



THE VALLEY AND EAST COAST VOICE INC. \$1

ESTABLISHED 1968
47.20 MARCH 12th 2015
Deadline for 47.21 is 5pm March 23rd 2015



Fingal Valley Festival
pictures and results
pages 8 and 9

Weekend of Wisdom in St Marys

A Tibetan Buddhist monk and a well known Maori Elder are to share their thoughts and experiences with others, over an exciting weekend at the Vortex Healing Centre, St Marys on March 21st and 22nd.

Geshe Sonam Thargye is Spiritual Director of the Drol Kar Buddhist Centre in Anglesea, Victoria. Born in eastern Tibet, he spent years of studying Buddhist philosophy at Sera Je Monastic University in South India and graduated with the degree of Geshe Lharumpa.

He established residence in Australia in 1998 and initiated the 2002 visit to Australia by the Dalai Lama.

Kiri Dewes, Maori Elder, well-recognised poet and motivational speaker, will also share her healing abilities, cultural knowledge, wisdom and story-telling throughout the Weekend of Wisdom workshops coordinated by Sue Christiansen and Barbara Longue of the Vortex Healing Centre.

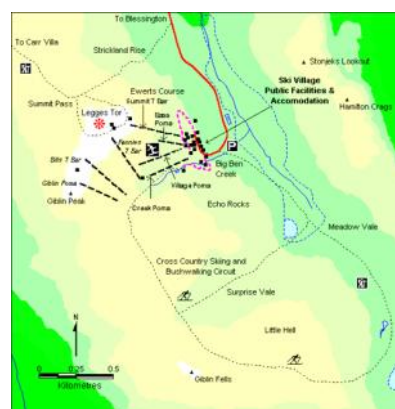
The weekend promises to inspire body, mind and spirit with the knowledge and wisdom of the elders and to provide participants with an opportunity to relax and rejuvenate, feel calm, grounded and connected to nature. For further information contact Barbara Longue 0448 516 488. Tickets at vortexhealingcentre.com

vortexhealingcentre@gmail.com
www.vortexhealingcentre.com/



East Coast RC Flyers

Manfred Weihrauch, Paul Davern, and Alan Butler install model preparation tables, more on page 15



*St Helens Walking Group's three day walk
page 7*

Tasmanian Police update page 11
Cagerattler page 14
Fabulous Fabrics page 19
A Fortunate Life pages 20 and 21
Book Review page 25
Follyfoot Friends page 27

Richmond Old Hobart Town Model Village - 20/3/15
'Weekend of Wisdom' - 20/2/15
'Swamp Juice' - 27/3/15
Break O'Day Stitchers Easter Quilt & Embroidery Exhibition 4/4/15 - 7/4/15
Woodcraft Guild's Open Day Fair - 11/4/15

Community Groups

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

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

Al Anon St Helens (Family Group) meets 2pm Sundays at St Paul's Anglican Church Hall St Helens.

Anne/John 6376 4270 / Rose 6376 3335

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

Laura 6372 5687

BINGO at the Cornwall Hall Mondays at 7pm, 2 jackpots each week. All welcome.

Break O'Day Regional Arts meet monthly on the 1st Thursday in the Supper Room at St Marys Community Hall, 5.30pm. **RAYC** Regional Arts Youth Company for school aged children is on Thursdays 3.30-5pm. Session cost \$5 or \$40 p/10 week term. All welcome.

Michelle 0407 046 865 e: bodregionalarts@gmail.com

The B.O.D. Stitchers meet each Friday 10-3pm at the Neighbourhood House Bungalow in St Helens.

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

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

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

East Coast Community Transport, Community Hall, 23 Main Street, St Marys. *Jan Saunders 6372 2137*

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

The **FVNH Op Shop** is happy to receive pre-loved clothing & goods weekdays 9-3. Donations can be collected on Mondays or items can be left at the Centre. Come along, check it out and pick up a bargain. *Deb Speers FVNH*

Greater Esk Tourism meet 7pm at Fingal Neighbourhood House on the 2nd Monday of each month, unless otherwise notified. *0412 425 666*

Meals on Wheels meeting dates for 2015

May 22nd, August 21st - AGM, November 20th

Operation Coverup meets 3rd Friday monthly from 11-2 pm making quilts & knitted/crocheted items for those in need. Please supply own tools, supplies and materials. \$5 donation towards wadding for quilts; tea and coffee provided. BYO lunch. *Gone Rustic, 37 Main Street, St Marys (03 6372 2724 or 0417 027 424)*

The **Scamander and Beaumaris Community Development Association** meets monthly on the 3rd Wednesday at 7pm in the Scamander Sports Complex.

Scamander Garden Club meets monthly on the 3rd Monday at 1.30pm in the Scamander Sports Complex. Enjoy sharing garden activities. *Val 6372 2762*

The St Helens Walking Group walk each Wednesday and 3rd Saturday monthly. New members are most welcome. *Healthy House 6376 5242 / Bryan Edhouse 6376 3439*

St Marys/Falmouth Playgroup is held 10:30-12:30 each Wednesday at the Falmouth Community Centre. Join us for only \$3 per family in a relaxed and friendly atmosphere.

Tash Speers 0419 591 905 / Amy Faulkner 0417 152 337

St Marys Hospital Auxiliary meet monthly on the 1st Monday at 2pm in the St Marys Community Health Centre.

St Marys Ladies' Midweek Tennis meet 9.30am each Wednesday. New players & beginners welcome. Child minding included - a lovely safe place to bring toddlers while you play. *Karon 6372 2382 / Dana 6372 2033*

St Marys Markets are held monthly on the 1st Saturday at the St Marys Community Hall 9-1pm. Christmas may see a second market in the month - stay tuned for updates.

Michael Smith (BODR Arts) 6372 2056 / 0407 046 865

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

The **St Marys School Association Op Shop** is open 10-4 weekdays & market Saturdays 10-12.30. We are happy to receive ALL pre-loved items excl. electrical. SMALL donations can be left at the St Marys Newsagency. Check out the Facebook page.

Janet Drummond 0404 562 320

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

Barry 6372 2575 (aulich@bigpond.com)

Jim 6372 2127 (jimhaas@bigpond.com)

www.fingalvalleyhistory.com

Stallholders' Market Inc. markets are held each Saturday from 8-12pm in the Portland Hall St Helens. *e:sthelenmarket@yahoo.com.au*

Suncoast Singers meet every Friday, 10am in the Catholic Hall Cecilia Street, St Helens. New singers welcome ... if you can talk, you can sing. *Mary-Anne Wadsworth 6376 2969*

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

Women with higher IQ's have a harder time finding a mate. Intelligent women would rather remain single than be with the wrong person.

On this day in **1930** in India The March Against Tax On Salt: Mahatma Gandhi and his followers begin a 200 mile march to the salt beds of Jalalpur to campaign against British tax on salt, beginning the fight for Indian independence from Great Britain. Gandhi was 61 years old at the time and marched over 200 miles in a peaceful march as a form of protest.

Editor: WM Dawson
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[facebook.com/ValleyEastCoastVoice](https://www.facebook.com/ValleyEastCoastVoice)
 POB 230 St Marys 7215

Advertising rates

- ◆ Business card ads \$15
- ◆ Intermediate ads \$18
- ◆ ¼ page ads \$25
- ◆ ½ page ads \$40
- ◆ Full page ads \$65

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.

For Sale

Panasonic KX-FLM651 Multi-function **Laser Phone/fax**, very little use in good condition \$80. Old style steel pipe **Hills Swing** 2 swings (single and double) + 2 rings \$25. 2 drawer wooden **student desk** 900mm x 750mm \$30. Vulcan Quasar 4 Star Elite **heater** \$15. Beale **piano** + **stool** \$600. **6372 5079 / 0419 725 077**

The St Marys Sports and Social Club has **wooden dining chairs** with dark yellow vinyl padded seats and backs for sale, \$2 each. **Jim 6372 2441**

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

Round bales, garden mulch or bedding, \$50ea, free delivery in St Marys area. **0407 944 158**



Solid sandstone garden bench/sest (replacement cost \$600+), complete with designer lichen, \$300. St Marys area. **0418 229 319**



Lp Galaxy Giovanni Series **Conga drum** 300mm \$400 ono. (similar to one pictured). The drum is used and as such has some wear marks on the polish and the hardware is showing surface tarnishing. Drum sounds great. Rawhide head is still very tight and firm. I think this drum could with a little effort be restored to new. 30" Premium North American Ash Wood, 3-ply shell. Natural rawhide head. Natural deep gloss finish with gold tone hardware. Extended Collar Comfort Curve II Rims. Premium Galaxy hardware. **0418 862 889**

As new beginners **steel string guitar** with case \$150 ono.



Electronic beginners piano, 1 speaker u/s otherwise in good condition \$50 ono. **0418 862 889**

Beautiful white & yellow **flowering waterlilies** \$25 ea. Multi-coloured **baby goldfish** combinations of red, white, copper & black, quick growers in a big pond, \$4 ea. **0418 862 889**

Panasonic automatic **bread maker**, model SD257, 2 years old, in perfect working order, used infrequently. (Replacement cost \$240.) \$60 (includes instructions & recipe booklet). Breville Avance **deep fryer**, perfect working condition \$35. **6372 2214**

Garage Sale 14th March - Large variety of household goods including a fridge, mountain bike and bits n pieces. 34 Falmouth Road Avoca (opposite Cow Shed) from 8-2pm

For Sale
Large Commercial Building at
2 Story Street St Marys
Includes adjacent land
on separate title.
\$140,000 Ph 0401 870 316

Community Notices

AMIC Annual General Meeting will be held on Tuesday 17th March at 4pm, all welcome. **Mary Knowles**

From 25 February new road rules will be introduced on Tasmanian roads to increase the safety of cyclists.



When passing or overtaking a cyclist, a driver will be able to straddle or cross a continuous centre line in order to leave a safe space between their vehicle and the cyclist, when it is safe to do so.

This means to pass a cyclist safely, a driver can cross:

- ◆ a single continuous line
- ◆ a single continuous line with a broken line on the left or right, or
- ◆ double continuous lines

It is recommended that a driver should leave at least one metre clearance between their vehicle and the cyclist on roads up to and including 60 km/h and 1.5 metres on roads above 60 km/h.

