

## THE VALLEY AND EAST COAST VOICE INC.

**ESTABLISHED 1968** 47.23 APRIL 23RD 2015

Deadline for 48.01 is 5pm May 4th 2015



St Marys Woodcraft Guild Open Day pages 12 and 13

#### St Marys Pass closure

Break O'Day

Planned maintenance work will require the closure of St Marys Pass at night from

Sunday 26th April at 7pm 'till 7am for 6 nights. Night works were chosen to reduce impact on traffic, and dates were chosen which are not during school holidays to reduce the impact on tourists. Continued on page 9

St Marys & Surrounding Community Residents You are invited to attend



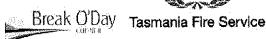
**Bushfire Survival Planning** Workshop

Saturday 30th May 2015 at St Marys Community Hall - 11am - 3 pm

#### Know Your Risk, Make a Plan.

Develop your Bushfire Emergency Survival Plan on the day. Light Lunch provided

Presented by supported by Tasmania Fire Service Break O' Day Council Transition Break O Day



RSVP- david cleaver@fire.tas.gov.au

ANZAC services page 3 Targa times and road closures page 4 Australia's Biggest Morning Tea at Scamander page 7 Pollie Pedal power page 9

Healthy House Walking Group page 14 The Kettering Incident page 22 **BODRA Workshops** page 25 Women of Worth page 25 Follyfoot Friends page 26

TARGA in Break O'Day - 29/4/15 Amazing Video BODRA workshop 2/5/15 FVNH bus to Agfest - 7/5/15 Bushfire Survival Planning Workshop St Marys - 30/5/15 '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 (BODRArts) 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.

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Advertising rates.

- ♦ Business card ads \$15
- ♦ 1/2 page ads \$40
- ♦ Intermediate ads \$18
- ♦ Full page ads \$65
- ♦ ¼ page ads \$25

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

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* 

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.

Damara/Dorper x sheep, great colours, no shearing, been running with a pure Damara ram. Priced from \$120. Call *Gary 0417 331 536* 

Rodeo Flat tray, aluminium drop sides, builder's racks, new battery, brakes, 8 ply tyres, registered and reliable, \$1200. St Marys. 0418 247 395

#### **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 10:45am 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 welcome to visit the park and take a look.

Debbie Squires, President Cornwall Community Development Group Inc.

#### **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 start at 10.30am from 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

#### FINGAL RSL SUB BRANCH

The Price of Liberty is Eternal Vigilance
ANZAC Day 2015 - Centenary of ANZAC
6am Dawn Service at Fingal - Breakfast and refreshments
at Fingal Valley Neighbourhood House
11am Main Service at Mathinna - Lunch and
refreshments at School Hall.
Veterans and interested parties are invited to lay a wreath.

For further information please contact:
Bill Eckhardt on 6374 2104, Julie Ann Claridge on
6374 2280 or Chris Munday on 6373 6132
ANZAC Day raffle tickets are available and
will be drawn after lunch.

War memorabilia display at Mathinna Hall can be viewed before and after the main service.

Lest We Forget

St Helens Dawn Service will be held 6am at the St Helens Memorial Park, followed by breakfast at the St Helens RSL Ex-Serviceman's & Citizens Club.

An 11am Service of dedication to the "Tasmanian Roll of Honour" plaques will be held at St Helens Memorial Park.

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

To Linda re: the above boxes, your mobile number was incomplete in your message and I couldn't return your call, so please call again. Editor.

# TARGA TASMANIA LEG 3 - Wednesday April 29th 2015

**Dorset:** The Sideling - Tasman Hwy closed between Corkerys Rd & Sledge Track 6:45-11:15 (6am from Scottsdale end)

Legerwood - Legerwood Lane closed between Ringarooma Rd & Tasman Hwy 7:35-12:05

Dorset & Break O'Day: Moorina - Tasman Hwy closed between Moorina & Weldborough 8:05-12:35

Break O'Day: Weldborough Pass - Tasman Hwy closed between Weldborough & Pyengana 8:18-12:48

Pyengana - Tasman Hwy closed between Pyengana & Lottah Rd East 8:32-13:02

Elephant Pass - Elephant Pass Rd closed between Tasman Hwy & Curtis Rd 10:34-15:04

Northern Midlands: Rossarden roads closed 11:35-16:04 Rossarden Rd between Nevin St & Rossarden Rd Storys Creek Rd between Rossarden Rd & Stanhope Rd

#### Wanted

Adults mountain bike and second hand roofing iron wanted. Jack 6372 2034

Aviary, phone/SMS 0418 271 315.

#### 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**

Firstly I must say that for the majority of my life living in Fingal and its municipality has been a joy, having made many lifetime friends, great workmates and enjoying some wonderful recreational moments.

Having said that, I feel the need to express my total disbelief and disappointment at the behaviour of a minority of residents, who over recent months have made living in the area a total nightmare.

The mental anguish they have put myself, my wife, children and some of our very dear friends through has been without doubt deplorable. These people, if reading this letter, will know who they are and should feel ashamed and no doubt embarrassed by their mindless, childlike behaviour.

Fortunately we have had the great luck of moving to another town in this wonderful state we live in and with it new employment and opportunity.

To all the dear friends and family who supported us, we thank you so very much for your positive encouragement in the new phase of our lives.

Finally, we will not say goodbye but 'See you soon'.

Darren and Lynda Bean, Scottsdale



#### SPECIAL NEWSLETTER IN MEMORY OF OUR FALLEN SOLDIERS

On the 25th of April 1915, Australian and New Zealand soldiers formed part of the allied expedition that set out to capture the Gallipoli peninsula. These became known as ANZACS and the pride they took in that name continues to this day.

