



THE VALLEY AND EAST COAST VOICE INC.

Established 1968

48.21 March 24, 2016

Deadline for 48.22 is 5pm April 4, 2016



Break O'Day Community Stadium finds the perfect naming rights match

March 16, 2016

When looking for a naming rights sponsor for the Break O'Day Community Stadium, it was important to council that the sponsor represented the inclusive, community brief of the facility.

The St Helens / St Marys Bendigo Community Bank steering committee fits that bill implicitly, and the Break O'Day Council is happy to announce the stadium will be sponsored for a three year term by the organisation.

They have even adopted the colloquial acronym for the stadium, BOCS - short for Break O'Day Community Stadium, and the stadium will now be referred to as the Bendigo BOCS.

"We are ecstatic that we were able to partner with an organisation that held all the values we were looking for, primarily a community focus," Break O'Day Mayor Mick Tucker (pictured top left with Andrew MacGregor) said.

St Helens/St Marys steering committee chairman Andrew MacGregor said:

"The steering committee aren't there because they love banking, they are there because they care about our community and want to see money injected into our community.

"We are here for the long haul and most importantly for the benefit of the community."



Break O'Day Welcome and Support Group

hanging out the welcome banner p13



St Marys Tennis Club court resurfacing

p17

The Woodcraft Guild members offer their heartfelt condolences to Maz and family on the loss of Paul Statham

*Wendy Brennan, Secretary
Break O'Day Woodcraft Guild*

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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
- ◆ Permanent classified ads \$20 p.a.

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.

Regional banking closures postponed

March 9, 2016

ANZ bank representatives have told members of the Australian Newsagents' Federation (ANF) who operate ANZ Local Link banking services in their businesses at Bicheno, Bridport and Cygnet that they have postponed this week's planned closure of Local Link sites in Tasmania. They will review impacts on their customers for a 6-8 week period before making any further decision on closures.

Ben Kearney, General Manager of ANF TAS, has thanked ANZ for taking this proactive step and listening to concerns.

"This is great news for our members and their communities. We appreciate ANZ listening to the concerns raised by customers, and those raised by our members. We look forward to working through the issues with ANZ, to see if we can achieve a better outcome for our regional areas," said Mr Kearney.

"Our main concern is still a loss of any banking services in regional communities currently serviced by ANZ Local Links. We hope ANZ will help us to better understand what the issues are for them."

"We obviously want to keep well trained Local Link agents sustainable and providing high quality banking services to local businesses, tourism operators and their communities. Ideally, we don't want to see anymore closures."

"The challenge is, customers have told us the alternative Bank@post service isn't a practical solution for them and growing small businesses. Limited cash and cheque deposits, withdrawals and change, as well as privacy concerns waiting in line at post, are not the banking solution they require."

"We really appreciate the 6 to 8 week postponement and the review ANZ have announced. We hope they will consult with us during this period about solutions that support ongoing strong regional banking services remaining available," said Mr Kearney.

The Australian Newsagents' Federation (ANF) is the peak body representing Australia's 3500 retail and distribution newsagents, who turnover in excess of \$2b annually and employ 20,000 people.

The Combined Probus Club of Scamander Inc meet on the 4th Wednesday of each month at Scamander Beach Resort, 10am.

Contact **Lorraine** on **6376 2185** for further information - new members welcomed.

Community Notices



Arts Festival to heat up the Coast in June

The Bay of Fires Winter Arts Festival is set to be bigger and better than ever with organisers presenting a bumper, four day itinerary including plenty of free events, as well as ticketed workshops and activities to engage young and old.

The schedule incorporates something for everyone and is a great way to warm the cockles in the heart of winter so make sure you, your family and friends are all ready to celebrate the talents of Tasmania and Australia's finest artists.

Just some of the activities locked in for the June long weekend include: the Bay of Fires Arts Markets on Sunday, Secret People Secret Places - a glorious meandering between open gardens and open studios, the Youth Art Prize exhibition and announcement, workshops of all varieties, quilting exhibition, St Marys Car Show, local markets and BOFA at the beach - a film festival held at White Sands, and of course the announcement of the \$20,000 Bay of Fires Arts Prize.

Continuing to grow and grow, the Bay of Fires Arts Market will be held over two venues with organisers excited to announce the Artisano group will be in attendance and the Mel Hills will be attending as the feature exhibitor in 2016.

If you would like to be a part of this amazing, regional event, there are still plenty of opportunities for you to get involved including advertising in the full colour festival program which has a state wide distribution of 6000.

For more information on how you can support the festival, how to get involved, or how to purchase your tickets go to www.bayoffireswinterartsfestival.com or check out the latest news at the Bay of Fires Winter Arts Festival Facebook page.

Tell all your friends and see you there!

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



ST MARYS CATHOLIC PARISH HOLY WEEK SERVICES

PALM SUNDAY MASSES

19 March - 6pm St Helens

20 March - 9am Bicheno

20 March - 11.30am Fingal

MAUNDY THURSDAY

24 March - 6pm - St Helens

GOOD FRIDAY

25 March - Way of the Cross - 10am St Helens

25 March - Good Friday Service 3pm St Marys

EASTER MASSES

26 March - 6pm St Helens (Easter Vigil)

27 March - 8am Bicheno

27 March - 10am St Marys

EASTER PREPARATION

Reconciliation

17 March 10am - St Helens

18 March - 5.30pm - St Marys

Thank You

To Kelly, Rod, Katy and Bob
for making my 65th birthday so special,
and to everyone who signed my card -
that helped make it extra special!

Thank you all.

Lorraine Gill

St Marys Parish Easter Raffle results

1st Prize Fuel voucher won by Vic Sultana

2nd Prize Grocery hamper won by Margaret Wallace

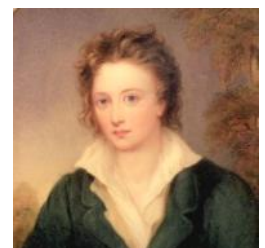
3rd Prize Easter egg basket won by Debbie Reid

Mary Poiesz, St Marys



March 26 & 27
Lot 2 Germantown Road
St Marys
9 - 2pm
Deceased estate - many
items
Ph 6372 2756

On this day in **1811**: Percy Bysshe
Shelley is expelled from the
University of Oxford for his
publication of the pamphlet
The Necessity of Atheism.



Community Notices



**Fingal Valley
Neighbourhood House Inc**

Bus trip to **AGFEST**

Saturday May 7, 2016

Leaving FVNH 8am

COST: 6 people - \$15 each

8+ people - \$12 each

B.Y.O Lunch or buy at AGFEST

**\$15 tickets can be purchased
at the gate on the day**

**A deposit of \$5 would be appreciated
before the day**

Ph 6374 2344

**to make your booking or
call into the Office**

For Sale

Used shelving and panels etc. in good order

Pegboard (1 side painted beige) 4 / 1830 x 875mm \$20ea.
80 / 875 x 625 mm (framed) \$8ea. 100 / 1160 x 625mm
(framed) \$10ea. **Masonite panels** (1 side painted beige)
10 / 1530 x 875mm \$5ea. 10 / 700 x 350mm with 200mm
backing, sturdy wire mesh shelves \$8ea
30 / **Metal Panels** approx. 870 x 625 with 15mm flange
to all edges. Powder coated beige **Mixed panels** prices
on application - cheap. **Various boards & panels** chip-
board, masonite etc. coated beige, sizes & prices on appli-
cation. **Self assembled racking**, simple & sturdy -
1380mm high, with four racks (shelves) 1130 x 450mm.
Powder coated brown with stained particle board infills
\$220. **Fluorescent light sections** \$15 **Mobile bread
stand** v/good condition, 5 wire shelves (950 x 400) plus
small storage at bottom \$120. **Cane sun lounge** needs
minor repair \$40. **Pallet jack** narrow tynes, incl. 2 / 50m
x 19mm rolls metal strapping with 2 strapping stands, 2
sets of strainers \$400 the lot. Used **Gal. Iron** (sheet
metal). Large qty in two sizes - 2400 x 550mm \$20 ea -
2400 x 300mm \$10ea. **Trellis Netting**, approx length 20 -
50m, mesh size 300 x 150mm \$20 - \$40ea. Used 1500mm
(5') **palings** ready soon - price? **Call 6372 2626**

Auto 96 **Mitsubishi Magna wagon**, good condition, runs
well, cargo barrier, timing chain replaced and fully ser-
viced. 6 months rego. \$1,900 ono. **0403 430 452**

Moo poo, any quantity. **Norm, 6372 2380**

Industrial sewing machine and cottons, \$250 neg.
6372 2756

3 seater **lounge**, cream pseudo lambswool in gd cond
\$100. Black pseudo leather highback **swivel office chair**
in gd cond \$30. 7kg LG **clothes dryer** in gd cond \$60.
Westpoint **stove** - 4 hotplates in gd cond \$100
Call 6372 2012

Building Blocks for Sale

Lots 2, 3 and 4, 44 Gardiners Creek Road, St Marys.

