

THE VALLEY AND EAST COAST VOICE INC.

Established 1968

48.10 September 10, 2015 Deadline for 48.11 is 5pm September 21, 2015



Liz Dean's diario de viaje p16



Recently a very special occasion was held at the St Marys Catholic Church. Many friends gathered to say 'farewell' to our beloved Sister Lorraine, who after eight years of loving and tender care for our Valley and East Coast people, decided it was time to retire. She has of course dedicated her entire adult life to following in the ministry of Jesus, and we salute her and wish her a happy and fulfilling time of retirement. At the same time it was a joy to warmly welcome Father Bala, our new Parish Priest. We look forward to establishing firm friendships with him and supporting him in his outreach to many people in our corner of the world.

Melanie Norton, St Marys

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Well done Rossarden!

The Tasmanian Fire Service has trained a full team of Rossarden Fire Brigade volunteers, who received their certificates at a presentation evening on July 21, 2015.

Rossarden was left unprotected when the fire vehicle was removed two years ago, but the team now has a vehicle and large Forestry burn-offs have occurred to protect the town.



- FVNH Lalla - September 18
- FVNH Stonestrow Aquatic Centre October 2
- Avoca Spring Festival - September 19
- OKTOBERFEST Launceston - October 10

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Advertising rates

- ◆ Business card ads \$15
- ◆ Intermediate ads \$18
- ◆ 1/4 page ads \$25
- ◆ 1/2 page ads \$40
- ◆ Full page ads \$65

Community announcements are free. Private classified ads are free for two issues. Annual posted subscriptions are \$51 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 or hinting at libel or slander will not be accepted.

Please 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

AGMs

***Greater Esk Tourism** will hold their **AGM** on Monday September 14 at 7pm in the Fingal Valley Neighbourhood House. *Mary Knowles, Secretary 6385 2002*

***The Rossarden Progress Association AGM** will be held on Monday September 14, 3pm at the Rossarden Museum. *Mary Knowles, Secretary 6385 2002*

***The St Marys Tennis Club** will hold their AGM at the Club rooms on Wednesday September 16 at 9am sharp. *Dana Smith Secretary*

***Break O'Day Woodcraft Guild & Men's Shed Inc** will hold its **AGM** on the September 24, 2015 at 11.10am in the supper room of the Break O'Day Woodcraft Guild & Men's Shed. All positions will be declared open. A change to sections 22 (3) and 20.(1) and 19,20.(1)(2), to the model rules will be considered:-

Section 22 (3) change Each officer of the Association is to hold office until the annual general meeting next after the date of election. Change to :- Each officer of the Association is to hold office for two continuous years after the annual general meeting.

19 Taking of poll vote. Delete this section

20.(1) and (2) delete this section.

Wendy Brennan, Secretary

***St Marys Pacing Club AGM** will be held on Friday September 25 at 7pm, in the committee rooms under the St Marys Grandstand.

Craig Woods Secretary SMPC 0437 742 351
zugylarry@gmail.com

Meals on Wheels are appealing for drivers; it is rewarding, visiting our clients, who like to see us and have a chat. There is a good induction process, and all the information you require. Just an hour or less, once a month, would help us continue this vital community service.

Lundy Vosper Secretary St Marys

The Cornwall Community Development Group Inc. are holding modern day **Carols by Candlelight** on December 12, 2015.

We are looking for any musicians or singers who would like to come and perform or sing a carol. If you would like to take part in this night please contact **Debbie or Raz** on **6372 2261**

Debbie Squires, Cornwall Community Development Group Inc

Shredded paper and boxes with lids (27 height x 32 length x 23 width in cms) are usually available free from the Valley and East Coast Voice Inc. Ring the editor on **0403 430 452**

**Congratulations to the proud parents
Tracy and Bec on the birth of
your baby son Seth
Wendy and Reon**

Community Notices

TransBOD are holding a 100 mile Spring Picnic at Falmouth Community Centre on Saturday 19th September from 12 noon.

Bring a plate of food to share, sourced from within 100 nautical miles - which about covers all of Tasmania. Come and chat about bees and spring planting, and let's make a plan for gathering and preserving this summer's harvest. Are there any skills you'd like to learn or share? Please let us know. Bring any seeds, cuttings or produce to share and lets enjoy the spring sunshine. Looking forward to seeing you there!
Bronwyn Zemanek, Chairperson, Gray

Please make sure your community notice includes the name, position, town of residence and contact number of the authorised representative. Thanks. Editor.

Community Outreach Dinner

Holy Trinity Anglican Church Hall St Marys
Saturday September 19, 2015
5pm for 5.30pm serving



Everyone is welcome!
Please bring a plate of food to share.
RSVP Christine on 0410 441 558
[facebook.com/events/634735556629201/](https://www.facebook.com/events/634735556629201/)
The gold coin collection of \$82 last month went to
The Voice of Martyrs

Editors note: the wrong date was included in the Community Dinner notice in the previous edition, apologies to all concerned. Editor.

Community Transport Services Tasmania Inc.

has a new name and logo!
We are now known as **CTST**, and the
East Coast District Office number is **6372 4414**
For all new clients registrations and new volunteers
enquiries phone **1800 781 033**

We'll get you where you need to be!
23 Main Street St Marys / www.ctst.org.au



On this day in 1869, a Baptist minister invented the rickshaw in Yokohama, Japan

For Sale

7x5 box trailer with stock hurdles registered till September. Will carry 1 ton wood. Needs minor repairs, \$400. **0407 944 158**

16ft Millard **caravan** in fair condition. \$5,500 ono.
63742 260

Moo poo, any quantity, finely screened. Trailer load \$40, large trailer loads \$50-\$60, truck loads delivered.
Norm 6372 2380

Moving sale: St Marys District School uniforms: summer dress sz12, new & never worn \$35 ono. Winter skirt sz10, new & never worn \$40 ono. Ruby jumper sz C12 secondhand \$20 ono. Polo shirts szC12 secondhand \$10 ea ono.

Glass display cabinet \$100 ono. Matching TV cabinet \$50 ono. Boys 16" bike \$50 ono. Girls 20" bike \$100 ono.

Darc or Louise Williams 6372 2158

Wanted

Adult Literacy volunteer tutors wanted

LINCTasmania is seeking volunteers interested in tutoring learners in St Helens and the surrounding communities. Literacy tutors may be asked to provide:

- ◆ one to one literacy learning support
- ◆ small group literacy learning support
- ◆ computer based literacy learning support or other adult
- ◆ learning support activities based on individual literacy learning needs

All tutors receive support and advice from the LINC Literacy Coordinator

Wanted to buy **old dog license metal tags**, starting at \$2 each, more for very old ones. **6372 2570**

Bar fridge in reasonable/good cond. & older style **wooden kitchen / dining room chairs.** **0439 001 533**

House cleaning work wanted by honest, reliable mature lady with references. Please leave your details and I'll return your call. **Tiffany Hurd 6372 2584**

Bridge players wanted

We are looking for people who already play the game, or who want to learn to play bridge, in the St Marys and Scamander areas. Please contact me if you are interested.
Jack Foreman 6372 2034

Madd Mudd
Studio & Gallery

St Marys - Tasmania
maddmudd@hotmail.com
m: 0409 461 737

The community meets the bureaucracy (reprinted from 48.07 July 30, 2015)

A meeting was held recently in the St Marys Community Health Centre, to discuss the proposed changes to the position of the Directors' of Nursing at the St Helens and St Marys Hospitals. This proposal to share the DON has met with outrage from community groups and the general public.

Representatives from the Hospital Auxiliary, Friends of the Hospital, Meals on Wheels (and I suspect others), plus concerned community members who were lucky enough to hear about it attended the meeting - about 20 in all.

Susan Cave, the departmental representative, was calmly able to point out she had to make savings, that this was a proposal and that she would listen to any concerns from the community.

Several people spoke of their concerns.

- ◆ Sharing with St Helens is never an easy or even undertaking, with the new hospital to be built this would be exacerbated
- ◆ St Marys CHC operates on the barest of budgets, and our DON has made it a well-oiled machine
- ◆ Our second in charge feels she will be left to carry the burden, when she does not feel equipped to do so
- ◆ Making this change would save perhaps \$30,000 - is it worth it?
- ◆ Will this affect our GP Service, thus far protected by the DON - will he stay?

Many attendees spoke of their personal concerns and were listened to. The community's feelings were evident - whether this changes anything in the future, time will tell.

Lundy Vosper, St Marys

Two responses:

1. Budget cuts to health will impact regional hospitals. Rebecca White MP Labor Member for Lyons

Shadow Minister for Health and Human Services, August 24, 2015

During the budget estimates process on the June 12 this year, I asked the Minister for Health, Michael Ferguson MP, whether he was going to amalgamate the Director of Nursing (DON) positions at both the St Marys Community Health Centre and St Helens Hospital.