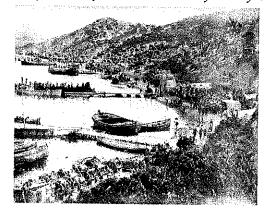
The objective was to capture Constantinople (now Istanbul in Turkey), the capital of the Ottoman Empire, and an ally of Germany. The ANZACS landed on Gallipoli and met fierce resistance from the Ottoman Turkish defenders. Their plan to knock Turkey out of the war quickly became a stalemate, and the campaign dragged on for eight months.

At the end of 1915, the allied forces were evacuated. Both sides suffered heavy casualties and endured great hardships. Over 8,000 Australian soldiers were killed. News of the landing on Gallipoli and the events that followed had a profound impact on Australians at home.

The ANZACS were courageous and although the Gallipoli campaign failed in its military objectives, the Australian and New Zealand actions during the campaign left us all a powerful legacy.

ANZAC Day goes beyond the anniversary of the landing on Gallipoli in 1915. It is the day on which we remember Australians who served and died in all wars, conflicts, and peacekeeping operations. The spirit of ANZAC, with its qualities of courage, mateship, and sacrifice, continues to have meaning and relevance for our sense of national identity.

Narrative provided by the Australian Army History Unit.



A view of ANZAC Cove possibly taken about mid-summer 1915.

#### Have your say on Small Business employment restrictions April 9, 2015

FEDERAL Lyons MP Eric Hutchinson is calling on Tasmanians to have their say on small business employment inhibitors as part of a national government inquiry. Barriers to employment for private sector businesses including government laws and regulations, excessive red tape and compliance costs will be investigated by the Parliament's standing committee on education and employment.

Mr Hutchinson is a member of the committee which is chaired by Federal Herbert MP Ewen Jones. The committee will also consider why particular groups such as young job seekers, mature age Australians, those in regional areas and those with a partial work capacity, might be discouraged from working for small businesses.

Mr Jones said that reducing red tape and other inhibitors to employment can have a positive effect on a community's productivity and increase employment opportunities.

Mr Hutchinson said that cutting the rate of unemployment was high on this government's agenda.

"Identifying the challenges that exist for employment in small business and the best way to meet these challenges will be another step forward in providing jobs and job security," he said.

Terms of reference for the inquiry committee include:

- Excessive red tape and compliance costs in relation to employment.
- Matters that inhibit small business expansion to create additional employment.
- Factors that discourage or prevent some Australians from gaining employment in small business in particular young job seekers, mature-aged Australians, those from regional areas and those with a partial work capacity. Submissions to this inquiry will be welcomed.

For further information including the full terms of reference and how to prepare a submission go to the committee's website at <a href="www.aph.gov.au/SmallBusinessEmployment">www.aph.gov.au/SmallBusinessEmployment</a> or contact the secretariat, phone (02) 6277 4573. Submissions need to be lodged by Friday, May 8, this year.

#### Peter Gutwein, Treasurer 16 Apr, 2015

The Hodgman Liberal Government's number one priority is jobs. Today's ABS data shows unemployment is down by 1% since the election, and the gap between the national and Tasmanian unemployment rate is steady at 0.3%. The number of people with a job in Tasmania is 240,400, and employment numbers this year are at the highest level they have been at in six years whilst the unemployment queue is the shortest since December 2011. While there is still a long way to go, and more work to be done, the latest figures are encouraging as they show we are holding onto the gains that have been made. Our long-term plan is all about creating jobs and growing the economy and today's results show we are heading in the right direction.





# FINGAL VALLEY NEIGHBOURHOOD HOUSE INC IS HAVING A

# CHRISTMAS IN JUNE LUNCHEON

24th June, 2015 12 for 12.30pm start



Come along with your Santa hat and join in this festivity with great company
Please bring along an exchange gift to the value of \$5

Be in the lucky seat prize! Call in to the Fingal Valley Neighbourhood House or phone 6374 2344 to book your seat.



Fingal Valley Football Club, one of Tasmania's oldest, folds due to tough times and lack of players By Damian McIntyre

One of Tasmania's oldest football clubs has been forced to fold just days before the start of a new season.

The Fingal Valley Football Club in Tasmania's north-east was left reeling after a controversial season last year. The club lost 44 players, was fined thousands of dollars and docked 24 premiership points following a brawl that forced a match to be abandoned.

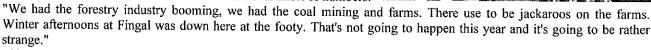
Since 1886 the Blues have won 19 premierships and have been a focal point for the small coal mining town of Fingal.

But a lack of players this year has forced the club to withdraw from the Northern Tasmania Football Association (NTFA) just two days before the opening game. The area's struggling economy and dwindling population were to blame.

Life member Craig Woods said too many young people were leaving the region.

"Unfortunately, it's the way of the world, the way Tasmania is going at the moment with our young people having to go to Launceston or Hobart or interstate for jobs or for school," he said.

Mr Woods recalled a time when the club was never short of numbers.

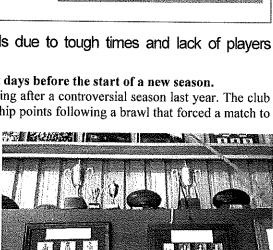


Life member and former club president Craig Bean said it was sad to see the club consigned to history.

"We've had parents and grandparents that have been mixed up with it over the years. A lot of life members in my family," he said. "To see all that history gone, it's going to be very hard."

The NTFA said it tried to help the club by giving it extra time to find more players.

The club also went into recess in the 1990s and early 2000s. It returned, and supporters are hoping the Blues can bounce back again.



abc.net.au/news/2015-04-09/one-of-tasmania27s-oldest-football-clubs-folds/6381966

#### 2015 National Pollie Pedal - Guy Barnett MP

More than \$500,000 was raised for Carers Australia during the 2015 National Pollie Pedal held in North and Northwest Tasmania recently.