- 3 large, fully serviced building blocks to choose from in St Marys, facing the Ben Lomond Range with fantastic views and all day sun.
- Walking distance to town on a footpath and directly opposite the St Marys Community Health Centre.
- Water meters, connection to sewerage and concrete driveways, already approved and in place (value \$6000)
- HOUSE PLANS AVAILABLE FROM THE OWNER FOR A 2 - 3 BEDROOM HOME - DESIGN FEES NEGOTIABLE
- Priced from \$38,000 - \$42,000

For more Information
contact Jo Woodbury

0407 319 437

jo@buildingdesignstudio.com.au

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**RECYCLED
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WITH JOHN MCCOLL**

SUNDAY 3RD APRIL, 2016
10AM - 1PM
CONTACT MICHELLE 0407046865
SPACE IS LIMITED \$15 / \$10 MEMBERS

Letters to the Editor

St Patricks Head & Esk Valley Historical Society Inc.

Most of you would be aware that our Historical Society lost our very important member and president, Barry Aulich, some weeks ago.

Barry was a dedicated community person whose pride and passion for the Fingal Valley will be sorely missed.

We invite people with an interest in local history, in particular the Fingal Valley, to join us. The material gathered for the past decade is archived, under our guardianship.

It is exciting to discover - through the Group archives - many interesting things in the past, with stories and photographs to stir the imagination.

Presently our number includes two very dedicated members (former locals) who travel from Launceston to our meetings.

That says a lot about the Society.

You are invited to participate and be a part of the continued research and preservation of the Valley's history. Young, old or in-between, it's your history and has value for future Valleyites!

The Society meets on alternate months, but unfortunately the popular field walks, which were held on intermediate months, have had to be postponed.

As we wish to keep our history collection within the Fingal Valley and have had to vacate our current premises, we will be moving to the St Marys Railway Station. There we will be a part of the proposed Arts, Culture and

Heritage Precinct, which will promote St Marys and local areas when completed. We welcome your interest and if you wish to join the Group, or have old photos, stories, newspaper clippings, or documents about the area and the people, and are willing to share them or allow us to copy, please contact:

Vice President Darlene 0438 534 763

Secretary Lois Hayes 0417 027 343

Treasurer Jim Haas 6372 2673

Our next meeting will be at the Cornwall Hall on Wednesday June 15, 2016 at 3pm.

WE INVITE NEW MEMBERS!

Toni Brewster for the Society

Wanted

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

Budgerigars **0408 010 323**

Single mattress, foam or innerspring **0403 430 452**

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

Reasonably **late model fridge** **6372 2626**

2 x Sheep for lawn mowing duties. Must have teeth!
Phone **Stan 0400 882 742** St Marys

ADVERTISEMENT

The Turnbull Liberal Team

Eric HUTCHINSON MP

Federal Liberal Member for **Lyons**

Delivering for Lyons.

Here's how you can contact me:

- 53B Main Road, Perth TAS 7300
- 03 6398 1115
- erichutchinson.com.au
- eric.hutchinson.mp@aph.gov.au
- [erichutchinsonmp](https://www.facebook.com/erichutchinsonmp)



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

St Helens Navy Cadets take out prestigious National Award

March 22, 2016

St Helen's based Naval Cadets, TS Argonaut, have proven their supremacy over other units across Australia to be awarded

Most Efficient Training Ship 2015



A highlight for any cadet group, the Navy League of Australia trophy represents the demonstration of superior performance across a variety of criteria including; leadership, ceremonial, emergency response procedures, dress and bearing maritime activities.

"This is an outstanding achievement for TS Argonaut," Break O'Day Mayor, Mick Tucker said.

"It is wonderful to see this group of dedicated, determined and proud unit of Navy Cadets rewarded for their efforts and not just Council but the whole Break O'Day Community salutes them."

The three finalists, TS Pioneer from Mackay, TS Toowoomba from Toowoomba and TS Argonaut were inspected by the National Commander, ANC Captain Eliot Fisher ESM, OAM who determined TS Argonaut to be the Most Efficient Training Ship 2015.

"This award is the culmination of many years of work," Lieutenant Michelle Montgomery ANC Commanding Officer TS Argonaut said.

"With our present Staff and many of our current Cadets, we achieved best in State in 2013 and finished in the top three units nationally.

"Now, having achieved Most Efficient Unit in Australia, we have reached what we have strived for and we now aim to maintain this high standard."

Lieutenant Montgomery said that the Inspecting Officer assessing the unit congratulated the Ships Company and stated that the drill marching was some of the best he had seen in ten years.

TS Argonaut will be presented with the winners pennant, by the Chief of Navy, Vice Admiral Tim Barrett AO, CSC, RAN or his representative at a ceremony in St Helens, on a date yet to be advised.

The pennant will then be flown on the flagpole, at all parades, for one year from date of receipt of the Award.



"Australian Navy Cadets Award of Navy League of Australia"

This annual award is given by The National Commander of the Australian Navy Cadet (ANC) to the national Training Ship which demonstrates superior performance across a variety of criteria, including leadership, ceremonial, emergency response procedures, dress and bearing and maritime activities.

TS Argonaut - St Helens Tasmania has been awarded this honour for 2015.

CONGRATULATIONS TS ARGONAUT
Officers, Staff, Committee, Volunteers and Cadets you have done Break O'Day PROUD!!!!

Michelle Kaal, Gray

That Awkward moment

when someone asks you what's wrong,
when they're the problem.



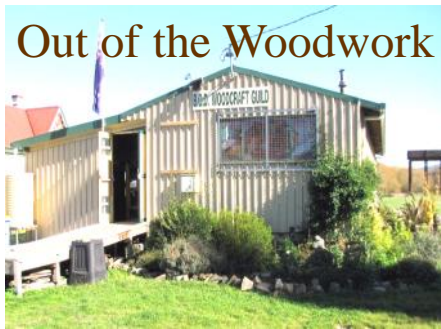
Guy Barnett MP
State Liberal Member for Lyons

**Listening
Caring
Building**

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

Authorised by Guy Barnett MP 6 Circle Street, New Norfolk

Liberals



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/

It was a pleasure for the Guild to build and assemble the breeding boxes for our resident ornithologist Nan. Nan's specialty is budgies and we hope that she has a very prolific season ahead of her with an abundant array of colourful chicks.

The Open Day planning is going to schedule and we hope to see a sizeable crowd, so don't forget to mark your calendar for April 16.

Old favorites will be back, including the Colonial Strollers whose refined sensibilities add a certain cachet and accompaniment to our haute cuisine snags and Jun's Asian delights. Not to forget the 4x2's, (local musicians) the East Coast RC Flyers, Reptile Rescue, Star FM, jumping castle, the Old Machinery Club, face painting, go kart display, markets and craft.

The Open Day is held from 10am – 2pm at the Old Railway goods shed St Marys.

Guilds Home Hint. How to water hard to reach plants.

It can be difficult to water hanging plants or other difficult to reach house plants.

Fill a turkey baster with water and squeeze it directly onto the pot.



Nan and Reon putting up breeding boxes

The Tin Dragon (Feng's Kitchen) **Main Street St Marys**

Welcomes You

Sizzling Beef	\$14
Pork Mince with Eggplant	\$13
Lamb Slices with Spring Onions	\$13
Pork Mince with Chilli and Sour Vegetables	
Tofu - hot	\$13
Cashew Chicken	\$13
Dry Fry French Beans with Mince Pork	\$13
Steamed Rice	\$3 per bowl
Pickled Vegetables with Choice of Meat	\$13
Stirfry Rice Noodles with Choice of Meat	\$8
Sweet and Sour Pork	\$15
Lemon Chicken	\$13
Dumplings	\$1 each
Vegetable Fritters	\$1.50 each
Spring Roll	\$1.50 each
Garlic Vegetables	\$12
Noodles with Soup	\$8
Wonton Soup	\$12

I don't do drugs. At my age I get the same effect just standing up fast.