Below is the transcript which clearly shows that whilst the Minister considers DONs to be essential to the health service, he could not guarantee St Marys and St Helens will continue to have their own DONs due to budget cuts. (Transcript supplied by email, available on request. Editor)

The community has a right to feel very concerned about this issue. The Minister has given no assurance that the position will not be amalgamated as a budget saving measure, or efficiency, as he puts it.

The continued operation of health services in regional Tasmania is vitally important for the health and wellbeing of people who live outside the major cities, and each of these services requires strong leadership in order to operate effectively. If St Marys or St Helens lose their DON, the Nurse Unit Manager is likely to be put in a position where they will have to take on more of the load. If the role is amalgamated it will also mean that due to the reduction by half in the amount of time the DON can spend on either site, their ability to manage all the day to day tasks at the hospital will be compromised. Logic suggests that St Marys will be the town to feel the impact of this the most, remembering that St Helens is about to begin the task of building a new hospital and will require the DON to be actively involved in making sure this goes smoothly.

2. Directors of Nursing –Michael Ferguson MP Minister for Health, Information Technology and Innovation. Leader of Government Business in the House of Assembly, Member for Bass September 2015

In the context of the tough budget challenges the Liberal Government inherited, the Government has made a strong commitment to streamline our management structures and avoid impacts on frontline services. As such, it's important to note that whatever the outcome of the ongoing review of the rural Directors of Nursing, the health services delivered to the community will continue. I have noticed some political activity surrounding the East Coast health services, which is interesting considering those criticising the Government's approach are the ones responsible for wrecking the budget, leaving behind a broken health system and taking away breast screening services from communities. In my regular visits, I have made it clear that the Liberal Government will not close regional hospitals and the Break O' Day community can be assured that we are committed to the ongoing provision of health services in the region. This commitment is reflected in the Government's health reform White Paper, which outlines the blueprint for what needs to be done to start fixing our broken health system. It includes a clear role for each of Tasmania's four major hospitals, including that the Launceston General Hospital will be strengthened as the principal referral hospital for the North and North West and that the Mersey Community Hospital will become a dedicated elective surgery centre for the whole state. This role delineation means patients will go to the hospital expert in providing what they need, receiving the most appropriate care in the most appropriate location. It's all about using our record budget investment to get the very best outcomes for our community. The Government is committed to enhancing the role of primary care, and our rural and regional health centres and hospitals will have an important part to play in this. All of these facilities will form part of a single statewide health system, and there will be a greater emphasis on coordinating and strengthening the links between major hospitals and other providers of health care around the state. Regional hospitals and health facilities are central to rural community life, and rural Tasmanians can be heartened by this strengthened focus on their importance.

Overcoming barriers to higher education for local students 26 August 2015

Identifying ways to support regional Tasmanians into higher education has been the focus of a forum today in Campbell Town. Federal Member for Lyons Eric Hutchinson hosted the Regional and Higher Education Forum to further understand the needs of the community.

"We had a fantastic turnout from around the State that included Principals, teachers, UTAS, training centres and local Councillors. There are 15 forums being held around the country and I wanted to make sure regional Tasmania was part of the national conversation," Mr Hutchinson said.

"Today's forum was aimed at identifying new and innovative ideas to better support regional and remote students to access higher education. We discussed the varying reasons that a large amount of students from rural and regional Tasmania are not aspiring to go on to higher education. There shouldn't be any additional hurdles for rural students to go onto higher education if they choose to. However, the fact is, it is much more problematic."

The forum was planned after the departments of Education and Social Services recently investigated the barriers to higher education faced by regional and remote students, including costs, socioeconomic situations and school experiences. Mr Hutchinson was joined by Senate Standing Committee on Education and Employment Chair Senator Bridget McKenzie and representatives from the departments of Education and Social Services.

"Rural and regional Tasmania has unique issues and challenges when it comes to their young people accessing higher education. Additionally, the Tasmanian education system is very different to the mainland, even in relation to rural and regional mainland," Senator McKenzie said. "As a Federal government we have to take those regional differences into account. There is no one-size-fits-all solution and we have to work towards policy that suits rural and regional Australia and addresses the individual differences students are facing in Tasmania."

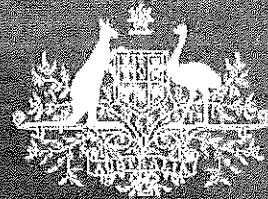
Mr Hutchinson said there also appears to be a disconnect relating to the mechanisms for funding.

"Programmes are funded through the Department of Social Security so consideration needs to be given to ensure the departments are working together," he said. "Today's forum will help shape a final report which will be presented to Minister for Education Christopher Pyne and Minister for Social Services Scott Morrison later this year. The recommendations in the final report will become a catalyst for change."



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Authorised by Eric Hutchinson MP, 53B Main Road, Perth TAS 7300



Supporting Women Leaders in Sport

Women in regional Tasmania are being encouraged to apply for grants of up to \$5000 to support and develop leadership in sport. Federal Member for Lyons Eric Hutchinson said the Australian Government is working to support women reach their leadership potential.

"Throughout regional Tasmania, women are providing strong direction in sporting clubs and their leadership roles are vital," Mr Hutchinson said. "I encourage women who are commitment to their sport and local community to apply for the grants of up to \$5000 for individuals and \$10,000 for organisations as part of the Women Leaders in Sport programme. And while we have so many outstanding women involved in sport, there is still room for many more to pursue leadership roles, particularly at local club and district level."

The WLIS programme is focused on increasing female representation in sport leadership roles and has provided support for more than 22,000 Australian women since its inception in 2002.

WLIS provides women with opportunities to undertake intermediate to advanced training in the areas of coaching, communications, media and marketing, governance, management, administration and officiating. Grants can be used by volunteers, sport sector employees and organisations for a range of activities to support women in their leadership aspirations in sport.

Further information, including the eligibility criteria is available at www.ausport.gov.au/wlis.

The Say, by Cagerattler

History plays a big part in every region, not least ours. We already have some well researched and very well done books and booklets. A couple of weeks ago a visitor asked me all about the local mining history, and whilst I could tell him generally about some of our mines in the Valley and on the coast, I couldn't elaborate much.

Later that evening I decided to go on the internet and type in various local mine names. On most occasions there seemed to be a fair bit of information and old photos etc.

I wonder if a great addition to our local history portfolio - and a seller for businesses - would be a book on mining, saw-milling and farming (almost a subject in itself), with any associated employment and base setting history that helped establish who we are? I'm not sure how to go about such a project but would be curious to see if it was feasible.

It would most likely need to be a collaborative effort and probably 'pie in the sky stuff' to do it justice, because we discovered - with regard to mining at least - just how many small venture attempts in coal, gold, tin and copper there were, quite apart from the much more substantial and well established ones.

Regarding timber and sawmills, even just around St Marys (in my lifetime alone) there were several, all now gone.

In farming ... genuinely so many formerly well known, sheep, dairy, crops and beef cattle ventures, as well as such concerns were quite literally essential to the development of our valley / region, and it would be great if this history isn't forgotten as a complete thing. I wonder do other locals feel the same? I'd love to know.

What do you think?

Rod McGiveron, St Marys

Plot hole - Aspect of a film that is misunderstood / missed while using your smart phone.



St Marys and surrounding community residents are invited to attend a Bushfire Property Assessment Workshop

St Mary's Fire Station
Sunday 20 September 2015 | 10am - 2pm

Are you prepared to manage BUSHFIRE risk?

Learn how to EMBER proof your home and build a DEFENDABLE Space. Properly prepared homes stand a better chance of surviving a Bushfire whether choose to Stay and Defend or Leave Early.

PRESENTED BY Tasmania Fire Service. **1800 000 699**
SUPPORTED BY Break O'Day Council and Transition Break O'Day. **www.fire.tas.gov.au**
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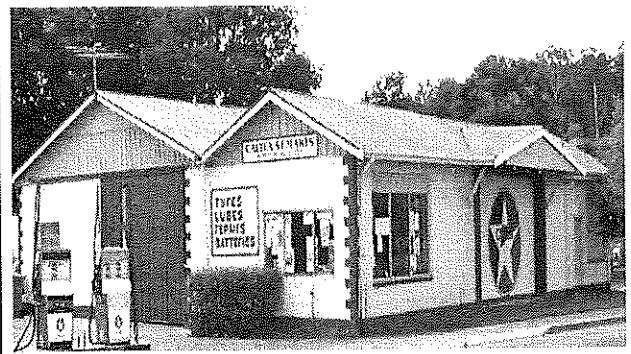
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VISITING EVERY SECOND TUESDAY

St Marys Community Health Centre 9.00am-10.00am

St Helens old Post Office building 11.00am-1.00pm

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

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VAST Satellite Decoders
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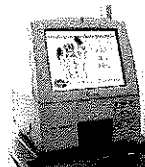
30 years' experience, ACA licence

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Main Street St Marys 7215
6372 2844

Abbott Government's cuts putting Tasmanian arts festivals at risk

September 3, 2015

The Abbott Government's changes to arts funding are putting at risk iconic Tasmanian events and organisations. A Senate inquiry into the changes was today told that Tasmania's arts scene would be disproportionately impacted by the decision to rip over \$100m in arts funding out of the Australia Council and hand it to Arts Minister George Brandis. The inquiry was told the Tasmanian Writers and Readers Festival may no longer be possible as a result of changes to the way the arts are funded, and that the future of iconic organisations like Terrapin and Kickstart Arts are at risk. Australian Greens Senator Nick McKim said the cuts were a direct attack on Tasmania's arts sector, as well as on artistic freedom.

