



THE VALLEY AND EAST COAST VOICE

Established 1968

50.21 March 29th 2018

Deadline for 50.22 is April 9th 2018

Something we can be proud of!

Bay of Fires World Series Endurance Race

Tasmania's East Coast has been in the world news in March, not with a scandal but with the prestigious expedition adventure race happening in our own backyard.

XPD Bay of Fires began in St Helens, at Akaroa on March 18, with endurance athletes from all over the world participating, including teams from the United States, Singapore, Sweden, New Zealand, and Hong Kong.



Our Australian team Tri-Adventure Antelopes, consisting of Damon Goerke, Elizabeth Dornom, Tom Chadbourne, and Dave Schloss, lead the race from the beginning. The route took in the most beautiful scenery and also the most treacherous terrain.

WHAT IS XPD?

Teams of four athletes from around the world trek, mountain bike and kayak, for three to six days in the expedition. They race day and night over a 500km course pushing past the pain barrier. All of the team must complete the course and never be more 100m apart.

The teams are not told of the route until just hours before the race begins when they receive their maps and race books, which shows each of the checkpoints they must navigate to on their journey.

The videos and pictures are updated daily and are a major "shrimp on the barby" event for the region. Entry to these events are apparently in such demand that they are sold out within hours of opening.

Tri-Adventure Antelopes won XPD Bay of Fires 2018 after 3.5 days of racing with the second placed team, Rootstock Racing (USA) at least 12 hours behind. Team member Elizabeth Dormon stated the team strategy was minimal sleep which obviously worked, they only had 2 and 2.5 hrs sleep in the 84 hrs they raced.

Well Done Aussies!

<http://live.arworldseries.com/xpd2018/>

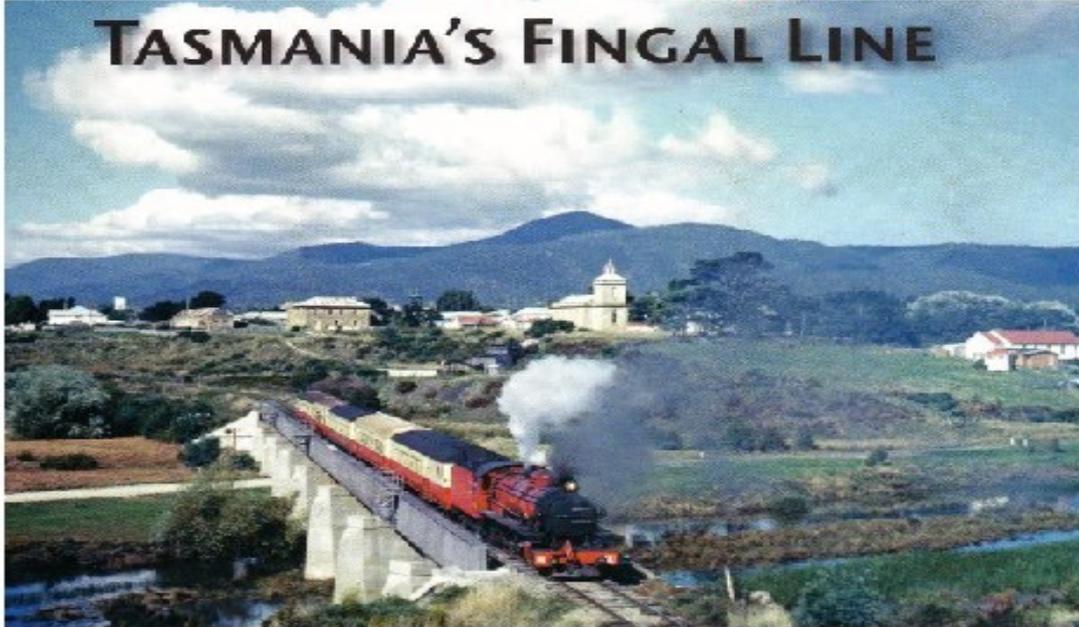


Valleys of Adventure

AVOCA - ROYAL GEORGE - ROSSARDEN - FINGAL - MANGANA - MATHINNA - UPPER ESK - CORNWALL - ST MARYS

GREATER ESK TOURISM

TASMANIA'S FINGAL LINE



Steam train to the Fingal Valley Festival

Greater Esk Tourism has worked tirelessly since 2006 for a steam train to the Fingal Valley. I hope you will be pleased to know that the lobbying the GET committee have undertaken over the past 12 years for a steam train to the Fingal Valley Festival is finally being taken seriously by the Tasmanian Government with a promise to facilitate tourist passenger trains on Tasmanian operational TasRail lines one weekend each year, the weekend of the Fingal Valley Festival!!!