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The Say, by Cagerattler

One of our genuine tourist attractions in St Marys is the trip up to South Sister Lookout. Of course many do the double and do Paddy's Head too. Since the big rain a few weeks ago, there is about 900m of the access road that has deep ruts caused by that downpour.

At the risk of upsetting the powers who are in charge of this bit of road (not sure if it'd be Forestry or Council), but could someone grade it at the first opportunity? I go up that way a lot and my old Mitsubishi wagon copes okay, only because I allow for crossing over the deep channels if no traffic is coming. However, a visitor might panic or get a wheel caught or damaged, either going up or coming down the hill near the base, as it joins the main gravel road through to the coast.

I expect the work has been scheduled for some stage in the near future, but with more visitors over Easter I hope it doesn't adversely affect any of them keen to do the South Sister Track. Maybe a warning sign to say damaged road surface or similar might be appropriate? It's certainly not impassable or anything, but it might be an issue for some.

It's great to hear that there are new people keen to move into town in the near future and there's word going around that upgrades are going to be happening with a couple of prominent venues. I received an email from a frequent visitor to St Marys about this and if correct, it bodes well for everyone. Maybe we ain't the hick backwater that some think we are.

What do YOU think?

Rod McGiveron, St Marys

Surf Coast Realty

Ph: (03) 6372 5321



Your Independent, Locally Owned & Operated Real Estate Agency!

- ⇒ Extensive market knowledge & personalised, caring service.
- ⇒ Window displays in Scamander, St Marys, St Helens and Bicheno.
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If you are thinking of buying or selling, please contact Surf Coast Realty for market advice or an Obligation-free appraisal.

Suite 1/ 158 Scamander Ave, Scamander TAS 7215

Honest . Reliable . Professional

Salutary March 11, 2016

Talking of hemp, don't miss Patrick O'Brien's great nautical saga: 20 + novels, Napoleonic Wars: won by hemp with a gunpowder contribution from our greatest trading partner and some exertion by a few tars.

Having established the little resort bayside on the east coast of the humanly uninhabited land in the, to them, antipodes, they cast about them looking for suitable material to make masts and rigging. Norfolk Island pine proved inadequate as did the potential rope-making plant whose name I forget at the moment.

Back to hemp.

A King's ship in those balmy far off days needed a sizable forest of oak, many miles of rope and a few acres of sail (hemp). She (not he) perforce must men to make her go = press gangs. Many men objected to being pressed as it was quite painful.

We may have little time to amend our sinful ways- we've been nagged by so many for so long. Never mind, grab it while we can eh?

Greatest admiration for our female campaigner. I revere you and yours. May the Lord make his face to shine upon you!

(The spelling and grammatical errors in this letter are deliberate.)

David Lawer, St Marys

Shoes and boots are made on *lasts*, which are manufactured of some soft wood, by means of an engine, or knife, such as that which we have described in the brush-maker's trade. The same man that makes the *lasts* makes also the wooden heels for women's shoes. The last for shoes is made of a single piece of wood to imitate the foot; but that for boots is slit into two parts, between which a wedge is driven when the boot-leg is desired to be stretched.

Shoe-makers use large quantities of Morocco-leather, which is the skin of a goat, dressed in sumac, or gall, and coloured at pleasure.

OPSM



OPSM will be conducting eye examinations at the St Helens General Practice on the:

23rd & 24th Mar

20th & 21st Apr

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



SAT 2 APRIL

**THE STABLES
HANDMADE MARKET**

OPEN from 10 am – 3 pm
at St Marys Recreation Ground
via Harefield Rd

Bring a picnic, have a chat, buy local!

Each month new stallholders are being added to this great showcase of talent!

Plants, jewellery, art, eco and handmade fashion, cushions, embroidery, quilts, bags, soaps, candles, pottery, yummy treats, preserves – the list goes on!

And while you're in St Marys, take some time to visit our cafés, galleries, shops, museum, beautiful natural surroundings, and more.

There's also a free camping ground/caravan park right next door to the market, so you can make an extended visit.

March featured artist/producer:
Amanda Hartwig of HIT HaTs & BaGs

ALSO ON –*St Marys Market* in St Marys Town Hall.

The Stables Handmade Market, PO Box 14, St Marys 7215
0423 969 943 – thestablesmarkettas@gmail.com
www.facebook.com/thestablesmarkettasmania

Don't want to pack your own picnic?

Buy what you need in St Marys on your way to the market!

The Coachhouse Restaurant

The Bank Teahouse

Mt Elephant Pancake Barn

Mon's Coffee Corner

Purple Possum Wholefoods and Café

St Marys Bakery

Mt Elephant Fudge

The Tin Dragon Restaurant

OR either of our super-markets:

Hilly's IGA and

IGA Express

*Showcasing Tasmanian
handmade and homegrown,
focusing on the talents of
Break O'Day residents and
further afield.*



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) _____

Break O'Day Gathering 2016 – *Embracing Change*

The Break O'Day Tasmanian Women in Agriculture Discussion Group has been busily organising the 2016 Gathering, an opportunity for women to get together, learn about agriculture and also from each others' experiences.

You are warmly invited to attend during May on Friday 27, Saturday 28 and Sunday 29.

Friday evening will kick off with the official opening, drinks and casual dinner, and the producers' and makers' market, featuring locally produced wines, awarding winning Bay of Fires cheese and Bay of Fires Apiaries honey, artworks, photography, local history books and much more.

Saturday offers three farm tours, travelling by coach to Pyengana/Priory, The Gardens/Binalong Bay and the Fingal Valley. You have the chance to visit a robotic dairy, oyster farm, apiary, stud and commercial cattle, vineyard, salmon hatchery and agri-tourism venture. There will also be natural horsemanship demonstrations, working sheep dogs, historical talks and short bush walks.

On Saturday night Her Excellency Professor Kate Warner AM, Governor of Tasmania, will attend the Gala dinner and give an address. Patrice Newell (pictured at right) is our guest speaker. Patrice and her partner, broadcaster Phillip Adams, bought Elmswood Farm (located in the Upper Hunter region) in 1986.

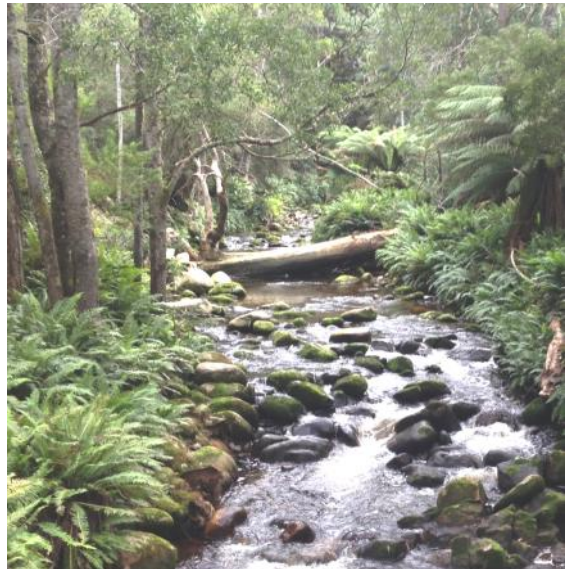
Today Patrice manages 10,000 acres at Gundy, producing biodynamic beef, garlic, olive oil, honey and soap. In 2008 she set up an online business to facilitate sales.

In 2015 she completed her PhD at the University of Newcastle, and has shared her love and admiration for the often under-appreciated qualities of farmers, especially women, through her books *The Olive Grove*, *The River* and *Ten Thousand Acres*.

On Sunday morning the panel discussion, hosted by ABC rural reporter Rosemary Grant, will explore the theme "Embracing Change".

The panel includes five women of diverse careers in IT, banking, and farming who either grew up or now live on the East Coast, and includes authors Rachel Treasure and African born Katherine Scholes.