"This is a smash and grab on Tasmania's thriving arts scene. It is based on neither evidence nor consultation," Senator McKim said. "Tasmania has a thriving and vibrant arts sector, but unfortunately will be impacted more than the rest of the country by the cuts and changes. The proposed NPEA model is nothing more than an attempt to politicise arts funding, with chilling implications for freedom of speech and artistic expression.

"The arts sector contributes so much to our way of life in cultural terms, and in Tasmania, for example, there are far more jobs in arts and culture than there are in forestry. The evidence today shows that some of our favourite festivals and programs are now at risk, which will have negative implications for tourism operators and small business right across Tasmania.

"The solution is clear: Senator Brandis needs to restore the Australia Council's budget cuts, and give them back the \$104 million he took away so that it can be allocated by peer assessment rather than by interfering politicians."



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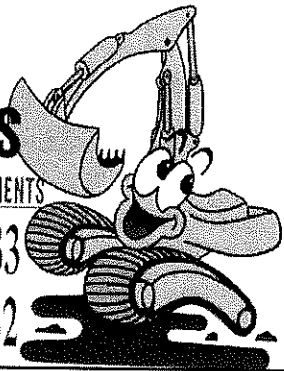
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Out of the Woodwork



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

Wendy Brennan, Secretary 6372 2094

breakodaywoodcraftguild.weebly.co

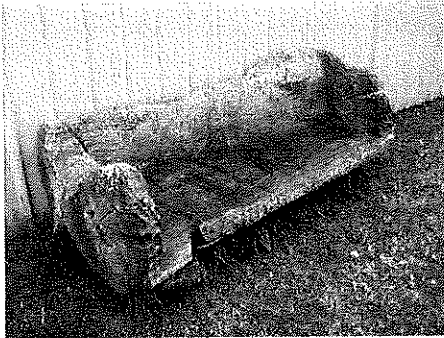
facebook.com/pages/Break-ODay-Woodcraft-Guild-Mens-Shed/

At the last Tasmanian Regional Arts Market, a customer (whom I might add is a man with discriminating taste) asked Reon how long he has been selling his haute-cuisine snags at the markets.

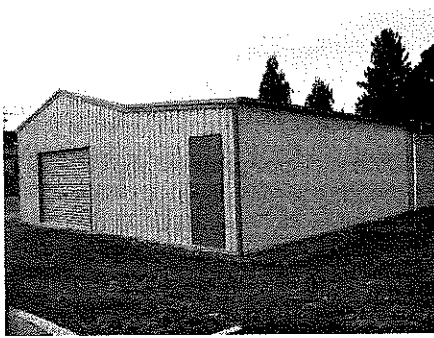
We both pondered for a while and then realized he has been fundraising with the BBQ for our organisation since 2004 - 11 years, hence the well deserved title 'Sizzler King'! This is the reason I have included with this article a picture of the seat carved by our clever artist John McColl from a burnt tree, salvaged from the 2006 fires, and a reminder how long it has been since this community transcended this tragic event with such dignity and resilience.

Many thanks to Liz from Mt Elephant Fudge for commissioning the Guild to build her three outdoor and four indoor tables. We endeavor to keep the price as low as feasible without compromising workmanship, and are always willing to rectify any faults brought to our attention within a reasonable passage of time.

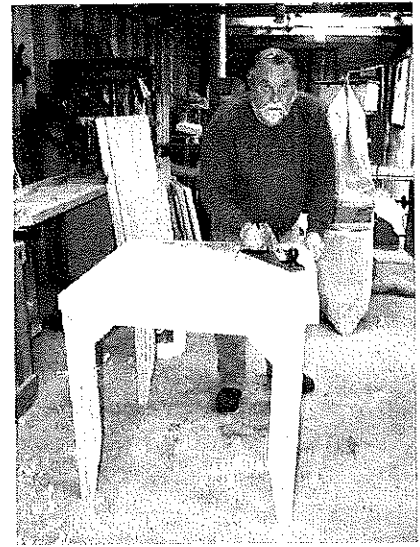
Guilds Home Hint: Everyone knows how frustrating it is to thread a frayed shoelace. Solution? Cut off the damaged end and paint with clear nail polish.



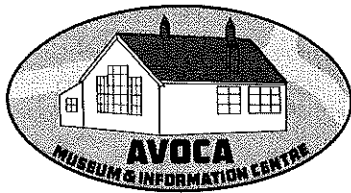
The seat carved by John McColl



The Toy Box, our finished shed extension



Lizzie's tables under construction



Avoca Museum and Information Centre

Old School Building
AVOCA TASMANIA 7213

Aquatic Centre Trip Invitation - Saturday October 3, 2015

To Rossarden & Friends Kids Christmas Group members & families,
Avoca, Rossarden & Royal George families

for a fun day out

Includes the bus, lunch at the Tailrace, Aquatic Centre entry and free slide thanks to

Northern Midlands Council sponsorship

Bus pick-up 10am at Avoca Roadhouse - back by 5pm

Bring bathers, towel, sunscreen, drink & nibbles

RSVP: Sandi-Lee 0438 842 311 by September 25

essential as we need to know numbers



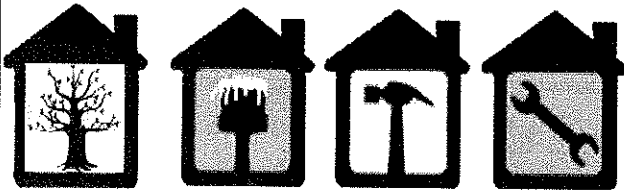
The next Avoca Museum & Information Centre meeting is September 15 at 3:30 and the next Roving Curator session is Monday September 28. All welcome.

mikes handyman service

St Marys and surrounding areas

Gardening Rubbish removed
Weeding Full home maintenance
Yards cleared Holiday homes serviced

6372 2728 / 0448 284 743



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LOOK GOOD, FEEL GOOD

CLEAN CRACK LAUNDROMAT

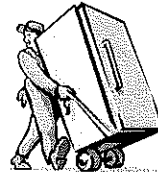
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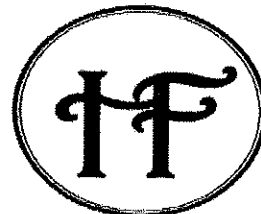
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tamara@harrisfunerals.com.au

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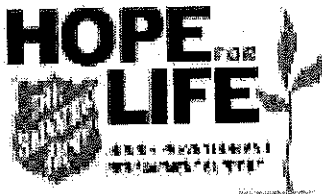
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Living Hope is a 2 Day Training Program developed by The Salvation Army, with funding provided by the Department of Health and Ageing under the National Suicide Prevention Strategy.

This comprehensive program covers all aspects of suicide bereavement including;

- practical matters to be attended to following the death of a loved one
- the grieving process
- aspects of spirituality
- the influence and impact of culture on grieving
- understanding emotions

In the *Living Hope* Bereavement Support Training Course you will learn;

- the impact of the loss of a loved one by suicide on family, friends and the community
- grief and the grieving process
- the five big feelings
- the importance of rituals
- trauma and resilience
- qualities of a helpful carer
- practical concerns - funeral arrangements, the Inquest, etc

Who should attend?

The course is targeted at people who may be called on to provide support to people who have been bereaved as a result of the suicide death of a loved one. This could include Chaplains, Counsellors, Health and Welfare workers, education professionals & support workers etc.

Dates: THURSDAY, 24th and FRIDAY 25th SEPTEMBER, 2015

Where: St Marys Salvation Army (behind Town Hall)

Cost: Nil

Resources & workbooks & tea and coffee provided both days

To enrol please contact: MELANIE NORTON

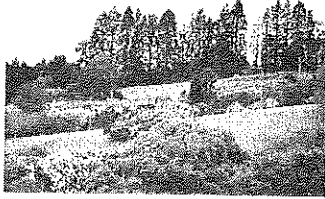
Mobile: 0409 838 816

Enquiries about content: please ring Hennie on 0419 330 433 or email

hennie.watts@aus.salvationarmy.org



The Fingal Valley Neighbourhood House Inc. September / October 2015



Lalla WAG Walker Heritage Rhododendron Garden Friday September 18

Bus: 11 seats for \$10 ea, 10 seats for \$12 ea, 6, 7 or 8 seats for \$20 ea

Car: 4 seats for \$12.50 ea

St Marys - pick up from home 8am, or Post Office

Fingal clients meet at FVNH at 9am

Avoca - pick up from homes, or the Roadhouse 9.45am

BYO lunch, or buy on the trip. Please leave private vehicles behind the FVNH

A \$10 deposit by September 11 would be appreciated

School holiday activities

The FVNH has organised the Commuter bus to take children aged 9 - 14 to Launceston for

Stonestrow Aquatic Centre Friday October 2

St Marys - pick up from Post Office approx. 8am

Fingal - meet at FVNH approx. 8.30am

Avoca - pick up at Avoca Roadhouse at approx. 9am.

