

THE VALLEY & EAST COAST VOICE

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Thursday 3rd March 2005 50 cents

Five years on

'St Marys Celebrates Lymphoedema Clinic', was the headline of The Examiner article published on 29th February 2000. Now five years later St Marys celebrates the Lymphoedema Clinic again.

So much has happened since I first developed lymphoedema following successful treatment for cancer in 1999, it is hard to know where to begin.

Over the week of the 14, 15, 16th February 2005, Professor Neil Piller, Lymphologist from Adelaide's Flinders University came to St Marys once again to assess patients with this condition.

As Professor Piller writes on 21.02.05 - "We hope that the assessments were useful to all those who attended and that they help gain better and more targeted treatment. We were also very happy to see that people at risk of lymphoedema were also attending - really that is what we should be doing more often, checking out people before they get their problems!"

We from the TLC were also very happy to see such a number of people attend those very busy days. It was lovely to see so many familiar faces and friends, and catch up with all their news; but also very pleasing to see many new faces and hear how pleased everyone is about the clinic. The very positive comments about the area and what it has to offer these individuals and families. Though no-one is ill with this condition, it nevertheless has totally shaped the rest of their lives and TLC is what is required - some excellent treatment and a short holiday in beautiful surroundings.

The TLC Inc. Committee had hoped that Professor Piller could have been available to help celebrate the big five year event, but unfortunately he will be on the move again. This peripetatic scientist is in much demand the world over, so we were pleased indeed to have Neil and wife Toni here for the assessments and we will celebrate our birthday on 21st March. We can do that! Were my thoughts in Adelaide in 1998, but I was naïve, pleased and excited by the ideas. Some 6 months later, in April '99 we in St Marys hosted the first lymphoedema workshop. Professor Neil Piller and his team from the

continued next page



St Marys Clean Up Australia Day Sunday 6th March

**Put away rubbish for good
It's fun, easy and YOU can take part.**

The Lions Club of St Marys invite you to take part in Clean Up Australia Day.

Areas to be 'cleaned up' are Cornwall turnoff into town, top of St Marys Pass into town and from the Cemetery back into town. A number of volunteers will be required to cover these roadsides.

All participants need to meet at the Lions Park in the centre of St Marys at **8 am** where you **must register** before taking part. You will then be driven to your starting point.

Volunteers will form three groups, so get your friends together and come along and take part in this community effort to clean up the approaches to our town.

Arriving back at the Park, the Lions Club will provide a sausage sizzle lunch for the 'clean up' workers.

Bring along your hat, gloves, sunscreen and water bottles (collection bags will be provided) and be prepared for a good mornings fun!

For more info:

Phone 6372 2783 or 6372 1010

Inside reading:

- ◆ TLC five years old and going strong!
- ◆ What's on and where
- ◆ St Helens water
- ◆ Forestry Tasmania and South Sister
- ◆ Local sport
- ◆ More from SOS

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Scamander Beach Surf Shop

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scamandersurf.com



St Helens Water

Stephen Salter Mayor of Break O'Day Council calls for all those involved in the adverse and damaging statements by the AMA regarding the quality of the water in St Helens to apologise.

The water report had been submitted by water scientist and local GP to AMA Tas and AMA Australia. Dr Michael Aizen in his press release dated 28 February 2005 states that there were a number of serious methodological flaws in the report and that there was no evidence of adverse health effects.

Mayor Salter said that a totally irresponsible position had been adopted and widespread damaging publicity has resulted all over Australia.

Dr Aizen claims that it has sparked wide interest in issues such as water and health and that this was a good thing.

Mayor Salter said that the health and well-being of our community has been and always will be number one priority.

What about the effect the emotive nonsense had on our community and the impact on the economic well-being of Break O'Day.

Mayor Salter said the AMA and those prompting this nonsense should apologise. The remarks have lacked professionalism and credibility.

Five years on

continued from front page

Flinders Medical Centre came, spoke, demonstrated their methods to some 70 patients and their carers, and 22 healthcare professionals. The weekend was so successful that we commenced fund raising for the laser straightaway. Within 6 months, following many a soup and sandwich fund raiser we were the proud owner of the first 3B bio-stimulation laser in Tasmania.

To make a list of all those who contributed would fill the next ten pages of the Valley Voice! Many will remember the ups and downs with red tape, nevertheless 28th February 2000 saw the Grand Opening, our laser in pride of place and the therapists ready for their first patients.

Later that year the TLC Inc. won the National Australia Bank award for Health in Tasmania, and in August 2002 we presented the National Convention and CDP program on Lymphoedema, with keynote speaker Professor Neil Piller BSc (Hons) Ph.D and a host of local and interstate speakers and attendees. A great success!

2003 the TLC was awarded the Break O'Day Australia Day Award for the event of the year. 2005 lymphoedema assessments and more celebrations.

Strong community commitment; to participate in ongoing research and management of lymphoedema; to work in cooperation with other Health Professionals and to recognise the special training of our Therapists has led to a centre of excellence! The behind the scenes efforts are no less exceptional. As erstwhile Tasmanian Liberal Senator Jocelyn Newman stated in her opening address "...I am proud of you and what you have achieved and you should be too!"

Apart from Neil Piller and his belief in our ability to set up a centre of excellence, I am not going to single out anyone for special acclaim – there are too many, but thanks one and all for a truly great experience.

Jan Sparkes

St Marys Community Child Care Centre

The future of the Centre is uncertain

A public meeting is being held on **Tuesday 15th March at 7 pm** in the Day Room of the St Marys Community Health Centre.