To support these changes, new yellow warning signs with the message "pass cyclists safely" will be rolled out along popular cycling routes throughout February and March.

To assist drivers and cyclists to understand the changes, we have developed a web page with a digital clip, depicting how and when to apply the rules, together with common questions and answers.

transport.tas.gov.au/centreline for more information.

The next **BODC** meeting will be held on Monday 16th of March, 2015 at 10.00am in the Council Chambers, 32-34 Georges Bay Esplanade, St Helens. Minutes from Council meetings are available on the website.

Community Notices

The St Marys Salvation Army offers heartfelt thanks to the following people for their kindness, generosity, ongoing support and 'behind the scenes' encouragement.

River and Willow
Roger Norton

Ross Quinn
St Marys Woodcraft Guild

The **Malahide Golf Club** is holding an **extraordinary AGM** at the Clubhouse, 2.30pm on Saturday March 28th. All members are welcomed to attend.

Northern Midlands R&SLA Sub Branch Avoca ANZAC Day Service 2015 11am Saturday 25th April, Cenotaph, Boucher Park Venison/lamb spit roast lunch to follow.

Wanted

House cleaning work, experienced lady, references supplied. Call *Tiffany* on 6372 2584

Letters to the Editor

Dear Editor

It has been brought to my attention that Greater Esk Tourism (GET) will be paying for the insurance for the Cranks and Tinkerers Museum. I am also a sole trader, all monies I make go back into refurbishing the collection and paying for costs.

I will be writing to the GET committee to request fair and equitable treatment and that they cover my insurance costs also.

Kim Watkins, St Marys

Dear Editor

Re: Break O'Day Indoor Multi-Purpose Stadium

In the Valley Voice Feb 26, Break O'day Council media release informs us of a new Multi -Purpose Stadium to be built at St Helens at an 'estimated' cost of \$1.55m for the first stage, with two further stages occurring in the near future (no mention of costs for these). The article states that there was "extensive community consultation" - with whom and when?

Would it not have been wiser to consider locating such a facility at St Marys to benefit the broader community and increase opportunities in the Fingal Valley, rather than seemingly having all the golden eggs in the one basket? I would like to know how this facility in its planned location is to benefit all of the BOD community?

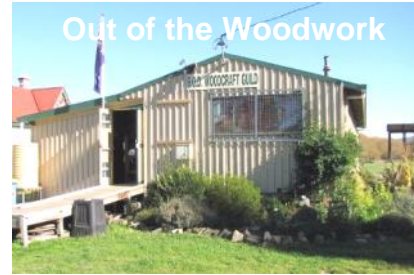
Given our ageing population and a destination for retirees, surely some consideration for health and well being facilities for the older population should have been considered.

Where will the money come from to complete this monument?

I was on the original St Marys streetscape committee more than 20 years ago, and we are still waiting after having the funding hijacked once before. I am sceptical that we will ever see the much needed improvements in the Fingal Valley.

Interestingly when you read the Council minutes regarding this stadium, it is listed as one Councillor voting against, when in fact three did not vote for it??

Ross Quinn, St Marys



Well, whoever said having a tenacious nature doesn't pay off? The Woodcraft Guild has finally been successful with the Tasmanian Community Fund Grant, albeit we have been trying since 2011. After completing many workshops on how to write successful grants, combined with much brainstorming and help from clever word-smiths, the long awaited letter of success finally arrived!! The shed extension was approved as a worthwhile cause and all Council requirements such as plans are in the pipeline.

The shed extension cater to members old and new, who may be interested in metal work such as welding or car restoration. However, it will be made clear from our policies that such work will not infringe on any persons or businesses dependant on this for their livelihood.

Members have been busy putting the final touches to our Open Day Fair on the April 11th, starting at 10am. Come and meet the Colonial Strollers who will make their presence known visually by their beautiful period dress. Come and join them in whatever fancy dress you can conjure up! Finally please support us by buying one of our raffle tickets (all monies are returned back to our club).

Guilds Home Hint:

Chopsticks are inexpensive to buy and make great supports for your indoor plants. They look more attractive then pieces of stick and some are quite colourful.

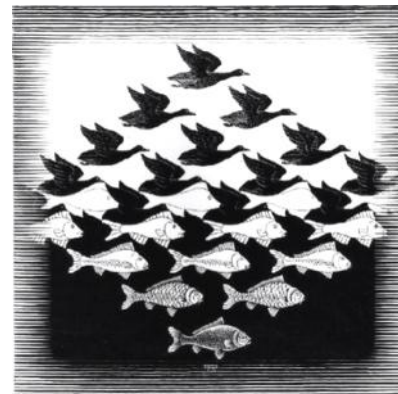
Wendy Brennan, Secretary 6372 2094

www.breakodaywoodcraftguild.weebly.co

www.facebook.com/pages/Break-ODay-Woodcraft-Guild-Mens-Shed/654672894597969

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

In the next issue the Valley Voice will be printing an open letter from Peter and Beverley Rubenach regarding the use of medicinal cannabis. Editor.



LYONS WELCOMES IRRIGATION FUNDING February 19, 2015

FEDERAL Lyons MP Eric Hutchinson has welcomed Prime Minister Tony Abbott's announcement of a major government investment in Tasmania's tranche two irrigation schemes.

Mr Hutchinson said that the \$60m announcement this morning was wonderful news for the electorate of Lyons where three of the five schemes proposed for tranche two are located.

"This will provide jobs, both full-time and indirect, across rural Tasmania where they are so desperately needed' Mr Hutchinson said. 'It is also great news for farmers in both the North and South of the state who are looking for the magic ingredient – water – to expand and diversify."

The proposed schemes in Lyons in the tranche two roll-out will be on the North Esk, at Evandale where Mr Abbott made today's announcement, the Southern Highlands scheme in the South and the Swan Valley scheme, near Swansea, on the East Coast.

"This is in line with everything this government said that it would do in terms of investing in Tasmania's infrastructure whether it's the Midland Highway or the Hobart Airport – everything is now underway" he said. "It is about allowing private business to do what it does best, to thrive and generate jobs to boost the local economy; it is about capitalising on our natural strengths in Tasmania - that is water and agriculture" Mr Hutchinson said.



L>R Bass MHR Andrew Nikolic, Tasmanian Premier Will Hodgman, Lyons MHR Eric Hutchinson, Prime Minister Tony Abbott and Braddon MHR Brett Whiteley



L>R North-West producer Mike Buckby, Tasmanian Primary Industries and Water Minister Jeremy Rockliff, Southern Tasmanian farmer Richard Hallett, Prime Minister Tony Abbott, Lyons MHR Eric Hutchinson.



L>R Lyons MHR Eric Hutchinson, Central Highlands Mayor Deirdre Flint, Southern Tasmanian farmer Richard Hallett and Federal Employment Minister Eric Abetz

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Eric HUTCHINSON MP

Federal Member for LYONS

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f/eric.hutchinson.9212 @hutchinson_eric

www.eric-hutchinson.com.au

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

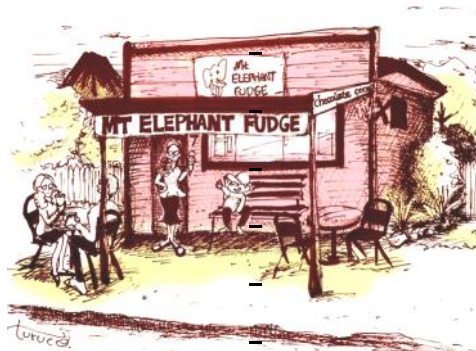




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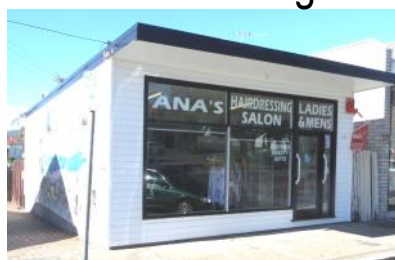
of 113 Cimitiere Street Launceston

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

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Healthy House Walking Group

Ben Lomond

For those unable to come to Ben Lomond, you missed out on a fantastic two nights and three days. We all managed to get in two good walks and in some cases three; the weather was cool in the early morning but very pleasant during our walks, with crystal clear blue skies above us. The comfort and companionship at the Lodge was also enjoyable, with interesting tales being told (some tall; others, avowed to be true). Many thanks to our hosts/guides for making this happen. The walks included Old Bills Monument and circuit, Surprise Vale and Little Hell, Legges Tor loop and Carr Villa. The consensus of those attending was for Ben Lomond to be an annual event, starting off our walking year.

Wednesday Walks

On the 11th February the group walked to Halls Falls, off the Blue Tier road. Although quite a warm day, the temperature underneath the lush forest canopy was refreshing. On the following Wednesday, the walk was a circuit around the Parnella Conservation Area - a less forested coastal dune environment, and although we encountered a light drizzle, all participants enjoyed the brisk and invigorating light exercise.

For the safety of all participants, the St Helens Walking Group has access to an EPIRB provided by Healthy House. An *Emergency Position Indicating Radio Beacon [EPIRB]* is used to alert search and rescue services in the event of an emergency. It does this by transmitting a coded message on the 406 MHz distress frequency (via satellite and earth stations) to the nearest rescue co-ordination centre. Some EPIRBs also have built-in GPS which enable the rescue services to accurately locate you to +/- 50 metres. The EPIRB is carried by the leader on the longer and more strenuous Saturday walks.

Our walkers come from Fingal, St Marys, Seymour, Beaumaris, Scamander, Binalong Bay and of course, St Helens. New members are most welcome. Please call **Healthy House** on **6376 2971** or **Bryan Edhouse** on **0414 987 435**

Article and photos by Wayne Fulford, St Helens



Fredric Baur invented the Pringles can. When he passed away in 2008, his ashes were buried in one.



Roads To Recovery funding flows in Lyons March 4, 2015

Councils in Tasmania's electorate of Lyons will today receive their latest share of the Federal Government's \$2.2b Roads to Recovery funding to help with road construction and maintenance. Federal Lyons MP Eric Hutchinson said that the Government was paying \$117m to 297 local government authorities nation-wide including \$2.3m in Lyons.

