

\$1



THE VALLEY AND EAST COAST VOICE INC.

Established 1968

48.20 March 10, 2016

Deadline for 48.21 is 5pm March 21, 2016



Hub4Health Walking Group

visited Fletcher Creek,
photo taken by Wayne Fulford, p13



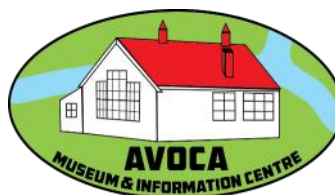
Pink Stumps Day at St Marys p6

Barry Aulich - 16/1/1940 - 31/1/2016

We would like to thank family and friends for their flowers, cards, visits and phone calls on the recent passing of our husband, father and grandfather Barry Aulich.

We appreciate your thoughts at this sad time.

**Marj, John, Kathy, David, Paul,
Genevieve and families.**



Avoca Sporting History

Avoca and Rossarden have an enviable sporting history in football, cricket, horse-racing,

shooting, Anzac Day school sporting events and even hockey.

AMIC is holding five workshops to produce two double-sided pull-up banners, which will enable this sporting history to be told.

The first two dates are Monday **April 4** and Monday **May 2**, and everyone is welcome.

Did you know that the **Correct Weight Siren** was originally made from old car horns for the horse racing track at Bona Vista?

Horse racing moved on to St Marys in the 1950s, but the Correct Weight Siren design was copied and taken up by the Flemington Race Course in Melbourne, and subsequently used all around Australia and now the world.

Similarly the **RM Williams Frogmouth Racing Bell** was also invented at the Avoca Race Track and is now used all around Australia.

The **Midlands Hunt Club** was based at Benham for about 20 years after WWII.

Several Rossarden footballers went on to play in the **VFL** as it was then known, and both the Rossarden and Avoca football teams were well known for their abilities. Avoca first played in the 1890s against a team from Cleveland.

The **Avoca Roo Shoot** sparked bitter public debate in the 1960s, when the Avoca Football Club organised the annual shoot. This was preferable to using poison but the public did not agree, hence the uproar.

There is also a local who was runner-up for Australia twice in clay target **SSAA** competition shooting, and a current museum item is a winning certificate for Under 16, won by a local lady in 1968.

Avoca also has two locals who participated in the **2000 Olympic Torch** and the **2006 Commonwealth Games Torch Relays**.

We have an incredible history.

If you have any stories or items of interest related to Avoca's sporting history come along to the workshops or contact Mary: 6385 2002 / gippscreek@skymesh.com.au

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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 \$69 and annual online subscriptions are \$20. Articles for publication may be left at the St Marys Pharmacy, posted or emailed. For online advertising, contact the Editor.

MANY THANKS - to everyone who has contributed to this edition of the Valley and East Coast Voice Inc. Articles are always welcome, but we do not accept responsibility for the accuracy of information provided by contributors! Opinions expressed are not necessarily those of the editor or volunteer staff.

The Valley and East Coast Voice Inc. Guidelines

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

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

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.

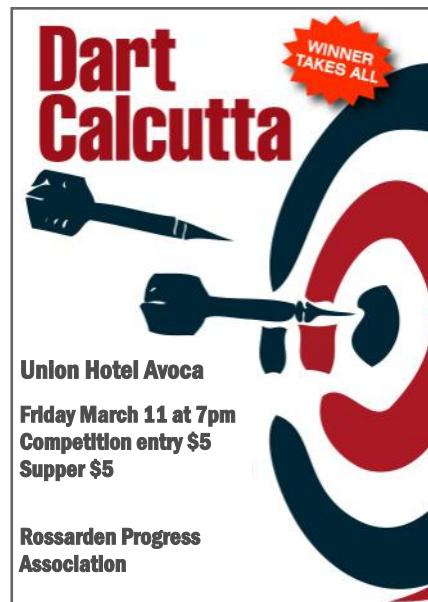
Community Notices

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

Notice to non-profit groups re changes to advertising rates: Half a page or more will cost 50% of the regular advertising charge. To establish eligibility, ABN / IA details need to be produced.

East Coast Vet Clinic home visits for St Marys and Cornwall

Dr Jeff Parsons from the East Coast Vet Clinic in St Helens will be conducting home visits in the St Marys and Cornwall area on Saturday afternoon, March 12. Please call 6376 1577 during clinic hours, Monday to Friday, 8.30 - 5 and Saturday morning 9 - 12, to register your interest and discuss your needs. Visits are during the afternoon and by appointment only, and times will be confirmed prior to the visits. We look forward to assisting you with a home Vet visit!



Greater Esk Tourism advise that the **People Pole Project** has ceased, due to having no one to drive it. Just over \$1,000 has been raised, mostly by anonymous donations. GET is seeking suggestions as to how these funds could be spent to benefit the St Marys community. *Contact Peter on 6372 2783 with your ideas.* Otherwise GET will decide at the next meeting 7pm on March 14 (at the FVNH) on how best to allocate these funds.

The Fingal Valley Neighbourhood House Inc

- ◆ Committee / community meeting on Wednesday March 23 at the Ash Centre, 6.30pm
- ◆ FVNH Commuter bus available for the first 11 bookings, leaving Fingal at 6pm. All welcome.

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



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

For Sale

1,000 lt **tank, galvanised stand and cage** \$80.
Bob, 6372 2881

Moo poo, any quantity. *Norm, 6372 2380*
Industrial sewing machine and cottons, \$250 neg.
6372 2756

Auto 96 **Mitsubishi Magna wagon**, good condition, runs well, cargo barrier, timing chain replaced and fully serviced. 6 months rego. \$2,000 ono. **0403 430 452**

Wanted

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

Fridge, St Marys area. **0448 515 890**

Medium sized **briefcase**, **6372 2251**

Budgerigars, **0408 010 323**

Single mattress, foam or innerspring. **0403430452**

Building Blocks for Sale

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For more Information
contact Jo Woodbury
0407 319 437
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R.I.P.

Jeffrey Dubrelle WESTON (1927 - 2016)
February 24, 2016 Passed away peacefully.

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.

Letters to the Editor

Dear Editor

Congratulations on a wonderful edition of the Valley and East Coast Voice Inc. It can't come much better - entertaining, challenging, thought provoking, informative. Thank you to Rita Summers for her excellent article, also to Lynne, Bill and John for their expressions of passion for our municipality.

Thank you to all who made Christmas special in our region. Well done! And thanks also to all who are working on projects to enhance our towns. It's great to be kept up to date on what is happening.

Good to see photos of ex-students and Denese's idea of a reunion. Perhaps we could have one gigantic all ex-students reunion, going back to when it first became a District High School (wow, does that make me feel old)?

Beverley Rubenach, Gray

Dear Editor

In a few days the St. Patricks Head & Esk Valley Historical Society Inc. will hold its first meeting for 2016, but regrettably without the President, **Barry Aulich**. Barry held the position of President for several years and was a mine of information on local history, alongside fellow historian Jim Haas. Anyone seeking information about their genealogical research were also given much help by him, and/or advice on the best way to further their research.

We first met Barry at the Cray Drop In (now White Sands) which he had established with his wife Marj, and in later years we joined the Historical Society and came to know him and the other committee members.

We enjoyed his cheerfulness and wicked sense of humour at the meetings which were, in his own words "very informal!", but also the wealth of local knowledge which he was always only too happy to share.

Over the past two to three years we have lost some good friends, colleagues and acquaintances, and each and every one has left us with pleasant memories, not to mention their input into their community.

Barry Aulich was one such as these and we will miss him. Our sincere sympathy to Marj and all the family.

David and Toni Brewster, Chain of Lagoons

Falmouth Community Centre A.F.L. TIPPING COMPETITION 2016

**Hey all you footy tipsters out there, the
F.C.C. Tipping Competition is on again!**

Everyone is welcome to join

To register please contact

Alison 0417 166 793 / Cherrie 0417 887 941

and we'll send out the competition rules



Clean Up Australia Day in Break O'Day March 7, 2016

Good, but could improve is the report on the cleanliness of the municipality, after community groups and Break O'Day Council participated in Clean Up Australia Day recently.

For Business Clean Up Australia Day on March 1, seven staff and Councillors from Break O'Day Council took a break from normal duties and collected over 1500 pieces of litter and rubbish weighing more than 100 kilograms.