For the first time Tasmania was the host state of this four-day event which travelled over 500km through some of the most beautiful, productive, rugged and hilly terrain in Australia. Between March 27th -30th, cyclists rode up hill and down dale from Burnie to Devonport to Sheffield to Deloraine and on to Exeter, George Town, Bridport, Scottsdale, Launceston, Cressy, Longford and Evandale and many places in between. There was plenty of community engagement along the way with stops at schools, and attending other community events along the journey.

The annual charity ride was established by Prime Minister Tony Abbott to raise awareness and funds for various

Australian charities and not-for-profit areas including medical research, indigenous health, diabetes, the Royal Flying Doctor Service, Ronald McDonald House and others. Politicians, supporters and sponsors have cycled more than 16,000 km on the annual National Pollie Pedal since 1998

For the fourth time, the major beneficiary of funds raised was Carers Australia which supports the important work of Australia's 2.1 million carers, including more than 73,000 in Tasmania who are ably supported locally by the team at Carers Tasmania. This year the funds raised for Carers Australia will be used to support multiple programs including the Carers Australia ambassador program the Aboriginal and Torres Strait Islander Carer reference group, the rollout of a 'work and care' initiative and the commissioning of a 'State of caring' study to help determine the needs of carers into the future.

The ride also helped promote Tasmania as a cycling destination. Champion cyclists like Richie Porte and others help promote our state to the world. Events like the National Pollie Pedal help do the same thing. Opportunities to grow cycling tourism whether on the road or mountain bike are significant so we should grasp these with both hands.

As a rider for one or more days in the past 12 National Pollie Pedal events I have found it exhilarating, encouraging and at times exhausting.

Unlike the Tasmanian Pollie Pedal which I started 10 years ago (when a senator) with Diabetes Tasmania, the national ride goes further and faster.

However as Tony Abbott said recently, "For me and my colleagues it's an opportunity to do something for a good cause."

The support and encouragement from the local communities has been fantastic. Prime Minister Tony Abbott should be applauded for this great fund-raising initiative.

He is an excellent role model for healthy lifestyles and has demonstrated discipline and courage for nearly two decades raising awareness and funds for charity.

It is also terrific that Tasmania's Federal MPs Eric Hutchinson and Andrew Nikolic rode with Brett Whitely supporting the event and represented by Tasmanian Junior World Champion Macey Stewart.

All three Members worked hard with local communities along the way to make the event the success that is was. Tasmania's hilly geography may have made the ride hard work this year but it's all for a great cause.

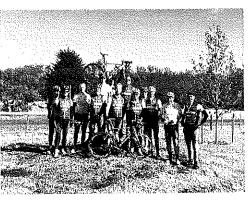
Parliamentary Secretary to the Premier, Guy Barnett MP, has responsibility for supporting Tasmania's carers.

Mr Guy Barnett MP, Parliamentary Secretary to the Premier

St Marys Pass - continued from front page. Our priority has always been to ensure St Marys Pass continues as a priority route and we are working to improve it in terms of its reliability in relation to weather events, such as heavy rainfall. As part of this, we are doing preventative work to improve drainage to prevent the likelihood of landslip and other drainage issues. Access outside these hours will still remain. During the hours of 7pm-7am, access to the East Coast will still be available via the Elephant Pass. All works are subject to weather conditions, any changes to times or dates will be put on our website at <a href="http://www.transport.tas.gov.au/road/closures\_delays">http://www.transport.tas.gov.au/road/closures\_delays</a>







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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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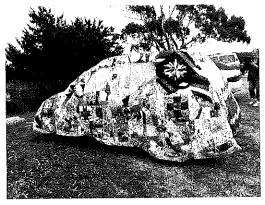
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#### **BREAK O' DAY STITCHERS**

Our President, Felicity Bonner, made a patchwork car cover to promote the Show and this was a great hit with the public. The Community quilts given out at the Show were gratefully received and representatives of Headstart came from Hobart to receive theirs. The raffle quilt from which proceeds are shared between RFDS, Community Car & Lymphoedema Centre was won by Mary Harlow, 2nd prize went to K Singline and 3rd was Lindy Scripps. The challenge was won by Suzie Barton-Johnson with Rita Summers second. Over \$4000 was raised from the raffle which is Break O'Day Stitchers 11th annual quilt raffle. Members would like to thank everyone who supported our fund raising event.



After a very successful Easter Quilting and Embroidery Show our members are already moving on with other projects including more community quilts and their own projects.

A reminder to any interested crafters that all are welcome at our group – we meet each Friday at the Bungalow, Neighbourhood House from 10am.

Any queries can be directed to Felicity - 6376 6102 or Kay - 6376 3985

Agnes Johnston, St Helens

#### TASMANIANS CAN HELP TACKLE THE SCOURGE OF ICE April 9, 2015

FEDERAL Lyons MP Eric Hutchinson has urged Tasmanians to get behind the National Ice Taskforce, announced yesterday by Prime Minister Tony Abbott.

"Ice use is something which is affecting our young people in particular with devastating results and needs to be brought out in the open so that it is talked about and solutions found," Mr Hutchinson said today.

Mr Abbott said that the National Ice Taskforce will be headed by former Victorian Police Chief Commissioner Ken Lay. It is proposed that the taskforce will provide an urgent stocktake of what is being done and recommend how governments can tackle ice in the most coordinated, targeted and effective way.

Ice use is becoming a huge problem right around the country and is ruining individuals, destroying families and hurting communities, Mr Hutchinson said.

The taskforce will consult widely to ensure that all aspects of this community menace are addressed.

Mr Hutchinson hopes Tasmanians will get involved.

"The government response will only be as good as the community effort," Mr Hutchinson said. "It is vital that the community also own this problem."