"Quarterly payments through the Roads to Recovery Program allow councils across Australia to direct local road funding to where it is needed most" Mr Hutchinson said. "The Roads to recovery payments made today are in addition to the \$575m our local governments shared last month through the Federal Government Financial Assistance Grants program."

"Fourteen councils in Lyons received more than \$7.7m for service delivery from the latest round of the Financial Assistance Grant Program announced late last month. Councils are free to spend Financial Assistance money according to local priorities including infrastructure, health, education, recreation, employment and roads projects."

Councils in Lyons to receive top-up Roads to Recovery payments announced today include:

Break O'Day \$441,016; Brighton Council \$159,387, Central Highlands Council \$397,466, Glamorgan Spring Bay \$2,363, Latrobe Council \$221,967, Meander Valley Council \$150,355, Northern Midlands Council \$753,617, Southern Midlands Council \$16,000 and West Tamar Council \$114, 508.

More information on these programs and others like Bridges Renewal and Black Spot is available at www.infrastructure.gov.au

The Fingal Valley Neighbourhood House Inc Op Shop

is run by volunteers from the Fingal Valley.

If you would like to volunteer call into the Office or phone 6374 2344

The Op Shop is open Monday - Friday, 9am to 4pm

Buy individual items or bags of clothing for \$5 per bag

Any donations of clothing or items would be greatly appreciated.

(No electrical items please)



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

Fingal Valley Festival 2015 results

Singles Coal Shovelling

1st - Eugene McKinnon (NSW)

2nd - Malcolm Woods (TAS)

Doubles Coal Shovelling

1st - Malcolm Woods & Ian Austin

2nd - Eugene McKinnon & Dion Heys

Roof Bolting

1st - Ricky Gale & Brett Phillips

2nd - Ryan Street & Corey Bosworth

More results to come...

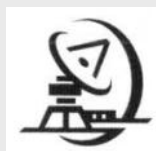




All photos by Editor.

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admin@healthyhouse.org.au



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- Men's health
issues
- Counselling
- Building Blocks
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yrs.)
- Get Active
Program
- St Marys
Walking Group
- FriendSHIP
Program

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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.



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St Marys Police update

Current Situation

Learner and P1 provisional drivers and riders are currently restricted to driving at a maximum of 80km/h in higher speed zones.

What is Changing?

From March 2nd 2015, the current maximum speed limit of 80km/h for L2 and P1 car drivers, heavy vehicle learners, and non-novice car learners, will change. The new maximum speed limits for these licence holders will be:

- ◆ maximum 90km/h in 90km/h zones
- ◆ maximum 90km/h in 100km/h zones
- ◆ maximum 100km/h in 110km/h zones

Exceptions

- ◆ L1 learner licence holders will continue to be restricted to a maximum speed of 80km/hr
- ◆ Motorcycle learner and P1 motorcycle licence holders will also continue to be restricted to ride at a maximum of 80km/h
- ◆ No impact on P2 Licence Holders
- ◆ P2 licence holders are not affected by these changes

OVERTAKING CYCLISTS

From February 25th 2015, new road rules will be introduced on Tasmanian roads to increase the safety of cyclists. When passing or overtaking a cyclist, a driver will be able to straddle or cross a continuous centre line in order to leave a safe space between their vehicle and the cyclist, when it is safe to do so.

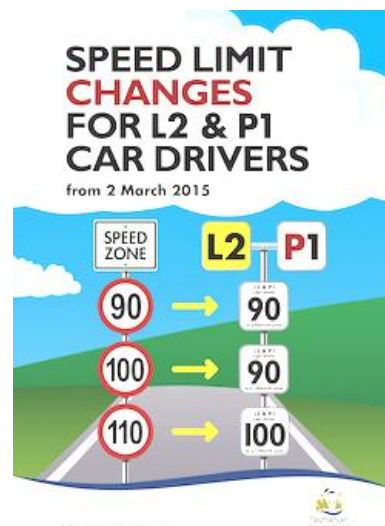
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- ◆ a single continuous line with a broken line on the left or right
- ◆ double continuous lines

It is recommended that a driver should leave at least one metre clearance between their vehicle and the cyclist on roads up to and including 60 km/h, and 1.5 metres on roads above 60 km/h.

To assist drivers and cyclists to understand the changes, a web page has been developed with a digital clip, depicting how and when to apply the rules, together with common questions and answers.

For more information visit transport.tas.gov.au/centrelines



Earth Angel News

My successful retail ventures behind The Purple Possum have given me the confidence to take Earth Angel Skincare further. When the trial period of three weeks in the bric-a-brac shop ended, I decided to spread Earth Angel's wings wider and sell the products online as well as in other stores. So a huge thank you to all the support I have had from customers both local and interstate. Everyone has been so complimentary about the products and the fantastic sales prove that people are moving towards more natural skincare. A special thank you to Elaine for giving me such a wonderful opportunity to have my first Earth Angel shop, to Gary, Pawan and Rachel who helped me move in, to Heather who helped me move out and to Peter for his bric-a-brac that lent the store an eclectic feel. A big thanks also to Tamara and Astrid who always had friendly smiles. And finally to my son Conrad who arrived like a gift to lend a hand in so many areas.

For all those wishing to purchase Earth Angel skincare the range is now available from Ana's Hairdressing Salon as well as from Mount Elephant Fudge with future stores to follow.

Jessica

Earth Angel Skincare

0417 055 555



**100% NATURAL HANDMADE
SKINCARE**

**New locations;
Ana's Hairdressing &
Mount Elephant Fudge**

The average four
year old child
asks four hundred
questions a day.



Weekend of Wisdom

20th March-22nd March 2015
at the Vortex Healing Centre



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Geshe Sonam for a
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Presenting Maori
Elder and Creator
of the Australian
Grandmothers:

Kiri Dewes

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Are you wanting to see something special?
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Proudly being brought to you by Break O'Day Regional Arts in conjunction with Ten Days Arts Festival and Regional Arts Victoria. Supported by BOD Council, Australian Arts Council and Australian Government - a world travelled shadow puppet comedy.

"Swamp Juice" - the story of one man's romp through a swamp.

7pm Friday March 27th 2015 at Portland Hall St Helens

Ticket Prices

\$10 kids	\$20 Concession
\$25 adults	\$55 Family 4

Ticket Bookings

bodregionalarts@gmail.com / 0407 046 865 / www.tendays.org.au

TASSIEVORE EAT LOCAL CHALLENGE

Tasmania is such an amazing place for eaters and growers alike. The Tassievore Eat Local Challenge is all about encouraging Tasmanians to enjoy local produce, support local businesses and grow some of our own fruit and vegetables. Fresh, seasonal produce is tasty and great for your health. Buying local helps all Tasmanians by supporting local growers, producers and businesses. Being a Tassievore is also good for the planet as you are reducing the distance food has to travel from farm to plate.

slt.org.au/about/programs/162-tassievore-eat-local-challenge

Extraordinary "Weekend of Wisdom" meditation retreat at St Marys

Sue Christiansen (TassieSue, Naturopath) announced on February 28th 2015 the amazing weekend retreat and personal growth program "Weekend of Wisdom" – 3 days of learning from thousands of years of experience, during the March Equinox 20th - 22nd of March 2015.

"This Weekend of Wisdom is a three day program for meditators and anyone interested in spirituality and peace of mind, and will feature a Tibetan monk and four of the original 13 Grandmothers of Australia" said Sue Christiansen, creator of the retreat program.

Featured speakers will be Geshe Sonam (Tibetan Monk), Kiri Dewes, Junitta Vallak and Barbara Longue.

"There is a huge demand for people seeking inner peace and tranquility, and the knowledge and wisdom of the Elders drives a critical need for this groundbreaking retreat and its anticipated outstanding results."

Sue, a Certified Naturopath and Remedial Massage Therapist, is a pioneer in the creation and delivery of innovative and powerful programs for maximum health. She has written "Lymphoedema With Ease and Grace", and has helped hundreds of people heal mentally, physically, emotionally and spiritually with her empathic style.

To find out more please visit: <http://www.vortexhealingcentre.com> and <http://www.tassiemindbody.com/VHC>

Contact: Barbara Longue, Media Relations vortexhealingcentre@gmail.com / 0448 516 488

Officials in Portland, Oregon drained 8 million gallons of water from a reservoir in 2011 after a buzzed 21-year-old urinated in it.



Three men from Yemen tried to sue NASA for invading Mars, claiming they had inherited it from their ancestors 3,000 years ago.

The Say, by Cagerattler



If I had my way I'd ban Australians from travelling to Indonesia and cut off ties with that country. Indonesia scares me. We know the Bali Nine did some stupid things as young people but how often does that happen with young people? All the time I suggest. Drugs are bad but people change. Even the hardest drug addicts can be rehabilitated. It happens all the time. Why is it so difficult for these Indonesians to understand that? It is well documented that both the Australians awaiting execution at present, Sukumaran and Chan, have done a power of good in recent years doing in prison what prisons are supposed to be all about. This is, of course, rehabilitation. Surely this simple fact deserves some form of clemency from the Indonesian authorities and would serve as a beacon, much much more than putting them to death. There has to be more to it. There has to be a more involved agenda there. Or is it something as basic as the King Kong chest thumping to the rest of the world? I wonder if an Arab Sheik's son was in a similar situation and a few million bucks passed hands to officials and judges whether they'd be so precious about their laws. If that was to ever happen and the Indonesians still committed that rich person to death then that may be different, but I'd suspect we'd never know because it would never be made public most likely ... Australia has to send a message here, especially given the fact that these two boys are working hard on rehabilitating others convicted of drug crimes to get off the stuff. I liked that bi-partisan agreement by the Government and Opposition, and the idea that showing some mercy or clemency on the sentences would truly send a far stronger message that there is hope for those convicted of drug crime.

