



THE VALLEY AND EAST COAST VOICE INC.

Established 1968

48.17 December 17, 2015 Deadline for 48.18 is 5pm February 8, 2016

Hub 4 Health Inc

Connections start here

Healthy House is changing its name to Hub4Health

We are changing our name to Hub4Health. Previously trading as Healthy House, we have been a provider of health and wellbeing services to the Break O'Day region since humble beginnings in 2000. There are several reasons for the change, first we want to end confusion for service users who aren't sure which "house" to go to, with Healthy House and Neighbourhood House in close proximity it can be confusing.

Full details p9



Ian Summers and his trusty guitar at The Break O'Day Welcome and Support Group's inaugural fundraising event, a Garden Party on November 22, 2015 from 2 - 5pm. *p18*



Break O'Day Green Army news

December 10, 2015

The first Break O'Day Green Army project wound up earlier this month with a celebration at Kings Park, St Helens, where Mayor Mick Tucker and local Aboriginal Elder Gloria Andrews presented nine participants with graduation certificates.

Full story p9



The Valley and East Coast Voice Inc. staff and committee wish all our readers a safe and happy holiday season, and an exciting and successful New Year.

We thank our readers and contributors for their continued support during 2015, and look forward to doing it all again in 2016.

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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 / libel / 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

Community notices must include the name, position, town of residence and contact number of the authorised representative.

Notice to all non-profit groups re changes to advertising rates:

'Half a page or more will cost 50% of the regular advertising charge. To establish eligibility, ABN / IA details may be requested'.

The **St Marys Salvos** would like to give a **BIG SHOUT OUT** to the following people for their many and various ways of support during 2015:

- Nanette Adams
- Anne Bennet
- Greg Cruse
- Wendy Dawson
- Heather
- Vicki Howard
- All the JAM (Jesus And Me) and JLT (Junior Leader Training) parents
- Our Sunday JOY family
- St Marys District School
- Stuart Kerr
- Belinda Kilby
- Jun Li
- David Murray



Cornwall Christmas Carols & sausage sizzle

**Cornwall Park
Sunday December 20**

6pm sausage sizzle - \$1 per snag

7pm Carols - gold coin donation

Flameless candles available \$2

Carols will be performed by local artists, school children, JAM and a sing-along

Bring the family and get into the spirit of Christmas.

In case of poor weather, carols will be held in the Cornwall Hall



Community Notices

The Bendigo Bank agency has arrived in St Helens

As many people will know, the first Bendigo Bank agency has now been open for more than a week, within the Carlyle building, St Helens.

Tom and Jossie have been run off their feet opening new accounts, transferring old accounts and discussing many banking matters.

If you have been thinking of discussing any personal, commercial or rural banking needs, the opening of this agency is a fantastic opportunity to do this. Don't forget that any accounts and/or business established with this agency will be credited to the St Helens and St Marys Community Bank and assist with opening our very own branches and/or agency.

However, the hard work for the Steering Committee doesn't stop there. The Bendigo Bank is working closely with this team to develop the necessary business plan and prospectus to assist with an opening date scheduled for either June or July 2016.

This does not mean St Marys will miss out. The initial St Marys presence will involve the establishment of an office to enable weekly visits, though Sarah Boucher and her efficient team are just a short phone call away.

We still need to get as many pledges as possible. Remember, these pledges are non-binding, though on realisation, will be converted to shares and make you a shareholder of your very own Community Bank. Pledge forms are available in the new agency.

The St Helens and St Marys Community Bank Steering committee would like to thank Tom and Jossie Bassett as well as the relevant Bendigo Bank Managers for their hard work and assistance with making the transition from the previous banking institution, to the Bendigo Bank®, a seamless one.

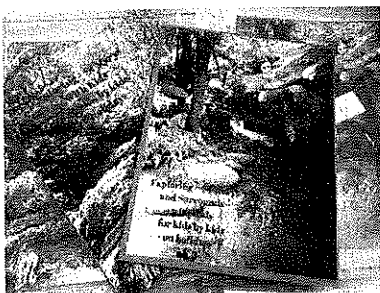
Finally, the St Helens and St Marys Community Bank Steering Committee would especially like to thank all members of the Break O'Day community who have supported us over the last four and a half years with their valuable pledges and wish everyone a safe and merry festive season.

See you all in the New Year.

Thanks to everyone thus far who bought one of our 'Exploring St Marys and Surrounds' books; we have managed to donate \$36 and a blender to The Breakfast Club with the proceeds from these sales. The books are on sale at Madd=Mudd and Mt Elephant Fudge during the holiday period.

Have a safe and Merry Christmas, from everyone involved in the books.

Lynne Dawes, Seven Mile Beach



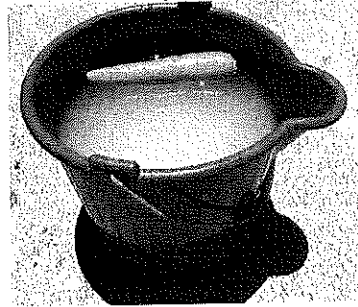
For Sale

Green firewood for sale now. Stock pile for the future. 2m loads \$120. St Marys 3m \$180. Extra \$15. Fingal and Scamander.

Danny and Jenny Franklin 6372 2301 / 0417 385 935

Near new Old Town kayak \$550 ono. Phone
0407 722 884

For sale. Aussie Snowman.
Needs repair. \$25



For Sale

2 Storey Street St Marys

Large Commercial Building &
Adjacent block on separate title
enquiries - Ross Quinn

0401 870 316

Permanent classified ads are available for \$20 per year. Contact editor for details.

Wanted

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

Positions vacant

Bar staff required at Scamander Beach Hotel Motel. Contact Brian or Margaret on **6372 5255** to arrange an interview.

Job vacancies at the Scamander Beach Hotel Motel
Housemaid positions are currently available.
Please apply by either phoning or emailing to arrange an interview. **6372 5255** or
tascu137@gmail.com

On this day in 1903 the Wright brothers' *Flyer I*, flew for 12 seconds in the first airplane flight at Kitty Hawk, North Carolina.

The brothers were the sons of a Dayton, Ohio, bishop (Church of the United Brethren). Orville, lying prone at the 274.4kg plane's controls, flew a distance of 36.57m in 12 seconds.

Letters to the Editor

Dear Editor

A rare and beautiful thing.

Recently I experienced a rare and beautiful thing. I was on my way to St Helens and pulled into Grant's for petrol. As I began to fill the tank I spotted Tracey Scarr, and we exchanged greetings. She came toward me and we chatted, then together we noticed that the petrol was now spurting out the top.

She said, 'Here Mel, I'll do that, you're in your uniform, and I'm only in my old work clothes.'

Quietly and gently, she suggested that I may not have had the nozzle in properly. She stood beside me and finished filling the tank.

We chatted and she left.

It was all over in minutes, but I want her to know, via this publication, that her kindness and humility was such a gift to me.

A rare and beautiful thing.

Mel Norton, St Marys

Dear editor

Re Valley Voice 48.15 and responses 48.16

To Cagerattler: hmmm controversy created by a misguided thought. Hopefully not with true belief, otherwise very misguided, but with effect. Cages were rattled - and your opinion.

To Reon: point aired and taken. Fact - no council representation was seen at the Remembrance Day Service. It's obvious that you too sought a bit of controversy, and you got it. Good on you for making the point, but in hind sight perhaps your point could have been less dramatic?

To Beverly: well done, great response. However, as a reader I didn't take it as an attack on two local councillors, I saw it as a valid community observation. I in fact saw no names mentioned at all. Your response was, in my opinion, a truly valid letter, and with many valid points.

To Ross: hats off to you for your expected defence as well. I don't think Reon thinks he's a moral cowboy. I think he's written his letter directing it more to Council, after all St Marys is a community of the Break O'Day Council. Reon has obviously been disappointed by his own expectations of BODC. I didn't feel his letter was saying you're disrespectful if you don't turn up. Of course this is only my opinion, but I didn't read it as such. Reon, an ex council representative, perhaps shouldn't have had such high expectations, and perhaps now he will be enlightened as to such.

To Ana: you were just unlucky that someone/or a few, looked into your window on the way past, to see a councillor blow drying her own hair. Don't really believe there's any such detriment to you at all, in what was written. If you re-read the original letter, it appears you're just an afterthought by Reon to gain and add a vision to his point.

To the blow-drying culprit: bet you don't forget Remembrance Day next year. Wouldn't it have been easier to admit "I forgot" and move on?

To the Valley Voice: bloody great reading! I could see that the outside community discussion, gossip mongers

(continued) and the like ran with and extended their own interpretation of the original letter, and then created their own issues - love it!

Do it again!

Best reaction would have been no reaction

Lynne Dawes - Seven Mile Beach

Dear Editor

Many thanks to Dr Latt and all his wonderful staff. So many happy memories. Miss you all!

To the people of St Marys for welcoming Ken and me 23 years ago, and letting us be part of your community - a very generous act.

To Dr Geoff Evans and his wife Gillian, for their special consideration over the years - thanks!

Lots and lots of thanks to all the staff at Medea Park - the last place I wanted to visit, let alone move in to. You have been so kind, skilled, knowledgeable and full of compassion. Your strengths are amazing.

Thanks to my family and my many friends for their support, lots and lots of flowers, gifts and your LOVE. The true meaning of love? To be there in someone's hour of need.

Thank you all.

Jan Sparkes, St Helens

Dear Editor

Aren't we lucky to have freedom of speech in Australia? One only has to read our little local rag "The Valley Voice" to see how lucky we are.

Anyone can voice their opinion! Some will read people's opinion, smile, chuckle or maybe for a moment think "What a twat" and never give it another thought. Some will get angry, peed off and feel the need to reply. Reading the last "VV" I was quite engrossed in the letters to the editor regarding "Cagerattlers" column the previous week. I couldn't wait to get home and find that edition to jog my memory as to what Rodney had said.

It just so happens that when I got home Peter was listening to a broadcast of an interview between shock jock Alan Jones and Andrew Hastie, the newly elected member for the Liberal seat of Canning in West Australia. They were discussing Muslims and the Islamic State.

This is part of what Andrew had to say.

"Australians look at world events, they see the patterns. We've seen what Islamic State have been doing for the last few years and the average Australian can make the connection that there is something going on between the ideas of Islam and what Islamic State is doing."

"They (the Australian people) don't want to be treated like mugs." I'm not saying Islam is a religion of violence, I am saying that at the moment Islamic State are projecting that image and people are picking up on that."

Cagerattler, like many others in our community, is doing just that. Picking up on the barbaric actions of radicalised Muslims! We cannot deny that these are extremist nut-cases!

I must say that what I read on social media concerns me immensely! To get the full picture one does need to depend on social media or shock jocks, because until very

Cont p5

Letters to the Editor

recently our left wing media omitted to report so much of what was happening in the world. There certainly are places in the UK and EU that are no go zones! Places where Sharia law is practised! I won't go into the gory details but you only have to read UK's Daily Mail or watch CNN broadcasts to see that this is happening. Don't say it can't happen here because it can and will, if we don't start addressing it now. The Halal certification port is certainly the start of Sharia Law in Australia.