Cost: \$15: This pays for kayak hire at Stonestrow and Aquatic Centre entry
BYO lunch, drink and nibbles, bathers, towel also if you wish a change of clothes (warm clothes if needed).



T-Shirt Day and Face Painting for 3 to 9 years old (3yr olds to be accompanied by Parent/Guardian)

Tuesday October 6

9am - 2pm

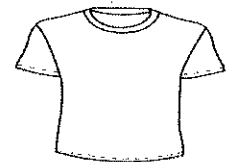
Children will be picked up at St Marys Post Office 9am.

Bus fare \$5

Parent needs to supply t-shirt

Lunch will be provided

RSVP by September 25



FVNH has organised a bus trip to the Launceston Show for teenagers 14 years and over on Friday October 9

St Marys - pick up at Post Office at approx. 7.30am

Fingal - meet at FVNH at approx. 8am

Avoca - Pick up at Roadhouse at approx. 8.30am

Cost: Children 14/15yrs \$6 / 16yrs and over \$15 / Concession \$11

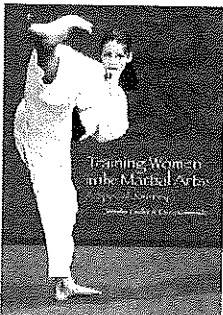
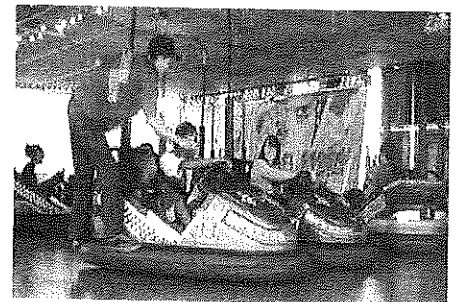
Bus fare: \$10

Tickets for show will be own responsibility

BYO lunch or buy at the show

Leaving Show Ground at 4.30pm., arrive home approx. 6pm

RSVP by September 25



Expressions of Interest

Womens general fitness and well-being group

Including Taekwondo/Martial Arts

at the Fingal Valley Neighbourhood House

Call in and put your name down if you are interested.

The commencement of this group is dependant on sufficient enrolments received.

OKTOBERFEST

Launceston - Saturday October 10

Bus: 11 seats \$10 ea, 10 seats \$12 ea, 6, 7 or 8 seats \$20 ea
St Marys - pick up from home or St Marys Post Office 8am
Fingal - meet FVNH at 9am
Avoca - pick up from home or Avoca Roadhouse 9.45am.

Times: 12 noon – 4pm

Tickets (includes free unfilled beer stein and entry to beer tent) \$21.50 ea
Bookings prior to Thursday September 17 can be made through the FVNH



A great time was had last year in Hobart, so come along and enjoy some Swiss entertainment
18 years and over event

Fingal Valley Neighbourhood House Inc.

6374 2344 / 0488 562 538



The committee and staff of the FVNH are looking into a very exciting
new business opportunity - a coffee/devonshire tea outlet in the
Old Tasmania Hotel, Fingal.

We foresee this could eventuate with the assistance of one or two of your members:

- ◆ Working on a roster with other like minded community based helpers
- ◆ Operating only on weekends plus Mondays of long weekends
- ◆ With a small room hire fee the rest of your takings would be for your group/organisation whether it be:
I.E. RSL, Library, On Line Access Centre, Family Based Care, Fingal Play Centre, a church group etc.

We are calling for your interest, drop in and see us, phone or write us a note

All enquiries / bookings - 6374 2344

The FVNH office is open Monday - Friday 9am-4pm.

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



Light travels faster than sound. That is why some people appear bright until you hear them speak
BUT

Blessed are those who are cracked, for they let the light in

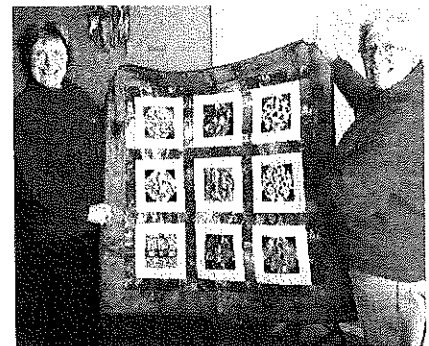
Following up on the article and photos in The Valley and East Coast Voice Inc. 48.09
Operation Coverup's recent presentation of quilts, blankets and knitwear to
Mel Norton of the local Salvation Army



*Mel Norton and Marilyn Statham
hold up a quilt in fresh tones,
made by Marilyn.
On the table are rugs, donated and
made by Judy Duckett
and Ruth Spencer.*



*Mel and Marilyn showing a
vibrant quilt, made by
Lindy Scripps, using cat fabric
designed by Cindy Watkins.
On the table are rugs made by
Ruth Spencer and Marilyn.*



*Mel and Marilyn display a colourful
quilt, made by Ruth Spencer*

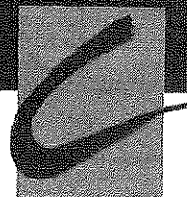
Article and photos by Rita Summers, St Marys

Free Counselling Service now available in St Helens

CatholicCare Tasmania is now offering a free, fortnightly counselling service in St Helens. The counselling service is available to any person who may be experiencing personal issues relating to well-being (anxiety, depression or grief), relationship difficulties and challenges.

For further information

including a request for a brochure – or to book an appointment, please contact the numbers below:



CatholicCare
TASMANIA

Break O' Day Child and Family Centre,
1 Groom Street, St Helens.

Phone 6376 7170.

(Four x 1 hour sessions available
fortnightly on the Wednesday)

St Helens Neighbourhood House,
25 Circassian Street, St Helens.

Phone 6376 1134.

(Three x 1 hour sessions available
fortnightly on the Thursday)

CatholicCare Tasmania,
201 York Street, Launceston.

Phone 6332 0600.

This counselling service is funded by the Australian Government
Department of Social Services.
A short, non-intrusive questionnaire is required to be completed prior
to the confirmation of appointments, and in order to better serve your
personal needs. This service is available to all Tasmanians.

www.CatholicCareTas.gov.au



Unique Student Identifier - what is it? Who needs it and how do you get it?

The Australian Government, Department of Industry have created a national database of all enrolments in Vocational Education and Training (VET). All students completing Nationally Recognised Training with us will, from January 1, 2015, be required to provide St John with their Unique Student Identifier - a USI

If you already hold a USI, we will need it for validation

If you do not hold a USI, you will need to get one before you attend your course

It's free, it's easy to do and you only have to do it once.

◆ Simply log on to www.usi.gov.au

◆ Enter the required information, and the system will generate your USI.

This is an example of what your USI will look like: **XZMEL9748B**

For training occurring from January 1, 2015, St John will not be able to issue any Statement of Attainments without a USI. If you have any queries, please call us on **1300 360 455**

PLEASE NOTE THIS IMPORTANT INFORMATION FROM ST JOHN REGARDING OBTAINING YOUR CERTIFICATE

*Swimming season is starting soon! Don't let the lack of a CPR certificate stop you from
enjoying the school pool. Enrol in a course now!*

St John Ambulance CPR Courses (HLTAID001)

For pool key holders and community members

Monday September 21 at the St Marys District School Hall

Please contact St John Ambulance on 6343 4226 for bookings / payment arrangements

Session times 1.30pm - 3.30pm and 4pm - 6pm

Cost \$50

13 Gray Road, St Marys, TAS 7215

6372 3900 e: st.marys.district.high@education.tas.gov.au Web: <http://stmarysdistrict.education.tas.edu.au>

Facebook: <https://www.facebook.com/pages/St-Marys-District-School/1409980305920261>



St John

You're invited!
Saturday October 17



KNOWS TRAVEL

10am Scamander
Venue Scamander Beach Hotel Resort
158 Scamander Avenue, Scamander
COST \$10 (for your morning tea)
RSVP 6331 1214 / kay@ajtravel.com.au

2pm Swansea
Venue Swansea Waterloo Inn
1a Franklin Street, Swansea
COST \$10 (for your afternoon tea)
RSVP 6331 1214 / kay@ajtravel.com.au

travelling Ladies club

The Travelling Ladies Club (TLC) formed in 2007, when two travel consultants from Andrew Jones Travel met with a small group of friends to chat about their recent holiday. They had a great afternoon together and agreed to catch up regularly, and the TLC was formed. With over 1000 members statewide, the club continues to grow. The Travelling Ladies Club provides women the opportunity to travel in a friendly, fun and safe environment. We encourage all of our members to form friendships and explore the world. Our meetings allow members to meet like minded people with an interest in travel, catch up on the latest travel hot spots, meet suitable travelling companions and hear from inspiring guest speakers on amazing destinations. Each year the TLC put together a number of very special escorted tours, but we can also arrange your individual travel plans! Whatever your travel dreams - we look forward to seeing you at one of our upcoming meetings!