If this draconian sentence goes ahead, there must be repercussions from Australia and Australians, and maybe the many millions of dollars of trade and aid needs to be reconsidered in the future. The Prime Minister probably could have put it better, but the point made was fair - Australia showed huge mercy and spent a lot of money helping out after the Boxing Day tsunami..so in good faith by commuting the death penalty to a life sentence with some hope of eventual release if many more years of rehabilitating other drug addicts is not unreasonable.

The other thing that galls me about all this is that the Indonesian Government brazenly champions the release or commutation of sentences of their citizens in other countries and yet carry on with this stuff...and also how disgraceful was the 'selfie' style pictures of the Indonesian police chief the other day as the prisoners were being moved - just totally abhorrent and in really bad taste as was the overpowering "show of strength" of the mass of police and soldiers as these two peaceful prisoners were being transported. I hate how Indonesia does their stuff and if someone gave me a million dollars to go there I'd flatly refuse. As a matter of fact if Australians in general stopped supporting places like Bali and Kuta etc. I wonder how long they'd last ... not too long perhaps.

What do you think?

Rod McGiveron, St Marys



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East Coast RC Flyers News - March 2015

The East Coast RC Flyers will hold a BBQ over the Easter weekend for all their members, family, and associates. The particular day depends on the weather and will be set as early as possible.

The summer was crazy, with forecasts changing almost daily. This has made it difficult to announce Flying Days, Club Days, and other events. The club apologises to everyone who turned up at the flying field, but found it empty. The members hope that the autumn will bring more stable weather for flying. Please check the club's website at eastcoastrcflyers.org.au for the next Flying Day.

It wasn't just the weather that put a damper on club activities. The decline of the Australian Dollar and the higher parcel delivery fees have increased the costs of the hobby by between 30% to 40%. One can argue, that the global economy prevented the order of someone's dream model aeroplane.

All is not lost, though. Tasmanians are known for their resourcefulness and so are the club members. A solution is to build your own. Rare today, but in the Seventies and Eighties it was common to build models with balsa and plywood, either with pre-cut parts or by following a building plan.

Today, while wood is still a good choice, other light-weight material is available for model building. Some club members followed the trend and used foam core board, commonly used for picture mounting, to build some good-looking aeroplanes. In other words, if your budget is limited, there are several alternatives to enjoy the hobby, despite the increased cost.

At the flying field, the members were busy erecting permanent tables and stands where they can prepare their models for flying. Others were painting, cleaning, mowing and whatever makes the clubhouse and flying field comfortable and safe.

Manfred Weihrauch

All images are courtesy of Angelika Weihrauch, permission obtained from all persons pictured.



Nick Amse prepares his foam board plane



Proof that foam board can fly



Mike MacDonald is ready to fly a balsa kit biplane

In May 2011, two Muslim men in traditional Muslim attire were removed from a commercial plane in America after other passengers said they felt uncomfortable. The men were on their way to a conference on prejudice against Muslims.



On the road between Mathinna and Fingal with Glyn Johnson

Zsa Zsa Gabor...
I've been married to a communist and a fascist, and neither would take out the garbage.



Community Dinner
Holy Trinity Anglican Church Hall St Marys
Saturday 21st March 2015, 5.30pm for 6pm



Please bring a salad or dessert to share

Main meal will be provided

RSVP - Christine 0410 441 558

facebook.comevents/1540987972849016/

Prizes for the GREENEST person and the GREENEST food – put your thinking caps on!!



The original
Chicken-Man?
(vintage Halloween
costume)



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

Weddings

Dedication of children

Funerals

Please contact Envoy Mel Norton
on 0409 838 816



Orphic Art2Wear

With a background in owner operator business since the age of 19, Shenn from Orphic Art2Wear knew a three-month, pop-up shop test run was a total blessing.

After a very successful month's Exhibition at Gone Rustic Gallery and Studio, Orphic Art2Wear opened on December 3rd 2014, bringing with it the unexpected life experiences with the death of Shenn's dad seven days later.

Gathering all their strength Shenn and Andi decided together to dedicate the next three months to Shenn's Dad, Robert Edward Humphris, from Newcastle, and opened the doors again on Christmas Eve 2014 to enjoy the St Marys festive street parade.

With blessings and the support of the local community, Orphic Art2Wear's sister label Funkydooda was a success for the Christmas period with interest compounding over the New Year. Holiday-makers, stopping in St Marys for the first time in years, said "How lovely it is to stop for a couple of hours and wander around the town, checking out all the shops and having a bite to eat in the cafes".

The combinations of Andi and Shenn's gorgeous one-off Orphic Art2Wear Knitwear and re-purposed pieces were a success with both Tasmanians and mainlanders.

Purchasers came from Hobart, Launceston, Perth, Sydney, Melbourne and as far afield as the UK.; many of these clients look forward to their next visit, hoping to take another piece home with them for the autumn/winter seasons.

Opening with only 40% of September's stock, it was all systems go in the working studio inside the Gallery. Visitors enjoyed seeing the production of handmade delights from Andi's totally green-friendly loom, bringing back many childhood stories to share with our own.

Slowly over a couple of weeks Andi's 'tween season range was produced and sold, alongside Shenn's re-purposed Antique Silk Saree treasures and totally original tweed base long coats which went to the mainland.

Andi and Shenn are currently focused on producing their Autumn/Winter releases for the 'Gratitude Exhibition' on Easter Sunday April 5th, 2 - 6pm. Open to the general public, this will be a catered event to say thank you for your patronage.

Andi and Shenn look forward to greeting all their past, present and future clients at their Gratitude Exhibition, where everyone will get the chance to see the Autumn/Winter series before it is released on Easter Monday...

"It has truly been a focused 3 months" says Shenn from Orphic. "We had a vision of what we wanted..and we have not let it go. When I think of when we arrived in January 2011 with a couple of suitcases and a dream, we look back now and are so happy we have never lost focus. We feel so blessed and grateful to have found this area to come into full bloom, and share some of our strengths and skills with everyone.

"It is truly our pleasure to serve you, our local and further afield clients - totally our pleasure. We strive to show you that, in our work and in our lovely happy working environment."

Thanks,

Andi and Sherryn, St Marys

OUR LOVE*OUR PASSION*OUR GRATITUDE



GRATITUDE EXHIBITION

Orphic

Art2Wear

On Easter Sunday afternoon at 2.00pm till late

IN

ESCAPE GALLERY

Handmade Original

By : Andi & Sherryn

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e-mail : OrphicArt2Wear@yahoo.com.au

facebook.com/Orphic Art2Wear/

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'Fabulous Fabric' at the Suncoast Gallery, St Helens

We have some outstanding items such as Donna Oakford's glamorous wearable creation. With so many artistic people there are numerous pieces to cast your eyes over and relish the experience. Barbara Mellor does not disappoint but I'm not giving you a preview here; you'll see it when you walk in. I can tell you her 'Ten Fingers Two Hands' was a finalist in 'Ten' challenge 2014 and well worth seeing.

Marion Leggate has a pretty collection of cushions (in a suitcase) and a necklace made of silk and another cushion maker, Maureen Fisher, also has spicy mat sets. You may have met Sue Courtis, a bundle of energy and sunshine. Sue has mixed her love of photography with 'Of the Coast' themes, and has photos on canvas and bags ready to fly out the door with seagulls on the wing.

There is a magical wall hanging of ships and pelicans by Janette Saunders and the child in you will love it.

Peggy Bogar, St Helens



Bowhead Whales Recorded Singing Unique New Songs by Justine Alford

Bowhead whales are truly magnificent animals. Reaching a staggering 20 m in length, they are second only in size to the iconic blue whale. Their heads, which make up around one-third of their total body length, act as sledgehammers to smash through ice up to an impressive 20 cm in thickness, although some Eskimos claim to have seen them crash through 60 cm of ice.

Discoveries of ancient harpoons embedded in their flesh suggest that these mighty animals could live to be close to 200, making them the longest lived mammal known. But perhaps their most intriguing feature is their remarkable singing ability. These animals are known to have the most impressive song repertoire of all whales, and scientists have just managed to record 12 unique songs sung during their annual migration.

Bowhead whales are tricky animals to study. They are only found in the seasonally ice-covered Northern Hemisphere, in cold Arctic waters, meaning it's impossible to track them visually throughout the year. A much more effective strategy is to eavesdrop on them by installing underwater microphones, or hydrophones, in the ocean for extended periods of time, allowing researchers to listen in to their chatter and monitor populations. This simple technique was employed by the authors of the latest study, who chose to focus on one particular population of bowhead whales during their annual spring migration along the coast of Alaska. These animals belong to the Bering-Chukchi-Beaufort population, one of four populations currently recognized based on their geographic distribution. This population, alongside the Eastern Canada-West Greenland population, is slowly beginning to increase after being dramatically reduced by commercial whaling in the 1600s to 1800s. iflscience.com/plants-and-animals/12-new-unique-bowhead-whale-songs-recorded-scientists



Some 'National Historical Machinery Club National Rally 2015' pics by Glyn Johnson



A fortunate life

Memories of an interesting time, courtesy of the British Army, when life was slower and seemed to have more meaning - manners mattered. Getting up to give an older person a seat on a train or bus (no such luck these days, even with me and my walking stick), opening doors for ladies and one that Mum made sure I did, walking on the outside of the footpath when walking with her, presumably so the male got run over first. No need for passwords or pin numbers and you could understand almost everyone, try listening to teenagers these days...

I was born in the Military Families Hospital in Woolwich on the 12th July 1950 and we lived at 2 Observatory Cottages, now long gone. The only memory of there, was that my Mum told me a lightning strike had come in through the open kitchen window and burnt a hole in the top of the cooker. My father was from Swansea...that's how I copped Glyn David for my names, about as Welsh as you can get, I'm told. Mum was a Bolton lass and because her sisters lived up north I was christened in the ruins of Coventry Cathedral. My brother Graham was born on the 2nd September 1954 and not long after that event Dad was posted to SHAPE (Supreme Headquarters Allied Powers Europe)...what a mouthful, in Paris. I remember we lived in a flat in the middle of Paris near a large market, the people were very friendly and my baby brother was doted on by the women of the building, Mum said we were known as 'Les Anglais'.

