come across their own tracks, Sally realises they are lost. Not wanting to alarm her younger sister, they keep walking. Sally is forced to leave their dog behind after discovering they are low on water and as she ties the dog under a tree, her sister continues to play on her recorder unperturbed. As the children continue under the hot sun, the narration reveals that they vanish, their tracks disappearing under the windblown sand.

This is one of the ‘tales and legends of the track’, as the narrator says. This powerful scene (the only one told in flashback) taps in to 19th century settler anxieties about the dangers of Australia’s interior, the bush and the outback.

Stories of disappearing children are sprinkled throughout Australian literature and more recently film, and have become part of modern folklore. The scene here recalls two iconic feature films, Nicholas Roeg’s Walkabout (1971) and Peter Weir’s Picnic at Hanging Rock (1975). While the abandoned children in Walkabout make it out of the desert alive, the girls at Hanging Rock follow the same fate of Sally and Roberta – swallowed by the landscape, they vanish forever.

<http://aso.gov.au/titles/documentaries/back-of-beyond/clip3/>

The SHPS (Scottish Haggi Protection Society) warn people about the dangers of Haggi Laying Season

The Carsphairn Grey, which in the first 24 weeks of their lives gradually develop the extension & retractable capabilities in their legs. This is the reason they are the hardest Haggi to catch, as they can run clockwise around the hillside with their left legs extended while their right legs retract, so they don’t fall over. And vice versa when they run anti clockwise. The months of July and August are when Haggi are particularly dangerous, while protecting their newly hatched Hagglets. If you spot a brood while you are out and about exploring, please do KEEP A SAFE DISTANCE!

Coastal Haggi can be particularly vicious and give you a nasty peck, and are very fast swimmers. The worst ones are the rarely seen Galloway Belted Haggi, they live in the hills and can run particularly quickly for the species. Also watch out now for Urban Haggi that due to changes in modern agricultural practice, come into the towns and villages to look for turnips. There are many rumours that Avon skin so soft is a good Haggi Repellent - THIS IS NOT TRUE. Every one locally knows the only thing that keeps them away is if you suck plenty of Moffat Toffee or play loud Bagpipe music! PLEASE DO BE CAREFUL



A very rare photo of a Carsphairn grey with her litter of Hagglets



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“At Wauchope there’s a Big Bull,” he added. I raised my eyebrows in a way that said, “Oh, yes?” He nodded fondly. “Its testicles swing in the breeze.” “It has testicles?” I said, impressed. “I’ll say. If they fell on you, you wouldn’t get up in a hurry.” We took an extended moment to savour this image. “It would make an interesting insurance claim, I suppose,” I observed at last. “Yeah!” He liked this idea, too. “Or a newspaper headline: ‘Man crushed by falling bollocks.’” “By falling bullock’s bollocks,” I offered. “Yeah!” — [Bill Bryson, In a Sunburned Country](#)

ACROSS

- 1. Smooth-tongued
- 5. Assists
- 10. "Wise" birds
- 14. Boorish
- 15. A single-masted ship
- 16. Mangle
- 17. All excited
- 18. Plague
- 20. Delineate
- 22. Knickknack holder
- 23. Neither ____
- 24. Trainee
- 25. Insert a screw below the surface
- 32. Grant
- 33. Hairstyles
- 34. A large vase
- 37. Clairvoyant
- 38. Sacred hymn
- 39. Not false
- 40. New Zealand parrot
- 41. Hill
- 42. Dot
- 43. Ceremonies
- 45. Anagram of "Balsa"
- 49. S
- 50. Out-hussle
- 53. Mollify
- 57. Feelings of anxiety
- 59. Stink

DOWN

- 1. Alumnus
- 2. Olympic sled
- 3. False god
- 4. Novice
- 5. Yearn
- 6. Decay from overripening
- 7. Dawn goddess
- 8. Carry
- 9. Expectoration
- 10. Alpha's opposite
- 11. Ebbed
- 12. Ill-gotten gains
- 13. Mixture of rain and snow

