



THE VALLEY AND EAST COAST VOICE INC. \$1

ESTABLISHED 1968
47.22 APRIL 9TH 2015

Deadline for 47.23 is 5pm April 20th 2015

ANZAC Day 2015



The St Marys Memorial Services Association

will be commemorating the 100th anniversary of the Gallipoli landing on Saturday April 25th.

The Dawn Service will commence 6am at the St Marys Cenotaph, followed by a gunfire breakfast in the Hall. A donation would be appreciated.

A march has been organized to commence 10.30am at Faulkner's Green, proceeding to the Cenotaph; all interested parties or persons feel free to assemble. If your organisation would like to lay a wreath please call *Wendy or Reon on 6372 2094*.

LEST WE FORGET



Leissa and Lee at the Commonwealth Bank St Marys, doing their bit for Smile Day in support of the Clown Doctors.

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Old Machinery
Club

Go-kart display

BODRA
Market

COME IN FANCY DRESS!
FREE ENTRY
FOR FURTHER INFORMATION CALL REON ON
6372 2094

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Woodcraft Guild's Open Day Fair - 11/4/15

Community Cat Forum St Marys- 14/4/15

Sleep Disorder session St Marys CHC - 15/4/15

Healthy Eating for Diabetics CHC - 22/4/15

FVNH bus to Agfest - 7/5/15

'Argonaut' Annual Assessment St Helens - 31/5/15

Community Groups

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

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

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

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

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

Break O'Day Regional Arts meet monthly on the 1st Thursday in the Supper Room at St Marys Community Hall, 5.30pm. **RAYC** Regional Arts Youth Company for school aged children is on Thursdays 3.30-5pm. Session cost \$5 or \$40 p/10 week term. All welcome. *Michelle 0407 046 865 e: bodregionalarts@gmail.com*

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

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

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

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

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

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

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

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

Meals on Wheels meeting dates for 2015

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

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

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

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

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

St Marys/Falmouth Playgroup is held 10:30-12:30 each Wednesday at the Falmouth Community Centre. Join us for only \$3 per family in a relaxed and friendly atmosphere. *Tash Speers 0419 591 905 / Amy Faulkner 0417 152 337*

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

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

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

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

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

The **St Marys School Association Op Shop** is open 10-4 weekdays & market Saturdays 10-12.30. We are happy to receive ALL pre-loved items excl. electrical. SMALL donations can be left at the St Marys Newsagency. Check out the Facebook page. *Janet Drummond 0404 562 320*

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

Barry 6372 2575 (aulich@bigpond.com)

Jim 6372 2127 (jimhaas@bigpond.com)

www.fingalvalleyhistory.com

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

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

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

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Advertising rates

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

Community announcements are free. Private classified ads are free for two issues. Annual posted subscriptions are \$51 and annual online subscriptions are \$20. Articles for publication may be left at the St Marys Pharmacy, posted or emailed. For online advertising, contact the Editor.

For Sale

Turkeys, \$25 each. *Gary 6372 2357*

Masport Fatso **wood stove** in good condition, flue included, \$250. *6372 2686 / 0458 648 927*

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

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



15' Boat and trailer, 3 life jackets, small first aid kit, all in good condition, \$1,800 o.n.o., details *6372 2183*, view at 2 Grant Street St Marys.

Breville Avance **deep fryer**, perfect working condition \$35. *6372 2214*

Best dry **firewood**, bush wood, 2-3m loads delivered. \$55 per/m Fingal, \$60 per/m St Marys, other areas by arrangement. *0438 071 296*

Community Notices

NORTHERN MIDLANDS R&SLA Sub Branch at AVOCA will hold their **ANZAC DAY SERVICE** for 2015 at 11am, Saturday 25th April. Unveiling of the Memorial to the Anzacs who enlisted from Avoca by Eric Hutchinson at 1pm at the Cenotaph, Boucher Park. The march will commence 10:45 at the Post Office. Those in Service please come in uniform. Venison and lamb roast lunch afterwards.

There will be an **ANZAC** display in the barbecue area of the Cornwall Park during the month of April to commemorate the 100th year. The display will include information on the soldiers listed on the Cornwall School Honour Board; all interested people are welcomed to visit the park and take a look.

*Debbie Squires, President
 Cornwall Community Development Group Inc.*

Fingal Valley Neighbourhood House Inc. Our next committee/members meeting will be held at the Mathinna School House, 6.30pm on 22nd April 2015. All welcome.

Shredded paper and small boxes with lids available, free. *Call the Editor.*

Please be advised that the phone number for **Community Transport East Coast** office changed from 6372 2137 to **6372 4415** on April 1st 2015. A diversion will be in place until July but please make note of the new number! *Jan Saunders, East Coast Community Transport Coordinator*

Wanted

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

Set of **rear hubs and rims** for **Massey Ferguson FE35** (1958), tyres optional, will look at the complete tractor for spares if available. Call *Chris on 6372 5667 / 0412 405 428*

National Broadband Network rollout to Lyons April 2, 2015

A number of locations in the Lyons electorate looking forward to the rollout of the National Broadband Network now have an approximate starting date for construction of the infrastructure. Two fixed wireless sites have been selected and approved for construction to start in the second half of this year. Swansea, which has an Optus co-location, is scheduled to go live about mid-year and will then provide wireless backhaul to two green field sites at Coles Bay. Areas where the new wireless towers should be ready for service later this year include Bridgewater, Copping, Dunalley, Maydena and Swansea.

Federal Lyons MP Eric Hutchinson said that he hoped more people in Lyons would take up the opportunity to connect to NBN.

"This is one of the most exciting times to be alive because of all the opportunities created by the digital revolution," Mr Hutchinson said. "The arrival of NBN means that these opportunities will be extended to all Tasmanians regardless of where they live."

Letters to the Editor

Opinions and letters published in The Valley and East Coast Voice Inc. are not necessarily the views of the Editor or volunteer staff. The Valley and East Coast Voice Inc. reserves the right to edit or omit copy, in accordance with the guidelines as printed on page 26. Letters to the Editor must be attributed with a name, address and contact phone number – names and town of origin will be printed.

Dear Editor

I write to congratulate the St Marys community on its persistent and successful lobbying of the State Government for access to the Mobile Breast Screening Unit.

Many local residents have contacted me as their Federal MP about this issue and I hope my representations to State Health Minister Michael Ferguson may have played some part in this positive outcome for the Fingal Valley.

It is encouraging to see the process of practical politics delivering a positive outcome once the case had been made and justified.

Well done St Marys!

Eric Hutchinson MP, Perth

Dear Editor

After an unexpected visit at home on the 4th April by our local police officers, I am left pondering who would want to cause me grief?

This visit was a surprise inspection of my gun safe and contents after the police had received a complaint that I am growing cannabis for the Rubenachs. My first thought was "I'm surprised its taken this long".

I wondered, is it my newly erected orchard enclosure compound that can almost be seen from the moon - do people think it is full of cannabis? Well I'm pleased to say that I and my friends have enjoyed every piece of fruit from my 30+ fruit trees and berry bushes, no possums, no Currawongs, no parrots and sorry, no cannabis.

At no time have the Rubenachs asked or encouraged me to grow cannabis for them. To assume I am growing it for them is just that, only an assumption.

I wondered from what walk of life the Complainant came from? What motives? Is it just someone that doesn't like me, or is it indeed my association with the Rubenachs and a means to attack them? Is it a busy body or is it politically motivated due to Hannah's stance on medicinal cannabis? At the end of the day it's not worth trying to work out, it shows the Complainant as an anonymous, compassion-less, ill-informed muckraker!

If you could 'legally' grow a plant in your garden that grows easily and you knew that if you consumed the oil from this plant and it helped to ward of cancer, epilepsy, and pain with no apparent side effects, would you not grab it with both hands for yourself and loved ones?

Good on Tim's family for having the guts to help their son/brother. Walk a mile in their shoes Complainant!

I have seen the benefits first hand of this herb (not drug, as it only becomes a drug when heated) and the improvement of quality of life in my time working with Tim.

Someone I had a good chat with for the first time the other

day said "I would kill for my wife and child", so at what point do you decide to question the law when it comes to something as simple as a plant that heals?

Some laws need to change!

I am a good gardener and would happily fill an enclosure the size of my orchard with cannabis to help alleviate peoples suffering, should it be allowed.

As for the Complainant/s, perhaps you should take a good look at yourself, it doesn't sound like there's too much compassion going on? Get a life and get out of mine please.

Ross Quinn, St Marys

Dear Editor

Living a good life right to the very end can only happen if we raise awareness and understanding of the unique needs and challenges faced by people like me in old age.

