

THE VALLEY AND EAST COAST VOICE INC. \$1

ESTABLISHED 1968

47.20 MARCH 12th 2015

Deadline for 47.21 is 5pm March 23rd 2015



**Fingal Valley
Festival**
pictures and results
pages 8 and 9

Weekend of Wisdom in St Marys

A Tibetan Buddhist monk and a well known Maori Elder are to share their thoughts and experiences with others, over an exciting weekend at the Vortex Healing Centre, St Marys on March 21st and 22nd.

Geshe Sonam Thargye is Spiritual Director of the Drol Kar Buddhist Centre in Anglesea, Victoria. Born in eastern Tibet, he spent years of studying Buddhist philosophy at Sera Je Monastic University in South India and graduated with the degree of Geshe Lharumpa.

He established residence in Australia in 1998 and initiated the 2002 visit to Australia by the Dalai Lama.

Kiri Dewes, Maori Elder, well-recognised poet and motivational speaker, will also share her healing abilities, cultural knowledge, wisdom and story-telling throughout the Weekend of Wisdom workshops coordinated by Sue Christiansen and Barbara Longue of the Vortex Healing Centre.

The weekend promises to inspire body, mind and spirit with the knowledge and wisdom of the elders and to provide participants with an opportunity to relax and rejuvenate, feel calm, grounded and connected to nature. For further information contact Barbara Longue 0448 516 488. Tickets at vortexhealingcentre.com

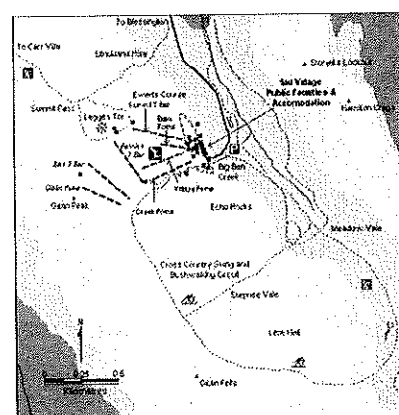
vortexhealingcentre@gmail.com

www.vortexhealingcentre.com/



East Coast RC Flyers

Manfred Weihrauch, Paul Davern, and Alan Butler install model preparation tables, more on page 15



*St Helens Walking Group's three day walk
page 7*

Tasmanian Police update page 11

Cagerattler page 14

Fabulous Fabrics page 19

A Fortunate Life pages 20 and 21

Book Review page 25

Follyfoot Friends page 27

Richmond Old Hobart Town Model Village - 20/3/15

'Weekend of Wisdom' - 20/2/15

'Swamp Juice' - 27/3/15

Break O'Day Stitchers Easter Quilt & Embroidery Exhibition 4/4/15 - 7/4/15

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

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 St Helens (Family Group) meets 2pm Sundays at St Paul's Anglican Church Hall St Helens.
Anne/John 6376 4270 / Rose 6376 3335

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 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 2137*

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:sthelenmarket@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.

Women with higher IQ's have a harder time finding a mate. Intelligent women would rather remain single than be with the wrong person.

On this day in 1930 in India The March Against Tax On Salt: Mahatma Gandhi and his followers begin a 200 mile march to the salt beds of Jalalpur to campaign against British tax on salt, beginning the fight for Indian independence from Great Britain. Gandhi was 61 years old at the time and marched over 200 miles in a peaceful march as a form of protest.

Editor: WM Dawson
 e:wdawson@valleyvoice.com.au
 0403 430 452
 web: valleyvoice.com.au
 facebook.com/ValleyEastCoastVoice
 POB 230 St Marys 7215

Advertising rates

- ◆ Business card ads \$15
- ◆ Intermediate ads \$18
- ◆ 1/4 page ads \$25
- ◆ 1/2 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.

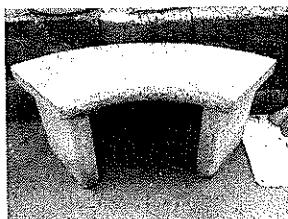
For Sale

Panasonic KX-FLM651 Multi-function **Laser Phone/fax**, very little use in good condition \$80. Old style steel pipe **Hills Swing** 2 swings (single and double) + 2 rings \$25. 2 drawer wooden **student desk** 900mm x 750mm \$30. Vulcan Quasar 4 Star Elite **heater** \$15. Beale piano + stool \$600. 6372 5079 / 0419 725 077

The St Marys Sports and Social Club has **wooden dining chairs** with dark yellow vinyl padded seats and backs for sale, \$2 each. **Jim** 6372 2441

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



Solid sandstone garden bench/seat (replacement cost \$600+), complete with designer lichen, \$300. St Marys area. 0418 229 319



Lp Galaxy Giovanni Series Conga drum 300mm \$400 ono. (similar to one pictured). The drum is used and as such has some wear marks on the polish and the hardware is showing surface tarnishing. Drum sounds great. Rawhide head is still very tight and firm. I think this drum could with a little effort be restored to new. 30" Premium North American Ash Wood, 3-ply shell. Natural rawhide head. Natural deep gloss finish with gold tone hardware. Extended Collar Comfort Curve II Rims. Premium Galaxy hardware. 0418 862 889
 As new beginners **steel string guitar** with case \$150 ono.



Electronic beginners piano, 1 speaker u/s otherwise in good condition \$50 ono. 0418 862 889

Beautiful white & yellow **flowering waterlilies** \$25 ea. Multi-coloured **baby goldfish** combinations of red, white, copper & black, quick growers in a big pond, \$4 ea. 0418 862 889

Panasonic automatic **bread maker**, model SD257, 2 years old, in perfect working order, used infrequently. (Replacement cost \$240.) \$60 (includes instructions & recipe booklet). Breville Avance **deep fryer**, perfect working condition \$35. 6372 2214

Garage Sale 14th March - Large variety of household goods including a fridge, mountain bike and bits n pieces. 34 Falmouth Road Avoca (opposite Cow Shed) from 8-2pm

For Sale

**Large Commercial Building at
 2 Story Street St Marys
 Includes adjacent land
 on separate title.**

\$140,000 Ph 0401 870 316

Community Notices

AMIC Annual General Meeting will be held on Tuesday 17th March at 4pm, all welcome. **Mary Knowles**

From 25 February new road rules will be introduced on Tasmanian roads to increase the safety of cyclists.



When passing or overtaking a cyclist, a driver will be able to straddle or cross a continuous centre line in order to leave a safe space between their vehicle and the cyclist, when it is safe to do so.

This means to pass a cyclist safely, a driver can cross:

- ◆ a single continuous line
- ◆ a single continuous line with a broken line on the left or right, or
- ◆ double continuous lines

It is recommended that a driver should leave at least one metre clearance between their vehicle and the cyclist on roads up to and including 60 km/h and 1.5 metres on roads above 60 km/h.

To support these changes, new yellow warning signs with the message "pass cyclists safely" will be rolled out along popular cycling routes throughout February and March.

To assist drivers and cyclists to understand the changes, we have developed a web page with a digital clip, depicting how and when to apply the rules, together with common questions and answers.

transport.tas.gov.au/centreline for more information.

The next **BODC** meeting will be held on Monday 16th of March, 2015 at 10.00am in the Council Chambers, 32-34 Georges Bay Esplanade, St Helens. Minutes from Council meetings are available on the website.

Community Notices

The St Marys Salvation Army offers heartfelt thanks to the following people for their kindness, generosity, ongoing support and 'behind the scenes' encouragement.

River and Willow
Roger Norton

Ross Quinn
St Marys Woodcraft Guild

The **Malahide Golf Club** is holding an **extraordinary AGM** at the Clubhouse, 2.30pm on Saturday March 28th. All members are welcomed to attend.

Northern Midlands R&SLA Sub Branch Avoca ANZAC Day Service 2015 11am Saturday 25th April, Cenotaph, Boucher Park Venison/lamb spit roast lunch to follow.

Wanted

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

Letters to the Editor

Dear Editor

It has been brought to my attention that Greater Esk Tourism (GET) will be paying for the insurance for the Cranks and Tinkerers Museum. I am also a sole trader, all monies I make go back into refurbishing the collection and paying for costs.

I will be writing to the GET committee to request fair and equitable treatment and that they cover my insurance costs also.

Kim Watkins, St Marys

Dear Editor

Re: Break O'Day Indoor Multi-Purpose Stadium

In the Valley Voice Feb 26, Break O'day Council media release informs us of a new Multi -Purpose Stadium to be built at St Helens at an 'estimated' cost of \$1.55m for the first stage, with two further stages occurring in the near future (no mention of costs for these). The article states that there was "extensive community consultation" - with whom and when?