Please check out our website for more information; <http://twia-gathering.com/index.html> or contact Mhari Tucker (Gathering Chairperson) at mhari@antuangus.com.au / 0417 121 585.



Social media war over the HMAS Tobruk II March 18, 2016

The David and Goliath battle between Fraser Coast and St Helens for an ex-naval Dive Wreck has escalated into a social media war. Each region has been opening fire on their respective Facebook pages, touting why their area would be more deserving of the artificial dive wreck and consequential economic benefits. As the battle for likes rages, behind the scenes both project groups are spurring their local, state and federal representatives into action in fear the vessel may be sent to Asia for scrap metal.

Federal Defence Minister Marise Payne stated on Tasmanian Talks last week that a decision would be made in the next fortnight, and explained the process to prepare the ship for scuttling was an expensive one. Already the Queensland Fraser Coast Council has committed \$1m to the cost of scuttling the ship, and are urging their neighbouring Council Bundaberg to consider doing the same, Hervey Bay member for the Regional Dive Wreck Advisory Group said on Tasmanian radio earlier this week.

Meanwhile the Break O'Day Council in St Helens, Tasmania, is calling upon the State Government to commit to financial support for the project.

"Unfortunately our small, regional council cannot compete with a municipality that has more than 15 times our population and an annual budget of \$150m," Break O'Day Mayor Mick Tucker said. "We are also a community heavily dependent on tourism, in fact we are the fifth most dependant region on tourism in the nation, but tourism is also our fastest growing sector in terms of employment and economic stimulus. In the last 12 months we have seen our visitor statistics rise by 12%, and we are confident a phenomenal attraction like the ex-HMAS Tobruk would make a huge difference to our region and go a long way to bolstering confidence in our beautiful municipality."

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Something VERY strange is happening ...

She's cleared off the pine table in the kitchen; the one usually littered with the book she's currently reading, the unfiled mail and sundry bits and bobs, and now she's wiping it down with a dish cloth and some spray cleaner.

A very tall man has just come to the front door and he's calling me Beatrix, I've seen him before but he doesn't usually visit the old school masters' house ... I wonder what's in his brown bag?

They're talking about worms and needles, and now I know why she nursed me when she stood on the bathroom scales this morning ... it seems I weigh 5.5kg and when Jeff comes to visit I'm allowed on the (very clean and tidy) kitchen table.

An injection, some medicine, a tablet and some stuff on my back ... followed by two surprises - came out of that brown bag. Then I realised; Dr Jeff, the vet from St Helens, was doing a home visit to make sure my shots are up to date.

He plans to come back in April to visit any households where there are animals who need routine care, it's much better than being put in a box for a car trip and I got to look out the window from up on the table ... a perfect spot for watching the neighbour's cats.

Sadly she's cleaned the table again and moved the chair so I'm guessing sitting on it was a one off but I did enjoy my treats and the view.



By Beatrix aka B'ix Fowler, St Marys

As part of **Harmony Day 2016** the **Break O'Day Welcome and Support Group** in conjunction with **St Helens Neighbourhood House** hosted **Recipes for Harmony 2016**. The event was made possible by grant funding from the Break O'Day Council, together with major sponsorship from the Multicultural Council of Tasmania, supported by the Tasmanian Government.

Community members were invited to bring plates of multicultural foods to share and 28 people attended the Bungalow at the Neighbourhood House in St Helens, bringing foods from a variety of backgrounds - Australian, Indian, South American, North American, German and many more.

Our oldest attendee was 98 years young and we were delighted when Eric Hutchinson MP arrived to join us at the dinner. During the evening, music was provided by Astrid and Todd Dudley. We finished with a number of short films about Australian Migrant and Refugee experiences.

The evening was a great success and the recipes which accompanied each of the dishes will now be collated into a recipe booklet from the evening, for sale and distribution as a joint fundraiser for the Break O'Day Welcome and Support Group and St Helens Neighbourhood House .

The banners made by children and adults at the recent Outdoor Multicultural Film Night in St Marys were used for the first time at an event to welcome the participants.

Janet Drummond St Marys, Member of Break O'Day Welcome and Support Group

Photos by Janet Drummond





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New eco fashions are being added to the range every week. Shown here are 3 tops which were steamed with gum leaves, onion skins, banksia leaves and/or red dahlias (2 x silk, 1 x cotton).
Call in soon and have a look for yourself!



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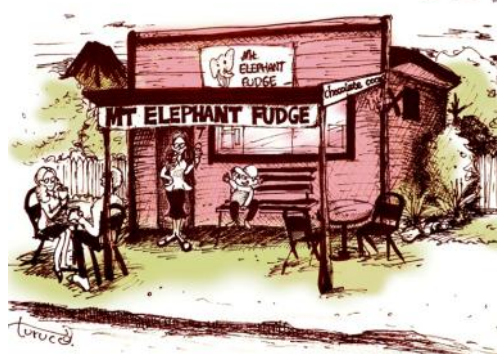
The Valley and East Coast Voice Inc. encourages local/regional contributions from the public. Stories, current events, historical information, lifestyle pieces, anecdotes, articles, travel blogs and written or visual art with a community-based theme are welcome, especially with relevant pictures included.

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special people in your life ☺***

Convicts; The Salt Water River Coalmine Research Project by Wendy Fowler R.N. B.A.(Hons).

A paper presented at the 14th annual conference of The Australian Mining History Association, held in Queenstown Tasmania from October 4 - 10 2008.

The story of the discovery of coal is a chance event in Lieutenant Governor George Arthur's determination to establish a bureaucracy, which encompassed every aspect of colonial life and also a story of isolation making early Tasmanians captive to market forces. In his quest for meticulous documentation Arthur appointed two convicts, Woodward and Hughes, to survey the land mass of the Tasman Peninsula.

Coal was apparently discovered by them on the western bank of Norfolk Bay (Plunkett Point) in February 1833 and some specimens carried to Port Arthur and presented to Commandant Charles O'Hara Booth. Commandant Booth sent a report of these findings to Hobart to Arthur's secretary in early May with an accompanying letter. Booth also records, in his journal, making a visit to the area to examine the coal seam and the obtaining of further specimens which were also sent to Hobart.



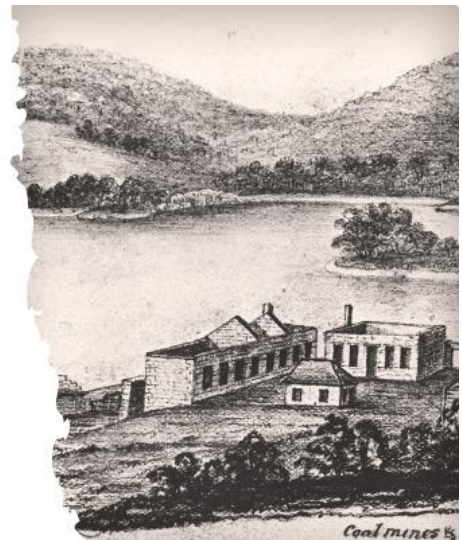
This discovery was greeted with much interest by Arthur because of fuel shortages in Hobart and its environs. It appears that the finding was formalised later in 1833, when Woodward returned to Plunkett Point charged with doing a specific search. Subsequent correspondence indicates that Arthur saw merit in using the coal mine as a place of work for the "most refractory convicts", as well as providing a fuel source which would reduce if not eliminate the colony's dependence on New South Wales for coal. Subsequent reports raised questions about the quality of the coal but there is no doubt that its discovery permitted an element of self sufficiency. Having said that, coal is certainly not the fuel of choice in Tasmania and that is very possibly a legacy of unreliable supply together with inconsistent quality.

The man tasked with managing the Tasman Peninsula operations for the convict department, Booth, spent much of his term as Commandant at Port Arthur travelling around the Peninsula, and his journal provides evidence of extraordinary trips cross country and by sea.

Under Booth's careful scrutiny a pair of shafts were sunk. Booth's journal records his role as an interested observer mindful of his official status rather than a technical expert, and there is certainly nothing in his record to indicate his knowledge of mining extended beyond that of a curious amateur scientist. It appears likely that one of the original shafts was an access shaft and the other for ventilation. Whilst this was standard mining practice and, when aided by the lighting of a fire at the base of the ventilation shaft, facilitated a down draft of fresh air into the underground working - such an intervention requires an understanding of mining not readily available in a non-mining community. There is also an inherent danger of either explosion due to "black damp", or of suffocation with an underground fire. There is no record of either explosions or underground fires during the establishment or early workings of the Plunkett Point mine. The first ship load of coal for Hobart Town left Plunkett Point on June 5, 1834.