There are increasing numbers of aging citizens who require health, pension and support services to keep them, as long as possible, in their own homes. There is also a growing fear that this will lead to financial disaster for our children, childrens' children and the country as a whole.

I, and a number of others in this community, are recipients of weekly help with daily household chores (such as vacuuming, hanging out some washing, putting out the wheely bin etc.) from the friendly folk at Family Based Care in Fingal. Excellent service over a number of years!

In early December I received a posted 'fact sheet' on 'integratedliving', yes, all one word, and 'Embracing Life', a 'Person-Centred Service Model' with its meaningless blather about:

- ◆ Embracing Change
- ◆ Meaningful Life
- ◆ Believing in Dreams
- ◆ Realising Possibilities
- ◆ Active Participation
- ◆ Celebrating Differences
- ◆ Enabling Choice

This came with a green and blue logo representing Embrace - except it was a black and white photocopy and looked like an animal peering out of its burrow.

What did this poorly written document try to tell me? In short, that the domestic support I had previously received from Family Based Care would now be coming from integratedliving and the cost would rise from \$25 per week to \$67.50 per week from July 1st 2015, as decreed by the Federal Government, indexed twice yearly in March and September. End of story.

Price and cost increases happen all the time and we cannot avoid them, but such a substantial increase in one fell swoop for a lot of gobbledygook, which I don't want or need, is not 'enabling me any choice' whatsoever.

Being dependant on others is not a 'lifestyle choice', nor are we 'leaners' in society; most of us are as independent as we possibly can be.

Thank you Tony Abbott, Joe Hockey and Mitch Fifield.

This does not enrich communities!

Jan Sparkes, St Marys

Prime Minister Tony Abbott's Tasmanian sojourn March 30, 2015

It almost seems as though Prime Minister Tony Abbott has moved to Northern Tasmania lately. Since the end of February, Mr Abbott has been here twice for major funding announcements, and he flew into the North another three times during the four day Pollie Pedal event in late March to take part in the annual politicians' fundraising ride in which he has ridden every year.

Federal Lyons MP Eric Hutchinson, a keen cyclist, rode for three of the four days alongside Mr Abbott as the event moved through his Lyons electorate from Deloraine to Exeter, Cressy and Evandale. The event was welcomed to the North at a cocktail party at the Deloraine Bowls Club on the Friday March 27th.

Federal Social Services Minister Scott Morrison stood in for Mr Abbott at the cocktail party when he had to fly back to Melbourne for former Prime Minister Malcolm Fraser's funeral.

Mr Abbott flew back to Northern Tasmania the next day to officially unveil new honour boards at the Exeter RSL Club, funded by a Federal Government Centenary of ANZAC grant, before riding in the afternoon Pollie Pedal stage which finished at George Town.

He then flew to Singapore for the funeral of the country's first Prime Minister Lee Kuan Yew, before returning to Tasmania to pick up the Pollie Pedal event for its last day of riding on Monday March 30th via Cressy and Evandale back to Launceston.

Mr Abbott, Mr Hutchinson and the other riders stopped at Cressy District High School for morning tea, where some of the senior students presented Mr Abbott with a cheque for \$50 which they had raised for Pollie Pedal. Mr Abbott and Mr Hutchinson also toured the operation of the national award-winning Tasmanian Quality Meats, at Burlington Road. They met Evandale Football Club members at the Evandale club rooms before riding onto Launceston. Since

late February, Mr Abbott has announced \$60m towards Tasmania's tranche two irrigation schemes, three of which will be constructed in Lyons. He has also announced more than \$200m over four years to significantly expand the Tasmanian Freight Equalisation Scheme which will enable north-bound freight out of the state to be eligible for the subsidy.



Eric with Perth cycling star Georgia Baker at Cressy District School



Cressy District High School student leader Patrick Heery presenting Prime Minister Tony Abbott with \$50 for Pollie Pedal which the students raised.

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Eric

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



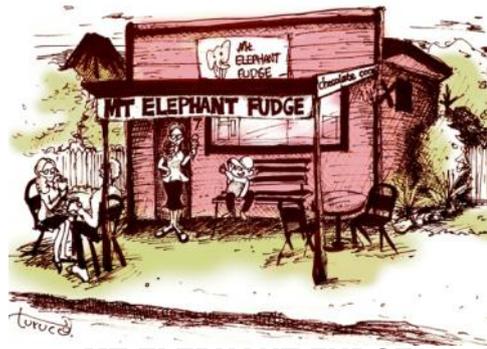
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The Say, by Cagerattler

Here we go again ... old subject but to us locals, a very important one. In the Fingal Valley we have no real industry anymore, farming is limited, timber industry is in decline, coal mines at present are barely holding their own and our young folk have to move out of the area more often than not to find work. A few years ago we were told that we should be looking at tourism as a viable theme to reinvigorate the region.

So bloody annoying to say the least. Hey politicians, how about doing something more often and more practical to help with this saving 'vision' then? First up, what have you done in a tangible way to sell the message of the Fingal Valley and East Coast as a major destination on a trip to Tasmania? Perhaps the closest they've come is a small few hits in the Go Behind The Scenery publications but to my knowledge there hasn't been too much since then ... someone tell me if there has.

The next thing is getting here. Our State and Federal politicians should hang their heads in shame every time they come this way to get our votes - this applies to all parties.

Our Tourist Route roads are an absolute disgrace - I think 'goat track' often gets said.

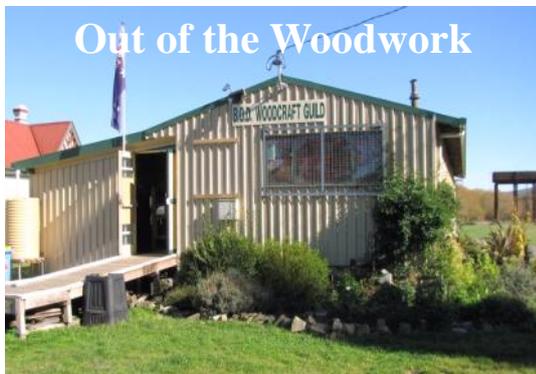
The St Marys Pass is a historic road for a start, as is the Elephant Pass. These Passes are iconic and part of our history, but neither are given the full detailed historical impact they deserve i.e signposted with appropriate historical data for visitors to take in. Then of course there's the constant 'patch up' maintenance that happens to these two roads. They need a lot more than this and we cringe every time we have a decent rain. This shouldn't be the case in the 21st century, and a real solution for both the Historic Route use and a proper day-to-day commercial / public use is put in the 'too hard basket' all the time. We need the St Marys Pass for the tourist adventure but we need a proper alternate route across the top too - why can't the politicians see this (it would create jobs too..).

Then once you get on the coast you face the patch on patchwork quilt roads all the way to St Helens and beyond. The road especially between Scamander and St Helens is let's just say very average; it's narrow with no passing lanes, winding and slow. That would be okay but it's patchy repair on repair at best. Good safe roads toward a tourist mecca 'vision' would certainly be a good start but "Oh wait" ... That'll never happen because it would make too much sense!

My apologies for some glaring omissions to my last topic - these are BODRA, Art to Wear, Man's Cave and Gone Rustic of course. Any others I'm truly sorry if I've forgotten you. All are great contributors ... and from me, thanks for showing faith in our community. None of you deserve to be criticised for HAVING A GO.

What do you think?

Rod McGiveron, St Marys



**DON'T FORGET OUR
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11TH APRIL
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ST MARYS
HOPE TO SEE YOU THERE!**

Wendy Brennan, Secretary 6372 2094
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www.facebook.com/pages/Break-ODay-Woodcraft-Guild-Mens-Shed/654672894597969

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



Local Native Plants for Sale

Last year in Grade 4/5 Fyle the class planted native She-Oak and Cabbage Gum seeds. The seeds came from the Fingal area. The seeds have grown into seedlings and we would like to sell them at our stall at the Woodcraft Guild Open Day Market on Saturday the 11th April 2015.

PLEASE COME!!!

Supported by St Marys District School's
Grade 4/5 students.

*All proceeds go to the
St Marys District School Farm*

Showing from Saturday 21st March 2015

CONFLICT AND COMPASSION



'Conflict and Compassion' is the St Helens History Room's Commemorative Exhibition for the 100 year ANZAC landings at Gallipoli.

'Day's Work Done' by Mr Tim McManus and Mrs Francis Mighall has also been reprinted for this occasion. The book is based on local soldier Private William 'Bill' Grose's diaries, held by the St Helens History Room. Books are available for sale through the centre.