I am not being racist in these comments, for starters Islam is not a race, and Muslims come from many countries. I am a concerned patriot!

To *Hannah Rubenach-Quinn*; yes many of us have known Muslims in our lifetime. I have worked with Muslims, as had the people in the recent terror attack in America. They were colleagues of the gunman who, with his wife, attacked them while they were having their works Christmas celebration - the same colleagues who had given him a baby shower a few months earlier.

Your comments Hannah regarding historic events, domestic violence, genocide etc.all may very well be true. It is also true that the many terrorist atrocities around the world since 9/11 have been carried out by Muslims; this is obviously why the focus is on the religion of Islam. This doesn't mean every Muslim is going to turn on their colleagues or neighbours. It does however mean that many Australians, from many countries and religions, or maybe of no religion like myself are going to share Cagerattlers' views to some extent.

Cont.

I am sure Valley Voice readers realised that Cagerattler wasn't referring to all Muslims as extremists and nutcases. They certainly would have realised that he is very angry about the terrorist activities around the world.

I personally fear for my grandchildren and their children, especially as the Muslim population is growing rapidly in Australia and as it does, more young men will be in danger of becoming radicalised.

I am pleased that people like Andrew Hastie, Cory Bernardi, Josh Frydenberg, Andrew Bolt and even Tony Abbott are at last forgetting about political correctness and are asking the big questions about this dreadful Islamic Ideology.

To take the words of Dr Martin Luther King Jnr.- "Our lives begin to end the day we become silent about things that matter"

Annette Wines, St Marys

Dear Editor

I personally was saddened that there was no Council representation at the Remembrance Day Services from our elected members. I thought a wreath would at least give acknowledgement, or just one poppy. I wholeheartedly empathise with people who have lost loved ones due to warfare, as my family is also steeped in military history with losses of life. The welcoming to St Marys of refugees - which I value and respect and which enables communities to have personal choice to attend services and freedom of speech; whether you agree or not, *Cont p6*

ADVERTISEMENT

*Wishing you a safe and happy
Christmas, and prosperous
New Year.*

Eric Hutchinson MP
Federal Member for Lyons

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



Letters to the Editor

*Cont...*symbolizes the freedom that my forbears fought for.

I am not on any moral crusade, I just feel a little hurt that this tradition which happens only once a year is not given the reverence which I feel it deserves from councilors whom I voted for.

Without Prejudice

Wendy Brennan, St Marys

Letter to Editor

In reply to Toni Brewster asking where the poppies were on Remembrance Day.

The ANZAC ceremonies are run in St Marys by dedicated volunteers who formed the St Marys Memorial Services Association, and are a subcommittee of the Break O'Day Woodcraft Guild.

Members receive no honorarium and our aim was to keep our valued services in St Marys.

We have no affiliation with the Returned Services League and it has always been our policy not to infringe on any of the earning capacity for this revered organisation.

I hope this answers your question.

Wendy Brennan

For and on behalf of the St Marys Memorial Services Association, St Marys

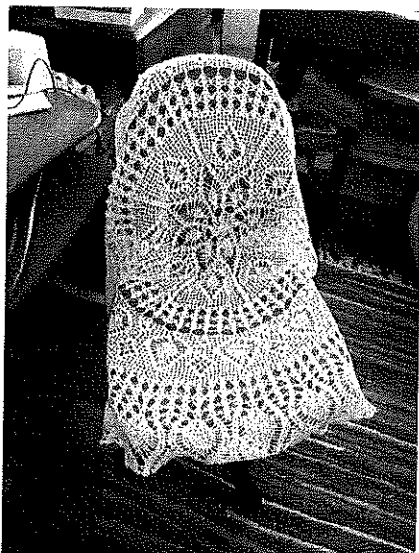
The "Knits"

For a couple of years a small group have met informally to share skills, socialise and, ok ... drink coffee.

We knit, crochet, tat, weave and chat on Tuesday afternoons

from a little after 1pm until we get thrown out, and our current venue is Mons Coffee Corner.

In the main we are women but we're frequently joined by men seeking coffee and conversation, and in the last couple of



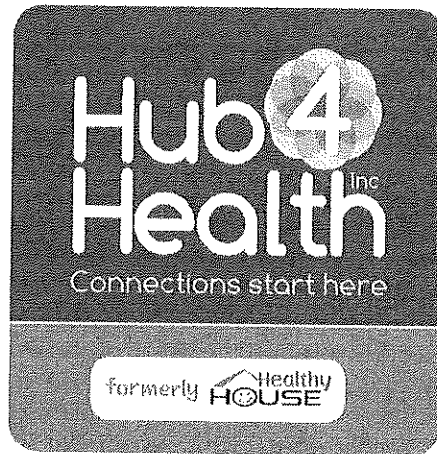
months our regular numbers have swelled to include Arthur.

Highly skilled with the crochet hook and knitting needles, and a dab hand on his spinning wheel, he is a welcome addition with a fascinating story behind his skills. Born in the UK, he is among the many children evacuated to rural England during the Blitz, but like every good story his has a twist. As the youngest child and only boy in a family, his parents were reluctant to see him separated from his older, female siblings, so he found himself in a predominately female school. The school lacked the workshop facilities traditional in boys' schools, so Arthur learned to knit and crochet alongside his female class mates. He has continued these hobbies into adult life and has

learned to spin to complete the cycle ... I'm not sure he can shear but I suspect he'd give it a shot given half the chance. I'm pretty good with the knitting needles and can manage basic crochet, but I'm stunned at his skill level ... to say nothing of his eye sight! On cooler days he frequently sports a hand spun, hand knitted Aran patterned jumper, but his fine cotton crochet work is a thing of beauty I can only aspire to.

That said, even if you aren't quite as skilled as Arthur (and who is?), come and join us. Bring a project you have underway or even one you want to start; between us we seem to be able to solve most technical problems and it's a great way to share skills as well as catch up with friends.

Wendy Fowler, St Marys

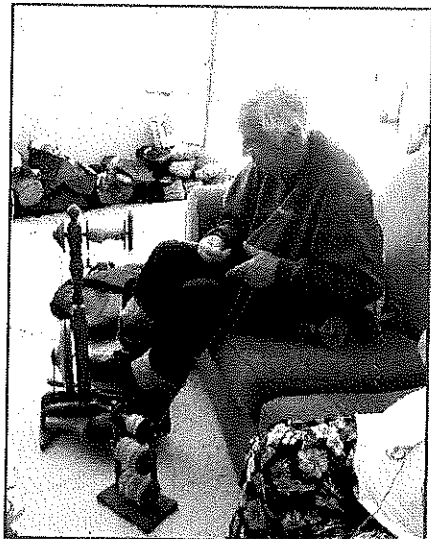


It's official ...
From Monday 14 December 2015
Healthy House will become
known as Hub4Health

Still providing great health and wellbeing outcomes and the same great service to residents of Break O'Day. Keep an eye out for new innovations and more great services in the new year as we build on the wonderful foundations laid down over the past 19 years by members of our community.

PO Box 595, St Helens TAS 7216
5 Pollard Court, St Helens
T: (03) 6376 2971
E: admin@hub4health.org.au

www.hub4health.org.au



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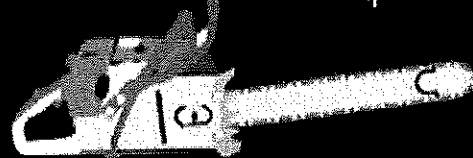
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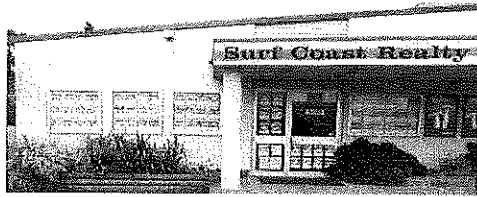
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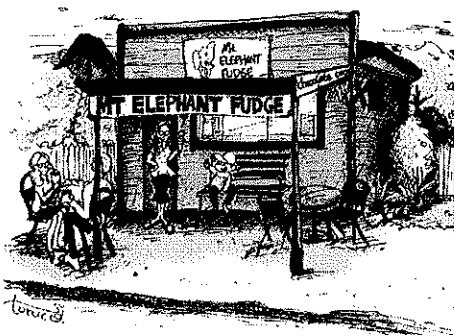
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Honest . Reliable . Professional

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

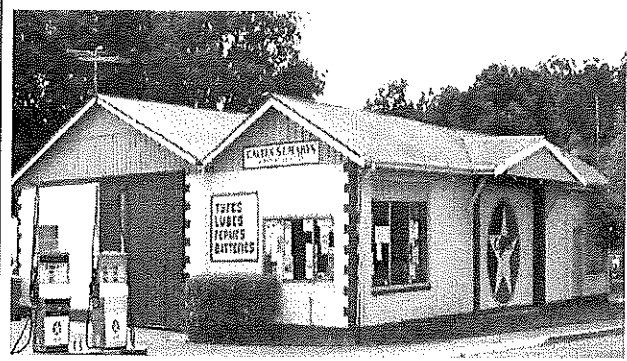


MT ELEPHANT FUDGE

Fresh raspberries

\$4.50 per punnet

A very merry Christmas to everyone, and a safe new year!!!
from all at Mt Elephant Fudge



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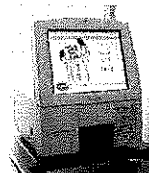
St Marys Community Health Centre 9.00am-10.00am

St Helens old Post Office building 11.00am-1.00pm

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

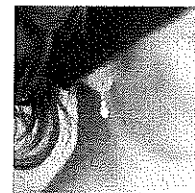
St Marys PHARMACY

Pharmacist instore Monday - Friday



Our Kodak machine is up and running, copies from 45c

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6372 2844

The Break O'Day Green Army dubbed a huge success *Continued from p1*

Since July this year the team and their Conservation Volunteers Australia supervisor, Dan Donaldson, have treated hundreds of hectares of threatened species habitats for invasive weeds and other threats. From Eddystone Point to Falmouth, thousands of weeds were controlled and new infestations located, rubbish cleared and works to stabilise the Halls Falls walking track undertaken. Mayor Mick Tucker said the project had been a great success.

"Their work has protected habitats of nationally threatened flora and fauna like the hooded plover and other shorebirds, the Davies wax flower, which occurs naturally only around St Helens, and the Eastern Quoll, recently listed as a national threatened species. These nine young men from our community and the Green Army Programme have already made huge gains for the health of our natural areas," he said.

Conservation Volunteers Australia is currently recruiting for the first of the 2016 projects, due to start in late January. The Break O'Day Green Army projects are a partnership between Break O'Day Council, the Parks & Wildlife Service, NE Bioregional Network and community groups who organise work activities and coordinate with the team employer and manager Conservation Volunteers Australia.

Natural Resource Management Facilitator for Break O'Day Council and NRM North Polly Buchhorn said weed threats were one of the things the Green Army is really good at.

"This year's team hunted down weed infestations we didn't realise we had and were poised to over-run our coastline and bushlands. They threw themselves at the range of work activities and weeds at different locations with different conservation priorities and land managers across the municipality," he said.

