



THE VALLEY AND EAST COAST VOICE INC.

Established 1968

49.20 March 9, 2017

Deadline for 49.21 is 5pm March 20, 2017



Mustangs at the Fingal Valley Festival, more photos on pages 6 / 7

Approximately 1500 people came through the gate on a glorious sunny day on March 4, 2017.

Randal Faulkner and Justin Faulkner won the roof bolting, and Malcolm Woods won the coal shovelling!

The Mustang cars were a big hit as was the kids entertainment. A lot of people said it was one of the biggest festivals for some time!

The president would like to thank the following hard working committee members: Fiona Ward, Tina French, Ricky Gale, Rebecca Tuck, Tegan Bosworth, David Bean, Kerry Webb, Mac Saunders and Tenille Burt! And thank you to all our wonderful volunteers!!!

Corey Bosworth, President, Fingal



Break O'Day Council staff go bush for Clean Up Australia Day March 1, 2017

Break O'Day Council office staff got their gloves on and got out of the office for 'Business' Clean Up Australia Day on Tuesday.

Council office staff joined Council outdoor works crews, and Parks and Wildlife Service officers to clean up rubbish dumped illegally along narrow bush tracks behind waste disposal sites at St Helens and Scamander.

Council's Natural Resource Management Facilitator Polly Buchhorn said about a tonne of rubbish was collected.

"Five truckloads of tyres, steel, aluminium, plastic and wood waste and hundreds of bottles and cans were taken to the St Helens and Scamander waste disposal sites, where it all should have gone in the first place.

"At St Helens we had to leave a large illegal dump site that needs heavy machinery to clean up and may contain asbestos, which is

a serious health hazard to remove and for the illegal dumpers," he said.

Break O'Day Council Mayor Mick Tucker said Council participates in Clean Up Australia Day for the same reasons as the community, to keep our beautiful municipality clean and healthy as well as encouraging people to do the right thing with waste.

Continued on p8

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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.

Notice to non-profit groups re advertising rates:

Articles submitted by non-profit groups are free up to a page, then they will cost 50% of the advertised fee.

Private community announcements / private classifieds 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.

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.

Kindly 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

ROSSARDEN Fire training and BBQ dates are: April 1, May 6, June 3, July 1, August 5, September 2, October 7, November 4 and December 2.

Fire Brigade training is 10am prior to each BBQ.

Mike Prewer, Rossarden. 6385 2184

Rossarden Progress Association meeting dates for 2017: 3pm at Marlene's on April 17, June 12, August 14 AGM.

Mary Knowles, Secretary, Gipps Creek. 6385 2002

GET meeting dates for 2017

March 13, April 17, June 12, August 14 AGM,
October 9, November 24 and December 4.

Usually 7pm at the Fingal Valley Neighbourhood House, but the next meeting on

Monday March 13 is a meal at

Bean There Café, Fingal 6:30 for 7pm.

Please RSVP if you would like to join us. All welcome

Mary Knowles 6385 2002

gippscreek@skymesh.com.au

GARAGE SALE

We are moving and must downsize.

Furniture, tools, lots of books, homewares, sound system, wetsuit, children's books & toys, old bottles, collectables, etc.

No reasonable offer refused!

Sat 25th and Sun 26th March - gate open from 8am

22 Denneys Rd St Marys (off Lower Germantown Rd).

6372 2686 or 0458 648 927



It's time to get into training for the **3rd Anzac Fun Run and Walk** at St Helens on the 22nd April, commencing 10.30am.

Trophies will be awarded to 1st male and female runner in the 2km, 5km, 10km and under 16 events.

The course is pram and wheelchair friendly, with all categories starting at the St Helens Sporting Complex.

This is a fundraising event for the Local Chaplaincy Committee at the St Helens District School.

Participants are invited to register at

www.registernow.com.au or via a registration pack at Good Sports in St Helens, or at the St Helens School office.

If you are interested, follow us on [https://](https://www.facebook.com/St-Helens-Local-Chaplaincy-Committee-1548985978693901/)

www.facebook.com/St-Helens-Local-Chaplaincy-Committee-1548985978693901/?

[hc_ref=SEARCH&fref=nf](https://www.facebook.com/St-Helens-Local-Chaplaincy-Committee-1548985978693901/)

A fun day for everyone is assured.

**Enquiries to: Carole Withers, Chairperson,
St Helens Local Chaplaincy Committee on 6376 1638**

Community Notices



Public Meeting The Stables Handmade Market, Tasmania

A sub-committee of
Greater Esk Tourism
(GET)

Notice of

Annual General Meeting

Thursday March 16, 2017 at 4:45pm
Community Meeting Room
23a Main Street, St Marys
Opposite the St Marys Op Shop

Positions declared vacant:

President
Vice President
Minute Secretary
Correspondence Secretary
Market Coordinator
Social Media and Publicity Officer

Stall holders and exhibiting artists will be given
priority when considering nominations for positions

The AGM will be followed by a general planning meeting for the
new Market model to be re-launched in October 2017
Refreshments will be available.

Janet Drummond, Secretary, St Marys

The editor and committee of the
Valley and East Coast Voice Inc.
offer their sympathies to the extended
Faulkner family on the death of
Margaret Coreen Faulkner
on 26th February 2017.

Requiescat in pace

On behalf of all Woodcraft Guild members
We send our heartfelt condolences
To Jeff, Grant, Leigh, Randal and family
On the sad loss of
Mrs Faulkner (Margaret Coreen)

The Rossarden Progress Association and Rossarden Fire Brigade

are holding a

Working Bee on Saturday March 18 at 10am

at the fire shed to paint the interior of the new room
and do a general tidy up.

Please come along and help us with this
new facility at Rossarden

Mary Knowles, Secretary, Gipps Creek. 6385 2002

Fingal Valley Neighbourhood House Inc.

Talbot St Fingal

6374 2344 / admin@fvnh.org.au



Facebook We have a new Facebook page which is our main
communication tool for what is happening at the FVNH.
Like our page to keep up to date. [https://
www.facebook.com/fingalvalleyneighbourhoodhouse/?
fref=ts](https://www.facebook.com/fingalvalleyneighbourhoodhouse/?fref=ts)

Play Centre We are now taking enrolments for 2017.

Eating with Friends WE ARE BACK! Friday March 24,
2017. Time: 12 for 12.30pm. Cost: \$10pp. Enjoy a delicious
cooked meal in a warm and friendly environment. RSVP
essential for catering purpose and payment by Tuesday
March 21 please.

Some Up and Coming Events Agfest Saturday May 6 at
Carrick. Bloomin' Tulips Festival Day Saturday October 14
at Wynyard. Tasmanian Craft Fair Saturday November 4 at
Deloraine. These are a few of many trips being organised.

Hub4Health St Marys Gym Starting Monday March 20,
2017. Time: 6.30pm - 7.30pm. Bus leaving FVNH 6pm. Gold
coin for Bus and Gym would be appreciated. Contact the
FVNH for more information during office hours.

Contact us on 6374 2344 or call into the Office
from 9am - 3pm Monday to Friday
for more information on these trips.

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

The St Marys Salvation Army would like to thank the
following people for their ongoing support:

Gaynor Stillman
Stuart Kerr
Juanita MacDonald
Vicki Howard
Belinda Kilby
Max McGee



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Chicken litter to be used as fertilizer. 20lt bags for \$5 per
bag, St Marys. **Ph Jason or Tracey on 0419 514 947**

Expressions of interest for the volunteer position of
editor of the Valley and East Coast Voice Inc. are invited.
Full details provided in response to
genuine enquiries.
Contact **W Dawson on 0403 430 452**
wdawson@valleyvoice.com.au

New push for proper recognition of War Hero Teddy Sheean



The fight to get proper recognition for a Tasmanian war hero has been stepped up with a submission to the British Admiralty.