St Helens History Room

61 Cecilia Street
ST HELENS TASMANIA 7216

Tel: 6376 1479 / 6376 1744
Fax: 6376 2658
e: historyroom@bodc.tas.gov.au



FINGAL VALLEY NEIGHBOURHOOD HOUSE INC

AGFEST

The Fingal Valley Neighbourhood House Inc., has organised a trip to Agfest on Thursday May 7th, 2015

The FVNH commuter bus will be leaving the office at 8.30am.

Cost of bus will be \$15 per person.

Contact us on 6374 2344 or call into the office to book your seat by Tuesday 5th May, 2015

Adults → \$15

Children (5-15 inclusive) Children under 5 Free → \$5

Disabled requiring carer assistance → \$15

Carer → Free

Healthy House Walking Group

Monthly Saturday Walks: Due to the use of an EPIRB on these walks, there is a Booking-In process for each participant. Please add your name(s) to the list maintained by Healthy House for each walk. If this is not possible, just turn up on Saturday morning, have your name(s) added to the list and this completed list will be left at Healthy House by the Walk Leader. (Contributor: Wayne Fulford)

Walk details March 4th - Maurouard Beach Walk: Whistling wind awoke us on Wednesday morning, but undeterred a hardy few souls (Dale & Kerry, Gordon and Jans) met at Healthy House to depart for our Wednesday morning walk. We were greeted by the smiling faces of Ron and Wendy, and Brian at the Maurouard Beach car park, and then we set off for our walk. Although we commenced the walk about an hour after high tide there was a broad enough expanse of sand to allow us not to get wet feet unless we walked too close to the water's edge and became too involved in conversation!! We put in a good effort, and chatted away for about 45 minutes whilst walking South along the beach. After a short stop we decided we would not quite get to the mouth of the Scamander River - we turned to head back to the car. On returning to Healthy House we were reminded how lucky we had been with our wind sheltered walk as we watched the sea of white caps on Georges Bay being whipped up by fierce winds.(Contributors: Dale & Kerry Ayers)

March 18th - Burns Bay to Beerbarrel: Despite the overcast and rather damp weather conditions on the morning of Wednesday, eight intrepid walkers of the group set forth from Burns Bay along the coastal track to Beerbarrel Beach. The weather soon improved and short periods of sunshine, spots of rain and lots of cloud accompanied us for the duration of the walk, which was enjoyed by all. Fortunately there was not a strong wind, but the swell of the sea caused some spray from the waves as they broke on the rocky shoreline skirting the walking track. On reaching Beerbarrel, we spent some time on the beach where Ted and Jo pointed out some of the birds there, providing information about them. We then returned whence we came, retracing our steps along the track to Burns Bay. The walk lasted about 90 minutes. (Contributor: Ron Ralph)

Our walkers come from Fingal, St Marys, Beaumaris, Scamander, Binalong Bay and, of course, St Helens and around Georges Bay. A participant list for each longer Saturday walk is kept at Healthy House. New members are most welcome. Please call Healthy House on 6376 2971 or Bryan Edhouse: 0414 987 435 (Contributor: Healthy House)

Future Walks Planned:

- ◆ April 18th Branhholm Brisies water race
- ◆ April 22nd Loila Tier
- ◆ April 29th Airport track
- ◆ May 6th Freshwater Creek to Shelly Beach
- ◆ May 13th Winifred Curtis Scamander
- ◆ May 16th Policemans Point to Gardens
- ◆ May 20th Trafalgar Track
- ◆ May 27th Mt Pearson (Gardens Rd)

(Contributor: Bryan Edhouse)



Stormy Day Walking - Photo by Ron Ralph



Maurouard Beach - Photo by Dale Ayers



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



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Cat Management - Declared Areas St Marys and Fingal



Council intends declaring areas in accordance with the Cat Management Act 2009 to prohibit cats on Council land where it may seize cats. The declarations are part of a Council cat management program to control feral cats and promote responsible cat management. Feral cats at the St Marys and Fingal Waste Transfer Stations will be targeted initially.

The proposed Prohibited Areas include:

St Marys - the Waste Transfer Station, sports ground, cemetery, Library park and Irishtown Road gravel pit

Cornwall - two reserves

Fingal - the Waste Transfer Station, football ground, South Esk River Park, Fingal Park, Council depot and other small reserves in Fingal

The proposed Cat Management Areas include some private land adjacent to St Marys and Fingal Waste Transfer Stations.

Submissions are invited from the community on the proposed declarations. Submissions must be received by close of business on April 15th 2015 by post (POB 21 St Helens 7216) or by email to admin@bodc.tas.gov.au

Maps showing the proposed declared areas are available at www.bodc.tas.gov.au

John Brown, General Manager

Safety in Schools Program 30/3/2015



TasNetworks will this year visit 10,000 primary-school aged children in Tasmania with its revamped Safety in Schools Program.

The education program is a free service which aims to reduce the risk of electrical incidents and prevent tragic accidents by educating Tasmanian children about electrical dangers, as well as energy efficiency messages.

TasNetworks team members are trained as presenters to deliver the interactive and educational sessions to schools around Tasmania.

There are two separate programs, for kinder to year two and years three to six.

In 2015 TasNetworks is relaunching the former Aurora Energy program, with the help of some brightly coloured characters called Sparks, her nemesis Shocker and a nifty robot called Socket.

"The Safety in Schools Program aims to reach 10,000 primary-aged school children this year with important messages about electrical safety and energy efficiency," TasNetworks CEO Lance Balcombe said.

"People from across the business have put their hand up to deliver presentations state-wide.

"The program is an important part of TasNetworks' commitment to educating the general public around how to be safe around electricity.

"We have seen many success stories with children taking what they have learnt and reinforcing key safety messages at home."

Children are presented with showbags, activity books, stickers and other items to remind them of TasNetworks' safety messages. *Continued next column...*

If you would like a TasNetworks Safety and Energy Efficiency in Schools presenter to visit your school, call the TasNetworks switchboard on 1300 127 777 and ask for the Safety in Schools Program Coordinator.

Further information is available on the TasNetworks website: <http://www.tasnetworks.com.au/safety>

Super concessions policy ready now: \$10 billion from Greens 31 March 2015



An independent costing requested by the Australian Greens and prepared by the Parliamentary Budget Office shows reducing superannuation tax concessions for the most wealthy would raise \$10.16 billion dollars over four years.

"Government advisers have suggested it in the tax white paper, Labor says they'll support it and the Greens have got a costed policy that's ready to go. This would remove a tax haven and reduce the wealth gap between rich and poor, which would be a really great thing for Australians," said Greens Leader Christine Milne. "If the government is serious about raising revenue, not just making cruel cuts to those who can least afford it, then making superannuation more equitable is good in and of itself, and for the budget bottom line. Existing superannuation tax breaks are heavily skewed in favour of high income earners. The system allows super accounts to be used as a tax haven by the rich, and fails to serve those who really need to save for their retirements.

"Progressive tax on super would see those earning under the tax-free threshold pay no tax on their super contributions, instead of the flat 15% that currently applies to all super contributions. Those earning up to \$100,000 would pay no more than they currently do, and those earning over \$150,000 would pay 30% tax on their super contributions.

"It's great to see this option put forward by government advisers in the tax white paper, and good news that Labor has pledged to support a more equitable system. It's sorely needed," said Senator Milne.



Suncoast Gallery News

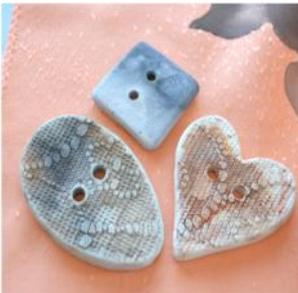
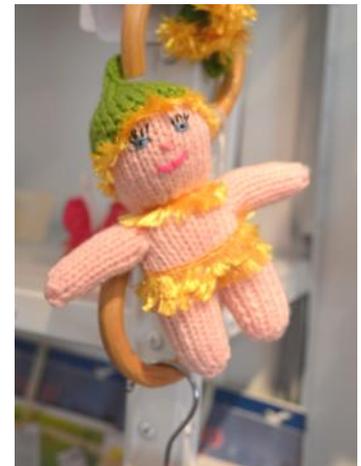
"Precious Little Things" feature this month at the Suncoast Gallery.