- 19. Needs
- 21. Bit of dust
- 25. Keg
- 26. Curved molding
- 27. Component of urine
- 28. Corrodes
- 29. Sudden burst
- 30. Lazybones
- 31. French for "Name"
- 34. Relating to urine
- 35. Graphic symbol
- 36. Catches
- 38. Tavern
- 39. Shaved

- 41. Style of neckties
- 42. Overtake
- 44. Boat
- 45. Haul with a tackle
- 46. Parental sisters
- 47. Mug
- 48. Cognizant
- 51. Edges
- 52. Clove hitch or figure eight
- 53. Largest continent
- 54. Relating to aircraft
- 55. Lady's escort
- 56. Anagram of "Seek"
- 58. Night before

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Solution on p25

Creamy Spinach Roll Ups

Ingredients:

- 8 oz. Cream Cheese
- 8 oz. Cheese Shredded
- 1/4 tsp Garlic Powder
- 1/4 Yellow Onion Diced Small
- 1 10 oz. Package of Frozen Spinach, thawed and drained really well
- 1 Box of Puff Pastry Sheets (2 Sheets)
- 1 Egg
- 1 Tbsp. Water

Directions:

1. Combine the egg and water and beat until well mixed.
2. Combine softened cream cheese, shredded cheese, garlic powder and onion in a bowl and mix well.
3. Add spinach into the cheese mixture and stir.
4. Unroll puff pastry sheets and brush both sides with egg and water mixture.
5. Spread cheese and spinach mixture over one side of the pastry.
6. Roll up the pastry and slice.
7. Place rolls on a baking sheet and bake at 400°F for 20 minutes or until the pastry turns a golden colour.
8. Enjoy!



South Hobart, the altering streetscape of Hobart's first suburb

By Wendy Fowler B.A, B.A. (Hons), M Public History

The South Hobart of Bryce Courtenay, complete with its descriptions of 19th century life within and immediately outside the confines of The Potato Factory, is a place of sly grog shops, poteen stills and highly organised prostitution. This provides a direct contrast with the world described by Veronica Geoghegan Sweeney, on a ten acre estate in Upper Davey Street. These are both twentieth century views of nineteenth century life, but Oline Kees provides a contemporary picture of life in Hobart circa 1840 which includes thinly disguised descriptions of life amongst Hobart's elites, the residents of Upper Macquarie Street.

Whilst not wishing to assume that fiction in any way resembles life, there is some value in examining the images provided by these three writers. A walk up the 21st century streets enables the visitor to observe many changes.

The gracious pre-federation mansions are no longer necessarily private homes, the blocks are either reduced in size or turned over to bitumen car parks, and many of the houses now have a commercial rather than domestic function. The shanties are gone and the workers cottages are now trendy townhouses occupied by affluent young professionals, some of whom work in the law and accounting firms which occupy the mansions.



One of the first buildings on the streetscape, and perhaps the gateway to the suburb, is All Saints Church, the church for the Anglican Parish of South Hobart. Built in 1859, this gothic revival building from the drawing board of Henry Hunter was built as a permanent and enduring base for Christian ministry to the community, and its priests have continued to serve the people of the suburb.

South Hobart is a place of mixed history, geography and demography.

Defined as the area between Molle Street to the east, Cascade Brewery to the west, the Hobart Rivulet to the north and Sandy Bay Rivulet to the south, this district has seen many changes since the initial 100 acre land grant to Lord in 1806 which was later acquired by William Birch. In an examination of this part of Hobart, it is possible to chart both the route and changing values of 200 years of European expansion, as well as the altering economic status and expectations of the residents.