Todd Dudley from the NE Bioregional Network said this first project had achieved much for the flora and fauna habitats of Break O'Day.

"They've worked on the Skyline Tier forest restoration project on old pine plantation land to continue re-establishing native bush. In five months the project has controlled major weed problems at over ten sites that would have taken local volunteers, residents and land managers years to do," Todd said.

The Break O'Day Green Army projects are supported by the Australian Government's Green Army Programme.

For details on applying to join the 2016 projects see www.conservationvolunteers.com.au and for information on the Green Army see www.environment.gov.au/land/green-army or contact Council.



Hub4Health *continued from p1*

Another reason for the change is that we have a lot of people who drop in to our front desk, as they are not sure where to go for help or where to look for a service. We are embracing that role as a hub for information and will be building that resource in the New Year.

We are also opening a facility in St Marys that will be a hub for health and wellbeing activities for residents in the Fingal Valley. We have already partnered with businesses in the valley to help fund part of this project, and are grateful for support from Break O'Day Council. We are planning activities around four main themes, community exercise, senior exercise, rehabilitation and recovery and also art and alternative activities - more on this in the New Year!

We were originally known as Break O'Day Health Resource Association Inc (BODHRA) and first came into being as a result of a public meeting held at the Bayside Hotel in early 2000, which approximately 100 people attended. The purpose of the meeting was to give the community a voice and discuss concerns about the ongoing lack of long term medical practitioners.

From that meeting, a Steering Committee was formed to address many of the issues which arose, and that committee went on to become the Executive Committee of the newly incorporated community organisation.

The Executive Committee agreed that one way to show support for our doctors and therefore increase the longevity of terms by them, was to increase the allied health services to this region and it's from this small start, with support of funding from various sources over the years, that we have evolved and grown into Healthy House, and now Hub4Health. This is a great example of the power of community, and we see the wonderful evolution of that small start today with nine doctors practicing across the Break O'Day region and possibly a tenth one joining the ranks after Christmas at Scamander.

I'd like to acknowledge the hard work and dedication of those early committee members, whose efforts have put us in the strong position we enjoy today.

I would also like to thank Julie Severin who has provided us with a brief history of BODHRA/Healthy House, and if you would like to contribute to preserving the history of this community driven organisation or have any early photos please contact me on nev.shaw@hub4health.org.au

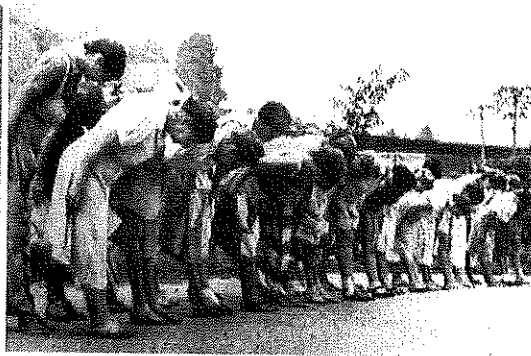
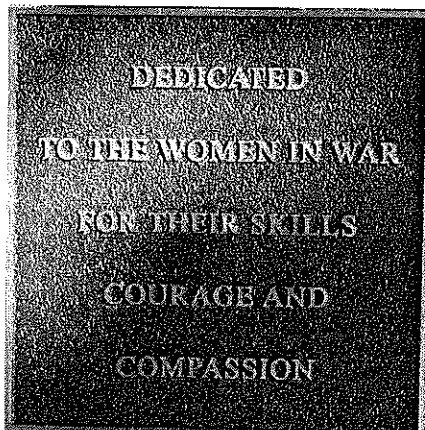
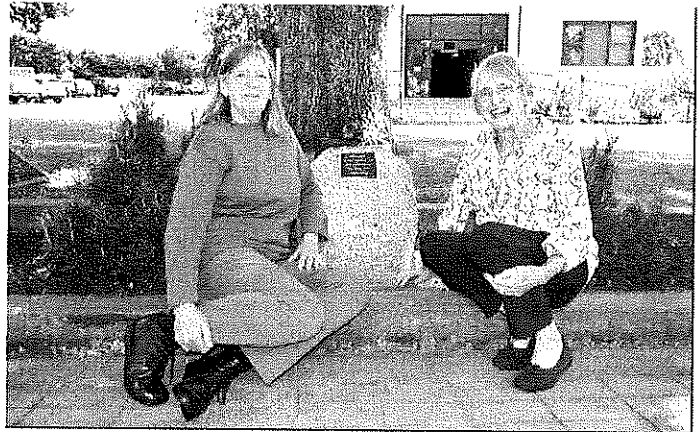
Best wishes to everyone for a safe and happy Christmas on behalf of the Board of Management and all the staff at Hub4Health.

Nev Shaw, CHAIR Hub4Health

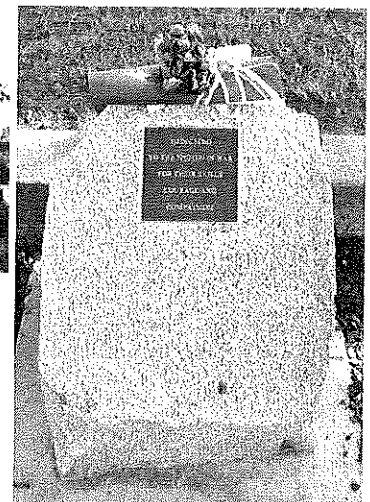
Unveiling of plaque recognising Women in War, St Marys December 10, 2015

Let us not forget the women in war; not only recognition for women in the forces but those who volunteered in so many roles when the men were away fighting. It was the women at home trying to look after their children, waiting desperately for news that their husbands were still alive. It was the women at home that had to wait on news of their sons, brothers, uncles or fathers. It was the women who helped do the hard yakka on farms, they were artists and writers for the war, nurses and fund raisers.

It was the women in internment camps such as Tjideng Batavia (today Jakarta, Indonesia) who had to protect and care for their children, and "normalise" their situation for the sake of those children. Boys 10 and 12 years old had to go to the men's camps, and girls over 16 years old were in the labour force repairing fences, cleaning out toilets and collecting garbage. Food, medicine and hygiene was poor. They did it tough, but with dignity.



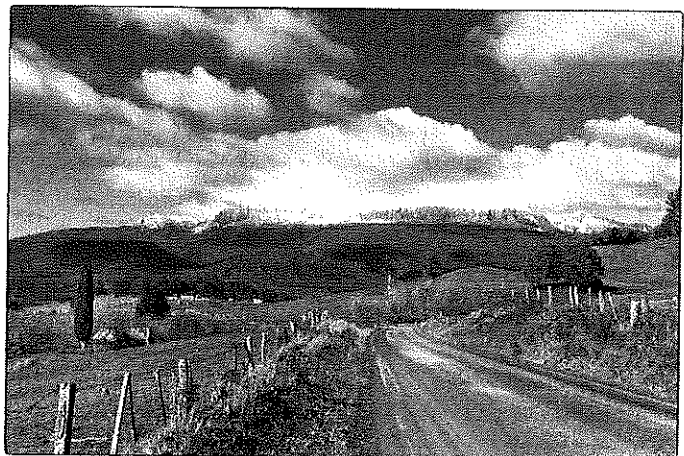
Above: 'Kiotsay!' 'Kiray!' 'Nowray!' Roll call, and POWs ordered to bow to the Emperor in Tjideng Camp, from members.iinet.net.au/~vanderkp/tjideng.html



Photos by Jayne Richardson BODC and Glyn Johnson St Marys

Glyn Johnson has won the Staff Winter Selection 2015 for his photo of Ben Lomond Plateau taken from Upper Blessington. See more of Glyn's photos at <http://www.viewbug.com/photo/57441799?type=myaward>

This black and white photo was selected by the judges as one of their favourites.



Women in War - Sister Margaret Ann Woods RN RRC

The recent ceremony in St Marys for women in war brought to mind my paternal grandmother, Margaret Ann Woods (1880-1920). She was born in Australia though her parents, with two other Woods families and one Makim family, were Protestant Irish and had all emigrated together from Tipperary in Ireland. They all settled and established sheep stations in northern NSW around Moree and Inverell, where many of the family still live.

Margaret Woods was an excellent horsewoman and apparently had numerous run-ins with her very strict father, William Woods, for wearing men's clothing and riding astride. The family story is that she was caught wearing trousers and racing her horse against an unknown buggy which actually contained her father. Because of this she was locked in her room, but with the help of her youngest sister, Heather Rose, managed to steal some money, escape, and make her way to Sydney where she became a nurse, eventually establishing her own convalescent hospital and getting her sister to come and help her.

When WW1 broke out Sister Woods enlisted as an army nurse in the 2nd AGH and in November 1914 travelled on the medical ship "Kyarra" to Egypt. She was based in Cairo and Alexandria for several years, with occasional voyages to England with the wounded. She became a senior nurse and was awarded the Royal Red Cross medal for exceptional service in military nursing.

Sister Woods was an avid photographer during her time in Egypt and from her six photo albums, which I still have, she appears to have been entertained by a number of military officers before settling on Light Horseman Colonel William James Foster CB DSO CMG. They married in Sydney at the end of the war and were then based at Aldershot in England, in the permanent army. In 1920 she became pregnant and returned to Australia.

On the December 23, 1920 she died after giving birth to twins, my father William James Woods Foster, and his twin who died unnamed.

Diana Foster, Mariton House, St Marys



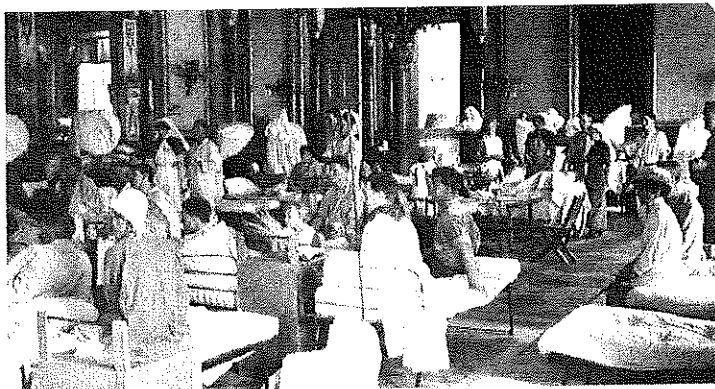
*Sister Margaret Woods
(RHS) with friend
Cairo 1915*



Colonel W J Woods, Egypt circa 1914



Marg Woods at Woodpark



Ward at Mena House, Cairo



Sister Woods back row rhs

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

Opening hours Friday from 6pm, Sunday 1:30-4pm Thursdays after bowls practice

Friday 18, 6.30 - 8.30pm

Bar Snacks/Nibbles, Raffles and Jag the Joker

The committee would like to wish everyone a safe and happy Festive Season and prosperous 2016

Bowls Results: 5/12/15 Swansea defeated
St Marys
12/12/15 St Marys defeated Scamander
Next game is not until 9/1/16 against
St Helens at home.

Members, guests and
visitors are invited to our last
Friday Happy Hour for 2015...

Happy hour prices between
6.30 & 8.30pm

Jag the Joker (\$2 a ticket)
is now worth \$740!