Yes, there is plenty of jewellery, as usual, but we wanted to focus on the other "little things" our artists and makers produce: You'll find precious little needlework things like tiny scraps of tatted butterflies to decorate brooches, giftcards and special or heritage clothing, handmade by Brenda Haas. There are also precious little beaded things like beaded dolls by Betty Carter, necklets and doilies by Janette Saunders. Tamra Casey makes precious little things in ribbon craft for your favourite little girl. You can also find tiny woven bags and handmade ceramic buttons by Jillie Spencer.

There are too many "little things" to list in full, but we must make a special mention of Betty's set of prize winning Bridal Party dolls in the finest bead work. These were awarded 1st Prize at the Launceston Show and will be a real collector's piece!

At the Gallery we are pleased to offer a huge range of locally handmade items for gifting or for treating yourself, plus a great collection of original cards, at very reasonable prices. You will find something for everyone aged 9 months to 90 years. Come in for a browse, we are very friendly and open from 10 - 4pm weekdays and 10 - 1pm Saturdays.

Sue Courtis, for Suncoast Gallery St Helens.



California's toughest gang were Aussies

1851 California's first known gang, the Sydney Ducks (from Sydney, Australia), were blamed by some San Franciscans for a fire in their city which followed an earthquake on May 1. Both events occurred during the California Gold Rush (1848 - '58).

It might well have been arson, and might well have been arson by an Australian: San Francisco had already been devastated by fire on December 24th 1849, and in 1850 on May 4th, June 14th, and September 17th - and it was alleged a man recognized as a Sydney-Towner was seen running from a paintshop on the southern side of Portsmouth Square, just before the building burst into flames. Hordes of Australians started looting once the fire took hold ...

In San Francisco's gold rush days on the 'Barbary Coast', some of the Australian gold diggers (mostly ex-convicts) had formed tribes or gangs with names such as the 'Sydney Ducks' and 'Sydney Coves'.

There were so many of them that the district in which they congregated, along the waterfront at Broadway and Pacific Street, and on the slopes of Telegraph Hill, had come to be known as Sydney-Town, or Sydney Cove.

In June, a Vigilance Committee of 400 influential men was established.

Many Aussies left the district after the June 10th 1851 lynching of John Jenkins, and the lynching of two Sydney Ducks named Samuel Whittaker and Robert McKenzie on August 24.

The vice and crime of the district petered out, but there was a Sydney-Town of sorts for half a century ...



<http://wilsonsalmanac.blogspot.com.au/2009/05/californias-toughest-gang-was-mob-of.html>

St Marys Markets are held monthly in our beautiful Community Hall; they have been running for many years now and are currently organized and managed by Break O'Day Regional Arts (BODRA). Over the past few years we have had some very dedicated volunteers who have not only ensured the Markets keep operating from month to month, but also plough through the volumes of paperwork that this activity requires.

We would like to extend particular thanks to Sue Nelson and Robina Balzer who managed the regular setting up, stallholder bookings and packup / cleanup at the end of every Market Day for several years, and to Michael Smith, our current Market Coordinator.

Our stallholders offer you art, crafts, books, leatherwork, candles, jewellery, handmade, homegrown, clothing, beautiful things, nice smelly things, upcycled goods and scrumptious edible things. See you there.

Stall bookings - 0407 046 865 / bodregionalarts@gmail.com



Sizzling in the rain, can't keep a good cook down...

St Marys Market dates for 2015

1st Saturday of the month at St Marys Community Hall

APRIL 11th Market will be held at the Railway Station with Woodcraft Guild Open Day

MAY – 2nd

JUNE – 6th

JULY – 4th

AUGUST – 1st

SEPTEMBER – 5th

OCTOBER – 3rd

NOVEMBER – 7th

DECEMBER – 5th & 19th



An Address of a Soldier's story given at a Dawn Service "The True "Dogs of War"

"I have been asked to give a soldier's story. Although it will be brief, I hope that you too will feel inspired and have a new-found respect for the little four legged troopers I will talk about - the true "Dogs of War".

Australian military forces enlisted the help of man's best friend during World War 1, when German Shepherds were given the task of watching over valuable military equipment. In Vietnam the Australian Task Force included dogs in combat tracker teams. Their task was to search the jungles and with their keen sense of smell aid our soldiers in locating the wounded. Sadly, eleven were left behind as it was against policy to return service animals back to Australia.

During World War II specially designed gas masks were designed for the canine division as they pioneered the way for military backup.

Red Cross casualty dogs were also called "Mercy Dogs". These canines were equipped with packs carrying medical supplies, and they would seek out the wounded or give comfort to the dying by staying by a soldier's side. They were trained by their handlers to return with evidence of dying soldiers identification.

Today more than ten breeds of dogs have found a place in our armed forces. The most common are the German Shepherd, the Labrador and the Aussie mutt. The troops currently serving in Afghanistan have even adopted war dogs as mascots for their battalions. Sabi, a black Labrador trained in explosives detection, made headlines when she was recovered after spending fourteen months missing in action.

So what makes the canine useful in the art of war? Among their many duties our enlisted buddies have helped carry messages through the trenches, laid telephone wire, carried ammunition and medical equipment from place to place and many are now used to help comfort soldiers afflicted with Post Traumatic Stress Syndrome.

It would take me too long to list the outstanding achievements of these canine warriors. I only hope that the small speech I have given on this ANZAC day gives all present a new and respected insight to our four legged allies."



Sabi, an explosives detection dog, on duty.

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Where do you find us?

5 Portland Court St Helens, Tas.

6376 2971 / admin@healthyhouse.org.au

Our Aim

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

What do we deliver?

- Podiatry services
- **Toe Nail Clinics** see note on page 15**
- Australian Hearing appointments
- Family Planning services
- Men's health issues
- Counselling
- Building Blocks (children 0-5 yrs.)
- Get Active Program St Marys
- Walking Group
- FriendSHIP Program





The St Marys Day Centre
will be hosting a session by
SLEEP DISORDERS TASMANIA
Gary Carr, State President Sleep Disorders
Tasmania will be here to discuss a range of
sleep disorders including:



- ◆ Insomnia
- ◆ Snoring
- ◆ Sleep Apnoea
- ◆ Sleep Health
- ◆ Restless Legs and Limb Syndrome
- ◆ Topics of community interest

Wednesday April 15th 2015, 12:30pm at the St Marys Day Centre Room
located at the Community Health Centre
Tea and coffee available

Please phone 6387 5555 to register your interest in attending



HEALTHY EATING FOR DIABETICS

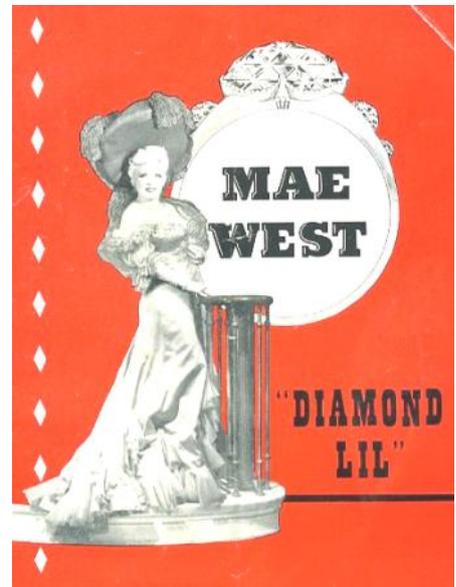
Presented by **Richard Guy**
Clinical Nurse Consultant - Diabetes
Wednesday April 22nd 2015, 1 - 3pm
St Marys Day Centre
Please phone 6387 5555 to register your interest in
attending.



**The next Toe Nail
Clinic will be on
Wednesday 15th April -
please note that this clinic
is on Wednesday not
Thursday as usual.

Please call in and check us out if you have any
questions you would like answered, or simply like
us on Facebook.

On this day in
1928 - Mae West
made her debut on
Broadway in the
production of
"Diamond Lil."



Warren Tantum, from a School year book.
"I don't believe in astrology.
I am a Sagittarius and we're very skeptical."



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Date: Sunday 31ST May 2015

Time: 0900 Hours (9.00am)

Please arrive by 8.45am

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Rustic Ragamuffins - every Wednesday @ 7 pm (\$5)

The Daylight Saving story in Australia

In Australia, daylight saving was first introduced during World War I under Commonwealth legislation which, due to wartime emergency, was binding on all the states. It was intended that with less daylight hours, there would be less demand on fuel. During the World Wars, Daylight Saving Time was implemented for the late summers beginning January 1917 and 1942, and the full summers beginning September 1942 and 1943. (Western Australia did not use DST during the summer of 1943.)

