



THE VALLEY AND EAST COAST VOICE INC.

Established 1968

50.07 July 27, 2017

Deadline for 50.08 is 5pm August 7, 2017

Avoca Do Not Consume Notice lifted



The residents of Avoca in the Fingal Valley can now enjoy safe, fully treated drinking water after the official removal of the Do Not Consume notice.

Avoca was placed on the health notice following detection of heavy metals in the town's water supply in November 2012. To overcome this problem, TasWater constructed a 29km \$3.3m pipeline from the Fingal water treatment plant to the existing Avoca reservoir.

This strategy not only ensures safe water, but has allowed the project to come in \$1.4m under the original budget of \$4.7m.

Mayor of the Northern Midland and TasWater's Chief Owners' Representative, David Downie, is delighted Avoca residents now have access to safe and reliable drinking water.

Continued on p5



David Downie, Mayor of Northern Midlands Council and TasWater's Chief Owners Representative

unReserved exhibition

Tasmania has a tradition of politically inspired cartoons dating back into the mid 19th century, and those currently on display in the Purple Possum Gallery are worthy inheritors of the tradition.



As the Valley and East Coast Voice has an equally fine tradition of publishing articles, opinion pieces and images from all sides of politics I attended the launch and, with the permission of the conveners / hosts, took a small number of photos.

The exhibition was compiled with the co-operation of The Mercury and the featured artists; John Kudelka, "Polly" Farmer and Colin Downes.

Regardless of your opinion of the subject matter there can be little doubt the cartoons shine a critical light on politics, Tassie style.

Each artist has submitted a number of drawings which

examine the political meanderings of post Regional Forest Agreement Tasmania in a way which provides a subtle, or in some cases brutal, comment on the political processes. For anyone who saw them published in the Mercury at the time it is an eye opener to see them enlarged and hanging together.

Continued on p7

Editor: Wendy Dawson
 wdawson@valleyvoice.com.au
 0403 430 452

website: valleyvoice.com.au
 facebook.com/ValleyEastCoastVoice
 POB 230 St Marys Tasmania 7215
 For all account queries please contact
 rodhunt@netspace.net.au

Advertising rates 2017

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

Valley and East Coast Voice Inc.

Advertising rates for all community groups

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

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

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

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

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

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

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

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

24h Emergency services numbers

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

The Valley and East Coast Voice Inc. Guidelines

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

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

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

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

Letter writers will be given the chance to respond over a suitable period of time. Subjects may be closed at the editor's discretion. Please make sure of your facts. Do not write submissions just to let off steam. Articles most commonly published are those relating to current community issues.

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

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

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

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

All information is correct at time of printing.

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

Avoca Spring Festival

Sunday September 3
 Details out soon

Meals on Wheels 0488 384 344

July 27	Judy Ducket
28	Drew Adam
31	Karl Balzer
August 1	Pam Bretz
2	Valmai Spencer
3	Heather Griffiths
4	Drew Adam
7	Ruth Aulich
8	Valmai Spencer
9	Karl Balzer

Community Notices

Rossarden Progress Association:
Annual General Meeting with a General Meeting to follow is Monday August 14, 2017
3pm at the Fire Station.

All welcome

Mary Knowles, Secretary, Gipps Creek. 6385 2002

GET meeting dates for 2017

August 14 AGM, October 9, November 24 and December 4. 7pm at the Fingal Valley Neighbourhood House **Mary Knowles 6385 2002**
gippscreek@skymesh.com.au

ROSSARDEN Fire training and BBQ dates are:

August 5, September 2, October 7, November 4 and December 2. Fire Brigade training is 10am prior to each BBQ. **Mike Prewer, Rossarden. 6385 2184**

Greater Esk Tourism **Annual General Meeting** will be August 14, followed by a General Meeting. 7pm at the Fingal Valley Neighbourhood House, Fingal

Mary Knowles, Gipps Creek

FALMOUTH COMMUNITY CENTRE

Will be holding its AGM at
3pm on Sunday July 30, 2017 at the
Community Centre, Morrison St, Falmouth.

Letters to the Editor

Dear Editor

It is sad and shameful to see how greed and selfish, self-serving ambitions destroy and eliminate empathy. If Venus Williams has had any compassion and decency, she could have called-off her Wimbledon participation. Feel sorry for the victims and assist and comfort the family any way she can. How can you play and enjoy - So much for shining STARS, we are blinded by their pure presence.

George Keri, Scamander

Dear Editor

Re: ST MARYS COMMUNITY

I came away from last night's public meeting (20th July) about the proposed skate park at 18 Groom Street, angry and disillusioned. A group of St Marys residents sat in that hall and listened to the person most affected by this plan. The person who lives with her family a few steps away. Some spoke of community, perhaps even community spirit. Not one showed an atom of compassion for her or her fears. They were dismissive and often contemptuous. Not one of them is personally affected by this plan. Not one of them showed that they cared in the least about this member of their community.

I oppose this plan. I spoke against it but I came away from that meeting not angered so much by what was said to me but by the callous indifference to the effect this is having and will have on the family most affected.

Richard Neylon, St Marys

Return Thanks

Michael Allen Howells- SPLASH

Cassidy, Tony, Jeanette, Nola, Fi, Kim, Lyn, Keryn and families would sincerely like to thank everyone for your visits, phone calls, food, messages, cards, kind thoughts and most of all your attendance at Michael's service and then his burial at Seymour.

A special thank you to our local Salvation Army Envoy Melanie Norton, and Millingtons of Hobart.

Would you all please accept this as our personal thank you.

Our memories will never fade.

From Lynne - Francine, I'm truly blessed to call you my friend.

Thank you to Doug, Darrin, Tess, Wendy, Dana, Trott, Benjamin, Roger, Mick and Bec and all those who helped behind the scenes and at a moment's notice - I am truly humbled.

Lynne Dawes.

John Turner (JT)

John's family would like to sincerely thank the rest of our family and friends for all their expressions of sympathy, donations to SMCHC, cards and attendance at his funeral service.

A special thank you goes to Dr Cyril Latt, Dr Kaylee Nash-Rawnsley, Nat Roney (Community Nurse), staff at St Marys Community Health Centre, Harris Funerals (especially Beth), Grant Faulkner (Caltex St Marys), Jim Tittley, Rob Parsons and the Mathinna Community.

Please accept this as our personal thank you.

Extra special thank you to Julie Gunton (Nurse Unit Manager, SMCHC) for all your care and support during and after John's passing.

Mandy Turner on behalf of the Turner family.

For Sale

Tuckerbox **chest freezer**, goes well \$50. **Cray Pot** with rope and buoy \$70. 6 x 4 steel **trailer** w/removal top and new roll out awning (great camping addition) November rego \$800. **Contact D Floyed 0447 121 655**

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

Large round hay bales, not rain effected. \$55.
Alan 0407 944 158



gone rustic
studio + gallery
OPEN 10-4, TUES - SAT
eco fashions, art quilts, fibre + textile
jewellery, handmade gifts + cards etc.
Now also hosting
BAGDAD QUILTING SUPPLIES with JUDY DUCKETT
0417027424 - 37 main street st marys tas 7215

The Say, by Cagerattler

The other day I enjoyed a YouTube video I found by chance on Launceston.

It was made in 1966, 51 years ago.

It showed the city as it was half a century ago, and how life was simpler but also busier most likely.

So many viable businesses were evident.

Lonnie had several steel / parts/ mechanical manufacturing outlets, fabric makers, numerous unique retail businesses and lots of cultural and educational opportunities.

One section of this twenty minute video - where not a word was spoken - showed how busy the central part of the city was. Of course this was before the



Mall was built in 1975 but the buses all over the place, and lots of cars going back and forth, gave me the impression of the very active small city we all know.

There is no doubt that it's bigger now than in 1966, but as a very young child I can recall the noise of going to 'town' with Mum, Dad and my sisters, and seeing the

trolley buses and lots of people (while Mum panicked about one of us wandering off and getting lost).

It's funny, as you get older, how the excitement of going to town changes to somewhat less than excitement.

As one of Australia's oldest cities Port Dalrymple/ Launceston is

also one of Australia's best concentration of Georgian and Victorian era buildings, and this lovely little National Film Archives item fondly reminds us of that.

What do you think?

Rod McGiveron, St Marys

https://www.youtube.com/watch?v=mlklnP25_2A

Hilly's IGA St Marys

Open 7 days a week



'think Hilly's, think convenience'

Pizzas made wholly in house, ready to cook.

Large range of salads made fresh in-store.

Succulent BBQ Chickens cooked to perfection.

Cookies fried chicken and hot chips available 7 days.



Hilly's IGA St Marys and St Helens

'we stand for fresh'

Continued from front page

“After extensive testing by TasWater and the Department of Health and Human Services, the water delivered to Avoca residents now meets Australian Drinking Water Guidelines and is safe to drink straight from the tap. “The lifting of the Avoca Do Not Consume notice is an important step towards achieving the commitment to addressing water quality issues in 24 towns across Tasmania by August 2018 and is part of TasWater’s 24Glasses campaign.”