Tourist numbers have increased significantly and GET wants to make sure that the Fingal Valley businesses benefit by encouraging visitors out of Hobart and Launceston and into the regional areas where the tourist dollar is most needed. GET successfully sought the funding for the Fingal Progress Committee to restore the Fingal Railway Station and is supported by the Fingal Valley Neighbourhood House, the Fingal Progress Committee and the Fingal Festival Committee to keep the steam train project in the spotlight as a unique tourism product that will benefit not only Fingal but the whole of Tasmania.

Destination Action Plan

GET is preparing a Destination Action Plan for the Fingal Valley and is currently seeking comment and suggestions about the 10 most important projects to improve the valley as there are tourism dollars to fix or improve some of the priorities we come up with. If you are passionate about tracks into waterfalls, bad roads, the state of walking tracks, signage etc. please email Mary Knowles gippscreek@skymesh.com.au by 16th April. You need to be specific with location and details.



0417027424 — 37 main street, st marys — gonerustic.com





MINOR REPORT

As Easter creeps around and brings with it all the distant relatives you never even knew, we think it's the perfect time to settle down with a story and slip away from nieces, nephews and long lost cousins with some good reading!

In Hot Water

Ayla

I sat down in the large couch chair, coffee spilling on the cuffs of my new shirt. "Damn it!" I screamed as the burning sensation ran up my arms, leaving my heart beat at an unsteady pace. "Mother I need a tea towel!" I screamed out, placing the coffee cup on the table at my feet. "What happened Maia!" she stuttered, rushing into the lounge room. She suddenly stopped, horror spread across her face. "Mother it burns!" I yell trying to get her attention, but it was no use she just wouldn't budge. "What the..." a loud sound ruptured the room cutting me off mid-sentence. I watched as her body hit the floor. "Mother!" I yelled jumping up out of the seat "Mother are you okay?" she didn't answer, I got down and peered into her face, I screamed out in terror as a bloody hole had been left in the middle of her forehead. I jumped up grabbing my phone and calling the emergency number. I looked around trying to find where a bullet would have come from, but there was no evidence. Not even a broken window, it was just my mother's lifeless body, lying on the floor. Little did I know he was waiting out there, waiting for another chance to get what he had owned once before.

Later on that day police arrived at my house and took mum's body as evidence. I was told to never leave the house. To stay put and no danger would affect me. But I just had a gut feeling. A feeling that they were terribly wrong....

To be continued next edition...



Spiderman: Homecoming review

Amy

Spiderman: Homecoming is a 2017 American movie based on the adventures of Spiderman, a character from the Marvel comics. The movie Homecoming came out on the 6th of July in Australia and excited many superhero fans.

The movie itself is action-packed and fast paced with detailed and interesting characters from the very beginning.

The story starts with a cute sort of video intro, where Peter Parker helps the Avengers in the Civil War. The whole scene is sweet and adorable with scenes of the previous movie commentated by his reflections on the film.

Personally I found the movie great, with quick and funny conversations between Tony Stark (Ironman) and Peter. The movie talks about how Peter Parker coped with going back to being a normal school kid after the whole Civil War fiasco and pulls some heart-strings when Peter loses his suit.

I won't spoil everything though. The downfall of this movie was also its best point: that Spiderman is still a kid. He doesn't want to kill anyone. He still has to focus on homework. This brought a realistic view to the normal Avengers movies.

Overall, the movie was great and realistic, with exciting characters and thrilling scenes that will leave you on the edge of your seat.

COMING UP IN...

Bicheno: The Really Awesome Music Show #2 - April 21st



The Interview: Dan and Kyle Lizotte from Halfway To Forth (band)



What inspired your band name?

Halfway to Forth is a reference to the family home where we grew up. We were about halfway between Devonport and Forth, on the Forth Rd.

How would you best describe your style of music?

We usually describe our music as "roots" music, which is kind of a catch-all for blues/folk/country/bluegrass... the list goes on. We like "real" music, both to play and listen to, neither of us are very in to electronic stuff.

Who would you say you look up to as artists?

My (Dan) musical idol is Sam Beam, who writes and performs under "Iron and Wine". We're both very big J.J. Cale fans, too.

Do you have any instruments that you enjoy playing the most?

I'm a drums man and Kyle these days seems to want to play lead electric guitar more and more...

How do you deal with making mistakes in performances?

You gotta laugh off the mistakes. It's usually much worse in your head than is perceived in the audience. Another nice thing about roots music is that it's not so much concerned with playing ability and virtuosity as it is storytelling, groove, feel and honesty. Mistakes are part of life!

What would you say is your biggest challenge when it comes to making and producing music?

Our biggest challenge is writing and recording together. It puts us in a bit of a pressure cooker and things can get sour... those mistakes you asked about earlier.. you're forced to see those under a microscope. It's not easy for us, which may be why it's been so long between albums... I wouldn't say we've overcome this challenge, we're still learning how to beat it!