In 1967 Tasmania experienced a drought, which depleted their reserves of water. The state government introduced one hour of daylight saving that summer as a means of saving power and hence water. Tasmanians reacted favourably to daylight saving and the Tasmanian government has declared daylight saving each summer since 1968. After persuasion by the Tasmanian Government, all states (except Western Australia and the Northern Territory) passed legislation in 1971 for a trial season of daylight saving. The following year, New South Wales, South Australia, and Victoria joined Tasmania for regular daylight saving, but Queensland did not do so until 1989.

Tasmania, Queensland, and Western Australia have had erratic schedules, often changing their dates due to politics and to accommodate festivals. In 1992, for example, Tasmania extended daylight saving by an additional month while South Australia began extending daylight saving by two weeks to encompass the Adelaide Festival. In some years, Victoria extended daylight saving to the end of March for the Moomba Festival and South Australia and New South Wales followed suit for consistency. Special daylight saving arrangements were observed during the Sydney 2000 Olympic Games. Queensland does not have daylight saving, although they implemented it from 1989 to 1992 before it was voted down. Although DST was well received in South East Queensland, it was a major inconvenience to the rest of the state. As resident Samantha Rannard commented, "You do not need an extra hour of daylight when it's 98% humidity and 35 degrees Celsius in the tropics!" On the Gold Coast, which borders New South Wales, some businesses do adopt it but many do not.

In response to the problems caused by the lack of uniformity, a Private Members Bill, the National Measurement (Standard Time) Amendment Bill 1991, was introduced into Federal Parliament in May 1991 by Ron Edwards, Member for Stirling in WA, to define a national system of time zones and Daylight Saving Time for Australia and its external territories. But in March 1992, the Federal Government decided not proceed with the bill, and the setting of time zones and daylight saving remains the responsibility of the state and territory governments. The lack of uniformity of daylight saving in Australia continues to cause significant problems for the transportation and communication industries. It also reduces the number of hours in the working day that are common to all centres in the country. In particular, time differences along the east coast cause major difficulties, especially for the broadcasters of national radio and television.

Western Australia enacted a three-year trial of Daylight Saving Time beginning in December 2006 and ending in March 2009. The issue of Daylight Saving Time was placed on the ballot in May 2009, and almost 56 percent of Western Australia voters gave DST a thumbs down. Rural areas of the state were overwhelmingly against the measure, and younger voters split fairly evenly for and against. Even DST advocates don't expect another vote on the issue for at least a decade.

New South Wales enacted legislation in 2007 to have DST commence at 2:00 a.m. on the first Sunday in October and revert back to Standard Time



*Clarke Dam at Butlers Gorge in Tasmania.
The bulk of electricity in Tasmania is generated by hydroelectric stations.*



Handmade Original

meet Andi & Sherryn the artists!

ORPHIC Art2Wear

At The Escape Gallery ST. MARYS

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- ◆ Cookies chickens, BBQ chickens
- ◆ Homemade salads and pizzas
- ◆ Eftpos and cash out facilities
- ◆ Seniors discount day every Wednesday
- ◆ 100s of weekly specials



MATHINNA. FOOTBALL CLUB BALL.

The semi-final annual ball held in the Mathinna Hall on Wednesday evening last, under the auspices of the Football Club, was a great success from every point of view. The building looked very pretty with its decorations of maroon and gold streamers, ferns and masses of flowers. The hall was crowded, dancers and visitors coming from Fingal, Storey's Creek, Launceston, Mangana and surrounding places. The grand march was a feature of the hall, and was led by Mr. S. Williams and Miss Jessup. Many beautiful dresses was seen amongst the dancers. Most dainty and appetising supper was arranged on the stage, which was decorated by the ladies' committee. Mesdames Egan, Nash, Shaw, Dineen, Wrangmore, Misses Clancey, Thomason, Wing and Jessup. The hon. Secretaries (Mr. and Mrs. Reg Egan) are to be congratulated upon the success of the function. Delightful dance music was played by the Mathinna orchestra. The takings amounted to £14.

Daily Telegraph (Launceston, Tas. : 1883 - 1928)
Thursday 28 October 1926



MOVIE NIGHT

When: Sunday 12th April
Time: 6:00pm for a 6:30 pm start
Where: Bungalow at St Helens
Neighbourhood House



FREE EVENT

Under 12s need to be accompanied by an adult
For more details contact Neighbourhood House at 6376 1134

A stunning adventure film about following the dream of surfing the perfect waves of the remote arctic winter. Inge Wegge (25) and Jørn Ranum (22) spent nine months on a remote, arctic island in a cabin they had built out of driftwood and other cast-off materials that washed up on shore, and ate expired food the stores would otherwise have thrown away. But the two most important items the boys brought with them? Their surfboards.....



Regional Business/Group/Services Guide

- Accommodation** Addlestone House B&B St Marys 6372 2783
Fish-Tales On The Bay - pet friendly 0439 265 362 a.h. 6372 2128
Mariton House B&B, horse-riding St Marys 6372 2059
Queechy Cottages St Helens 6376 1321
Seaview Farm & Youth Hostel St Marys 6372 2341
St Marys Historic Hotel 6372 2181
Tidal Waters Resort St Helens 6376 1999
- Arts & Crafts** Orphic Art2Wear, St Marys
Gone Rustic Studio & Gallery St Marys 6372 2724
Big Shed Studios St Helens 0428 725 228
Madd=Mudd St Marys 0409 174 287
River & Willow Art Space St Marys
- Australia Post** St Marys 6372 2124
Fingal 6374 2195
Mathinna 6377 1168
Scamander 6372 5664
St Helens 131318
- Bakers** St Marys Bakery 6372 2131
St Helens Bakery 6376 1260
- Banks** CBA St Marys (ATM) 6372 2268
CBA St Helens (ATM) 6376 2295
Westpac St Helens 6376 2751
- Boarding Kennels** The Gums Kennel & Cattery St Marys 6372 2512
Upper Scamander Kennels & Cattery 6372 5157
Wagabouts 0429 170 077 / 6376 2131
- Break O'Day Business Enterprise Centre** St Helens 6376 2044
- Break O'Day Council** St Helens 6376 7900
- Bus Services** Calows Bus Service St Marys 6372 2476
St Helens 6376 2161
- Butcher** IGA St Marys 6372 2274
- Cable Locations** Michael Smith 0408 059 521
- Carers for Wildlife Tas Inc.** St Marys 6372 2973 / 0417 017 105
- Cartage Contractors**
C & D Excavations 6372 2033
Trotter's Contracting 6372 2107 6372 2742
- Child Care** St Marys Childcare Centre 6372 2187
- Chinese Groceries & Medicines**
Ping's Place St Marys 0411 186 573
- Churches**
Anglican Church St Helens 6376 1144
Catholic Church St Marys 6372 2252
Uniting Church St Helens 6376 2405
Salvation Army St Marys 6372 2099
- Community Car** St Marys 6372 2137
- Confectionary** Mt Elephant Fudge St Marys 6472 2787
- Dentist** St Helens 6376 2359
- Designer-Building** Building Design Studio St Marys 6372 2000
- Doctors** St Helens 6376 1777
ah 1300 780 011
St Marys 6372 2111
- Electrical Repairs** Ransley's Home Appliances - 0428 761 811 / 6372 5307
St Helens Electrical 0407 615 072 6372 5522
- Funeral Directors**
Harris Funerals St Helens 6376 1153
- Gardening Services**
Clean Cut Gardening and Arborist, Andrew Davenport St Marys 0419 113 836
- Glass Replacement** East Coast Glass 6372 5361
- Golf Clubs** St Marys Sports & Social Centre Inc 6372 2177
- Hairdressers** Ana's Salon St Marys 0448 532 531
- Health Foods** Purple Possum Wholefoods St Marys 6372 2655
- Healthy House** St Helens 6376 5242
- Horticulturist** Peter Dane 6372 2686
- Hospitals** Circassian St St Helens 63875570
Community Health Centre St Marys 6387 5555
- Insurance Brokers** McKillop Insurance (Lyn) 0400 984 595
- Justices of the Peace**
K Faulkner 6372 2196
- Libraries** St Marys 6372 2114
St Helens 6376 1389
- Lymphoedema** St Marys Lymphoedema Centre 6272 2900
- Marriage Celebrants** Peter Power 0417 017 105
Terese Tanner 0400 512 845
- Meals on Wheels** St Marys 0488 384 344
- Mechanics** Michael Aulich 0417 507 239 / 6372 2991
Grant Faulkner St Marys 6372 2335
- Museums** Cranks & Tinkerers St Marys 0417 648845
- NEET Centre** St Marys 6372 2175
- Newsagencies** St Marys 6372 2143
St Helens 6376 1182
Scamander 6372 5275
- Online Access Centres**
St Marys 6372 2005
Fingal 6374 2222
St Helens 6376 1116
- Painters** East Coast Mobile Spray Paint 6372 5571 / 0457 583 099
MLN Enterprise Painting 0439 722 718
- Pharmacies** St Marys 6372 2844
St Helens 6376 1374
- Plumbers** P J & H K Child 6372 5378
R G & R I Harwood 6372 2445
- Proofreading and transcribing services** Leissa Dane 6372 2686
- Realtors** Surf Coast Realty 6372 5321
LJ Hooker St Helens 6376 2300
Roberts Real Estate St Helens 6376 1799
View St Helens 6376 1592
- Restaurants/Cafes** Coach House Restaurant St Marys 6372 2529
Mt Elephant Pancake Barn 6372 2263
Purple Possum Wholefoods 6372 2655
Mt Elephant Fudge 6372 2787
- Secondhand Dealers and Collectables** Secondhand Rose St Marys AH 6372 2267
- Septic tank cleaners**
Splash St Marys 0488 777 713
- Schools - District High Schools**
St Marys 6372 3900
St Helens 6376 7100
- Primary Schools**
Avoca 6384 2117
Fingal 6374 2197
- Service Stations/Fuel**
Avoca 63842157
Scamander 6372 5193
St Marys 6372 2335
- Supermarkets**
Avoca R/house 6384 2157
Holder Bros Fingal 6374 2171
St Marys IGA 6372 2240
Scamander Supermarket 6372 5125
St Helens Super IGA 6376 1177
- Surfing Supplies**
Scamander Beach Surf Shop 6372 5529
Bay Surf Shop St Helens 6376 1755
- Telephone, Data and TV**
East Coast Phone & Communications
John Heron 0409 959 121 / 6372 2402
Delafrontera Dave Morris 0402 969 393
- Surveyors** East Coast Surveying St Helens 6376 1972
- Vets**
East Coast Vet Clinic St Helens 6376 1577
North East Vet Clinic St Helens 6321 8999
- Water Carriers** Splash St Marys 0488 777 713
- Woodcraft Guild** Old Railway Goods Shed St Marys 6372 2094