Construction of the pipeline began in September 2016 and was carried out by Tasmanian company, Water Industry Solutions. It was directionally

drilled through the soil to protect sensitive local flora and fauna identified along the route which is mainly contained within the Esk Highway road reserve and at times involved excavating through difficult and rocky terrain.

The existing reservoir in Avoca will provide enough storage to meet peak demand while the pipeline from Fingal is designed in a way that minimises the risk of damage or interruption of the water supply. It underwent a cleaning and maintenance program early this year and with the successful design and construction of the pipeline as well as the cleaning of the reservoir, re-chlorination at

Avoca is not required.

“The Fingal-Avoca pipeline project is just one part of TasWater’s affordable ten-year, fully funded plan to upgrade Tasmania’s water and sewerage infrastructure,” said Councillor Downie. “It is a great result for Avoca which will be joined by other small towns across Tasmania as TasWater upgrades drinking water supplies over the next twelve months.” For more information on TasWater’s progress in removing permanent public health alerts from 24 regional towns across Tasmania, visit 24glasses.com.au

Brian Mitchell MP Federal Labor Member for Lyons Lyons Stronger Communities Grants 2017/18

The 2017/18 round of the Stronger Communities Program (SCP) will be opening soon in Lyons.

The Lyons Stronger Communities Program offers grants of between \$2,500 and \$20,000 to community organisations and local governments for small capital projects that improve community participation and contribute to community vibrancy. Grants will be matched

dollar for dollar.

Up to \$150,000 will be allocated to projects within Lyons on the advice of a community consultation committee, which will review all expressions of interest. For information about eligibility, the application process and timelines, please visit the website:

<http://investment.infrastructure.gov.au/funding/scp/>

To receive further updates from me about this program please visit the website

www.brianmitchell.com.au

Alternatively, you can contact my office by phone or email (details below) if you would like to discuss the program with me, or one of my staff.

Bridgewater - 6263 3721
Perth - 6398 1115

Lipstick that STAYS on!

ShazsTassieLips

0458 730 988

 Senegence
INTERNATIONAL
INDEPENDENT DISTRIBUTOR

YES LADIES, IT'S TRUE! A REVOLUTIONARY
HIGH QUALITY LIPSTICK THAT IS:

- ➡ KISS-PROOF
- ➡ WATER-PROOF
- ➡ SMUDGE-PROOF
- ➡ BLEED-PROOF
- ➡ WAX FREE
- ➡ LEAD FREE
- ➡ NOT TESTED ON ANIMALS

Over 70 colours
to choose from!

FIRST TIME USERS:
PURCHASE A STARTER SET FOR \$74
Colour, Glossy Gloss & Oops! Remover
INDIVIDUAL COLOURS \$34 EACH
GLOSSES \$26 EACH

www.senegence.com/ShazsTassieLips
Facebook: ShazsTassieLips

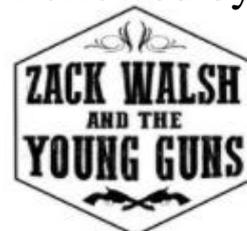
MATHINNA CAR & BIKE SHOW

Saturday October 28, 2017

10am - 4pm

Mathinna Recreation Ground

Followed by



At the Mathinna Country Club
\$10 entry - 7pm until late

Farmers encouraged to re-view WHS protocols during National Farm Safety Week

Agriculture is one of the most dangerous industries in Australia. More than one in five workers who die at work are employed in agriculture. In 2016, there were 63 deaths on Australian farms. Safe Ag Systems chief executive officer Katy Landt says these statistics are simply not good enough and is encouraging all Australian farmers to take another look at the safety of their operations during National Farm Safety Week.

“Farm safety is something we should all be mindful of year-round, but having a dedicated week allows us to educate around some of the major safety issues and encourage some positive practice change,” she says. “Making change on your farm does not need to be time-consuming or difficult, and at Safe Ag Systems, we have developed some tools to help you develop a workplace culture of

safety.”

In 2017, National Farm Safety Week was run from July 17-21. During the week, Safe Ag Systems will be publishing educational articles designed to encourage producers to view activities on their farms from a slightly different perspective.

These will be emailed directly to clients but will also feature on a dedicated section of the Safe Ag Systems website, as well as on its Facebook, Twitter and LinkedIn channels, which will host a suite of handy hints and fact sheets in coming months.

“The theme of National Farm Safety Week this year is creating a resilient, safe and healthy ag community, and we see this as a way for us as industry to work with businesses and farmers to build that well-being,” Ms Landt says.

“We know farmers are a resilient and resourceful group who are all working hard to make their operations more efficient and safer. We want to publish regular relevant content in an easy-to-digest for-

mat to work together with farmers to build safer and healthier communities. Every action you take can help provide a safe work environment. It could be as minor as moving a tree branch off the road, or as major as running a training session for your employees. Safety on farms is critical but it does not need to be hard or time consuming.”

Once a primary producer understands their obligations and penalties involved with a breach they tend to be quite proactive, Ms Landt says.

“The difficulty is knowing where to start,” she says. “I give reassurance to producers that it’s not as hard as they think.

“Work health and safety has been shrouded in lingo and procedures, but once it is simplified and made applicable to farming practices it’s not hard to get a safe system of work up and running.

“Farmers are not alone, we can help.”

More information Katy Landt, 0419 822 119 or visit www.safeagsystems.com

C & D EXCAVATIONS

For all your earthmoving requirements

- Road gravel.
- Top soil, screened topsoil.
- Sand and rocks.
- On sight screener 20mm - 75mm.
- 20 tonne excavators with tilt bucket, ripper, rock and log grabber and quick hitch.
- D65 Komatsu dozer with ripper and tilt blade.
- 10 yard tipper.
- Compaction roller.
- Wheel loader.

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



LOCAL OWNER/OPERATOR WITH
OVER 25 YEARS EXPERIENCE

Call Dana or Craig: 6372 2033/0439 722 032

Continued from front page

Saturday July 22 saw the official opening of the exhibition attended by upwards of 40 people who included tourist operators, long standing environmental warriors, and new arrivals to both the state and the region. It was pointed out by Vica Bayley (TWS) that there is a smaller exhibition in the Farm Shed at Bicheno, that there is the possibility of the collection being turned into a book and also that the whole exhibition will ultimately tour the state.

Article and photo by Wendy Fowler, St Marys

So what's happening with the St Marys

CTST? Despite repeated phone / email requests since the beginning of this year, I remain unable to print a media release defining their current charges, and the pre-requisites for using their service. Clients either are let down at the last moment, or have the unpleasant news that their fare is now \$20 more than the local bus service charges or, in some cases, doubled because of a recently introduced time factor. Despite the fact that the charges are displayed on the office door, clients are being asked to pay much more. Some drivers refuse to ask for the extra, many clients (including me) simply refuse to pay the extra. Some, normally quite independent, clients require the assistance of a carer from time to time, and now even this sensible arrangement is being queried. Perhaps the preferred option is that a hospital car and Registered Nurse escort be provided for those who require some support following procedures or examinations, rather than volunteer drivers and kindly neighbours.

The local office hasn't been staffed for some time, and the 'coordinator' has no local knowledge of distances, destinations and other pertinent information.

I have now resorted to using an alternative regional transport service, which is efficiently run with reasonable charges. Not happy, Jan.

Wendy Dawson, Cornwall

Fingal bike park ready to roll

When several Fingal parents suggested they would like access to more recreational activities to keep their children active, the Fingal Progress Association stepped in. Rene Woods from the Association had seen the amazing Brighton bicycle track and thought something similar in Fingal would be a great addition to the area and the community.

The Association then applied for funding for the project through the Tasmanian Community Fund and received \$45,000 which included the restoration of the sandpit area at the Fingal Primary School.

Already children in the area as well as visitors are using the track and it is envisioned that the schools may also use the park for road safety education.

Council would like to congratulate the Fingal Progress Association and the Fingal community on their vision and efforts in bettering their area.



Family owned since 1972

CALTEX ST MARYS

Mechanical repairs and
all routine servicing.
Batteries, tyres (including white walls).
Old school V8s and 6s loved
and nurtured, even Holdens!
• FUEL AVAILABLE 24 HOURS •

41 Main Street. Ph: 6372 2335
caltexstmarys@bigpond.com

East Coast Vet Clinic

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



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

Mountain bike trail network splits Tasmania's St Helens community

By Carla Howarth 23/7/17

A community on Tasmania's east coast is divided over council plans to build a \$4.5m mountain bike trail network.

Plans for the 66km Stacked Loop Network south of St Helens, and the Bay of Fires Descent Trail, have some residents worried about the environmental impacts.

The Tasmanian Government has committed \$1m to the Stacked Loop Network, which will be stage two of the Derby track — the venue this year for the Enduro World Series.

Landscape ecologist and St Helens resident Christine Hosking said she was worried about the impact on flora and fauna.

"There's a very rare little velvet worm in this environment living right here that doesn't exist anywhere else," she said. "It lives in leaf litter and something else needs to eat that worm and so on up the food chain, until we get to the masked owls that are now a threatened endangered species in Tasmania. Every time you disturb habitat and bush is lost, all those species and that biodiversity gets affected."

Local resident Todd Dudley said he did not believe the mountain bike trails would benefit the whole community.