A comparison of the remnants of the 19th century streetscape in both Davey and Macquarie Streets provides tangible evidence of the socioeconomic divide between two city blocks. The streets between Macquarie St and the Hobart Town Rivulet contain a mix of early workers cottages, and mid 20th century lower middle class housing. Further up the hill, the area between Davey and Macquarie provides evidence of post 1967 rebuilding, undispersed between grand federation mansions and Edwardian cottages. This variety within the streetscape mirrors the variety within traditional South Hobart society.

Situated above the city, tucked under the mountain, the gullies and hills created a topography which brought its own social and health problems as well as advantages. The Hobart Rivulet provided both a reliable source of water and at times an open sewer. Initially rural holdings, the district expanded up the hill as land was granted in various sized lots. 500 acres was allocated to Charles Robertson and later sold to Robert Murray. There were two significant smaller holdings, 23 acres to Thomas Midwood and 23 acres, later reacquired by the crown, to Thomas Lowes.

As subdivision began in 1838 there was a very clear plan for development of the district. The Birch and Murray acreages were approved for subdivision - Birch's into half acre lots and Murray's into larger lots for sale to the more affluent.

However, the 1850s depression saw a revision of these original subdivisions, which created smaller lots on which smaller houses were built.

When walking the lower reaches of South Hobart in 2007, the remnants of the initial plan and also of its subsequent revision are clear. The residents of elegant houses of upper Davey Street rub shoulders with those who occupy the workers houses of upper Macquarie Street as a consequence of this further subdivision.

The causes of this revision, however, are much less clear in the remnant streetscape.

The Female Factory and the remnants of a number of sly grog shops, as well as the first legal brewery, provide a glimpse of a past less harmonious and aspirational than the current neighbourhood. The combination of residential and industrial building was a feature of early South Hobart, which persisted until the 1967 bushfires. In her study of the industrial heritage of Hobart, Lindy Scripps catalogues 25 individual manufacturing industries in South Hobart between 1831 and 1915.



Hobart Rivulet

These industries are listed in the official returns for manufactories and trades, therefore agricultural and illicit enterprises are not included. The early merchants of Hobart Town saw the value of fresh water for brewing operations and a number existed from as early as the 1820s. Very few of these industries continue to exist into the 21st century, with the notable exception of the Cascade Brewery which has survived bushfires and floods, and remains on the site of Peter Degraives' original 1832 operation.

The Rivulet provided fresh water for the Degraives and other brewers, distilleries and manufacturers of aerated waters, and facilitated the operation of flour mills for many years. Other industries included flock mills, brickworks and saw mills, all of which either closed down or relocated over time (although some curious remnants of this industrial past remain including the Keens Curry sign). The South Hobart Wood Yard, perhaps one of the last open air blue collar industries to leave, occupied a site in Cascade Road from 1939 until 1989 when it closed, partly due to the age of the owner and partly to the reduction in demand as people shifted from wood to electric heating.

Those employed in the various enterprises along the banks of the Rivulet lived close to their places of work, a likely explanation for the predominance of workers' cottages between Macquarie Street and the water course. Terry asserts that by 1856 the social stratification of the district was clear. He further states that workers lived in rented tenements and cites the Hobart Mercury of July 1861 as evidence of the social divide, with real estate advertisements for a brick three room tenement in Wentworth Street and a fashionable residence with large garden in Davey Street (formerly Holebrook Place).