Please access by external walkway.

The needs of this community and your opinions are essential in determining the future of the Child Care Centre.

Please come along and have your say.

Valley Voice notice

If you wish to have articles or advertising placed in this paper, it would be most helpful if you could **PLEASE** meet the Tuesday deadline.

Next paper deadline is **Tuesday 15th March '05**

Subscribers to the paper are reminded that the 2005 mailed subscription of \$25 is now due.



GUIDES
AUSTRALIA
TASMANIA

St Marys Guides starting up

Tuesday 8th March 3.30 pm to 5 pm
St Marys Community Hall (back room)

All girls 6 years and over welcome.

So come along and have fun.

For more information please ring either:
Gaylene 6372 2654 or Alana 6372 2145

Community notices

Tasmanian Lymphoedema and Laser Centre Inc. next meeting is Monday 21st March at 10 am followed by the AGM.

North East Bioregional Network meeting Tuesday 15th March, Escape Café St Marys at 4 pm.

St Marys Hospital Auxiliary meeting Monday 7th March at 2 pm St Marys Community Health Centre.

Junior tennis tournament Saturday 19th March. See tennis notes for details



Grassy Bottom Movie Night

BLADE RUNNER

7 pm @ Falmouth

Community Centre

Saturday 12th March

All tickets \$8 (Members \$7)

Bar open, snack foods available.

For Tender

Supply of 20 ton
of split dry firewood
10 ton of 8"
10 ton of 16"

Delivered to St Marys
Rainbow Retreat Eco Cabins
Call Peter 0417017105
6372 2168

Tasmanian Lymphoedema & Laser Centre Inc.

Raffle tickets \$1 each

1st prize: Accommodation 2 nights
Pelican Sands Scamander plus -
Dinner for 2 at Chancellor Inn
Scamander

2nd prize: Original artwork by
Sandy Bates

3rd prize: Pamper pack (value
\$75) - Hatton and Laws.

4th prize: Relaxation Massage -
Sue Christianson

Drawn Monday 21st March '05
@ AGM

CORNWALL NEWS: *from Jim Haas.*

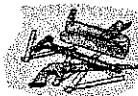
Cornwall Community Development Group had a pleasant surprise on Friday 25th February when Chris Hinds, President of the Tasmanian Branch of C.E.M.E.U.'s Mining and Energy Division met with some of our Members and Councillor John McGiveron to discuss the Miner's Memorial Wall, which is hoped to be built at Cornwall this year.

Chris was introduced to Mrs Una Camplin who explained that the Wall was a long time dream of hers, not only as recognition of all the miners who had worked in Mt. Nicholas, Jubilee and Cornwall from 1888 to the closure of Cornwall in 1964, but also as a tourist attraction for the town and indeed the whole Fingal-St Marys area. Mrs Camplin gave her ideas of what she hoped the Wall would look like with the six hundred or so names she has collected displayed on a plaque with a special plaque for those who had lost their lives in the mines during that time. If enough funding comes forward she envisages a statue of a miner with his pick and shovel and old carbine lamp on his head and at his feet a plaque with a brief history of Cornwall and its coalmining heritage.

Chris then told the meeting that his Union operated a coalmine in N.S.W and all profits from the mine are channelled back into mining communities for young achiever scholarships and worthwhile community projects.

He said he was extremely impressed by the Wall proposal put forward by Mrs. Camplin and Cornwall Community Development Group and as all other states except Tasmania had received funding, he was looking for a suitable project to start with here and he would recommend it for funding.

By the next edition of Valley Voice we hope to be able to give a time frame on the Wall and some definite details of the "Back to Cornwall Day" planned for the opening.



Out of the woodwork

Reon Johns 6372 2094

I have been asked by several people what is this woodwork guild? Well to the answer.

The committee decided at the very first meeting that we would encourage any form of woodcraft, be it making matchstick men to fine woodcarving. So if you are interested in woodturning, cabinet making, scroll sawing or a novice wishing to learn more or don't know where to start then I am sure that there will be someone to help or answer your questions.

Don't be shy if you only want to drop in for a cuppa and chew the fat!

As I mentioned last issue we are in the process of leasing the old railway goods shed. This is underway and we hope to start building benches and buying machinery in June/July when our funding comes in.

Until then we will start having a monthly meeting on the last Saturday of each month at 4 pm starting this March in the goods shed.

So if you would like to talk to the members, or join, please feel free to come along. Membership is only \$16 per annum.

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scoop, boot spoiler. Currently regis-
tered. \$3,500 ono. 0499 66878?
(incomplete phone no. given)

5 speed Ford Festiva. 167,000 km,
very good condition. \$4,500
0427 330 149

066 Stihl Magnum with spare parts,
little use since re-build. \$1,000.
359 XP Husqvarna near new \$1,000
8 Hp Yamaha outboard 1993
model, little use. \$1,000.
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2 Red heeler pups, 7 weeks old,
1 male, 1 female. \$50 each. Prefer
to go to land. Phone 0427 361 547

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beginner rider. Riding gear
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Tsunami Concert

Bicheno Lions Park (opposite school)

Saturday March 12th Long weekend 2 pm to 7 pm

Bands: Pete Cornelius
Ray Singline & The Trawl Dogs
Pictures of Health
Terese Tanner & Bruce Galbraith
The Feral Cats
The Belchers
&.....special guests !

Food: Abel Tasman Pancake Parlour
'Blue Horse' from Swansea
Bar-b-que gourmet sausages etc. Sir Loin Breir

Drinks: Freycinet Vineyard
Wine, Beer & other refreshments



A big thanks

Thankyou to everyone who has supported us during our time in the hotel.