Would it not have been wiser to consider locating such a facility at St Marys to benefit the broader community and increase opportunities in the Fingal Valley, rather than seemingly having all the golden eggs in the one basket? I would like to know how this facility in its planned location is to benefit all of the BOD community?

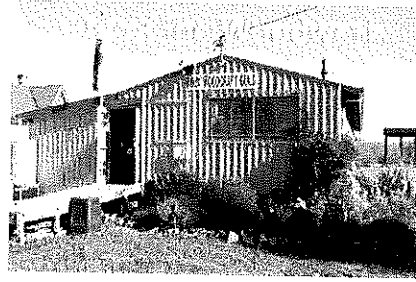
Given our ageing population and a destination for retirees, surely some consideration for health and well being facilities for the older population should have been considered.

Where will the money come from to complete this monument?

I was on the original St Marys streetscape committee more than 20 years ago, and we are still waiting after having the funding hijacked once before. I am sceptical that we will ever see the much needed improvements in the Fingal Valley.

Interestingly when you read the Council minutes regarding this stadium, it is listed as one Councillor voting against, when in fact three did not vote for it??

Ross Quinn, St Marys



Well, whoever said having a tenacious nature doesn't pay off? The Woodcraft Guild has finally been successful with the Tasmanian Community Fund Grant, albeit we have been trying since 2011. After completing many workshops on how to write successful grants, combined with much brainstorming and help from clever word-smiths, the long awaited letter of success finally arrived!! The shed extension was approved as a worthwhile cause and all Council requirements such as plans are in the pipeline.

The shed extension cater to members old and new, who may be interested in metal work such as welding or car restoration. However, it will be made clear from our policies that such work will not infringe on any persons or businesses dependant on this for their livelihood.

Members have been busy putting the final touches to our Open Day Fair on the April 11th, starting at 10am. Come and meet the Colonial Strollers who will make their presence known visually by their beautiful period dress. Come and join them in whatever fancy dress you can conjure up! Finally please support us by buying one of our raffle tickets (all monies are returned back to our club).

Guilds Home Hint:

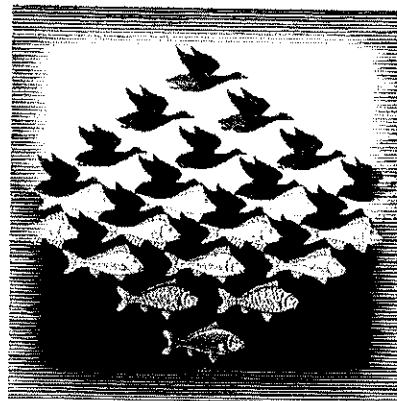
Chopsticks are inexpensive to buy and make great supports for your indoor plants. They look more attractive then pieces of stick and some are quite colourful.

Wendy Brennan, Secretary 6372 2094

www.breakodaywoodcraftguild.weebly.co
www.facebook.com/pages/Break-ODay-Woodcraft-Guild-Mens-Shed/654672894597969

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

In the next issue the Valley Voice will be printing an open letter from Peter and Beverley Rubenach regarding the use of medicinal cannabis. Editor.



LYONS WELCOMES IRRIGATION FUNDING February 19, 2015

FEDERAL Lyons MP Eric Hutchinson has welcomed Prime Minister Tony Abbott's announcement of a major government investment in Tasmania's tranche two irrigation schemes.

Mr Hutchinson said that the \$60m announcement this morning was wonderful news for the electorate of Lyons where three of the five schemes proposed for tranche two are located.

"This will provide jobs, both full-time and indirect, across rural Tasmania where they are so desperately needed" Mr Hutchinson said. "It is also great news for farmers in both the North and South of the state who are looking for the magic ingredient – water – to expand and diversify."

The proposed schemes in Lyons in the tranche two roll-out will be on the North Esk, at Evandale where Mr Abbott made today's announcement, the Southern Highlands scheme in the South and the Swan Valley scheme, near Swansea, on the East Coast.

"This is in line with everything this government said that it would do in terms of investing in Tasmania's infrastructure whether it's the Midland Highway or the Hobart Airport – everything is now underway" he said. "It is about allowing private business to do what it does best, to thrive and generate jobs to boost the local economy; it is about capitalising on our natural strengths in Tasmania – that is water and agriculture" Mr Hutchinson said.



L>R Bass MHR Andrew Nikolic, Tasmanian Premier Will Hodgman, Lyons MHR Eric Hutchinson, Prime Minister Tony Abbott and Braddon MHR Brett Whiteley



L>R North-West producer Mike Buckby, Tasmanian Primary Industries and Water Minister Jeremy Rockliff, Southern Tasmanian farmer Richard Hallett, Prime Minister Tony Abbott, Lyons MHR Eric Hutchinson.



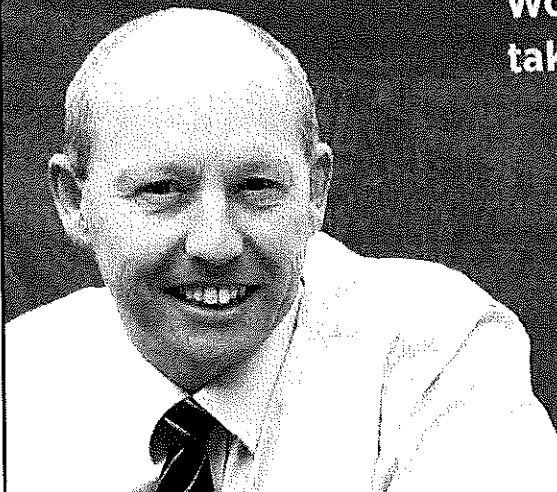
L>R Lyons MHR Eric Hutchinson, Central Highlands Mayor Deirdre Flint, Southern Tasmanian farmer Richard Hallett and Federal Employment Minister Eric Abetz

ADVERTISEMENT

Eric HUTCHINSON MP
Federal Member for LYONS



**Working for you locally and
taking your concerns to Canberra**



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53B Main Road, Perth TAS 7300 Phone. 03 6398 1115

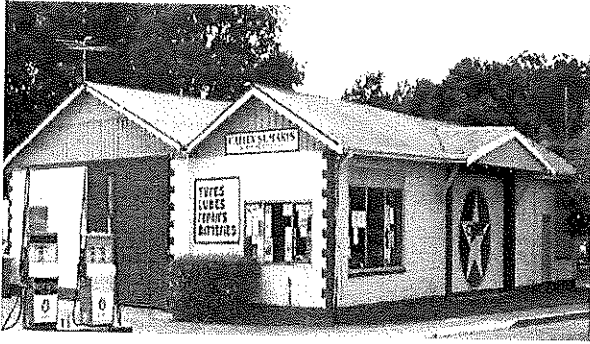
Brighton Office

205 Brighton Road, Brighton TAS 7030 Phone. 03 6268 0922

f/eric.hutchinson.9212 @hutchinson_eric

www.eric-hutchinson.com.au

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



CALTEX ST MARYS

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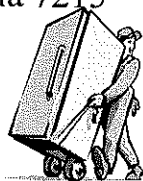
Ransley's Appliance Service

POB 136 Scamander Tasmania 7215

Washing machine noisy?

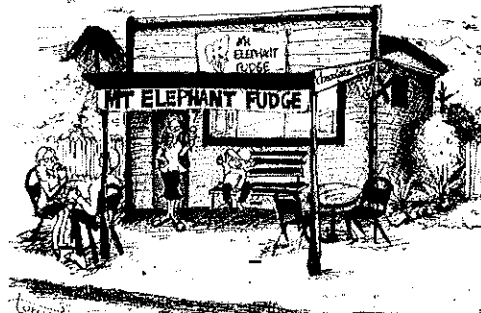
Refrigerator runs too long?

Clothes dryer blows cold air?



..then you need the service of our technicians.

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MT ELEPHANT FUDGE

Wed, Thurs, Fri, Sat 10-5pm

Sun 10-3pm Ph 6372 2787

New gifts arriving...

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Mt Elephant Fudge

for ALL your Sweet Desires!!