**Don't forget the Clive Berwick Memorial Day
on December 27 ... room for more teams!**

Love good music?
Love good music for free?
YES!

Then mark January 10 on the
calendar! Those fantastic Jam Session
Muso's will be back at your club
between 1 - 4.30pm
Visitors are most welcome!



Side of lamb raffle, chocolate wheel and
lucky members draw.

**Why not get into the spirit of things?
Dress for the occasion!
Sit on Santa's knee and make a wish...
yep, Santa will be making an
appearance! Friday December 18**

Licensee/treasurer: Jim Turner 6372 2441 President: Jacqui Bianchi 0439 978 156
Vice President Bobby Harwood 6372 2445 Secretary: Annette Wines 0417 010 648
[facebook.com/stmarysportsandsocialclub](https://www.facebook.com/stmarysportsandsocialclub)



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shop. Save up your rewards for Xmas, or use as instant cash
You can even donate to a local community group.



**We have
members' own
specials**



Amazing Tasmanian science meets beautiful art in St Helens exhibition

Wonderful discoveries about Tasmania's wildlife; hot-off-the-press medical breakthroughs that read like a Sci-Fi novel; a Tasmanian citizen-science project taking Australia by storm (where the public gets to play detective) – these and other scientific surprises are being revealed in the art exhibition "*Amazing Tasmanian Science Stories*," a public art-science event on January 6 to 8 at the Portland Hall on the main street of St Helens.

Ten local Tasmanian artists (some of whom are also scientists) have realised that Tasmania has more than its fair share of ground-breaking, bizarre or simply cool and crazy science stories that are unknown to most people.

The artists are setting out to change this, by holding an art (printmaking) and story-telling exhibition featuring 20 of Tasmania's most impressive or quirky science stories. This public event is part of a federal "Inspiring Australia" initiative to unlock Tasmania's science potential by finding new, creative ways to tell people about exciting scientific findings.

The artworks showcase a wide range of colourful aspects of Tasmanian science. Next to each artwork is a short, engaging story about the science behind the art. Together the stories and art reveal quirky Tasmanian animals, lost treasures, life-saving research, beautiful plants, and mysterious Tasmanian life-forms that are very hard to categorise.

Scientists from some of Tasmania's leading science organisations, as well as Tassie's home-grown science-art initiative The Bookend Trust, were consulted for hot-off-the-press or entertaining stories. Some of the art was also inspired by new research by the contributing artists who are also scientists.

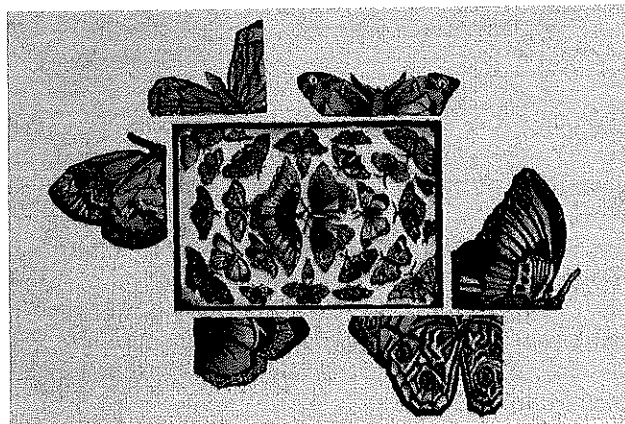
"We want the exhibition to appeal to everyone, Tasmanians and visitors, those who love new art and stories, and those who'd like to be surprised by something they didn't know about science and nature in Tasmania" said contributing artist Rebecca Wood.

"For a small island, Tasmania's science is so rich and impressive, though sometimes it is hard for scientists to get the beauty and wonder across. The aim of this art-science event is to give Tasmanians and visitors a new way to be delighted, touched or amazed by both art and science together."

The artists are: Josefa Abrahams, Nicky Adams, Elizabeth Archer, Anna Berger, Jenny Blake, Barbara Boyle, Grace Cumming, Susanna Fishburn, Janet Freestun and Rebecca Wood.

The exhibition is free to the public, and will be showing at the Portland Hall, 23 Cecilia Street, St Helens from Wednesday January 6 to Friday January 8. Wildlife biologist and artist Bec Donaldson will be in attendance to chat about amazing Tasmanian science and art with interested visitors.

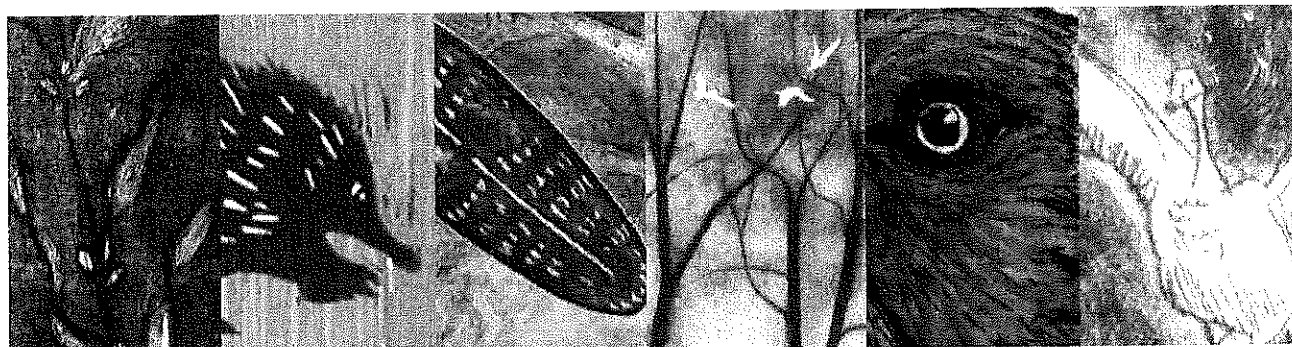
Contact details Bec Donaldson, Contributing artist (artist name "Rebecca Wood") r.donaldson@murdoch.edu.au
0448 580 525 <https://www.facebook.com/Amazing-Tasmanian-Science-Stories-a-printmaking-art-and-story-exhibition-1545218455737403/>



Macquarie Chest – Butterflies.
Anna Berger 2015



Rounding the Cape. R Wood 2015.





**Merry Christmas
St Marys, Fingal,
Scamander and
St Helens**

23 years ago, I started with Variety Club the children's charity. Over that time I have raised on average \$5000 each year, to form our entry fee to compete in the annual Tasbash event. I'm not going to prattle on about what we do and why we do it - I've probably told you many many times before.

The purpose of this letter is to say - Well done to each and every one of YOU. Without your donations I would never have achieved 19 bashes, and Cherie her six bashes. 2016 will be my last year in this event so thank you from me, my wonderful crew and the many Tasmanian children your donations have helped. Stay safe and smile
Merry Christmas

Lynne Dawes, Seven Mile Beach



Valley Voice readers - for those who followed the Valley Voice story of Constable Connolly of White Hut / Spring Bay areas: (serialised, started 46.07) I have in fact found and recovered Constable Connolly's death certificate. The stated cause of death was not complications resulting from his broken leg but rather as a result of active organic bowel disease.

This is ironic as in modern day, this translates to Crohn's disease, something I have suffered from since my late teens. Although Crohn's disease is not an hereditary disease, I found this extremely interesting. Until next year stay safe and have fun.

Lynne Dawes, Seven Mile Beach



The Say, by Cagerattler

What a privilege it was to see and enjoy a great celebration of the school year last Friday. Everyone involved should be so proud of the presenters, the award winners, the Presentation Day ceremony and the sheer joy of the kids who demonstrated what the year had produced. I heard many people say as they left that this was one the very best days, and evidenced by that virtually all the seating was occupied. The academic, merit and special commitment award winners across all the grades should be genuinely proud of their achievements, and this celebration of the school year bodes well for our local school's future.

Principal Bruce Campbell announced further developments, with structural resources and academic programs that will only enhance the future for our local students. It is very exciting to have passion for learning at the forefront. I can't let the comments to my recent article go unanswered. People who hide behind religion (in this case Islam) to commit atrocities on innocent souls ARE extremists and nutcases if ever there were such. For the record, I'd have exactly the same opinion if people did such horrific crimes under Christianity, Buddhism, Shinto or ANY religion. We SHOULD be fearful and WARY of these idiots, as should ALL Muslim moderates who of course constitute the vast majority of this ancient religion. The hatred by some in our community will only be predicated by the actions in the name of Allah by these extremists and so called fundamentalists, and genuinely peaceful Muslims fear they will be tarred by the same brush on the back of these insane and cruel actions across the planet.

All free minded, free thinking people (including Muslims) have to find ways to weed out and hunt down these scum before that happens.

As for the comments that I got it wrong about these same extremists wanting to deny the women the same rights to be educated as wrong is upsetting. Whilst I have not visited these areas of the world, I have watched many credible television documentaries, read articles and spoken to a university professor from NSW at Cranks and Tinkerers Museum. The consensus is that this DOES happen and will be a much more frequent part of Muslim life IF the fundamentalists get their way ... fact not fiction. Go talk to the reporters and journalists who report these situations happening in the 21st century. If 'fear mongering' and being offensive is telling it how it is, then I'm guilty as charged; but if we stand back and continue to deny it is happening then I suggest the outcomes for so many innocent people - Muslim and Non Muslim, in free thinking and progressive countries - will at best be greatly diminished and at worst will mean the end of such freedoms for many people. I may not have a university degree but I don't feel "uneducated" and I am deeply offended by that comment because I choose to express an opinion based on many factors on these evil terrorists. All I ask one of the respondents to do is re-read my original article in the context it was written in. By the way, I totally disagree with many of your comments Sir, but I'd suggest that you're certainly not uneducated. Please be careful how to choose your words next time if that's okay.

That said I hope everyone has a great summer, lots of fun and to Wendy Dawson and helpers at the Valley Voice, thanks for allowing me to be part of our great local paper again this year. And hopefully again next year.
What do you think?

Rod McGiveron, St Marys

Take a closer look at what we all share out there

Free summer activities in our natural environment from Break O'Day Council

BAY OF FIRES CELEBRATION

SATURDAY 9 JANUARY
VILLAGE GREEN, BINALONG BAY



Pete Cornelius Band,
Ekstasis dancers, local musicians and more.
4 PM – 8 PM.

Afternoon wildlife & flora walks, rock pool ramble, from 1pm.

Celebrate the rich culture, nature and community of the Bay of Fires with family, friends and visitors

All event details & information; look for the flyers, visit www.bodvtas.gov.au, email admin@bodvtas.gov.au or call Break O'Day Council (p 68 767 900) or Discovery Ranger Anthea (m 0428 389 688)



Binalong Bay Ratepayers' Assn.



WILDLIFE - CARE SKILL - SHARE

Saturday 16 January 2016,
St Marys Town Hall

Orphaned wildlife-care information, advice. Wildlife carers get-together afternoon with a local vet, experienced local carers and Discovery Ranger Anthea from PWS (time tbc).



SEAGRASS SAFARI

FRIDAY 22 JANUARY 2016
2 PM on GEORGES BAY

Get your feet wet and discover the wonders of seagrass beds on this low tide guided safari (booking required).