Memories from there include the overwhelming smell of garlic in the Metro, metal shutters on the windows and sailing toy boats on the ponds in the Tuileries gardens. Dad was the proud owner of an Austin A35, I still remember the number plate, 4301SF (SF standing for SHAPE Forces) I saw one around a while ago and thought how tiny the A35 was and how we managed to fit in, it seemed large at the time. In 1959 Dad was posted to Plymouth and the only memory from then was that he came home one day and asked if we wanted to go to Adelaide, Australia; he was to work at WRE (Weapons Research Establishment) in Elizabeth.

Soon we were winging our way down under, with our boxes on the RMS Orcades to follow. The flight as far as Singapore was in an RAF Britannia via Aden and Gan, in the middle of the Indian Ocean. I remember the seats all facing backwards as it was deemed safer in an emergency but commercial airlines wouldn't do it, for obvious reasons. Being the only kids on the flight the crew made a great fuss of us...a great buzz being allowed on the flight deck. We had a few days in Singapore, Mum was terrified of the tiny lizards that found their way into the room and Dad was amazed you could leave your shoes outside the room at night and in the morning they'd be there sparkling clean. We boarded a commercial Qantas V-Jet Boeing 707 for the flight to Sydney. Gerry and The Pacemakers (now there's a rock band name from the past) were on the flight and we got autographed menus from them. Mum felt like a Queen in the 707, waited on hand and foot.

One everlasting memory of that flight was some severe turbulence and my brother and I wearing the kangaroo tail soup on our legs...weren't short pants fun?

Sydney airport, as far as I can recall, was a collection of large Nissan huts. Here we boarded a TAA (Trans Australia Airlines now defunct airline) flight to Adelaide, as at that time Adelaide couldn't handle large jets such as a Boeing 707. Adelaide was similar to Sydney but with smaller Nissan huts. Our home for the next few years was to be 44 Sampson Rd.



Elizabeth Grove, a not so salubrious suburb north of the city (the house is still there, for anyone who has Google earth). Dad loved the place, as he had a large back yard with fruit trees and he was happy growing vegies. He bought a fastback Oldsmobile...yank tanks were all the rage then. Mum hated the frequent dust storms when her immaculate house inside was coated in a fine layer of reddish dust. We had a rain water tank and she insisted washing our hair with the water as it made it so soft. We thoroughly enjoyed Adelaide with trips up into the surrounding hills, and even more frequent trips to the beach at Glenelg ... perfect for kids as there's no

surf, Adelaide being in a gulf. There was also a 'drive in' movie theatre not far away on the main road.

Another strong memory from this time was Elizabeth High School, a bottle of milk in the morning and if you wanted lunch you wrote your name and what you wanted on a brown paper bag, put in the money and at lunchtime it was back, with change if required. I think it was late 1963 when Dad informed us we were heading back to Paris. This time we lived in a suburb called Le Vesinet for a short time until quarters were ready. It was a small flat over the garage of a beautiful home and I remember the owner/landlady being very friendly and bringing over lots of goodies. From there it was to married quarters in Saint Germain en Laye, a long white snaking block of flats. They're also still there. For those with Google earth, if you enter in the search path Lycée International de Saint Germain, (the old SHAPE school) it will take you straight there. Just to the left of the school you'll see the start of the flats. I'll always remember being sent out to buy the local baguettes, buying one more than needed as my brother and I always ate one on the way home...yumy. Lemon yoghurt, red cabbage from the charcuterie, boucheries chevalines (horse meat butchers) and weekend drives out to Versailles Palace to picnic in the wonderful gardens. There being no secondary school for us in Paris, it was boarding school in the UK or Windsor Boys School (Hamm, Germany) so this began my time there. These recollections won't be in any particular order but rather as they come to a frequently unreliable memory.

In 1966 the good General De Gaulle tossed SHAPE out of Paris so Mum and Dad went to the new SHAPE at Mons in Belgium. Mum getting things ready the first time I was packed off - did I have the right clothes etc, putting E148 on just



Mum and Dad on the balcony of the Saint Germain en Laye flat

about everything in sight. The TEE (Trans Europe Express) which I caught from Paris to Cologne (or was it Dortmund?) before getting a local train to Hamm. Pestering the guard for a stamp on your passport. The seats folding flat so we could have a great sleep. WBS...looked like a prison to a young person, or possibly to everyone else as well (did the locals wonder what we'd done wrong?). Matron, a somewhat stern, cuddly looking substitute Mum. Being chased out of the showers by the prefects at bed time...chasing the youngsters out of the showers when I was a prefect. Short sheeted beds. The hospital corners routine and the stripped bed after lunch when you came back to the dorm, if you hadn't done it correctly. I must say since those days I'm a hospital corner fanatic and am often ribbed about how perfectly the bed has to be made, still not sure if Matron isn't going to find me and strip it. Dropping water filled condoms out of the dorm window...well, what else were they for? Wine tasting in the day room, a strange one that, although I do still remember that Spaetlese means 'late picked'. Not going home at half term, too far. Mum and Dad coming up for visiting days once a term, always the same ritual, a schnitzel at a Hamm restaurant and a glass or two of Apfelsaft, then they were gone. Learning to write properly with a proper pen, I hate biros. Having to learn our 10 words for spelling every week. Going in to the chemistry room after another class and playing with the mercury globules, rolling them into bigger ones...that would certainly not be allowed these days. Porridge, porridge and more porridge. Sago, what we used to call frogs eggs...a forgotten dessert today and one I still enjoy regularly. Bromide in the tea to stop us young lads getting too excited. Compulsory homework...a great idea. Playing hockey. Mucking around with a very old Volkswagen...I think we did get it going and drive it. The best music lessons ever, the teacher just used to play LP's and let us absorb the music...that started my love of classical music and it can only have come from there. Mum loved Mantovani, Dad did too, he was told to and they both loved Herb Alpert and James Last. I often think that's the only real lasting thing I appreciated from WBS, but then again, when there's a quiz show on the box and it's geography and I know all the answers ... WBS again, when so called news readers of today mangle the language, I know the way it should be read. How? Second nature, WBS taught me. Being in the choir...that get up could make even the toughest lad look like an angel. Carol services we sang at a church in Hamm every Christmas. When I was older, Wednesday afternoons off. Walking along the canal bank with the regulation girl friend in tow. Again when I was older we had a room in the cellar as a sort of recreation room. We did it out in nets and posters, and on the tables were the obligatory bottles with candles and all the wax running down the sides - very chic. Going babysitting for one of the sports masters, he'd pick me up, leave me at his place with plenty of goodies and then drive me back after they got back home. Learning to sail on the Mohne Dam, of 'Dambusters' fame. Mum and Dad paying for me to go to Stratford on Avon for the annual Shakespearean Festival. Pegleg, you could see the newer brickwork in our block where the plane supposedly hit. The look of terror on the youngsters faces when he was mentioned and many,



Windsor Boys School, Hamm

many more great times. I enjoyed my time at WBS and it gave me the wherewithal to stand on my own two feet. After leaving with my regulation two 'A's and five 'O's, I went to Bishop Otter teacher training college in Chichester; after the first two weeks of practical face-to-face with actual kids I was out of there. I still feel the same, kids and I don't get on. Then followed a stint as a bank clerk and then off to HMV records in Oxford St. London, to work in the cash office.

In 1973 I decided that if the convicts had made good down under, then so could I. Sydney beckoned. A job as an accounts payable clerk followed, then I joined a supermarket chain (Jewel Food Stores) in 1975. I went from shelf packing to store management and then ticket writing when I started having back problems. One day a director said he'd heard about these Apple Mac things on which we could do our own advertising brochures and newspaper ads instead of paying the agency gazillions a year to do it, would I like to have a go? I sure did, and spent the next 15 years doing just

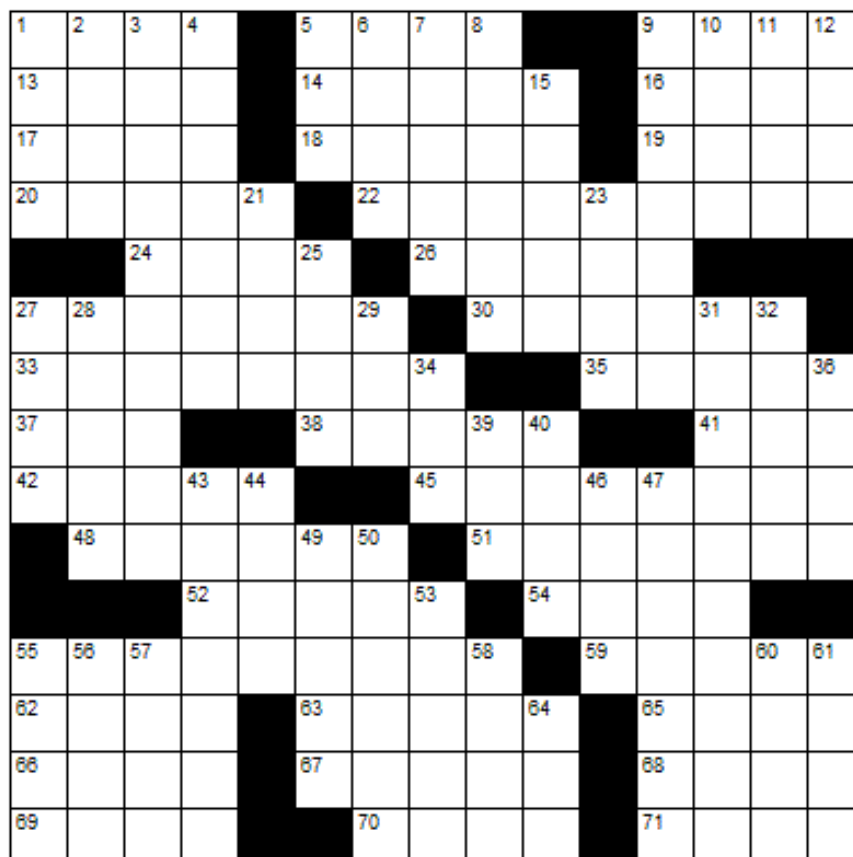
that. The company was sold to David's Holdings and then to Metcash but I kept soldiering on for 30 years in total. Two spinal operations in 2004 meant I had to leave work in 2005 just after my 30 year anniversary. I decided to move to Tasmania and now live at St Marys (pop. 600) in the Fingal Valley close to the beautiful east coast.