Hoping to see you all soon ☺💕☺

RAE & PARTNERS

LAWYERS

of 113 Cimitiere Street Launceston

VISITING EVERY SECOND TUESDAY

St Marys Community Health Centre 9.00am-10.00am

St Helens old Post Office building 11.00am-1.00pm

Please call to make
an appointment

6337 5555

Ana's Hairdressing Salon



Master Hairdresser

Tuesday, Wednesday, Thursday, Friday

- | | |
|-------------|---------------------|
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| ❑ Teenagers | ❑ Colour correction |
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46 Main Street St Marys

LOOK GOOD, FEEL GOOD

Healthy House Walking Group

Ben Lomond

For those unable to come to Ben Lomond, you missed out on a fantastic two nights and three days. We all managed to get in two good walks and in some cases three; the weather was cool in the early morning but very pleasant during our walks, with crystal clear blue skies above us. The comfort and companionship at the Lodge was also enjoyable, with interesting tales being told (some tall; others, avowed to be true). Many thanks to our hosts/guides for making this happen. The walks included Old Bills Monument and circuit, Surprise Vale and Little Hell, Legges Tor loop and Carr Villa. The consensus of those attending was for Ben Lomond to be an annual event, starting off our walking year.

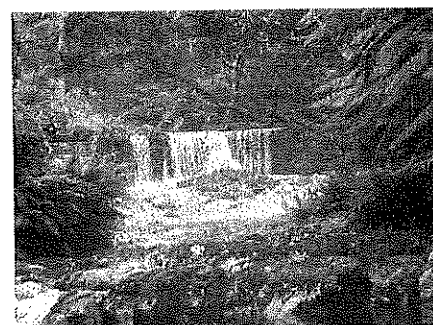
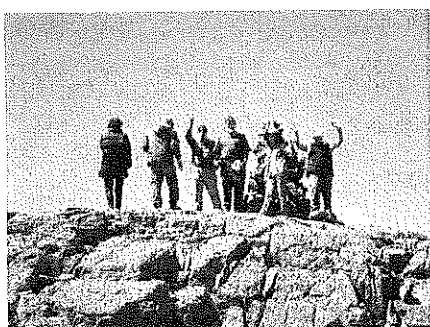
Wednesday Walks

On the 11th February the group walked to Halls Falls, off the Blue Tier road. Although quite a warm day, the temperature underneath the lush forest canopy was refreshing. On the following Wednesday, the walk was a circuit around the Parnella Conservation Area - a less forested coastal dune environment, and although we encountered a light drizzle, all participants enjoyed the brisk and invigorating light exercise.

For the safety of all participants, the St Helens Walking Group has access to an EPIRB provided by Healthy House. An *Emergency Position Indicating Radio Beacon [EPIRB]* is used to alert search and rescue services in the event of an emergency. It does this by transmitting a coded message on the 406 MHz distress frequency (via satellite and earth stations) to the nearest rescue co-ordination centre. Some EPIRBs also have built-in GPS which enable the rescue services to accurately locate you to +/- 50 metres. The EPIRB is carried by the leader on the longer and more strenuous Saturday walks.

Our walkers come from Fingal, St Marys, Seymour, Beaumaris, Scamander, Binalong Bay and of course, St Helens. New members are most welcome. Please call **Healthy House** on **6376 2971** or **Bryan Edhouse** on **0414 987 435**

Article and photos by Wayne Fulford, St Helens



Fredric Baur invented the Pringles can. When he passed away in 2008, his ashes were buried in one.



Roads To Recovery funding flows in Lyons March 4, 2015

Councils in Tasmania's electorate of Lyons will today receive their latest share of the Federal Government's \$2.2b Roads to Recovery funding to help with road construction and maintenance. Federal Lyons MP Eric Hutchinson said that the Government was paying \$117m to 297 local government authorities nation-wide including \$2.3m in Lyons.

"Quarterly payments through the Roads to Recovery Program allow councils across Australia to direct local road funding to where it is needed most" Mr Hutchinson said. "The Roads to recovery payments made today are in addition to the \$575m our local governments shared last month through the Federal Government Financial Assistance Grants program."

"Fourteen councils in Lyons received more than \$7.7m for service delivery from the latest round of the Financial Assistance Grant Program announced late last month. Councils are free to spend Financial Assistance money according to local priorities including infrastructure, health, education, recreation, employment and roads projects."

Councils in Lyons to receive top-up Roads to Recovery payments announced today include:

Break O'Day \$441,016; Brighton Council \$159,387, Central Highlands Council \$397,466, Glamorgan Spring Bay \$2,363, Latrobe Council \$221,967, Meander Valley Council \$150,355, Northern Midlands Council \$753,617, Southern Midlands Council \$16,000 and West Tamar Council \$114, 508.

More information on these programs and others like Bridges Renewal and Black Spot is available at www.infrastructure.gov.au

The Fingal Valley Neighbourhood House Inc Op Shop

is run by volunteers from the Fingal Valley.

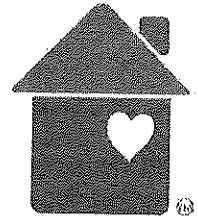
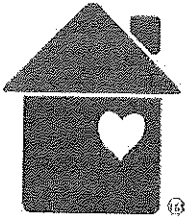
If you would like to volunteer call into the Office or phone 6374 2344

The Op Shop is open Monday - Friday, 9am to 4pm

Buy individual items or bags of clothing for \$5 per bag

Any donations of clothing or items would be greatly appreciated.

(No electrical items please)



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

Fingal Valley Festival 2015 results

Singles Coal Shovelling

1st - Eugene McKinnon (NSW)

2nd - Malcolm Woods (TAS)

Doubles Coal Shovelling

1st - Malcolm Woods & Ian Austin

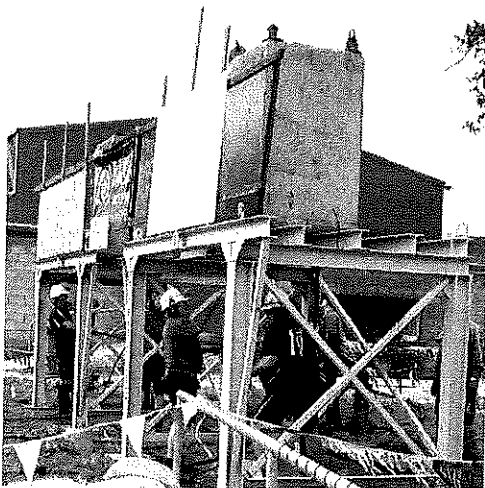
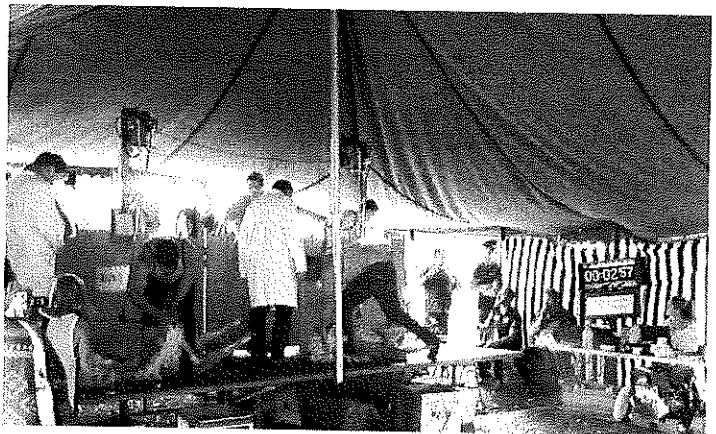
2nd - Eugene McKinnon & Dion Heys

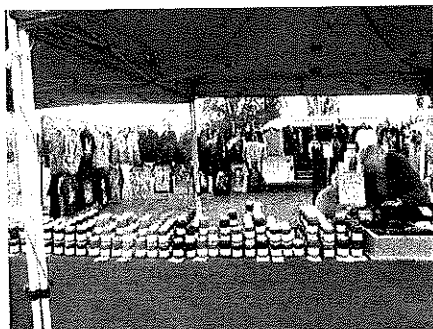
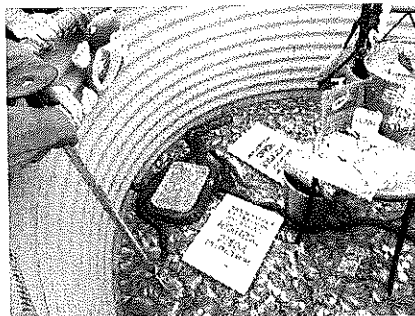
Roof Bolting

1st - Ricky Gale & Brett Phillips

2nd - Ryan Street & Corey Bosworth

More results to come...





All photos by Editor.