During the Arthur period the coal mines were used as a punishment station within the Port Arthur operation. Those who re-offended at Port Arthur could be sentenced to a period of between three and twelve months hard labour. Men sentenced to such a period at the mines were given a daily quota to achieve as part of their punishment, and the rider that failure to meet this quota would result in solitary confinement in the underground cells at Plunkett Point. Following the introduction of the Probation system in 1839 the mine operation, although still administered from Port Arthur, was a probation station in its own right, rather than part of the classification and punishment system of Port Arthur.

As the demand for coal increased in Hobart the pressure to raise productivity at the mine correspondingly increased. There were questions raised about the amount and quality of available coal, the production capacity, the suitability and security of wharf facilities and the skill level of the work force. In response to these questions Dr John Lhotsky was appointed in January 1837 by Lt Gov John Franklin, at 10/- per day, to plan the development of the Plunkett Point Coal Mines. His preparations and support imply a thorough examination was expected and a significant report to be provided. His report includes maps and plans, as well as suggestions for future management and a commendation of the overseer's abilities, with a rider concerning his social class and literacy and numeracy levels. Within his report to Booth, Lhotsky also expresses his misgiving about the quality of the coal and the number of men employed in the area. He recommends that the shaft be deepened considerably, rather than new fields be sought elsewhere. He also makes a number of recommendations regarding the layout of underground workings in order to facilitate supervision of convicts.



Continued in the next edition...

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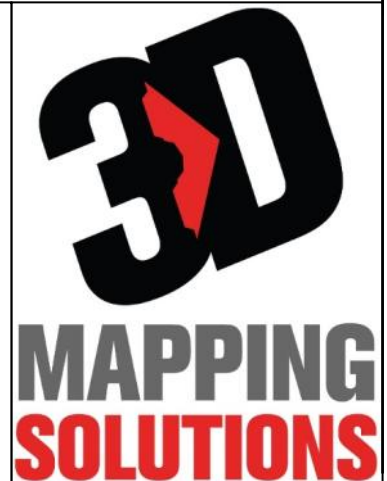
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St Marys Tennis Club court resurfacing

St Marys Tennis Club would like to thank all the people involved in making this project possible.

What started as a suggestion because of the condition of our courts (last upgraded in 2001) became a major journey. With a suggestion from Simone Alright from Tennis Tasmania to apply for funding through community grants, our journey began.

Firstly I would like to thank Scott Bentley - without his knowledge and persistence, providing the massive amount of paperwork required would not have been possible.

Once our money was secured from Community Grants, we then had to find a way to raise the other half of the funds required.

For that we thank Tennis Australia and the Break O'Day Council. Also a thank you to Venarchie Contracting and C & D Excavations for the preparation of the court surfacing.

To the many people who helped make this all possible: Scott and Caroline Bentley for everything, Wayne Polden for our new drainage system, Gecko Surfacing Solutions for their amazing job of the courts, Lyle and Graeme for the fencework, Scott, Lyle, Hayden and Steel N Diesel for refurbishing the umpire chairs.

I would also like to thank Karon our treasurer, our committee and members for their input and cooperation whilst this work was taking place.

Lastly we hope everyone enjoys all the benefits of our work so we can all continue to play this great game. Happy hitting!

Dana Smith St Marys, Club Secretary



St Marys Sports (and Social) Centre

Gray Road St Marys

Bar open Thursday 6 - 8pm, Friday from 6pm, Sunday 1:30 - 4pm

Easter trading **Thursday March 24, 6pm**

Friday Happy Hour 6.30 - 7.30 with *Jag the Joker* at \$1,240 - Raffles and bar snacks

Good Friday March 25, 12 - 6pm

Swish and Fish 9 hole / 3 person Ambrose

Entry \$15 covers game and meal. 1pm start

Bowls news: St Marys travelled to Swansea to compete in a State final. Saturday - St Marys def Sorell by 23 shots.

Sunday a.m. Sorell def Bridport by 6 shots

Sunday p.m. St Marys def Bridport by 3 shots

St Marys won the game on overall 20 shot win.

State Division 4 Pennant Final Shield was presented to St Marys. Congratulations to all bowlers!

St Marys is the host club for bowls next season. The preparation of the bowling green will commence in the near future. We have purchased a new corer, soil, seed and fertiliser!

Golf news: Eight players from the NW Coast had an enjoyable morning last Thursday. Great to see a few locals playing a round.

Thanks Roger for mowing the greens last Wednesday for the Coast boys.

Dining: The next meal is on April 15, please book with **Christine Waters on 0410 441 558**

Muso's are back on Sunday April 10. Keep this day free, and come and enjoy a great time!! Bar open and light food available. More details next Valley Voice.

Licensee / treasurer: *Jim Turner 6372 2441*

President: *Jacqui Bianchi 0439 978 156*

Vice President *Bobby Harwood 6372 2445*

e:stmaryssportsctr@internode.on.net

facebook.com/stmarysportsandsocialclub

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Nick enjoying a quick personal cruise on the bay with Heritage Couta Boat Cruises owner Les Simms. Insert: the Lone Dove waiting to show visitors the wonders of Georges Bay.

Anyone who knows Nick will know how much he loves to get out on the water, so spending some time with Les Simms on the Lone Dove was a real treat.

When asked what it was that brought this wonderful vessel and its charming captain to St Helens, Les answered, "there were three things that attracted him: the climate, the clean waters of the bay and friendly environment."

Les first heard about the services the Break O'Day Business Enterprise Centre offers while talking to several

attendees at the St Helens Chamber of Commerce's Annual General Meeting.

As a business man with many years experience you could be forgiven for thinking that Les wouldn't need help setting up a new business, but like any prudent business person entering into a new business environment, gaining local knowledge is an essential part of the decision making process. Les said, "Nick and his team were fantastic with helping him to gain local knowledge".

Les said, "Nick's enthusiasm for our business and his practical support with

navigating the various permits required by local authorities, made choosing to bring one of our boats from Stanley to work on Georges Bay so much easier."

The traditional couta boat Les uses for his Heritage Couta Boat Cruises, was built in 1923 by the famous Ned Jack Shipbuilding Yard and is in the process of being officially heritage listed.

Les offers half hour, one hour or two hour cruises. For clients who like to wet a line Les has all the fishing gear on board. Clients can also enjoy an onboard picnic lunch and glass of wine.

Call the BEC on 6376 2044

Shop 1, 34 Quail Street, St Helens TAS 7216

Or visit the website www.smallbusiness.org.au

The services provided by Break O'Day Business Enterprise Centre are partially funded by the Australian Government.



BEC Australia Member

Tasmania was attached to North America 1.4 billion years ago 2 July 28, 2014

Two physical scientists from the University of Tasmania and Mineral Resources Tasmania, both in Australia, have analysed sedimentary rocks from the Rocky Cape Group in North West Tasmania and found that the rocks are very similar to those found in the North American states of Montana, Idaho and British Columbia.

Jacqueline Halpin and Peter McGoldrick dated tiny samples of minerals known as monazite and zircon, which are found in the sedimentary rocks from Rocky Cape, and discovered that they are between 1.45 and 1.33 billion years old—this also makes them the oldest known rocks ever found in Tasmania. According to the scientists, the minerals must have been deposited in an ancient ocean about 1.45 billion to 1.22 billion years ago. Their finding suggests that Tasmania and Western North America were geographical neighbours about 1.4 billion years ago in the supercontinent Nuna, also known as Columbia.

“As plate tectonics and the supercontinents cycle started to rift Nuna apart, a large sedimentary basin formed that included the Rocky Cape and the Belt-Purcell Supergroup rocks,” explained Dr Halpin in a press release.

Because Tasmania’s rocks are different from the ones in mainland Australia, scientists hadn’t been able to pinpoint the exact location of the state during this prehistoric period. Previous studies had suggested that Tasmania was part of central Australia and drifted apart when the supercontinent Nuna broke, but the new evidence contradicts this theory.