On December 1, 1942, Ordinary Seaman Edward "Teddy" Sheean selflessly gave his life to defend his shipmates by firing at attacking Japanese planes as his ship, the HMAS Armidale, sank beneath him.

For many years, there has been a campaign, led by Garry Ivory, nephew of Teddy Sheean, to gain appropriate recognition for the young Lower Barrington-born sailor.

I have been working with Mr Ivory and his family on this since I was a senator in 2002. While Teddy Sheean's courageous act ranks him among those who have received our highest military honour for bravery, the Victoria Cross, he has been denied this recognition for too long.

Now, after gathering a host of letters of support and supportive evidence, Mr Ivory and I have written to the British Admiralty to ask for its reconsideration.

At the time Teddy died, decisions on bravery awards granted to Australian naval personnel were made by the British Admiralty and we believe it still has the authority to make this award.

In our submission, we have highlighted the case of Leading Seaman Jack Mantle, of the Royal Navy, who was posthumously awarded the Victoria Cross after similar actions to Teddy Sheean in July 1940.

Like Teddy, Leading Seaman Mantle was wounded when his ship was attacked by enemy aircraft but stayed at his gun, firing until he died to protect his shipmates.

It is an injustice that Teddy Sheean was not recognised as Jack Mantle and

many, many others so deservedly were, but it is one that can be addressed, and we are hopeful that the British Admiralty will do so.

A copy of the submission can be obtained by contacting my office on 6777 1020.

Guy Barnett, Liberal Member for Lyons 25 February 2017

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The Say, by Cagerattler

So, it's come to this.

We have an issue with our water once again around the State. TasWater is struggling it seems to satisfy the Government and Councils.

This was inevitable. Right from the outset when there were three different water / sewerage bodies I said, "This is going to be interesting". I recall getting those first few bills and thinking, "What's happening here?"

Soon after the arguments started, so did the suggestions of hikes in rates to help pay for infrastructure. Many of us would have feared that the smaller places would be well down the rungs of the ladder in deference to larger centres with a population-based policy perhaps. Not great detail that I really noticed either.

My least favourite bill each quarter is the \$220 - 235 one from this crowd. This means around \$900 per year for nothing that seems to change for the better. Add on the separate rates and you are heading north towards two grand that not too many years ago was nowhere near that. I have endured that early morning strong chlorine 'taste' that I expect I've just got used to.

I have had queries on my bill, I've had a lot of bugged washers and fittings that never used to happen as often, and yet I count myself lucky compared to a number of small places around the local area and other towns around Tasmania, still suffering water alerts way too frequently. It isn't perhaps completely TasWater's management's fault ... I know the work crews do a great job and the phone help services likewise from personal experience. It is probably a whole state issue from the Government, Local Government and statutory body down addressing ageing infrastructure - dating back numerous decades to be totally fair.

I hope that if State Government intervention does end up taking place, they don't throw the baby out with the bath-water (pun intended) and TasWater in some form can re-structure in a way that works to a plan which quickly focuses on the communities struggling with sub standard services.

This HAS TO BE an absolute priority. I'm sure that any extra charges to accomplish this will be generally accepted so long as the plans are there for all of us to see, and explained to the masses.

For me, my chlorine taint would be much more bearable if I knew overall water and sewerage services were always going to keep improving, even if it's a bit slower than we might ideally like.

What do you think?

Rod McGiveron, St Marys

Tasmanian Government considers TasWater takeover after confrontation with councils

by Georgie Burgess

A State Government takeover of TasWater is under "active consideration" and will speed up the job of water and sewerage upgrades by five years, Treasurer Peter Gutwein has said.

Mr Gutwein has met with about 30 representatives from local government to discuss the future of water and sewerage infrastructure. Tasmania's councils jointly own TasWater - responsible for the state's water and sewerage system - which is struggling to supply safe water in some parts of the state.

Mr Gutwein has had a week-long, sometimes heated exchange with councils, over their efforts to improve the state's infrastructure, accusing them of failing to make improvements.

"What I've indicated to local government today is that the ownership of TasWater by the Tasmanian Government is under active consideration," he said. "It would enable the State Government to utilise the strength of its balance sheet to get the job done, and to accelerate the programs that TasWater has underway."

The details of what a takeover would look like are scant, but Mr Gutwein said it would accelerate the rebuilding process by five years. He said no decision had been made, and there was no timeframe on a decision.

Local Government Association Tasmania president Doug Chipman said the meeting was a "one-way street".

"We don't understand his motive," he said. "We are very certain TasWater has done a great job since it formed three and a half years ago. We strongly believe TasWater is better maintained under the ownership of local government."

Mr Chipman said he was "curious" as to how a takeover would speed up the process of fixing infrastructure.

Labor MP Madeleine Ogilvie said the Government would need a mandate to take over TasWater. She questioned how "shifting assets" would assist with upgrades.

"He's not considered the impact of the dividend loss on the ability of local government to deliver services," she said. "You cannot just punch a hole in the revenue stream of any local council and not expect there to be problems, like rate rises."

TasWater has a plan to improve the state's outdated infrastructure over 10 years, at a cost of about \$2b. More than 20 Tasmanian towns are on boil water alerts and four have "do not consume" alerts.

[http://www.abc.net.au/news/2017-02-24/government-considers-taswater-takeover/8301378?](http://www.abc.net.au/news/2017-02-24/government-considers-taswater-takeover/8301378?WT.ac=statenews_tas)

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Photos taken by the Editor.



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

East Coast Vet Clinic Dr Jeff Parsons regularly visits the Fingal Valley for all your veterinary needs.



For appointments, please call the clinic in St Helens on 6376 1577

Continued from the front page

“Last year staff took time out to help clean up rubbish on the roadsides near tip gates, but the illegally dumped household and building ‘hard rubbish’ in the bush further out that we’ve cleaned up this year can’t be put down to carelessness or the wind.”

“In this day and age, dumping rubbish in the bush is just lazy and irresponsible. Council regularly considers its waste management services and there have been many changes in recent years to make it easier for people to manage their waste better,” Mayor Tucker said.

Clean Up Australia Day for the community happened all over Australia on Sunday, March 5.

Mayor Mick Tucker said Council is pleased to support several Break O’Day community groups who organised events from Ansons Bay to Four Mile Creek.

“We helped them organise successful and safe clean up events and arranged for litter and rubbish collected on Sunday to be picked up by local waste management contractor Toxfree, who kindly donated their services for the day,” Mayor Tucker said.

To find out about the community Clean Up Australia Day events for the future, see the Clean Up Australia Day website

www.cleanupaustaliaday.org.au.



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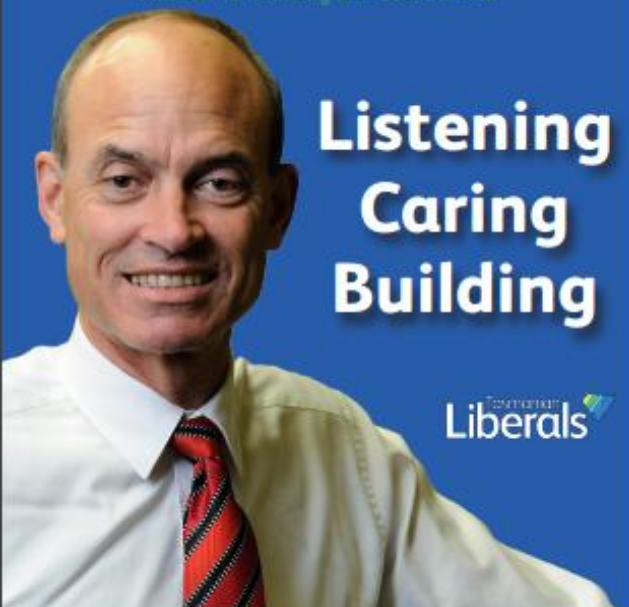
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State Liberal Member for Lyons
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76 Emu Bay Road, Deloraine (03) 6701 2170
guy.barnett@parliament.tas.gov.au
www.guybarnett.com.au

 GuyBarnettMP

Authorised by Guy Barnett MP, 76 Emu Bay Road, Deloraine 7304



Out of the Woodwork

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

Facebook.com/pages/break-O'Day-woodcraft-guild-mens-shed

Well, we hope to see all our regulars at our

Open Day Fair on April 8, 2017.