#### Look After You – Breast Cancer

If you are like most Australians, you will most likely know someone who has had breast cancer. It is the most common cancer in Australian women. Many people don't know that if cancer, including breast cancer, is found early it can often mean treatment is more successful. Read on as the following information might help you, your family or friends.

Breast cancer happens when some cells in the breast change and grow abnormally (become malignant). These cells can also spread to other parts of the body (develop secondaries). The exact cause is not known, but there are some things that can increase risk including drinking alcohol, being over the age of fifty, having a family history of breast cancer and being female. (Men can develop breast cancer too, but it is rare).

Many people believe that if they don't have a family history of breast cancer then they are very unlikely to develop it. A very small percentage of women do have a higher than normal risk due to family history, but ninety percent of women who do develop breast cancer do not have a family history.

It is important for every woman to be breast aware and get to know what is normal for her. This means if any unusual change occurs, she will recognise it. The sooner a change is noticed the better, as when cancer is found early the treatment if often more likely to be successful.

The kind of changes to look out for include a change in the size or shape of the breast, a change in the skin of the breast (such as redness or dimpling), a change in the nipple (including redness, crusting or becoming pulled in), a new lump or lumpiness (especially if it is only in one breast) or an unusual pain in the breast or armpit that doesn't go away. Remember that most breast changes are not due to cancer, but it is important to see your doctor to get checked.

Women aged 50 to 74 are encouraged to have a screening mammogram (an x-ray of the breasts) every two years. (Women aged 40 and over are also eligible). BreastScreen mammograms are free and no doctor's referral is needed. BreastScreen Tasmania has clinics in Hobart, Launceston and a mobile unit that visits rural and regional areas. For an appointment call 13 20 50.

So, look after yourself; be breast aware and know what is normal for you. If you are aged 50-74, remember to have your screening mammogram every two years. If you notice a breast change that persists, go and see your doctor, even if you are having regular mammograms.

Cancer Screening & Control Services offers information on cancers including breast, bowel, prostate, skin, lung and cervical to promote screening (including mammograms, Pap smears and bowel cancer screening), early detection of cancer, community and workplace education sessions and health promotion. For more information, call us on 6216 4319.

#### **WOODCRAFT GUILD FAIR**

Well, even the aristocracy from the landed gentry (the Colonial Strollers) decided to turn up in their Saturday best and join us common folk in enjoying a great day. On a serious note, many thanks to this group whose beautiful finery added to the visual impact at our fair, not to forget Lady Hannah Rubenach, all accompanied by the great sound from the 4 x 2s, Ted Koops and Paul Byard.

To Kat and Bruce Press - your beautiful snakes were inspirational in convincing many of the non-believers that these reptiles can be just as fascinating as other protected species; we would like to express gratitude to Graham Derbyshire and Judy Ogden who sold our haute cuisine snags and handled the tongs with such a light touch so as not to bruise these delicacies; thank you to Michael Smith and Michelle Kaal for organising the Tasmanian Regional Arts Markets, and to all the stall holders who participated; Wendy Fowler whose dhal was a great accompaniment to the other culinary delights; the East Coast RC Flyers whose display of planes gave a new dimension to the intricacies of aeronautical engineering. The Guild would like to give a special mention to Jennifer Tol (Geoff Springer's sister) who handmade bags for us to sell to help with fundraising, and to Maree and Mark Owens for the colourful jumping castle and Maree's clever face painting skills.

We would like to give a special acknowledgement to Marcus Hall who entertained the crowds with his tool sharpening expertise ... especially as Marcus is still recovering from his recent accident. Thank you to all the shops that displayed our posters - The Coach House, Mt Elephant Fudge, Second Hand Rose, Evelyn at the bakery, Mark and staff of the IGA, Tim from Caffeine Surfer, the St Marys Pharmacy, Madd Mudd, the Caltex Garage and the Purple Possum. Thank you to Ian Summers for opening up the museum, Break O'Day Council, Wendy Dawson and all the volunteers from the Valley Voice, Glyn, StarFM, The Coastal Column, Tracy Macdonald, Geoff Springer, Marcia, George Wyrostek, Andrew Wallace, Chris Ogden, the Fingal Valley online centre and our poster girl Lorraine Gill.

Although Mark Sheldon and Guy Barnett have tight schedules we all appreciated their attendance. A special mention of praise to one of our longest serving members, Col Mackenzie, for all his invaluable input and support throughout the year. To the community of St Marys your loyalty is expressed every fair and is very much valued.

Finally to the Sizzler King our President Reon Johns whose dream it was to keep old woodworking techniques available for the next generation to learn and enjoy..... we all say thank you.

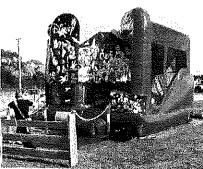
Wendy Brennan, Secretary

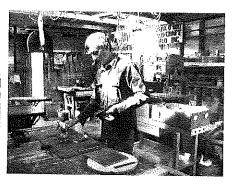


















# THE VALLEY AND EAST COAST VOICE INC 47.23



## Healthy House Walking Group

March 21st Flagstaff Hill: Walkers met at Lions Park for the walk up Flagstaff Hill. The group set off through the open ironbark forest, following the bush-tracks until they petered out on the lower slopes. Then we followed an unrelenting ascent, up the rocky north-east ridge, with ever-increasing vistas of the surrounding countryside and the bay. The summit was reached in time for an early lunch and a restful appreciation of the view down the bay and out to the open coast. Eventually, when lunch had settled, the descent was begun, firstly by way of the rough road and then diving into a deep gully and following a track up the other side. This completed the loop and there remained only a short walk back out to the main road at Lions Park. (Contributed by: Alex Buchanan)