East Coast Phone & Communications

Installation & Maintenance
of Digital TV &
Set Top Boxes
Telephone & Data Cabling
Commander Systems
Next-G Wireless Internet &
Mobile Phone Antennas



VAST Satellite Decoders
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Installation & Tuning
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Speaker Cabling



30 years' experience, ACA licence

JOHN HERON

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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
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What do we deliver?

- Podiatry services
- Toe Nail Clinics
- 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

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

St Marys PHARMACY

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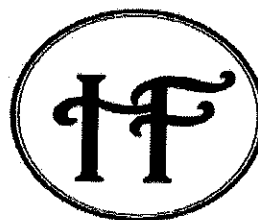
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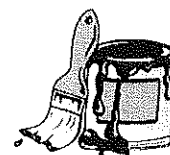
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St Marys Police update

Current Situation

Learner and P1 provisional drivers and riders are currently restricted to driving at a maximum of 80km/h in higher speed zones.

What is Changing?

From March 2nd 2015, the current maximum speed limit of 80km/h for L2 and P1 car drivers, heavy vehicle learners, and non-novice car learners, will change. The new maximum speed limits for these licence holders will be:

- ◆ maximum 90km/h in 90km/h zones
- ◆ maximum 90km/h in 100km/h zones
- ◆ maximum 100km/h in 110km/h zones

Exceptions

- ◆ L1 learner licence holders will continue to be restricted to a maximum speed of 80km/hr
- ◆ Motorcycle learner and P1 motorcycle licence holders will also continue to be restricted to ride at a maximum of 80km/h
- ◆ No impact on P2 Licence Holders
- ◆ P2 licence holders are not affected by these changes

OVERTAKING CYCLISTS

From February 25th 2015, new road rules will be introduced on Tasmanian roads to increase the safety of cyclists. When passing or overtaking a cyclist, a driver will be able to straddle or cross a continuous centre line in order to leave a safe space between their vehicle and the cyclist, when it is safe to do so.

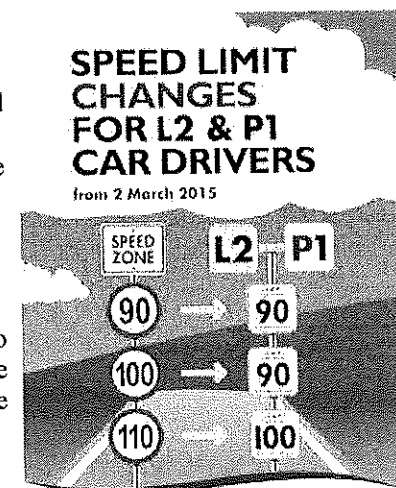
This means to pass a cyclist safely, a driver can cross:

- ◆ a single continuous line
- ◆ a single continuous line with a broken line on the left or right
- ◆ double continuous lines

It is recommended that a driver should leave at least one metre clearance between their vehicle and the cyclist on roads up to and including 60 km/h, and 1.5 metres on roads above 60 km/h.

To assist drivers and cyclists to understand the changes, a web page has been developed with a digital clip, depicting how and when to apply the rules, together with common questions and answers.

For more information visit transport.tas.gov.au/centrelines



Earth Angel News

My successful retail ventures behind The Purple Possum have given me the confidence to take Earth Angel Skincare further. When the trial period of three weeks in the bric-a-brac shop ended, I decided to spread Earth Angel's wings wider and sell the products online as well as in other stores. So a huge thank you to all the support I have had from customers both local and interstate. Everyone has been so complimentary about the products and the fantastic sales prove that people are moving towards more natural skincare. A special thank you to Elaine for giving me such a wonderful opportunity to have my first Earth Angel shop, to Gary, Pawan and Rachel who helped me move in, to Heather who helped me move out and to Peter for his bric-a-brac that lent the store an eclectic feel. A big thanks also to Tamara and Astrid who always had friendly smiles. And finally to my son Conrad who arrived like a gift to lend a hand in so many areas.

For all those wishing to purchase Earth Angel skincare the range is now available from Ana's Hairdressing Salon as well as from Mount Elephant Fudge with future stores to follow.

Jessica

Earth Angel Skincare

0417 055 555

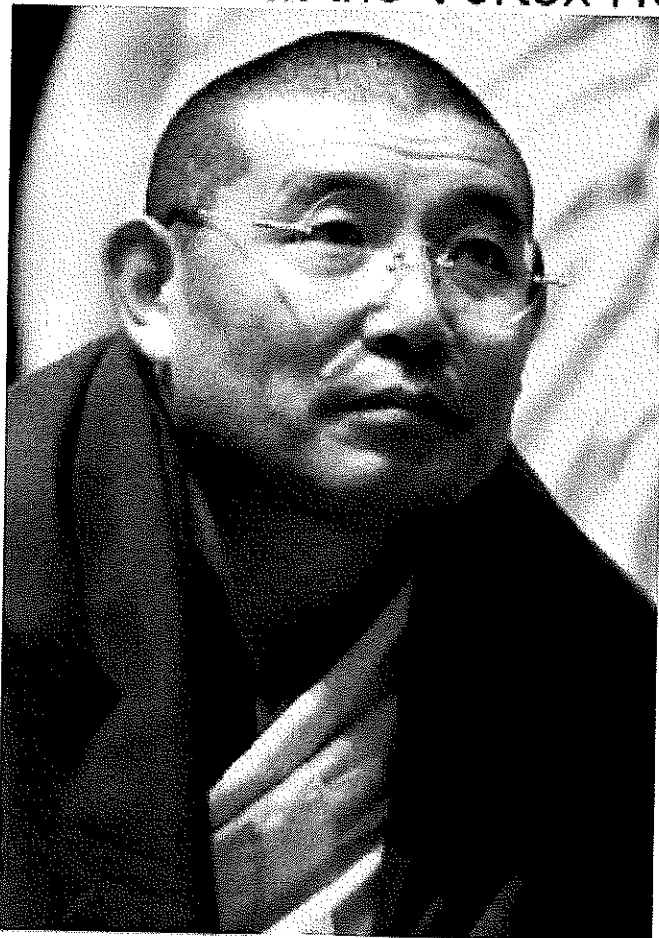


The average four year old child asks four hundred questions a day.



Weekend of Wisdom

20th March-22nd March 2015
at the Vortex Healing Centre



Presenting Tibetan Monk
Geshe Sonam for a
fascinating weekend of
self discovery and insights
into Wisdom of the Ages.

Presenting Maori
Elder and Creator
of the Australian
Grandmothers:

Kiri Dewes

Tickets: Day: Pass: \$99
Saturday & Sunday :\$159

VIP: Fri night, Saturday, Sunday
\$379 includes all meals and
exclusive events

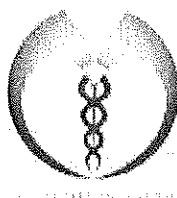
Concession available

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215 Dalmayne Road, Gray TAS 7215



Are you wanting to see something special?
Do you love theatrical productions?
Who doesn't love puppets?

Proudly being brought to you by Break O'Day Regional Arts in conjunction with Ten Days Arts Festival and Regional Arts Victoria. Supported by BOD Council, Australian Arts Council and Australian Government - a world travelled shadow puppet comedy.

"Swamp Juice" - the story of one man's romp through a swamp.

7pm Friday March 27th 2015 at Portland Hall St Helens

Ticket Prices

\$10 kids	\$20 Concession
\$25 adults	\$55 Family 4

Ticket Bookings

bodregionalarts@gmail.com / 0407 046 865 / www.tendays.org.au

TASSIEVORE EAT LOCAL CHALLENGE

Tasmania is such an amazing place for eaters and growers alike. The Tassievore Eat Local Challenge is all about encouraging Tasmanians to enjoy local produce, support local businesses and grow some of our own fruit and vegetables. Fresh, seasonal produce is tasty and great for your health. Buying local helps all Tasmanians by supporting local growers, producers and businesses. Being a Tassievore is also good for the planet as you are reducing the distance food has to travel from farm to plate.

slt.org.au/about/programs/162-tassievore-eat-local-challenge

Extraordinary "Weekend of Wisdom" meditation retreat at St Marys

Sue Christiansen (TassieSue, Naturopath) announced on February 28th 2015 the amazing weekend retreat and personal growth program "Weekend of Wisdom" – 3 days of learning from thousands of years of experience, during the March Equinox 20th - 22nd of March 2015.

"This Weekend of Wisdom is a three day program for meditators and anyone interested in spirituality and peace of mind, and will feature a Tibetan monk and four of the original 13 Grandmothers of Australia" said Sue Christiansen, creator of the retreat program.