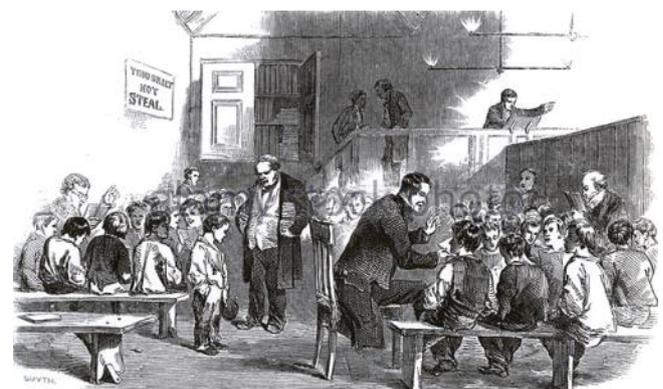


Rayner's Mill in Barrack Street

A further example of the social divide is found in the records of All Saints Parish Vestry Meeting of December 24, 1862. The Vestry resolved that while the annual fee to rent pew space at All Saints be set at £1 per head per annum, provision would be made for a number of free pews to be allocated to regular worshipers who were unable to afford a paid pew. This uncomfortable combination created a diverse community and a variety of problems which continued into the twentieth century. In the period immediately after both World Wars further subdivision of larger holdings, together with expansion up towards the mountain; saw the construction of both public and private housing of a more modest scale than the grand mansions elsewhere in the district. This move combined with the slum clearing attempts of the 1940s to alter the streetscape and population further. In the period of reconstruction after the 1967 bush fires, the housing blend altered again with the establishment of blocks of units and some early examples of infill public housing. Larger houses divided into flats for students, blocks subdivided and old stables turned into studios and apartments, the traditional geographic divide has gradually largely disappeared. Perhaps reclamation of the district by the socially marginalised, or perhaps, in case of Macrobie's Gully, an acknowledgment that no one else was prepared to live so close to the city refuse disposal area.

As the nature of South Hobart changed, the pressures brought to bear by increasing population, altered employment patterns and social evolution led to increased pressure for civil infrastructure. Working class families who lived close to the place of work of the family breadwinner required education facilities and health services. As public expectations increased, these families also required leisure facilities, public transport and a retail precinct convenient to their homes. Benevolent Societies opened Ragged Schools in the South Hobart area to provide free education to the working classes while small private schools were opened for those able to pay fees. These Ragged Schools were variously run by religious and other societies with minimal state support, and focused on trade training rather than academic achievement in the 19th and early 20th centuries. By the end of the 20th century South Hobart boasted an Anglican Girls College, a state run primary school and a university college all of which focused on academic excellence as well as the acquisition of social and vocational skills. There are few remnants of the early schools, part of the site of the old St Lukes Ragged School has become the South Hobart Adult Education Centre and the Bethesda Chapel Ragged School has been demolished.

Part 2 next issue.



A Ragged School

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

GP Surgery Hours

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

Pathology Service– Bloods

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

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
28/7/16 - 12/8/16
Dr K Nash-Rawnsley
29/7, 2/8, 5/8, 9/8 & 12/8 2016

SMCHC Teaching Site

We are a UTAS teaching site. We regularly host students from various health faculties, who attend our site to participate in training placement.

If you are attending this practice and would prefer the students do not sit in on your consultation, please inform reception prior to your appointment. These placements are very important for the students, so your cooperation is greatly appreciated.

There will be 3rd Year Medical & Nursing Students on placement during July/August.

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

Psychologist Please see your GP for 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.

August 1 **Physiotherapist**– Naomi Ide for appointments please see your GP or Health professional for a referral.

Hospital Auxiliary Meeting 2pm in the Family Room.

August 2 **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.

August 3 **Outreach Health Solutions** Grant Todd Exercise Physiologist. Phone 0428 491 621

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

Cancer Council Outreach service Richard Austin 2:30-3:30pm St Marys Health Centre. Drop in Service.

August 4 **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.

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

August 5 **Physiotherapist** Naomi Ide for appointments please see your GP or Health professional for a referral.

Social Worker Shan Williams
Call 6387 5555 for appointments.

August 8 **Physiotherapist** Naomi Ide for appointments please see your GP or Health professional for a referral.

August 9 **Podiatry North** For appointments please phone 6336 5155.

Max Solution– 8:30am-5pm downstairs.

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

August 10 **Outreach Health Solutions** Grant Todd Exercise Physiologist. Phone 0428 491 621

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

Social Worker Shan Williams
For appointments phone 6387 5555

TAZREACH Antenatal Clinic with Katie. Contact GP for appointments.