Had a great reunion with ex-Windsorites in 2009 in Sydney, but unfortunately couldn't make the last one...hopefully next time. When Dad left the army my parents moved to Selsey, near Chichester. Dad continued to work as a civilian for the army at Hayling Island, Mum worked for a real estate agent. Dad passed away in 1994 and my Mum followed in 1997. I have been fortunate with the travel and a good education, when kids were taught properly - the travelling was a bonus and gave me a different view of the world. I do regret never being able to have pets during the Army years, due to quarantine problems with moving around. In later years when I was making my own way, Mum and Dad (especially Mum) always apologised for the life I was 'forced to have' because Dad was in the army. I tried telling her that it was a life that set me up to go out and do my own thing in the world. Until the day she passed away, she couldn't come to terms with that, she always thought that they had been bad parents. I leave you to judge ...

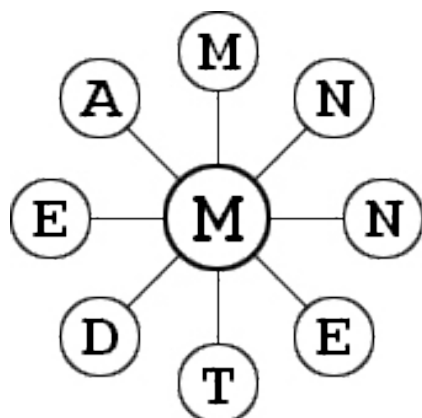
Glyn Johnson (E148), St Marys

ACROSS

1. Kitty-cat
5. F F F F
9. Proven information
13. Against
14. Lampblacks
16. Applications
17. Weight loss plan
18. Synagogue scroll
19. A lustrous fabric
20. Swagger
22. Private lessons
24. Alleviate
26. Wall painting
27. Body suit
30. Phonograph needle
33. A through route
35. Egyptian peninsula
37. Attempt
38. Impale
41. Clunker
42. Aspirations
45. Offspring unlike either parent
48. Negligent
51. Naval officer
52. Community spirit
54. Knights
55. Doorsteps
59. Shabby
62. Aquatic plant
63. Decree
65. Thwart
66. Window ledge
67. 4-door car
68. Not aft
69. Tilled
70. Lease
71. Biblical kingdom

**DOWN**

1. Cushions or mats
2. Module
3. Mental representation
4. Place
5. Eastern Standard Time
6. 12 inches
7. Meeting place
8. Condition
9. Spiral noodles
10. Largest continent
11. Mobile phone
12. Sounds of disapproval
15. Not tall
21. Russian emperor
23. Beams
25. Goddess of discord
27. Strip of wood
28. Mistake
29. Dip lightly
31. Comprehended
32. Steam bath
34. 59 in Roman numerals
36. Bucolic
39. New Zealand parrot
40. Terminates
43. Green gem
44. Seats oneself
46. Leave out
47. Long-necked animal
49. Startles
50. Braze
53. Skid
55. Short run
56. Hodgepodge
57. Leer at
58. Glance over
60. Novice
61. The original matter (cosmology)
64. Explosive

**Solutions next issue**

How many words can you find? Each word must contain the central M 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: 41 words. Good: 28 words. Average: 22 words.

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



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Rod Shaw

Lic No. 933671

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Break O'Day Stitchers

The first two months of this year have passed so quickly and now we are only three weeks away from the Break O' Day Stitchers Easter Quilt and Embroidery Exhibition which will be held from 4th to 7th April.

The entry forms for those crafters wishing to enter are available at Gone Rustic in St Marys as well as venues in St Helens and Launceston. We hope to see as many entries as possible from both members and non-members.

We have been selling tickets for the raffle quilt for some weeks now and hope to raise many dollars for charity.

We have completed fourteen community quilts during the year and will have those on display at the show; some will be donated at the end of the event. Any queries about the show can be directed to *Felicity on 6376 6102 or Kay on 6376 3985*.

The Challenge (Fantasy) is open to all but do remember the size restriction – no bigger than 1m x 1m.

We will have speakers – Barbara Mellor and Helen Stubbings. There will be a raffle, lucky door prizes, trade table and some of your favourite craft shops will be there too.

The entry is still only \$10 per person and further information can be obtained from *Barbara Mellor on 6376 3771 / barbara20@live.com.au*

Agnes Johnston, St Helens



Last edition's solutions

All words: aegis, ag, age, ageist, agent, agents, ager, agers, ages, agin, agist, ague, agues, aigret, aigrets, anger, angers, angriest, angst, argent, argents, argue, argues, argus, astringe, auger, augers, augite, augites, earing, earings, easing, easting, eating, eatings, egis, eng, engirt, engs, erasing, erg, ergs, gae, gaen, gaes, gain, gainer, gainers, gains, gainst, gait, gaiter, gaiters, gaits, gan, gane, ganister, gantries, gar, garnet, garnets, garni, gars, gas, gaster, gaster, gastrin, gat, gate, gates, gats, gaun, gaunt, gaunter, **GAUNTRIES**, gaur, gaurs, gear, gears, gen, genius, gens, gent, gents, genu, genua, genus, gest, get, geta, getas, gets, giant, giants, gie, gien, gies, girm, girns, girt, girts, gist, gnar, gnars, gnat, gnats, gnu, gnus, grain, grains, gran, granite, granites, grans, grant, grants, grat, grate, grates, gratin, gratine, gratins, gratis, great, greats, grin, grins, grist, grit, grits, grue, grues, grunt, grunts, guan, guans, guar, guar, guest, guinea, guineas, guise, guitar, guitars, gun, gunite, gunites, guns, gurnet, gurnets, gust, gustier, gut, guts, gutsier, ingate, ingates, ingest, ingesta, ingrate, ingrates, nag, nags, negus, rag, rage, rages, ragi, ragis, rags, rang, range, ranges, rangiest, rasing, rating, ratings, reagin, reagins, reg, regain, regains, regina, reginas, regius, regna, regs, reign, reigns, renig, renigs, resign, resting, retag, retags, reusing, rig, rigs, ring, rings, rug, ruga, rugae, rugate, rugs, ruing, rung, rungs, rusting, sag, sage, sager, sagier, sang, sanger, sarge, sating, sauger, sauteing, seagirt, searing, seating, seg, segni, sengi, sering, seringa, sign, **SIGNATURE**, signer, signet, sing, singe, singer, snag, snug, stag, stage, stager, stagier, staig, stang, staring, sting, stinger, strang, strange, string, strung, stung, sugar, suing, sung, surge, tag, tags, tang, tangier, tangs, targe, targes, taring, tearing, teasing, teg, tegs, tegua, teguas, terga, tiger, tigers, ting, tinge, tinges, tings, tragi, tragus, triage, triages, trig, trigs, trueing, trug, trugs, truing, tug, tugs, tung, tungs, ungirt, unitage, unitages, unrig, unrigs, urge, urgent, urges, usage, using

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

S	A	M	E		P	E	N	N	E		T	H	U	S
E	L	A	N		A	V	O	I	D		O	A	T	H
T	A	L	C		P	E	R	P	E	T	U	I	T	Y
A	R	T	I	S	A	N		S	N	O	R	K	E	L
				R	A	Y					U	S	U	R
D	I	S	C	L	A	I	M	I	N	G				
A	D	U	L	T		N	I	N	T	H		F	O	G
L	Y	R	E		T	E	N	T	H		D	I	V	A
E	L	F		V	A	P	O	R		L	I	N	E	N
				I	N	T	R	O	D	U	C	I	N	G
S	C	R	A	G						A	R	K		
P	R	O	V	I	D		S	N	E	E	R	E	D	
L	E	G	A	L	I	S	T	I	C		R	O	L	E
I	D	E	S		A	N	O	D	E		E	S	S	E
T	O	R	T		L	E	P	E	R		D	Y	E	S

Book Review

This month the Mount Elephant and Beyond Book Group met to discuss *The lowland* by Indian born American author Jhumpa Lahiri. Lahiri is better known for her short stories but this is her second novel. *The lowland* was nominated for several major prizes, including the 2013 Man Booker Prize.

The novel is set in India and the United States, and spans a period of several decades beginning in the 1960s when Subhash and Udayan are boys. The brothers live with their parents in Tollygunge in south Calcutta, adjacent to a flood plain known as 'the lowland'. The boys are both academically bright but while Subhash is cautious and introspective, Udayan, the younger boy, is more adventurous and charismatic. The two boys are inseparable until they reach their late teens when Udayan becomes a political activist. He becomes involved in the Naxalite movement fighting for land reform and the rights of the rural poor. The extent of his political activities is revealed long after he is shot by the police in the lowland near his home, an event witnessed by his parents and his young wife, Gauri.

While Udayan was pursuing his political interests, Subhash had taken up the opportunity to undertake postgraduate studies in marine chemistry in Providence, Rhode Island. He returns to India for Udayan's funeral and meets his brother's widow Gauri for the first time. Gauri is not only a young widow but pregnant as well, and her in-laws have no time for her. Udayan's parents had expected to find a wife for him but he had married Gauri against their wishes. Feeling sorry for Gauri's plight Subhash offers to marry her and take her back to Rhode Island with him, bringing up the expected child as his own. For Gauri it is an escape from an untenable position, the true nature of which becomes apparent only at the end of the novel.

Gauri has a child, a new husband and a new home but she is unable to move on. She still thinks of herself as Udayan's wife, and the horror of his death is constantly with her. She is withdrawn, a remote wife to Subhash and a distant mother to her daughter Bela. With Subhash's support Gauri returns to her studies and becomes engrossed in the philosophy of time. At the same time as Gauri's family and emotional life stagnates, her intellectual interests develop and she becomes a respected authority in her subject. When Subhash takes Bela to India for his father's funeral, Gauri moves out of the family home in Providence, leaving Subhash to bring up Bela on his own.

The lowland explores a number of themes. In the early chapters, Lahiri gives the reader a history lesson, explaining the events that have led to the Naxalite uprising, and then focuses on Udayan and his family; the political becomes personal. When Udayan is killed, everyone's life changes for ever.