Featured speakers will be Geshe Sonam (Tibetan Monk), Kiri Dewes, Junitta Vallak and Barbara Longue.

"There is a huge demand for people seeking inner peace and tranquility, and the knowledge and wisdom of the Elders drives a critical need for this groundbreaking retreat and its anticipated outstanding results."

Sue, a Certified Naturopath and Remedial Massage Therapist, is a pioneer in the creation and delivery of innovative and powerful programs for maximum health. She has written "Lymphoedema With Ease and Grace", and has helped hundreds of people heal mentally, physically, emotionally and spiritually with her empathic style.

To find out more please visit: <http://www.vortexhealingcentre.com> and <http://www.tassiemindbody.com/VHC>
Contact: Barbara Longue, Media Relations vortexhealingcentre@gmail.com / 0448 516 488

Officials in Portland, Oregon drained 8 million gallons of water from a reservoir in 2011 after a buzzed 21-year-old urinated in it.



Three men from Yemen tried to sue NASA for invading Mars, claiming they had inherited it from their ancestors 3,000 years ago.

The Say, by Cagerattler



If I had my way I'd ban Australians from travelling to Indonesia and cut off ties with that country. Indonesia scares me. We know the Bali Nine did some stupid things as young people but how often does that happen with young people? All the time I suggest. Drugs are bad but people change. Even the hardest drug addicts can be rehabilitated. It happens all the time. Why is it so difficult for these Indonesians to understand that? It is well documented that both the Australians awaiting execution at present, Sukumaran and Chan, have done a power of good in recent years doing in prison what prisons are supposed to be all about. This is, of course, rehabilitation. Surely this simple fact deserves some form of clemency from the Indonesian authorities and would serve as a beacon, much much more than putting them to death. There has to be more to it. There has to be a more involved agenda there. Or is it something as basic as the King Kong bucks passed hands to officials and judges whether they'd be so precious about their laws. If that was to ever happen and the Indonesians still committed that rich person to death then that may be different, but I'd suspect we'd never know because it would never be made public most likely ... Australia has to send a message here, especially given the fact that these two boys are working hard on rehabilitating others convicted of drug crimes to get off the stuff. I liked that bipartisan agreement by the Government and Opposition, and the idea that showing some mercy or clemency on the sentences would truly send a far stronger message that there is hope for those convicted of drug crime. If this draconian sentence goes ahead, there must be repercussions from Australia and Australians, and maybe the many millions of dollars of trade and aid needs to be reconsidered in the future. The Prime Minister probably could have put it better, but the point made was fair - Australia showed huge mercy and spent a lot of money helping out after the Boxing Day tsunami...so in good faith by commuting the death penalty to a life sentence with some hope of eventual release if many more years of rehabilitating other drug addicts is not unreasonable. The other thing that galls me about all this is that the Indonesian Government brazenly champions the release or commutation of sentences of their citizens in other countries and yet carry on with this stuff...and also how disgraceful was the 'selfie' style pictures of the Indonesian police chief the other day as the prisoners were being moved - just totally abhorrent and in really bad taste as was the overpowering "show of strength" of the mass of police and soldiers as these two peaceful prisoners were being transported. I hate how Indonesia does their stuff and if someone gave me a million dollars to go there I'd flatly refuse. As a matter of fact if Australians in general stopped supporting places like Bali and Kuta etc. I wonder how long they'd last ... not too long perhaps.

What do you think?

Rod McGiveron, St Marys



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East Coast RC Flyers News - March 2015

The East Coast RC Flyers will hold a BBQ over the Easter weekend for all their members, family, and associates. The particular day depends on the weather and will be set as early as possible.

The summer was crazy, with forecasts changing almost daily. This has made it difficult to announce Flying Days, Club Days, and other events. The club apologises to everyone who turned up at the flying field, but found it empty. The members hope that the autumn will bring more stable weather for flying. Please check the club's website at eastcoastrcflyers.org.au for the next Flying Day.

It wasn't just the weather that put a damper on club activities. The decline of the Australian Dollar and the higher parcel delivery fees have increased the costs of the hobby by between 30% to 40%. One can argue, that the global economy prevented the order of someone's dream model aeroplane.

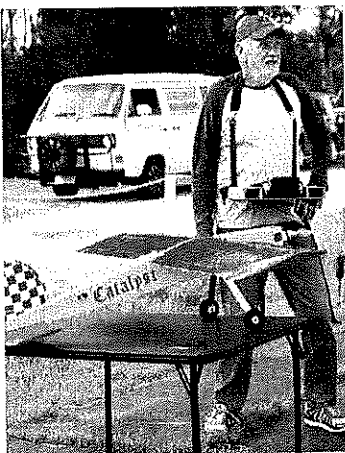
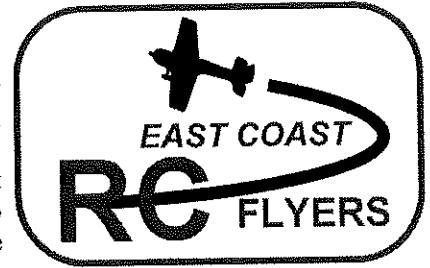
All is not lost, though. Tasmanians are known for their resourcefulness and so are the club members. A solution is to build your own. Rare today, but in the Seventies and Eighties it was common to build models with balsa and plywood, either with pre-cut parts or by following a building plan.

Today, while wood is still a good choice, other light-weight material is available for model building. Some club members followed the trend and used foam core board, commonly used for picture mounting, to build some good-looking aeroplanes. In other words, if your budget is limited, there are several alternatives to enjoy the hobby, despite the increased cost.

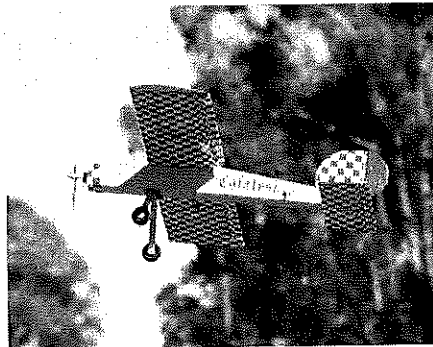
At the flying field, the members were busy erecting permanent tables and stands where they can prepare their models for flying. Others were painting, cleaning, mowing and whatever makes the clubhouse and flying field comfortable and safe.

Manfred Weihrauch

All images are courtesy of Angelika Weihrauch, permission obtained from all persons pictured.



Nick Amse prepares his foam board plane

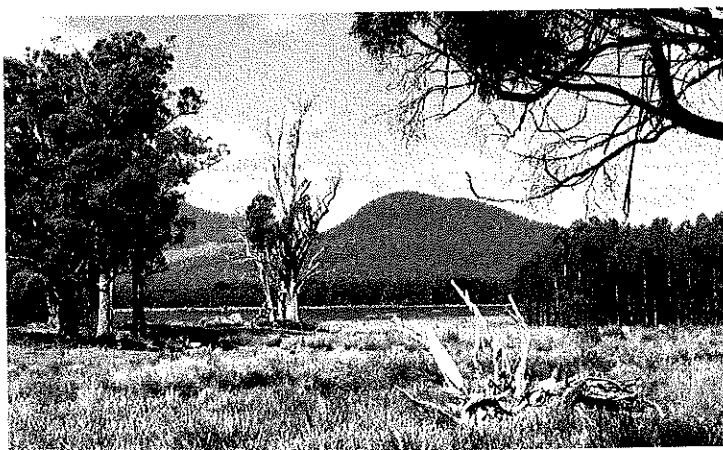


Proof that foam board can fly



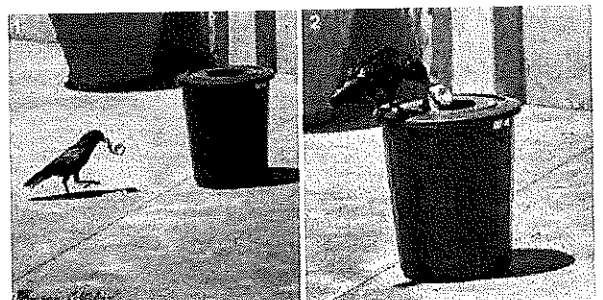
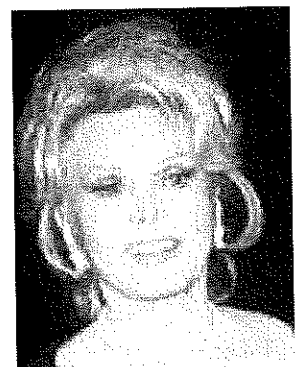
Mike MacDonald is ready to fly a balsa kit biplane

In May 2011, two Muslim men in traditional Muslim attire were removed from a commercial plane in America after other passengers said they felt uncomfortable. The men were on their way to a conference on prejudice against Muslims.