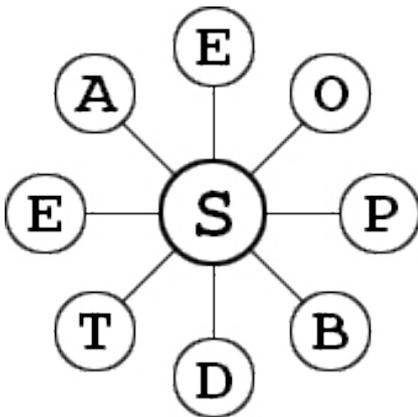
ACROSS

- 1. Pesky insects
- 5. Supplications
- 10. Competent
- 14. Notion
- 15. Oblivion
- 16. Den
- 17. Gar
- 19. Not legs
- 20. Preserve of crushed fruit
- 21. Foreword
- 22. Grain disease
- 23. Helps
- 25. Andean animal
- 27. Operative
- 28. Tending to repel
- 31. Cereal and soup _____
- 34. Gives forth
- 35. Not used
- 36. Monster
- 37. Graphic symbols
- 38. Distribute
- 39. Former boxing champ
- 40. Tine
- 41. Praise
- 42. Freeing from harm
- 44. Obtain
- 45. Body
- 46. Breathing heavily
- 50. A fencing sword
- 52. Get hitched
- 54. C
- 55. Half-moon tide
- 56. Nonliteral
- 58. Coffee dispensers
- 59. A form of oxygen
- 60. Beers
- 61. Portend
- 62. Give birth to
- 63. Calyx

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DOWN

- 1. Martial arts expert
- 2. Anagram of "Aside"
- 3. Abounds
- 4. Unhappy
- 5. A full supply
- 6. Elevators (British)
- 7. Arab chieftain
- 8. Pardoning
- 9. Comes after Mi and Fah
- 10. Warning devices
- 11. Dickered
- 12. Large luxurious car
- 13. At one time (archaic)
- 18. Speech defects
- 22. Hearing organs
- 24. Small island
- 26. Permits
- 28. Amidst
- 29. Quash
- 30. Female sheep (plural)
- 31. Wild hog
- 32. Leer at
- 33. Watchstrap
- 34. Spend sparingly
- 37. Coloured part of eye
- 38. Mongrel
- 40. Unadulterated
- 41. East African country
- 43. Body
- 44. Loft
- 46. Wrinkled fruit
- 47. In a cold manner
- 48. Not a single time
- 49. Ganders
- 50. Give the cold shoulder
- 51. Relating to aircraft
- 53. All excited
- 56. Watch chain
- 57. Children's game



Solutions next issue

How many words can you find? Each word must contain the central S and no letter can be used twice, however, the letters do not have to be connected. Proper nouns are not allowed, however, plurals are. Can you find the nine letter word?

Excellent: 66 words. Good: 50 words. Average: 38 words.

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



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Mobile : 0439 722 032



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BRIDGE CONSTRUCTION**

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6372 2033 / 0439 722 032**

THE EARTH TREMOR

Flinders Island Agitated, Sound as of Big Guns

Further reports concerning the earth tremor felt in Tasmania on Saturday morning show that the disturbance occurred at 10.45 on Flinders Island and continued for three minutes. It came from a north-easterly direction, and travelled southwest, with a rumbling sound as if big guns were being fired. Houses with their contents were shaken and windows broken, whilst glass-ware was rocked from shelves and pictures tumbled from walls. Chimneys were cracked, and residents were so frightened that they rushed from their homes. The S.S. Colliboi tied up at Lady Barron Wharf, with tourists on board, shook as if her engines were racing. The barometer reading at the time of the occurrence was 29.50. Twenty years ago a somewhat similar shock occurred, but was not of so long duration. The geological formation of portions of the island show clear indication of volcanic eruption.

EXPERIENCES ELSEWHERE.

A sharp earth tremor was felt at North Dromedary at 11.28 on Saturday morning, accompanied by a continuous rumbling noise. The tremor lasted about 45seconds. Doors, windows, and crockery were shaken, and an alarm clock hanging on a dresser continued to swing for several minutes. The disturbance certainly was the strongest felt in the district.

An earth tremor was felt at Collinsvale on Saturday morning shortly after 11 o'clock. A roaring noise was first heard, and windows in houses rattled. Men working in the bush saw trees sway violently.

LAUNCESTON HOSPITAL. THE DAMAGE.

Details of the damage caused at the Launceston Public Hospital by the earthquake shock on Saturday indicate that the shake must have been particularly severe in that locality. Twelve feet of bricks tumbled off the top of the chimney over the laboratory, knocking holes in the roof. A coping slab weighing about 3cwt. fell off the chimney over the operating theatre, and made a hole about 2ft. square in the slate roof of the anaesthetic room. Some of the coping fell about 40ft. into the yard, where luckily there was no one passing at the time. Plaster came down in one of the rooms in the nurses home.

KELLEVIE.

A severe earth tremor was felt at Kellevie on Saturday morning.

BRACKNELL.

About 11.25 on Saturday morning Bracknell experienced the most severe earth tremor within memory. It was accompanied by a low rumbling noise resembling thunder, and lasted about 40 seconds. The morning had been very dull, and heavy rain had fallen at close intervals.

PYENGANA.

Accompanied by a roar as of a gale Pyengana experienced two sharp earth tremors about 11.25 a.m. on Saturday. Houses were severely shaken and residents became rather excited, but no serious damage resulted.

MATHINNA.

Following the changeable weather conditions a severe earth tremor occur-red at Mathinna on Saturday morning at 11.25. Buildings shook and crockery rattled. Many people became afraid, left their houses, and hurried outside. Old residents say it is the severest shock ever experienced.

TRIABUNNA.

About 11.30 .a.m. on Saturday a fairly severe earth tremor was experienced at Triabunna. It was preceded by a rumbling noise, and the shock was sufficient to make windows, crockery, etc., rattle. Before people quite realised what was happening the tremor was over, as it did not last more than a few seconds.

ARCADIAN SIDING.

A slight earth tremor occurred at Arcadian Siding on Saturday at 11.20a.m. Crockery was noticed to shake and floors moved. The tremor lasted about 10 seconds.



Mt Roland , photo by Glyn Johnson

The Mercury (Hobart, Tas. : 1860 - 1954)
Tuesday 31 December 1929

Last edition's solutions

All words: clog, clogs, cog, cogs, colog, cologs, go, goo, goos, goosy, igloo, igloos, isolog, log, logic, logics, logo, logoi, logos, logs, logy, ology, oologic, oology, slog, **SOCIOLOGY**, yogi, yogic, yogis.