6331 1214
44 Charles Street
launceston@ajtravel.com.au
www.tlclub.com.au

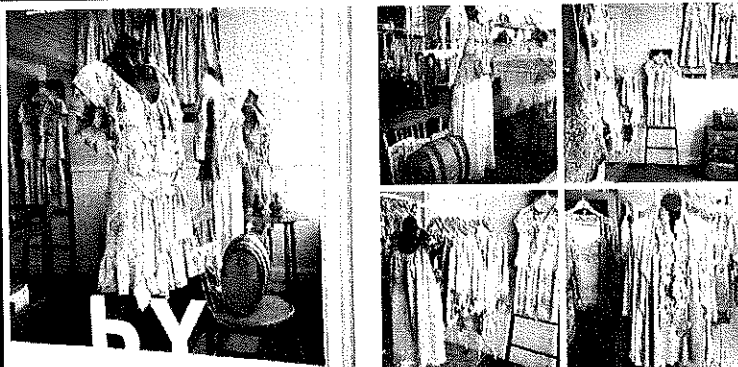
Join the Travelling Ladies Club on the East Coast



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OR you can support this project here:
<https://life.indiegogo.com/fundraisers/free-exhibition-space-for-artists>

03 6372 2724 or 0417 027 424 - www.facebook.com/gonerusticstudiogallery

My Mexican holiday...



I went to Mexico to visit my Tasmanian friend Lyn, who has been living in Latin America for three years and speaks great Spanish!
I was fortunate enough to be able to go to Cancun and a small number of other places, and from what I saw they appear to have it right!!
Even though the people are poor, they are happy, generous, helpful, considerate and employed.

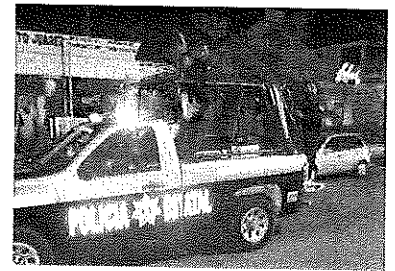


The streets and parks are clean; people come around during the night and pick up litter and collect the rubbish. The neighbourhood is serviced by people selling pastries, water, ice-cream, bread and traditional Mexican food, all from the back of their push-bikes. People guide you to park your car, packers in supermarkets work for just tip money.
Tipping is commonplace, as wages are so low that the tipping subsidises the wage. The unemployment rate is very low, it appears there is a job for everyone.

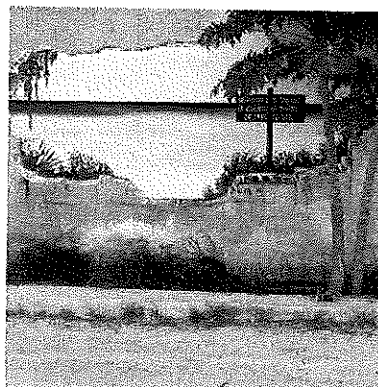
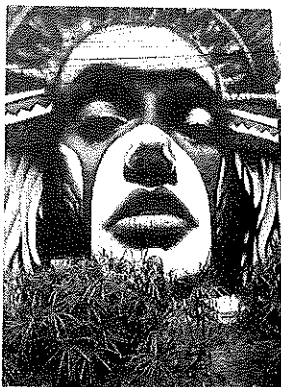
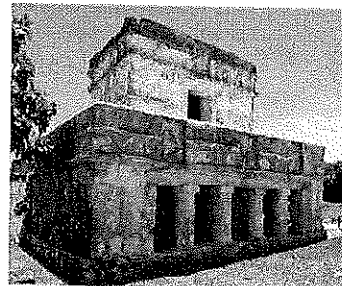
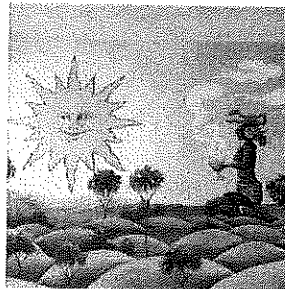
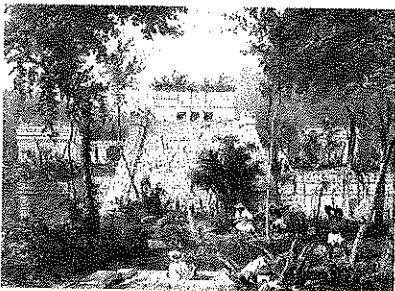


You can just wait on the side of the road anywhere (in the shade preferably) and flag a bus or a taxi....

I did not see any signs of aggression, violence, drunkenness, rudeness or hostility of any kind. The streets are patrolled often by police on bikes and in 4WD utes. The police carry machine guns and their high visibility is a **great deterrent I think!**



The people are family and community orientated, a collective community. They love their family. The families gather in parks and market-places, the men always carrying the babies and small children; they dance traditional salsa, eat and are happy, enjoying their simple night out. I did the touristy thing and visited archaeological sites, one of them being a Maya site formerly known by the name **Zama**, meaning *City of Dawn*. It was very interesting hearing the history and myths, but I did feel like a sheep (baa baa), trailing along with thousands of others.

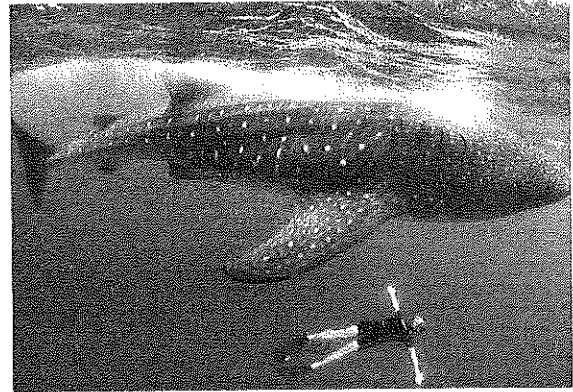


There is beautiful street art everywhere





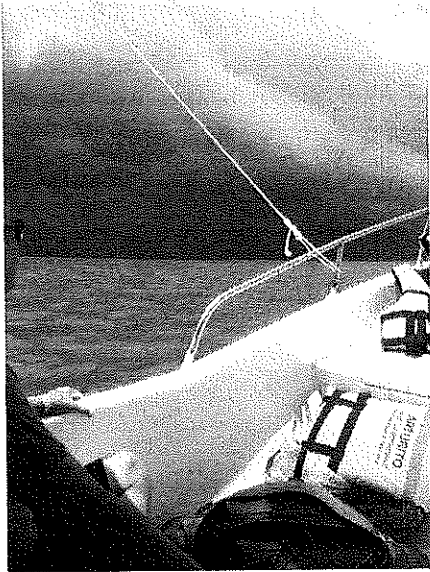
We also visited the ancient Cenotes: natural limestone sink-holes rich in Mayan folklore, where we did the adventure experience thing – snorkelling, canoeing, zip-lining, abseiling, exploring. All totally gobsmacking!



Next we were off to Isla de Holbox – a small island off the north coast of the Yucatan Peninsula. The island is only 1.5km wide and 41km long. I prayed for NO Tsunami!!

This island is a birdlife, sea life and environmental sanctuary. There are no cars on the island – they use golf carts and push-bikes. This is the home of flamingos, pelicans, turtles, manta ray, dolphins, flying fish and, most importantly, **whale sharks!**

We swam with the whale sharks – what an amazing and EXHILARATING experience!!!!



Time to head back to shore and we sailed into the eye of the storm!!!



All in all, it was HOT (didn't miss -7.5 deg at ALL!!!)
The people, the country, the culture, the experiences were TOTALLY AMAZING!!
If you have the chance to travel – DO IT
Life is too short!

“Australians are very unfair in this way. They spend half of any conversation insisting that the country's dangers are vastly overrated and that there's nothing to worry about, and the other half telling you how six months ago their Uncle Bob was driving to Mudgee when a tiger snake slid out from under the dashboard and bit him on the groin, but that it's okay now because he's off the life support machine and they've discovered he can communicate with eye blinks.”

— Bill Bryson, *In a Sunburned Country*

“...and I find chopsticks frankly distressing. Am I alone in thinking it odd that a people ingenious enough to invent paper, gunpowder, kites and any number of other useful objects, and who have a noble history extending back 3,000 years, haven't yet worked out that a pair of knitting needles is no way to capture food?”

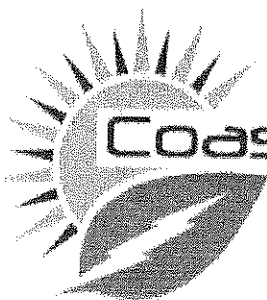
— Bill Bryson, *Notes from a Small Island*

“If you can imagine a man having a vasectomy without anaesthetic to the sound of frantic sitar-playing, you will have some idea of what popular Turkish music is like.”