For regular Sunday *Clean Up Australia Day* on March 6, St Helens Sea Scouts and St Helens Point Progress Association both worked on St Helens Point. Ten volunteers from the St Helens Point Progress Association were pleased to find less rubbish on Georges Bay foreshores and urban areas of St Helens Point, but did collect more litter at remote places like Peron Dunes.

Fourteen St Helens Sea Scouts and supporters collected three sacks of recyclables and four sacks of rubbish from the Georges Bay rock wall and Barnes Bay boat ramp on St Helens Point. After cleaning up the area last year the Cubs and Scouts found it was reasonably clean, but were disappointed with the number of beer bottles thrown around the Barnes Bay boat ramp.

For Council's Business Clean Up Australia Day activity two teams worked along roadsides leading to the St Helens and Scamander waste disposal sites, where roadside rubbish is quite common.

Councillor Barry LeFevre participated in the St Helens clean up, and said there was a lot of small and light weight plastic rubbish, the sort of thing that blows off a load driving along.

"At Scamander and St Helens we found lots of plastic wrappers, fragments of styrofoam and paper packaging," he said. Council Customer Service officer Tash Page commented that even taking care to cover your load could result in rubbish blowing off.

"But sadly, we were surprised at the 100 odd drink containers we found at both sites," she said. "These were clearly thrown rather than blown from a passing vehicle and, mostly beer bottles and other alcoholic drinks.



Guy Barnett Liberal Member for Lyons at the Fingal Valley Festival

Regional and rural festivals play an important role in strengthening municipal ties, and remembering the meaningful and colourful history that has helped shape the community.

Today I officially opened the **36th Annual Fingal Valley Festival** at the Fingal Recreation Ground.

The festival provides a family friendly environment with entertainment for both parents and children.

One of the unique drawcards of the festival is the World Coal Shovelling Championships, where contenders have to shovel half a ton of coal in a time under 30 seconds to be in the running for the title.

I will be having a go at the coal shovelling, but won't promise any record-breaking times!

Another rare event to the festival is the World Roof Bolting Championships, where the best in underground mining battle it out to determine who the best in the business is. This is a timed simulated practice of how the coal miners secure the roof of a mine.

Along with children's entertainment, arts and crafts, yard dogs and cycling, the Fingal Valley Festival is a great day to celebrate the region and the community.



Guy Barnett, Parliamentary Secretary for Small Business 2 March 2016

I echo the concerns of the Australian Newsagents Federation about the loss of more regional banking services in Tasmania, and have contacted ANZ Bank to ask them to reconsider this move.

ANZ Bank has advised newsagents who provide ANZ Local Link banking services in Bicheno, Bridport and Cygnet they will withdraw their banking services next week.

ANZ Local Link banking provides important services in these regional communities and support small tourism businesses.

I have already called ANZ today, and intend to write to them requesting a review of this decision.

Are you a Grandparent or other Carer looking after children of others?

Come along to the **Fingal Valley Neighbourhood House** for a Chat & Chew with Jess from Baptcare.

This is a supportive environment for those attending, to make into what they wish. Whether it's a group that talks about difficulties they're having, information sessions organised by Jess on your chosen topics, or a casual get together - it's up to you! *If you have any questions you can contact Jess at Baptcare on 1800 171 233.*

Otherwise I hope to see you there, the fourth Wednesday of every month at the Fingal Valley Neighbourhood House from 2-3pm.

Break O'Day Council concerned that St Helens ANZ may be the next regional branch on the chopping block.

March 2, 2016

Break O'Day Mayor Mick Tucker is urging ANZ to consult with local businesses on the East Coast of Tasmania before closing essential services.

The Australian Newsagents' Federation announced yesterday that the ANZ Local Link banking service in Bicheno would be closed, along with services in Bridport and Cygnet. Already services at the St Helens ANZ branch have been downgraded in recent months, and Mr Tucker is concerned that the writing is already on the wall for closing the St Helens branch.

"The Break O'Day Council has been hearing whispers of reduced ANZ banking services on the East Coast for a number of months now, and we are very concerned as to what this will mean to our community," Mr Tucker said. ANZ has indicated to customers that Link services will be replaced with Bank@Post services which Mr Tucker believes will be inadequate, particularly for small businesses.

"This model shows a real lack of understanding as to what business customers require and leads us to question, *has the ANZ lost touch with how small businesses operate and what their needs are?*" Mr Tucker said. "ANZ bank needs to meet with local business owners in affected communities on the East Coast, listen to their concerns and discuss potential solutions that benefit them and are not just indicative of a bottom-line approach."

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





St Marys Cricket Club McGrath Foundation Pink Stumps Day

On February 20, the St Marys Cricket Club hosted Pink Stumps Day.

This was supported by the four teams that make up the East Coast Cricket Association in St Marys, St Helens, Scamander and Pyengana.

A great day of cricket and thanks to all who donated money, bought raffle tickets and supported this worthy cause - you made it a successful day.

At this stage we are still finalising the amount raised, and that total will be announced soon.

Once again, thank you.

Chris Turner, St Marys Cricket Club



Forestry Tasmania fails to gain crucial certification to aid overseas marketing by Ellen Coulter

Auditors have found Forestry Tasmania (FT) has failed on 10 key criteria in its attempt to gain crucial Forestry Stewardship Council (FSC) certification.

FSC auditors visited Tasmania in December 2014 to assess the state-owned company, and handed down their draft report in April last year.

The final report found FT complied with 193 indicators, but needed further action on 10 more before its products could be marketed overseas as coming from responsibly managed forests.

The criteria FT has failed to meet largely centre on swift parrot protection, identifying high conservation values and clear felling of old growth forests.

Since the report was finalised, FT had met one of the criterion.

The report said FT needed to reduce the rate and extent to which it was harvesting old growth and mature forest structural components, and find alternatives to clear felling.

Auditors also wanted FT to modify its procedures to appropriately protect rare, threatened and endangered species and other *high conservation values*.

The other criteria FT needed to address included identifying nesting habitat of swift parrot and masked owls, and more effective consideration of the effects of coupe-level forest operations.

In government business enterprise hearings last year, the then chairman of FT, Bob Annells, said the state-owned company would **stop clear felling old growth forests by the end of June**.

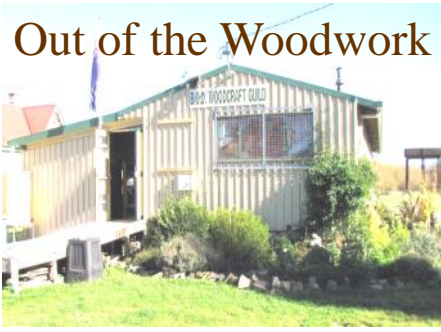
In its annual report last year, FT management said it would be "very surprising" and "virtually unprecedented" for a business of its size to pass a crucial audit of its logging practises in its first attempt.

abc.net.au/news/2016-03-01/forestry-tasmania-fails-to-gain-fsc-certification/7210282



*World's Best Practice (flat clearfelled wet forest)
Caveside, Tasmania*

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/

Well, who said politicians don't have a sense of humor? Many thanks to our State Premier the Hon. Will Hodgeman, Hon. Rene Hidding and the Hon. Mark Shelton who were really good sports, allowing themselves to be photographed in this comical stance. Regardless of your political persuasion, it was much appreciated by members to be given recognition for our shed by their

visit, especially when their time frames are so taxing.

I would like to reiterate that our Open Day Fair is on again on April 16 from 10am till 2pm. For any newcomers we are situated at the Old Railway Goods Shed Esk Highway St Marys. Marketers are welcome and for \$6 we will provide the table and space. Ring either Reon or Wendy on 6372 2094 if interested.



All members send their heartfelt best wishes to Ian Bradbury and family on the tragic loss of his home, and pets.

Ian, please do not hesitate to call in at the Guild for any assistance.

Guilds home hint: The best way to de-stress is to come to our **OPEN DAY FAIR ON APRIL 16, 2016**

Photos by Reon Johns




Guy Barnett MP
State Liberal Member for Lyons

**Listening
Caring
Building**

Please make contact for assistance
guy.barnett@parliament.tas.gov.au • Ph: 6165 7751
f find me on Facebook • www.guybarnett.com.au

Authorised by Guy Barnett MP, 6 Circle Street, New Norfolk



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Letter to Cagerattler

Cagerattler's comment about the abandoned dams was intriguing. I have read that there was a dam on Richardson Road, but it seems there are two. Where is the other one? It would indeed have been amazing to behold an unsafe structure doing what it was built to do during the flood last year, but the big question now is if it could be re-commissioned?