"Connecting walking and bike tracks between St Helens and Binalong Bay and St Helens Point would be far more beneficial to the local community than these bike tracks," he said.

He said the environment needed to be put ahead of "mass tourism".

Break O'Day Mayor Mick Tucker said council was considering the environmental impacts of the trails.

"We've been doing an awful lot of work with the flora and fauna and, as I said, we've got experts in that field, highly reputable experts and all of that's been done," he said. "The actual building of it will take probably 12 months but we've got to get the final approval process done and as council, we're the same as everyone. We have a very strict guideline that we follow."

Cr Tucker said the economic impacts on the town would be immense.



Beris Hansberry, Todd Dudley and Christine Hosking are worried about environmental impacts from bike trails. (ABC: Carla Howarth)



Simon Holmes says getting disengaged youths onto the bike trails can be transformative. (ABC News: Carla Howarth)

"There's a possibility of around 80 to 150 full time jobs that could be generated by the introduction of the mountain bike tracks," he said. "So to our economy, to our increasing population, increasing our rate base, it ticks all the boxes."

The Break O'Day Council has budgeted \$600,000 for the project, while the State Government has committed \$1m, and the Federal Government has pledged \$1.6m.

Local resident Simon Holmes runs a program with disengaged youth in St Helens, and often takes the young people to trails in Derby and the Blue Tier.

"There's not that much to do for kids in St Helens, and getting kids out into the bush on mountain bikes is just transformative," he said.

"Not only do the kids get out into nature and really learn to appreciate the natural environment but they also get fit and it keeps them occupied."

Mr Holmes said a trail network in St Helens could be life-changing for young local people. "Not only for their own personal health and well-being but also in terms of careers in adventure guiding, mountain bike maintenance and tour guiding."

http://www.abc.net.au/news/2017-07-23/mountain-bike-trail-divides-east-coast-community/8734374?WT.ac=statenews_tas

Ransley's Appliance Service

POB 136 Scamander Tasmania 7215

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



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



For Sale by Tender

Tenders are invited for the purchase of:

- Hyundai GETZ 2009 Model - 60,000km
- Holden Captiva 2009 Model - 87,000km
- 2 x Home Made Covered Box Trailers

Tender application forms and information sheets on both vehicles are available from the Hub4Health front desk or request by email: admin@hub4health.org.a or ph (03) 6376 2971

**Tenders must be received by 12pm on July 31, 2017 and be addressed to
The Board Chairperson
Hub4Health
5 Portland Crt, St Helens, TAS**



Girt: The unauthorised history of Australia BY DAVID HUNT

The inhabitants of this country are the miserablest people in the world.

The Hodmadods of Monomatapa, though a nasty people, yet for wealth are gentlemen to these; who have no houses, and skin garments, sheep, poultry, and fruits of the earth, ostrich eggs, etc., as the Hodmadods have: and, setting aside their human shape, they differ but little from brutes ... They are long-visaged, and of a very unpleasing aspect, having not one graceful feature in their faces.

After getting Anglo-Aboriginal relations off to such a promising start, Dampier left our shores, bought a tattooed East-Indian slave named Jeoly, returned to England, sold Jeoly to a travelling freak show and published the diary of his travels.

A New Voyage Round the World was, with the exception of the Bible, the most popular book of its era – part seventeenth-century *Lonely Planet* guide, part swashbuckling potboiler. Dampier could move seamlessly from a botanical description of the banana to a dissertation on the sexual mores of Filipino women, before launching into tales of rapine upon the high seas and enumerating the many failings of the various foreigners he had met and killed.

Dampier traded off his literary success and came up with a daring new plan. He would join the Royal Navy and go not discover Australia again!

CLEAN CRACK LAUNDROMAT

32 Main Street St Marys



Coin operated washers
and dryers
6.30am - 8pm

Over the years

2009 * 2009 * 2009 * 2009 * 2009 * 2009 * 2009



Members and friends of the St Patricks Head & Esk Valley Historical Society pan for gold in a creek at Mangana during their field trip.



Back row left to right : Nicky Leedham, Nikki Viney, Kirsten Viney, Nan Stuart and Janice Viney. Front row left to right: Tamatha Mahoney (emergency) Barb Davern, Glenys Turner and Liz Baldwin. (Absent: Mary Viney)



Darlene Wright of the St Patricks Head & Esk Valley Historical Society relates the story of "Garth" to members of the field trip.



The raw, rugged, beauty of Stacks Bluff on Ben Lomond makes a magnificent backdrop to a bed of lupins at Rossarden.



*Bowls Tasmania East Coast Junior Champions:
Winner: Kodie Donald (centre) St Marys.
2nd: Chris Cartridge. (Left) St Helens.
3rd. Chris Kringle (Right) St Marys.*



Gerald Aulich centre in uniform, pictured with his family , Michael, Wendy, Teresa, Sue and Chris, at Government House last Friday receiving an award. Photo courtesy Michael Aulich

Open Letter to Residents, Owners, Businesses and Organisations of Break O'Day

St Helens - St Marys Community Bank® Project

We the undersigned are among the 185 proud applicants for shares in Break O'Day Community Financial Services Limited, the company to own our franchise of the Bendigo-Adelaide Bank.

As major banks leave the regions, over 300 Australian and 11 Tasmanian communities own their own Community Banks®. All who care about the future of full banking services in our towns should apply for shares and join us as co-owners of this great project. It will return 50% of banking profits to community initiatives and later pay dividends to shareholders. This community investment does not require you to bank Bendigo (although that will enhance your share's worth!)

Apply at the Agency in Cecilia St or St Helens Council Chambers , *Gone Rustic* in Main Road St Marys, ph **0419 894 072 / 6376 1455** or email roger.harlow@antmail.com.au

Act now and help convert the temporary Agency into our own full service Community Bank® Branch! Let's not lose this one opportunity!



Clr Glenn McGuinness

Peggy Pike Bogar

Heather Knight

Tracea Calow

Robert Legge

Wendy Holland

Judith Buckley

Peter Dane

Jake Ihnen

Lois and John Hoult

Jennifer Binns

Choc-A-Lolly

Peter & Dianne Haworth

Laurie Dillon (*Geeveston*)

Jane Harlow

Roger & Mary Harlow

Claire Hays

St Helens Glass & Aluminium

Diana Reid

Tim Harlow

Jason & Julie-Anne Hall

Goodsports

Natacha Bennett

East Coast Auto Parts

John & Kathryn Brown

Perry & Maria Wilkinson

Lois Dakin

Gayle & Paul Dentler

Frances Taylor

Tim Harrison

Marcus & Angelika Hall

Keith Mead

Wayne & Helena Griggs
(*Hobart*)

David & Julie Llewellyn

Adrian Astley

Chris Triebe

Helen McCauley

Annie Maney

Sandra Lohrey

Andrew & Deb MacGregor

Geoffrey Probert

Claire Knowles (*Hobart*)

Stephen Walley

Craig Lockwood

Mathew G. Hardy

Brad & Catherine Pfundt

Wendy Wise

Mary & Garry Richardson

Tony & Rachael Fenton

Marika McGuinness

Thomas & Fran Salter

Joy Mitchell

Wim Van Der Pols

Blitz Grieg

Ken Walters

Kevin & Jenny Love

Scamander Supermarket

Paul Henderson & Louise

French

Groundwork

St Helens Newsagency

Rowen Stewart

Break O'Day Council

Nick Gee

Jason Sherriff

Jody Beven (*Geraldton*)

Maureen Fisher

Roger Reid

Hosts needed to be the light for families facing blood cancer

The Leukaemia Foundation is today calling on members of the community to host a Light the Night event in October and light the way for families devastated by blood cancer.

Now in its tenth year, Light the Night is a unique fundraising event that brings Australia's blood cancer community together in more than 140 locations to remember and reflect during a moving ceremony and short lantern walk.



"Hosting your own Light the Night event is a way to proudly show people in your community facing blood cancer, even in their darkest hour, they're not alone," said Ash Knop, Leukaemia Foundation General Manager for VIC & TAS.

"The Leukaemia Foundation runs flagship events in major cities but our wonderful Light the Night hosts give locals an opportunity to be part of this inspiring event.

"And volunteering your time and skills means you'll be helping provide every Australian with the support and services they need to beat their blood cancer."

Last year more than 35,000 people from every state and territory attended a Light the Night event, which can vary in size and location.

Some may involve just a few family and friends meeting at a local park, while others are larger events supported by local council and with larger crowds.

"Our community hosts are fully supported by our fundraising team and receive a comprehensive guide on how to hold their event, along with posters, flyers, fundraising tools and dedicated phone support," Ash added.

Learn more about becoming a Light the Night host at lightthenight.org.au/host or call **Kelly Cameron** on 9949 5884.

JEWISH Orange and almond cake

A classic Passover dessert that draws on the Sephardic traditions of the Mediterranean, Morocco and the Middle East. In this recipe whole oranges are boiled for two hours and then puréed skin, pips and all. Not only is this cake incredibly moist and moreish, it is also gluten and dairy-free making it the perfect all-rounder.