Halpin told the *Guardian*: “The rocks of Tasmania don’t look like the rest of Australia’s rocks if you look at those more than 700 million years old. The rocks up the east coast of Australia are much younger than in Tasmania. In terms of the geology, Tasmania is much more like North America.”

The mineral dates have also provided important information about the Horodyskia (string of beads) fossils found recently in the Rocky Cape. These fossils are visible to the naked eye, but are rarely found in rocks older than 635 million years, explained the researchers. This finding, however, suggests that the Horodyskia discovered in Tasmania could be twice this age.

“Unlike stromatolites, which are formed by communities of simple, single-celled organisms, Horodyskia may represent the oldest known ‘tissue-grade’ multi-cellular organism,” explained McGoldrick.

The results of the study were published in the journal *Precambrian Research*.

sciencealert.com/14-billion-years-ago-tasmania-was-attached-to-north-america



A father’s flash reflex to shield his child
(busy on his mobile) when a baseball bat went hurtling into a crowd of spectators: taken in Orlando, Florida, as the bat slipped from the hands of Pittsburgh Pirate, Danny Ortiz, during a game against the Atlanta Braves.

bbc.com/culture/story/20160311-spot-the-baseball-bat

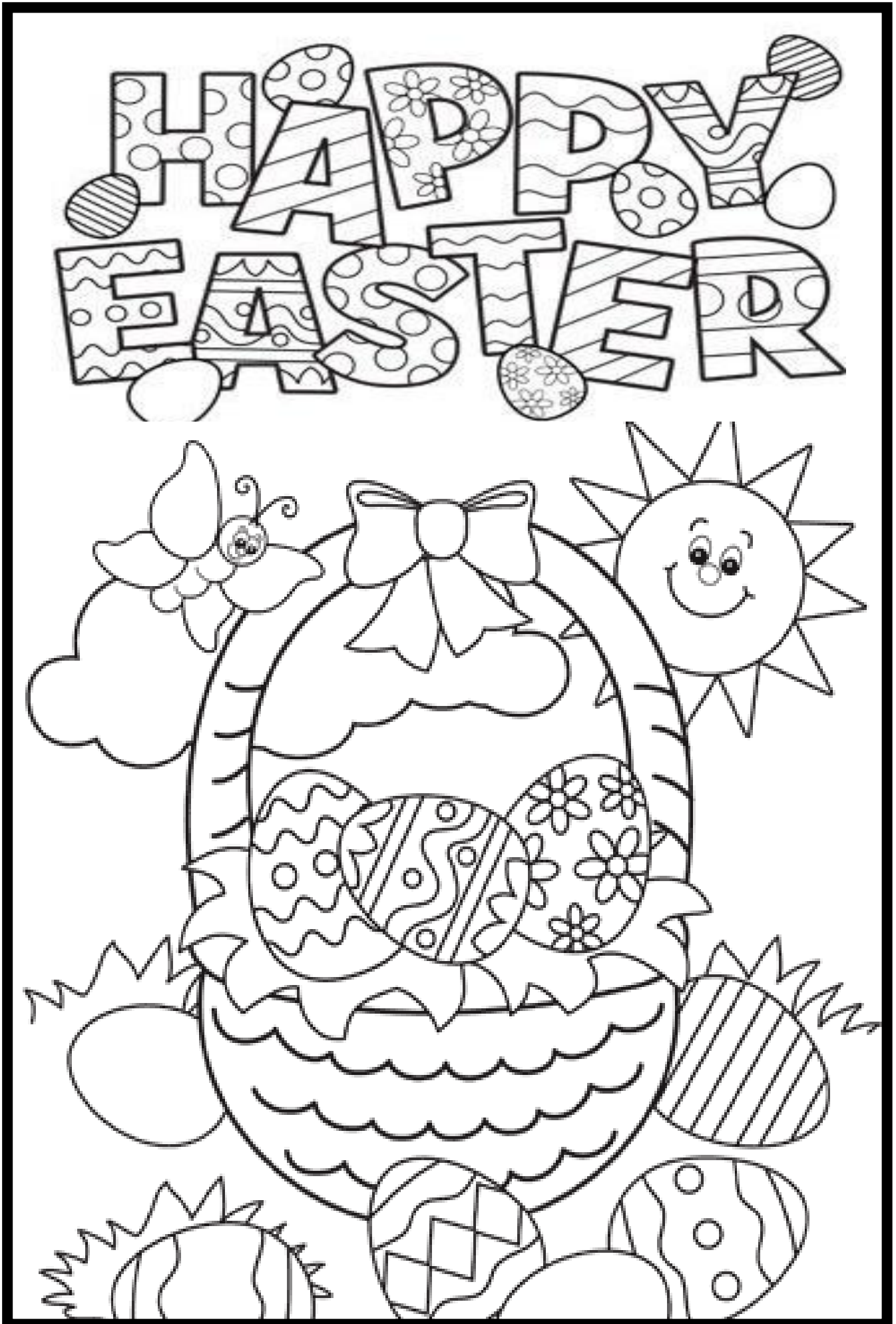
Protecting our children from disease 11 March 2016

Regional Tasmanian parents are being urged to ensure their children’s vaccinations are up to date. Federal Member for Lyons Eric Hutchinson said immunisation is the safest and most effective way of protecting against vaccine-preventable diseases.


“This is why the Turnbull Liberal Government is implementing No Jab, No Pay,” he said. “This important policy is about protecting our children and keeping them safe. Diseases can have such devastating consequences. Babies under six months are at the greatest risk of death from whooping cough, for example, so the more babies immunised, the more we can protect our most vulnerable, including those unable to be immunised for medical reasons. While Australia has childhood immunisation rates of 92%, coverage of up to 95% is needed to stop the spread of some diseases such as measles.”

By the end of next week parents whose children are not vaccinated and do not have a valid medical exemption or catch-up schedule will start incurring a debt for child care payments that they’ll have to repay,” he said. “A family’s choice not to immunise their children is not supported by public policy or medical research – if a dangerous disease is preventable, we must do everything possible to stop it.”

The Australian Government provides vaccinations for children under 10 for free under the National Immunisation Programme. Eligible families may be able to access free catch-up vaccinations for children aged 10 to 20.







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Mobile Vet Clinic

On Saturday March 12 after our usual clinic hours, Dr Jeff set off for our first Mobile Vet Clinic in and around St Marys and the Fingal Valley areas.

It was a great success and we had many grateful owners who can't drive into St Helens, and many happy pets who hate car travel! The response was so great we will be doing another mobile vet clinic on APRIL 16!

Don't miss out on this opportunity as appointments are limited. If you feel you can benefit from a home visit, please call the clinic on **6376 1577** to arrange an appointment.



Want to learn more about snakes?



Bruce Press from Reptile Rescue Tasmania will hold a Snake Awareness Course at the East Coast Vet Clinic in St Helens on Saturday April 9. For those interested, this will be followed immediately afterwards by a Snake Handling Course! The Awareness Course starts at 10 am.

Bookings necessary, phone the Clinic on 6376 1577 or direct to Bruce Press on 0400 502 403