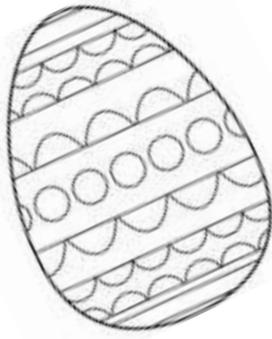
Where has been your favourite place to perform?

We played at the Yungaburra Folk Festival in Far North Queensland and I loved it up there in the Atherton Tablelands. If I didn't love Tassie so much I'd move there I think! Beautiful little town and great people.



Easter Jokes

For the whole family!



What sort of jewellery does the Easter bunny wear?

24 carrot gold!

I saw Arnold Schwarzenegger eating an Easter egg and I said I bet I can guess what your favourite holiday is. He said "Have to love Easter baby!"



What do you get if you pour hot water down a rabbit hole?

Hot cross bunnies!



F.V.N.H. Travel Club

What a wonderful day we had on our first outing with our newly formed Fingal Valley Neighbourhood House Travel Club. We have more outings planned with posters out at different venues explaining the trips, and you can also call the F.V.N.H on 6374-2344 and ask Shirley for more information about the outings, where, when, and the cost. Most day trips will be priced between \$10 and \$15 depending on distance.

It was a full day of travel with new and old friends. We visited the carved wall, "The Wall" at Derwent Bridge comprising of a hundred panels all carved by artist Greg Duncan. Greg is carving the History of the Tasmanian Highlands all in a wall, well worth a visit. We then had a picnic lunch by the roadside and set off for Tarraleah.

The visit to Tarraleah was fascinating looking at the giant pipes connected to the Hydro Scheme, what a beautiful place to see, how they laid those pipes in that steep countryside is a marvel in itself so long ago! Construction started in November 1934, and was opened in July 1938.

We are so lucky here in Tassie, such gorgeous countryside and we are able to access it all without the constant traffic such as on the Mainland.

We stopped in Ouse and had a look around. The Online Centre was an interesting visit, it also housed a history room with so much information, records of baptisms, families in the area and general history! Even a collection of hats from the 1950's, it was great!

We then travelled through Bothwell on our way home, we arrived back home safely in the early evening, tired, but so pleased with the outing which was a fun, interesting and informative trip with a lovely crew of fellow travellers.

Watch this space for more news from our travel Club.

Coral Brady

President FVNH



Fingal Valley Neighbourhood

House Inc.

20 Talbot St Fingal

6374 2344 / admin@fvnh.org.au

Facebook Like our page to keep up to date with what's happening at the house

Play Centre Has now started for 2018 working with Building Blocks, operating on Monday's from 9.30am till 2.30pm. Child/ren welcome between the age of 3-5.

Morning Tea Wednesday mornings from 10am. Call in for a cuppa, snack and chat.

Nils Loans Contact the Office for more information or book for an appointment with our trained staff.

Craft Day Every second Wednesday. 10am to 2pm. Bring along your craft and ideas, enjoy the company of others. Next session 28th March 2018.

Op Shop Call in and browse our amazing Op Shop. Tuesdays is now \$2 bag day

Library Our community library is located at the FVNH and has a wide range of books available.

Community Car/Bus Car available to book for transport to medical and other appointments. Bus available for group outings. Call the office for more information.

Bus Trip Royal Botanical Gardens Saturday 7th April 2018 \$10 per person, leaving at 8 am. Please book your seat by April 4th 2018.

Other things happening and coming up at the house are: U3A, History Group, Dance Fit, Hairdresser visiting weekly, 2nd Bite and Bread Deliveries

We are always on the lookout for volunteers, if you have some time and are interested, call into the office to find out more.

Contact the FVNH on 6374 2344 or call into the Office for more information .

Office hours are from 9am - 3pm Monday to Friday.

Events

AA

Friday night St Marys Anglican Church Hall 7:00pm

Wednesday night St Helens Anglican Church Hall 7:00pm

Phone: TBC

Sheffield Mural Fest.

1 Apr 2018 to 7 Apr 2018 . Each year, nine artists compete in a public 'paint off' from Easter Sunday to the following Saturday

Supercars

6 Apr 2018 to 8 Apr 2018 Symmonds Plains.

Old Codgers Meeting

Every Friday

St Helens Books and Coffee are offering men over 50 the chance to call in, enjoy a hot cuppa, play some cards/chess or just meet some new blokes. Held from 2-4pm. Cost: \$1 per cuppa.

St Helens Markets

Every Saturday

Held every Saturday in the St Helens town centre from 8am - 1pm. New stall holders welcome, phone 0475 844 481.