Ingredients

- 2 oranges, washed
- 250g caster sugar, plus extra for dusting
- 6 eggs
- 250g almond meal
- 1tsp baking powder
- icing sugar, to serve

Instructions

Bring a large pot of water to the boil. Wash the oranges and cook in the boiling water for 2 hours. Drain, allow to cool to room temperature, then purée. This step can be done ahead of time. Preheat the oven to 160°C. Grease and line a 22 cm spring form cake tin with baking paper. Beat the eggs and caster sugar until well combined. Stir in the orange puree followed by the almond meal and baking powder. Pour the batter into the prepared tin and dust the top with extra caster sugar. Bake for 1-1½ hours, until the top is golden and a skewer inserted into the centre comes out clean. Allow to cool in the tin. Dust with icing sugar, cut into slices and serve.

Australian bricklayer's report

(Possibly the funniest story in a long while)

This is reported to be a true story!

Bricklayer's submission for worker's compensation.

Dear Sir, I am writing in response to your request for additional information in Block 3 of the accident report form. I put "poor planning" as the cause of my accident. You asked for a fuller explanation and I trust the following details will be sufficient.



I am a bricklayer by trade. On the day of the accident, I was working alone on the roof of a new six-story building. When I completed my work, I found that I had some bricks left over which, when weighed later, were found to be slightly in excess of 500lbs.

Rather than carry the bricks down by hand, I decided to lower them in a barrel by using a pulley, which was attached to the side of the building on the sixth floor.

Securing the rope at the ground I went up to the roof, swung the barrel out and loaded the bricks into it. Then I went down and untied the rope, holding it tightly to ensure a slow descent of the bricks. You will note in Block 11 of the accident report form that I weigh 135lbs.

Due to my surprise at being jerked off the ground so suddenly, I lost my presence of mind and forgot to let go of the rope. Needless to say, I proceeded at a rapid rate up the side of the building.

In the vicinity of the third floor, I met the barrel, which was now proceeding downward at an equally impressive speed. This explained the fractured skull, minor abrasions and the broken collar bone, as listed in section 3 of the accident form.

Slowed only slightly, I continued my rapid ascent, not stopping until the fingers of my right hand were two knuckles deep into the pulley.

Fortunately by this time, I had regained my presence of mind and was able to hold tightly to the rope, in spite of beginning to experience pain.

At approximately the same time, however, the barrel of bricks hit the ground and the bottom fell out of the barrel. Now devoid of the weight of the bricks (that barrel weighed approximately 50 lbs) I refer you again to my weight.

As you can imagine, I began a rapid descent, down the side of the building. In the vicinity of the third floor, I met the barrel coming up. This accounts for the two fractured ankles, broken tooth and several lacerations of my legs and lower body.

Here my luck began to change slightly. The encounter with the barrel seemed to slow me enough to lessen my injuries when I fell into the pile of bricks and fortunately only three vertebrae were cracked.

I am sorry to report, however, as I lay there on the pile of bricks, in pain and unable to move, I again lost my composure and presence of mind and let go of the rope and I lay there watching the empty barrel begin its journey back down onto me.

This explains the two broken legs.

I hope this answers your inquiry.



abridged classics



Murderer feels bad.
Confesses. Goes
to jail. Feels better.



Hero kills monster.
Blah, blah, blah, blah.
Dragon kills Hero.

Regional Business / Services Guide

Accommodation

Addlestone House St Marys
6372 2783
Fish-Tales On The Bay
0439 265 362
Mariton House St Marys
6372 2059
Queechy Cottages 6376 1321
Seaview Farm St Marys
6372 2341
St Marys Historic Hotel
6372 2181
Tidal Waters Resort 6376 1999

Arts & Crafts

Gone Rustic Studio 6372 2724
Suncoast Gallery St Helens
0400 827 860

Australia Post

Fingal 6374 2195
Mathinna 6377 1168
Scamander 6372 5664
St Helens 131318
St Marys 6372 2124

Bakers

St Helens Bakery 6376 1260
St Marys Bakery 6372 2131

Banks

ANZ St Helens (atm) 131314
CBA St Helens (atm) 6376 2295
CBA St Marys (atm) 6372 2268

Boarding Kennels

The Gums St Marys 6372 2512
Upper Scamander Kennels
6372 5157
Wagabouts St Helens
6376 2131

Calows Bus Service

St Marys 6372 2476,
St Helens 6376 2161

Butcher IGA St Marys
6372 2274

Cable Locations

Michael Smith 0408 059 521

Cartage Contractors

C & D Excavations 6372 2033
Trotter's Contracting 6372 2107

Chinese Groceries & Medi-

cines Ping's Place St Marys
0411 186 573

Computer repairs Ray Walker
0401 497 199

Confectionary

Mt Elephant Fudge 6472 2787

Dentist St Helens 6376 2359

Designer Building Design
Studio 6372 2000

Doctors

St Helens 6376 1777
St Marys 6387 5555

Electrical Repairs

Ransley's 6372 5307
St Helens Electrical 6372 5522

Funeral Directors

Harris Funerals 6376 1153

Gardening Services

Andrew Davenport St Marys
0419 113 836

Hairdressers

Beachcombers Hair & Beauty
St Helens 6376 1988
Shear Scissors St Marys
0422 073 020

Health Foods Purple Possum
St Marys 6372 2655

Horticulturist Peter Dane
6372 2686

Hospitals

St Helens 6387 5570
St Marys 6387 5555

Insurance Brokers

McKillop Insurance
0400 984 595

Marriage Celebrants

Melanie Norton 0409 838 816

Mechanics

Michael Aulich 6372 2991
Grant Faulkner 6372 2335

Newsagencies

Scamander 6372 5275
St Marys 6372 2143
St Helens 6376 1182

Painters East Coast Mobile

Spray Paint 6372 5571
MLN Enterprise Painting
0439 722 718

Pharmacies

Scamander 6372 5495
St Marys 6372 2844
St Helens 6376 1374

Plumbers

PJ Child 6372 5378
R Harwood 6372 2445
Proofreading Leissa Dane
6372 2686

Realtors Surf Coast Realty
6372 5321 LJ Hooker St Helens
6376 2300

Roberts St Helens 6376 1799

View St Helens 6376 1592

Restaurants/Cafes

Coach House St Marys
6372 2529
The Hay Shed Café Fingal
6374 2171
Mt Elephant Pancake Barn
6372 2263
Purple Possum Wholefoods
6372 2655
Mt Elephant Fudge 6372 2787

Secondhand Dealers and Collectables Secondhand

Rose
St Marys AH 6372 2267
Septic tank cleaner / Water Carriers

Splash Seymour 0488 777 713

District High Schools

St Helens 6376 7100,
St Marys 6372 3900

Primary Schools

Avoca 6384 2117,
Fingal 6374 2197

Service Stations/Fuel

Avoca 6384 2157
Scamander 6372 5193,
St Marys 6372 2335

Supermarkets

Avoca R/house 6384 2157
Hilly's IGA St Marys 6351 1997
Hilly's IGA St Helens 6376 1161
Holder Bros Fingal 6374 2171
St Helens Super IGA 6376 1177
St Marys IGA 6372 2240
Scamander Supermarket
6372 5125

Surfing Supplies

Scamander Beach Surf Shop
6372 5529
Bay Surf Shop St Helens
6376 1755

Telephone, Data and TV

John Heron 6372 2402
Dave Morris 0402 969 393

Surveyors East Coast Surveying
6376 1972

Vets East Coast Vet Clinic
6376 1577

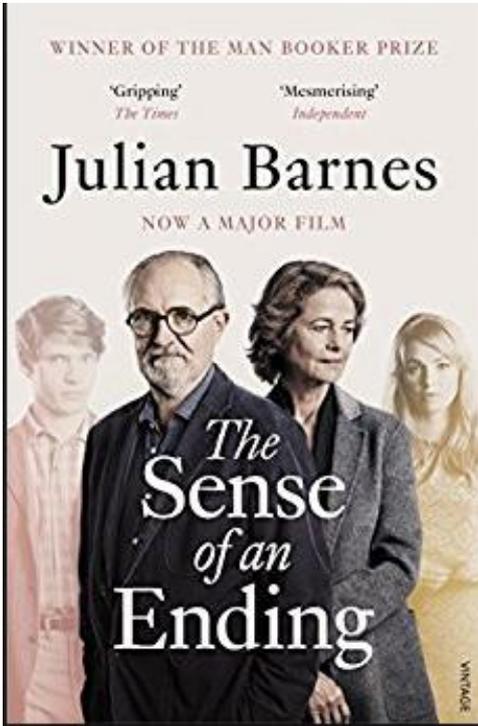
North East Vet Clinic 6321 8999

For inclusions / amendments
please call 0403 430 452

Mt Elephant and Beyond Book Review

Our book for discussion this month was Julian Barnes's 2011 Man Booker Prize winner *The Sense of an Ending*. It is a short novel, but intense, and demands a careful reading.

It takes the form of a type of confession. Tony Webster, retired and in his 60s, presents us with what seems to be an honest and revealing account of two periods in his life. Writing in the first person and addressing the reader as "you" Tony tells us in the short Part One of the last year of his school days in the 1960s. He is one of a rather exclusive and arrogant foursome of clever, bookish boys who delight in discussing the big questions of life.