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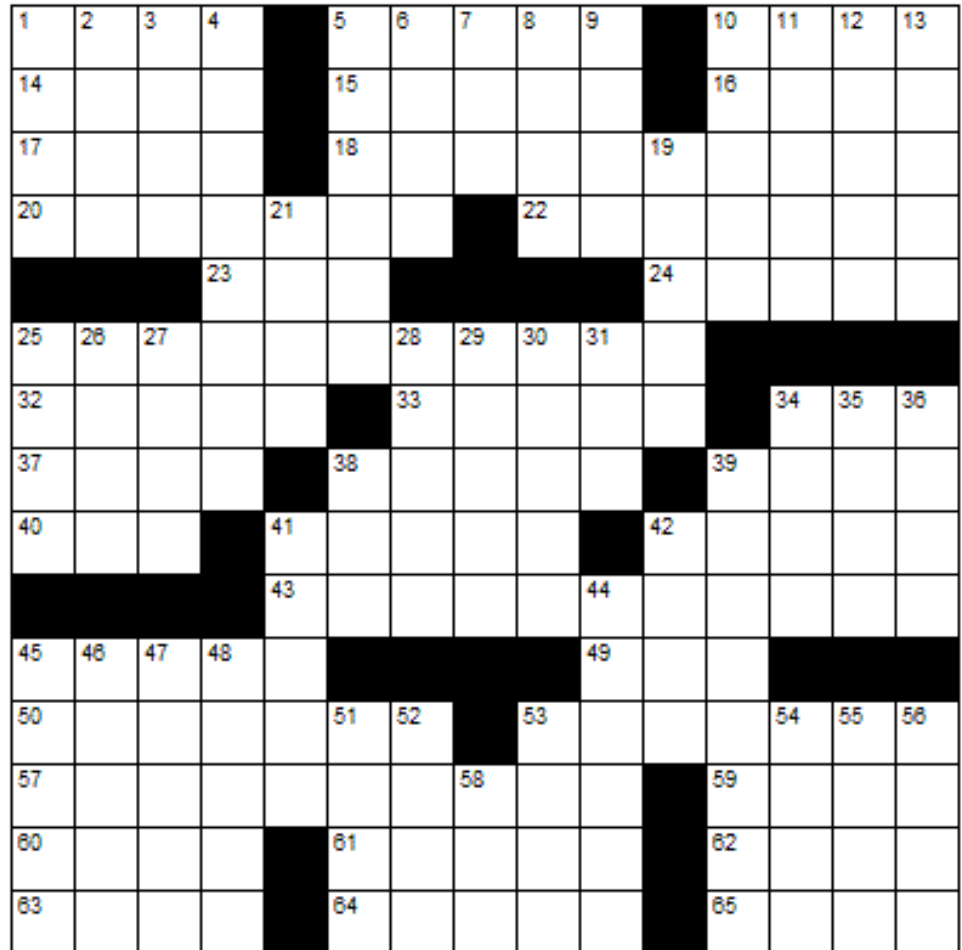
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Fax 6372 2822

ACROSS

1. Praise
5. Collection of maps
10. Picnic insects
14. Data
15. Offensively bold
16. Train track
17. "Smallest" particle
18. Purportedly
20. Ash
22. A breed of dog
23. Neither ____
24. Late
25. Underling
32. Stream
33. A dish of tomatoes and greens
34. At this time
37. Haughtiness
38. Set straight
39. Roman robe
40. Henpeck
41. Grave marker
42. Waste conduit
43. Having a mottled appearance
45. Symbol of authority
49. Ambition
50. Side by side
53. Detective (slang)
57. Booming
59. Blue-green
60. "Where the heart is"
61. Synagogue scroll
62. Makes a mistake
63. At one time (archaic)
64. Seethes
65. Thorny flower



DOWN

1. Teller of untruths
2. Stake
3. Flying saucers
4. A game with small rectangular blocks
5. Laughable
6. Not false
7. One time around
8. Vipers
9. Store
10. Stadium
11. Lowest point
12. Covered with linoleum squares
13. Cunningly
19. Filled to excess
21. Misfit
25. Glance over
26. Murres
27. Large mass of ice
28. Small islands
29. Manicurist's concern
30. Seaweed

31. Buff
34. Nothing (British)
35. Curved molding
36. Hospital division
38. Consumed food
39. Horse team driver
41. Place
42. Slender
44. Chuckles
45. Wash oneself
46. Hate
47. Bongos
48. Agile Old World viverrine
51. Collections
52. Gait faster than a walk
53. Chew
54. Protagonist
55. Paddles
56. If not
58. Fury

Solution next edition

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Community Groups / Services Guide

For inclusions / amendments call 63722 766

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

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

Al Anon (Family Group) meets Sunday 2-3.30pm at St Helens Neighbourhood House. Please call (in order) *Rose 0456 063 943 / Ann 0409 763 270*

Beaumaris Swap Markets meet on the 1st Sunday 11-1pm monthly at Beaumaris Park. Plastic bag free, gold coin donation per stall (bookings required). *Laura 6372 5687*

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

Break O'Day Council St Helens 6376 7900

Break O'Day Regional Arts meet monthly on the 2nd Thursday at 5.30pm in the St Marys Hotel.

RAYC Regional Arts Youth Company for school children is on Thursday 3.30-5pm. Session cost \$5 or \$40 p/10 week term. All welcome.

Michelle 0407 046 865 e: bodregionalarts@gmail.com

The BOD Stitches meet Friday 10-3pm at the Neighbourhood House Bungalow in St Helens.

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

Carers for Wildlife Tas Inc.

St Marys 6372 2973 / 0417 017 105

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

The Combined Probus Club of Scamander Inc meet on the 4th Wednesday of each month at Scamander Beach Resort, 10am. Contact **Lorraine on 6376 2185** for further information - new members welcomed

The Cornwall Community Development Group Inc. hold their general meetings on the 1st Tuesday 7pm monthly. Hall hire available. *Raz / Deb 6372 2261*

East Coast Community Transport, Community Hall, 23 Main Street, St Marys. *Jan Saunders 6372 4415*

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 on the 2nd Monday 7pm at Fingal Neighbourhood House monthly. *0412 425 666*

Healthy House St Helens 6376 5242

Hospitals Circassian Street St Helens 6387 5570
Community Health Centre St Marys 6387 5555

Justice of the Peace K Faulkner 6372 2196

Libraries St Marys 6372 2114, St Helens 6387 5530

Lymphoedema St Marys Lymphoedema Centre 6272 2900

Meals on Wheels St Marys 0488 384 344

Museum Cranks & Tinkerers St Marys 0417 648 845

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

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.

Val 6372 2762

Schools - District High Schools, St Helens 6376 7100
St Marys 6372 3900

Primary Schools, Avoca 6384 2117, Fingal 6374 2197

The St Helens Walking Group walk each Wednesday and 3rd Saturday monthly. New members are most welcome. *Healthy House 6376 2971*

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.

Bec Mason 0409 253 504

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 Wednesday. New players & beginners welcome. Child minding included - a lovely safe place to bring toddlers while you play. *Karon 0419 722 390 / Dana 6372 2033*

St Marys Markets are held monthly on the 1st Saturday 9-1pm at the St Marys Community Hall.

Michelle (BODR Arts) 6372 2056 / 0407 046 865

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

The **St Marys School Association Op Shop** is open 10-4 w/days & Saturdays 9.30 -12.30. We are happy to receive ALL pre-loved items excl. electrical.

Janet Drummond 0404 562 320

St Marys Sports & Social Centre Inc 6372 2177

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

Jim 6372 2127 (jimhaas@bigpond.com)

www.fingalvalleyhistory.com

Stallholders' Market Inc. markets are held Saturday 8-12pm in the Portland Hall St Helens.

e:sthelenmarket@yahoo.com.au

Suncoast Singers meet Friday at 10am in the Catholic Hall Cecilia Street, St Helens.

Mary-Anne Wadsworth 6376 2969

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

Woodcraft Guild Old Railway Goods Shed St Marys 6372 2094

WOW, a fun social group for ladies of all ages, meets monthly on the 1st Tuesday from 6.30 - 8.30pm (February to December 2016). Contact Christine 0410 441 558 for further details.

*W H Auden ... We are here on
earth to do good unto others.
What the others are here for, I
have no idea.*



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

23/3/16 - 8/4/16

Dr K. Nash-Rawnsley

5 April 2016

Dr E Lord

24/3, 31/3 & 7/4 /16

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 reports*
- ◆ *Harness medicals*
- ◆ *Pre-employment checks*

The above are NOT covered by Medicare, and may incur cost. Please discuss this with reception when making your appointment.

If you have any 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 24	Social Worker Shan Williams Call 6387 5555 for appointments.
March 25	GOOD FRIDAY
March 28	EASTER MONDAY
March 29	EASTER TUESDAY
March 30	Day Centre- call Hayley Gilbert on 6387 5555 for information on the group.
March 31	Psychologist- Please see your GP for a referral. Social Worker- Shan Williams For appointments phone 6387 5555. Eyelines- For appointments please phone 1300 139 363. All consults are Bulk Billed to Medicare.
April 4	Hospital Auxiliary Meeting 2pm in the Family Room.
April 5	Podiatry North- For appointments please phone 6336 5155.
April 6	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

EASTER HOLIDAY DATES

Please be aware of the changes to the Community Health Centre's hours of operation during the Easter period. If you require medical attention please call our After Hours Contact numbers or 000 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.