All the old favourites will be back, including the jumping castle, face painting and the Colonial Strollers.

Our local musicians are back by popular demand, as well as the Old Machinery Club, the East Coast Flyers and not to forget our beautiful craft display and basket weaving.

We have several new market stall holders with an array of interesting items as well as Reptile Rescue, food stalls and go kart display.

If you would like a stall the cost is \$5 per table.
To book please call Reon on 6372 2094.

Once again the date is April 8 at the Old Railway Goods Shed Esk Highway St Marys. 10am – 2pm

Guilds Home Hint: *Place all your clothes in your wardrobe with the hangers facing in the same direction. When you wear an item and replace it turn the hanger in an opposite direction.*

After six months be ruthless and discard / donate the clothes that are still hung in the same direction. It proves you don't wear them anymore!

Wendy Brennan, Secretary, St Marys 6372 2094

Community Feedback wanted on the St Marys Toilet block



The Break O Day Council are currently upgrading public amenities that no longer meet community needs throughout the Municipality .

The St Marys Public Toilet block located to the rear of the St Marys library has been identified as a high use facility, and is due for replacement based on its age and demand. Council intends to demolish the existing facility and replace it with a new modular design, that includes access for persons with a disability and will be designed to withstand the impact of any possible future flooding of the area. (See plans under 'Latest News' on the Break O'Day Council website, www.bodc.tas.gov.au).

A future proposal also includes upgrade of the BBQ facility, tables and picnic area to accommodate for current demands.

Council seeks your input in relation to the location and potential improvements to this project.

Any feedback can be emailed to admin@bodc.tas.gov.au addressed to Council's Building Services Coordinator, Jake Ihnen.



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10 years ago part four

EARLY AFTERNOON

The people of Four Mile Creek were now faced with a wall of flames approaching them, preceded by thick black choking smoke reducing visibility to zero at times, creating anxiety and confusion. The residents had to race to the beach, where they could, to seek shelter as they watched their bridge burn. As with Scamander, the fire fighters and residents did an amazing job to stand against such odds and save what they could. Meanwhile, the fire in the foot hills had swept through the area into Davis Gully, to be met by the fire coming in from the coast. Both sections joined up and continued on down the coast, as well as up through Davis Gully towards Irishtown and the Elephant.

In a matter of a few hours, structures had been lost or damaged, animals burnt, machinery destroyed, another area ravaged by fire - where was it going to stop? The heat and intensity of the fire was so great that blue stone boulders that you could not have smashed to pieces with a dozer, had now been weakened by the heat to the extent that you could kick them to pieces (mind you, steel toe caps were needed). I saw ceramics sitting outside on a rock melted, the house in close proximity survived, such is the nature of these fires. People along the Link Road had to seek urgent shelter on the foreshore as the fire swept through.

Across the whole area we were now seeing concrete water tanks split by the heat and leaking, poly tanks burnt to the water line or totally destroyed, galvanised tanks with the solder melted and the water running out of them.

Back up top, with the realisation that the fire was now racing towards us in more than one direction, we were under serious threat from the eastern side of St. Patrick's Head around to the eastern side of Mt Elephant (as well as the threat from the northern flanks). On the eastern side of Irishtown Rd, we had no choice except to backburn from the road and hope that we could hold the fire along this edge; to lose the fire through this combined area would mean that it would sweep down into St Marys within hours, with devastating consequences. Triage had identified this area as undefendable, so we had to be sure that the crews coming into that area were aware of this and comfortable to be there. With a special Remote Area Fire Fighting crew turning up we handed the backburn over to them, which allowed the rest of us to try to get control lines in place before the fire reached the top of the Davis Gully hills; this would prove to be quite a challenge, however we were progressing well with the control lines now joining up with the earlier one on the north-western end of the Elephant. The first signs of flames now showing their ugly shapes, it is time to move in to deal with spot fires and backburn this area. At this time one crew decided that it was too dangerous and asked to be relieved, at this request (and because the road was now closed because of intense back burning) that crew was dispatched to a clear area where they could observe the fire and alert us to any spot fires behind us.

With the rate of spread slowing slightly and no sign of fire yet on the back of the Elephant, it was agreed to try and get a break around the Elephant by clearing an existing track that went most of the way around. We knew that this was really going to be pushing the luck, but it needed trying. Michael, knowing the area and where to go, set off with a dozer - or was it two? - and drivers, followed by a fire fighting appliance and crew; it was now our task to try to keep the fire on the bottom side of that track. This control line track was to have a twofold effect, to halt the progress of the fire and save the mountain from burning.

With the fire now spotting some distance ahead, we were playing a game of cat and mouse. We would lose the fire and then with aerial assistance would regain control, in the end the fire won out and we lost it, it was still within the major control line but not where we would be able to save the mountain. Now to advise Mike and crew of the situation back here and the fact they would have to push on to the other end to get out. The message back was that the fire had got around the front of them, they had created a safe area and would have to sit it out, they were trapped. So as not to create too much anxiety, this info was kept to the necessary few and we communicated by mobile phone rather than the airways.

While this was taking place, the backburn along the road, while causing some grief, was doing a good job. With evening now approaching we were looking forward to some food as soon as the road was clear, eventually food came through to us in the form of sandwiches. Nothing wrong with that, however we were to learn later that those trapped around the back had baked meals dropped for them by chopper - perhaps we all should have been trapped. Now being time for crew change-over, some of us would not leave the fire ground until the fire had cleared enough for the trapped crew and dozer to get back out. It was a relief to see them return safely. Time to grab some rest, for tomorrow is another day with a lot more of the same. No, I haven't forgotten the rest. All areas were having their own battles, we still had fire burning around Scamander, Upper Scamander into Forestry Tas area, Nicholas Ranges, German Town and as I said at the beginning of the day, Cornwall would be under threat.

The fire is still travelling along the Nicholas Range, but starting to drop down towards Cornwall township, control lines around the township, the eastern side burnt along with the area around the old mine site and the fire with a mind of its own, it decided to take a run for Cornwall. Thankfully one of the locals rang for urgent assistance, this was immediately dispatched. By the time the fire arrived with the assistance of a dozer, the fire had progressed into the main gully, then being picked up by NW winds, it was bearing down on the township with unbelievable ferocity.

Having breached the control lines in several places all at once and now spotting into the township, things were looking very grim. The fire along with the residents were stretched to the limit. Had it not been for the actions of the dozer operator much of Cornwall would not have survived. The dozer driver was actually pushing the burning vegetation (which resembled fire balls) away, relying on the chopper to drop water on the front of his machine to cool it down and save it from burning. These chopper pilots do an unbelievable job! The heat of the fire, along with the close proximity to the houses, blistered the paint on some. The fire took a run at Cornwall at the same time as Four Mile Creek. Cornwall has survived.