Tony falls in love with Veronica Ford, a difficult and snobbish girl, whose family he meets briefly one weekend on a trip to her home.

The two eventually part and next he hears that Adrian, the most intellectual of the clique, is going out with Veronica.

While Tony is overseas on something of a gap year he receives word that Adrian has killed himself. He loses touch with the other friends and tells us briefly of his life over the next 40 years: he has an apparently uneventful career as an Arts Administrator, marries, has a daughter, then a calm divorce and now lives alone. So much for the distant past...

Part Two deals with the present day when actions of his youth come back to haunt him. Out of the blue he receives word that he has been left 500 pounds by Veronica's mother.

There is also a diary-written by Adrian! Why did Mrs Ford have it in her possession and why does Tony have such trouble trying to get his hands on it? It would be a "spoiler" to reveal any more of the plot. It's enough to say that the convolutions and machinations kept us wondering right to the somewhat enigmatic and ambiguous end.

This is not a novel to skim. The language is wonderfully nuanced and there are pages of clever, pithy commentary on life and particularly memory and history because this book is really about the unreliability of both.

"What you end up remembering isn't always the same as what you have witnessed," says Tony.

Barnes creates this character of Tony Webster and wonderfully maintains the voice and behaviour that we may not admire but can find some sympathy for.

This is clever writing. The tone is somewhat world weary and we get the feeling that Tony may regret the safe and ordered way he has led his life.

I'll finish with a quote. "We live with such easy assumptions, don't we? For instance that memory equals events plus time. But it's all much odder than this. Who was it said that memory is what we thought we'd forgotten."

Pam Bretz, St Marys

Get Active Stay Active

An exciting new project is being offered to the Avoca, Rossarden and Royal George community thanks to the Fingal Valley Neighbourhood House (FVNH) and Grant Todd, an exercise physiologist. They would like to bring individualised exercise classes to the Ash Centre on Wednesday afternoons (at the moment).

The program is for 9 weeks and the cost has been reduced from the usual \$70 per session to \$20 thanks to funding obtained by the FVNH, if you obtain a GP Management Plan from your GP. A GP Management Plan can be requested if you have a chronic condition such as arthritis, asthma or back pain or similar that has lasted longer than 6 months. It may also be possible on request to have the cost bulk billed through Medicare.



The exercise program is individualised for each person so it is of greatest personal benefit. Notices with details will be displayed at the Avoca Roadhouse and the Avoca Post Office shortly. The program is dependant upon your interest and a commencement date will then be advertised. If you are interested please complete the 'Expression of Interest' slip and give it to Helen Reynolds. Enhance your quality of life.

Expression of Interest

Name: Contact number:.....

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

Why Quilting?

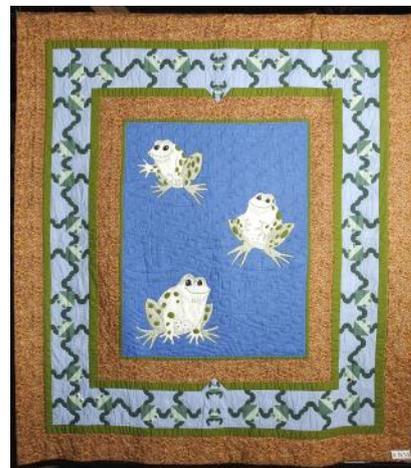
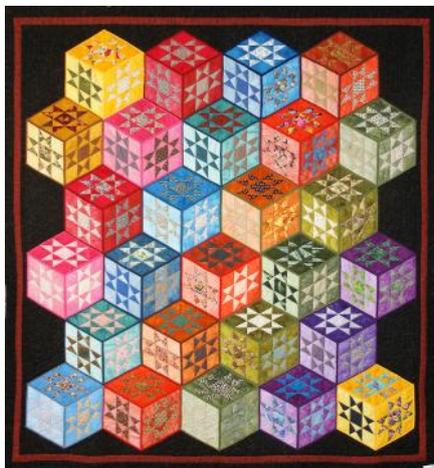
I got the bug more than 50 years ago. I am a traditional quilter, everything is hand done. It takes a year or more to finish one project. I like the finished feel of a handmade quilt.

As a member of Break O'Day Stitchers, I have lots of encouragement for my projects from the other quilters.

I look forward each year to show my work at the Island Quilt show. This year it is very special, because it is being held in Launceston, at the Albert hall on September 1 - 3.

Hope to see you there.

Lana Dee Laessig, Launceston



Tasmanian Quilting Guild Inc will hold their Tasmanian Quilt Expo ('Island Quilts') at the Albert Hall, corner of Tamar and Cimitiere Streets, Launceston, 1- 3 September, 2017

Opening times are Friday 10am - 6pm; Saturday, Sunday 10am - 4pm.

There will be over 250 members' quilts as well as the Bernina 'Best of Australia' 2016 quilts, a Student Quilt Exhibition, novelty quilts and other displays and demonstrations. Raffle tickets will be available for the beautiful butterfly quilt, 'Lepidoptera', designed by Elizabeth Hartman. The raffle quilt was made by members of the Tasmanian Modern Quilt Guild and quilted by Kat Jones. Admission is \$8 for adults. Children under 12 free.

Parking is available close by. Free parking is available Saturday after 12 noon and all day Sunday.

Members of the Tasmanian Quilting Guild come from all over the state; there are over 200 members and over 30 Patchwork and Quilting groups. Many members have contributed to the organisation and running of the Expo. Members will also be hostesses over the three days of the exhibition, for visitors who have questions or who want to look more closely at the quilts.

There will also be quilting displays, demonstrations and quilting and sewing stalls. Visitors will also have the opportunity to buy raffle tickets for the raffles quilt, 'Lepidoptera', designed by Elizabeth Hartman, made by the Tasmanian Modern Quilt Guild and quilted by Kat Jones.



TQG 2017 raffle quilt: "'Lepidoptera' designed by Elizabeth Hartman, made by the Tasmanian Modern Quilt Guild and quilted by Kat Jones

More information about Lana Laessig and the Expo

Lana Laessig is a member of the Break O'Day Stitchers, based in St Helens. She is a very talented quilter, as seen by the photos of quilts she has included. As a member of the Tasmanian Quilting Guild, she also enters quilts each year in the Tasmanian Quilt Expo, which is held every second year in Launceston - alternating with Hobart. This year, TQG members have excelled themselves, as we have over 250 quilts to hang in the beautiful Albert Hall - a fitting setting.



NICK SHAW 0439-414-299



**Coastal Heat Pumps
& Solar**

Lic no. L076081
Lic no. A4155228

Specialising in both Domestic and Commercial projects
Tax deductible for business
Tier 1 supplier, for the best quality solar systems
1 kW - 100 kW systems available
Call us today for a **FREE SOLAR QUOTE**
Already have a quote?
WE'LL BEAT IT BY 5 %

Install one of our leading brands of
Heat Pumps today and stay **WARM** this **WINTER**
while still staying **COOL** in **SUMMER**.

- Floor mounted-
- Wall mounted-
- Fully Ducted systems
- up to 18kW



St. Helens Electrical

Domestic, Commercial, Industrial
New houses, wiring and repairs
Underground mains supply

Lighting Specialist
Interior and Exterior
Advice, sales, and installation

Heat Pump/Heater Installations
Supply and install all brands
Floor, Wall, Ducted
Advice on all home heating

Solar Installation
Domestic and business
1kW to 100kW

Call for a free quote

Rod Shaw 0407-615-072
Nick Shaw 0439-414-299



24798 Tasman Highway
St. Helens, Tas. 7216

Email:
sth.electrical@gmail.com

Electrical Contractors
Servicing the East Coast from Pyengana down Coles Bay
and through the Fingal Valley
Lic: 933671



Ancient Defences by Jules Jensen July 18, 2017

His sword vibrated painfully when it made contact with the thick-skinned creature that towered over him. It clawed at him with a hand large enough to engulf his whole body if he let it. He dodged to the side as the creature lunged again, huge black eyes as empty and soulless as the abyss of death. It opened its mouth, and a hundred sharp teeth glistened darkly.

He caught it off guard by lunging forward himself, stabbing his sword into one of those huge eyes. The creature screamed and shrank back.

Nearby, where the girl was still chanting activation codes, another demon was nearly upon her.

"Don't stop chanting, and get down!" He shouted at her. She complied instantly, practically falling to the ground, where the red mud stained her ceremonial blue dress. He ran and jumped over her, and as green-skinned demon clawed at him, he slid under its reach and stabbed it in the chest.

The demon fell back, twitching as it died. He quickly looked around, but saw no more monsters clawing their way to the top of the mountain where he was holding his ground.

He hoped that his hair-brained plan was going to work. If it didn't, his town was without their chanter to activate the ancient towers that protected them from the demons.

The red dirt blazed brightly as the sun set. The green-skinned demons would come out in droves as soon as it was fully dark.

"Activate!" The girl finished her chant with a shout.