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

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 2nd Year Medical Students and 2nd Year Nursing Students on placement during the month of April 2016.

CHANGE OF DATE FOR PODIATRY NORTH

Please note that Podiatry North were due to have a Podiatry Clinic on: **WEDNESDAY 6/4/16** at the St Marys Community Health Centre, this date has unfortunately **been changed**.

Podiatry North will now be holding their Podiatry Clinic on: **TUESDAY 5/4/16** at the St Marys Community Health Centre.

If you have received your letter to confirm you have a Podiatry appointment please be aware of the change of date.

The Podiatry Team apologises for any inconvenience.

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

by Doug Yurchey, The Dot Connection July 17, 2010

Hemp cultivation and production do not harm the environment. The USDA Bulletin #404 concluded that hemp produces four times as much pulp with at least four to seven times less pollution.

From Popular Mechanics, February 1938:

"It has a short growing season ... It can be grown in any state ... The long roots penetrate and break the soil to leave it in perfect condition for the next year's crop ... The dense shock of leaves, 8 to 12 feet above the ground, chokes out weeds ... hemp, this new crop, can add immeasurably to American agriculture and industry"

In the 1930s, innovations in farm machinery would have caused an industrial revolution when applied to hemp: this single resource could have created millions of new jobs generating thousands of quality products: hemp, if not made illegal, would have brought America out of the Great Depression.

THE CONSPIRACY William Randolph Hearst (Citizen Kane) and the Hearst Paper Manufacturing Division of Kimberly Clark owned vast acreage of timberlands. The Hearst Company supplied most paper products. Patty Hearst's grandfather, a destroyer of nature for his own personal profit, stood to lose billions because of hemp.

In 1937, DuPont patented the processes to make plastics from oil and coal. DuPont's Annual Report urged stockholders to invest in its new petrochemical division. Synthetics such as plastics, cellophane, celluloid, methanol, nylon, rayon, Dacron, etc., could now be made from oil. Natural hemp industrialization would have ruined over 80% of DuPont's business.

Andrew Mellon became Hoover's Secretary of the Treasury and DuPont's primary investor. He appointed his future nephew-in-law, Harry J. Anslinger, to head the Federal Bureau of Narcotics and Dangerous Drugs. Secret meetings were held by these financial tycoons. Hemp was declared dangerous and a threat to their billion dollar enterprises. For their dynasties to remain intact, hemp had to go. These men took an obscure Mexican slang word: 'marijuana' and pushed it into the consciousness of America.

MEDIA MANIPULATION A media blitz of 'yellow journalism' raged in the late 1920s and 1930s. Hearst's newspapers ran stories emphasizing the horrors of marijuana. The menace of marijuana made headlines. Readers learned that it was responsible for everything from car accidents to loose morality.

Films like *Reefer Madness* (1936), *Marijuana: Assassin of Youth* (1935) and *Marijuana: The Devil's Weed* (1936) were propaganda designed by these industrialists to create an enemy. Their purpose was to gain public support so that anti-marijuana laws could be passed.

Examine the following quotes from *The Burning Question*, aka

Reefer Madness:

- a violent narcotic;
- acts of shocking violence;
- incurable insanity;
- soul-destroying effects;
- under the influence of the drug he killed his entire family with an axe;
- more vicious, more deadly even than these soul-destroying drugs (heroin, cocaine) is the menace of marijuana!

Reefer Madness did not end with the usual 'the end.' The film concluded with these words plastered on the screen: 'Tell your children.' In the 1930s, people were very naive, even to the point of ignorance. The masses were like sheep waiting to be led by the few in power. They did not challenge authority. If the news was in print or on the radio, they believed it had to be true. They told their children, and their children grew up to be the parents of the babyboomers.

On April 14, 1937, the prohibitive Marijuana Tax Law, or the bill that outlawed hemp, was directly brought to the House Ways and Means Committee. This committee is the only one that can introduce a bill to the House floor without it being debated by other committees. The Chairman of the U.S. Senate, Ways and Means Committee, at the time, Robert Doughton, was a DuPont supporter. He insured that the bill would pass Congress.

Dr. James Woodward, a physician and attorney, testified too late on behalf of the American Medical Association. He told the committee that the reason the AMA had not denounced the Marijuana Tax Law sooner was that the Association had just discovered that marijuana was hemp.

Few people, at the time, realized that the deadly menace they had been reading about on Hearst's front pages was in fact passive hemp.

The AMA understood cannabis to be a medicine found in numerous healing products sold over the last hundred years.

In September 1937, hemp became illegal. The most useful crop known became a drug, and our planet has been suffering ever since.

To be concluded next edition ...



Church Services

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 Anglican Parish

6372 1144 *St Helens*
 9.30am 5th Sunday Combined Service with Uniting
 Church 9.30am
St Marys 10am
facebook.com/anglicanbod

Break O'Day Uniting Church

The Manse 6376 2405
St Helens 9am
Fingal 11.15am

Catholic Parish St Marys - Father Bala

6372 2252 / 0419 314 692
Bicheno Mass 1st, 3rd & 5th Sunday 9am
 Liturgy 2nd & 4th Sunday 9am
Fingal Mass 1st & 3rd Sunday 11.30am
 5th Friday 10am
St Helens Mass Saturday 6pm Thursdays 10am
St Marys Mass 2nd & 4th Sunday 9am
 5th Sunday 11am

St Marys Salvation Army

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

Meals on Wheels

March 24	Heather Griffiths
25	Drew Adam
28	Pam Bretz
29	Valmai Spencer
30	Karl Balzer
31	Sonya Allison
April 1	Drew Adam
4	Ruth Aulich
5	Louise Keady
6	Karl Balzer

Overheard this week:
 As handy as a
 chocolate teapot

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

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

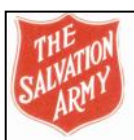
RAE & PARTNERS

LAWYERS

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

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



St Marys Salvation Army

is pleased to offer the
 following services:



Weddings Dedication of children Funerals

Envoy Mel Norton 0409 838 816



Main Street St Marys 7215 Ph 6372 2844



Kodak copies from 45¢

Ear piercing \$27 Piercing, earrings
 & solution with qualified staff
 Bec, Sally & Cassie



Pharmacist instore Monday - Friday



ST MARYS IGA SUPERMARKET

38 Main Street

Ph/Fax 6372 2240 Butcher 6372 2274

Monday - Friday 8am - 6.30pm

Saturday 8am - 5pm

Sunday 10am - 5pm

Butcher instore weekdays 8am - 2.30pm

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

Butchery specials March 23 - 29		Butchery specials March 30 - April 5	
	<i>p/kg</i>		<i>p/kg</i>
Rump Steak	15.99	Beef Mince	10.99
BBQ Steak	13.99	Scotch Fillet Steak	27.99
Corned Silverside	8.99	BBQ Meat Pack	10.99
Lamb BBQ Chops	12.99	Ingham Thigh Fillets	10.99
Nichols Chicken Drumsticks	3.49	Netted Leg Of Lamb	14.99
Two week specials from March 23 - April 5			
Pampas Puff Pastry 1kg	4.49	Vita Cee Orange Juice 2.4L	2.99
Birds Eye Fish Fingers 1kg	7.99	Flora Spread 500g	2.99
Scotts Meat Pies 6pk	5.99	Cottees Cordial Syrup 1L	3.99
Global Cooked & Peeled Prawns 300g	7.99	Foster Clarks UHT Custard 1L	2.49
Maggi 2 Minute Noodles 5pk	2.99	Multix Cling Wrap 33x30cm	1.49
Sorbent Toilet Tissue 8pk	4.95	IXL Jam Range 600g	2.99
Fantastic Rice Crackers 100g	1.35	Prima Fruit Drink Boxes 6pk	2.69
Sui Min Cup Noodles 70g	1.29	Schweppes Mixers 4pk	3.99
Chicken Tonight 475-500g	2.45	Snappy Tom Canned Cat Food 400g	1.09
Continental Pasta & Sauce Value Pack 145-170g	2.49		

**Now taking orders for Easter fish. Call in & place an order to ensure you don't miss out!
We'll be open Good Friday from 9 until 4.**

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	



*Incorporating
St Helens Transport &*

Launceston 6339 4900

St Helens 6376 1143

Fax 6339 2900

suncoastexp@netspace.net.au

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