April 1st Skeleton Point: The walk started with some debate about the origin of the name "Skeleton Bay", however the matter was soon settled by contacting the History Room at St Helens Information Centre who confirmed that the bay was named after a whale had been washed ashore near there and whose skeleton remained for many years. A few bones from the whale are on display at the History room. Our group took time to enjoy the beautiful scenery and take photographs of the lichen coloured rocks at various vantage points. This delightful short walk would suit most ages and has a few modest rises to stretch the hamstrings. We walked through an understory of She Oaks and coastal heath with shade most of the way, and made Skeleton Point in about 40 minutes of relaxed walking. We opted not to do the additional Grants Point walk which would have added about another 30 minutes to our time. On our return we spotted a family of sea eagles hovering overhead, no doubt looking for a morsel along the shore line. Skeleton Point is accessed via the Skeleton Bay car park and also from the Dora Point car (Contributed by: Gordon May)



Skeleton Bay Walk, photo by Gordon May



Maurouard Beach, photo by Dale Ayers

March 25th Marouard to Jocks Lagoon Beach Walk: Members participating in the Wednesday walk to Jocks Lagoon enjoyed the sunny weather, the trudge over the marram-grass dunes and the stroll along Maurouard Beach at low tide. St Helens Island and Paddys Island were clearly visible offshore with The Elephant and Paddys Head in the distance. At Jocks Lagoon, after a dry summer, the water was low enough to expose a narrow beach for most of the way around, otherwise stretches of scrub, buttongrass, wet sedgeland and heathland provided highlights and obstacles by which to remember the walk. On the last leg back to the cars, a little brown bird, warbling in the undergrowth, proved impossible to identify. The group returned to St Helens in time for lunch. (Contributed by: Alex Buchanan)

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















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# Forestry Tas shops for green credentials to give wings to plan to trash Swift Parrot By Thom Mitchell 18 Apr 2015

Tasmanian Authorities have again been called out for failing to protect the endangered Swift Parrot, with three prominent environment groups yesterday slamming Forestry Tasmania for disregarding scientific warnings to make way for the logging of its last sanctuary.

Even as the government corporation seeks to be certified as a sustainable forester, it is reportedly fishing for a green group that will give wings to its plans to log in contravention of scientific evidence.

The outcry follows an earlier debacle, exposed by Environment Tasmania late last month, which revealed the Tasmanian Department of Primary Industries, Parks, Water and Environment ignored its own scientists' expert advice and forged ahead with the logging of key breeding habitat.

Loss of breeding habitat is acknowledged as the major threat to Swift Parrot survival, and scientists, including the Tasmanian government's own, say we just can't afford to destroy any more.

On Thursday, the Tasmanian Conservation Trust, Markets for Change, and the Bob Brown Foundation slammed Forestry Tasmania, accusing it of trying to 'ambush' green groups into backing its plans to continue the logging of breeding habitat.

At least five major environment groups active in Tasmania say that if Forestry Tasmania received certification from the Forestry Stewardship Council, a recognised international body, it would effectively condone an organisation which is driving the bird to extinction.

After a study from scientists at the Australian National University predicted the species will decline by 95% in three generations, or 16 years, a recommendation that the bird be listed as critically endangered is currently being considered by the federal government.

The study forecast that numbers will halve every four years, and the researchers called for a moratorium on logging. It is thought that less than 2,500 Swift Parrots survive in the wild.



Photo by Henry Cook

The small, colourful bird migrates from the mainland each year to breed in Tasmania. It's the longest known migration of any parrot, but continued logging of Tasmania's old-growth forests has seen the unique bird, which is also Australia's fastest-flying nectar-eater, winging its way rapidly towards extinction.

Last year, a separate study broke new ground when it discovered yet another threat - Sugar Gliders.

According to the study on Sugar Glider predation, just 17% of Swift Parrot nests survive the 60-day breeding period on Tasmania's mainland, and logging exacerbates the threat by thinning the canopy.

But there is one place where the Sugar Gliders haven't reached - Bruny island, off the southern tip of Tasmania. It's a sanctuary Forestry Tasmania is already logging, and plans to log further.

Conservation groups say that's a death warrant for the Swift Parrot, which the study found had 100% breeding success on Bruny Island, away from Sugar Glider predation.

And the impotent efforts of Tasmanian authorities to save the species are not just bad for the bird. For years Forestry Tasmania has been trying to get the green light from the Forest Stewardship Council, which would certify its products as meeting key environmental standards.

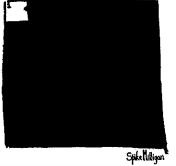
This green credit would give the loss-making Tasmanian forestry industry a much-needed boost, as retailers and

consumers increasingly look for ethical and sustainable timber products.

(continued on page 19)



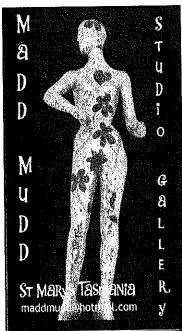
Colonial Strollers meet Madd=Mudd



Crosswords for Idiots

Across
1. The indefinite article
Down

1. First letter of the alphabet





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#### MANGANA.

The holiday passed without any excitement whatever - no sports or cricket match, and only a small picnic. Last week two miners at the Twilight succeeded in killing a fine native tiger. It was caught in a snare, but on the approach of Messrs. George Ward and J. Smith it broke away, but was soon overhauled by a kangaroo dog. A grand tussle ensued, but the tiger was handicapped by receiving the contents of four discharges from a gun, and after a game struggle killed. It measured 6ft. from the nose to the tip of the tail, 3ft. in girth, and 2ft. 9in. high, and although the teeth were quite competent to do any amount of damage amongst Messrs. McKenzie's and Hewitt's flocks, their worn appearance testified to its great age. The head and paws were taken to Fingal to claim the Government reward.