For a moment, nothing happened. He felt his heart race. Did they fail? Did he read the ancient books wrong? Were they on the wrong mountain? But then the giant tower nearby made a loud bang as its rusty frame creaked to life. The two teenagers jolted and stood closer together as they watched its round head swivel, searching for a target.



It focused on something in the valley below, and it fired a glowing red beam that made surprisingly little sound. The boy didn't even see what it hit, but then it quickly adjusted and fired again. He could hear in the distance the other towers that surrounded the whole area doing their job.

"We did it!" The girl exclaimed, pumping a fist into the air.

"And the adults said it couldn't be done." He said. The way they all talked about it, it sounded impossible to get up to the mountain and turn on the defences for the area. He suspected that they just wanted to scare the kids into staying in the borders.

The towers kept on shooting. He noticed that they stayed pointing near all the towns for a long time, shooting rapidly. That was odd. There usually weren't that many demons that close to the borders. Both of them gasped as they realized one of the towns had lit on fire. Smoke curled into the sky. The old buildings, crafted from the leftover aircraft that brought the ancients to this world a thousand years ago, they were starting to fall.

"Deactivate the towers!" The boy shouted, but she was already hurriedly chanting.

And the demons were starting to climb the mountain again. He fought faster and harder than he ever had in his life to keep his friend safe.

"Deactivate!" She shouted the last word of her chant, and the ancient towers came to a stop.

As the pair raced home, fighting their way past the nocturnal demons, they both vowed to never mess with ancient technology ever again.

It's a sunny afternoon and I'm sitting cross-legged with my eyes closed, introducing myself to my womb

"Hello, womb," I say, inwardly, and wait for a reply. Seven other women are in a circle with me, doing the same as a Spotify playlist of chimey chillout music plays in the background and incense burns.

We are in Chloe Isidora's house, taking up her living room.

Isidora, a former fashion editor turned spiritual practitioner, is leading a "womb wisdom circle". We are all here for different reasons, mine being a mixture of curiosity (my womb and I have not been, shall we say, getting along) and a desire to discover more about what I've come to think of, in the past couple of years, as the "neo-hippy".

When I was growing up, it was desperately uncool to be a hippy. I wouldn't say my parents were hippies exactly, but they were certainly influenced by some hippy ideas. I spent my early childhood living in cooperatives. My mother would purify the house with sage, did yoga, visited reiki healers and read tarot cards (before she stopped, from fear she was allowing in too much "negative energy"). And last time I saw my dad, he was wearing a tie-dye Grateful Dead T-shirt.

Compared with some of my friends' parents, who took part in drumming circles and grew their own weed, they were small fry. One friend grew up in a Buddhist community in Italy and has witnessed the exact moment she crowned via the medium of her parents' birthing video.

Another, a Californian, knew children who had chosen their own names, such as Windsong and Skyraven. I'm friends with people who have been on Ayahuasca retreats. Still, my parents were "bohemian" enough: there were all those times I opened my lunchbox at school and was mortified to find hummus instead of Cheestrings.

These days, my parents would be right on trend. Many aspects of the hippy lifestyle you thought had died a death, save for a hardcore of originals in Somerset and the mountains of north Wales, are back with a vengeance. There's the fashion, obviously: women in floral maxi dresses with tumbling locks topped with flower crowns, men with beards and "man buns".

There's the clean-eating phenomenon: making your own raw chocolate avocado flourless brownies, snacking on nuts and berries, stewing your own overnight oats. Meditation apps are enormously popular, as is 5Rhythms dance (the movement so brilliantly satirised by Peep Show in the form of "rainbow rhythms").

The neo-hippy tendency manifests itself in everything from natural family planning to polyamory, to houses full of terrariums, spider plants and Moroccan rugs.

The resurgence of feminism has intersected with hippydom and seen a renewed interest in womb worship, most notably in the form of the Spirit Weavers Gathering, an all-female Californian camp dubbed "the world's chicest cult".

Meanwhile, many travel bloggers are in on the action: it's all yoga poses at sunset, temples and beautiful women in peasant dresses standing at the edge of canyons, giving the impression of a carefree, nomadic lifestyle that is in fact enjoyed at



The Spirit Weavers' Instagram account is full of filtered snapshots of women standing naked in circles, their hands raised towards the sky.

luxury hotels. That's the thing about the neo-hippy: all these hobbies and interests can appear somewhat divorced from the ethics – it's veganism without reference to an exploitative dairy industry; meditation without the Buddhism; £40 scented candles and a very expensive flight to Goa. An old hippy would probably say that the commodification of the counterculture was complete.

And maybe that's fine. But it is slightly jarring to find that the stuff you always found hideously embarrassing is back in fashion. My friend Nell, who says last year's *Captain Fantastic* was basically a Hollywood movie about her dad, and who once wrote an article headlined *27 Signs You Were The Victim Of British Hippy Parents* (with which I heavily identify), is equally bemused.

"There's a big disconnect between people having an alternative harmonious image and how they actually live their lives," she says. "Being a real hippy is crap."

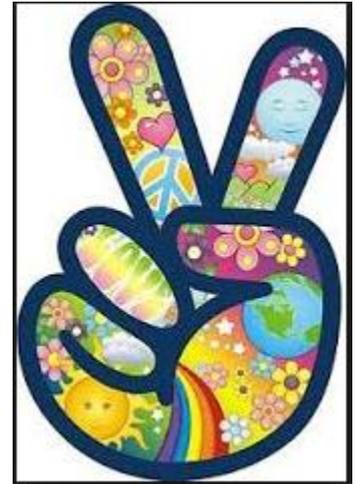
Like me, she was embarrassed by her school packed lunch. "Cold, sloppy vegetable curry. And then a loose handful of raisins. Oh God. I remember the day when I unwrapped my sandwich and thought, 'I might as well die.'"

But that was the point, she argues. "Everything you had was a bit shit: my clothes from jumble sales; the fact that we cleaned our loo with Ecover or vinegar meant that it didn't smell like a fresh swimming pool; and the fact that we had to brush our teeth with toothpaste powder."

As she says this, I get a flashback to the fennel toothpaste and crystal deodorants my mother used to buy.

"It was not very nice," Nell says. "But there was an understanding that you had to sacrifice a certain level of luxury for a higher ideal."

It's an aesthetic that's defined by what you're wearing, the decor of your flat, the food you're cooking. Now there is an unwillingness to make sacrifices in pursuit of those ideals. Meditation apps are a prime example of the modern way.



That whitewashing of Buddhism takes out all the stuff about having to look after each other," Nell points out. "It's about you, and looking after yourself."

Sarah and Lucy (not their real names) are twins who spent seven years of their childhood in a Tibetan Buddhist centre.

"It was the real deal," Sarah says. "It was run by a Tibetan *tulku* and populated by a serious, studious group of mostly Europeans, actively engaged in academic and religious study. We were not quite self-sufficient, but grew most of what we ate. Every adult was allocated a job, from gardener to candle-maker, and everything we did was clearly rooted in a



belief system, so our childhood felt structured and calm in many ways. We were both busy and free, dipping in and out of all the workshops: cheese-making, carpet-weaving, woodwork."

Sarah was conscious from a young age that they were different from other children.

"We went to the local primary school, which had a few of us 'hippy' kids alongside the local children who lived in actual houses furnished, I imagined, with carpet. Meanwhile, we lived in caravans, or in rooms within shared houses."

Naturally, they were vegetarian.

"I appreciate that the world has since caught up, but at the time all I wanted was a Fray Bentos pie from a tin. But despite the desperate childish desire to fit in, I knew it was amazing and beautiful, even while we were living it."

Lucy didn't feel the same desire to fit in. It wasn't until

after they had left the community that she realised they had been viewed as different.

"Integrating into a more mainstream social structure felt like a baptism of fire, and somewhat heartbreaking, too," she says. "Fellow citizens prioritising loving kindness and compassion, no matter how clumsy or messy, could no longer be taken for granted. That's what I remember most vividly."

Continued next edition.

<https://www.theguardian.com/society/2017/mar/18/hippy-back-instagram-not-so-cool-remember-first-time-round>

THE WEAKEST LINK (BBC2)

Anne Robinson: *Oscar Wilde, Adolf Hitler and Jeffrey Archer have all written books about their experiences in what: - Prison, or the Conservative Party?*

Contestant: *The Conservative Party?*

BEG, BORROW OR STEAL (BBC2)

Jamie Theakston: *Where do you think Cambridge University is?*

Contestant: *Geography isn't my strong point.*

Jamie Theakston: *There's a clue in the title.*

Contestant: *Leicester?*

BBC NORFOLK

Stewart White: *Who had a worldwide hit with What A Wonderful World?*

Contestant: *I don't know.*

Stewart White: *I'll give you some clues: what do you call the part between your hand and your elbow?*

Contestant: *Arm?*

Stewart White: *Correct. And if you're not weak, you're...?*

Contestant: *Strong.*

Stewart White: *Correct - and what was Lord Mountbatten's first name?*

Contestant: *Louis*

Stewart White: *Well, there we are then. So who had a worldwide hit with the song What A Wonderful World?*

Contestant: *Frank Sinatra?*

GET Photographic Competition 2017

Theme "*Flora and Fauna of the
Fingal Valley*"

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



Entry fee: \$5 per digital image / Under 18 \$2:50 per digital image
Entries close in October so there is plenty of time to explore the Valley and enjoy its flora and fauna capturing exciting images.