You have all been awesome!

It has been an adventure from start to finish, to say the least.
We'd also like to thank our staff who made it all possible to keep
the whole ship afloat, we couldn't have done it without you.

Thanks again.

We welcome Paul and Jennifer Heatley
to the business and to our community.

Bruce and Julie, Michael and Darlene.

- **Thumbs Up:** - to Council workers on their prompt action on Cameron St nature strip. Well done.
- Also to the start of pavers being laid on the corner of Main Road and Storey Street.
- **Thumbs down:** - to whoever was responsible for the recently painted graffiti on the St Marys Pass rocks.
- Did you hear about the local lady who keeps the 'Preen' in the freezer and even the cat tried to get in too !
- Can you imagine anyone paying airfares, accommodation and tickets to go and see Rod Stewart then to fall asleep in his concert !!

(and no, it wasn't Charlie)

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St Patrick's Head Photo Competition

sponsored by



St Marys Lions Club

- 1st Prize \$200
- Peoples choice \$50

Enter your photo of
St Patrick's Head

Full details from Ruth at Post Office or Rod at the Escape Café.

Entries to the Escape Café before Thursday 17th March '05 and will go on display in the Community Hall on St Patrick's Day.

Ruth 6372 2231
Rod 6372 2444

Tasmanian Lymphoedema & Laser Centre Inc.



Operating from the St Marys Community Health Centre

Do you have a sporting injury, ulcer, arthritis, gout, tennis elbow ?

As well as treatment for the condition of Lymphoedema, the low level laser at the Tasmanian Lymphoedema Centre, can help with treatment of these common conditions.

Call the enquiries/bookings office on 6372 2900

Laser Therapist Kate Williams 6372 2111

Massage Therapist Sue Christiansen 6372 2111, 0418 515 419

Email: tlcstmarys@hotmail.com
www.taslymphoedema.asn.au



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Police Report

Last Thursday 24.2.05, many of you would be aware that an incident involving a bushwalker occurred at Elephant Pass. The injured walker was located by Police and SES personnel the following day. He was subsequently airlifted to hospital by Police Helicopter.

I would like to take the opportunity to personally thank all persons involved in the Rescue. A special thanks should go to those members of the public who provided expert knowledge in regard to the area searched.

Please take care on the roads, especially on the upcoming long weekend.

Road Rules

There have been several recent queries in relation to the use of skateboards on public streets, helmets, child pillion passengers on motorbikes and children in front car seats. There has been a change in Legislation for uniformity on a National Road Rules basis, as a result I will provide a brief overview of the general rules from the *Australian Road Rules & Regulations - Legislation Acts (Tasmania)*. (For full details and information you can access the internet site on www.thelaw.tas.gov.au Rules: 238(1,2), 271(2), 240(1,2,3) 241(1), 242(1), 250(1,2), 256(1,2), 257(1), 266(1-7), 268(1-7), 370(1-3), 371E. Available free of charge to the public.

Please remember that these Rules and Legislation are for your own safety & protection.

Wheeled Recreational Device (includes skateboard/rollerblade-skate/scooter etc.)

(Does not include pram, trolley, bicycle, wheelchair).

A person on a Wheeled Recreation Device is deemed to be a pedestrian (Rule 238)

Cannot be ridden on public roadways with centre white line markings, or on open roads with signed speed limits above 60km p/h or by children under 12 years of age. Helmets not required but recommended for all wheeled recreational devices.

Wheeled Toy (child's pedal car/scooter/tricycle or similar toy)

Applies only when used by a child under 12 years of age. Never to be ridden on roadways.

Motor bikes: Safety of child / pillion passengers (any age)

All pillion passengers (including children) can sit on rear bike seat as long as their feet are fully rested (not just touching) on the fitted pillion "pegs".

Wearing of seatbelts by passengers in a motor vehicle

(over 1 year of age)

Children must be restrained in a suitable "approved child restraint" that is properly fastened and adjusted, or occupy a seating position fitted with a suitable seatbelt, (conductive to their age and size). (It is recommended that children sit in the rear seat of a motor vehicle).

(Under 1 year of age). To be restrained in a suitable "approved child restraint" (capsule) that is properly fastened and adjusted.

All restraints must be compliant with Australian Standards AS 1754.

Helmets

Must be worn by all motorcycle and pushbike users at all times (this includes pillion riders)

All motorcycle helmets must be compliant with Australian Standards AS1698-1988. Pushbike helmets must be compliant with Australian Standards ASNZS 2063.

Bob Baker - Sgt St Marys Police

Eating with Friends

At: Fingal Valley Neighbourhood House

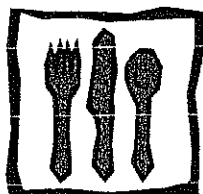
Why don't you come along and see what all the fuss is about.

We offer:

GREAT MAIN MEALS, followed by MOUTH WATERING DESSERTS

We usually have lucky seat or door prizes and little give-aways / presents or surprises.

The staff and volunteers at the "House" do our best to make sure that you enjoy the day with great food and companionship with the lovely people of the Valley and Coast.



IF YOU NEED TRANSPORT PHONE THE OFFICE 63742344 AND WE WILL ARRANGE A LIFT FOR YOU
Every one is equal and all are welcome to attend regardless of age, race, religion etc., etc., etc.

DATE: Easter Thursday 24th March at 12 noon

RSVP by 17th March Cost \$10.00

Heritage Wall for Miners

As things stand at the moment.