And look out for

- Discovery Ranger Anthea from PWS running the Break O'Day conservation and
- Nowhere Else on Earth marine photographic exhibition at St Helen's Bakery, Freestone.

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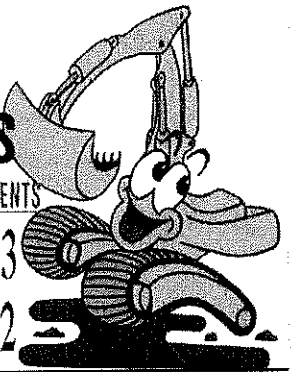
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Music, Poetry and Art Shine!

Last Friday, the Exhibition Launch and open mike night held at Gone Rustic Studio and Gallery were enjoyed by everyone who attended, judging by all the happy faces! Local talent from all over Break O'Day Municipality was featured, especially the vibrantly colourful fibre and textile artworks by featured artist Beverly Hornibrook from St. Helens. The evening also ended on a 'high note' with Secret Santa.

Apart from a short break over Christmas/New Year, Beverly's exhibition is on display until 4 pm, 23 January 2016. Don't miss it! All items are for sale, and entry is free.

*Article by Rita Summers
All photos by Peter Troode.*



Conversation and good food are a great combination!



Kate Larby holds up a parasol she decorated, while Bev's dog Havana enjoys a pat from Mark Thomas



River Meadows makes sure everyone is well fed.

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BEV HORNIBROOK An Exhibition

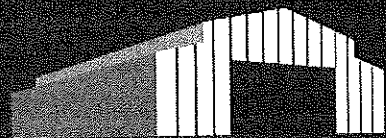
On display until 4 pm, 23
January 2016 (except for a
short break over Christmas/
New Year). All items are for
sale; entry is free.



CHRISTMAS and NEW YEAR TRADING HOURS

Last day for 2015 - Saturday 19 Dec (10-4)
Re-open in 2016 - Tuesday 5 Jan (10-4)

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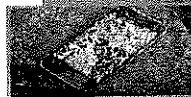
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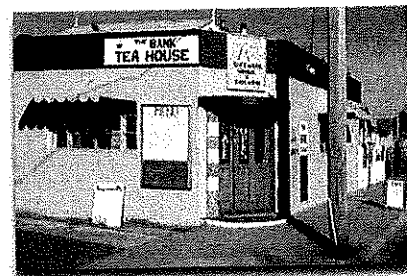
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VIP cards available - pet friendly courtyard

Mon-Fri 7am-5pm - Sat 8am-5pm - Sun 9am-4pm

Jason and Linda Lang
26 Main St, St Marys - 6372 2578



A successful Garden Party *Continued from p1*

The Garden Party was a tremendous success, attended by approximately 30-40 people.

Just over \$1,000 was raised for the Welcome and Support Group through garden entry fees, afternoon teas, hand and foot pampering, a raffle and other activities.

The sun shone, music was played and the afternoon was relaxed with a lot of laughter and enjoyment for all.

The committee would like to thank everyone who contributed to the success of the event through their time and generous donations, and all who attended.

The aim of the Break O' Day Welcome and Support group (who are a group of dedicated community members) is to welcome asylum seekers who have settled in Australia, into our homes for respite, time out and to introduce them to an Australian rural lifestyle.

Article and photos by Janet Drummond, committee member. All images have been authorised for publication



Hannah Rubenach-Quinn enjoying a foot pamper with Eileen Koops



Ross Quinn

Circa and Norske Skog on cusp of delivering a new biochemicals industry for Tasmania

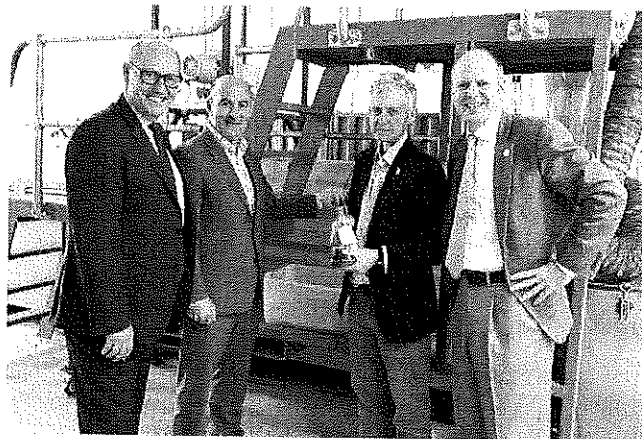
4 December 2015

The Australian Forest Products Association (AFPA) has welcomed the recent announcement of a joint venture between Circa Group and Norske-Skog to build a commercial demonstration plant manufacturing bio-solvents at the Boyer paper mill site in Tasmania.

The AFPA Chief Executive Officer, Ross Hampton, said "This new project would deliver significant economic benefits, and is an excellent example of a breakthrough development in the emerging global market for the use of sustainable bio-chemicals using the IP developed by Circa Group. However, there remain regulatory and trade access barriers for the commercialisation of the product in key markets such as Europe and the United States, in terms of the international assessment and accreditation of new products such as Cyrene in the market place", Mr Hampton said.

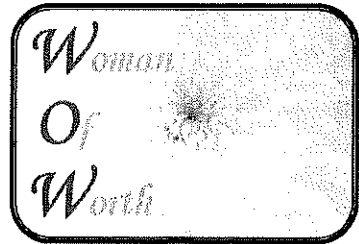
Circa Group Chief Executive Officer, Tony Duncan said "By using certified plantation sourced biomass and processing waste the new plant would produce Cyrene, a non-toxic, clean alternative to fossil-fuel based solvents. If we can secure international market access, Circa plans to move its pre-commercial facilities and equipment from its Melbourne base to the Boyer site in the new year".

The federal member for Lyons, Eric Hutchinson, said "The State Government support for the build phase of the project is to be applauded. This project will provide much needed jobs and investment in the Tasmanian economy. Addressing the regulatory access issue in international markets is the next key priority. I am working to assist in any way I can, particularly through the commercialisation process to deliver what I think could be a new biochemical technology industry in Tasmania."



Eric Hutchinson MP, John Laugher (NS), Tony Duncan (Circa) and Ross Hampton 9AFPA0

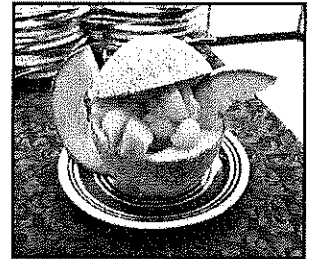
WOW 2015



A ministry of the Break O Day Anglican Church St Marys, WOW has been running each month since March this year. Starting with 12 women for "Bear Encouragement" and increasing in numbers each month, we now have more than 26 women who have attended our fun social evenings.



Our themes this year have been;-
Bear Encouragement
Teapots with Character
I'm not a Domestic Goddess -
Winter Warming Ideas
Christmas in July
Once Upon a Time
A Bakers Dozen
Picnic
Secret Garden
Christmas



Each month we have been encouraged as women by way of a talk, decorated the room according to the theme, brought items along to match, have played trivia games, had a go at doing fun quizzes, watched videos, made things, taken gifts home, eaten things and most of all have had lots of laughs.



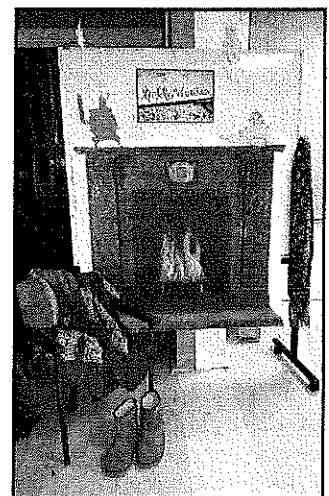
We will be meeting on the 1st Tuesday evening of each month, February to December, 6.30pm—8.30pm. It is a **FREE evening** for ladies of all ages.

A light supper is provided.



Next year we will be supporting ladies from Uganda, by way of donations, to raise money for birthing packs.

We will be starting the year off with a High Tea on the 2nd of February. Weather permitting we are hoping to hold it in the gardens of 'Oakdene' - so have those hats, dresses, cups/saucers ready for the evening.



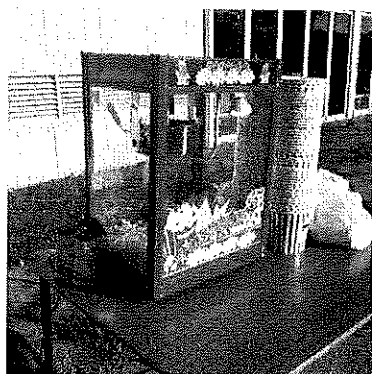
For further information, please contact Christine Waters on 0410 441 558 or by email cs1967@exemail.com.au

St Marys District School Association Inc.

St Marys Parents and Friends

Our end of year event fundraiser was held on November 28 and we would like to thank everyone who came along and supported us, by helping on the night or bringing their family and friends along. A large crowd enjoyed swimming in the pool, playing with the Building Blocks resources and rolling around in the Zorb ball (thanks to Theo from the Healthy House). As the sun began to set, the barbeque was on offer (thanks to Hilly's IGA for their assistance in organising the food for us), plus popcorn of course for the movie! Once it became dark enough everyone settled on picnic blankets, chairs and cushions to watch "Animals United". Those who came along commented on what a positive, relaxed night it was and how much fun their children had!

There were a few tired little people the next day.



St Marys School Op Shop

Earlier this year the School Association Committee decided to move the Op Shop to the "annex" - as it is a building owned by the school that will ensure long term security of tenancy.

We would like to thank Janet, as Op Shop Manager and the many people who have helped with the move - too many to thank personally but very much appreciated - a real community effort. The new shop is behind the town hall and adjacent to the online centre, tennis courts and JAM building. Watch out for moving specials and a chance to grab a bargain in the new shop.

The shop will be fully up and running by January 4 and we hope to have limited trading prior to that depending on the final fit-out date. There will be plenty of parking at the new shop or it is only a short walk up the hill. We look forward to your ongoing support in donations and sales in 2016, especially if you have school uniforms that are no longer needed for your children.

To volunteer at the Op Shop contact Janet Drummond for further information.

Articles and photos by Tanya Greenwood, St Marys



Information in this article has been prepared for the Association by the Secretary and approved by the Chairperson.
It does not necessarily reflect the policy or view of the Tasmanian Department of Education or staff.

Buyagra: stimulant taken prior to shopping. Increases potency and duration of spending spree.

Menillilin: Potent anti-boy-otic for older women. Increases resistance to such lines as 'You make me want to be a better person'.

St Mom's Wort: Plant extract that treats Mum's depression by rendering preschoolers unconscious for up to six hours.

Empty Nestrogen: Highly effective supplement that eliminates melancholy by enhancing the memory of how awful they were as teenagers, and how you couldn't wait till they moved out.

Pepto-Bimbo: Liquid silicone for single women. Two full cups swallowed before an evening out increases bust size, decreases intelligence and improves flirting.

Dummerol: When taken with Pepto-Bimbo, can cause lowering of IQ, causing enjoyment of loud country music and cheap beer.