The Presentation Evening is on Friday November 24, 2017 at the Purple Possum.

The BETOOTA ADVOCATE

Hipsters Now Using Chocolate Cake As Low-Sugar Alternative To Brioche Burger Buns **CLANCY OVERELL** | *Editor*

One of Betoota's most prominent hipster cafes in the town's French Quarter has today revealed the rising trend of replacing the once-cool Brioche style burger buns with cake or croissants.

The low-sugar alternative has been a hit with 'foodie' youth who will essentially eat anything they are told to eat by online pop culture publishers. Local hipster chef, Aquila Diamonte (38) says the moment people started eating brioche with red meat, he knew he could get away with anything.

"It's basically a meringue when you

take into account all of the sugar and egg white. I don't know how the f--k we convinced people to eat it."

Aquila says now that supposedly health conscious Australians are in the habit of eating French pastries with their burgers, the move towards chocolate and carrot cake was a no brainer.

"Why not? The icing is the only difference – and that's still not as sugar-heavy as your run of the mill 'hot sauce' – I don't think anyone cares about the difference between dessert and dinner anymore."

Other new food trends that we didn't

think needed to be warranted with a place on a menu is the new "smashed egg" – which is essentially boiled egg on sourdough, but with pepper.

"The word 'Smashed' is a keeper" he said. "It's the new 'poached' – we can throw \$10 on the price tag of anything that is smashed."



Tasmania Planting Guide for July

Asparagus crowns, early potatoes, shallots, potato onions, long-keeping, salad and spring onion as small seedlings, rhubarb divisions, Jerusalem and globe artichokes.

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



LJ Hooker



Kate Walsh

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

Ph: (03) 6376 2300

Mobile: 0419 683 904

Email: kwalsh.sthelens@lh.com.au

raywalkerIT

- Web development & hosting
- Home & business solutions
- Hardware & software
- Antivirus & system repair
- New & used systems for sale
- Pickup & delivery
- 20+ years experience

Ph 0401 497 199

Email hello@raywalker.it

Web <https://raywalker.it>

ACROSS

- 1. Abrasive
- 6. Border
- 10. Rapsallions
- 14. Gladden
- 15. Oceans
- 16. Groan
- 17. Type of beer
- 18. Bronzes
- 19. Cogitate
- 20. Lift bridge
- 22. Blind (poker)
- 23. Identical
- 24. Ambrosia
- 26. Russian emperor
- 30. 24 hours
- 31. French for "Water"
- 32. Apex
- 33. Bit of gossip
- 35. Dishes of shredded cabbage
- 39. Detective (slang)
- 41. Marine
- 43. Clobbered
- 44. Alone
- 46. Roman robe
- 47. One time around
- 49. Scarlet
- 50. Where the sun rises

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20					21						22			
				23					24	25				
26	27	28	29		30				31					
32					33			34		35		36	37	38
39				40				41	42					
43						44	45				46			
			47		48		49				50			
51	52	53					54			55				
56					57	58					59	60	61	62
63					64					65				
66					67					68				
69					70					71				

DOWN

- | | | |
|-------------------------------|--------------------------|----------------------|
| 1. Grasped | 13. Contemptuous look | 42. Cyphers |
| 2. Winglike | 21. Audio communications | 45. Speech |
| 3. Indian music | 25. Leisure | 48. Tranquil |
| 4. Goulash | 26. Labels | 51. Cut of beef |
| 5. Seasonings | 27. Pond gunk | 52. Keen |
| 6. Guesses | 28. Ammunition | 53. Grave marker |
| 7. Marksman | 29. Worriedly | 55. Untidy |
| 8. Mob | 34. Mounds | 58. Connecting point |
| 9. Ancient ascetic | 36. Dwarf buffalo | 59. Whimper |
| 10. Completely neat and clean | 37. Hairpieces | 60. Blue-green |
| 11. Increase | 38. Leave in a hurry | 61. Bucolic |
| 12. Noodles | 40. Make well | 62. To tax or access |

Solution on p25

Libraries (Closed public holidays)



61 Cecilia Street **St Helens**
6387 5600
Monday to Friday 10am - 5pm
Sat 10am - 12pm

31 Main Street **St Marys**
6372 2114
Mon, Wed & Fri 12.30 - 4pm
Tue & Thurs
10am - 12.45pm

Fingal Online Access Centre
29 Talbot Street 6374 2222
Mon, Wed & Fri 9am - 4pm
Tue & Thurs 9am - 12pm

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

GP Surgery Hours
Monday - Friday

8:50 - 10am

(10 -10:30am Reception closed)

10:30am - 12.30pm

(1 - 1:30pm Reception closed)

1:30 - 3:00pm

(3 - 3:30pm Reception closed)

3 - 4:30pm

Pathology Service – Bloods

There is no pathology service prior to 8.30am.

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

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

Scripts and Doctors' Appointments

Please ensure doctors' appointments are booked **PRIOR** to your medications running out, or **IN ADVANCE** if you attend this practice regularly.

Please be patient Waiting periods to see your doctor may be experienced. We are not able to issue scripts during the weekends, please ensure you have enough in advance. Please be aware we are not able to issue scripts by phone.

St Marys Medical Practice reminder

Dr Latt wished to remind the community of the following exceptions to bulk billing at the SMCHC:

Driving licence renewals	Insurance medicals
Requested medical reports	Harness medicals
	Pre-employment checks

These are NOT covered by Medicare, and may incur costs. Please discuss this with reception when booking. If you have any concerns, please contact us and we will try and address them

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.

Doctors Roster

Dr C Latt

27/7/17 – 11/8/17

Dr K Nash-Rawnsley

27/7, 28/7, 1/8, 4/8, 8/8 & 11/8 /17

Non-attendance of Doctors' appointments

Please be aware there is a non attendance policy at this practice. If you miss three appointments you will be sent an account. If you miss a fourth appointment you may be referred to another Medical Practice.

Due to demand, doctors' appointments need to be booked at least **two weeks in advance**.

Waiting periods can apply.

A.H. contact numbers

GP Assist	1300 780 011
Ambulance or Emergency	1800 008 008 000
Lifeline - Saving lives, crisis support and suicide prevention	13 11 14
St Marys Community Health Centre - please ring before presenting after hours	6387 5555

INR tests require a 5 minute doctors' consultation.
Please inform reception when booking

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? Sometimes we need to contact you, or pass your details on to other health professionals.

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.

Waiting area at the Health Centre

The waiting area for **ALL** services at the St Marys Community Health Centre is in the reception area. Please report to reception upon arrival and the consultant you are here to see will be told and they will come and collect you from this area.

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

What's on at the Centre

July 27 **Physiotherapist** Patrea Zacher for appts please see your GP or health professional for referral.
2nd Bite Delivery

July 28 **Physiotherapist** Patrea Zacher for appts please see your GP or health professional for referral.

July 31 **Max Employment** 8:30am-5pm downstairs.
Occupational Therapist Danyelle Briggs by referral from your health professional.

August 1 **Occupational Therapist** Danyelle Briggs by referral from your Health Professional.
Child Health Session with Mary Mumford Tuesday fortnights, by appt only. Ph 0428 136 381

August 2 **Day Centre Ph** Hayley Gilbert on 6387 5555 for information on the group.
TAZREACH Antenatal Clinic with Katie. Contact GP for appointments

August 3 **2nd Bite Delivery**

August 4 **Dietician Diabetes Tasmania** Melanie Hortle please see your GP for a referral

August 7 **Occupational Therapist** Danyelle Briggs by referral from your health professional.
Hospital Auxiliary Meeting 2pm in the Family Room.

August 8 **HUB4HEALTH** St Johns Podiatry 10:30am-4:30pm
Diabetes Educator Sally Gates. See your GP for a referral.

August 9 **Day Centre Ph** Hayley Gilbert on 6387 5555 for information on the group
Social Worker- Shan Williams
For appointments ph 6387 5555
Rae & Partners Lawyers consult fortnightly at the SMCHC. Ph 6337 5555 for appts.
HUB4HEALTH Meeting 6:30pm-9pm in the Day Room.

Buttons wanted

The St Marys Day Centre would love any old buttons you may have. They will be put to good use with our arts and crafts. Donations of buttons can be left at reception. Thank you



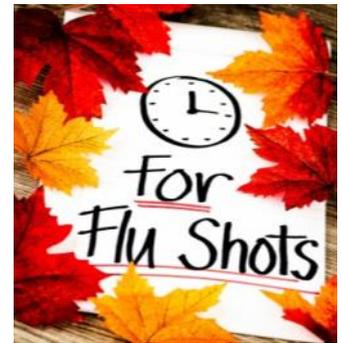
St Marys Community Health Centre Hospital Auxiliary Wood Raffle

Thank you to everyone who supported the Hospital Auxiliary Wood Raffle, donated by Michael Neighbour. The raffle was drawn on Friday July 21 and the load of wood was won by Hannah Wynter, Fingal. The St Marys Community Health Centre has purchased a blanket warmer for use with our patients.