Many thanks to the many who have either rang or written to me. Your words gave me a good feeling. I have 620 names - I hope I haven't missed anyone. The media and organisations are behind the project and offering help.

Because of illness, the gales a few weeks back and holidays, we cannot have the Wall erected in April as we had hoped but the date now will be sometime in September.

Una Camplin.

REUNION

St Marys District High School

A reunion for the students and teachers of the 1979 and 1980 classes who attended St Marys District High School is being planned. We are hoping to hold a 25/26 year reunion in October 2005 in the Launceston area.

In order to receive an invitation by August, any students and teachers are asked to phone or mail their details by April to either:

Janine McGill

P O Box 133

Fingal Tas 7214

Ph. 6374 2269

Dale Ridgers

P O Box 13

Scamander Tas 7215

Ph. 6372 5620

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Pork spare ribs	\$8.49
BBQ steaks	\$7.99 kg

Next Week:

T Bone	\$14.99 kg
Hamburger Mince	\$5.99 kg
BBQ steak	\$7.99 kg

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NEW PARTNERSHIP BETWEEN TASMANIAN SCIENCE AND TECHNOLOGY COUNCIL AND TASMANIA TOGETHER ENCOURAGES A COMMUNITY VISION OF ENTERPRISE, INNOVATION AND EXCELLENCE.

The Tasmanian Science and Technology Council and Tasmania *Together* have joined forces to pursue their common goals with the signing of a Partnership Agreement at CSIRO Marine Research Auditorium.

The Partnership was launched by Associate Professor Brian Yates, Chair Tasmanian Science and Technology Council and Tasmania *Together* Progress Board Member, Mr Ian Kennett. Ms Maxine Griffiths, CEO- Volunteering Tasmania, also spoke on how her organisation had benefited through developing partnerships.

The Tasmanian Science and Technology Council is the key advisory body committed to pursuing the strategic and sustainable growth of the science and technology industry sector. The Council's membership is drawn from industry and research areas of science and technology.

Assoc. Prof Yates said, "Science and Technology are critical to our state's future prosperity. The sector is a major driver of innovation. It is essential that we strengthen our industry research partnerships so that this sector can continue to contribute to the Tasmania's continued growth, environmental sustainability and social well-being."

"Industry research partnerships underpin sustainable economic growth and management of social and environmental challenges," he said. "The Council is excited by the opportunities that the Tasmania *Together* Partnership Agreement presents to foster connections between business, community, academic institutions and community organisations and to work in a focussed way to progress common goals," said Prof Yates.

Mr Kennett said "The Science and Technology Council exemplified what Tasmania *Together* was all about -coalitions of representatives from different sectors committed to working together to achieve common goals.

It is this working together around shared goals that is helping to forge the community Tasmanians aspire to."

The Science and Technology Council joins a growing group of business and community organisations to become Tasmania *Together*'s 17th official partner working to achieve specific goals and benchmarks.

Mr Kennett said "this partnership adds greatly to Tasmania *Together*'s capacity to have input from, and remain relevant to, the science, technology and industry sectors around the State."

Under the Partnership Agreement, benchmarks that TSTC will be specifically working to achieve include:

- Bmk 4.1.3: School retention rate: grades 7-12
- Bmk 4.2.1: Number of Post-graduate research students
- Bmk 4.2.2: Performance of school students against national benchmarks
- Bmk 8.1.2: Proportion of 15-29 year-olds leaving the state
- Bmk 16.2.1: Science and Technology, research and development expenditure
- Bmk 17.1.1: Increase employment in science and technology measured by employment in relevant sectors as a percentage of total employment
- Bmk 17.2.1: Implementation of a science and technology strategy
- Bmk 17.3.1: Number and value of research and development outcomes that have been commercialised
- Goal 18: Ensure education and training provides our work force with the skills to support our business and industry
- Bmk 18.1.1: Level of participation in VET, tertiary education and industry
- Bmk 18.1.2: Retention from year 10 to year 12
- Goal 19: Have an internationally focussed business culture that creates business investment and growth and encourages enterprise, innovation and excellence
- Bmk 19.3.1: Export values
- Bmk 19.3.2: Private and public investment
- Bmk 19.3.3: Growth in the number of small businesses
- Bmk 19.3.4: Number of business start-ups

For more information please contact:

Simon Boughey, Tasmania Together 6233 3760 or 0419 871 824

Assoc. Prof Brian Yates, Chair Tasmanian Innovations Advisory Board on 6226 2167

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| ● Land clearing | | |

Please join us for a
*Weekend Peace
Gathering*

Date: Saturday 12th & Sunday 13th March

Venue: Manna Park Retreat (phone for directions)
Upper Scamander Rd, Upper Scamander.

A unique, pristine environment set amongst tranquil surroundings and wild-life (no dogs please)

Camping or floor space available for overnight stays, bbq facility, bring your own bedding and food to share for meals.

Program: Saturday 12th March

10.00 Meditation

Guided by Venerable Lama Soten,
Buddhist Centre

12.-00 Shared lunch and afternoon of leisure

4.00 Peace Pole Planting

Dedication to Tsunami affected area

6.00 Shared Dinner

Evening Buddhist Healing Ceremony guided by
Venerable Lama Soten

Sunday 13th March

10.00 Jenny Funston, Goia Peace Foundation
A workshop day involving Mandala
and "IN"

Demonstration and shared lunch

Contact: Leni (Manna Park Retreat) 6372 5215
Aiya or John 6372 5395 or Louise 6376 1178

**Small donations greatly appreciated for
sessions and venue facilities**

The Say *by Cagerattler*

Splitting chips

One of the most emotive and passionate debates in years for our community is that of the proposed logging of South Sister. As you read this the matter is still largely unresolved to common satisfaction. Due to the nature of the whole thing and regardless of the final outcomes there will likely be many angry disjointed townsfolk.