Mr. Hy. Lyne, the Council Clerk at Fingal, is at present in Melbourne, whither he has gone to compete in the International Rifle Meeting. His friends wish him every success, and hope he will uphold the honour of Tasmania and his club. Satisfaction is expressed at the improved yield at the last crushing at the Twilight mine, yielding as it did at the rate of 17 ½ cwts. to the ton from a crushing of 70 tons. Shares in the company have shown a downward tendency for a considerable time, and the improved prospect should tend to check any further decline.

As in other parts of Tasmania, this season is proving a remarkably good one for the farmer in the Fingal district. There are showers almost every day, with a total absence of late frosts, which play such havoc with the fruit. Mr. Robert McKenzie's farm is looking particularly well, and he states that he has not known such a favourable season for 20 years, in fact the growth is too luxuriant.

The Mercury, November 15th 1889

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What 11 letter word is most spelled incorrectly?
Answer next issue.

On this day in 1921 - Charles Paddock (right), a Marine Corp captain from Texas, runs a world record 100m in 10.4 secs.



#### THE VALLEY AND EAST COAST VOICE INC 47.23

(continued) "Forestry Tasmania has not actually been prepared to confront the enormity of the change they need to make in their operations if they want to get FSC certification," CEO of Markets For Change Pegg Putt said. "They've tried to greenwash over their deficiencies."

In fact, Forestry Tasmania appears to be shopping around looking for an environment group that will help them get certification.

"It's quite manipulative - what we've described as an ambush tactic," Peter McGlone, Director of the Tasmanian Conservation Trust, told New Matilda. "The way they're trying to deal with it is they're ringing up some conservation groups, not ringing up other conservation groups." The reality is, though, that further logging of breeding habitat will badly undermine the species' chance of survival. They're really trying to get people who will support something that will support their management approach."

The Tasmanian Conservation Trust and at least one other group have been approached, and environmentalists suspect that Forestry Tasmania has also tried to attract the support of key scientists, and that other meetings are in the offing.

The Tasmanian Conservation Trust, Markets for Change, and the Bob Brown foundation last year made a jointly prepared submission to the auditors who will decide whether to grant Forestry Tasmania certification, a copy of which has been obtained by New Matilda.

The bid for final certification has been pushed back by a month, they say, as Forestry Tasmania works to address issues identified in a draft audit.

"Stakeholder feedback plays a massive part in the certification process," a spokesperson for the Forestry Stewardship Council assured New Matilda, but the groups that will largely inform the auditor's decision are far from impressed.

"We understand that Swift Parrot conservation is one of the [eight] issues of non-compliance found by auditors SCS Global," McGlone said. "We must have this confirmed by Forestry Tasmania and know the context prior to meeting, especially the relevance of our input to any FSC certification."

The groups say that no level of logging of Swift Parrot habitat is acceptable and that they have notified FSC of the "serious adverse impact" logging on Bruny Island will have, impacts which it says "contravene several key principles and criteria of FSC".



Habitat crucial to the Swift Parrot, which Forestry Tasmania wants to log.

Another Bruny Island coupe is due to be logged beginning in October, a move which has been roundly condemned. A spokesperson for Environment Tasmania said all logging of breeding habitat should cease, describing the logging on Bruny Island as "particularly insidious".

"To even be considering it just seems reckless in the extreme," he said.

The Wilderness Society said it agrees with Environment Tasmania's position.

"If they were in any way serious about their commitment to protecting Swift Parrots they would immediately halt all logging of Swift Parrot habitat on Bruny island and for them not to do so is just atrocious," a spokesperson for Birdlife Australia said. Earlier this year, Birdlife Australia wrote to the auditor, identifying a number of issues of noncompliance with FSC standards and adding its voice to the chorus of organisations recommending against certification in the absence of better plans.

The interim plan Forestry Tasmania has submitted to the auditors "maliciously misconstrues the criteria they were meant to address," according to the Tasmanian Conservation Trust.

The plan fails to recognise large areas of known Swift Parrot breeding habitat, including Bruny Island.

"It's like doing an exam question where you re-write the question then go on to write an answer that's really simple to write." McGlone said.

Further, "Forestry Tasmania have failed to incorporate the results of new scientific information and change their management plan to respond to the new environmental circumstances that have been revealed by research into Sugar Glider predation on Swift Parrot nests," the joint submission to the auditor said.

Given the fact that the success rate of breeding is 73% greater on the island, and 83% of adult females were also killed where glider predation was present on the mainland, the submission argues it should be classified as 'refugia', which is the highest classification.

Forestry Tasmania declined to be interviewed for this story, but it, and successive governments, have increasingly seen certification as a priority due to the market's growing desire for sustainable and ethical timber products.

"It's just very clear that consumers care a lot about endangered species and they don't want to see products arising from the destruction of the habitat," Putt said. "It's just sort of '101 how it works' in markets these days. Unfortunately we've got a government corporation in Forestry Tasmania here that thinks you can somehow green over that."