No doubt this would require a strategy plan, a feasibility study, the appointment of a team of professional consultants, committee planning meetings, investigation into any social or indigenous objections, health issues, environmental issues, what type of fencing if any, not to mention cost, and that huge deterrent to the development of many worthwhile projects these days - insurance.

After two or three years of delays perhaps a decision could be made to start work on doing something or nothing with it.

Meanwhile it will remain unsafe, a breeding ground for mosquitos and hunting ground for snakes. Surely the easiest solution would be Cagerattler's last suggestion, to pull down whatever structures are there, regenerate the area and let it return to being what it was originally - a catchment area. We can't always go back to how things once were, but this time it just might work.

Of course if both dams could be restored and filled to capacity, we could always sell the water to the Hydro! Thank you Cagerattler for your column - always well worth reading even if we don't always agree with you!

Toni Brewster, Chain of Lagoons

Cagerattler

In recent weeks, we've seen a devastating house fire unfortunately involving one of our most respected and appreciated community members, as well as a couple of car crashes on the Pass and other medical emergencies.

We are EXTREMELY LUCKY to have a fantastic group of volunteers on call at a minute's notice when these things happen. I talk of course of our SES and fire and ambulance crews. These various people, some who are part of two components of these intrepid services, deserve our greatest appreciation.

Add to this the professional local police and paramedics who are there for us just the same. It's an amazing thing to see the efficiency, the selfless training nights mostly after enduring a long hot working day, and dedication to task at those awful times for victims of fires, accidents and health crises. We should always be ready to offer support for them all whenever we can.

To one of those fantastic ambo's and general community helper and great friend to so many - Ian Bradbury, I hope everything works out for you sooner rather than later and I'm sure we all send you our greatest respect and support after the fire.

Something I have to mention here also. In the past few weeks two community members have suggested a couple of topics to me, unrelated to each other. I had no choice but to not enter into these topics, as disturbing as they potentially are. On both subjects I had not heard or read or been told of the circumstances of the topics until then and due to that, in fairness to all, I couldn't "cage rattle" on those subjects for personal and legal reasons. My subject matter has to be either generic, public knowledge or my own direct involvement. Both persons were gracious enough to see my position on that, which I appreciate greatly...

What do you think?

Rod McGiveron, St Marys

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23rd & 24th Mar

20th & 21st Apr

For an appointment please call
OPSM Rosny on: (03) 62446600

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BUT WE KNOW HOW TO HAVE A GREAT***

OPEN DAY FAIR!!

APRIL 16, 2016

OLD RAILWAY GOODS SHED ST MARYS

10am – 2pm

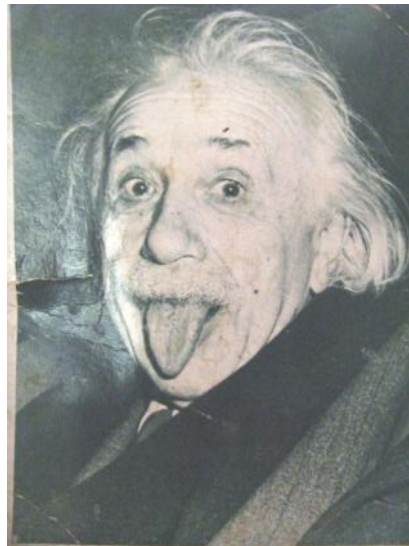
Jumping castle

Go-kart display

Reptile rescue

Star FM

Food stalls



Face painting

***Old Machinery
Club***

Chocolate wheel

***EastCoast
RC Flyers***

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MARKETS**

**FOR FURTHER INFORMATION
PHONE REON 6372 2094**

VALLEY and EAST COAST VOICE Inc. WRITING COMPETITION 2016

Our writing competition for school students will run each school term in two sections,
one for primary students and one for secondary students.

We are asking for a short story, maximum 500 words,
and entries will be published in the Valley Voice.

You can write about anything you like - if it interests you, tell us about it.

To make things easier for our judges we would like your entry typed please.

(Our judges have no children currently or formerly enrolled in a school within the area,
and their decision is final.)

**** 2 prizes will be awarded at the end of each term ****

The Rules ... yes, we have to have them!

- ◆ Your entry must be your own work
- ◆ The Valley Voice has the right to publish your work with your name on it if you are a finalist
- ◆ Entries will be published anonymously throughout each term
- ◆ Entries must be in by the closing date ... no late entries will be accepted

Closing dates

Term 1 April 4

Term 3 September 15

Term 2 July 7

Term 4 December 8

Lodgment can be by:

- ◆ email to wdawson@valleyvoice.com.au OR
- ◆ mail to **POB 230 St Marys Tasmania 7215** OR
- ◆ leave at **St Marys Pharmacy, Main Road St Marys**



Valley and East Coast Voice Inc. Writing Competition

Attach this section to your entry and please make sure all information is provided

Full Name _____

Class/Grade _____

School _____

Title of essay/ written work _____

Parent / guardian's signature ... this implies permission to publish your work and your name (should you win a prize) _____

Parent / guardian's address _____

Parent / guardian's contact phone number _____

Enquiries to W Dawson - 0403 430 452

Office use only (identifier code) _____



The premiere screening of the **Colorfest Film Festival 2016** screened in St Marys at the Recreation Ground on February 20, 2016. This was a free family friendly event and the only chance to view these seven short films within Tasmania. Guests enjoyed dinner before the movies at communal dining tables set up between all the food stalls. The multicultural themed food was provided by the Break O'Day Welcome Group, The Chinese Kitchen from St Marys, Baron Von Kransky and delicious desserts and chocolates by Mt Elephant Fudge.

The outdoor screening was provided by Tassie Open Air

Cinemas. Over 150 people attended bringing banana lounges, chairs and blankets and warm clothing to enjoy the outdoor movie experience of seven films celebrating multiculturalism in Australia.

People came from our own community of Break O'Day and from further afield including Launceston, Hobart and international visitors.

The young people, and some of the older people, enjoyed the painting of 'flags' spelling out WELCOME and many other really colourful paintings about harmony. These are currently being made into bunting for display at future events.

The general consensus was that this had been a fantastic event and we should do it all again next year. Watch this space! The Welcome Group would like to thank Break O'Day Council for their sponsorship of this event.

Janet Drummond, St Marys, for the Break O'Day Welcome Group

Photo by Josh Dare - Just before the movies started

Transition Break O'Day

Pickles and Jams Workshop February 27 and 28, 2016

This workshop was designed to try a broad range of preserving techniques using the vegetables and fruits that we had donated, and also was available in our garden.

The course covered chutney, pickles (3 types), relish and two types of jams.

First, we made a beetroot relish - thanks to Hans Rudi for his donation of beetroot, and Mick for the apples from his orchard. This recipe is a good tried and true winner.

Next, we made a new recipe called Chunky Zucchini Chutney, which contained onions, zucchini, mustard seed and fresh dill, as well as golden raisins and spices etc.

We made some pesto and cheese scrolls (using some of the pesto we made last workshop) for lunch, to have with our salad from the garden; after lunch we prepared the vegetables and fruit for the Sunday pickles and jams.

On Sunday the first thing to be done was picking the rhubarb for the rhubarb marmalade. Next we prepared the vinegar and spice mix, bottled some pickled zucchini slices and made 'Eddie's Zucchini Pickles'; it was very similar to bread and butter cucumbers.

The next recipe to try was corn and cucumber pickles. Thanks to Evelyn for her donation of cucumbers and corn, which we salted overnight and was now ready to cook with the spices and vinegar base, and bottle.

Lunch was a very nice taboulie salad with some green lettuce and tomatoes fresh from the hothouse, as well as fresh corn and cucumbers.

After lunch we started the marmalade, and while this was cooking we prepped the rhubarb, ginger and oranges for our last jam rhubarb marmalade.

We had a very busy and full program and were tired at the end, but will now enjoy these bottles of preserves for future consumption.

If anyone is interested in purchasing some of the 'fruits of our labour', the extra jars made can be acquired at the BODRA markets on the first Saturday of the month at my stall, all proceeds will go to running TransBOD.