As the fire is still raging on towards the south, we had to pull out all stops to control it before it reached the Elephant Pass. Had it reached the Pass and jumped that, the next stopping point would possibly be Lake Leak road. The residents of Bicheno were briefed on the situation. With a suitable ridge identified, it was all systems go to get the control line in ready. As we were working in an environmentally delicate area, very specific instructions were given to machinery operators. Unfortunately I have to add that we had a couple of cowboys on dozers doing what they thought instead of following instructions; these operators were stood down and replaced but their actions left us with an unnecessary clean up, however it had to be done.

With control lines now all in place, stretching from the coastal region up and around the Elephant to the northern end, it was time to carry out more back burning to halt the southerly progress of the fire along with that on the western side of the Elephant, which still has the potential of threatening St Marys.

Some of these backburns were already well under way, especially the western face of the Elephant, with a lesson or two learnt here by our city counterparts. Some had trouble understanding why the local fireies were saying, to light up now is very risky because the sea breezes will soon come in, no they won't, the forecast is NW - guess who was right. This caused a few anxious times controlling the burn, but control it they did. Great work!

The chopper was used to aerial light most of the western side of the Elephant, to patch it out, slow the rate of spread and help in the overall operations, the rest of the line was lit by hand.

Long story short, to save a lot of repetition, we were now taking control of the greater part of the fire, there was still a lot of fire out to the WNW giving Forestry Tas a lot of grief. Over the next few days we gradually took control, but to extinguish it and mop up was still a huge task, daily patrols had to take place around the entire perimeter, extinguishing any sign of fire for a good distance in from the edge.

Then the rain came, giving us some help. After the rain we had to wait for the tracks to dry out enough before we could drive on them, going from dust to mud overnight.

Meanwhile, as I have indicated, Forestry Tas had their own battle on their hands. They, like us, would gain control in one part only to lose it in another. The decision was made to put in a massive break at a suitable place, this was done and was referred to as Ws. airstrip. (name withheld by myself in keeping with my original name policy). I have spent many hours on the fire ground with the overseer of this operation and I have great admiration for him and his ability at fire fighting. At this time let me acknowledge the assistance given to us by the Forestry people, they stood beside us until they had to leave to urgently deal with their own problems. Parks as well need acknowledgement for their efforts. With over 30,000 hectares burnt, multiple structures lost, assistance from close on 90 brigades as well as Parks and Forestry and private contractors, between us all with help from mother nature, we have finally gained the upper hand. The final extinguishing and mopping up took us over three months, a lot of this was because of the coal seams throughout the area. I will do a short story of the things encountered during these operations next time along with acknowledgements and the tragedy.

It is now time for the IMT to scale down and hand the fire and control back, being as it started on Lohreys Road, that being in the St Marys Fire Brigade area, the fire was to be handed back to us. Michael being Brigade Chief, and myself being Group Officer, were the two required to sign the papers to take responsibility of the fire from there on until fully extinguished, or should the unforeseen happen and it ignites again in a big way, we set up another IMT. Before signing it over, we had to fly over the entire boundary as well as any internals we needed to; this had a twofold effect to make sure there were no big pockets of fire still burning, and to identify as many hot spots as we could. Flying around the southern end of the Elephant, the pilot remarked on seeing a Wedge Tail Eagle. Lying the chopper from side to side, up and down looking for the wedgy, me not being the best chopper passenger was thinking, b***er the eagle - let us get going. Just at that time, the pilot told us that the eagles will dive on the choppers, either taking the rotor out or coming through the windscreen and landing on your lap. All eyes were now in the air, eagle located, given a wide berth and we continued on our way. With the inspection completed, papers signed, handshakes and thanks all round, the responsibility was now back to the St Marys Brigade to manage, along with assistance from neighbouring brigades.

I would like to wind up with a quote from a lady: *I can still feel the ground shake and hear the windows rattle when I think of the choppers flying overhead helping save us.*

Gerald Aulich (AFSM)

Well-Being for the Open-Minded Sceptic - 10 MYTHS ABOUT POSTURE

Myth #1 Posture is a trivial thing my mother used to pester me about only so that I would look presentable. Actually, posture is key to optimal health.

Myth #2 I know what I need to do. I just have to remember to straighten up. "Just straightening up" is usually accompanied by muscle tension and distortion of the spine. It quickly leads to discomfort and fatigue, causing most of us to return to slouching.

Myth #3 It's too late to change my posture. It is never too late to change your posture.

Myth #4 The pelvis should be tucked to protect the back. Nearly everyone from fitness instructors and dance teachers to medical professionals makes the mistake of recommending a tucked pelvis.

Myth #5 Chin up and chest out constitutes good posture. This military stance is achieved by contracting the muscles in the neck and low back.

Myth #6 Good posture takes a lot of mental effort; if I don't pay attention, I will slump into bad posture. As with any new skill, most people will need to give attention to learning and practicing new movements.

Myth #7 Changing my posture is going to take a lot of physical effort. You do not need to be young, strong, flexible, or physically fit to have good posture. You do need a threshold amount of muscle strength (tone) to support your structure.

Myth #8 Belly breathing is good breathing; chest breathing is bad breathing. Different kinds of breathing are needed for different kinds of movement.

Myth #9 A normal spine has a pronounced "S" shape curve. Medical professionals are to blame for this one. The average person has poor posture, and the average person's spine reflects this.

Myth #10 Good posture naturally comes about from being physically fit and active. This is like driving around with a crooked axle and hoping that the driving will straighten it out.

Michelle Ball - Certified Gokhale Method® Teacher and massage Therapist. Ph: 0428223271 or michelle@gokhalemethod.com

Does Your Back Still Hurt?

FREE 1-HOUR WORKSHOP

Wed March 22nd - St Marys

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6pm - 7pm

Location: St Marys Hospital- Day Room

Teacher: Michelle Ball 0428 223 271
michelle@gokhalemethod.com

Sign-up: Online
www.gokhalemethod.com

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—Deirdre Saegman, MD, Palo Alto Medical Foundation

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7.30pm with *Pick the Pen*, raffles and bar snacks

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Golf news: The new mowers have done wonders for the greens. With the care in watering and mowing by Macca and Roger, the greens are smoother: Damon and Chris, thanks for your help!
More people are playing golf and we are booking in visiting groups.

Bowls news: Next home game is on Saturday March 18. St Marys had a loss to Scamander on Saturday March 4.
Good luck in your next and last game before the finals.

Swish and Fish Friday April 14. 9 holes and a meal of fish, chips and salad.

Watch for more news closer to the date.

Our new bar stools have improved the bar area,

Thanks to **Joanne and Kerry** from Franklin Coaches for using our facility for the Coaches Anniversary Celebration.

Cat Desexing Price Reduction!

Has anyone else noticed the increase in numbers of stray and feral cats that has happened in our region over the last few years?

Dr Jeff at the East Coast Vet Clinic sees too many of these cats, as well as the damage they do to our wildlife and our pets!

There are many causes for this problem, and there are few solutions we can employ as individuals to try and reduce the problem.

If the State Government were to enforce the current cat legislation preventing kittens being sold or given away without being desexed, then perhaps the numbers would reduce, but hoping for action on that front is very unlikely.

What Dr Jeff and the East Coast Vet Clinic will do, is to halve the cost of desexing female cats between now and Easter!

The result will be that for every cat desexed, there will be one less litter of kittens this spring, and two less litters of kittens every year from now on.

This is not funded by anyone other than the East Coast Vet Clinic, so will be limited to residents of this region, basically bound by Swansea to the south, Avoca to the west and Gladstone to the north.

So if you have thought about desexing your female cat, or know of someone else with a female cat not yet desexed, get in touch with the East Coast Vet Clinic and take advantage of it only costing \$87.50 rather than the usual \$175! Phone 6376 1577 for appointments and further information and remember to please hurry, this offer definitely finishes this Easter!

Dr J Parsons, St Helens

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Authorised by Rene Hidding MP, 9 Gordon Street, Sorell

Don't delay!