Anti-Talksident: A spray carried in a purse or wallet, to be used on anyone too eager to share their life stories with total strangers.

Ragamet: When administered to a husband, provides the same irritation as nagging him all weekend, saving the wife the time and trouble of doing it herself.

Dammiton: Take two and the rest of the world can go to \$%&! for 8 hours.

From December 14, 2015...



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Our Aim:

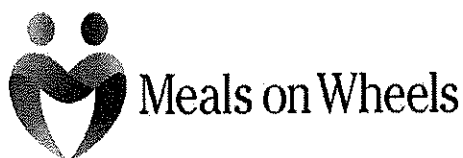
To deliver health and wellbeing programs to rural and remote communities within the Break O'Day Municipality.

What we deliver:

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- ◆ Toe Nail Clinics
- ◆ Australian Hearing appointments
- ◆ Family Planning services
- ◆ Men's Health programs
- ◆ Counselling
- ◆ Building Blocks (children 0-5 yrs.)
- ◆ Walking Group
- ◆ FriendSHIP Program

What's coming up?
Counseling Services

Please call Hub4Health for more details and booking enquiries.
Counselors are suited to individual needs.
No referrals necessary.



We are calling for volunteer drivers; it is a rewarding experience delivering meals to our clients.
There is an induction process where all the information is given, and there is always a coordinator available should you require extra support.
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please phone 6376 2971.**

**Hub4Health will be closed from
12.30pm on December 24, 2015
until Monday January 4, 2016**

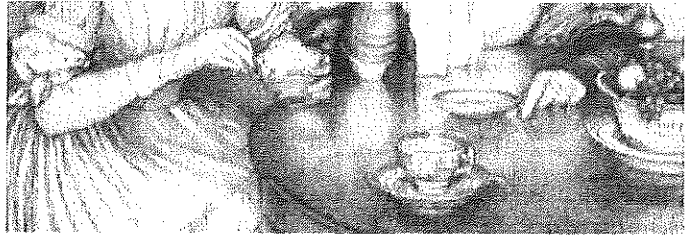
Destiny - A Christmas Story Part 2

Teary, bleary, weary, dreary months at sea had the two women frequently questioning their wisdom in emigrating: Teary as they suffered persistent, relentless seasickness and overwhelming homesickness at the scary realisation that they would never see their beloved families and their treasured homeland again. Bleary, as time became meaningless on the endless ocean. Days, weeks, months, dates all rolled into an unfathomable haze. Weary, from the lack of physical exercise and mental stimulation. For the first time in their lives they appreciated the benefit of hard work and life's challenges. Dreary, for life on board ship was monotonous and depressing. In cramped quarters, personality clashes caused nerves to fray and tempers to flare on a daily basis.

'Well, things can only get better on land.' Bridget would say each night. And she was right, for the 'cheery' came when they walked off the ship in the antipodes and set foot on Launceston soil. Now their dreams would become reality. The journey to a new life, and freedom, was starting. The two indentured dairy maids did not know where their new home, Rivendel, was - only that it was near Swansea on the east coast of Tasmania. All Bridget cared about was one day owning her own herd of ... cows.

Daisy Dale Farm, Lower German Town, 1907

The soft lowing of contented cows and the familiar smells of a milking shed beckoned Bridget Walters. She was visiting her eldest daughter Mary Ann and son-in-law George Mitchell at their farm Daisy Dale. Three of her grandsons were busy with the evening milking, while granddaughters separated the cream from the milk in the nearby dairy. What an impressive herd of cows the Mitchells now possessed, thanks in part to the small herd she and husband John had provided as Mary Ann's dowry. This herd was almost equal to her own.



The Mitchells now possessed, thanks in part to the small herd she and husband John had provided as Mary Ann's dowry. This herd was almost equal to her own.

She stopped as she heard the grumbling voice of nine year old James saying 'I hate cows!'

'I like cows,' his ten year old brother Sydney confessed. 'It is the milking I hate.' Bridget smiled at history repeating itself, for those sentiments were echoes from herself and her friend Elizabeth, in Queens County, Ireland.

Daisy Dale Farm, 1915

Bridget was now living at Daisy Dale with Mary Ann, George and their 14 children. At 78 she had not lost her special gift of seeing the future. It was tradition that at the close of Christmas Day, the family gathered for Grandma Walter's tea leaf reading; this night was no exception except she knew she must request Sydney and James be first on the list. On studying the leaves carefully, she was reluctant to speak what she saw but it had to be told. How they responded was their affair.

'Syd and Jimmy,' she said solemnly, 'you will never go more than one mile away from a cow turd.'

The family laughed, but sadly she had more to tell. 'If you do, disaster awaits you!' At this pronouncement, Bridget left the room and silence prevailed. 'What a strange and tragic end to this Christmas Day,' she pondered.

She knew the outcome, for Sydney and James had inherited her independent spirit. She was proud of that, for she knew these two grandsons would pursue adventure and there would be no stopping them. They would soon go off to fight the war in Europe. One would die, and forever lie in an unmarked, unknown place. The other would return, a man wounded and scarred by war and grief, but his tenacious spirit would overcome and he would milk cows at Daisy Dale and raise a family. (She sensed that one would be 'Sydney'.)

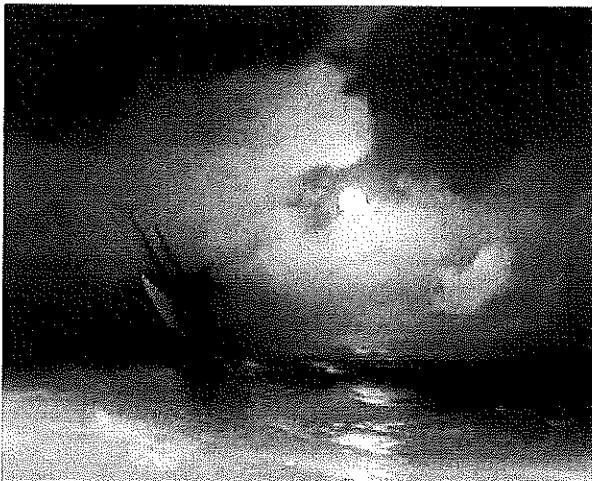
She settled down for sleep, but her mind was in a turmoil of reminiscing. She had faced dangers herself, especially on the voyage from Ireland ..

One incident would remain engraved in her memory. The captain, crew and passengers all dreaded the last stage of their ocean voyage - entering Bass Strait and passing by King Island. King Island was notorious for its dangerous, dealing submerged reefs, jagged rocky outcrops and cliffs, forceful, unpredictable ocean currents and ferocious gale-force winds. This vicinity was the graveyard of many a sunken ship, and hundreds of perished people.

The captain hoped the newly constructed lighthouse at Cape Wickham was now in operation, for this lighthouse was the tallest in the southern hemisphere. It had a powerful beacon that covered a 25 mile radius!

Bridget hoped for a calm, daylight crossing. Neither happened! The lighthouse was not commissioned until a few days later (November 1, 1861) and they approached King Island in the dark of night amidst a fearsome storm.

Hours of anguish and fear followed. Bridget trusted God for safety, so that her dream of a new life with her herd of cows could be fulfilled. As life threatening as that storm was, it was not the storm itself that left that night's events permanently etched in her memory but a simple blink-of-an-eye moment: the ship crested a mountainous wave as brilliant lightning flashed, revealing the not-too-distant lighthouse. In that instant, the spiritually aware Bridget heard the still,



small voice of God above the storm - 'I have allowed you to see that lighthouse. You will always remember that a lighthouse is a symbol of Me. For I am always present - solid and secure - ever ready to give guidance and protection. Trust Me all your days and you will experience my life-giving contentment, joy, hope, peace and love.'

And she did. On that Christmas night 1915 she gave thanks to God for a fulfilled life, for the gifts God had bestowed on her, for her family and for dreams that had come true.

As Bridget drifted into the haze of impending sleep she uttered a request to God, 'It would be so nice if sometime in the future, some of my descendants could see and touch that King Island lighthouse.'

Gray, December 2015

And God answered Bridget's request, for some of her great, great grandchildren have been to that place. In fact great, great granddaughter Esther lives and works on King Island.

In December 2012, following the same inherited Bridget tenacity, courage and hope, Esther crossed the ocean to begin her married life and nursing career on King Island - a place she had never seen.

Work commitments prevent her, my youngest daughter, and son-in-law Dennis being with us for Christmas here at Gray.

But she will probably go to Cape Wickham lighthouse to feel connectedness with her family and confirm her own beliefs. - for she too knows the reality of that message given by God to Bridget in October 1861.

It is the same message proclaimed to each and every one of us at Christmas time and for eternity - God is the giver of safety, protection, guidance, fulfilment, joy, peace, hope, love and much more if we are willing to accept.

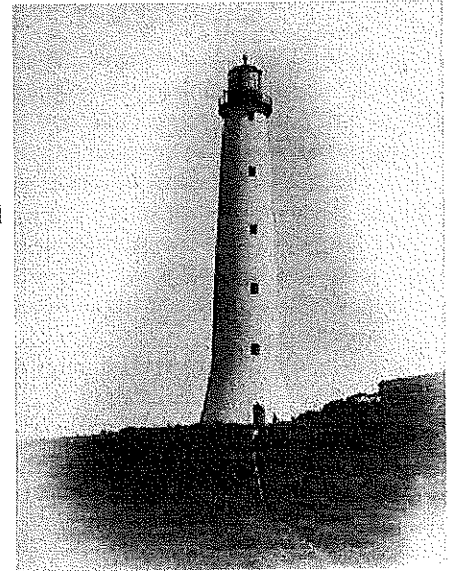
Bridget's lifetime of good works consisted largely of sharing her love and knowledge of cows, teaching her dairying skills and generously giving her supreme dairy produce to the people of her community, and they thanked God for her! She passed on her wisdom of folklore and customs also.

Like Bridget I have always regarded a lighthouse as a beautiful, reassuring 'God is ever present' symbol. As a child, living at Daisy Dale farm, Lower German Town, I would often walk to a particular spot. Here, on very clear nights I could glimpse the faint, distant beams flashing from Eddystone / Larapuna Lighthouse.

Seeing this friendly light always flooded my soul and spirit with a special closeness to God, and connectedness to great grandmother Bridget. (No doubt she would have looked upon that light when she was at the Mitchell farm.)

This Christmas may you be blessed by Jesus Christ, the Light of the world, and enjoy family unity and love just as Bridget did.

Beverley Rubenach, Gray.



Cape Wickham Lighthouse

The St Marys Child Care Centre hosted their End of Year Celebrations in the Community Hall on December 2.

The night was to showcase the children's artwork, photos of their year at our centre and to share a performance of songs the children have been learning.

The event was very well attended by families and we would like to thank them all for coming along and for sharing the evening with us. All of the children did a wonderful job of performing and we would like to thank them for all their hard work practicing each item.

Thanks also to Steve and Di from Northern Children's Network Launceston, for travelling down to share the night with us.

We would also like to thank the following local businesses for supporting us: St Marys Pharmacy, St Marys Bakery, St Marys IGA, St Marys Community Health Centre and Building Blocks.