Robina Balzer, St Marys

Photos by Robina Balzer



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Hub4Health Walking Group - Recent Walks

Cosy Corner South to Seaton Cove walk (part of the Bay of Fires): Walkers met at Hub4Health for the first Wednesday walk of 2016. It was a very still morning, warm, overcast and hazy with smoke infiltrating from the west due to bush fires. We drove around to Cosy Corner South, one of the many beautiful beaches on the pristine Bay of Fires. We started from Cosy Corner South car park, on to Cosy Corner North at the southern end and walked along the beach to the north end. There we found a track which took us around to Seaton Cove - it was now a coastal bush walk. At Seaton Cove, the colours of the red rocks were quite distinctive. We passed by some impressive looking holiday houses then ambled further around and found a quaint, miniature beach with rocks where we had a 20 minute break. Across the ocean the visibility wasn't very good, it was misty. After the break we headed home the way we came. Overall it was a lovely little walk, taking us about one and half hours. *Contributed by Brian Elliott*

Parkside Loop walk (off Talbot Street) January: A good turnout of walkers with 18 heading bush on a grey overcast morning. One of many possible loops on bush tracks behind Talbot Street, this was new ground for many of today's group. It was interesting to see the re-growth occurring after the October 2014 bushfire that burnt this area. Two took the short loop route and the remaining 16 walked for just over an hour to arrive back at Talbot Street minutes before the first of the forecast showers of rain. Many stayed on for coffee, buns and a social chat at the leader's home. *Contributed by Pip Buchanan*

Fletcher Creek walk February: Rain had been falling earlier which had made the ground firm and air was filled with the magic essence of the Tasmanian bush. Eight walkers joined the Wednesday walk, driving first toward Binalong Bay and turning back toward St Helens along Reid's Road. After a right turn we drove for about 1km along a bush track, parked the cars securely and were introduced to the local history by Henry. The walkers meandered down and along a vehicle track; the recent rains had rejuvenated the bush; which was delightful. After a short walk we came upon the Fletcher Creek banked up against the old St Helen's water supply dam (which had been virtually washed away by local flooding over the preceding years). After discussions and inspection of the dam site, we wandered back to our cars and drove via Reid's Road and Ansons Bay Road back to Hub4Health.

Contributed by Wayne Fulford

New members are most welcome.

Please call Hub4Health:6376 2971 or Bryan Edhouse:0414 987 435



Bushland near St Helens, photo taken by Wayne Fulford

I thoroughly enjoyed the delightful story written by Laverne Brown and submitted by Dr Karen Wong on her new arrival in the form of a fur ball called "Dusty", and the heartwarming photographs.



We have lost, over the last couple of years, our elderly cats and the final straw came when my beloved three legged Georgia May had to be euthanized. Trying to keep a stiff upper lip when the time arrived, and with the pretence of stoicism, I said my final goodbye with a trembling bottom lip.

As I walked out from the surgery door I felt heavy hearted, and tried to take solace in the fact that I had placed her first and didn't keep her around for my own emotional needs. However, this reasoning proved futile and the tears came in abundance. Taking home an empty cat box which once held my friend seemed heavier than ever until four little eyes looked up from an adoption cage.

The decision of choice was solved when Reon could not walk away from either.

We came home with two new unwanted kittens, now very wanted: Olivia Francine and Puddin the 3rd (yes, all my cats

have always had middle names).

They have been de sexed, micro chipped and are locked up every night and on naughty days, when search and destroy appear more fitting names.

As I write this article the tears are welling again, but not for long when I look down and see at my feet two amusing, mischievous, lovable creatures that I believe would offer me a tissue if they could talk.

Wendy Brennan, St Marys

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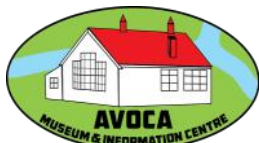
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Bowls news: Congratulations! St Marys bowlers defeated Swansea at Scamander on Sunday March 6, at the grand final. A small celebration was held for the winners at the Sports Centre when they returned!
Very proud and happy.

The bowls green is still open for practice on Thursdays.

Dining: Next meal is on Friday March 18, bookings are essential. *Christine Waters 0410 441 558*

Golf news: Reminder, SWISH and FISH 9 hole / 3 person Ambrose Perpetual Trophy on March 25 at 1300 hours. \$15 entry covers game and meal. This is a fun day, with other prizes including the booby prize. So we have Winners are grinners, Losers are laughing.

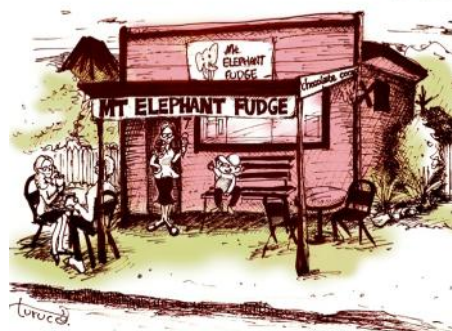
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The Daily Telegraph, Saturday April 2, 1910 Fire at St. Mary's Part 2

St. Mary's, Friday.

He did not see any other room on fire, and he was fairly certain that the fire originated from the room. It was about five minutes before Cullenan arrived on the scene that he gave the alarm. He did not know the number of the room where he saw the fire. There was a lighted lamp in the hall when he went to bed. Next morning he heard that the fire had started in Cullenan's bedroom.

To Mr Elliston: As far as he could see, the room was well furnished.

Richard Williams, a miner, residing at Avoca, gave evidence to the effect that he had stayed at the St. Mary's Hotel on the night of March 25. He went to bed about 11 p.m., and at 2 a.m. He was roused up by hearing a crackling sound. He lit a candle and saw smoke coming in at the top or the ceiling of his room, which was No. 8. He went outside on the landing, but could not see anything. He returned to his room, and subsequently saw a man trying the door of the room next to his. He assisted in bursting open the door, and saw flames going up the wall. He went to get some water, but could not find any. He rushed upstairs and found that the fire had got a good hold. He then took his belongings out of the room. He heard Cullenan tell a man next morning that the fire occurred in a room occupied by some children. The remainder of the evidence was corroborative of the previous witness.

Annie Martha Waterworth gave similar evidence to that of her husband, Henry Taylor Waterworth.

Thomas John Wilkinson, an engine fitter engaged on the Tasmanian Government railway, deposed that he was a boarder at the St. Mary's Hotel. On the night of March 25 from 6 p.m. to 1 a.m., he was at work at the railway station. When he returned to the hotel he got in by the back gate. Everything was quiet about the place. He did not see anyone about in any of the rooms, nor was there a light in the commercial room. There was a light on a small table on the landing leading to the balcony. Shortly after retiring he was aroused by hearing someone calling out "Fire". He got dressed and went along the passage and saw a fire in room No. 9. In Nos.

13 and 15 there was no sign of fire. It was some time after being roused up that he saw Cullenan.

Ivy Fletcher, school teacher at Conara, stated that on the night of March 25 she was staying at the St. Mary's Hotel with her sister and three children. They retired about 9 p.m. in room No. 15. About 2 a.m. they were disturbed by hearing a cry of fire, and got up. They roused the other members of the party, who were in No. 13. She was certain there was no sign of fire in any of the rooms occupied by their party. They carried all their belongings, including bicycles, to a place of safety. She remembered seeing Cullenan at the foot of the stairs. He seemed in a very dazed condition. When they got outside they saw that the fire was practically confined to one room, which was on the balcony.

Jane Ada Fletcher, school teacher at Cleveland, corroborated the evidence of the previous witness.

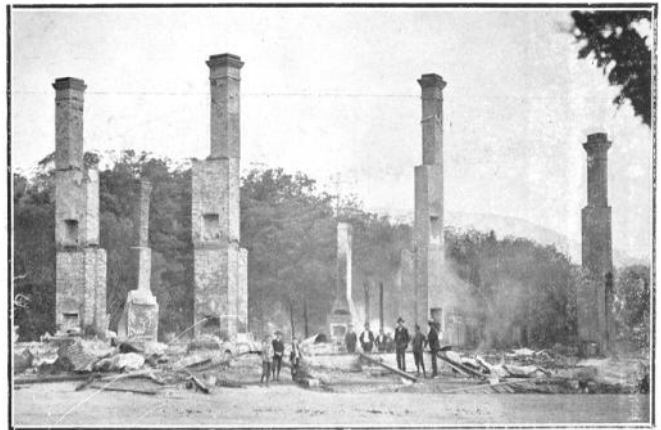
Kathleen McCormack, employed at the St. Mary's Hotel for about twelve months, gave evidence concerning the furniture in Cullenan's bedroom. The window leading from the room to the balcony was always kept closed. She had not been near the room for about a fortnight.