— Bill Bryson

August rainfall figures from Reon Johns, St Marys

1	4.0
5	4.4
10	6
11	2.0
13	.4
18	4.0
21	Trace
23	6.0
27	3.8
29	7.6



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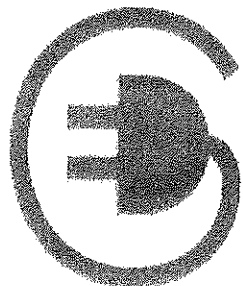
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The science behind adult colouring books Your screen is filled with a suffocating blur of images and headlines. Your life is swallowed by stress. Where do you turn? If you're an Australian in 2015, it may be to the pages of a colouring book. Colouring books for adults have enjoyed an unprecedented ascent to the top of the country's bestseller lists, and they're showing no signs of going away. But according to consulting neuropsychologist and neuroscientist Dr Stan Rodski, it makes perfect sense.

'Watching children and the way that they relax while colouring really prompted the thought, "Why can't adults re-enter that space in a brain state? That's what we're trying to do with meditation as well. We're trying to relax for a minute and go off the digital-based world that we're in.'

Dr Rodski, who is now an author of several colouring books for adults, began exploring the idea when he was treating patients who didn't benefit from traditional relaxation techniques.

'I was struggling with executives, managers, people who would normally be referred to me with stress, who just found it enormously difficult to do deep breathing, relaxation or meditation,' he says. 'The reality is that we actually enjoy the process. It's a process that takes us to a time that is stress free.'

He says there is a sound scientific underpinning for the purported benefits of adults using colouring books.

'We now have technology that can measure brainwaves and heart rhythms that allows us to examine the impact certain things that you do have on the brain and its reactions. The most amazing things occurred - we started seeing changes in heart rate, changes in brainwaves.'

While there is a burgeoning range of adult colouring books coming on to the market, Dr Rodski favours patterns and shapes in his books rather than defined pictures or scenes.

'I find that a lot of adults that I come across do get quite upset with themselves about the way they colour things. They create almost an internalised competition with themselves, which is the very thing we don't want them to do.'

Dr Rodski says there are three key elements - repetition, pattern and detail - that prompt positive neurological responses in participants.

'When you have things that you can predict will happen in a certain way, it's calming for us,' he says. 'Knitting would have the same effect, except it's a skill-based activity. Yet you can pick up colouring pencils and suddenly you're back to a childhood stage.'

abc.net.au/radionational/programs/booksandarts/why-are-australian-adults-drawn-to-colouring-in-books/6750808



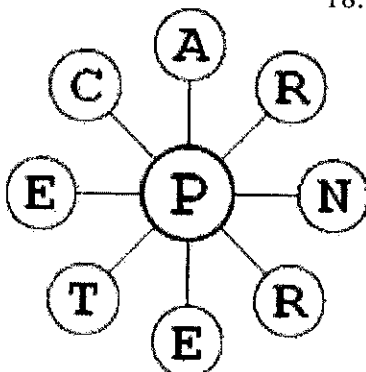
ACROSS

- 1. Ottoman title
- 6. Physiques
- 10. Bearing
- 14. Hurt
- 15. Diva's solo
- 16. Cocoyam
- 17. Booming
- 19. Fastens
- 20. Detects
- 21. G
- 22. "Where the heart is"
- 23. Fit out again
- 25. Scintillas
- 26. F F F F
- 30. Have in mind
- 32. Banister
- 35. Invigorate
- 39. Big step
- 40. Decipher
- 41. Poster color
- 43. Demesnes
- 44. Extreme cruelty
- 46. Gave temporarily
- 47. Religious splinter groups
- 50. Property claims
- 53. End _____
- 54. Dowel
- 55. Narcotic
- 60. Boorish
- 61. Decorative
- 63. Indian music
- 64. Give temporarily
- 65. Coral island
- 66. Anagram of "Lyme"
- 67. Unique
- 68. Hemp cords

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				

DOWN

- 1. Taps
- 2. Pang
- 3. Cold-shoulder
- 4. Female chickens
- 5. Viper
- 6. Tavern
- 7. Beginning
- 8. Kitchen set
- 9. Wise one
- 10. Organized
- 11. Dimwit
- 12. Swelling under the skin
- 13. Snouts
- 18. East southeast
- 24. A tree fruit
- 25. Arm of the sea
- 26. At one time (archaic)
- 27. Destiny
- 28. Strong and sure
- 29. Backwash
- 31. Terminates
- 33. Notions
- 34. Egghead
- 36. Cast a ballot
- 37. Biblical garden
- 38. Where a bird lives
- 42. Control surface on a plane
- 43. An uncle
- 45. Indicate
- 47. Pungent Indian dish
- 48. Normal
- 49. Shelf
- 51. French for "Name"
- 52. Lance
- 54. Game on horseback
- 56. Within
- 57. At the peak of
- 58. Story
- 59. L L L L
- 62. One or more



Solutions next issue

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

Excellent: 51 words. Good: 40 words. Average: 30 words

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

Meals on Wheels - 0488 384 344

- September 7 Karl Balzer
- 8 Sonya Allison
- 9 Lundy Vosper
- 10 Trish Pike
- 11 Lorraine Gill
- 14 Ruth Aulich
- 15 Louise Keady
- 16 Valmai Spencer
- 17 Liz Rice
- 18 Drew Adam

Church Services

Catholic Parish of St Marys
 6372 2252 / 0409 172 741
Bicheno
 Holy Mass 1st & 5th Sunday 9am
 Liturgy 2nd, 3rd & 4th Sunday 9am
Fingal
 Holy Mass 5th Friday 10am,
 Holy Mass 1st & 3rd Sunday 11.30am
St Helens
 Holy Mass Thursday 10am,
 Saturday 5pm
St Marys
 Holy Mass 2nd & 4th Sunday 9am, 5th Sunday 11am

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

St Marys Salvation Army
Envoy M Norton
 0409 838 816
 Sunday JOY 9.30am
 Tuesday JAM 3-5pm
 (except school holidays)

Tip locations and opening hours

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

Break O'Day Anglican Parish
 6372 1144
St Helens
 9.30am 5th Sunday Combined Service with Uniting Church 9.30am
St Marys 10am
Pyengana
[facebook.com/anglicanbod](https://www.facebook.com/anglicanbod)

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

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

Last edition's solutions

eh, either, eth, ether, ethers, ethos, eths, he, heir, heirs, heist, heister, her, here, heres, hereto, heriot, heriots, hero, heroes, heros, hers, hes, hest, het, hetero, heteros, hets, hew, hewer, hewers, hews, hi, hie, hies, hire, hires, his, hist, hit, hits, ho, hoise, hoist, hoister, horse, horst, horste, hose, hosier, host, hot, hots, how, howe, howes, hows, isothere, ither, oh, ohs, other, others, **OTHERWISE**, resh, reshoe, reshot, reshov, rho, rhos, rowth, rowths, sh, she, sheer, sheet, shew, shewer, shier, shire, shirt, shoe, shoer, shore, short, shortie, shot, shote, show, shower, showier, shrew, shri, sith, soth, swith, swithe, swither, the, thee, their, theirs, theories, theorise, there, theres, these, thew, thewier, thews, thio, thir, this, tho, those, three, threes, threw, thro, throe, throes, throw, throws, tosh, towhee, towhees, wether, wethers, whee, where, wheres, whereto, whet, whets, whir, whirs, whist, whit, white, whiter, whites, whits, who, whort, whorts, whose, wish, wisher, with, withe, wither, withers, withes, worth, worthies, worths, writhe, writhes, wroth.

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E	A	R	N	A	R	E	N	A	C	O	V	E	1	6	8	2	3	4	7	5	9		
S	T	A	T	M	A	L	O	D	O	R	O	U	S	2	9	4	8	7	5	1	3	6	
T	H	E	R	A	P	Y	N	O	V	E	L	L	A	7	8	6	9	4	3	5	1	2	
		A	W	L				E	S	S	E	S	3	1	2	5	6	7	8	9	4		
D	E	L	I	N	E	A	T	I	O	N			4	5	9	1	8	2	3	6	7		
A	X	E	L	S	D	O	O	R	S	R	O	E	9	7	5	3	2	6	4	8	1		
D	E	E	S	B	O	R	N	E	L	A	V	A	8	4	3	7	1	9	6	2	5		
A	S	K		F	A	R	S	I	P	A	P	A	S	6	2	1	4	5	8	9	7	3	
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N	E	C	K	A	R	O	M	A	L	A	S	T											
T	S	K	S		T	O	T	E	D	E	L	K	S										



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

- ◆ *Weddings*
- ◆ *Dedication of children*
- ◆ *Funerals*

Envoy Mel Norton
 0409 838 816



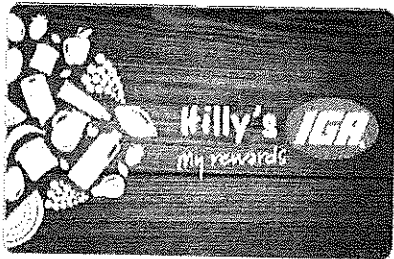


HILLYS IGA ST MARYS

Open seven days a week
*A great shopping experience -
everything in one convenient location*

Hillys Rewards
That's right!