Devil of a Swim

Sunday 6th April 2014 Bicheno East Coast Tasmania 10am start Waubs Bay Beach Social and competitive swimmers, novices too Highlighting the plight of the endangered marsupial Tasmanian Devil and remembering the aboriginal heroine Waubadebar. 1k, 2k in Waubs Bay \$15 entry. A novice/kids 200m swim event \$2 entry.

Big Shed Market

Big Shed Studios are hosting a monthly winter market every 3rd Sunday of the Month, 10am – 2pm Our focus is on make it, bake it, produce it, and our aim is to showcase local talent. 21837 Tasman Highway St Helens.

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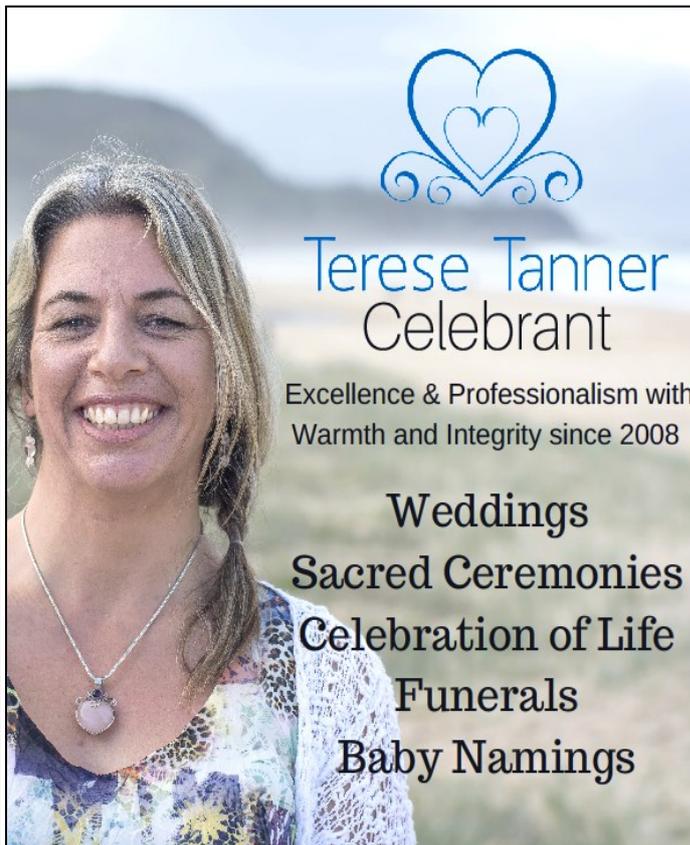
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Monday to Friday

CREATIVE WRITING GROUP (FVNH)

The next get together of the Creative Writing Group will be held at the Fingal Valley Neighbourhood House library room on :

Friday the 13th April at 10am.

The topic for writing will be a description of your connection to a particular piece of literature, music or visual art. What does it mean to you and why? How does it make you feel etc.

We had a really good February meeting with some wonderful writing shared.

Looking forward to seeing you at the March gathering. Please share the invitation and bring a friend. Morning tea will be provided.



Bay of Fires
YOUTH ART PRIZE

Call for entries 2018

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Talking about Suicide is hard....

what if I say the wrong thing?

what if someone says they are thinking about suicide?

it's too hard...

is there a risk in asking about suicide?

reduce STIGMA

but just talking and listening can really help...

suicideTALK

An informal 90 minute conversation to talk about:

- why we need to talk about suicide
- how to talk about suicide safely
- the power of just listening
- resources to help you help others.

join me for a cuppa to chat about how to have these difficult conversations

Date and time: **10.00am - 11.30am, Wednesday 18 April**

At: **Fingal Valley Neighbourhood House**

To register phone: **6374 2344**

or e-mail: **admin@fvnh.org.au**

Partners in Recovery TASMANIA

Did You Know?

You are born with 300 bones, but by the time you are an adult you only have 206.

There are more reverse charges calls on Father's Day than on any other day of the year.

95% of people text things they could never say in person.

A crocodile can't poke its tongue out.

It is physically impossible for pigs to look up into the sky.

Guinness Book of Records holds the record for being the book most often stolen from Public Libraries

A single cloud can weight more than 1 million pounds.

A human will eat on average 70 assorted insects and 10 spiders while sleeping.

YOUR INDUSTRY.
YOUR VOICE.
YOUR FUTURE.



MEDIA RELEASE

ACN 621 947 206

SPA endorses change in lamb definition

Sheep Producers Australia has endorsed a change in the industry definition of lamb to be the same as the New Zealand definition, based on a formal, industry-wide call for feedback.

The new definition, as outlined in the New Zealand Lamb and Mutton Carcass Classification, is *'young sheep under 12 months of age or which do not have any permanent incisor teeth in wear'*.