James Smith, a bootmaker, residing at St. Mary's, said that he asked Cullenan how the fire occurred, and he replied that it must have been caused by a lamp in the passage.

Annie Gray, employed at the St. Mary's Hotel up till the time of the fire as housemaid, said on Good Friday morning she cleaned out Cullenan's room, and after doing so handed the keys back to Cullenan.

William George Mitchell, painter and paperhanger, residing at St. Mary's, said that he had done some repairs at the St. Mary's Hotel. He had a look at Cullenan's room, which was in good order. The walls were plaster, with paper thereon, pine ceiling, with oilcloth on the floor. He did not think it was probable for a candle to catch fire to the paper on the wall. He had been employed by Cullenan for some time to do odd jobs.

Thomas Charles Crawford, trooper, stationed at St. Mary's, gave evidence as to receiving a report on the morning of March 26 last, stating that the hotel was on fire. He went upstairs on to the front balcony. George Mitchell was engaged cutting away the landing separating the two buildings. Witness assisted him, and went back with an axe to the verandah and burst the door of the dining-room open, and had the furniture, etc., removed to a place of safety. He then broke the bar door open and went in for the purpose of making an examination, but owing to the smoke he could not do so. Before leaving he got a lamp and a clock. He remained on the scene of the fire till 5 o'clock next morning. He had a short conversation with Cullenan, who seemed greatly excited. Witness asked him if he could account for the fire, and he replied that he was sitting in a room in an easy chair when he heard a cry of fire. He rushed out on the balcony, and saw that room 13 or 15, occupied by some children, was on fire. As he was going away witness asked him if he had a lamp in the room, but he replied in the negative. He also said he was sober, and about 9 a.m. the same day witness went to Cullenan again, whom he saw getting over the fence at the back of Todd's store. He stated that he had some insurance on the furniture, but he did not know for what amount, or in which office. He also said he had about 40 pounds in the house, in



THE REMAINS OF CULLENAN'S HOTEL AT ST. MARY'S, WHICH WAS
RECENTLY DESTROYED BY FIRE.

J. A. M. Harg, photo.

addition to 16 pounds belonging to a coal syndicate. He said that he had endeavoured to save the money, but the flames prevented him. He had often seen a light in the hotel at 2 o'clock in the morning.

To Mr Elliston: He was perfectly sure that everything he said Cullenan told him was correct.

On resuming at 7 o'clock William James Todd, storekeeper, residing at St. Mary's, said that the St. Mary's Hotel had been insured in the Liverpool and London and Globe Company for 900 pounds. The hall, stables and outbuildings for 400 pounds. The policy had not been renewed for some time. The property had been insured with the above company for five or six years. Since the fire Mr Leslie, the fire adjuster, was at St. Mary's, and it was at his (Mr Leslie's) suggestion that a reduction in the claim was made. He did not consider the place was over-insured. He visited the hotel pretty frequently. On the night of the fire he was at Scamander, but on hearing of the fire he returned the next morning.

This closed the case, and the coroner, in summing up, said that the evidence was very conflicting. Some of the witnesses had sworn that the fire originated in one place while Cullenan and another stated that it was in a different portion of the premises. What they had to decide was how the fire originated, and if any one was to blame.

The jury, after retiring for half an hour, brought in a verdict that the fire originated in room No. 9, but there is not sufficient evidence to show how it occurred.

The coroner thanked Inspector Donovan, the officials, the jury and the witnesses for the way the inquiry had been carried out.

Thanks to Glyn Johnson for compiling this article.



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The **Valley and East Coast Voice Inc.** is prepared every fortnight to support the Fingal Valley and east coast regions. The promotion of not-for-profit organisations such as GET is greatly appreciated. GET asks for you to purchase the newsletter online or from the shops to support this informative and valuable local resource.

Town maps for St Marys and Fingal

Available from Peter (6372 2783). The Avoca map is being prepared. **GET member businesses**, please check your website entries for accuracy, let Mary know asap if there are any mistakes so they can be corrected.

fingalvalley.com.au



Photographic Competition 2016

This theme for this year's GET Photographic Competition is "**Promote the Fingal Valley**" so explore our beautiful valleys, have an adventure and get clicking. More details in a couple of months.



Wrapped in St Marys

The **Wrapped in St Marys** event will be held on Sunday June 12, 2016. We have two themes this year - the juniors' theme is *Transport* and the adults' theme is *Memories*.

Prizes are cash and certificates.

Deadline for entries is 4pm June 1, 2016.

e bagdadquiltingsupplies@hotmail.com





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A David and Goliath battle is about to wage beneath the sea with Canberra caught in the cross-fire

February 26, 2016

The small coastal village of St Helens is gearing up for a David and Goliath style battle with Fraser Coast, Queensland, over the scuttling of the ex-HMAS Tobruk II.

While the two coastal regions prepare for war, the Federal Government is still contemplating scrapping the vessel – an inglorious end for HMAS Tobruk II which has 35 years of service and was deployed on more major operations than any other Australian Defence Force unit.

The Break O'Day Council and Break O'Day Chamber of Commerce and Tourism have just finalised and accepted a comprehensive proposal that would see the ex-naval L50 vessel scuttled east of Binalong Bay as an artificial reef. The proposal includes a detailed economic analysis and environmental report stating the viability, sustainability and substantial economic stimulus the project would provide.

“We are really excited about this project and what it could mean, not just for our small municipality but for the state,” Break O'Day Mayor Mick Tucker said. “The evidence of how much interest these attractions have garnered in other locations in Australia suggests that the economic, tourism, environmental and community benefits to our state would be enormous.”

Tasmania is the only state that does not have an ex-naval vessel artificial reef, while interest in the soft adventure tourism venture is rapidly increasing. Statistics from the Tasmanian visitor survey from September 2014 - September 2015 reveals a 42.3% increase in scuba participation.

“This could be a real game-changer for the East Coast and will only enhance the area’s current appeal as a soft-tourism destination, thanks to the success of the Blue Derby Mountain Bike Trails,” Mr Tucker said. “Already the Break O'Day area has united in this fight and we hope we can rely on all Tasmanians to answer our call. We want the Tobruk II and we are ready to fight for it.”

For more information, contact Break O'Day Communications Coordinator Jayne Richardson on 0400 454 089

Farewell for proud RAN vessel, the HMAS Tobruk July 31, 2015 by Chris Hook of The Daily Telegraph

It was the most Australian of salutes: moments before the colours were lowered on the HMAS Tobruk for the final time, a sulphur-crested cockatoo broke from a nearby flock landed on the mast and let rip, drowning out the speech below. After almost 35 years of service it was a fitting local farewell to the HMAS Tobruk, the Navy’s hardest working ship. Commissioned in 1981 and based at Garden Island, the Tobruk was decommissioned in a ceremony at the naval base today, attended by former and current crew and their families, naval and army dignitaries and representatives of the NSW and Federal governments.

In its service life, Tobruk completed 26 operations, travelling 947,000 nautical miles across to evacuate Australians caught up in Pacific unrest, assist military operations and conduct humanitarian missions such as recent post-cyclone disaster relief efforts in Vanuatu and the Philippines in March this year.’

Governor-general Sir Peter Cosgrove knew well the work of HMAS Tobruk, coming to rely on it as he led the international intervention in East Timor in 1999.

“Happiness was the sight of that great grey ship coming in to harbour,” he recalled.

Sir Peter drew upon the symbolic resonance of the ship’s name, a testament to the resilience of the Australians (with some other Allied forces) during the siege of Tobruk in World War II, in which they held off German forces for 241 days in 1941.

“It’s hard to remember a time when Tobruk was not an expression of Australian determination,” he said. “For all things there is a season and a time.”

HMAS Tobruk gives way to the new generation of amphibious craft that will be replacing her.

As per tradition, her last commanding officer, Leif Maxfield, was the last to leave HMAS Tobruk (once her colours had been lowered) to present the Australian white ensign to Rear Admiral Mayer.

“The fondest memory is the day you walk on board to take command, but looking back at some of the achievements in the Philippines and Vanuatu, and being able to be part of a defence force that has achieved so much for people in need — those are the moments that make you proud to be a part of the Royal Australian Navy,” Commander Maxfield said.