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

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

August 11 **Social Worker** Shan Williams
Call 6387 5555 for appointments.

Psychologist– Please see your GP for a referral.

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

August 12 **Physiotherapist** Naomi Ide for appointments please see your GP or Health professional for a referral.

Social Worker Shan Williams
Call 6387 5555 for appointments.

The Most Wuthering Heights Day Ever

Flash mobs across Australia have thrown on flowy red dresses and green eye shadow to celebrate the Most Wuthering Heights Day Ever.

Amid the fun, fans at the Melbourne and Lismore events found time to tell us why they adore the 1978 Kate Bush film clip.

<http://www.abc.net.au/news/2016-07-16/the-most-wuthering-heights-day-ever/7635120>

What don't you love about it? It's got drama, it's got passion, it's got amazing dance moves. I'm here with a group of friends. We all went and saw Kate Bush a few years ago in London.

Sam Cremean

The dance moves and the fact that she didn't necessarily fit into the typical pop culture. I grew up dancing to Kate Bush when I was sort of 15, 16. And when this came on Facebook I said: 'Yes I've got to do that'. Especially as I was going through cancer treatment at the time and I thought I need fun.

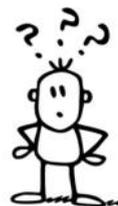
Rani Axtens

Wuthering Heights is way better than golf. That's all I've got, it's better than golf.

Matthew Taylor

'What a wonderful, ridiculous moment in music history to be a part of! For those inspired to recreate the madness with their own crew, Shambush! breaks down (and names) some of the most iconic moves in an instructional video online.'

<http://www.openculture.com/2015/11/300-kate-bush-impersonators-pay-tribute-to-kate-bushs-iconic-wuthering-heights-video.html>



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

VISITATION answers

ais	sat	tints
ant	satin	titan
ants	sin	titans
ins	sit	toast
into	sitin	ton
ion	snit	tons
ions	snot	tot
iota	son	tots
iotas	sot	vain
its	stain	van
nativist	stat	vans
nit	statin	vast
nits	station	vat
nos	stint	vats
not	taint	via
nova	taints	visa
novas	tan	vision
oat	tans	visit
oats	tav	visitant
otitis	tin	visitation
ova	tins	vista
saint	tint	

"Happy" is a song written, produced and performed by American singer and producer Pharrell Williams, from the Despicable Me 2 soundtrack album, first released on November 21, 2013.

"Happy" has been highly successful, peaking at No. 1 in the United States, United Kingdom, Canada, Ireland, New Zealand, and 19 other countries. It was the best-selling song of 2014 in the United States with 6.45 million copies sold for the year, as well as in the United Kingdom with 1.5 million copies sold for the year. It reached No. 1 in the UK on a record-setting three separate occasions, and became the most downloaded



song of all time in the UK in September 2014. It was nominated for an Academy Award for Best Original Song. A live rendition of the song won the Grammy Award for Best Pop Solo Performance at the 57th Annual Grammy Awards.

The music video for the song was nominated for Best Male Video and Video of the Year at the 2014 MTV Video Music Awards. It also won the Grammy Award for Best Music Video at the 57th Annual Grammy Awards. The song was Billboard's number-one single for 2014. "Happy" was the most successful song of 2014, with 13.9 million units worldwide.

Dad used to say that he watered things smarter than me.