Desex today!
Limited time ~Half price!!

East Coast Vet Clinic

Long-Term Nicorette Gum Users Losing Hair and Teeth

What follows are the words of a 44 year-old woman addicted to Nicorette gum. "Originally I took it to quit smoking. I now have a major addiction to Nicorette, severe hair loss (have lost over 50% of my hair), high blood pressure (for which I now have to take high strength medication), severe problems with teeth and jaw from constant chewing (had to have 2 teeth pulled out and enamel has eroded). Previously I had perfect blood pressure (120/80), my teeth were excellent (not even a filling), and I had beautiful thick curly hair!" "Nicorette did help me to quit cigarettes initially," she writes but "I have been addicted to Nicorette chewing gum now for over 16 years!! My doctors cannot explain my severe hair loss or my extremely high blood pressure. My diet is healthy, I exercise regularly and all my blood tests show up fine. But after reading all of these entries I now understand what the problem is. It is the nicotine I am ingesting!! I chew 2mg x 10 pieces of Nicorette each and every day!! Sometimes more. Would I recommend this product? NO, ABSOLUTELY NOT! It is very expensive, very addictive and destroys your health!"



Nicorette Hair Loss Common

This woman's eyes were opened by reading 150 Nicorette user comments posted at AskAPatient.com. AskAPatient.com asks Nicorette nicotine gum users to fill out a form rating their Nicorette use satisfaction, why they were using it, the side effects experienced and any additional comments. All submissions are then displayed in summary fashion. This lady is not alone. Nearly a third of responding long-term Nicorette users expressed hair loss concerns.

A 40 year-old female Nicorette user for 2.4 years writes, "My hair for the last year has been falling out in clumps! My hairdresser found a bald spot 2 weeks ago. A shot of cortisone in my scalp where the bald spot is and it continues to fall out."

"I am very concerned about my hair loss as I used to have thick hair," writes a 39 year-old 2 year female user.

"Severe hair loss for about a year now has me wondering if the gum is causing this," writes a 48 year-old 3 year female user.

"Started out with about 6 pieces a day, now I chew about 15 pieces of 2mg per day. Probably more nicotine than when I smoked. The hair loss is really really upsetting, Mom had a full head of hair as do brother and sister so don't think it is genetic." I was "wondering if Nicorette has something to do with my recent hair thinning," writes a male Nicorette user.

"I don't know why it would randomly start happening at age 28. There seems to be thinning in different areas, almost patchy thinning. Does the numb feeling I get on the top of my head when taking Nicorette have something to do with the hair loss?"

A concerned 62 year-old 10 year female user reports "extreme hair loss." "Please anyone out there, does your hair ever come back or blood pressure return to normal if you quit chewing?"

<http://whyquit.com/pr/120108.html>

CLEAN CRACK LAUNDROMAT

32 Main Street St Marys

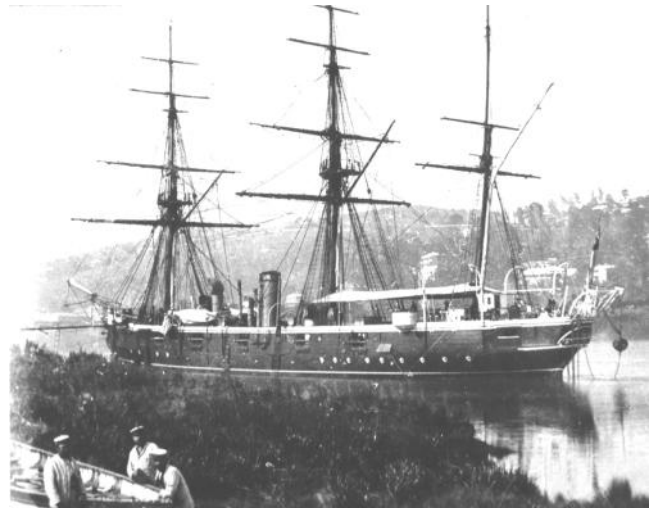


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March 7, 1964 Princess of Tasmania arriving



1890 British Gunboat in Launceston

Community Groups / Services Guide

For inclusions / amendments call 0403 430 452

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*

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.

The BOD Stitchers 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 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. *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 is *Cherrie Schier 0417 887 941*

The **FVNH Op Shop** is happy to receive pre-loved clothing & goods weekdays 9 - 3. Come along, check it out and pick up a bargain. *Gary Barnes FVNH*

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

Hospitals Circassian Street St Helens 6387 5570

Community Health Centre St Marys 6387 5555

Hub4Health, St Helens, 6376 2971

JAM (Jesus And Me) Every Tuesday 3 - 5pm for children 5 - 12 years (except school hols).

Phone Mel on 0409 838 816 .

Justice of the Peace K Faulkner 6372 2196

Libraries St Marys 6372 2114, St Helens 6387 5530

Meals on Wheels St Marys 0488 384 344, St Helens 6376 3174

Museum Cranks & Tinkerers St Marys 0417 648 845

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

The Scamander & Beaumaris Community

Development Association meets monthly on the 3rd Wednesday, 7pm, Scamander Sports Complex.

Scamander Garden Club meets monthly on the 3rd Monday 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 Hub4Health Walking Group walk each Wednesday and 3rd Saturday monthly. New members are most welcome. *Hub4Health 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 School Association Op Shop 25a Main Street (Behind the Town Hall), St Marys. Weekdays 9 - 4pm. Saturday 10am - 1pm.

Janet Drummond 0404 562 320

St Marys Sports 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.

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.*

To the Editor of the Valley and East Coast Voice Inc.

We are forwarding a 'strange' article. We have waited 33 years to present it for open publication!

In 1984, shortly after Peter's Vision experience, we took an account of the Vision to several prominent Christian church leaders, of various denominations, around Australia. We shared it extensively with Christians for prayer, discernment and guidance.

- ◆ All agreed that this was indeed an authentic vision (vision being different to a dream - 'vision, that which is supposedly seen by other than normal sight; a supernatural, prophetic, or imaginary appearance'). Indeed, all believed it to be a prophetic vision from God!
- ◆ All agreed it was not for 1984 but would start to take effect about 30 years hence.
- ◆ All agreed God would tell us when the time for revealing it publicly was right. God has told us 'Now is the time!'

We are sending copies to church leaders in the USA, those opposing the Trump administration, to get their 'take' on this vision.

*Peter and Beverley Rubenach, Gray
March 5, 2017*

'Vision' experienced by Peter Rubenach in 1984 - documented on October 11, 2013

I went to turn off the lights at night time, and as I walked in to the room I felt an urgency to kneel and pray. As I did, I felt I was completely transported to America.

Part 1

I was looking at the Statue of Liberty (on my right) - this remained in view all during part 1 of the vision.

In front of me was a man who represented war; he was dressed like an ancient Roman soldier, with the sandals laced high to the knees etc. His belt was of high importance, it had a high shiny gold coloured buckle.

I looked up, and saw that his head was in the clouds. I could not see his head.

As I heard a voice say 'When liberty ceases to stand for liberty', a jet plane came around past the Statue of Liberty toward the warrior. It flew at the same level of and in line with his belt. This showed me the enormous size of the warrior, in comparison with the plane.

When the plane was gone, a serpent appeared between the soldier's feet. The serpent was belching out fire from its mouth. A jet fighter plane was despatched and fired a rocket into the serpent's mouth. The rocket exploded, but did not hurt the serpent; it angered it. The serpent roared, and then a second serpent extended out of the first serpent's mouth. This second serpent belched fire, and another jet fighter was despatched and fired a rocket - again this did not hurt the serpent, but angered it even more. The serpent then belched a far-reaching fire.