The ship is now expected to be scuttled for divers, with interest from as far afield as the Gold Coast, Tasmania and Hervey Bay, but Commander Maxfield would not be drawn. “We’re just finalising preparations at this stage,” he said.

dailytelegraph.com.au/news/nsw/farewell-for-proud-ran-vessel-the-hmas-tobruk/news-story/34eb4eacea3d8eb756891bed3e503204



International runners on NORTH EAST TRAILS

The inaugural Saucony Tassie Trail Fest – a new running festival to be hosted in Derby – is attracting a large amount of attention within running communities worldwide, organisers reporting more than 400 registrations with entrants coming from the United States, Great Britain, Chile, Belgium, and New Zealand.



Taking place on the long weekend in March (12 – 14) the debut Tassie Trail Fest is a three-day festival celebrating all things trail running, with events happening both on and off the trails.

Tassie Trail Fest features distances from 44km to 21km, 14km (including a day and a night run), 6km and 2km, with off-trail entertainment including running seminars, a trail run film festival and live music. With support from Dorset Council and Break O’Day Council, organiser Tour de Trails believes the festival offering has potential to grow into one of Australia’s ‘bucketlist’ running events.

“We have designed the event to offer something for everyone, from kids and beginners through to advanced trail runners,”

says organiser Chris Ord from Tour de Trails, a company that organises trail running events and tours across the globe. While most of the action will take place on the popular mountain biking trails of Derby, the festival briefly decamps to Welborough for a half marathon. For those keen to squeeze in as many trails as possible over the weekend, organisers are offering a discounted ticket called the *Multiday Madness*, which challenges runners to complete each and every event on the roster that doesn’t clash – a total distance of more than 100km over the two and a half days.

“We believe that the Tassie Trail Fest will quickly become an iconic trail event for Tasmania and indeed Australia,” says Chris.

tassietrailfest.com.au for more details. **Online entries close Sunday 7th March. On the day entries will be taken.**

And Life Goes On

It frequently feels as if the whole of my adult life has been measured by polarising environmental debates. I’m reasonably confident that anyone who reached adulthood in Tasmania in the 1970s feels much the same way, so I’ll spare you all a list of issues or an indication of my opinion on any of them. I will, however, share a discouraging fact with you: the media and State Parliament have been dealing with such issues since the 1860s, thus the Lake Pedder battle of the 1960s was nothing new to the corridors of power.

24 Victoria No.20 came into law on August 24, 1860 and thus we have The Black Swan Protection Act, on the statute books to this day. Louisa Anne Meredith was an earnest correspondent to friends (those with political influence) and the fledgling RSPCA, regarding the fate of the black swans on Moulting Bay. She famously took a swipe at the fashionable ladies of Hobart for justifying the wholesale slaughter of these magnificent birds, for the creation of feather boas. Certainly Louisa never sat in parliament, but her husband Charles held various seats in the House of Assembly from its creation in 1856 until his resignation and death in 1880. It is not unreasonable to assume an element of ‘pillow talk’ during his 24 years as an elected representative.

Equally it is not difficult to quantify Louisa’s interest in black swans, given her decision, when asked to design the municipal seal for Glamorgan - she chose a black swan as the major feature.

The next logical question is possibly ... was Charles a “single issue” man? The answer, together with the media coverage of the day is ... clearly not. There is plenty of documentary evidence of his interest in taxation reform, management of assigned convicts and the excise on rum, to name just a couple. Equally there is plenty of evidence of the media making light of his endeavours, and cartoons of Charles in unflattering situations appeared in the popular press from time to time.

Back to the environment; and perhaps my favourite cartoon ... October 6, 1876 saw passage of 40 Victoria No13, an Act for the Preservation of Kangaroos; with particular reference to the Prosser Plains and naming both brush and forest kangaroos. By the following spring, after a dry winter with little fresh feed available for wool growers, *Punch* published one of my favourite cartoons. A group of farmers looking at a well fenced group of kangaroos as they ponder the value of the pelts, and bemoan the value of their own wool clips in such a poor season.

Environmental stouches are not new, either in the media or in parliament. They have always polarised the electorate and I suspect they always will, but they are part of life in Tasmania.

The Glamorgan Seal is published with permission of, and thanks to, The Glamorgan Spring Bay Historical Society Inc. References include Parliamentary Papers, Tasmanian House of Assembly.

My own Honours Dissertation.

“My Home in Tasmania” by Louisa Anne Meredith.

Wendy Fowler R.N, B.App. Sc.(Nursing), B.A, B.A. Hons, M.A. (Public History), St Marys






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Art Is Like Breathing

All my life I have 'played' with fabric and stitch. I was hooked from the moment my mother gave me some fabric scraps when I was 4 years old so I could make clothes for my dolls. Gradually the clothes became more than just cutting holes in pieces of fabric for the arms to go through! Soon I was drawing and designing clothes on paper. I would then make these designs for my dolls, and later for my sisters' dolls as well.

My interest developed even more when my dad gave me a 'how to draw' book of fashion illustration. Mum was very busy raising 6 children while Dad worked hard to feed us all, but they always found time to help us develop our creativity.

Dad brought home defunct blueprints from work (he was a draftsman for a company that designed office furniture), and there were always coloured pencils, pens and crayons in the house. Mum helped me make my first dress (for myself) when I was 12 years old, and also taught me to crochet, knit and embroider.

When I was 15, she took me shopping for a pattern and material to make my graduation dress. I was confident enough by then to need only a little help from her to make it. I still have this dress.

When I was in my teens, I would make clothes out of anything. Once I made a jacket out of an old tapestry tablecloth my aunt gave me. I was only 16, and everyone loved it. I even had offers from friends who wanted to buy it! I remade clothes from charity shops too. I would cut off a section of hem if a dress was too long, and make new sleeves out of that; or I would add buttons, pockets and/or collars to change the look of an out-of-date garment.

I even altered clothes I had previously made to give them a new life. One dress (which I also still have) gained a frilled hem and long sleeves so I could wear something 'new' to a friend's wedding. I followed the fashions as hemlines went up or down, but I never wanted to wear the same thing as anyone else.

At age 19, I completed a Bachelor of Education, majoring in Art (for which I achieved a distinction). I taught full time and part time for about 20 years, after marrying at 20 and having 2 children (a girl and a boy) by the time I was 30.

In between, I also ran a home stay business, and started an arts and crafts business.

During the 1990s I was employed in management work in community organisations, as well as teaching and re-skilling adults for a tertiary institution.

I found these jobs very rewarding, but had to give them up at different times after a couple of episodes of debilitating illness.

I haven't mentioned that I also made my own wedding dress. I hired a sewing machine as I had left home by this time and didn't have one of my own. I bought a Vogue pattern, altered the sleeves and the bodice, and made a mock-up from an old sheet to make sure I wouldn't ruin the expensive cream jersey I had purchased.

I also made a lined cape (with 'frog' fastenings) for Ian, my husband-to-be, to wear. He had suffered a serious car accident a few months before, and was still struggling to get his arms into coat sleeves. I bought rustic baskets and arranged the flowers in them for the bridesmaids and me to carry, and stitched fresh flowers on a piece of ribbon for my hair. I even made a 'floaty' dressing gown for my wedding night, but purchased a nightdress to match because I ran out of time.

Ian and I had met while we were studying, and he offered to teach me how to play guitar. I was doing quite a bit of singing at this stage, and had to rely on other musicians to accompany me. I have played piano since I was seven, but pianos are not very portable.

I found out quite some years later that Ian had only been learning guitar for three weeks when he offered to teach me! We were soon spending a lot of time together, and he would take me out in a classic car he was working on (a 1949 British Ford Anglia, which he still has).

We were engaged when I was 18 years old, and we've been performing and playing music together ever since, mostly at community events and church services.

In 2003, I opened my gallery and studio - a year to the day after the second major health episode. I have now operated the business for over 13 years. I love every minute of it, despite wondering many times how on earth I would pay my way.

Over the years, I have also entered my artwork in exhibitions, winning many awards.

Continued...



This has helped to raise my credibility as an artist, increase my profile (and confidence) and stretched me in my arts practice.

I host workshops and exhibitions by other artists several times a year as well.

My interest in making art cloth and textile art using various printing and dyeing techniques has recently led me full circle back into fashion.

May 2015 saw the launch of my Gone Rustic Eco Fashion label, for which I re-invent vintage and retro quality clothing by dyeing them with natural dyes. I forage for leaves and bark around where I live, and have become quite addicted to the whole process of eco dyeing.

I have been very pleasantly surprised at how well this new venture has been received, and by its popularity and success. If I'm not creating, I'm thinking about it or reading about it. Since I run an arts business this can be a bit of a juggle, but I try to make it a priority.