Subhash suffered a degree of culture shock and isolation when he moved to the US, an experience shared by many immigrants. He found the US so very different from his homeland:

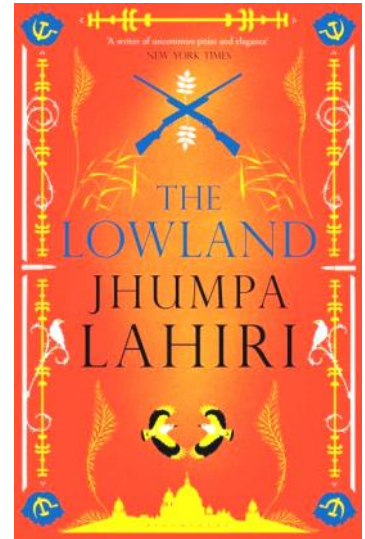
The difference was so extreme that he could not accommodate the two places together in his mind. In this enormous new country, there seemed to be nowhere for the old to reside. There was nothing to link them; he was the sole link.

The cultural differences between the US and India are reinforced each time he returns to Tollygunge and participates in his family's traditions.

The tone and the pace of the novel changes in keeping with the story – so for example the geographical and political context of the narrative is established factually and economically at the beginning of the book. Then the middle of the book slows down as Gauri becomes bogged down in an unsatisfactory marriage - this lack of pace is a problem for some readers. The story has something of the family saga about it but it is also a mystery and it is only at the end, when Gauri finally returns to India, that the truth of Udayan's crime is revealed.

Lahiri is a talented writer and she has a gift for creating images. *The lowland* is not her best book but it is easy to read and worth a look.

Lindy Scripps, St Marys



Kim Jong Il once tried to solve North Korea's food shortages by breeding giant rabbits. A German farmer sent them 12 giant rabbits to get started, but later learned all 12 were eaten at Kim Jong Il's birthday party.



Meals on Wheels - 0488 384 344

March 16	Pam Bretz
17	Trish Pike
18	Lundy Vosper
19	Sonya Allison
20	Drew Adam
23	Lundy Vosper
24	Louise Keady
25	Karl Balzer
26	Heather Griffiths
27	Lorraine Gill

Tip locations and opening hours

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

**The Valley and East Coast Voice Inc.
Guidelines**

Opinions in any letters published are not necessarily those of the Editor 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.

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.

Emergency services

AURORA Emergency	132004
Carers for Wildlife St Marys	6372 2973 0417 017 105
Crimestoppers	1800 333 000
Poisons Information	131126
Police Emergency	000 & Enq 131444
SES Emergency	132500
TFS Emergency	000 & Enq 1800 000 699

Church Services**Catholic Parish of St Marys**

Sr Lorraine Groves
6372 2252 / 0409 172 741

1st Sunday Mass
St Helens Vigil 6pm
Bichen 9am
Fingal 11.30am

2nd Sunday Liturgy
St Helens Vigil 6pm
St Marys 9am
Bichen 9am
Fingal 9.30am

3rd Sunday Mass
St Helens Vigil 6pm
St Marys 9am
Bichen LWC 9am

4th Sunday Liturgy
St Helens Vigil 6pm
St Marys 9am
Bichen 9am
Fingal 9.30am

5th Sunday Mass
St Helens Vigil 6pm
St Marys 11am
Bichen 9am

Break O'Day Uniting Church

The Manse 6376 2405
St Helens 9am
Fingal 11.15 am

St Marys Salvation Army

Envoy M Norton 0409 838 816

Sunday Joy 9.30am

This is a bring-and-share lunch followed by a great time of friendship and fellowship. You are very welcome to join us and share our JOY!
Tuesday JAM 3-5pm (except school holidays)

Break O'Day Anglican Parish POB 143, St Helens
Tas 7216 6372 1144

St Helens 9.30am
5th Sunday Combined Service with Uniting Church 10.30am
St Marys 10am
Pyengana Please phone for service times
facebook.com/anglicanbod

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

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Mariton House B&B, horse-riding
St Marys 6372 2059
Queechy Cottages St Helens 6376 1321
Seaview Farm & Youth Hostel St Marys
6372 2341
St Marys Historic Hotel 6372 2181
Tidal Waters Resort St Helens 6376 1999

Arts & Crafts Orphic Art2Wear,
St Marys
Gone Rustic Studio & Gallery St Marys
6372 2724
Big Shed Studios St Helens 0428 725 228
Madd=Mudd St Marys 0409 174 287
River & Willow Art Space St Marys

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

Bakers St Marys Bakery 6372 2131
St Helens Bakery 6376 1260

Banks CBA St Marys (ATM) 6372 2268
CBA St Helens (ATM) 6376 2295
Westpac St Helens 6376 2751

Boarding Kennels The Gums Kennel &
Cattery St Marys 6372 2512
Upper Scamander Kennels & Cattery
6372 5157
Wagabouts 0429 170 077 / 6376 2131

**Break O'Day Business Enterprise
Centre** St Helens 6376 2044

Break O'Day Council St Helens
6376 7900

Bus Services Calows Bus Service
St Marys 6372 2476
St Helens 6376 2161

Butcher IGA St Marys 6372 2274

Cable Locations Michael Smith
0408 059 521

Carers for Wildlife Tas Inc.
St Marys 6372 2973 / 0417 017 105

Cartage Contractors
C & D Excavations 6372 2033
Trotter's Contracting 6372 2107
6372 2742

Child Care St Marys Childcare Centre
6372 2187

Chinese Groceries & Medicines
Ping's Place St Marys 0411 186 573

Churches
Anglican Church St Helens 6376 1144
Catholic Church St Marys 6372 2252
Uniting Church St Helens 6376 2405
Salvation Army St Marys 6372 2099

Community Car St Marys 6372 2137

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St Marys 6472 2787

Dentist St Helens 6376 2359

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ah 1300 780 011
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Appliances - 0428 761 811 / 6372 5307
St Helens Electrical 0407 615 072
6372 5522

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Harris Funerals St Helens 6376 1153

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Davenport St Marys 0419 113 836

Glass Replacement East Coast Glass
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Centre Inc 6372 2177

Hairdressers Ana's Salon St Marys
0448 532 531

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St Marys 6372 2655

Healthy House St Helens 6376 5242

Horticulturist Peter Dane 6372 2686

Hospitals Circassian St St Helens
63875570
Community Health Centre St Marys
6387 5555

Insurance Brokers McKillop Insurance
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Justices of the Peace
K Faulkner 6372 2196

Libraries St Marys 6372 2114
St Helens 6376 1389

Lymphoedema St Marys Lymphoe-
dema Centre 6272 2900

Marriage Celebrants Peter Power
0417 017 105
Terese Tanner 0400 512 845

Meals on Wheels St Marys
0488 384 344

Mechanics Michael Aulich
0417 507 239 / 6372 2991
Grant Faulkner St Marys 6372 2335

Museums Cranks & Tinkerers St Marys
0417 648845

NEET Centre St Marys 6372 2175

Newsagencies St Marys 6372 2143
St Helens 6376 1182
Scamander 6372 5275

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

Painters East Coast Mobile Spray Paint
6372 5571 / 0457 583 099
MLN Enterprise Painting 0439 722 718

Pharmacies St Marys 6372 2844
St Helens 6376 1374

Plumbers P J & H K Child 6372 5378
R G & R I Harwood 6372 2445

**Proofreading and transcribing
services** Leissa Dane 6372 2686

Realtors Surf Coast Realty 6372 5321
LJ Hooker St Helens 6376 2300
Roberts Real Estate St Helens 6376 1799
View St Helens 6376 1592

Restaurants/Cafes Coach House
Restaurant St Marys 6372 2529
Mt Elephant Pancake Barn 6372 2263
Purple Possum Wholefoods 6372 2655
Mt Elephant Fudge 6372 2787

**Secondhand Dealers and
Collectables** Secondhand Rose St Marys
AH 6372 2267

Septic tank cleaners
Splash St Marys 0488 777 713

Schools - District High Schools
St Marys 6372 3900
St Helens 6376 7100
Primary Schools
Avoca 6384 2117
Fingal 6374 2197

Service Stations/Fuel
Avoca 63842157
Scamander 6372 5193
St Marys 6372 2335

Supermarkets
Avoca R/house 6384 2157
Holder Bros Fingal 6374 2171
St Marys IGA 6372 2240
Scamander Supermarket 6372 5125
St Helens Super IGA 6376 1177

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

Telephone, Data and TV
East Coast Phone & Communications
John Heron 0409 959 121 / 6372 2402
Delafrontera Dave Morris 0402 969 393

Surveyors East Coast Surveying
St Helens 6376 1972

Vets
East Coast Vet Clinic St Helens 6376 1577
North East Vet Clinic St Helens 6321 8999

Water Carriers Splash St Marys
0488 777 713

Woodcraft Guild Old Railway Goods
Shed St Marys 6372 2094

ST MARYS COMMUNITY HEALTH CENTRE

WHAT'S ON AT THE CENTRE

- 12 Mar **Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.
- 13 Mar **Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.
- TML Diabetic Educator, Physiologist and Dietician.** Appointments available by referral from your GP.
- St Helens Neighbourhood House**– 10:00am-4:00pm in the Day Room.
- 16 Mar **Mental Health Clinician/ Case Manager**– Darren Veryard. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- TML Psychologist.** For appointments please see your GP for a referral.
- TLC Meeting** (Tasmanian Lymphoedema Centre) 5:00pm in the Day Room.
- 17 Mar **Lightfoot Podiatry**– Perry Daly. Phone 6331 9568 for appointments.
- Mental Health Clinician/ Case Manager**– Darren Veryard. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- Child Health Session** with Mary Mumford every Tuesday– Appointments only. Please phone 0428 136 381
- Tom Bain, Rae & Partners Lawyers.** At the Community Health Centre Tuesday fortnights. For appointments please phone 6337 5555
- 18 Mar **Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.
- TAZREACH**– Antenatal Clinic with Katie. For appointments please see your GP
- Day Centre**– For details on the group please contact Hayley Gilbert 6387 5555
- 19 Mar **Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.
- Relationships Australia**– Leanne McMurtie for appointments please phone 1300 364 277
- 20 Mar **St Helens Neighbourhood House**– 10:00am-4:00pm in the Day Room.
- Social Worker**– Shan Williams. Please phone 6387 5555 for appointments
- Cancer Council**– Richard Austin 11am-12 noon.