The decision was based on the majority of feedback provided during a nine-week public consultation phase in which 83% of respondents to an industry survey supported the change.

All responses have been collated by an independent service provider into a summary document. In addition, SPA has addressed any concerns raised through the consultation in a separate policy paper.

SPA President Allan Piggott says, in addition to industry feedback, the Board also relied on science and data in endorsing the change to a uniform industry position on the lamb definition.

"The SPA Board has endorsed an evidence-based policy position that reflects what the majority of Australian sheep producers want as a result of an in-depth and transparent public consultation process," Mr Piggott said.

"The new definition will even the playing field against New Zealand in our export markets and provide producers with an indicator before they incur the 'price cliff face' of lamb being downgraded to hogget or mutton. The current definition means that as soon as eruption is evident, the animal becomes classed as mutton, and results in a lower price.

"Market access risk from adopting the New Zealand lamb definition was proven to be minimal. The interim report's findings have been further verified by MLA's International Business Managers, various Australian exporters and international importers.

"Upon advice from MLA's consumer markets insight unit, as there is no anticipated change to eating quality of the product, the likelihood of a detrimental effect on consumer preference is low.

"The public consultation and associated independent report ensured the policy decision made by the SPA Board was made on objective and transparent information. The independent summary of public consultation on the lamb definition review and accompanying final policy rationale is publicly available on the SPA website."

Mr Piggott said the next step was for SPA and industry stakeholders to work through the development of an implementation plan, given the lamb definition is currently defined in various federal, state and industry regulations and standards.

The lamb definition review is part of the broader 'Fit for Purpose Language Program' being undertaken by SPA. The program aims to enable the introduction of meat and livestock specification language that strengthens the connection between consumer price signals and on-farm decision-making. Enhanced alignment will assist in producers being paid for the product attributes that consumers value most at the dinner table.

To find out more about the lamb definition changes, download the following background documents:

[Sheep Producers Australia 2018, Lamb Definition Explanatory Policy Paper](#)

[Holmes Sackett 2018, Summary of Public Consultation on the Lamb Definition Review](#)

St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215

GP Surgery Hours

Monday - Friday 8:50 - 10am(10 -10:30am reception closed) **10:30am - 12.30pm**(1:00 - 1:30pm reception closed) **1:30 - 3:00pm**
(3:00 - 3:30pm Reception closed) **3:00 - 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

Hours of Pathology are: Monday-Friday
8:30am-11:00am & 2:00pm-4:00pm

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.

Due to demand non-urgent 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

29/3/18– 13/4/18

Dr K. Nash-Rawnsley

6/4, 10/4 & 13/4 2018

Dr L. Reeckman

Women's Health Clinic Day
29/3/18

Public Holidays

Friday 30/3/18 Good Friday

Monday 2/4/18 Easter Monday

Tuesday 3/4/18 Easter Tuesday

Normal Doctor's surgery hours will resume on Wednesday 4/4/18. Please see the After Hours contact details for during this time.

St Marys General 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 renewals
- ◆ 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

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

Mental Health Helpline 1800 332 388

St Marys Community Health Centre

Gardiners Creek Rd St Marys Tasmania 7215

What's on at the Centre

March 29 **Social Worker** Shan Williams for appointments please phone 6387 5555

March 30 Public Holiday– GOOD FRIDAY

April 2 Public Holiday– EASTER MONDAY

April 3 Public Holiday– EASTER TUESDAY

April 4 **Social Worker-** Shan Williams
For appointments phone 6387 5555

April 5 **2nd Bite Delivery**

Social Worker Shan Williams
Call 6387 5555 for appointments.

Podiatry North- For appointments
please phone 6336 5155

April 6 **Physiotherapist–** Patrea Zacher for appointments please see your GP or Health professional for a referral.

Social Worker- Shan Williams
For appointments phone 6387 5555

April 9 **Occupational Therapist–** Danyelle Briggs by referral from your Health Professional.

Max Employment– 8:30am-5:00pm
downstairs.

April 10 **St John Podiatry–** phone 6376 2971
for bookings and fee enquiries

April 11 **Child Health Session** with Mary Mumford Tuesday fortnights, by appointment only. Phone 0428 136 381.

Day Centre- call Hayley Gilbert on 6387 5555 for information on the group.

Occupational Therapist– Danyelle Briggs by referral from your Health

April 12 **Social Worker** Shan Williams
Call 6387 5555 for appointments.

April 13 **Social Worker** Shan Williams
Call 6387 5555 for appointments.

April 13 **Physiotherapist–** Patrea Zacher for appointments please see your GP or Health professional for a referral.
Continued...