I feel happiest when I'm making something, and enjoy the artistic process just as much as finishing something. I set up and continue to maintain my own blog, online shop and social media sites, which saves me a lot of money, and which I enjoy doing.

As you can see, I live and breathe what I do! In fact, I wrote this poem some years ago to express how integral art is to my life - an appropriate way to finish, I think:

**art is like breathing to me
life and thoughts impressed on paper, cloth, the air
fleeting sounds and images
captured before they escape forever**

(c) Rita Summers 2016



Locals help John and Keith Hammond move a mob of 800 cattle from Robbins Island to the Tasmanian mainland, winding their way between pooling seawater and a rushing incoming tide along the 11km route.

*Marriage changes passion.
Suddenly you're in bed with a relative.*

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Clothes dryer blows cold air?*

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Hub4Health; Active4Life Community Gym

Hub4Health Community Gym officially opened last week. The facility has a range of equipment suitable for all ages and fitness levels a timetable of classes has been included on this page as a starting point, however over the next few weeks new programs/classes will be starting. We will be keeping you informed with regular updates on timetables and programs in the Valley Voice and public posters.

Please feel free to call in for a look; we are hoping that the gym will have constant use throughout the day and that the facility will grow as need is identified.

Contact Hub4Health if you have any ideas about potential programs that will enhance your personal health and wellbeing, or the health and wellbeing of others on (03) 6376 2971 or Rachel on 0448 899 215.



Hub4Health - Position Break O'Day Youth Worker

The Youth Worker's primary objective shall be to develop, expand and improve the status, level of social engagement and overall well-being of young people within the Break O'Day region.

To achieve this, the incumbent shall be proactive in seeking to engage, communicate and work with young people at all levels within the region; and to collaborate with other local and external region service providers and agencies as required, in order to facilitate and achieve the successful delivery of programs.

The youth worker shall engage and work with young people including their local communities in a manner that enables and encourages the achievement of outcomes under a "partnership" and "framework" approach. The position will be three days a week for an initial six month period with the high probability of being ongoing.

Relevant formal qualifications and experience are desired. A detailed position description can be obtained by emailing rachel.hodge@hub4health.org.au

Applications addressing the position description need to be received by 5pm, March 18, 2016 by emailing to the address above or posting to Hub4Health, 5 Portland Court, St Helens, TAS, 7216.

Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:00 am							
10:30 - 11:00 am		Men's Weight Management	Individual circuit	Individual circuit			
11:00 - 12:00 pm		Senior Get Active	Independent Health Support	Senior Health Support			
12:00 - 1:00 pm							
1:00 - 2:00 pm	Parent Fitness Kindy play			Parent Fitness Kindy play			
2:00 - 3:00 pm							
3:00 - 4:00 pm							
4:00 - 5:00 pm	Women's Fitness			Women's Fitness	Men's Fitness		
5:00 - 6:00 pm	Women's Weight Management	Individual Circuit					
6:00 - 7:00 pm		Men's/Youth Boxercise Gym	Individual Circuit	Men's/Youth Boxercise Gym			
7:00 - 8:00 pm							





Where do you find us?

5 Portland Court, St Helens, 7216

ph: 6376 2971

e: admin@hub4health.org.au

Web: www.healthyhouse.org.au

Our Aim:

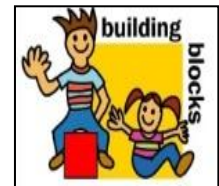
To deliver health and wellbeing programs to rural and remote communities within the Break O'Day Municipality.

What we deliver:

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

Building Blocks

'Rock n Rhyme'



10.30 to 11.30 every Friday...

Get along to St Helens Library for a fun story and music time for families and children 0-5 years.

All Welcome!

What's coming up?

Counselling Services

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

Pap Smear & Well-woman Clinic

Lisa from Family Planning Tasmania is visiting Hub4Health on Wed 16th & Thu 17th March to provide Screen and Consultation services. Limited spaces still available for Thursday. Bookings Essential!

Active4Life Gym

Active4Life Gym is now opened as a part of St Marys Hub4Health. The Gym located at the Exhibition Building, Harefield Road.

Activities to be run at the Gym include Men's Weight Loss, Fitness Classes, Exercise for Seniors, Children Playgroups, Relaxation Workshops and Health Promotion Activities.

If you have an interest in any of these groups, or other activities you want to see happening, please contact Rachel at Hub4Health - 6376 2971.

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

GP Surgery Hours

Monday - Friday

8:50 - 10am

(10 -10:30am reception closed)

10:30am - 12.30pm

(12:30 - 1:30pm reception closed)

1:30 - 2:45pm

(2:45 - 3:15pm Reception closed)

3:15 - 4:30pm

Pathology

There is no pathology service prior to

8.30am, or from 12:30 -1 .30pm

If you require pathology prior to 8.30am,

an appointment must be made at the

Nurses' Station the day / evening before on:

6387 5555

Scripts and Doctors appointments

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

Please be patient

Waiting periods to see your doctor may be 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 will be sent an account.

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

Dr Kaylee Nash-Rawnsley is on Maternity Leave until mid April 2016

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

Doctors Roster

Dr C Latt

15 - 24 March 2016

Dr L Reeckman

10 & 11 March 2016

Dr E Lord

10, 17 & 24 March 2016

Dr Elizabeth Lord is a Medical Registrar who will be working 1 day a week under Dr Latt at the St Marys Medical Practice.

Public Holidays

Monday 14/3/16– long weekend

25 March- Good Friday

28 March– Easter Monday

29 March– Easter Tuesday

Please see the after hours numbers for during this time. Normal doctor's surgery hours will resume on Wednesday 30/3/16.

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*
- ◆ *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 concerns, please contact us and we will try and address them

A.H. contact numbers

GP Assist 1300 780 011

Ambulance or Emergency 1800 008 008 000

Lifeline - Saving lives, crisis support and suicide prevention 131 114

St Marys Community Health Centre - please ring before 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

March 10	Social Worker Shan Williams Call 6387 5555 for appointments.
March 11	Social Worker Shan Williams Call 6387 5555 for appointments.
March 14	LONG WEEKEND
March 15	Rae & Partners Lawyers Consult fortnightly at the SMCHC Call 6337 5555 for appointments Child Health Session Tuesday fortnights with Mary Mumford, by appointment only. Call 0428 136 381
March 16	Day Centre Call Hayley Gilbert on 6387 5555 for information on the group
March 17	Psychologist Please see your GP for a referral Social Worker Shan Williams Call 6387 5555 for appointments
March 18	PHT Diabetic Educator, Physiologist and Dietician Contact GP for referral Social Worker Shan Williams Call 6387 5555 for appointments
March 21	TLC Meeting (Tasmanian Lymphoedema Centre) 5pm in the Day Room
March 23	Social Worker Shan Williams Call 6387 5555 for appointments Consumer & Carer Advocacy Group 12 - 2pm downstairs at the SMCHC Call Shan on 6387 5555 Day Centre Call Hayley Gilbert on 6387 5555 for information on the group TAZREACH Antenatal Clinic with Katie. Contact GP for appointments
March 24	Social Worker Shan Williams Call 6387 5555 for appointments
March 25	GOOD FRIDAY

Are your details up to date?

Do you have a new address / phone number?
Do you have a new Centrelink / Medicare card?
Have you updated these details with us?

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

You may also be charged for some medical services if your Centrelink / Medicare cards are not current

If any of your details have changed, please contact us on 6387 5555 or call in and see our friendly reception staff for assistance

Non Attendance of Doctor's Appointments

Please be aware there is a non attendance policy at this Practice. If you miss 3 appointments you will be sent an account. If you miss a 4th appointment you may be referred to another Medical Practice.

SMCHC Teaching Site

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

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

There will be 3rd Year Nursing Students on placement during the month of March 2016

Community Transport– St Marys
Phone Jan or Colin for
Transport bookings on : 6372 4415

The marijuana conspiracy: the reason hemp is illegal - part one

by Doug Yurchey, The Dot Connection July 17, 2010

They say marijuana is dangerous. Marijuana does not pose a threat to the general public. Marijuana is very much a danger to the oil companies, alcohol, tobacco industries and a large number of chemical corporations. If marijuana was utilised for its vast array of commercial products, it would create an industrial atomic bomb!