What a dreadful shame this is and it's even to the point of friends against friends in a few cases.

I can honestly say that by myself listening to local people on both groups and taking in radio and newspaper comment I still cannot commit to either side with total confidence that they are right. This surely suggests that it is a complex matter if you want to understand it. In a way strange as it may sound, I'm glad I feel this way because I expect if I were on the side that the decision fell foul of I'd too be extremely disappointed.

I suggest that perhaps the only way this will truly be resolved by way of the correct and unbiased decisions on what eventually takes place is that a totally independent review tribunal that takes into account all the opinions and qualifications of experts representing both sides. There cannot be any vested interests or pre-conceived ideas involved.

I also put it that whilst an initial hearing is pending at the moment and due to be heard at the end of this week that both the protest group and the logging proponents cool their heels so to speak.

At the same time a cessation of activities by both groups whilst observing the regulations and laws of the land would no doubt be the right thing to do.

Sooner or later a decision or decisions will be made on South Sister, hopefully one that will suit most and be correct factoring in all the issues involved.

Then we must all put it behind us and get on with other things otherwise it will fester away for years. No-one would want that.

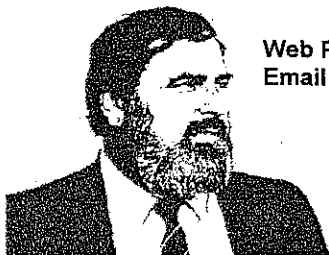
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Forestry Tasmania – South Sister

South Sister, a peak near St Marys on Tasmania's East Coast, lies within a patchwork landscape characterised by a variety of land uses, such as agriculture, coal mining, tourism, the township of St Marys, and state and private forestry. South Sister has been sustainably managed as State Forest for many years, and selective harvesting in the past has created a landscape that is now valued by the local community.

Recently, there has been some community concern about Coupe NI 114A, which Forestry Tasmania plans to harvest in 2005. The coupe, which lies below South Sister peak, is managed as multiple use forest, and is available for sustainable production forestry under the Regional Forest Agreement. South Sister peak itself is within an informal reserve, to protect flora and landscape values, and will not be harvested. The coupe will be selectively harvested (not clearfelled) and will be naturally regenerated back to native forest. No chemicals, including 1080 poison, or high intensity burning will be used to assist regeneration.

The planning prior to harvesting has been extensive and has considered all of the special values to be managed within the coupe, such as flora, fauna and landscape. As part of this special values management, we have reduced the planned harvest area from 163 hectares to 108 hectares. This has resulted in foregone revenue to the Tasmanian economy of \$0.5 million, but has ensured that non-economic values are balanced against the need for wood production.

Forestry Tasmania has consulted closely with the community while planning the harvesting operation, and has taken all issues raised by the community into consideration in preparation of the forest practices plan.

Forestry and conservation

Under the Forest Practices Code, Forestry Tasmania is required to carefully plan and supervise harvesting to ensure that rare or threatened species are not adversely affected. Accordingly, areas of the coupe have been reserved as habitat for the blind and giant velvet worms, and *Eucalyptus brookeriana* will be entirely excluded from harvesting. Key sites for the eyebright *Euphrasia collina* subspecies *deflexifolia* have been identified, and will be avoided during road construction. However, selective harvesting will not be detrimental to this species – it requires disturbance, such as burning or logging, to regenerate and may even spread to other areas of the coupe post-harvesting.

Water management

Harvesting at South Sister will not decrease the amount of water available to local residents. The water taken by regrowth trees will have a negligible effect, if any, on the St Marys water supply, as the harvest area is only 4% of the catchment area for the township's bore. Similarly, streamflows in watercourses that are tapped by properties adjacent to South Sister are well in excess of residents' domestic water needs. This means that any water taken up by the regenerating forest will not noticeably reduce the amount of water available to local people. If anything, residents will experience a slight increase in water availability for the first several years after harvesting. Water quality is also unlikely to suffer any detrimental effects from harvesting, as the coupe's dolerite soils are not prone to erosion, particularly with selective harvesting. As with all harvesting operations, the Forestry Practices Code protects watercourses by excluding harvesting from streamside reserves.

Landscape management

Forestry Tasmania has conducted extensive landscape analysis, using sophisticated computer simulations, of the proposed harvesting at South Sister. This analysis has demonstrated that harvesting will have minimal visual impact on the surrounding tourist roads and attractions, including the Seaview Farm bed and breakfast operation.

Forestry and tourism

Forestry Tasmania is a major stakeholder in Tasmania's tourism industry. We have made considerable investments in growing regional tourism through ventures such as the Forest EcoCentre in Scottsdale, which directs visitors to natural attractions throughout the North East and East Coast. No tourism jobs have been lost as a result of forestry in this region. In fact, visitation to the North East and East Coast of Tasmania has continued to grow while its state forests have been managed for sustainable timber production. Under the Tourism and Forestry Protocol agreement, we liaise with accredited tourism operators regarding forestry operations.

Forestry and regional employment

Forestry is a significant employer in the Break O'Day municipality. According to the Break O'Day Natural Resource Management Strategy, there are 115 direct employees in the industry locally – a figure that does not include indirect employees, such as roading contractors. The value of the timber from the coupe is some \$0.8 million. Sawlogs from South Sister will be milled at McKay's Sawmill in St Helens, which provides employment for nine local people.