Thanks to the following people who helped or supported us: Tanya Greenwood, John and Alison McColl, Christine Rowntree, Judy Spilsbury, Pete Cornelius, Erinn, Sara, Hamish, Ella, Fern, Vaughan, Allie, Zac and Derek.

Also a big thank you to Felicity, who worked for many hours setting up the displays and teaching the children the songs. To the other staff who helped on the night, Kaylene, Lana, Emma, Tameika, and Mandy - thank you

The night was a huge success, which was evident by all the smiles and laughter from us all.

Kaylene Paterson (Acting Centre Leader)



The Mount Elephant and Beyond Book Group Book Review

The Mount Elephant and Beyond Book Group is one of LINC Tasmania's statewide network of book groups. The group currently has ten members who come from St Marys, Bicheno, Scamander and Beaumaris. Each month we meet to talk about a title we have selected from a list provided by LINC. Books may be fiction or non-fiction, and range from thrillers to chick-lit, from travelogues to biographies and everything in between.

This month's offering was *Growing Old Outrageously: A memoir of travel, food and friendship* by Hilary Linstead and Elisabeth Davies. Linstead is a former theatrical agent and producer while Davies is a former public servant and freelance journalist. The two women were sometime school friends who had not seen each other for 35 years, when they were re-introduced by a mutual friend. Finding that they still had a lot in common, including a love of travel, they agreed to plan some trips together.

The title and the blurb promise a fun-filled book and there is fulsome praise on the cover from Wendy Harmer and Louis Nowra. Unfortunately the book does not live up to the hype.

Although the pair travels to some exotic locations, the reader doesn't get much sense of these places or feel inspired to visit them. Hilary and Liz don't seem to engage with the local people – they make no effort to communicate with them and are accompanied by a personal guide everywhere they go, insulating them from the hoi polloi. Unkind remarks are sometimes made about people they meet with on their travels – and although names are changed, I'm sure that those people would readily recognise themselves.

Attempts at humour do not come off. The travel stories are occasionally cringe-making, but generally they are neither outrageous nor particularly interesting. At most the book inspires readers to remember their own travel experiences with greater enjoyment.

Money seems to be no object and there sometimes seems to be an element of conspicuous consumption. For example, when Liz is invited to South Africa to attend a friend's wedding, she suggests that Hilary join her for a holiday. Hilary engages a travel consultant to organise a safari holiday for them – and what could be better than one safari? Two safaris? No, eight safaris!

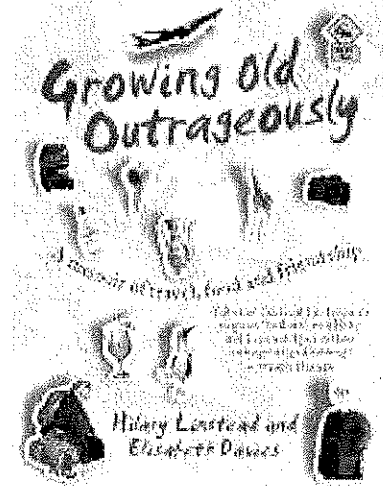
The two women are very different. Hilary likes to have everything planned while Lizzie seems to be a bit more erratic. Hilary likes to travel weighed down with luggage – much to the inconvenience of everybody, herself included – while Lizzie likes to travel light. Food is important to Hilary and the book not only includes numerous descriptions of their meals while travelling, but also a number of recipes: not surprisingly Hilary is somewhat overweight. Lizzie isn't so bothered about food but shares a love of wine.

The reader is moved to wonder why the two women keep travelling together, and it begs the question would one like either of them as a travelling companion? The answer is probably not.

The text is accompanied by a number of photographs but given that Hilary admits to taking over 15,000 photographs on her various trips, the selection of images is not a particularly good one.

Growing old outrageously is rather loosely written and not particularly engaging: a disappointing choice for Book Group.

Lindy Scripps, St Marys



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/](https://www.facebook.com/pages/Break-ODay-Woodcraft-Guild-Mens-Shed/)

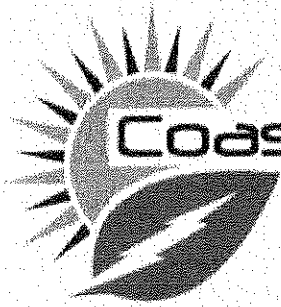
Firstly, I would like to thank Jacinta whose keen eye picked up my mistake from my previous article - crochet court should have read croquet court. I would like to take this opportunity to thank all our supporters over the year. Thanks to Scott and Aaron for the haute cuisine snags from the butchery, Mark, Leanne, Chris and Tamatha from the St Mary's IGA, Wendy Dawson

and all the volunteers from the Valley Voice, Glyn who keeps a keen eye on my numerous grammatical errors not to forget Col Mackenzie whose support has been unflagging. (We especially wish Dawn a healthy and happy Christmas and New Year). We also thank Judy and Chris Ogden, Tom Brady, Graham and Margaret Derbyshire, Wendy Fowler, Jeff Springer and Marcia. Thanks also to Mon's Café (Monica and Owen) for allowing the Sizzler King to fundraise at their café. Thanks to Liz Dean from Mt Elephant Fudge for having faith in us to do commissioned work; Grants Caltex Garage and the St Marys Newsagency, Tasmanian Community Fund; Beverley and Peter Rubenach, Tracy Macdonald who administers our facebook page, Evelyn from St Mary's Bakery, the Break O'Day Council and to our community. Finally to our President Reon Johns who has manned our BBQ to fundraise for the past eleven years, quite a feat.

The Guild will close Thursday December 17 for a well deserved break and will resume on January 4, 2016.

GUILDS HOME HINT:

Don't eat or drink too much over Christmas. We'll try not to.



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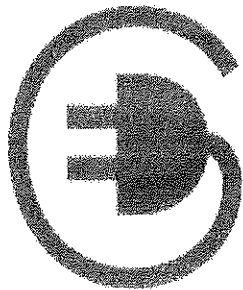
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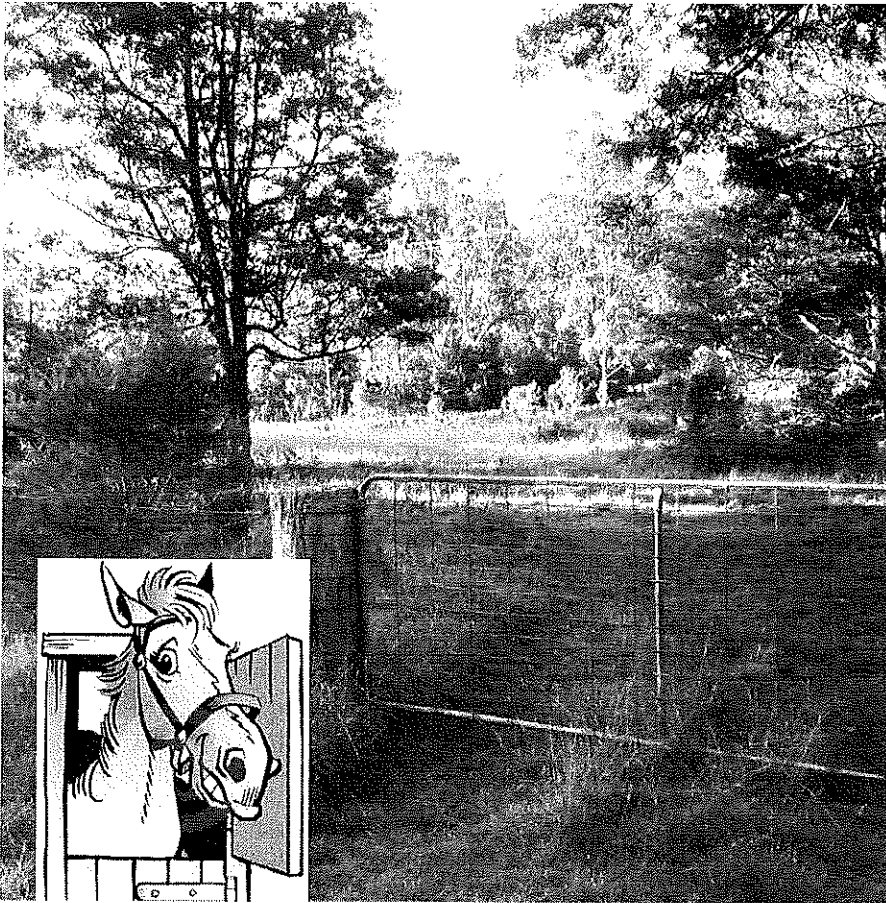


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dents of the Break O' Day
municipality.**

SUN. 3 JAN 2016

The Stables



Handmade Market

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OPEN from 10 am – 3 pm

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**THE STABLES
HANDMADE MARKET**

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thestablesmarkettas@gmail.com

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Meals on Wheels

December 17	Liz Rice
18	Drew Adam
21	Pam Bretz
22	Louise Keady
23	Lorraine Gill
24	Heather Griffiths
25	Drew Adam
28	Trish Pike
29	Valmai Spencer
30	Karl Balzer
31	Valmai Spencer
January 1 2016	Drew Adam
4	Karl Balzer
5	Louise Keady
6	Lorraine Gill
7	Heather Griffiths
8	Drew Adam
11	Ruth Aulich
12	Louise Keady
13	Valmai Spencer
14	Trish Pike
15	Drew Adam
18	Pam Bretz
19	Louise Keady
20	Karl Balzer
21	Liz Rice
22	Drew Adam
25	Pam Bretz
26	Trish Pike
27	Karl Balzer
28	Heather Griffiths
29	Drew Adam

Church Services

**Catholic Parish of
St Marys - Father Bala**
6372 2252 / 0419 314 692

Bicheno
Mass 1st, 3rd & 5th Sunday
9am
Liturgy 2nd & 4th Sunday
9am
Fingal
Mass 1st & 3rd Sunday
11.30am
5th Friday 10am
St Helens
Mass Saturday 6pm
Thursdays 10am
St Marys
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

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

**Break O'Day Anglican
Parish**
6372 1144
St Helens
9.30am 5th Sunday Com-
bined Service with Uniting
Church 9.30am
St Marys 10am
Pyengana
facebook.com/anglicanbod

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



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

Envoy Mel Norton
0409 838 816

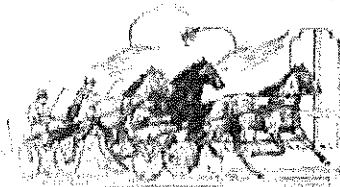


Last edition's solutions

elope, epee, help, hep, holp, holpen, hop,
hope, lept, lepton, lop, lope, neep, netop,
nope, op, ope, open, opt, pe, peel, peen,
peh, pele, pelon, pelt, pen, pent, peon,
pet, phenetol, phenol, phon, phone, phot,
pht, plot, poet, poh, pol, pole, pone, pot,
poteen, potheen, **TELEPHONE**, tepee,
top, tope, topee, toph, tophe.

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St. Marys Pacing Club

St Marys Pacing Club

Hello all.

Just a quick update on the St Marys Pacing Club New Year's Day race meeting.

This year we have decided to go back to the traditional day meeting and not a twilight event as was the case last year.