Come in to Hillys IGA St Marys and Hillys IGA St Helens, pick up a rewards card and start saving - earn points every time you shop. Save up your rewards for Xmas, or use as instant cash
You can even donate to a local community group.



**We even have
members own
specials**



*Come and join us for a fun, relaxed,
social evening for ladies of all ages.
Be spoiled, pampered, encouraged and indulged.*

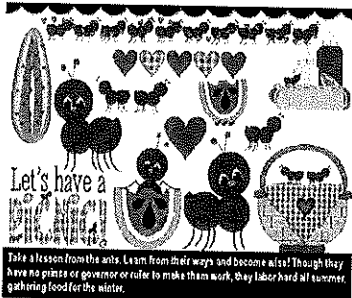
PROMISE - NO ANTS in SIGHT on the night!
Bring your favourite basket, rug & picnic stories.

**Tuesday
13th October**

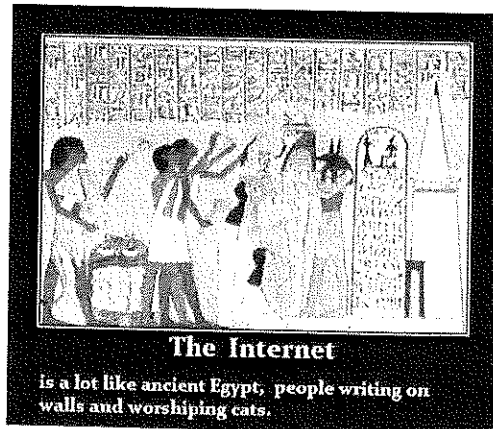
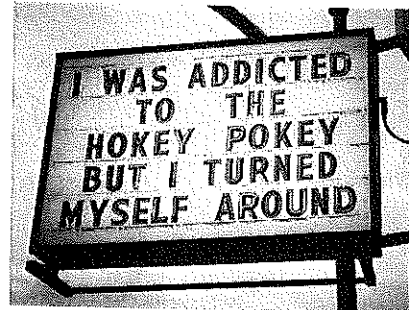
6:30pm-8:30pm
St Marys Hospital Day
Room - up the ramp at
side

Contact Christine Waters
0410 441 558

(an initiative of the Break
O'Day Anglicans at St Marys)



Take a lesson from the ants. Learn from their ways and become wise! Though they have no prince or governor or ruler to make them work, they labor hard all summer, gathering food for the winter.



Old Italian proverb ... After the game,
the King and the pawn go back into the same box

SPLASH


Seymour

You swill it, we fill it!
You dump it, we pump it!

Water cartage
Septic pumping

Contact Mick
0488 777 713

ST MARYS BAKERY

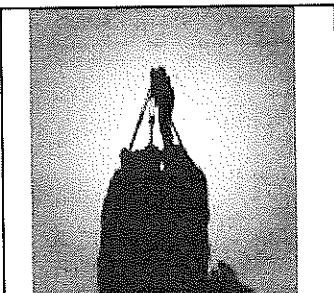


Ph: 6372 2131
OPEN 7 DAYS A WEEK

Fresh bread, rolls & buns,
pies, pasties, cakes,
hot food, coffee,
cold drinks, ice cream

52 Main Street St Marys

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



EAST COAST SURVEYING
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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

There is no pathology service prior to
8.30am, or from 12:30-1.30pm
If you require pathology prior to 8.30am,
an appointment must be made at the
Nurses' Station the day / evening before on:
6387 5555

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 experi-
enced.

We are not able to issue scripts during the week-
ends, please ensure you have enough in advance.

Please be aware we are not able to issue
scripts by phone

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

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

Doctors Roster

Dr C Latt

September 10 – 25

Dr K Rawnsley

September 10, 11,15, 22 & 24

Dr L Reeckman

September 17 & 18

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 stu-
dents, so your cooperation is greatly appreciated.
There will nursing and medical students on place-
ment at St Marys during September 2015.

St Marys Medical Practice reminder

Dr Latt wishes to remind the community of the
following exceptions to bulk billing at the St Marys
Community Health Centre

- ◆ *Driving licence renewals*
- ◆ *Insurance medicals*
- ◆ *Requested medical re-ports*
- ◆ *Harness medicals*
- ◆ *Pre-employment checks*

The above are NOT covered by Medicare, and may
incur cost. Please discuss this with reception when
making your appointment. If you have any con-
cerns, 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

September 10 **Social Worker** Shan Williams
Call 6387 5555 for appointments.

Continence Nurse Sue Walker
Please see your GP or Health Professional for a referral.

September 11 **PHT Diabetic Educator, Physiologist and Dietician.** Contact GP for referral.

Social Worker Shan Williams
Call 6387 5555 for appointments

Chronic Pain Clinic- Dr Edis
See your GP for a referral

September 14 **PHT Psychologist** Sam McCarthy.
See your GP for a referral.

September 15 **Rae & Partners Lawyers** consult fortnightly at the SMCHC.
Call 6337 5555 for appointments.

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

September 16 **Day Centre**, call Hayley Gilbert on 6387 5555 for information on the group.

Podiatry North For appointments please phone 6336 5155

September 17 **Social Worker** Shan Williams
For appointments phone 6387 5555

September 18 **Social Worker** Shan Williams
For appointments phone 6387 5555

September 21 **PHT Psychologist-** Sam McCarthy.
See your GP for a referral.

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

September 23 **Physiotherapist** Please see your GP for referral.

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

Day Centre, call Hayley Gilbert on 6387 5555 for information on the group

Social Worker Shan Williams
Call 6387 5555 for appointments

September 24 **Social Worker** Shan Williams
Call 6387 5555 for appointments

September 25 **Social Worker** Shan Williams
Call 6387 5555 for appointments



MEALS ON WHEELS

Do you know you don't have to be elderly or sick to receive meals on wheels?

You can also select from a three-course down to a one-course meal. You don't even have to get them every day – *you decide when and how often.*

Are you interested or have further questions? Call Alana at the St Marys Health Centre on 6387 5555 and see if you are eligible, or to discuss your options.

Home style meals are made on site at the Health Centre daily. Pick-up and delivery available.

St Marys Meals on Wheels cover from Scamander to Bicheno and as far as Fingal and surrounding area.

Information on this page supplied by:

St Marys Community Health Centre, Gardiners Creek Rd, St Marys Tasmania 7215

Unheralded visitations of the 'ghost'

In 1947, W.G Noble wrote of the mystery of Quinn's Light near Cootamundra in southern New South Wales. "I had many strange experiences during my 30 years' service with the Mounted Police in Back o' Beyond, but certainly the queerest was my encounter with the ghost known as Quinn's Light," Noble wrote.

"The Quinn family owned a fine property in the Dudauman Valley and here, it was rumoured, the ghostly phenomenon most frequently appeared. For years before his death, John Quinn, a notable horseman and authority on stock, acted as sole judge at the State's annual sheep dog trials, and the fact that his numerous decisions were never questioned was a tribute to his integrity.

"People took him seriously, therefore, when he described the unheralded visitations of the 'ghost' and the attempts made by himself and other night riders to overtake it."

Noble went on to describe the ghost light from details supplied by the trustworthy Quinn. "I gathered that a light of extraordinary brilliancy had been observed at intervals throughout a period of years. After nightfall it could be seen amongst the tall timbers 'floating' down the valley at various heights towards the grazing areas. Quinn said it resembled a large yellow falcon or crested eagle, with immense outspread wings shining like burnished gold, and illuminating the surroundings with a phosphorescent glow. After encompassing his home paddocks, it would suddenly disappear in the direction whence it had come. Local hunters had fired at it without effect, and residents from outlying places would journey to the vicinity and keep vigil till the 'spectre' was seen. They invariably went home convinced of its existence, but highly perplexed."

Noble also reported that the appearance of 'Quinn's Light' was enough to force one family off their newly acquired dairy farm ... forever.

Noble himself experienced the ghost light while setting out "some hours before daylight on an official mission". "When abreast of the Quinn's old station, I saw on the boundary, in a quiet corner of the stock route, an apparently freshly lighted campfire. Curious to learn who was abroad at that hour in such an out-of-the way place, I rode towards it. Seemingly set beside a decaying log, the fire was shooting up spires of flame and emitting a sulphurous kind of incandescent glare. On drawing nearer, my horse, a big, spirited animal, became unusually restive, champing at the bit, baulking, rearing, and breaking away. Bringing him under control, and seeing no one about, I scouted around ... cooee-ing and searching for indications of human tenancy. I could not find a soul and so turned back, determined to focus closer attention on the fire. To my amazement every trace of it had completely vanished."