Contact: Steve Manson, Bass Forest Manager, Forestry Tasmania. 6352 6466

Valley Voice Advertising

Classifieds 25 words or less free.

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Contacts for Valley Voice

Audrey 6372 2337. Fax 6372 2172

Please leave written material at the
St Marys Health & Beauty Centre,
Main Street St Marys.

or Post: C/- Post Office, St Marys
Tas 7215



SWIMMING POOL

USE OF THE SCHOOL POOL

Some questions have been raised about whether the school pool is available for hire or booking by outside organisations.

This is not the case. The pool is for the use of the school and registered key holders in the broader community.

No private organisations, other than the Parents and Friends Austswim Program and After School Squad (Parents and Friends), are able to use the school pool, as that would have a detrimental impact on families and key holders.

Linda Heron, Parents and Friends
Charlotte Marshal, Principal.

INFANTS IN NAPPIES

Pool users are reminded that infants swimming in the pool must be wearing appropriate swimming nappies. These are available from chemists as either a re-usable swimming nappy such as:

- Pee Cee swim nappies.
- Disposable swim nappies are available from chemists and supermarkets.

NOTE: normal nappies are not hygienic and MUST NOT be used in the pool.

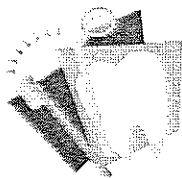
Anyone not observing this will forfeit their pool key.

SCHOOL DENTAL SERVICE

Over the holidays our old but very colourful dental van was replaced by a newer one. Our Dental Therapists are all settled in and ready to begin the new year.

They will be in the school on:

- Monday March 7
- Tuesday March 8
- Monday 21 March
- Tuesday 22 March



Please feel free to contact them regarding your child's dental health on the numbers below:

St Marys Dental Unit 63 722488

St Helens Dental Unit 63 761713

Kelham Street Dental Unit 63 634100



North East Education and Training Centre Inc NEET Centre Inc

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Charlotte Marshall, Matt Bennell, Margaret Forsyth
or Rebecca Death

(03) 6372 3900

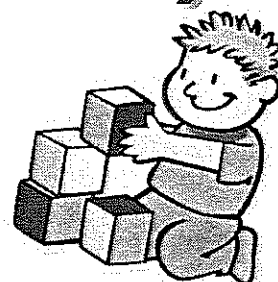
St Marys District High School

TASTA
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Parent/Child Sessions (St. Marys District High School)

WHAT: PARENT/CHILD SESSIONS
WHERE: ST. MARYS KINDERGARTEN
WHEN: MONDAYS 1.30—3.00 P.M.
STARTING: 21st March, 2005



This session is provided for those children who will turn 4 during 2005. Parents must accompany their child, and younger brothers and sisters are welcome. A fee of \$2.00 per child or \$3.00 per family a session is required to cover the cost of art materials.

Please bring a hat, a drink and a piece of fruit (for your child or children)

FIRST SESSION 21st March, 2005 -
an informal session (get together)
where we will become organised for the year.

SEE YOU THERE!!!!!!!

Anne Bennet and Christine White (Parent/Child Co-ordinators)

MARCH/APRIL 2005

Mon	Tue	Wed	Thu	Fri
7 School Dental Service	8 School Dental Service	9	10 Primary Swimming Carnival	11
14 PUBLIC HOLIDAY	15 Miners Swimming Carnival	16	17	18 Parent Newsletter
21 School Dental Service K-6 assembly 11.10am Parent/Child Sessions	22 School Dental Service	23 7-10 Swimming Carnival	24 Student Free Day	25 Good Friday
28	29	30	31	1 APRIL
EASTER BREAK				
4 April	5 April	6 April Secondary Assembly Div 3 Swimming	7 April Div. 2 Swimming	8 April

The Meanest Mother in the World

From Derryn Hinch

I have the meanest mother in the world. While other kids had lollies for breakfast, I had to eat cereal, eggs and toast. While other kids had cans of drinks and ice cream for lunch, I had to have a sandwich.

As you can guess, my dinner was different from other kids too. As well as the food, we also had to eat at the table and not in front of the television.

My mother also insisted on knowing where I was at all times. You would think we were on a chain gang or something.

She had to know who our friends were, and where we were going. She even told us when we had to come home.

I'm ashamed to admit it but my mother even had the nerve to break the child labour laws. She made us work. We had to wash the dishes, and make our own beds, and even learn how to cook.

That woman must have stayed up all night, just thinking up things for us kids to do.

She always insisted we tell the truth, the whole truth and nothing but the truth.

By the time we were teenagers our whole lives had become even more unbearable. No tooting horns in our family, for the girls to come running. She embarrassed us by insisting that the boys come to the door to get them.

I forgot to mention that most of our friends were allowed to date at the mature age of twelve or thirteen. Our old fashioned mother refused to let us date before at least fifteen.

She really raised a bunch of squares. None of us kids were ever arrested for shoplifting or busted for drugs. And who do we have to thank for that? You are right. Our mean mother.

I am trying to raise my children to stand a little straighter and a little taller, and secretly I am tickled to pieces when my children call me mean.

I thank God for giving me the very meanest mother in the whole wide world. After all, every day we get cries from both people and politicians as to what we really need in this country.

Well, what our country really needs is more mean mothers like mine.

(Submitted by Eric and Claire Bean - being a couple of older squares, brought up by mean mothers, this really goes down well with us!)