PUBLIC HOLIDAY 'S

Friday 30/3/18– Good Friday

Monday 2/4/18– Easter Monday

Tuesday 3/4/18– Easter Tuesday

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

Emergency 000

GP Assist 1300 780 011

Ambulance 1800 008 008 or in an

Lifeline 131 114

St Marys Community Health Centre

- If possible please ring before presenting after hours **6387 5555**

PODIATRY NORTH

Podiatry North will be holding their next Podiatry Session at the St Marys Community Health

Centre on: **Thursday 5 April 2018**

Please phone 6777 4155 for appointment

Mini Fingal Focus

My Moan

My moan this time is that I apparently have so much to moan about. I am sure that my parents didn't bring me up to whinge. Maybe that is what age does for you. It gives you time to think of all the things you wish you could change. Age also gives you, sometimes at least, enough wisdom to recognise that you can rave away, confident that nothing will happen to you and pretty sure that nothing will happen, period.

My Jokes

A lady came back from her doctor with a huge smile on her face and a bounce in her walk. "My, you look happy" said her husband, " what's happened?" "My doctor told me I had the bosom of a 20 year old " she replied. "Did he also tell you that you had the ass of a 50 year old?" "No" she answered, " he didn't mention you at all "

A woman was sitting in a restaurant eating a meal when she called the waiter over and said " that man over there is annoying me" The waiter took a step back and said " Madam, That gentleman has been quietly eating his meal and hasn't spoken to you." " Yes . That's what annoys me!"

Photo Manipulation Workshop

Back by popular demand

We will be holding a workshop at the e Fingal Online Access Centre on repairing and restoring old photos, manipulating and designing cards, turning your favourite photo into a sketch or painting to hang on your wall.

Place: Fingal Online Access Centre

Date: Tuesday 24th April

Time: 1.30pm —3 pm

Cost \$ 6.00

Please book in advance as number of computers are limited.

Phone 0363 742222 or call in and make your booking.



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Daylight Saving for 2017-18 ends on April 1st.

You should put your clocks back by one hour on April 1st. We usually do it just before we go to bed rather than some awful time in the morning of April 1st.

We get that hour which we "lost" in October back again !

Some employers may get a pleasant surprise if their employees turn up for work an hour early because they forgot to adjust their clocks.



Which way is it?

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Good Friday.....Closed

Christmas Day.....Closed

Phone : 6374 2171

Fax : 6374 2393

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Brian Mitchell MP

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Wishing you and your loved ones a fantastic and safe Easter!

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6263 3721 (Bridgewater)
brian.mitchell.mp@aph.gov.au



REBUILD OUR REGIONS

Authorised by Brian Mitchell MP 53B Main Road Perth

The Say, by Cagerattler

As I write this there are a few things taking place around the world where scant disregard for the rule of law is playing havoc for a lot of people involved. It transcends international relations, the world economy and also international sport . That said however it does make you wonder why people and countries might try and knowingly take advantage in a whole range of things in life when there are better, more peaceful and much more humanitarian alternatives.

There are times , no matter of the perceived circumstances, that taking advantage or breaking rules is just plain wrong, not just internationally but at much more local and personal levels . A really good friend of mine and a very respected community member, once told me that the actions of some can affect bad or good a lot more people than intended and especially in regard to acting outside defined boundaries that society decides is right. He's right I think.

I love my sport, so I'll use these as analogies and examples. I played an awful lot of pennant golf and on a few occasions I was involved in rules being broken that did or could have cost others dearly. The first time was unintentional and it was me that broke the rules. Prior to a game I forgot that I had two different wedges in my bag and was still oblivious to that when my opponent asked me did I have 15 clubs, not 14 . As soon as he asked I realized that I'd forgotten to remove one of the wedges before play and had no other option by that time in the match but defaulting my game. Thankfully that game had no effect on the overall result but if it had I would have felt even worse. Taught me a valuable lesson as a very young golfer though.

Numerous years later I was playing in another game and doing okay when my older opponent playing on his own course told me he was taking a drop under local rules. I took him at his word and this happened two or three more times and allowed him one time to drop clear of a bush impeding his shot. I ended up winning the game but at afternoon tea we were talking to another local player and he told me that this rule only applied to one specific place on the course , not everywhere. My opponent blatantly cheated and I never forgot that even though I hadn't checked all the local rules of the club before play.

In a major final some time ago there was another occurrence affecting everybody that took part and a lack of a correct interpretation of the circumstances cost our team a rare opportunity despite the usual official acceptance of the result on the day. It left many of us bemused and disappointed with a certain lack of sportsmanship. Integrity and accepting a good or bad call is part of sport and by definition everyday life too.

Just because a situation or decision doesn't always go our way it doesn't give us the right to do things that cause a certain amount of integrity to be chucked out the window. If we're honest with ourselves we've probably all tried to take advantage of someone else and don't always consider the outcomes that might occur for others. Just as often we've probably been a victim of that stuff too.