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| 9 | 8 | 6 | 4 | 1 | 5 | 3 | 2 | 7 |
| 3 | 4 | 7 | 9 | 2 | 8 | 5 | 6 | 1 |
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| 8 | 7 | 4 | 3 | 9 | 6 | 1 | 5 | 2 |
| 6 | 3 | 9 | 2 | 5 | 1 | 7 | 4 | 8 |
| 5 | 1 | 2 | 8 | 4 | 7 | 9 | 3 | 6 |
| 4 | 9 | 3 | 1 | 8 | 2 | 6 | 7 | 5 |
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| T | E | S | L | A | | R | E | L | O | C | A | T | E | S | | | | |
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| D | E | U | C | E | | B | A | N | K | R | O | L | L | | | | | |
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| C | A | S | E | | | L | I | E | N | S | | G | E | E | K | | | |
| S | L | E | D | | | | T | E | T | E | | E | N | D | S | | | |

The Dolphins of Monkey Mia

Monkey Mia is a popular tourist destination located about 900 km north of Perth, Western Australia. The reserve is 25km northeast of the town of Denham in the Shark Bay Marine Park and World Heritage Site.

The main attraction are the bottlenose dolphins that have been coming close to shore for more than fifty years. Rangers from the Department of Parks and Wildlife (Western Australia) carefully supervise the Monkey Mia Dolphin Experience.

Mia is the Aboriginal term for home or shelter, while the *Monkey* part of the name is allegedly derived from a pearling boat called Monkey that anchored at the now Monkey Mia in the late 19th century, during the days when pearling was an industry in the region. However, the Geographic Names Committee, hosted by Landgate (The Western Australian Land Information Authority) has stated that the most likely origins of the name are that it was included in a list of Aboriginal names and their meanings supplied by the Geraldton Police Station in approx 1899 - the meaning of the name is given as "Salt or bad water", or after the pet monkeys owned by early Malay pearlers who camped at the location, or as a colloquialism for "sheep", or that it was named for a schooner called *Monkey* that arrived in 1834.

The area was originally gazetted in 1890 and used as a base for the pearling and fishing industries. In the 1960s, a fisherman and his wife began feeding Bottlenose Dolphins when returning with their catch. As news of the dolphins coming inshore spread, visitors started to come to see them. In 1985, an information centre was built, and in 1988, a special state government grant was provided to develop roads, carparks, and facilities.



In November 1990, the waters adjoining Monkey Mia were declared a Marine Park and are managed by the Department of Parks and Wildlife. In recent years, more attention has been given to the Aboriginal roots of the area and their knowledge of the local land. For visitors, the most visible evidence of this change is the culture walks, where visitors are taught to respect the land.

Monkey Mia is also the lab location for extensive behavioural and biological research on bottlenose dolphins. Drawn to the area's famous 'beach dolphins', researchers Richard Connor and Rachel Smolker started the Monkey Mia

Dolphin research project in 1982. Their research interests quickly expanded to include hundreds of the nearby Shark Bay dolphins. Since this visit, scientists have come from prestigious institutions in Australia, North America and Europe.

http://en.wikipedia.org/wiki/Monkey_Mia



David Letterman... 'America is the only country where a significant proportion of the population believes that professional wrestling is real, but the moon landing was faked.'

For a better start in life
start COLA earlier!

How soon is too soon?
Not soon enough. Laboratory tests over the last few years have proven that babies who start drinking soda during that early formative period have a much higher chance of gaining acceptance and "fitting in" during those awkward pre-teen and teen years. So, do yourself a favour. Do your child a favour. Start them on a strict regime of sodas and other sugary carbonated beverages right now, for a lifetime of guaranteed happiness.

The Soda Pop Board of America
1515 W. Hart Ave. - Chicago, ILL.

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The Soda Pop Board of America.
1515 W. Hart Ave. Chigaco. ILL.



***In the age of information,
ignorance is a choice.***



Meals on Wheels - 0488 384 344

| | |
|----------|----------------|
| April 13 | Ruth Aulich |
| 14 | Lundy Vosper |
| 15 | Valmai Spencer |
| 16 | Liz Rice |
| 17 | Drew Adam |
| 20 | Pam Bretz |
| 21 | Louise Keady |
| 22 | Karl Balzer |
| 23 | Sonya Allison |
| 24 | Lorraine Gill |

Tip locations and opening hours

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

The Valley and East Coast Voice Inc. Guidelines

Opinions in any letters published are not necessarily those of the Editor 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 or hinting at libel or slander will not be accepted.

Please do not attack the editor, the paper or the authors of previous articles.

Letter writers will be given the chance to respond over a suitable period of time. Subjects may be closed at the editor's discretion. Please make sure of your facts. Do not write submissions just to let off steam. Articles most commonly published are those relating to current community issues.

Keep articles short, simple and to the point. Letters are restricted to 300 words or fewer.

The editor reserves the right to edit any submission for grammar, spelling or reduction in size where necessary.

All letters/emails must include your full name, address and phone number.

The Valley and East Coast Voice Inc. reserves the right at all times, without notice, to update, change or amend our guidelines.

All information is correct at time of printing.

Whilst we value and welcome community input, the Valley and East Coast Voice Inc. does not provide specific feedback regarding any decision made not to publish a submission.

Emergency services

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

Church Services

Catholic Parish of St Marys

Sr Lorraine Groves
6372 2252 / 0409 172 741

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

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

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

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

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

Break O'Day Uniting Church

The Manse 6376 2405
St Helens 9am
Fingal 11.15 am

St Marys Salvation

Army Envoy M Norton
0409 838 816

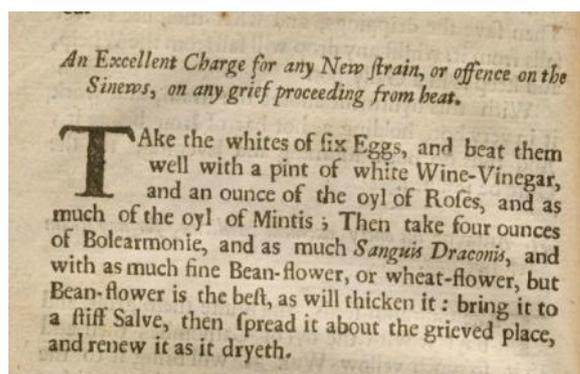
Sunday Joy 9.30am
Tuesday JAM 3-5pm
(except school holidays)

Break O'Day Anglican Parish

POB 143, St Helens Tas 7216 6372 1144
St Helens 9.30am
5th Sunday Combined Service with Uniting Church 10.30am
St Marys 10am
Pyengana Please phone for service times
facebook.com/anglicanbod

Anglican Parish of Northern Midlands

Avoca 11am 2nd Sunday
Fingal 2pm 2nd Sunday
Mathinna 2.30pm 4th Sunday
Ross 10am 5th Sunday
Campbell Town 9am



ST MARYS COMMUNITY HEALTH CENTRE

WHAT'S ON AT THE CENTRE

- 9 April **Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.
- Continence Nurse.** For appointment please see your GP or Health Professional for a referral
- Anglicare Drug & Alcohol Counsellor.** For appointments please see your GP for a referral.
- 10 April **Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.
- TML Diabetic Educator, Physiologist and Dietician.** Appointments available by referral from you GP.
- 13 April **TML Psychologist**– Sam McCarthy. Please see your GP for a referral.
- Hospital Auxiliary Meeting** 2:00pm in the Family Room
- 14 April **Child Health Session** with Mary Mumford every Tuesday– Appointments only. Please phone 0428 136 381
- Tom Bain, Rae & Partners Lawyers.** At the Community Health Centre Tuesday fortnights. For appointments please phone 6337 5555
- Woman of Worth**– 6:30pm-8:30pm in the Day Room of the Health Centre. A fun, relaxed, social evening for ladies of all ages. RSVP for catering to: Christine Waters 0410 441 558.
- 15 April **Day Centre**– For details on the group please contact Hayley Gilbert 6387 5555
- Sleep Disorders Tasmania Presentation**– Gary Carr Tasmanian President. This is a community presentation all welcome to attend. St Marys Day Centre. 12:30pm start.
- Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.
- 16 April **Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.
- Relationships Australia**– Leanne McMurtie for appointments please phone 1300 364 277
- 17 April **Cancer Council**– Richard Austin. Senior Support Officer. 11am-12 noon.
- 20 April **TML Psychologist**– Sam McCarthy. For appointments please see your GP for a referral.