WHAT'S ON AT THE CENTRE Continued...

- 23 Mar **Mental Health Clinician/ Case Manager**– Darren Veryard. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- TML Psychologist**– Sam McCarthy. Please see your GP for a referral.
- 24 Mar **Mental Health Clinician/ Case Manager**– Darren Veryard. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- Child Health Session** with Mary Mumford every Tuesday– Appointments only. Please phone 0428 136 381
- 25 Mar **Day Centre**– For details on the group please contact Hayley Gilbert 6387 5555
- Physiotherapy**– Please see your GP or Health Professional for a referral to the service.
- Mental Health Clinician/ Case Manager**– Darren Veryard. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- 26 Mar **Australian Hearing Services**– **FREE** Hearing Screening. Phone 6372 2111 to book. Limited appointments available.
- Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.
- 27 Mar **St Helens Neighbourhood House**– 10:00am-4:00pm in the Day Room.
- Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.



AUSTRALIAN HEARING SERVICES

FREE Hearing Screening/ testing at the St Marys Community Health Centre

Thursday 26 March 2015

Phone 6387 5555 to book
limited appointments available

WOMEN'S HEALTH CLINIC

Regular Women's Health Clinic's are held at the St Marys Health Centre. For appointments ring 6387 5555.

ST MARYS COMMUNITY HEALTH CENTRE

St Marys Community Health Centre

GP Surgery Hours:

Monday—Friday

8:50am-10:00am

10:00am-10:30am— Reception Closed

10:30am- 12:30pm

12:30pm-1:30pm— Lunch Reception Closed

1:30pm-2:45pm

2:45pm-3:15pm— Reception Closed

3:15pm- 4:30pm

AFTER HOURS CONTACT NUMBERS

Please phone

GP ASSIST ON- 1300 780 011

AMBULANCE 1800 008 008 or
EMERGENCY 000

ST MARYS COMMUNITY HEALTH CENTRE
6387 5555

Please RING before presenting after hours

Lifeline 131 114

Saving Lives, Crisis Support and Suicide Prevention

PATHOLOGY SERVICE-

NO PATHOLOGY SERVICE BETWEEN:

12:00-1:30pm or before 8:30am daily

If you require Pathology **before 8:30am** an appointment must be made with the Nurses Station the day/night before by phoning 6387 5555

SCRIPTS AND DOCTORS APPOINTMENTS

Please ensure doctors appointments are booked **PRIOR** to your medication/s running out or **IN ADVANCE** if you are attending this practice regularly.

PLEASE BE PATIENT waiting periods can apply to see the doctor. Scripts are unable to be done over the weekends, ensure you have enough medications in advance.

PHONE SCRIPTS

Please be aware scripts are no longer able to be done over the phone.

INR TESTS

A doctor's appointment is required if you are having an INR test. **Please let reception staff know when making your appointment that you are having an INR test.** This requires a 5 minute doctor consult.

DOCTORS ROSTER

• **Dr Cyril Latt**

12/3/15—25/3/15

• **Dr K. Rawnsley**

17/3, 19/3, 24/3, 26/3 2015

• **Dr E. Reeckman**

26/3 & 27/3 2015

For appointments phone: 6387 5555

IMPORTANT INFORMATION TO PATIENTS

Please be aware that Dr Latt's Surgery is currently fully booked for appointments 1 week in advance as of 12/3/15

If you are unable to get a doctor's appointment at the time of ringing and you feel you need more urgent medical attention *please inform the reception staff* who will put you through to the Nurse on duty.

Daily Doctor appointments are not always available but if the need arises we can prioritise.

If in doubt— Call an Ambulance 000

Thank you for your cooperation



RELATIONSHIPS AUSTRALIA

General enquiries 1300 364 277

Relationships Australia is a leading provider of relationship support services for individuals, families and communities. We offer services around the country that include counselling, family dispute resolution (mediation) and a range of family and community support and education programs. Leanne visits St Marys CHC Thursday's fortnightly.

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 at the Health Centre?

It is sometimes necessary for us to contact you or pass your details onto other Health Professionals and we are unable to do this if your contact details are incorrect or out of date.

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 the St Marys Community Health Centre on 6387 5555 or come in and update them with our friendly reception staff.

ST MARYS SPORTS (and SOCIAL) CLUB
Gray Road St Marys

Thursday 5.30 - 7.30 Friday 5.30 - till close.
Sunday 1.30 - 4.30

Unfortunately we went down to Swansea at our last game. This means we meet Bicheno at home this week for our last game prior to the finals.

St Helens Bowls club are the hosts this year so all finals will be played down at St Helens, commencing on Sunday.



GOOD LUCK ST MARYS

FRIDAY 13TH - HAPPY HOUR

Could this be your lucky night???

Get in the mood, dress for the night, win a prize for your efforts. Let's make our last

Happy Hour prior to renovations a night to remember!

Jag the Joker is still to go off, there will be a meat tray as well as lucky members draw...

Christine took home the carton last week and Daffy had a crack at The Joker with no cigars.

A BIG THANK YOU TO RUSSELL, MACCA, ROGER AND BOBBY FOR THE WORK DONE ON THE GOLF COURSE THIS WEEK and TO JACQUI FOR THE GREAT SUPPERS SHE HAS SERVED EACH HAPPY HOUR.

The committee have every intention of keeping the bar open when and where possible during renovations, at least on Friday evening and for the golfers on Sunday. We will keep the public informed of any changes via the Valley Voice.

Jacqui is now the kitchen co-ordinator. For bookings please call her on 0439 978 156

*President Bobby Harwood 6372 2445 Secretary Annette Wines 0417 010 648
Licensee/treasurer Jim Turner 6372 2441*

Follyfoot Friends - Dariah

She was raised from an egg by foster mum Mary-lou, who happened to be a fluffy white silkie. At first appearance you could be forgiven for thinking she was a very ugly emu, with her overly long neck...attached to a pair of huge bright yellow legs which overwhelmed her too small body. Her name was Dariah and she was of Barnevelder heritage.

Although Mary-Lou was a good mother, she tended to be a little on the overprotective side of things...making sure at all times that Dariah was no further than a feather's length away from her, something which was proved very hard to do, as Dariah, like all young animals, had an inquisitive mind and loved nothing more than to see just what was around the corner.

On the other side of the yard were Big Red Mary and Jean. They were a couple of fierce hens from a much larger breed. Dariah was forbidden to cross to their side of the yard...it was far too dangerous for a young hen like her. One day though, when scraps were being thrown out for all the poultry at Follyfoot,

Dariah just couldn't help herself. It was all too much of a temptation for her. In she charged with a fast strut, straight between Big Red Mary and Jean and did she ever snatch that very tasty morsel straight from Mary's beak! Run, oh run she did with all the commotion of the two very angry big red hens in chase behind her (they do not take kindly to sharing their food at any time). So relieved was Marylou after her hysterical squawks had been ignored, to find Dariah back in her own pen...with her ... and more importantly ... her special food treat.

Such a brave little chick ... but no, do not do that again.



By Jackie Roberts, Mathinna



ST MARYS IGA SUPERMARKET

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

38 Main Street

Ph/Fax 6372 2240 Butcher 6372 2274

Monday to Friday 8 - 6.30pm Saturday 8 - 5pm

Sunday 10 - 5pm

Butcher available Monday-Friday 8 - 2.30pm



Specials from 11th - 17th March

Butchery	per kg
Porterhouse steak	15.99
Netted boneless lamb roast	13.99
Round steak	10.99
Lamb BBQ chops	9.99
Ingham chicken breast fillets	12.99

Shelves

Dolmio extra pasta sauce 490-500g	1.64
Moccona coffee 400g	19.99
Organic care shampoo & conditioner 400ml	1.79
Safe toilet tissue long roll 6pk	2.49
Golden circle cordial syrup 2L	2.99

Freezer & Cool room

Peters ice-cream 4L	6.99
Birds eye hash browns 375g	2.99
Mrs Macs famous beef pies 4pk	3.12
Duck river butter pat 500g	4.65
Yoplait yoghurt 6pk	3.99

Specials from 18th - 24th March

Butchery	per kg
Leg of lamb	9.99
Beef mince	9.99
Pork porterhouse roast	10.99
Ingham chicken drumsticks	3.99
Nichols marinated wingettes	4.99

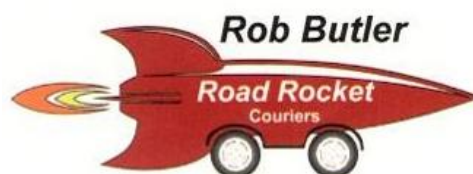
Shelves

Fab ultra laundry powder 900g-1kg liquid 900ml-1L	3.99
Cascade ultra c blackcurrant/raspberry syrup 750ml	4.99
Sunshine sugar 2kg	2.89
Four roses plain/SR flour 2kg	2.69
Continental cup-a-soup 2pk	.99

\$1.99 ea

Campbell's country ladle/chunky canned soup 495-510g
Pringles chips 140-150g
Arnott's cream/fancy sweet biscuits 200-250g
White wings sponge pudding mix 255g
Cadbury baking sprinkles 110g

Norwegian police don't use guns. In Norway, only 2 people have been shot and killed by police in the past decade. When officers are faced with danger, they back off, form a plan and try to solve the problem without killing anyone. A recent report estimated there were 7,427 law enforcement homicides in the US during the eight years spanning 2003-2009 and 2011; an average of 928 per year. The number is more than twice as large as the closest previous official tally from the US government. Even the two best tallies - combined - left an estimated 2,103 homicides uncounted during those years. theguardian.com/us-news/2015/mar/04/police-killed-people-fbi-data-justifiable-homicides



*Servicing Launceston to St Helens, Campbell Town,
Fingal Valley, Swansea, Coles Bay and Bicheno*

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