I know we're all different how we see things, but honestly I can always recall my dear old mum's words once or twice when we were kids by telling us that good manners and respect cost nothing but earn a lot in return . Yes they usually do or at least sometimes.

What do you think ?

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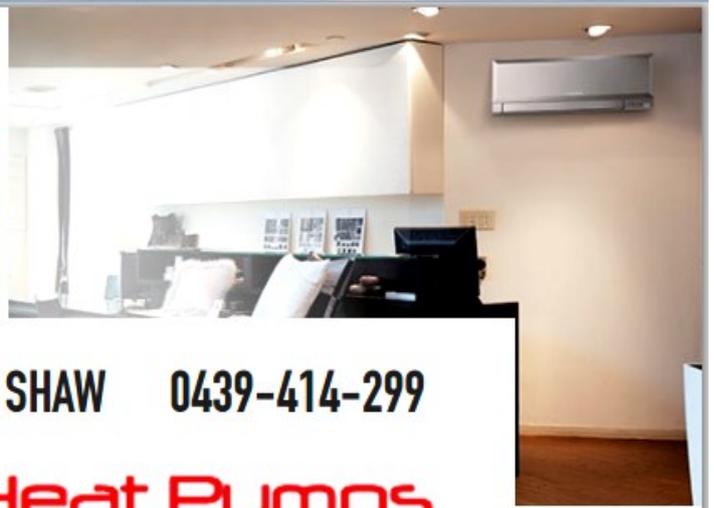
Across

- 1. Buckle from heat
- 5. Prevail upon
- 9. Insulation units
- 14. Cookie favorite
- 15. Future queen?
- 16. "Silas Marner" novelist George
- 17. Play first fiddle
- 20. Hunting expedition
- 21. Valueless
- 22. Lucy of "Charlie's Angels"
- 23. Old horses
- 25. Vestments
- 27. Play first fiddle
- 31. "Now I get it!"
- 32. Normandy invasion town
- 33. More compliant
- 37. Bough
- 39. Vegas headliner
- 41. Lovebirds' place
- 42. Fill to the rim
- 45. Wise guy
- 48. Hither's partner
- 49. Play first fiddle
- 52. Schematic drawing
- 55. TV jock Swann
- 56. Drop the ball
- 57. Chin-wipers
- 59. Frames
- 63. Play first fiddle
- 66. Prepare for a dubbing
- 67. Peeping Tom, say
- 68. Quaffs at dart tournaments
- 69. Rope fiber
- 70. Department store department
- 71. Put through the paces

Down

- 1. Astounds
- 2. Opera staple
- 3. Underwater knoll
- 4. Baltic Sea country
- 5. Edgy
- 6. Shout from the stands
- 7. No Doubt vocalist Stefani
- 8. Guarantee
- 9. Straight shot
- 10. Chalet backdrop
- 11. Proof of ownership
- 12. Part of a front-end alignment
- 13. Pompous gait
- 18. Mild oaths
- 19. Have dibs on
- 24. Bear's cry?
- 26. Quicker than a flash (Abbr.)
- 27. "Freeze!"
- 28. New addition of 1803
- 29. It may have a goose-neck
- 30. Facetious tribute
- 34. Roundhouse result, soetimes
- 35. They're often inflated
- 36. Budget item
- 38. Five-time Wimbledon champ
- 40. Satirist Mort
- 43. Cuddly pet name
- 44. Threshing tool
- 46. Yellowstone attractions
- 47. Sea eagles
- 50. Ball-cap symbol
- 51. Two words before "note"
- 52. Coldcocks
- 53. Persian, today
- 54. Van Gogh setting
- 58. Eyelid woe
- 60. Food fish
- 61. South western Indians
- 62. Verbal jab in the ribs
- 64. Actress Thompson
- 65. Brooder

All I really need is love, but a little chocolate now and then doesn't hurt! *Lucy Van Pelt, Peanuts by Charles M. Schulz*



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The Break O'Day Woodcraft Guild & Men's Shed are looking for stall holders for their upcoming Open Day - 14th April 10-2 - if your interested contact Reon on the numbers at the bottom of the poster

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14th APRIL 10am-2pm

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FOR FURTHER INFORMATION CONTACT REON 637 22094 / M 042 9722091

Letter to the Editor

Scams

These come in a variety of forms & fronts. One of these, over recent years has been a heavy push, world wide, to rid the community of firearms. The mantra put forward by the antigun lobby and supported by a hysterical, irrational and blinkered public is precisely the desired effect. After any incident, the scammers incite a community to debate and protest while the real perpetrators get on with the desired political change.

Be not afraid of the guns, they are not, and never were a threat to a law abiding people, but be very afraid of what your *trustworthy* government is *allowing* to be cooked up behind the facade. There are evil financial elements, worldwide, who direct governments on a raft of matters. Population disarmament is a case in point.