WHAT'S ON AT THE CENTRE Continued...

- TLC Meeting** (Tasmanian Lymphoedema Centre) 5:00pm in the Day Room.
- 21 April **Child Health Session** with Mary Mumford every Tuesday– Appointments only. Please phone 0428 136 38
- Flu Vaccination Clinic** 2:00pm-4:00pm
- 22 April **Physiotherapy**– Please see your GP or Health Professional for a referral to the service.
- Day Centre**– For details on the group please contact Hayley Gilbert 6387 5555
- Healthy Eating for Diabetics**– Richard Guy Clinical Nurse Consultant Diabetes Tasmania. This is a community presentation all welcome to attend. St Marys Day Centre 1.00pm-3.00pm
- 23 April **Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.
- Flu Vaccination Clinic** 2:00pm-4:00pm
- 24 April **Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.
- St Helens Neighbourhood House**– 10:00am-4:00pm in the Day Room.

ST MARYS HEALTH CENTRE TEACHING SITE

The St Marys Health Centre is a UTAS teaching site. We regularly have students from all faculties of health that attend our site to participate in training placements.

If you are attending this practice and would prefer the students do not sit in on your consultation please let the reception staff know when you arrive. These placements are very important for the students so your cooperation is greatly appreciated.

APRIL/ MAY 2015– there will be Medical & Nursing Students on placement at the St Marys Community Health Centre from the University of Tasmania.

TML DIABETIC CLINIC

Regular consults are available at the St Marys Community Health Centre with the Diabetic Educator, Dietician and Exercise Physiologist.

If you require an appointment please see your GP for a referral and TML will contact you with an appointment time.

Next session: Friday 10 April 2015

ST MARYS COMMUNITY HEALTH CENTRE

St Marys Community Health Centre

GP Surgery Hours:

Monday—Friday

8:50am-10:00am

10:00am-10:30am— Reception Closed

10:30am- 12:30pm

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

1:30pm-2:45pm

2:45pm-3:15pm— Reception Closed

3:15pm- 4:30pm

PATHOLOGY SERVICE-

NO PATHOLOGY SERVICE BETWEEN:

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

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

SCRIPTS AND DOCTORS APPOINTMENTS

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

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

PHONE SCRIPTS

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

INR TESTS

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

AFTER HOURS CONTACT NUMBERS

GP ASSIST ON- 1300 780 011

AMBULANCE 1800 008 008 or
EMERGENCY 000

ST MARYS COMMUNITY HEALTH CENTRE
6387 5555

Please RING Community Health Centre
BEFORE presenting after hours

Lifeline 131 114

Saving Lives, Crisis Support and Suicide Prevention

DOCTORS ROSTER

• **Dr Cyril Latt**
9/4/15—24/4/15

• **Dr K. Rawnsley**
9/4, 10/4, 14/4, 16/4, 21/4 2015

For appointments phone: 6387 5555

IMPORTANT INFORMATION TO PATIENTS

Please be aware that Dr Latt's Surgery is currently fully booked for appointments 1 week in advance as of 9/4/15

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

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

If in doubt— Call an Ambulance 000

Thank you for your cooperation

FLU VACCINATION CLINIC

The St Marys Community Health Centre has 2 proposed **FLU VACCINATION CLINICS** the week of 20-24 April 15. More clinics will follow.

Tuesday 21 April 2015 Flu Vaccination Clinic

Afternoon clinic 2:00pm— 4:00pm.

Appointments will take approx. 5 minutes

Thursday 23 April 2015 Flu Vaccination Clinic

Afternoon clinic 2:00pm-4:00pm

Appointments will take approx. 5 minutes.

If you are 65+ or over or have a chronic condition your vaccination is *free*.

If you are under 65 years of age please ring the Health Centre on 6387 5555 to organise a script for your flu vaccine and collect it from the Pharmacy **BEFORE** attending your Flu Vaccination Clinic appointment on 21/4/15 or 23/4/15.

St Marys Health Centre 6387 5555

ST MARYS SPORTS (AND SOCIAL) CENTRE

Gray Rd St Marys

Renovation trading hours. Friday 5.30 - close. Sunday 1.30 - 4.30

Entrance through deck area.

WATCH THIS SPACE FOR UPCOMING "WINTER WARMER" ONE BOWL MEALS ON FRIDAY NIGHTS, STARTING SOON...



Committee

Licensee/treasurer - Jim Turner 6372 2441

President - Bobby Harwood 6372 24455

Secretary - Annette Wines 0417 010 648

Kitchen - Jacqui 0439 978 156

COMMUNITY CAT FORUM

St Marys Town Hall

Tuesday 14th April 3.30-5.30pm

Part of Break O'Day Council's feral cat management plan



INFORMATION - ACTIVITIES - MICROCHIPPING

- ◆ Discovery Ranger Anthea from the Parks & Wildlife Service
 - ◆ Kids' activities
 - ◆ Lucky door prizes - desexing vouchers (female cat subsidy)
 - ◆ The feral cat problem and Council's program
 - ◆ Responsible cat care
 - ◆ The Cat Management Act and Declared areas for feral cat control
- Has your cat been made safe with microchipping yet? To promote responsible cat ownership, residents can get their cat microchipped by a vet for half price at the Forum from 4.30pm. Cats must be in a carrier, be calm and healthy. To book your cat in or for more information contact Council on 6376 7900

WANTED - Alive Not Dead



THE WHEREABOUTS
around St Marys of
Perameles gunnii
otherwise known as the
Eastern Barred Bandicoot
& listed nationally as a
threatened species

Get your resident bandicoot on the map!

Have you a bandicoot near you? To record a sighting see the display in St Marys Newsagency & contact: Polly Buchhorn, NRM Facilitator at Council: 63767900, or polly.buchhorn@bodc.tas.gov.au



ST MARYS IGA SUPERMARKET

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

38 Main Street

Ph/Fax 6372 2240 Butcher 6372 2274

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

Sunday 10 - 5pm

Butcher available Monday to Friday 8 - 2.30pm



Specials from 8th - 14th April

| <i>Butchery</i> | <i>per kg</i> |
|---------------------------|---------------|
| BBQ steak | 9.99 |
| Short loin lamb chops | 15.99 |
| IGA corned silverside | 8.55 |
| Nichols whole bagged bird | 5.99 |
| Ingham chicken kebabs | 1.29ea |

Shelves

| | |
|---|------|
| Kleenex cottonelle toilet tissue 12pk | 5.99 |
| Juicy Isle pop tops 6pk | 3.49 |
| Sanitarium Weet-Bix 575g | 2.79 |
| Continental pasta & sauce 80-115g | 1.69 |
| Natures Organics shampoo or conditioner 500ml | 1.25 |

Only \$1.99 each

- Andersons English breakfast teabags 100s
- Arnott's cream biscuits 20-250g
- Kraft cheese singles 205-216g
- Sanitarium so good UHT 1L
- Rosella condensed soup 500g

Specials from 15th - 21st April

| <i>Butchery</i> | <i>per kg</i> |
|------------------------------------|---------------|
| Porterhouse steak | 16.99 |
| Netted boneless lamb roast | 13.99 |
| Nichols chicken drumsticks or cuts | 3.99 |
| Beef mince | 9.99 |
| Forequarter lamb chops | 9.99 |

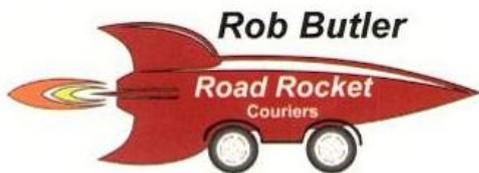
Shelves

| | |
|--------------------------------|------|
| Just Juice long life juice 2L | 1.99 |
| Nescafe cafe menu sachets 10pk | 4.99 |
| Nabisco Ritz crackers 250g | 2.25 |
| Zafarelli pasta range 500g | 1.75 |
| Smiths potato chips 20pk | 4.99 |

Only \$2.99 each

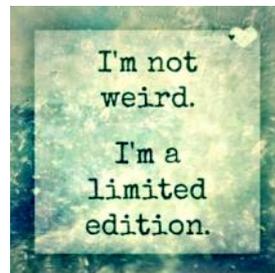
- Arnott's family assorted biscuits 500g
- Bushells teacup bags 100s
- Nestle block chocolate 118-200g
- Cripps master loaf 680-700g
- Bundaberg white sugar 2kg

In 2011, the entire country of Armenia lost internet access for 12 hours after a woman in Georgia broke a fiber line with her shovel.



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

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