Part 2

I was taken to a room where an announcer was speaking to the whole world; there was a line of microphones in front of him. He announced 'It's out of control. There's nothing that's been made or could be made that can put a stop to it.' He kept saying 'It's out of control, it's out of control' over and over again.

Part 3

I was taken to the Middle East, somewhere around Jordan or Iraq. A big creature came from the north, it was like a rhinoceros but had two very large horns on its head and four wings. It beat the air furiously with its wings, and screeched. I said 'What is it?' I was told 'It was sent forth to cause fear and terror across the earth'.

It charged twice from the north, the same scene was repeated.

Part 4

I came to a valley, a wide valley. I was standing on one side of the valley, and there were people on the other side. They had Bibles open and reading from these, telling people 'Don't go down that valley'. Most people totally ignored this warning and going.

Half-way down the valley there were two signposts, one each side. I was taken around to the signposts and watched people go past these. It was indicated to me that they knew where they were going. It was only temporary false hope, but even though they knew it was only temporary, they still kept going.

Once they were past the two signposts, fear struck them. They all huddled into groups - particular groups. Suddenly, each group would form into a pack, a tight group. Instantly, they all got the head of a rat. Their heads swung vertically, directed upward, so they could not see where they were going as their eyes were looking back to where they had come from. They kept moving forward.

At that point I felt great fear, but four angels stood beside me, two on each side of me. They escorted me around the side, close to the end of the valley where the anti-Christ was sitting on his throne. His throne was cut out of solid stone. There was a whole group of demons attending to all his needs.

As I was escorted closer I started to feel fear again. The angels said 'Do not fear, for he cannot touch you or harm you'. Then the anti-Christ looked up and saw me. He screamed and extended himself from his throne, right up to me without leaving his throne. His face was right up to me. He looked a bit like E.T. He screeched and showed anger but I felt no fear due to the presence of the angels.

Continued on p17

Part 5

I was taken to a place deep in space to where there was a black hole. Out of the black hole came fat, chubby creatures that looked somewhat like Tweedle Dee / Tweedle Dum. As they all came out, they had linked their arms like a chain. I said 'What are these creatures for?' I was told 'They are sent forth to bind up the earth'.

Suddenly, I realised, I was just back there in my room again. As quick as it started, it had finished.

I came into the bedroom, and as I walked in, Beverley said 'Where have you been, and what has the Lord been saying to you?' She knew I had had an incredible experience.

Peter felt, and still feels, the key - the purpose of him being given this vision was 'when liberty ceases to stand for liberty'. This is what has to be proclaimed so we are aware, and prepared.

Weekend of Wisdom

Vortex Healing Centre Inc.

Free Event Friday 17th March 2017
6-8 pm St Marys Hall



VORTEX HEALING CENTRE

"These neighbourhoods went on for miles, just street after foot-wearying street of trophy homes with big gates beside broad drives, patios adorned with Grecian urns on ornate plinths, and garages for fleets of cars. It was a stunning demonstration of the proposition that money and taste don't always, or even often, go together. These were the houses of lottery winners, of retailers of the sort who appear in their own television commercials, of people for whom the words "Peppermint Grove" in an address would not be an embarrassment. I would not suggest for a moment that Australia's nouveaux riche are more distant from refinement than the people of other lands, but the absence of a distinctive architectural vernacular in Australia does mean that people can take their styles from a wider range of sources - principally drive-in banks, casinos, upmarket nursing homes, and ski lodges. To see it massed over a spread of miles as in the western suburbs of Perth is certainly an absorbing experience."

— [Bill Bryson, In a Sunburned Country](#)

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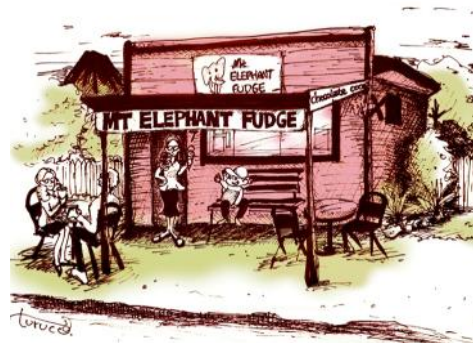
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Learning to Walk Author: Beck Dacus

February 18, 2017

I knew she was weird well before I talked to her. Why? Simple: she tripped.

Nobody walked around without Antrips. These little computers in motors on your knees can predict when you're unbalanced, and the braces connected to them around your upper and lower legs come into action to stop it. Saves you a ton of embarrassment. Unless you're Demila.

She was walking to class when she tripped over her shoelace, and she tumbled. Nobody expected that. They had never learned that you're supposed to help someone get up and pick up their stuff when they fall down, but even if they had, they'd be too confused to remember. So she rose and collected her things on her own, and once everyone snapped out of their trance, they did her the best service they could. They walked away, pretending like it never happened.

I couldn't do that. I asked her why she didn't wear them.

"You want me to show you? If you've got a car, you can come over to my house after school and see."

Gulp. A girl was inviting me over! Of course teenage, hormone-driven me said yes. So after my last class let out, I jumped in my car, called my parents to tell them where I was going, and almost got a ticket getting to her house.

Once there, she led me into her garage and showed me her setup. It consisted of a big rubber mat, a table with an old-fashioned stereo on it, and these exercise clothes she wore that made me sweaty. When she turned on the music, it came together in my mind. She was one of those kids who loved old stuff. Old songs. Old mats. No Antrips. I could've left then with my question seemingly answered, but that's not how fate ordained it.

"Wanna try?" she asked.

What was I gonna say? "No, bye"? I took her outstretched hand, and she showed me the moves.

Once I learned the basic steps, she told me to try them in tune. I figured it'd be pretty easy— it was a simple rhythm. But something unexpected happened. My Antrips never let me finish.

"Ugh!" I said on the third try. "Stupid things think I'm gonna fall."

"Take 'em off," she said.

I didn't think she was serious, so I said, "Doesn't matter. I can just reprogram 'em real quick—"

"No, Cameron," she said. "Take 'em off. Come on. That's simpler."

"What? B-but I'll fall!"

She smiled and shook her head. "I swear you'll never touch the ground."

I wasn't sure how she could promise that, but she had complete power over me. I did what I only usually do when I go to bed at night: I slid off my Antrips. Away from their protective cling, I felt like a newborn fawn. I could barely walk, much less dance, I thought. But the look in Demila's eyes made me try.

I did a couple of the steps, and stumbled over the last one. Without my Antrips on, I went toward the ground like a brick. But Demila caught me.

"What'd I tell you?" she said, contagiously grinning. She told me to try again, and I obeyed.

In an hour, we were waltzing together. Then we tried out some less ancient songs, until my dad ordered me home over the phone.

The next day, I didn't wear my Antrips to school. Demila and I walked precariously around the halls, ever in danger of tripping and falling with no way to catch ourselves.

But so what? We could catch each other.