A decision on Forestry Tasmania's FSC bid is expected in May.

https://newmatilda.com//2015/04/18/forestry-tas-shops-green-credentials-give-wings-plan-trash-swift-parrot

#### ACROSS

- 1. Dash
- 5. Not those
- 10. Comply with
- 14. Historical periods
- 15. Aspirations
- 16. Constellation bear
- 17. Impertinent
- 19. Armored vehicle
- 20. Short sleep
- 21. Map within a map
- 22. S S S S
- 23. Gist
- 25. Small islands
- 27. Born as
- 28. Loyalties
- 31. Casts
- 34. Desires
- 35. Conceit
- 36. Anagram of "Seek"
- 37. Polka or samba
- 38. Envelop
- 39. Children's game
- 40. Flatboat
- 41. Outbuildings
- 42. Dumps
- 44. In song, the loneliest number
- 45. One after eighth
- 46. Deprive of oxygen
- 50. Encrypted
- 52. Cowboy movie
- 54. Lyric poem
- 55. "What a shame!"
- 56. Turbulent
- 58. Flippant
- 59. Comment to the audience
- 60. Religious offshoot
- 61. Kind of bean
- 62. Monster
- 63. Visual organs

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#### **DOWN**

- 1. French for "Queen" 18. Creepers
- 2. Tapestry
- 3. Quibbles
- 4. East southeast
- 5. Therefrom
- 6. Steed
- 7. Type of sword
- 8. Awareness
- 9. Eastern Standard
- Time
- 10. Beginning
- 11. A woman's
- undergarment
- 12. Feudal worker
- 13. Wild Tibetan oxen
- 32. Alright 33. Fabled

22. L L L L

26. Satisfy

28. Eyeteeth

30. Absorbs

31. Distribute

24. Terminates

29. Quaint outburst

- 34. Depot
- 38. Sharpen
- 37. Blowgun missile 53. Dogfish
- 51. Margarine
  - - 56. Bar bill

40. Agent 007

41. Sound of

44. Egg dish

47. Nonsense

49. Relaxes

50. Hats

48. Draw forth

43. Afternoon nap

46. Wall uprights

contempt

57. Utilize

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0	P	
N	(0)	E

#### Solutions next issue

How many words can you find? Each word must contain the central P 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: 29 words. Good: 22 words. Average: 17 words.

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	6			3	7			
	8			5		6		
	9	3		1		8	2	
-		1		6			7	
			1	2			4	
						2		
3			5		6			9



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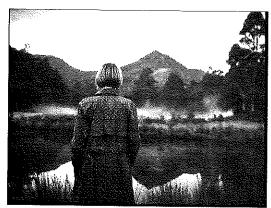
#### The Kettering Incident

The Kettering Incident is an adult drama television series by Porchlight Films and Sweet Potato Films, with writing by

Victoria Madden, Louise Fox, Cate Shortland and Andrew Knight. It was directed by Rowan Woods and Tony Krawitz, and the executive producer was Penny Win. The series will air on Foxtel in Australia and BBC Worldwide internationally and is planned to consist of eight one hour episodes.

The story of The Kettering Incident begins as Doctor Anna Macy finds herself inexplicably linked to the cases of two girls who have mysteriously disappeared in identical circumstances in the wilds of Tasmania 15 years apart. To clear her name, Anna must delve into her troubled past and face some truths about herself and the otherworldly nature of this gothic land.

The series was filmed in and around the town of Kettering and Bruny Island, and was announced in February 2014 by the then Premier of Tasmania during a press conference in Kettering. It has been jointly funded by Screen Australia, Screen Tasmania, Foxtel and a broadcasting rights advance from BBC Worldwide, and was budgeted at \$15m.



Still shot from 'The Kettering Incident'

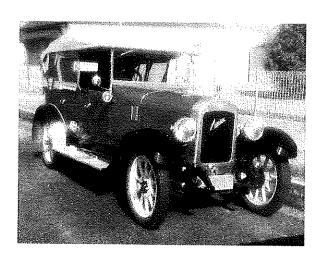
The Kettering Incident will have it's world premiere at the prestigious (and ridiculously cool) Dark Mofo - Hobart, 10th June 2015.

The lovely voice of Susannah Coleman-Brown, formerly of Cornwall and leader of 'Conceol' (the local choir who sang at various venues in Tasmania) is featured in this series, singing one of her tracks 'Don't Run'. Susannah is ably assisted by great local musicians Pete Cornelius, Simon Holmes and Beau Thomas

facebook.com/sweetpotatofilms?fref=nf



A couple of very attractive visitors to St Marys on April 15th, Photo by Editor.



#### Last edition's solutions

All words: abets, abodes, abs, adepts, adobes, adoptees, adopts, ados, ads, aedes, apes, apods, apse, as, asp, ates, bads, baps, bas, base, based, bast, basted, bates, bats, beads, beast, beats, bedpost, beds, beeps, bees, beets, beset, besot, best, bestead, bested, betas, bets, boas, boast, boasted, boats, bodes, bods, bops, bos, botas, bots, dabs, daps, dates, datos, debase, debates, debs, debts, deeps, dees, deets, depose, depots, despot, doats, does, doest, dopas, dopes, dos, dose, dost, dotes, dots, ease, eased, east, eats, epodes, epos, es, estop, etapes, etas, oast, oats, obes, obese, odes, ods, oes,

opes, ops, opts, os, ose, pads, pas, pase, paseo, past, paste, pasted, pates, pats, pease, pease, peats, pedes, peds, pes, pesade, peseta, peso, pest, pesto, pets,

podesta, pods, poets, pose, posed, post, posted, pots, psoae, sab, sabe, sabed, sabot, sad, sade, sae, sap, sapote, sat, sate, sated, sea, seabed, seat, seated, sedate, see, seed, seep, sept, septa, set, seta, setae, so, soap, soaped, sob, soda, sop, spa, spade, spado, spae, spaed, spat, spate, sped, speed, SPEEDBOAT, speedo, spode, spot, stab, stade, stead, steed, steep, step, stoa, stoae, stob, stop, stope, stoped, tabes, tabs, tads, taos, tapes, taps, tas, teas, teased, teds, tees, tepas, toads, tods, toes, topees, topes, tops, tsade.

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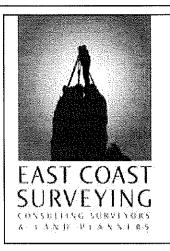
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Consulting Surveyors and Land Planners

Buying property, planning a development, unsure of your property's potential? Well we can help you!