On the road between Mathinna and Fingal with Glyn Johnson

Zsa Zsa Gabor... I've been married to a communist and a fascist, and neither would take out the garbage.



Community Dinner

Holy Trinity Anglican Church Hall St Marys
Saturday 21st March 2015, 5.30pm for 6pm

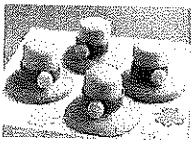


Please bring a salad or dessert to share
Main meal will be provided

RSVP - Christine 0410 441 558

facebook.comevents/1540987972849016/

Prizes for the GREENEST person and the GREENEST food – put your thinking caps on!!



The original
 Chicken-Man?
 (vintage Halloween
 costume)



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Funerals

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on 0409 838 816



Orphic Art2Wear

With a background in owner operator business since the age of 19, Shenn from Orphic Art2Wear knew a three-month, pop-up shop test run was a total blessing.

After a very successful month's Exhibition at Gone Rustic Gallery and Studio, Orphic Art2Wear opened on December 3rd 2014, bringing with it the unexpected life experiences with the death of Shenn's dad seven days later.

Gathering all their strength Shenn and Andi decided together to dedicate the next three months to Shenn's Dad, Robert Edward Humphris, from Newcastle, and opened the doors again on Christmas Eve 2014 to enjoy the St Marys festive street parade.

With blessings and the support of the local community, Orphic Art2Wear's sister label Funkydooda was a success for the Christmas period with interest compounding over the New Year. Holiday-makers, stopping in St Marys for the first time in years, said "How lovely it is to stop for a couple of hours and wander around the town, checking out all the shops and having a bite to eat in the cafes".

The combinations of Andi and Shenn's gorgeous one-off Orphic Art2Wear Knitwear and re-purposed pieces were a success with both Tasmanians and mainlanders.

Purchasers came from Hobart, Launceston, Perth, Sydney, Melbourne and as far afield as the UK.; many of these clients look forward to their next visit, hoping to take another piece home with them for the autumn/winter seasons.

Opening with only 40% of September's stock, it was all systems go in the working studio inside the Gallery. Visitors enjoyed seeing the production of handmade delights from Andi's totally green-friendly loom, bringing back many childhood stories to share with our own.

Slowly over a couple of weeks Andi's 'tween season range was produced and sold, alongside Shenn's re-purposed Antique Silk Saree treasures and totally original tweed base long coats which went to the mainland.

Andi and Shenn are currently focused on producing their Autumn/Winter releases for the 'Gratitude Exhibition' on Easter Sunday April 5th, 2 - 6pm. Open to the general public, this will be a catered event to say thank you for your patronage.

Andi and Shenn look forward to greeting all their past, present and future clients at their Gratitude Exhibition, where everyone will get the chance to see the Autumn/Winter series before it is released on Easter Monday...

"It has truly been a focused 3 months" says Shenn from Orphic. "We had a vision of what we wanted..and we have not let it go. When I think of when we arrived in January 2011 with a couple of suitcases and a dream, we look back now and are so happy we have never lost focus. We feel so blessed and grateful to have found this area to come into full bloom, and share some of our strengths and skills with everyone.

"It is truly our pleasure to serve you, our local and further afield clients - totally our pleasure. We strive to show you that, in our work and in our lovely happy working environment."

Thanks,
 Andi and Sherryn, St Marys

OUR LOVE OUR PASSION OUR GRATITUDE



GRATITUDE EXHIBITION



Art2Wear

On Easter Sunday afternoon at 2.00pm till late

IN

ESCAPE GALLERY

Handmade Original

By : Andi & Sherryn

04 5858 2895

e-mail : OrphicArt2Wear@yahoo.com.au

[facebook.com/OrphicArt2Wear/](https://www.facebook.com/OrphicArt2Wear/)

ST. MARYS



TAS - AUS

Break O'Day Stitches

The first two months of this year have passed so quickly and now we are only three weeks away from the Break O' Day Stitches Easter Quilt and Embroidery Exhibition which will be held from 4th to 7th April.

The entry forms for those crafters wishing to enter are available at Gone Rustic in St Marys as well as venues in St Helens and Launceston. We hope to see as many entries as possible from both members and non-members.

We have been selling tickets for the raffle quilt for some weeks now and hope to raise many dollars for charity.

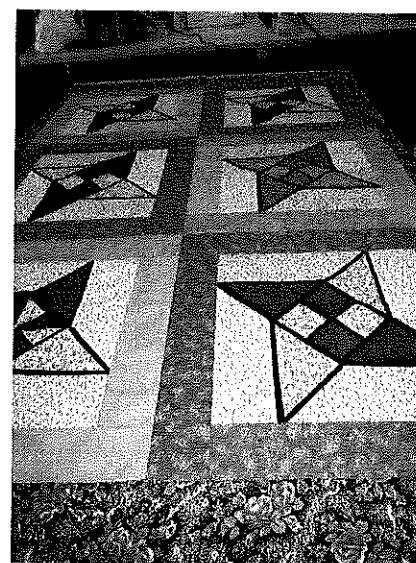
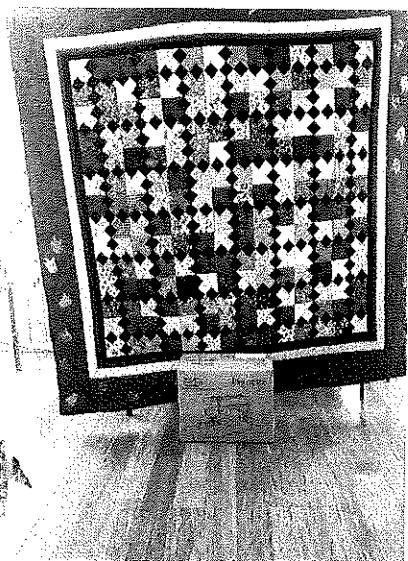
We have completed fourteen community quilts during the year and will have those on display at the show; some will be donated at the end of the event. Any queries about the show can be directed to *Felicity on 6376 6102 or Kay on 6376 3985.*

The Challenge (Fantasy) is open to all but do remember the size restriction – no bigger than 1m x 1m.

We will have speakers – Barbara Mellor and Helen Stubbings. There will be a raffle, lucky door prizes, trade table and some of your favourite craft shops will be there too.

The entry is still only \$10 per person and further information can be obtained from *Barbara Mellor on 6376 3771 / barbara20@live.com.au*

Agnes Johnston, St Helens



Last edition's solutions

All words: aegis, ag, age, ageist, agent, agents, ager, agers, ages, agin, agist, ague, agues, aigret, aigrets, anger, angers, angriest, angst, argent, argents, argue, argues, argus, astringe, auger, augers, augite, augites, earing, earrings, easing, easting, eating, eatings, egis, eng, engirt, engs, erasing, erg, ergs, gae, gaen, gaes, gain, gainer, gainers, gains, gainst, gait, gaiter, gaiters, gaites, gan, gane, ganister, gantries, gar, garnet, garnets, garni, gars, gas, gast, gaster, gastrin, gat, gate, gates, gats, gaun, gaunt, gaunter, **GAUNTRIES**, gaur, gaurs, gear, gears, gen, genius, gens, gent, gents, genu, genna, genus, gest, get, geta, getas, gets, giant, giants, gie, gien, gies, girm, girns, girt, girts, gist, gnar, gnars, gnat, gnats, gnu, gnus, grain, grains, gran, granite, granites, grans, grant, grants, grat, grate, grates, gratin, gratine, gratins, gratis, great, greates, grin, grins, grist, grit, grits, grue, grues, grunt, grunts, guan, guans, guar, guars, guest, guinea, guineas, guise, guitar, guitars, gun, gunit, gunites, guns, gurnet, gurnets, gust, gustier, gut, guts, gutsier, ingate, ingates, ingest, ingesta, ingrate, ingrates, nag, nags, negus, rag, rage, rages, ragi, ragis, rags, rang, range, ranges, rangiest, rasing, rating, ratings, reagin, reagins, reg, regain, regains, regina, reginas, regius, regna, regs, reign, reigns, renig, renigs, resign, resting, retag, retags, reusing, rig, rigs, ring, rings, rug, ruga, rugae, rugate, rugs, ruing, rung, rungs, rusting, sag, sage, sager, sagier, sang, sanger, sarge, sating, sauger, sauteing, seagirt, searing, seating, seg, segni, sengi, sering, seringa, sign, **SIGNATURE**, signer, signet, sing, singe, singer, snag, snug, stag, stage, stager, stagier, staig, stang, staring, sting, stinger, strang, strange, string, strung, stung, sugar, suing, sung, surge, tag, tags, tang, tangier, tangs, targe, targes, taring, tearing, teasing, teg, tegs, tegua, teguas, terga, tiger, tigers, ting, tinge, tinges, tings, tragi, tragus, triage, triages, trig, trigs, trueing, trug, trugs, truing, tug, tugs, tung, tungs, ungirt, unitage, unitages, unrig, unrigs, urge, urgent, urges, usage, using

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Book Review

This month the Mount Elephant and Beyond Book Group met to discuss *The lowland* by Indian born American author Jhumpa Lahiri. Lahiri is better known for her short stories but this is her second novel. *The lowland* was nominated for several major prizes, including the 2013 Man Booker Prize.