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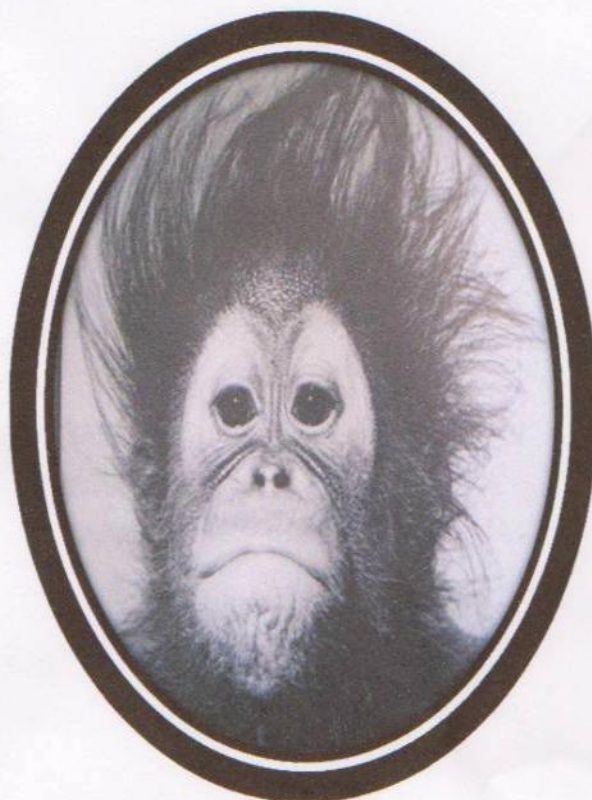
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- 54. Ghost's cry
- 55. Rate
- 56. Jungle
- 58. The products of human creativity
- 59. Viper
- 60. Away from the wind
- 61. A musical pause
- 62. Abounding in noxious plants
- 63. A short strap of leather

1	2	3	4		5	6	7	8	9		10	11	12	13	
14					15						16				
17				18							19				
20				21						22					
23			24					25	26						
			27				28						29	30	
31	32	33				34					35				
36					37						38				
39				40						41					
42			43						44						
			45						46				47	48	49
50	51						52	53					54		
55					56						57				
58					59						60				
61					62						63				

DOWN

- 1. Bay window
- 2. Smallest finger
- 3. Mammary gland of bovinds
- 4. South southeast
- 5. Motto
- 6. Risk
- 7. Many millennia
- 8. Pharmacy
- 9. S
- 10. Go ashore
- 11. The same
- 12. University administrator
- 13. Burden
- 18. Chocolate source
- 22. Prohibits
- 24. Within
- 26. It ebbs and flows
- 28. Melodies
- 29. Memo
- 30. "Comes and ____"
- 31. Expresses relief
- 32. Solitary
- 33. Synopses
- 34. Commercially produced
- 37. Lady's escort
- 38. Weight to be borne
- 40. Head
- 41. Body
- 43. Most recent
- 44. A bell tower
- 46. Covered with vines
- 47. Poplar tree
- 48. Snouts
- 49. Carries
- 50. Box
- 51. Cut back
- 53. Assistant
- 56. Uncooked
- 57. British rule in India

Libraries (Closed public holidays)



61 Cecilia Street **St Helens**
6387 5530
Mon, Tue, Wed, Thurs
10am - 1pm, 2 - 5pm
Fri 10am - 1pm, 2 - 6pm
Sat 10am - 12pm

31 Main Street **St Marys**
6372 2114
Monday, Wednesday & Friday 12.30 - 4pm
Tuesday & Thursday
10am - 12.45pm

Fingal Online Access Centre
29 Talbot Street 6374 2222
Monday, Wednesday & Friday 9am - 4pm
Tuesday & Thursday 9am - 12pm

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 Service – Bloods

There is no pathology service prior to 8.30am.

If you require pathology prior to 8.30am i.e. urgent blood test and / or a fasting test, an appointment must be made at the Nurses' Station the day / evening before on: 6387 5555

Pathology hours are 8:30 - 11am and 2 - 4pm, Monday-Friday

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 three appointments you will be sent an account. If you miss a fourth appointment you may be referred to another Medical Practice.

Due to demand doctor's appointments need to be booked at least **2 weeks in advance**.

Waiting periods can apply.

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

Doctors' Roster

Dr C Latt

14/3/17-24/3/17

Dr K Nash-Rawnsley

9/3, 10/3, 14/3, 17/3, 21/3 & 24/3 2017

Public Holiday Monday 13/3/17

See after hours contact number for during this time

Waiting area at the Health Centre

The waiting area for **ALL** services at the St Marys Community Health Centre is in the reception area.

Please report to reception upon arrival and the consultant you are here to see will be told and they will come and collect you from this area.

St Marys Medical Practice reminder

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

- ◆ Driving licence
- ◆ Insurance medicals
- ◆ renewals
- ◆ Harness medicals
- ◆ Requested medical reports
- ◆ Pre-employment checks

These are NOT covered by Medicare, and may incur costs. Please discuss this with reception when booking. 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 presenting after hours 6387 5555

PUBLIC HOLIDAY DATES

Monday 13/2/17

Please refer to the After Hours contact numbers for during this time.

GP Assist 1300 780 011

Ambulance 1800 008 008 or in an Emergency 000

Lifeline 131 114

St Marys Community Health Centre

If possible please ring before presenting **6387 5555**

St Marys Community Health Centre
6387 5555

What's on at the Centre

- March 9 **Social Worker** Shan Williams
Ph 6387 5555 for appointments
Adult Community Mental Health Worker
1 – 3pm
- March 10 **Social Worker** Shan Williams
Ph 6387 5555 for appointments
Physiotherapist Naomi Ide please see your GP
or health professional for a referral
- March 13 **Physiotherapist** Naomi Ide please see your GP
or health professional for a referral
- March 14 **Max Employment** 8:30am-5pm downstairs
Rae & Partners Lawyers consult fortnightly at
the SMCHC. Ph 6337 5555 for appts
Occupational Therapist Danyelle Briggs by
referral from your health professional
Child Health Session with Mary Mumford Tues-
day fortnights by appt only. Ph 0428 136 381
Physiotherapist Naomi Ide please see your GP
or health professional for a referral
- March 15 **Cancer Council Outreach Service** 2:30 - 3:30pm
at St Marys Health Centre
Day Centre Ph Hayley Gilbert on 6387 5555 for
information on the group
- March 16 **Outreach Health Solutions** Grant Todd Exercise
Physiologist. Ph 0428 491 621
Social Worker Shan Williams
Ph 6387 5555 for appointments
- March 17 **Physiotherapist** Naomi Ide please see your GP
or health professional for a referral
Social Worker Shan Williams
Ph 6387 5555 for appointments
- March 20 **Physiotherapist** Naomi Ide please see your GP
or health professional for a referral
Tasmanian Lymphoedema Centre meeting 5pm
in the Day Room.
- March 21 **Podiatry North** For appointments please ph
6336 5155
Diabetes Educator Sally Gates. Please see your
GP for a referral
- March 22 **Social Worker** Shan Williams
Ph 6387 5555 for appointments
Day Centre Ph Hayley Gilbert on 6387 5555 for
information on the group
Consumer & Carer Advocacy Group 12 -2pm
downstairs at the SMCHC.
Ph Shan on 6387 5555
TAZREACH Antenatal Clinic with Katie. Ph your
GP for appts

- March 23 **Social Worker** Shan Williams
Ph 6387 5555 for appointments
- March 24 **Social Worker** Shan Williams
Ph 6387 5555 for appointments
Dietician Diabetes Tasmania Melanie Hortle
please see your GP for a referral
Physiotherapist Naomi Ide please see your GP
or health professional for a referral

Preceding information on this page supplied by St Marys Community Health Centre, Gardiners Creek Rd St Marys Tasmania 7215

Eight Hours Day Tasmania : Second Monday in March
Eight Hours Day in Tasmania occurs annually on the second
Monday in March. Eight Hours Day is a local public holiday. In
most other states and territories this day is referred to as Labour
Day. On this date people celebrate the improved economic and
social conditions of workers in Tasmania, and especially the
achievement of a working day with a maximum of eight hours.
Labour Day is celebrated in all states and territories of Australia
but on different dates and with different names.

Ransley's Appliance Service

POB 136 Scamander Tasmania 7215



Washing machine noisy?

Refrigerator runs too long?

Clothes dryer blows cold air?