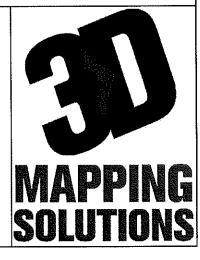
Avery House, level 1 48 Cecilia Street, St Helens Ph: 6376 1972 or admin@ecosurv.com.au

## **3D MAPPING SOLUTIONS**

Aerial photography & 3D mapping

Ideal for Real Estate sale, residential subdivisions, quantity surveys for stockpiles, quarries, farms & estates

0457 596 868 or admin@3dmappingsolutions.com.au



#### Meals on Wheels - 0488 384 344

·	 the property of the property o
April 27	Lundy Vosper
28	Valmai Spencer
29	Lorraine Gill
30	Heather Griffiths
May 1	Drew Adam
4	Karl Balzer
5	Louise Keady
6	Lundy Vosper
7	 Sonya Allison
8	Lorraine Gill

#### Tip locations and opening hours

Ansons Bay	Scamander, Coach Street
Long w/end Mon 12 - 4	Tues & Thurs 10 - 4
Wed & Sun 12 - 4	Sun 2 - 5
Fingal, Mathinna Road	St Helens, Eagle Street.
Tues & Thurs 10 - 4	Open 7 days 10 - 4
Sun 2 - 5  Pyengana, Tasman Hwy  No builders' waste please  Wed 9 - 1	St Marys, Gray Road 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 & Eng 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 11.15am 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



Sun 2 - 5



# I'm NOT a Domestic Goddess!

Come and join us for a fun, relaxed, social evening for ladies of all ages.

Be spoiled, pampered, encouraged and indulged.



St Marys Hospital Day Room —
up the ramp at side
Questions & Directions
Contact Christine Waters 0410 441 558
please RSVP for catering purposes
(an initiative of the Break O'Day Anglicans at St Marys)



Workshops open to all ages, so... see YOU at the St Marys
Community Hall ....

# "Come along and learn the art of"

Saturday 2nd May, 2015 2–3pm "Amazing Video"

BYO Mobile Phone or Tablet \$10 Members / \$12 Others

Saturday 16<sup>th</sup> May, 2015 1.30–3.30pm "**Tie-Dye**"

> BYO White cotton items \$12 Members / \$15 Others

Sunday May, 2015 1–3pm "Plarn" – Crochet

BYO Plastic Bags \$12 Members / \$15 Others (Crochet Hook Supplied – 25 plastic bags makes a hat. You choose what to hook!)

> Light afternoon tea supplied Bookings & Enquiries: Michelle 0407 046 865 e: bodregionalarts@gmail.com





# ST MARYS MARKET

Break O'Day Regional Arts

Saturday 2nd May, 2015 St Marys Community Hall 9am-1pm



Our stallholders have: Art, craft, books, leatherwork, candles, jewellery, handmade, homegrown, clothing, beautiful things, (nice) smelly things and scrumptious things

Bookings & Enquiries - Michael (03) 6372 2056 / 0407 046 865 e: bodregionalarts@gmail.com





# 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 <u>scripts are no longer able to be</u> 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** 23/4/15—8/5/14

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

> **Dr L. Reeckman** Women's Health Clinic 30 April & 1 May 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 23/4/15

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 is taking bookings for our <u>FLU VACCINATION CLINICS</u> during April/ May 2015.

#### Next Clinic is: Thursday 23 April 2015

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

There will be more Flu Vaccination Clinic Days depending on Community demand.

# COMING SOON Mobile Fresh Fruit and Vegetables



- Main St Avoca Wednesday morning
- ► Main St Fingal Wednesday afternoon
- ► Todd's Hall block **St Marys** Thursday morning
- ► Scamander Thursday afternoon
- ► St Helens wharf Friday morning
- ► Falmouth & Four Mile Creek Friday afternoon

Phone 0478 565 040 for more information



#### ST MARYS IGA SUPERMARKET

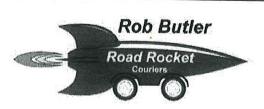
In the centre of town, at the heart of the community

38 Main Street Ph/Fax 6372 2240 Butcher 6372 2274



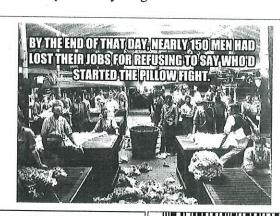
#### Specials from 22nd - 28th April Specials from 29th April - 5th May Butchery per kg Butchery per kg Leg of Lamb 9.99 Rump steak 13.99 Blade steak/roast 10.99 Topside beef roast 10.99 Lamb bbq chops 9.99 Casserole steak 10.99 Ingham chicken drumsticks 3.99 Lamb loin chops 15.99 Nichols whole bagged bird 4.99 Ingham marinated chicken wings 6.99 Shelves For Our Pets Kleenex cottonelle toilet rolls 8pk 3.49 Schmackos beef straps bonus pack 750g 8.99 Skippy corn flakes 500g 1.99 Chum canned dog food 1.2kg 2.49 Continental cup-a-soup 2pk .99 My dog tray 100g .99 Moccona coffee sachets 10pk 3.69 Whiskas canned cat food 400g 1.25 Andersons tea cup bags 100g 2.49 Whiskas vita-bites 1kg 4.19 Cool room & Freezer Under \$2 ea Devondale soft butter 500g Miracle margarine 500g 3.49 1.49 Bega super slims cheese slices 500g 4.99 Blast dishwashing liquid 400ml 1.39 Fruche 2pk Devondale long life milk 1L 2.99 1.35 McCain beer batter steak fries 750g 2.99 Balducci pasta 500g 1.25 McCain pizzas 500g 4.99 McKenzies split green/yellow peas 1.49 /pearl barley 500g

A man named Armand Hammer coincidentally ended up on the board of directors for Arm & Hammer



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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