The novel is set in India and the United States, and spans a period of several decades beginning in the 1960s when Subhash and Udayan are boys. The brothers live with their parents in Tollygunge in south Calcutta, adjacent to a flood plain known as 'the lowland'. The boys are both academically bright but while Subhash is cautious and introspective, Udayan, the younger boy, is more adventurous and charismatic. The two boys are inseparable until they reach their late teens when Udayan becomes a political activist. He becomes involved in the Naxalite movement fighting for land reform and the rights of the rural poor. The extent of his political activities is revealed long after he is shot by the police in the lowland near his home, an event witnessed by his parents and his young wife, Gauri.

While Udayan was pursuing his political interests, Subhash had taken up the opportunity to undertake postgraduate studies in marine chemistry in Providence, Rhode Island. He returns to India for Udayan's funeral and meets his brother's widow Gauri for the first time. Gauri is not only a young widow but pregnant as well, and her in-laws have no time for her. Udayan's parents had expected to find a wife for him but he had married Gauri against their wishes. Feeling sorry for Gauri's plight Subhash offers to marry her and take her back to Rhode Island with him, bringing up the expected child as his own. For Gauri it is an escape from an untenable position, the true nature of which becomes apparent only at the end of the novel.

Gauri has a child, a new husband and a new home but she is unable to move on. She still thinks of herself as Udayan's wife, and the horror of his death is constantly with her. She is withdrawn, a remote wife to Subhash and a distant mother to her daughter Bela. With Subhash's support Gauri returns to her studies and becomes engrossed in the philosophy of time. At the same time as Gauri's family and emotional life stagnates, her intellectual interests develop and she becomes a respected authority in her subject. When Subhash takes Bela to India for his father's funeral, Gauri moves out of the family home in Providence, leaving Subhash to bring up Bela on his own.

The lowland explores a number of themes. In the early chapters, Lahiri gives the reader a history lesson, explaining the events that have led to the Naxalite uprising, and then focuses on Udayan and his family; the political becomes personal. When Udayan is killed, everyone's life changes for ever.

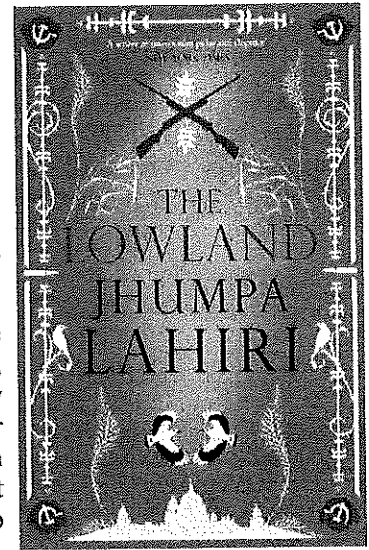
Subhash suffered a degree of culture shock and isolation when he moved to the US, an experience shared by many immigrants. He found the US so very different from his homeland:

The difference was so extreme that he could not accommodate the two places together in his mind. In this enormous new country, there seemed to be nowhere for the old to reside. There was nothing to link them; he was the sole link.

The cultural differences between the US and India are reinforced each time he returns to Tollygunge and participates in his family's traditions.

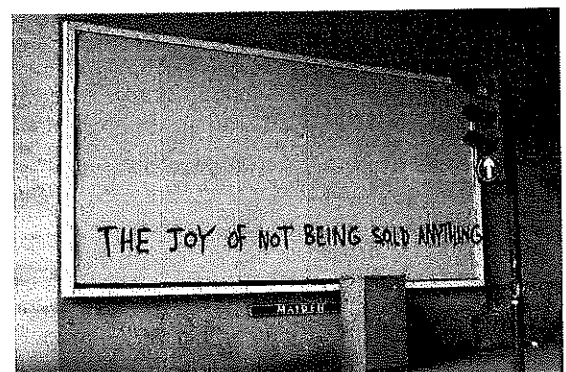
The tone and the pace of the novel changes in keeping with the story – so for example the geographical and political context of the narrative is established factually and economically at the beginning of the book. Then the middle of the book slows down as Gauri becomes bogged down in an unsatisfactory marriage - this lack of pace is a problem for some readers. The story has something of the family saga about it but it is also a mystery and it is only at the end, when Gauri finally returns to India, that the truth of Udayan's crime is revealed.

Lahiri is a talented writer and she has a gift for creating images. *The lowland* is not her best book but it is easy to read and worth a look.



Lindy Scripps, St Marys

Kim Jong Il once tried to solve North Korea's food shortages by breeding giant rabbits. A German farmer sent them 12 giant rabbits to get started, but later learned all 12 were eaten at Kim Jong Il's birthday party.



Meals on Wheels - 0488 384 344

March 16	Pam Bretz
17	Trish Pike
18	Lundy Vosper
19	Sonya Allison
20	Drew Adam
23	Lundy Vosper
24	Louise Keady
25	Karl Balzer
26	Heather Griffiths
27	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 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

This is a bring-and-share lunch followed by a great time of friendship and fellowship. You are very welcome to join us and share our JOY!

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](https://www.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

EAST COAST GLASS



- Glass repairs
- Shower screens
- Wardrobe doors
- Double glazing
- Aluminium windows
- Security doors

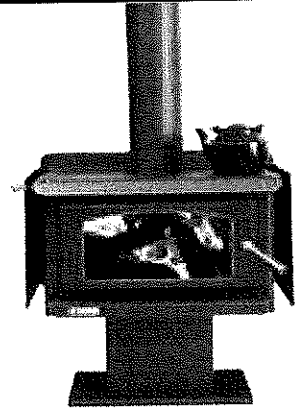
Locally owned - servicing the East Coast
Call David or Anne Cannon for professional,
friendly and reliable service.

6372 5361

GAZZMAN'S

East Coast supplier of:

**JARRAHDAL
WOOD HEATERS**



The chilly weather is on its way!

Come and join us on

Thursday 26th March 2015

10.00am - 2.00pm

(Free B B Q)

For a HOT! HOT! deal on wood heaters

21 Quail Street St Helens

Ph: 6376 2555

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 63875 555
- 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 Lymphoe-
dema 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

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

AFTER HOURS CONTACT NUMBERS

Please phone

GP ASSIST ON- 1300 780 011

AMBULANCE 1800 008 008 or
EMERGENCY 000

ST MARYS COMMUNITY HEALTH CENTRE
6387 5555

Please RING before presenting after hours

Lifeline 131 114

Saving Lives, Crisis Support and Suicide Prevention

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.

DOCTORS ROSTER

• Dr Cyril Latt

12/3/15—25/3/15

• Dr K. Rawnsley

17/3, 19/3, 24/3, 26/3 2015

• Dr E. Reeckman

26/3 & 27/3 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 12/3/15

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



RELATIONSHIPS AUSTRALIA

General enquiries 1300 364 277

Relationships Australia is a leading provider of relationship support services for individuals, families and communities. We offer services around the country that include counselling, family dispute resolution (mediation) and a range of family and community support and education programs. Leanne visits St Marys CHC Thursday's fortnightly.

ARE YOUR DETAILS UP TO DATE?

Do you have a new address/ phone number?

Do you have a new Centrelink/ Medicare Card?

Have you updated these details at the Health Centre?