The scammers, aided and abetted by corrupt governments, are very concerned that the recent and further planned legislation will cause so much distress that populations will start taking physical action. Hence the move to disarm the public. This is not an exaggeration. It's old hat! A current case in point is the new APRA legislation, *signed off late at night by only 7* (hand picked, no doubt) senators. **THEY NOW HAVE THE POWER TO ROB YOUR BANK ACCOUNT.** This is no exaggeration! Don't believe it? -- ask your local member. (You will probably be side-stepped)..

Firearms have been in the community with little problem since this country was first settled. And nothing has changed.. They are not, and never were a problem, even allowing for the increase in drug usage abuse in our time. It's pointless debating their elimination when all countries including ours has a black market on guns & ammunition. We will never be rid of them, and neither should be. I would rather have my home and family protected by the common knowledge that an intruder might be faced with a firearm than have it as common knowledge that we are unarmed!!

D Pike

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Large Home, 2466m2 & Valley Views

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Price: \$279,000

Offering a large brick home consisting of 3 large bedrooms with built-ins, a very spacious open plan living, dining, kitchen area & a tidy bathroom. There is also a huge rumpus room attached to the home. Sitting on a large 2466m2 block with beautiful valley views, privacy, a separate brick workshop/garage & landscaped grounds.

A fantastic property presenting in great condition!



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6 Hugh Street, St Marys

Price: \$165,000

This well presented house consists of 3 good size bedrooms (2 with built-ins), lounge with wood fire, well laid out kitchen & dining, tidy bathroom, separate laundry room & a large entertainment deck. A well set out & fully fenced 1012m2 block with established gardens, 6m x 3m garden shed & carport rounds out this attractive property ideally suited as a first home, family home or quality investment option.

SOLD! SOLD! SOLD!



66 Main St, St Marys



108 Main St, St Marys



German Town Rd, St Marys



16 Main St, St Marys

Surf Coast Realty has recently SOLD a large number of properties in St Marys & the Fingal Valley and are actively seeking new listings in this area. If you are thinking about selling your property and would like to arrange an obligation free appraisal then please call the team at Surf Coast Realty on (03) 63725321.

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Sat 10am - 12pm

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Tue & Thurs 10am - 12.45pm

Fingal FVNH Talbot Street

6374 2344

Mon, Wed & Fri 9am - 3pm

Tue & Thurs 9am - 12pm



Connections start here

Hub4Health has introduced new **Active4Life Gym Memberships**. Membership is easy to apply for and the low fees will be used to support the ongoing operation of the community gym and ensure it is sustainable over the long term.

The induction sessions for new members are on **Tuesdays 1.30-2pm** with Jason or during the Stables Market - **16th March 3.30-6pm** or appointment.

For more information please contact us **admin@hub4health.org.au** or on Facebook

How do you contact us?

Email: admin@hub4health.org.au

Web: www.hub4health.org.au

Facebook: Hub4Health

Our Aim:

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



YOGA

Tuesdays
5:15pm - 6:30pm

\$10 pp

**St Marys District
School Gym**

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Hub4Health have a 10 seater mini bus, based at St Helens for hire by community groups and individuals.

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Contact us for more information

LIFE COACHING

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Hub4Health is offering a volunteer one to one Life Coaching Program with John Williams.

To register your interest please contact us at **admin@hub4health.org.au**



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Presented by Building Blocks staff.

Enquires: Tanya: 0400 002116 or

Fingal NH: 6374 2344



OUT OF THE WOODWORK

Lot 1 Esk Highway St Marys

The Guild is open everyday except Friday, Saturday and Sunday from 10am-4pm (depending on volunteers) and other times by appointment

We hope to see many faces at our Open Day on the 14th April at the Woodguild. Many of the old favourites will be back as well as "The claw Hammer, chisel and Odd Tool Band". You may ask who are they?. Well if I can have your attention for a little while here is the prologue. Rob Lucky guitar and Ric Crothal will be on bass and a guess spot from Dave Baker on harmonica and vocal. Guitarist Rob Lucky and Ric have played with many good bands far too many to go through . Ric and Dave played together for years on the North Coast of N.S.W with the DOGS a very popular band up north. The Dogs won the Dolphin award for blues. We hope you will come along to our Open Day on the 14th April and show your support. Don't forget we will also have the Concours D'Lemon static display which will showcase many a tired but not forgotten old cars.

Finally it is with great delight that I can announce that Geoff Springer is making full recovery. It's hard to keep a good man down!

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Cold Power Laundry Powder 2kg	\$8.49	save \$8.50
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Easter Sunday	8am - 7pm	Easter Monday	9am - 5pm

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Coach House Restaurant	Mathinna Post Office
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