On his return that evening, a curious Noble went in search of the light's source.

"I could discover no vestige of camp ... no sign of charcoal or ash, no trace of charred wood on the log, no tracks, no footprints. I was bewildered."

Such *unheralded visitations of the 'ghost'* were reported across outback Australia; at Augathella and Cooloolabin in Queensland, the wide expanse of the Northern Territory's Gulf Country and also in the central west of New South Wales. In July 1855, D.H Davidson of Kings Plains, in a letter to the editor of the *Bathurst Free Press*, wrote; "It is now about seven weeks since a large blazing light first appeared in a paddock in my neighbourhood, which now appears every night without intermission, say about half an hour after dark. Its appearance to the naked eye is that of a large blazing light, and it continues lightening for a period of five or six minutes at a time."



The Genghis Khan Equestrian Statue, part of the **Genghis Khan Statue Complex**, is a 40 metre tall statue of Genghis Khan on horseback, on the bank of the Tuul River at *Tsonjin Boldog* 54km east of the Mongolian capital Ulaanbaatar. According to legend, Genghis Khan found a golden whip here. The statue is symbolically pointed east towards his birthplace. It is on top of the Genghis Khan Statue Complex, a visitor centre, itself 10 metres tall, with 36 columns representing the 36 khans from Genghis to Ligdan Khan. It was designed by sculptor D. Erdenebileg and architect J. Enkhjargal, and erected in 2008.

Visitors walk to the head of the horse through its chest and neck, where they can have a panoramic view. The main statue area will be surrounded by 200 yurt camps, designed and arranged like the pattern of the horse

brand marks that were used by the 13th century Mongol tribes.

The cost of the complex is reported to be \$4.1m, spent by The Genco Tour Bureau, a Mongolian company.

The attached museum has exhibitions relating to the Bronze Age and Xiongnu archaeological cultures in Mongolia, which show everyday utensils, belt buckles, knives, sacred animals, etc., and a second exhibition on the Great Khan period in the 13 and 14th centuries which has ancient tools, goldsmith subjects and some Nestorian crosses and rosaries.

Next to the museum there is a tourist and recreation center, which covers 212 hectares.

https://en.wikipedia.org/wiki/Genghis_Khan_Equestrian_Statue

**St Marys Sports and Social Centre
Gray Rd St Marys**

**Open for business
Friday from 6pm Sunday 1.30 - 4pm
Closed Thursdays until bowls begins**



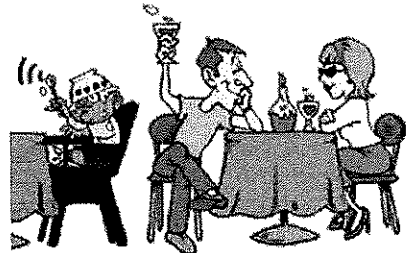
**Bowls Meeting
Friday 11 at 7:30 pm
at the sports centre
Please make the effort!**

Happy Hour
Friday 6:30 - 7:30pm
Meat Tray Raffle
Scallops on the board
Jag the Joker \$440
Lucky members draw

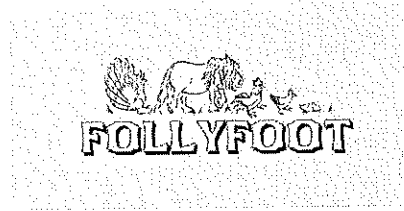
Visitors are most welcome

Did you know...
for just \$60 a year you can play as many games
of golf and / or social bowls as you want,
all year round?
Why not become a sports member?

Friday September 11
Yummy toasted
Sangers
Available over the bar



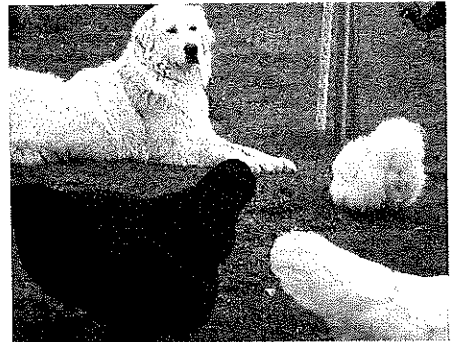
Committee
Licensee/treasurer: Jim Turner 6372 2441 President: Jacqui Bianchi 0439 978 156
Vice President Bobby Harwood 6372 2445 Secretary: Annette Wines 0417 010 648



History

It was a dark, wet and windy night in the late Spring of 2001. I was snuggled up in my bed when I was woken to the then familiar sound of the night screeching of Tasmanian Devils, quite a common occurrence in 2001. But I was aware that one of my feisty hens had decided to raise her brood under the old calf ramp in the next paddock. There was no choice but to go and investigate and

make sure that she wouldn't be ravished by those evil little buggers. Even though I was wearing my favourite satin pyjamas (which I'd bought to treat myself thinking that it would make me feel more like a lady), I made the only choice I could. Off I went, torch in hand and down into that murky night. The rain was heavy, but a little life was at stake. Bare footed and soaked to the skin, I shone the light underneath the ramp. There she was sitting, steadfast, determined that nothing was going to get to her precious eggs. I knew that they were close by. Having no dog back then, I did what I thought was the only option - bark. Yes, bark I did. And guess what! It did the trick, I could hear them scattering off back into the bush. Thank goodness, but I still had business to do. Still soaking wet, in fact getting wetter by the minute, and muddy, I collected this dear little lady, and after making a few more trips back and forth to the hen house, I managed to save the little family from what would have been certain doom!



As much as the Tasmanian Devils were such a devastating problem, I must say I miss them not being around any longer. I can say that now, as thanks to Sia our wonderful protector Maremma Sheepdog, not even cats get a look in at Follyfoot any longer.

Jackie Roberts, Mathinna



ST MARYS IGA SUPERMARKET

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

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

<i>Butchery specials September 9 - 15</i>		<i>Butchery specials September 16 - 22</i>	
	<i>p/kg</i>		<i>p/kg</i>
Rump Steak	13.99	Leg of Lamb	10.99
Beef Mince	10.99	Round Steak	10.99
Forequarter Lamb Chops	12.99	Beef Stir Fry Strips	13.99
Ingham Chicken Drumsticks	3.99	Nichols Chicken Variety Cuts	3.99
Legs of Pork	6.99	Nichols 6 Legged Chicken	4.55

Specials September 9 - 22

Cadbury Family Blocks 180 - 200g	3.69	Palmolive Shower Gel 400ml	3.99
Nescafe Coffee 500g	18.99	Sanitarium Light & Tasty Berry 620g	3.99
Sunrice Ready Meals 350g	3.95	IGA Potting Mix 25L	3.99
Cascade Rasp or B/Currant Syrup 750ml	4.99	Campbells Condensed Soup 410 - 420g	1.89
Prima Tetra Fruit Drink 6pk	2.79	Kleenex Toilet Tissue 8pk	3.99
Tetley Chai Latte Sachets 8pk	3.99	Spree Dish Washing Liquid 1L	1.99
Greenseas Tuna Varieties 95g	1.49	Garden Fresh Cooking Oil 2L	8.95
Devondale Long Life Milk 2L	2.69	McCain Hash Browns 750g	2.99
Nestle Milo 450g	5.99	Marathon Mini Spring Rolls 500g	4.49
Calcium Childrens Yoghurt 12pk	5.99	Dairy Farmers Thick & Creamy Yoghurt 600ml	3.99

Don't forget we offer free home delivery, phone orders welcome.

Grey Nomads

Four old retired guys are walking down a street in Cooktown. They turn a corner and see a sign that says, *Old Timer's Bar - all drinks 10 cents!* They look at each other and go in, thinking this is too good to be true. The old bartender says, in a voice that carries across the room, 'Come on in and let me pour one for you! What'll it be, Gentlemen?' The bar seemed fully-stocked, so each of the men ask for a martini. In short order, the bartender serves up four iced martinis, shaken, not stirred, and says, 'That'll be 10 cents each, please.' The four men stare at the bartender for a moment. Then look at each other - they can't believe their good luck. They pay the 40 cents, finish their martinis, and order another round. Again, four excellent Martinis are produced and the bartender again saying, 'That's 40 cents, please.' They pay the 40 cents, but their curiosity is more than they can stand. They have each had two martinis and so far they've spent less than a dollar. Finally one of the men says, 'How can you afford to serve martinis as good as these for 10 cents each?' 'I'm a retired tailor from Sydney,' the bartender said, 'and I always wanted to own a bar. Last year I scored a \$25m lottery win and decided to open this place. Every drink costs ten cents - wine, liquor, beer - it's all the same.'



'Wow!!!! That's quite a story,' says one of the men. The four of them sipped their Martinis but couldn't help notice seven people at the end of the bar who didn't have drinks in front of them, and hadn't ordered anything the whole time they were there. One man gestured at the seven without drinks and asks the bartender, 'What's with them?' The bartender smiles

'Oh, they're grey nomads from the caravan park, waiting for half price happy hour.'

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