Where did the word 'marijuana' come from? In the mid 1930s, the M-word was created to tarnish the good image and phenomenal history of the [hemp plant](#). The following facts are generally verifiable in the Encyclopaedia Britannica, which was printed on hemp paper for 150 years :

- ◆ All schoolbooks were made from hemp or flax paper until the 1880s. (Jack Frazier. Hemp Paper Reconsidered. 1974.)
- ◆ It was legal to pay taxes with hemp in America from 1631 until the early 1800s. (LA Times. Aug. 12, 1981.)
- ◆ Refusing to grow hemp in America during the 17th and 18th centuries was against the law! You could be jailed in Virginia for refusing to grow hemp from 1763 to 1769 (G. M. Herdon. Hemp in Colonial Virginia).
- ◆ George Washington, Thomas Jefferson and other founding fathers grew hemp. (Washington and Jefferson Diaries. Jefferson smuggled hemp seeds from China to France then to America.)
- ◆ Benjamin Franklin owned one of the first paper mills in America, and it processed hemp. Also, the War of 1812 was fought over hemp - Napoleon wanted to cut off Moscow's export to England. (Jack Herer. Emperor Wears No Clothes.)
- ◆ For thousands of years, 90% of all ships' sails and rope were made from hemp. The word 'canvas' is Dutch for cannabis. (Webster's New World Dictionary.)
- ◆ 80% of all textiles, fabrics, clothes, linen, drapes, bed sheets, etc. were made from hemp until the 1820s, with the introduction of the cotton gin.
- ◆ The first Bibles, maps, charts, Betsy Ross's flag, the first drafts of the Declaration of Independence and the Constitution were made from hemp. (U.S. Government Archives.)
- ◆ The first crop grown in many states was hemp. 1850 was a peak year for Kentucky producing 40,000 tons. Hemp was the largest cash crop until the 20th century. (State Archives.)
- ◆ Oldest known records of hemp farming go back 5000 years in China, although hemp industrialization probably goes back to ancient Egypt.
- ◆ Rembrandt's, Van Gogh's, Gainsborough's, as well as most early canvas paintings, were principally painted on hemp linen.
- ◆ In 1916, the U.S. Government predicted that by the 1940s all paper would come from hemp and that **no more trees need to be cut down**. Government studies report that 1 acre of hemp equals 4.1 acres of trees. Plans were in the works to implement such programs. (U.S. Department of Agriculture Archives.)
- ◆ Quality paints and varnishes were made from hemp seed oil until 1937. 58,000 tons of hemp seeds were used in America for paint products in 1935. (Sherman Williams Paint Co. testimony before the U.S. Congress against the 1937 Marijuana Tax Act.)
- ◆ Henry Ford's first Model-T was built to run on hemp gasoline and the car itself was constructed from hemp! On his large estate, Ford was photographed among his hemp fields. The car, 'grown from the soil,' had hemp plastic panels whose impact strength was 10 times stronger than steel. (Popular Mechanics, 1941.)
- ◆ In 1938, hemp was called 'Billion Dollar Crop.' It was the first time a cash crop had a business potential to exceed a billion dollars. (Popular Mechanics, Feb. 1938.)



Mechanical Engineering Magazine (Feb. 1938) published an article entitled '**The Most Profitable and Desirable Crop that Can be Grown.**' It stated that if hemp was cultivated using 20th century technology, it would be the single largest agricultural crop in the U.S. and the rest of the world.

The following information comes directly from the United States Department of Agriculture's 1942 film, encouraging and instructing 'patriotic American farmers' to grow 350,000 acres of hemp each year for the war effort:

"...[When] Grecian temples were new, hemp was already old in the service of mankind. For thousands of years, even then, this plant had been grown for cordage and cloth in China and elsewhere in the East. For centuries prior to about 1850, all the ships that sailed the western seas were rigged with hempen rope and sails. For the sailor, no less than the hangman, hemp was indispensable ... Now with Philippine and East Indian sources of hemp in the hands of the Japanese ... American hemp must meet the needs of our Army and Navy as well as of our industries ... The Navy's rapidly dwindling reserves. When that is gone, American hemp will go on duty again; hemp for mooring ships; hemp for tow lines; hemp for tackle and gear; hemp for countless naval uses both on ship and shore. Just as in the days when Old Ironsides sailed the seas victorious with her hempen shrouds and hempen sails. Hemp for victory!"

Certified proof from the Library of Congress, found by the research of Jack Herer, refutes claims of other government agencies that the 1942 USDA film 'Hemp for Victory' did not exist.

To be continued next edition



Last edition solution

Tip locations and opening hours

Ansons Bay
Long w/end Mon 12 - 4
Wed/Sun 12 - 4

Fingal, Mathinna Road
Tues/Thurs 10 - 4
Sun 2 - 5

Pyengana, Tasman Hwy
No builders' waste please
Wed 9 - 1, Sun 2 - 5

Scamander, Coach Street
Tues/Thurs 10 - 4
Sun 2 - 5

St Helens, Eagle Street.
Open 7 days 10 - 4

St Marys, Gray Road
Tues/Thurs 10 - 4
Sun 2 - 5



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

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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
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Meals on Wheels

March 10	Sonya Allison
11	Drew Adam
14	Pam Bretz
15	Louise Keady
16	Valmai Spencer
17	Liz Rice
18	Drew Adam
21	Karl Balzer
22	Trish Pike
23	Louise Keady

Church Services

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

Bicheno
Mass 1st, 3rd & 5th Sun-
day 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

St Marys Salvation
Army
Envoy M Norton
0409 838 816
Sunday JOY 11am
Tuesday JAM 3-5pm
(except school holidays)

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
Combined Service with
Uniting Church 9.30am
St Marys 10am
Pyengana
facebook.com/
anglicanbod

Emergency services

AURORA Emergency	13 20 04
Carers for Wildlife St Marys	6372 2973 / 0417 017 105
Crimestoppers	1800 333 000
Poisons Information	13 11 26
Police Emergency	000 & Enq 13 14 44
SES Emergency	13 25 00
TFS Emergency	000 & Enq 1800 000 699



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 Saturday 8am - 5pm
 Sunday 10am - 5pm
 Butcher instore weekdays 8am - 2.30pm

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<i>Butchery specials March 9 - 15</i>		<i>Butchery specials March 16 - 22</i>	
	<i>p/kg</i>		<i>p/kg</i>
Porterhouse Steak	18.99	Leg Of Lamb	10.99
Silverside	8.99	Topside Steak or Roast	12.99
Gerello Roast	11.99	Nichols Whole Bagged Bird	4.55
Ingham Chicken Thigh Fillets	10.99	Beef Mince	9.99
BBQ Meat Pack	10.99	BBQ Steak	12.99
Two week specials from March 9 - 22			
Duck River Butter 500g	4.55	Uncle Tobys Muesli Bars or Le Snack 6pk	3.29
Kraft Cheese 1kg	8.99	Kellogg's Sultana Bran 730g	5.99
Pacific West Salt & Pepper Squid 360g	6.99	Bundaberg White Sugar 1kg	1.69
I&J Frozen Fish 570g	6.99	Naturale Paper Towel 2pk	1.99
Birds Eye Fish Fingers 375g	3.99	Chum Canned Dog Food 1.2kg	2.49
Ingham Chicken Tenders 400g	5.99	Continental Cup A Soup 4pk	1.99
Juicy Isle Long Life Juice 2L	2.69	Friskies Cat Biscuits 1kg	4.49
Safe Toilet Tissue 6pk	2.49	Heinz Baked Beans or Spaghetti 420g	1.49
Foster Clarks Snack Pack 4pk	2.99	Nestle Condensed Milk 400g	2.69
Earths Choice Dish Washing Liquid Conc 500ml	1.99	Nanda Pasta Range 500g	.99

Now taking orders for Easter fish.
 Call in & place an order to ensure you don't miss out!.



**CLOSED GOOD FRIDAY -
 OPEN AS USUAL ALL OTHER DAYS**

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

- | | |
|-----------------------|-----------------------|
| Avoca Post Office | Mathinna Post Office |
| Coachouse Restaurant | Mouth Cafe, Scamander |
| St Marys | Scamander Supermarket |
| Hilly's IGA St Helens | St Marys IGA |
| Hilly's IGA St Marys | St Marys Newsagency |
| Holder Bros, Fingal | |



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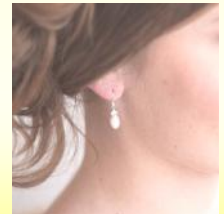


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