Break O'Day Seafood & Symphony Festival

Friday 18 March

The Tasmanian Symphony Orchestra will perform the concert 'Travel by Night' at the third Break O'Day Seafood & Symphony Festival.

6.00 pm Portland Memorial Hall St Helens

Cost: Adults \$31

Pension concession \$25

Student concession \$17

Tickets for the concert are available by phoning the TSO Box Office on 1800 001 190 9am to 5pm Monday to Friday, or from Break O'Day Council St Helens.

8.30 pm Dinner with the Orchestra at Doherty St Helens Resort. \$45 per person, excluding drinks. Bookings essential.

Phone TSO Box Office 1800 001 190 or Doherty St Helens Resort on 6376 1999 7 days.

Advance bookings for the concert and dinner are strongly recommended as both events are expected to sell out.

Doherty St Helens Resort is also offering special Seafood & Symphony packages to include the TSO concert, Dinner with the Orchestra, accommodation and a champagne breakfast.

Saturday 19 March

8-11 am Champagne Breakfast, The Deck Restaurant, Doherty St Helens Resort. \$25 including champagne.

2.30 pm 'Tasmanian Delights Concert' at Portland Memorial Hall St Helens.

Tickets: Adults \$12.50, Concession \$10, Children under 14, \$5.

Tickets are available at the door from 1 pm.

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Meals on Wheels Roster

March	St Marys	Fingal
Mon 7th	Hannah Rubenach	Carole Woods
Tue 8th	M & P Berwick	Robyn Holder
Wed 9th	C & G Dawson	Susan Woods
Thu 10th	Liz Rice	Jan Marshall
Fri 11th	Claire Bean	Malcolm Saunders
Mon 14th	Tina Floyed	Sharon Hall
Tue 15th	D & K Floyed	Debra Speers (N)
Wed 16th	Pam Lynch	Belinda Byard
Thu 17th	Heather Griffiths	Linda Bean
Fri 18th	Geoff Herrmann	Robyn Miller

Church Services

Catholic Parish of St Marys

Priest: 6372 2252

Fingal

Every Friday Mass 10am

1st and 3rd Sunday Mass
10.30am

St Marys

Every Sunday Mass 9am

Bicheno

Every Sunday Mass 4pm

St Helens

Every Saturday

Vigil Mass 6pm

Mangana

5th Sunday Mass 11am

Anglican Parish of the

Northern Midlands

Services each Sunday

Avoca 8.00am

Fingal 10.00am

Mathinna: 2nd & 4th Sunday
monthly at 11.30 am

Daily Office Reading

Avoca Tuesdays 10am

Fingal Tuesdays 12 noon

Ross Wednesdays 10am

Anglican Parish - St Helens

6376 1144

St Helens Every Sunday

8am and 10.30am

KANGA Sunday School

10.30 am - 12 noon every

Sunday for children 5-12 yrs

St Marys 10am

(No service 5th Sunday)

JAM: Mondays

3.15 pm to 5 pm for children

5-12 yrs (resumes after Easter)

Pyengana 7.30 pm

5th Sunday months only

Break O'Day Uniting Church

The Manse St Helens 6376 2405

Interim Minister, March, April '05

St Helens 9.00 am

Fingal 11.15 am

Seventh Day Adventist

Hodgeman Street Scamander

Sabbath School 10am

Divine Service 11am

Reminiscing on the river

On 20th February this year I retraced a time of my life 84 years ago. Accompanied by my daughter Sue, I joined about 80 people for a cruise on the Tamar River.

Organised by the Don River Railway, the trip comprised of the boat cruise, tour of Georgetown, luncheon (provided by the Rotary Club, then return trip to Launceston by the Camel Car.

The day was perfect, the river calm, and the boat very comfortable and not like my other trips to Georgetown on the Rowitta.

While waiting for the people to arrive we were able to see the boat races.

Going down the river we still saw some of the wreckage caused by the recent gales, bird life a plenty, black swans and the bald eagle.

It was a nostalgic trip, it brought back happy carefree days but it was well worth it.

Una Camplin

Home with the elephant

It doesn't matter how long I have lived here
Across the col in the shadow of the elephant
It was an elephant that brought me here
Precious, given to few by a person, long since gone.

I still have the elephant facing the door
Given to me so I could find a home.
It happened I found a home, after travelling Australia.

The people of this area have accepted me
Despite my city boy stupidity.

This place has furthered my education
And I stand in awe of their achievements and perseverance.

My Mother was a teacher at Augathella in SW Queensland.

She found Queenslanders narrow-minded.

I have not found that here at all.

Simon

Harris Funerals

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Health & Well Being Week End 19th & 20th March 2005

**Health & Well Being
activities being offered :**

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Remedial Therapies

Rebecca Way

Naturopath

Hilda Reilly

Tarot Readings

Wayne Miller

*Deep muscle massage and ad-
vanced reflexology
\$10 for 1/2 bookings*

Deb Howlett

Reiki

\$15 1/2 hour bookings

Cheryle Holmes

Jade facials

Chakra Healings

\$25 1/2 hour bookings

Noel Fergusson

Hypnotherapy and

Counselling

1/2 hour bookings \$25

Fay Gillies

*Mary Kaye Make overs with
free manicure, head and
shoulder massage \$10*

Graeme Smylie

*Weight Loss Specialist Skin
Care Products*

Sue Christianson

Mediation

Relaxation

Jack Foreman

YOGA

Saturday afternoon

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Saturday only

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have booked sites in
the rear garden
Phone 63742344***

***If you would like to
book a site (\$5)***

***Butterfly Kisses
BELLY DANCERS
Saturday around
lunch time and again
during the evening.***

***Line Dancing
With the
"Valley Coasters"
Saturday evening
7.15—7.45pm***

***"GENTLE
RHYTHMS"
A four piece blues
band that also love:
Country, dance
rhythms, country
rock. 8pm—
late***



For lunch on
Saturday there will
be a BBQ or
sausage sizzle \$1

Morning & After-
noon teas will be
on sale for Play
Centre

Evening Meal
Saturday will be
Salads & Roast
Meats (Spit) the
cost for this will be
\$10 which also in-
cludes band.