Have you had your flu vaccination for 2017?

There is still time!

Flu vaccinations are still available at the St Marys Community Health Centre. If you require a flu vaccination please call our reception staff on 6387 5555 and make an appointment to see one of our GPs



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

St Marys
PHARMACY

Main Street St Marys

Ph 6372 2844

Kodak prints from 45¢

Ear piercing \$27
includes earrings
and solution
with qualified
staff
Bec, Sally and
Cassie



Pharmacist instore Monday to Friday

221 words of three letters or more were found in **SECRETARY**



ace	crate	reacts	
acers	crater	rear	
aces	craters	rears	
acre	crates	reast	stay
acres	crays	recase	stayer
act	crease	recast	steer
acter	creaser	recreate	stray
acts	creasy	recreates	strayer
arc	create	reest	sty
arcs	creates	resat	stye
are	crest	resay	tar
ares	cry	reseat	tare
arrest	cyst	reset	tares
ars	ear	rest	tarry
art	ears	rester	tars
artery	ease	retrace	taser
arts	easer	retraces	tea
artsy	east	retry	tear
arty	easter	rye	tearer
aster	easy	sac	tearers
ate	eat	sat	tears
aye	eater	sate	teary
eyes	eaters	satyr	teas
ays	eatery	say	tease
car	eats	sayee	teaser
care	eery	sayer	tee
career	era	scar	tees
careers	eras	scare	terrace
carer	erase	scarer	terraces
carers	eraser	scarey	terry
cares	erect	scarry	terse
caret	erects	scary	terser
carets	err	scat	trace
carry	ester	scree	tracer
cars	eta	sea	tracers
cart	etas	sear	tracery
carter	eye	searer	traces
carters	eyes	seat	tray
cars	race	seater	trays
case	racer	secret	tree
cast	racers	secretary	trees
caste	races	sect	try
caster	racy	see	tsar
cat	rare	seer	tyres
cater	rares	sera	yar
caterer	rarest	serac	yare
caterers	raster	sere	yarer
caters	rat	serer	yarest
cats	rate	serrate	yea
cay	rater	set	year
cease	raters	seta	years
cee	rates	setae	yeas
cees	rats	star	yeast
cerate	ray	stare	yes
cerates	rays	starrer	yester
certs	react	starry	yet

How many words of three letters or more can you find in **SUGGESTION**? Answer next edition.



Wanted: People interested in forming a Fingal Valley U3A

What is U3A?

Universities of the third age, or U3A's, are voluntary, not for profit organisations that offer people who are interested in learning educational opportunities that are fun and free, in a relaxed social setting. There are no entry requirements to U3A, and no qualifications or awards are given.

Members teach and learn for the sheer joy of it. The word 'university' in the title is used in the medieval sense of a community of scholars coming together to learn from each other. Every older person has a lifetime of talents, knowledge and skills to share with others.

Where did U3A come from?

The movement started in France in 1968, as a response to a government initiative to provide education to the retired. The first course was on Gerontology, in Toulouse.

The movement spread to other European countries, and to Quebec and California. The first Australian U3A was in Melbourne in 1984. Now, across Australia, there are 240 U3As and the movement is still growing.

What do U3As offer?

Most U3As offer a program of weekly classes, during school terms; holidays are avoided, due to members having grandparent responsibilities.

A wide range of subjects are offered, depending on availability of group leaders.

Some suggestions are:

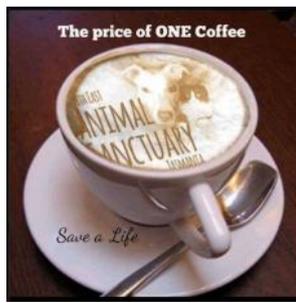
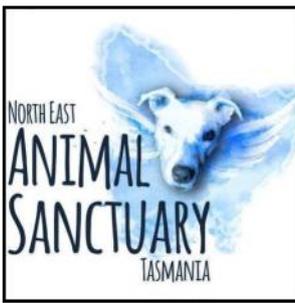
- ◆ Armchair Theatre - play reading
- ◆ Armchair Travel
- ◆ Brain Games
- ◆ Computer Skills
- ◆ Creative Writing
- ◆ History and Literature
- ◆ Music Appreciation
- ◆ Public Speaking

Skills such as cooking, crochet, jewellery making etc. can also be part of the U3A group. Social activities can also be part of U3A - bushwalking, travel groups, coffee mornings, dining out groups can all be organised under the U3A umbrella.

The Fingal Valley Neighbourhood House has kindly offered space for no charge, to hold activities for a new U3A group.

At this point we need names of people interested in both learning and teaching classes.

Please phone either Ruth Miller on 0448 408 492 or Rosemary Harper on 0467 186 593 to register interest. We will proceed with a meeting when sufficient interest has been indicated.



Pepper is a wolfhound x dalmation, born 29/1/17, currently participating in beginners classes after having completed puppy school. Good with cats, dogs, children and livestock but needs close monitoring around chickens. Will require good fencing as he likes to climb and jump.

ADOPT, DON'T SHOP

0457 081 533

michelle.jesson@bigpond.com



Tasmania Way Back When

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



St Helens Football Club after defeating Fingal, 1930



TASMANIAN INTERCOLONIAL FOOTBALL TEAM OF 1887.

Harris Funerals

St Helens, Bicheno & Fingal Valley

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

Office & Chapel:

46 Tully Street St Helens

6376 1153 ~ 0418 133 420

tamara@harrisfunerals.com.au

Member of the
Australian Funeral Directors Association





St Marys IGA Supermarket

38 Main Street 6372 2240

Butcher instore weekdays 8am - 2.30pm
6372 2274

Monday - Friday 7.30am - 7pm

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



<i>Butchery specials July 26 - August 1</i>		<i>Butchery specials August 2 - 8</i>	
	<i>p/kg</i>		<i>p/kg</i>
Porterhouse Steak	23.99	Rump Steak	19.99
Corned Silverside	8.99	Topside Beef Roast	13.99
Lamb BBQ Chops	11.99	Beef Stir Fry Strips	15.99
Pickled Pork	11.99	Lamb Loin Chops	19.99
Ingham Chicken Thigh Fillets	9.99	Ingham Chicken Breast Fillets	9.99
<i>Two week specials July 26 - August 8</i>			
Papa G's Family Pizza 445g	4.55 save 3.10	Miracle Margarine 500g	1.50 save 0.65
Chum Canned Dog Food 1.2kg	2.50 save 0.77	Snappy Tom Canned Cat Food 400g	0.95 save 0.64
Nescafe Menu Sachets 10pk	3.29 save 3.30	Radiant Laundry Powder 2kg	7.00 save 5.99
I-Care Toilet Rolls 4pk	1.99 save 2.10	Just Juice Long Life 2L	2.00 save 1.35
Jiffy Fire Lighters 24pk	3.00 save 1.79		

St Marys Sports Centre Inc.

Gray Road St Marys

Friday 5 - 10 or until close. Happy Hour 6.30 - 7.30pm
Raffle, Lucky Members Draw, Pick a Pen, Wheel Spin!

Cheap Prices. Saturday 1 - 6pm or until close.

Sunday 1pm onwards. Warm fire.

Open last Thursday of each month 4pm onwards.

Bowls news State Junior Squad. Bad luck, didn't quite get the big win. Liam Davern did a great job in the 4s, good win. Now we go into practice session for 4 State National titles in NSW. Logyn, Patrick and Liam will all attend! 5 are chosen from 7 to play, so good luck to each of the coast's 3 players. Training session August 6.
Club news: Update will be in next edition, watch this space.

Jam Session Sunday 13/8 1 - 4.30pm

Affiliation Fees are now due for golf & bowls, see Club opening hours for payments.

Golf news Ambrose 15/7/17. J Mac, G Mac, R McGivern 25½. Diesel & Bluey 30. Steve & Steve 40½. N/Pin Bluey 16th. **3 person Ambrose 22/7/17.** Blairy, Jackson & Peter 25. J Mac, G Mac & Danni 26. Steve, Diesel & Bluey 27. N/Pin Blairy on 7th.

Soup & bread rolls on menu next week. Good roll up Saturday with different people turning up. Each Saturday at 1pm you can be assured of a game, food, a warm fire and cheap drinks.

General news Tamatha's Christmas in July - a great time had by all. Thanks Tom and helpers, they tell me a 6 legged Spider made it to Hobart.

Christmas bookings: please book early. After 16/12 we can't accept evening bookings. On the 17th there will be a **Chad Morgan** show - more news on that later. 23/12 Club Christmas, 27/12 Clive Berwick Memorial, 30/12 large CMCA dinner. First 2 weeks for all smaller groups and club bookings are most welcome.

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

Avoca Post Office	Holder Bros Fingal
Coach House Restaurant	Mathinna Post Office
St Marys	Scamander S/market
The Farm Shed, Bicheno	St Marys IGA
Hilly's IGA St Helens	St Marys Newsagency
Hilly's IGA St Marys	

Shower Thoughts:

Think about how easy birth would've been for the mom in The Incredibles

Printed and published by
The Valley and East Coast
Voice Inc.
POB 230
St Marys Tasmania 7215.