... then you need the services of our technicians

6372 5307 / 0428 761 811

St Marys
PHARMACY

Main Street St Marys

Ph 6372 2844

Kodak copies from 45¢

Ear piercing \$27

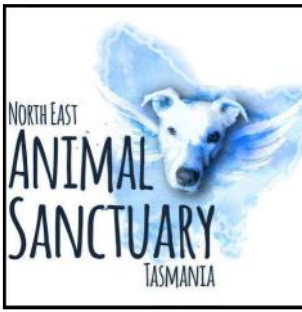
includes earrings and solution

with qualified staff

Bec, Sally and Cassie

Pharmacist instore

Monday to Friday



We desperately need wet kitten food and kitty litter for the kittens and cats in our care. Pictured here are some of our lovely residents, waiting for their forever homes. Phone Michelle for information on our upcoming adoption days to be held in St Helens.



ADOPT, DON'T SHOP

**0457 081 533
michelle.jesson@bigpond.com**

Meals on Wheels 0488 384 344

March 9	Lundy Vosper
10	Drew Adam
13	Lundy Vosper
14	Valmai Spencer
15	Trish Pike
16	Heather Griffiths
17	Drew Adam
20	Karl Balzer
21	Lundy Vosper
22	Louise Keady
23	Valmai Spencer
24	Drew Adam
27	Karl Balzer
28	Lundy Vosper
29	Valmai Spencer
30	Judy Duckett
31	Drew Adam

The photo below is reprinted from **The Valley and East Coast Voice, March 13, 2008** and was taken by Peter Troode. 'Wollongong concreter Stuart Turner came with high hopes of defending his crown, aware that 5 times world champion Jim Parsons wanted one more chance to regain the title before hanging up his shovel. 63 year old Parsons, a former miner from Queensland, has been a regular visitor to the Festival for over 20 years and had been putting in extra practice for his final shot at the world title. Three local and three interstate competitors made this year's final six, with the two fastest qualifiers, Parsons and Turner, competing last, and needing to beat the 38.13 seconds set by Malcolm Woods. Little more than a second split the final two shovelling gladiators with Turner victorious in a time of 31.67 seconds, beating Parsons by a little over a second.'



World Coal-shovelling Champion Stuart Turner, aged 40, left, with former world champion Jim Parsons, aged 64, at Fingal last weekend.

When the world gets you down, try a few Midsomer Murders

By Emma Brockes

After binge-consuming bad news for two weeks I have given up, and now find myself bingeing instead on something designed to soothe the nerves but that, in its country of origin at least, has come to stand for something much gloomier: episode after episode of Midsomer Murders.



It is hard to explain to American friends, some of whom have watched and admired the show, quite the nature of the disregard in which it is held.

It is as slickly made as Inspector Morse, with the same am-dram overtones. John Nettles, who appeared in the first 80 – 80! – episodes, is the standard curmudgeonly turn-of-the-millennium British TV detective. The premise is ludicrous – with a body count that, over the years, exceeds the population of the village – but no more so than Miss Marple. And yet, uniquely among these titles, not only has Midsomer Murders become shorthand for a version of England considered narrow to the point of offensive, but also the idea of watching it is thought akin to slow death, like Songs of Praise but a thousand times worse.

Not now, however. If the aim of escapism is to travel as far from one's present condition as possible, then Midsomer Murders is the most outlandish journey I can make in one evening, back to a time of affable sex-

ism and coded homophobia. A teacher sleeps with a pupil and the storyline lays the blame squarely on the latter. I had always imagined the broad appeal of the show to be that it took place in a "gentler time", before everyone spoke in italics, but that's not it at all. Watching Midsomer Murders is like finding an old copy of News of the World lying around in a Home Counties pub: all tarts and vicars and incest. It's amazing.

There are traditional comforts, too. Everyone in the show is an antiques dealer or a retired civil servant from Kent. They're all called Phyllis or Iris or Dr Lessiter or Jennings, names that conjure what we might now call hideous whiteness, but that also speak to a genre of eccentrics and grotesques going back to Punch and Judy. And, as with any British crime show of more than 20 years' vintage, there are a million cameos from people who went on to be famous (Emily Mortimer, Orlando Bloom, Hugh Bonneville), as well as grand old dames (Anna Massey, Honor Blackman) hamming it up one last time.

I can't discount the effect of the scenery, a sign of my incipient middle age or else the beginning of a breakdown, but either way, all those shots of hedgerows had me practically weeping. Mainly, however, it's the show's brazen self-confidence that is hard to resist. It was observed recently that Sherlock Holmes, in his latest iteration, had been forced into Mission: Impossible-type antics and even Miss Marple is rebranded simply as Marple, as if she's going to take on Iron Man in a battle for St Mary Mead.

Not so Barnaby and Troy, unfailingly smug, cosy, lightly ironic in the face of all deviance.

One season down, 18 to go!

<https://www.theguardian.com/commentisfree/2017/feb/09/midsomer-murders-boxset>

60 words of three letters or more were found in **INSTITUTION**

inn	nuns	stint
inns	nus	stout
ins	nut	stun
institution	nuts	stunt
into	onus	suit
intuition	otitis	sun
intuitions	oust	tin
ion	out	tinnitus
ions	outs	tins
its	sin	tint
nit	sit	tints
nits	sitin	ton
nos	snit	tons
not	snot	tot
noun	snout	tots
nouns	son	tout
nun	sot	touts



tuition
tuitions
union
unionist
unions
unison
unit
units
unto

How many words of three letters or more can be found in **ANATIDAEPHOBIA**?

Answer in 49.21

Shower Thoughts:

If you tried to forget something, and were successful, you would never know.





ST MARYS IGA SUPERMARKET

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

<i>Butchery specials March 8 - 14</i>		<i>p/kg</i>	<i>Butchery specials March 15 - 21</i>		<i>p/kg</i>
Porterhouse Steak		25.99	Ingham Turkey Leg Roast		11.99
BBQ Steak		12.99	Ingham Chicken Breast Fillets		9.99
BBQ Meat Pack		12.99	Nichols Chicken Drumsticks		4.55
Forequarter Lamb Chops		12.99	Blade Steak		12.99
Nichols Chicken Burgers		.99ea	Leg of Lamb		10.99
<i>Two week specials March 8 - 21</i>					
Pacific West Flathead in Crispy Batter 360g	5.99	save 40%	Organic Care Shampoo or Conditioner 400ml	1.75	Half Price
Kraft Easy Mac 280g	1.99	Half Price	Thins Potato Chips 175g	1.59	Half Price
Kraft Peanut Butter 375g	2.24	Half Price	Cadbury Large Block Chocolate 350g	3.14	Half Price
Nescafe Coffee Blend 43 Bonus	4.29	Half Price	Starburst Confectionery Bags 170-190g	1.39	Half Price
Fab Laundry Powder 1kg/Liquid 900ml -1L	3.99	Save 40%	Soph Dish Washing Liquid 1L	1.49	Save 40%
Bushells Tea Cup Bags 100s	2.99	Save 40%	Snappy Tom Canned Cat Food 400g	.95	Save 40%
Garden Fresh Oil 2L	5.99	Save 40%	Ajax Spray & Wipe Trigger 500ml	1.99	Half Price
Continental Pasta & Sauce 80-105g	1.39	Save 40%	Bref Power Active Toilet Cleaner 50g	2.99	Save 40%
Peats Ridge Spring Water 600ml 24pk	8.99	Save 40%	Nivea Aerosol Deodorant 250ml	3.89	Save 40%
Kleenex Soft & Strong Toilet Tissue 16pk	5.99	Save 40%			



Incorporating St Helen's Transport & Coles Bay Carrier




Launceston 6339 4900
St Helens 6376 1143
Fax 6339 2900
suncoastexp@netspace.net.au

John Campbell
0438 392 621

Jamie Harper
0408 012 145

Anatidaephobia is the fear that somewhere, somehow, a duck is watching you.



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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