It is sometimes necessary for us to contact you or pass your details onto other Health Professionals and we are unable to do this if your contact details are incorrect or out of date.

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

If **ANY** of your details have changed please contact the St Marys Community Health Centre on 6387 5555 or come in and update them with our friendly reception staff.

ST MARYS COMMUNITY HEALTH CENTRE

WHAT'S ON AT THE CENTRE

- 12 Mar **Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.
- 13 Mar **Social Worker**– Shan Williams. Please phone 6387 5555 for appointments
- TML Diabetic Educator, Physiologist and Dietician.** Appointments available by referral from your GP.
- St Helens Neighbourhood House**– 10:00am-4:00pm in the Day Room.
- 16 Mar **Mental Health Clinician/ Case Manager**– Darren Veryard. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- TML Psychologist.** For appointments please see your GP for a referral.
- TLC Meeting** (Tasmanian Lymphoedema Centre) 5:00pm in the Day Room.
- 17 Mar **Lightfoot Podiatry**– Perry Daly. Phone 6331 9568 for appointments.
- Mental Health Clinician/ Case Manager**– Darren Veryard. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- 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
- 18 Mar **Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.
- TAZREACH**– Antenatal Clinic with Katie. For appointments please see your GP
- Day Centre**– For details on the group please contact Hayley Gilbert 6387 5555
- 19 Mar **Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.
- Relationships Australia**– Leanne McMurtie for appointments please phone 1300 364 277
- 20 Mar **St Helens Neighbourhood House**– 10:00am-4:00pm in the Day Room.
- Social Worker**– Shan Williams. Please phone 6387 5555 for appointments
- Cancer Council**– Richard Austin 11am-12 noon.

WHAT'S ON AT THE CENTRE Continued...

- 23 Mar **Mental Health Clinician/ Case Manager**– Darren Veryard. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- TML Psychologist**– Sam McCarthy. Please see your GP for a referral.
- 24 Mar **Mental Health Clinician/ Case Manager**– Darren Veryard. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- Child Health Session** with Mary Mumford every Tuesday– Appointments only. Please phone 0428 136 381
- 25 Mar **Day Centre**– For details on the group please contact Hayley Gilbert 6387 5555
- Physiotherapy**– Please see your GP or Health Professional for a referral to the service.
- Mental Health Clinician/ Case Manager**– Darren Veryard. For appointments please phone 1800 332 388 where a referral will be lodged for you.
- 26 Mar **Australian Hearing Services**– **FREE** Hearing Screening. Phone 6372 2111 to book . Limited appointments available.
- Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.
- 27 Mar **St Helens Neighbourhood House**– 10:00am-4:00pm in the Day Room.
- Social Worker**– Shan Williams. Please phone 6387 5555 for appointments.



AUSTRALIAN HEARING SERVICES

FREE Hearing Screening/ testing at the St Marys Community Health Centre

Thursday 26 March 2015

Phone 6387 5555 to book
limited appointments available

WOMEN'S HEALTH CLINIC

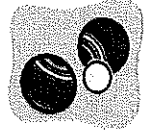
Regular Women's Health Clinic's are held at the St Marys Health Centre. For appointments ring 6387 5555.

ST MARYS SPORTS (and SOCIAL) CLUB
Gray Road St Marys

Thursday 5.30 - 7.30 Friday 5.30 - till close.
Sunday 1.30 - 4.30

Unfortunately we went down to Swansea at our last game. This means we meet Bicheno at home this week for our last game prior to the finals.

St Helens Bowls club are the hosts this year so all finals will be played down at St Helens, commencing on Sunday.



GOOD LUCK ST MARYS

FRIDAY 13TH - HAPPY HOUR

Could this be your lucky night???

Get in the mood, dress for the night, win a prize for your efforts. Let's make our last

Happy Hour prior to renovations a night to remember!

Jag the Joker is still to go off, there will be a meat tray as well as lucky members draw...

Christine took home the carton last week and Daffy had a crack at The Joker with no cigars.

A BIG THANK YOU TO RUSSELL, MACCA, ROGER AND BOBBY FOR THE WORK DONE ON THE GOLF COURSE THIS WEEK and TO JACQUI FOR THE GREAT SUPPERS SHE HAS SERVED EACH HAPPY HOUR.

The committee have every intention of keeping the bar open when and where possible during renovations, at least on Friday evening and for the golfers on Sunday. We will keep the public informed of any changes via the Valley Voice.

Jacqui is now the kitchen co-ordinator. For bookings please call her on 0439 978 156

*President Bobby Harwood 6372 2445 Secretary Annette Wines 0417 010 648
Licensee/treasurer Jim Turner 6372 2441*

Follyfoot Friends - Dariah

She was raised from an egg by foster mum Mary-lou, who happened to be a fluffy white silkie. At first appearance you could be forgiven for thinking she was a very ugly emu, with her overly long neck...attached to a pair of huge bright yellow legs which overwhelmed her too small body. Her name was Dariah and she was of Barnevelder heritage.

Although Mary-Lou was a good mother, she tended to be a little on the overprotective side of things...making sure at all times that Dariah was no further than a feather's length away from her, something which was proved very hard to do, as Dariah, like all young animals, had an inquisitive mind and loved nothing more than to see just what was around the corner.

On the other side of the yard were Big Red Mary and Jean. They were a couple of fierce hens from a much larger breed. Dariah was forbidden to cross to their side of the yard...it was far too dangerous for a young hen like her. One day though, when scraps were being thrown out for all the poultry at Follyfoot,

Dariah just couldn't help herself. It was all too much of a temptation for her. In she charged with a fast strut, straight between Big Red Mary and Jean and did she ever snatch that very tasty morsel straight from Mary's beak! Run, oh run she did with all the commotion of the two very angry big red hens in chase behind her (they do not take kindly to sharing their food at any time). So relieved was Marylou after her hysterical squawks had been ignored, to find Dariah back in her own pen...with her ... and more importantly ... her special food treat.

Such a brave little chick ... but no, do not do that again.



By Jackie Roberts, Mathinna



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-Friday 8 - 2.30pm



Specials from 11th - 17th March

<i>Butchery</i>	<i>per kg</i>
Porterhouse steak	15.99
Netted boneless lamb roast	13.99
Round steak	10.99
Lamb BBQ chops	9.99
Ingham chicken breast fillets	12.99

Shelves

Dolmio extra pasta sauce 490-500g	1.64
Moccona coffee 400g	19.99
Organic care shampoo & conditioner 400ml	1.79
Safe toilet tissue long roll 6pk	2.49
Golden circle cordial syrup 2L	2.99

Freezer & Cool room

Peters ice-cream 4L	6.99
Birds eye hash browns 375g	2.99
Mrs Macs famous beef pies 4pk	3.12
Duck river butter pat 500g	4.65
Yoplait yoghurt 6pk	3.99

Specials from 18th - 24th March

<i>Butchery</i>	<i>per kg</i>
Leg of lamb	9.99
Beef mince	9.99
Pork porterhouse roast	10.99
Ingham chicken drumsticks	3.99
Nichols marinated wingettes	4.99

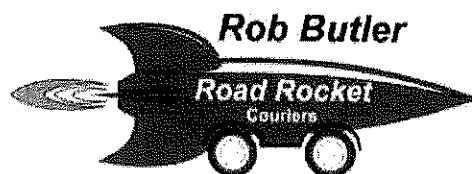
Shelves

Fab ultra laundry powder 900g-1kg liquid 900ml-1L	3.99
Cascade ultra c blackcurrant/raspberry syrup 750ml	4.99
Sunshine sugar 2kg	2.89
Four roses plain/SR flour 2kg	2.69
Continental cup-a-soup 2pk	.99

\$1.99 ea

Campbell's country ladle/chunky canned soup 495-510g
Pringles chips 140-150g
Arnott's cream/fancy sweet biscuits 200-250g
White wings sponge pudding mix 255g
Cadbury baking sprinkles 110g

Norwegian police don't use guns. In Norway, only 2 people have been shot and killed by police in the past decade. When officers are faced with danger, they back off, form a plan and try to solve the problem without killing anyone. A recent report estimated there were 7,427 law enforcement homicides in the US during the eight years spanning 2003-2009 and 2011; an average of 928 per year. The number is more than twice as large as the closest previous official tally from the US government. Even the two best tallies - combined - left an estimated 2,103 homicides uncounted during those years. theguardian.com/us-news/2015/mar/04/police-killed-people-fbi-data-justifiable-homicides



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

0409 991 031 / 0407 421 753
couriersroadrocket@bigpond.com

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