We are expecting that the first race will start around 1pm, with a scheduled seven races and a possible eighth race on the card (depending on entry numbers).

There will be the usual events taking place along with the races during the afternoon, and we kindly thank the local businesses for their continued support of our small race club:

Our Race Lady event has once again been sponsored by Cense Consulting Services at St Helens, with a \$200 first prize and Sash to the winning lady; St Marys Pharmacy again sponsors the most Sun Smart Lady, and Ana's Hair and Beauty Salon's prize of a hair care products pack - a huge thanks for their sponsorship of the Race Lady prizes.

We will also have a Junior fashion competition for girls and boys of different age groups with all entrants receiving a prize.

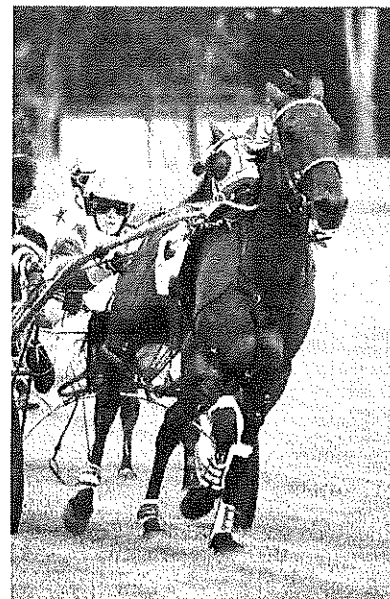
We have approached local businesses and individuals for sponsorship which has enabled the club to provide a free jumping castle and prizes towards the junior fashion competitions. We will also hold a free children's raffle with instant cameras for the first boy and girl drawn. A huge thank you to those wonderful sponsors who have given their support (a full list will be provided in the next issue).

We will have a huge raffle with a wheelbarrow full of groceries as first prize, and other prizes which are still being organised at this time (the prize list keeps growing).

Below are our loyal local race sponsors:

Gazzmans St Helens
Beachfront Bicheno
St Helens Mitre 10
Prompt Electrical Longford

Harris Funerals St Helens
Bullock Consultants Launceston
Southern Cross Television



Our race sponsors will be presenting an embroidered horse rug featuring their business names to the winning owners following their designated races. These rugs are proudly used around the state's race meetings, promoting both our club and the sponsoring businesses.

We have a new sponsor, Flying Colours, in Launceston, who have designed and kindly donated the new road side signs to the club which are now displayed throughout the north.

Without all our wonderful sponsors the day would be very difficult to conduct, so a huge thank you to them all.

The club will be setting up during the Wednesday and Thursday before New Years Day, so if anyone is available to assist it would be much appreciated by our small committee.

On the day we will be organising things from early morning and are asking for help during the day. If anyone could help in any small way it would certainly be appreciated - kindly let me know via the contact details below.

We would like to thank the Break O'Day Council and their employees for the excellent effort in cementing the stable area flooring, which will be used by the horse trainers on the day.



On January 3, the St Marys Stables Handmade Market Committee will be holding their inaugural market at the stabling area starting at 10am. Let's all get along and support the committee and stall holders, who have worked with the council to have the stable floors cemented; good luck to the Stables Handmade committee and their innovative idea of holding their market days at the stabling area.

There will be horse trials being run by Tasracing on Saturday December 19 starting at 9am with a BBQ breakfast following. If anyone would like to come along for breakfast and to watch the trials please feel welcome.

On behalf of our committee members I would like to wish you all a safe and happy Christmas, and look forward to catching up on New Years Day.

Thank you, stay safe

Craig Woods Secretary STMPC
0437 742 351 / zugylarry@gmail.com

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ST MARYS MARKET DAY

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St Marys Community Hall
9am - 1pm

Arts, Craft, Books, Leatherwork, Candles. Jewellery, Handmade, Plants, Pottery, Homegrown, Clothing, Beautiful Things, (Nice) Smelly Things and Scrumptious Things. French-style cafe open inside. Exciting ... Pop Up Arts exhibitors are an on-stage feature



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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:
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regularly.

Please be patient

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

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

**Non Attendance of
Doctor's Appointments**

Please be aware there is a
non attendance policy at this practice.

If you miss 3 appointments you
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If you miss a 4th appointment you may be
referred to another Medical Practice.

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Maternity Leave until mid April 2016

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- Please inform reception when booking

Doctors Roster

Dr C. Latt

17/12/15– 24/12/15

Dr Coppa

29/12/15– 22/1/16

Dr L. Reeckman

11/1/16

Dr Newton

22/1/16– 29/1/16

Public Holidays

25, 26 & 28 December 2015

1 January 2016

Due to only having one GP, appointments
need to be booked at least **2 weeks in
advance**. Waiting periods can apply

**St Marys Medical Practice
reminder**

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

- ◆ *Driving licence re-
newals*
- ◆ *Insurance medicals*
- ◆ *Requested medical
reports*
- ◆ *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 6387 5555
presenting after hours**

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

What's on at the Centre

December 17 **Social Worker** Shan Williams
Call 6387 5555 for appointments.

December 18 **Dr Chia- Sleep Study Session.** See your GP for details on sleep study testing.
Social Worker Shan Williams
Call 6387 5555 for appointments

December 21 **TLC Meeting** (Tasmanian Lymphoedema Centre) 5pm in the Day Room.

December 22 **Child Health Session** with Mary Mumford Tuesday fortnights, by appointment only.
Phone 0428 136 381
Rae & Partners Lawyers consult fortnightly at the SMCHC. Phone 6337 5555 for appointments.

December 23 **Cancer Council Outreach** service- Richard Austin 2pm-3pm St Marys Health Centre. Drop in Service.

December 25,26 & 28 **Public Holidays**- Please see the after hours contact numbers for during this time. Normal doctor surgery hours will resume on Tuesday 29/12/15

January 1 Hospital Auxiliary Meeting 2pm in the Family Room.

January 4 **Child Health Session** with Mary Mumford Tuesday fortnights, by appointment only.
Phone 0428 136 381.
Rae & Partners Lawyers consult fortnightly at the SMCHC. Phone 6337 5555 for appointments.

January 7 **Psychologist**- Please see your GP for a referral.

January 8 **PHT Diabetic Educator, Physiologist and Dietician.** Contact GP for referral.

January 12 **Podiatry North**- For appointments please phone 6336 5155.
Last session for 2015.
Woman of Worth 6:30-8:30pm in the Day Room of the Health Centre.
A fun, relaxed, social evening for ladies of all ages. RSVP to Christine Waters 0410 441 558.

January 13 **Social Worker** Shan Williams
Call 6387 5555 for appointments.
Consumer & Carer Advocacy Group 12 - 2pm downstairs at the SMCHC. Call Shan on 6387 5555

January 14 **Social Worker**- Shan Williams
For appointments phone 6387 5555

January 15 **Social Worker**- Shan Williams
For appointments phone 6387 5555

January 18 **TLC Meeting** (Tasmanian Lymphoedema Centre) 5pm in the Day Room.

January 19 **Child Health Session** with Mary Mumford Tuesday fortnights, by appointment only.
Phone 0428 136 381
Rae & Partners Lawyers consult fortnightly at the SMCHC. Phone 6337 5555 for appointments.

January 20 **Cancer Council Outreach** service- Richard Austin 2 -3pm St Marys Health Centre. Drop in Service.

January 21 & 22 **Social Worker** Shan Williams
Call 6387 5555 for appointments.

January 29 **Australian Hearing** for appointment phone 6332 4700

Day Centre Christmas Raffle winners

1st Doll - Karen O'Toole
2nd \$50 Carrick's IGA Voucher - Lynette Bell
3rd Wine & rack - C. Munro
Congratulations and thank you for your support.

Oral Health Services

Free Dental Care for ALL children and teens u/18

The St Marys Clinic has been extended until 29 January 2016

Phone 1300 011 013 and ask for an appointment at the Mobile Dental Clinic, St Marys.
Located at the St Marys Community Health Centre

Child Health

22/12/15, 5/1 & 19/1 Clinic
Off 25/12 - 4/1/16

Our 24hr Parenting Line is available for the cost of a local call (mobile charges apply) 1300 808 178
The Line provides support & information to all parents requiring assistance.



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 December 16 - 29</i>		<i>Butchery specials December 16 - 29</i>	
	<i>p/kg</i>		<i>p/kg</i>
Rump Steak	14.99	Ingham Boneless Apricot Chicken Roast	12.99
BBQ Steak	12.99	Ingham Chicken Breast Fillets	11.99
Leg of Lamb	10.99	Nichols 6 Legged Chicken	4.55
Lamb BBQ Chops	12.99	Rolled Pork	7.99
Ingham Fresh Turkey Leg Roast	12.99	Corned Silverside	8.99
<i>Two week specials from December 16 - 29</i>			
Philadelphia Cream Cheese 250g	2.99	Pampas Puff Pastry 1.6kg	4.99
Kraft Cheese Block 1kg	7.99	Juicy Isle Long Life Juice 2L	2.79
Bulla Choc Bars/Crunch/Splits/Frozen Yo-ghurt 8-10pk	4.55	Zooper Dooper Cosmic Flavours 24pk	4.99
Fountain Sauces 250ml	1.99	Cottees Cordial 1L	3.99
Cadbury Share Packs 160-180g	3.99	Cheezels & Chickadees Box 110g	1.69
Blue Banner Pickled Onions 525g	4.99	Bundaberg White Sugar 2kg	3.99
333's Apple Sauce 250g	1.69	Schweppes Mixers 4pk	3.49
Soph Dish washing Liquid 1L	1.99	Whiskas Vita Bites 1kg	4.99
Kleenex Toilet Tissue 8pk	4.99	Kelloggs Sultana Bran 730g	5.99
Admiral Sliced Mangoes 800g	2.55	Admiral Mandarin Segments 310g	1.55

Mark & everyone at St Marys IGA would like to thank you all for your support during 2015.
 Wishing you all a very safe and happy Festive Season with best of wishes for 2016.

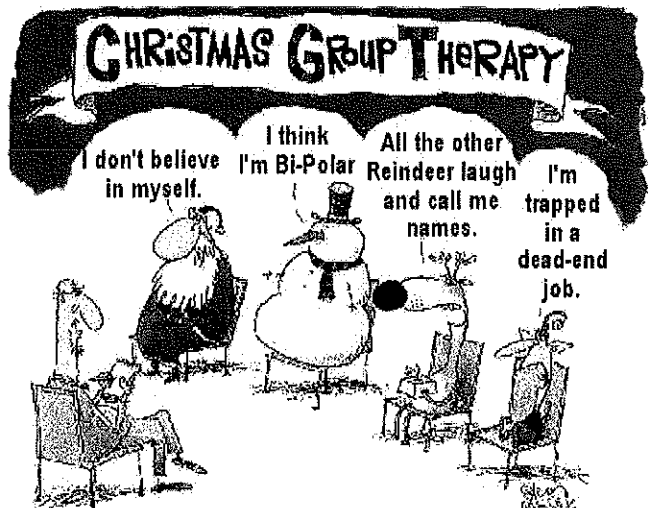


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