Meals on Wheels

July 27	Karl Balzer
28	Sonya Allison
29	Drew Adam
August 1	Ruth Aulich
2	Trish Pike
3	Valmai Spencer
4	Heather Griffiths
5	Drew Adam
8	Ruth Aulich
9	Louise Keady

Tip locations and opening hours

Ansons Bay Long w/ends Mon 12 - 4 Wed/Sun 12 - 4 <i>Fingal, Mathinna Road</i> Tues/Thurs 10 - 4 Sun 2 - 5 <i>Pyengana, Tasman Hwy</i> No builders' waste please Wed 9 - 1, Sun 2 - 5	Scamander, Coach Street 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

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



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
Closed public holidays



England's new alphabet: A B C D F G H I J K L M N O P Q R S T V W X Y Z



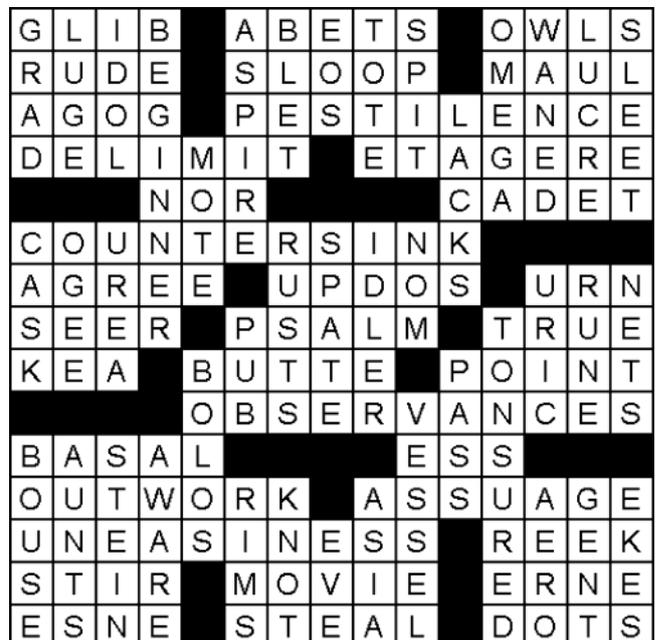
St Marys Salvation Army
is pleased to offer the
following services:

Weddings

Dedication of children

Funerals

Envoy Mel Norton 0409 838 816



I've decided not to have kids. The kids are taking it pretty hard.



ST MARYS IGA SUPERMARKET

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

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

<i>Butchery specials July 27 - August 2</i>		<i>Butchery specials August 3 - 9</i>	
	<i>p/kg</i>		<i>p/kg</i>
Rump Steak	17.99	Leg Of Lamb	10.99
Corned Silverside	8.99	Lamb Loin Chops	17.99
Diced Steak	14.99	Blade Roast	12.99
Lamb Shanks	10.99	Beef Stir Fry Strips	15.99
Nichols Chicken Kiev 2pk	6.99ea	Nichols Chicken Breast Fillets	9.99
<i>Two week specials July 27 - August 9</i>			
Kraft Cheese Singles 432g	3.99	Moccona Coffee 200g	11.99
Tamar Valley Greek Style Yoghurt 6pk	4.99	Bundaberg White Sugar 2kg	2.99
Eta 5 Star Spread 500g	1.69	Arnotts Family Assorted Biscuits 500g	3.49
Sara Lee Chocolate Bavarian 375g	4.99	Kleenex Cottonelle Toilet Tissue 8pk	4.99
Juicy Isle Long Life Juice 2L	2.69	Kleenex Facial Tissues 170s	1.79
Smiths Multi Pack Chips 20pk	5.99	Sanitarium Peanut Butter 375g	2.69
Andersons English Breakfast Tea Bags 100s	2.49	Nestle Milo 750g	9.99
SPC Fruit Snacks 3pk	2.49	Ragulletto Pasta Sauce 500g	1.79
Golden Circle Cordial Syrup 2L	2.99	Uncle Tobys Quick Oat Sachets 420g	4.99
Cadbury Share Packs 160-180g	2.99	Pedigree Dry Dog Food 8kg	19.99

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

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



The Black & White Fruit Milk Bar in Wollongong (1956) was owned by brothers Peter, Harry and Theo Tambakis



*Incorporating
St Helens Transport &
Coles Bay Carrier*

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

John Campbell
0438 392 621

Jamie Harper
0408 012 145

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