Sunday will see
the Health & Well
being stalls on
offer again please
phone to book
your appointment
63742344

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ST MARYS COMMUNITY HEALTH CENTRE

GP ROSTER- ON CALL:

Please phone after hours number for doctor on call.

DR GENIOLA MONDAY & WEDNESDAY

DR GENIOLA:

Dr Jess Geniola- 6374 2288

DR SINGH TUESDAY & THURDAY

DR SINGH:

Dr Mohan Singh- 6372 2111

Medical Emergencies phone:

000 or **The Ambulance on:**
1800 008 008

AFTER HOURS NUMBERS FOR THE DOCTORS

PLEASE NOTE THAT THE AFTER HOURS NUMBER UNDER 'EMERGENCY SERVICES IN THE BREAK O'DAY BUSINESS AND COMMUNITY DIRECTORY' FOR THE ST MARYS DOCTORS IS INCORRECT. PLEASE PHONE 6372 2111 FOR AFTER HOURS SERVICE. Thank you.

Alcoholics Anonyms (AA) & Al Anon

The Alcoholics Anonyms & Al Anon Groups are in the planning stages of setting up groups here in St Marys.

If you are interested in attending or you would like further information on these groups please phone 6372 5026 or just turn up at our weekly meeting.

AA Meet every Wednesday night at the Anglican Church Hall, St Helens at 8:00pm.

Al Anon meet every Sunday's at the Anglican Church Hall, St Helens at 2:00pm.

Living with Memory Loss- 6 week program providing information and support in a group setting for people living with early stage Dementia and their family members and friends. More details in the next issue....

'WHAT'S ON AT THE CENTRE'

- 3rd/3 Child Health Centre with Lorraine McGee 9am-12noon. Afternoon appoint are available by phoning 0428 136 381
- 7th/3 Weight Class 10am CHC. Meetings will be weekly on Mondays. Phone 6372 2111 for further details.
- 7th/3 Hospital Auxiliary Meeting
- 9th/3 Alcoholics Anon & Al anon (AA) Anglican Church St Helens @ 8pm every Wednesday evening (AA). Phone 6372 5026 for further details.
- Al Anon meet Sunday's at 2pm.
- 10th/3 Regional Meals on Wheels Meeting. 1:30pm in the Day Room
- 11th/3 Women's Health Clinic with Dr Libby Reekman. Appoints. available by phoning 6372 2111.
- 16th/3 Alcoholics Anon & Al anon (AA) Anglican Church St Helens @ 8pm every Wednesday evening. Phone 6372 5026 for further details.
- Al Anon meet Sunday's at 2pm.
- 16th/3 Lightfoot Podiatry with Perry Daly

PLEASE MAKE A DOCTORS APPOINTMENT WHEN COMING IN FOR VACCINES OR IMMUNISATIONS.

VACCINES FOR MENINGOCOCCAL

Available from January 2005

FREE MENINGOCOCCAL VACCINE TO:

- Children born since 1st January 2003

FLU & PNEUMOCCAL VACCINE

- People aged 65 and over

MEASLES, MUMPS AND RUBELLA (MMR)

- Adults born 1966

If 2 doses haven't been received then the vaccine is available free.

Information from this page was submitted by:

The St Marys Community Health Centre, Gardeners Creek Rd, St Marys, TASMANIA. 7215

South Sister Summons

SOS (Save Our Sisters) update

Residents at South Sister and St Marys have been successful in applying to the Resource Management and Planning Appeals Tribunal (RMPAT) to issue a Summons to Forestry Tasmania.

The Summons requires Forestry Tasmania to attend a Hearing to show cause why an Order should not be issued stopping it from carrying out any further forest operations on coupe N1114A at South Sister.

The Summons was issued after residents had submitted evidence to the Tribunal that Forestry Tasmania had failed to carry out adequate planning and risk assessment to protect local water supplies and prevent possible landslip occurring from the impact of forestry operations.

In support of their application for the Order, residents submitted scientific and professional reports and opinions from experts such as Dr David Leaman, Dr Owen Ingles, Mr Ralph Rallings, Mr David Stapledon, Dr Leonie van de Maeson, Mr M Latino-vic, and published reports on the area from Mineral Resources Tasmania.

This evidence and any submitted by Forestry Tasmania will be assessed at a Hearing before the Tribunal, at a date to be set at an Initial Hearing this Friday 4th March, and a decision handed down as to whether forest operations should proceed on the Coupe, or whether an Order will be issued that stops logging until Forestry Tasmania have complied with conditions set down by the Tribunal to prevent environmental harm.

The reaction from members of the Save our Sisters group that has been lobbying to protect the water supplies of the area since 2003 is that the Summons has taken the issue out of closed loop of the self regulating Forest Practices System, and brought the issue into the open, independent, jurisdiction, where at least the evidence will be seen, assessed, and weighed.

St Marys Tennis Club News

Junior Tennis Tournament

The Club will be running a junior tennis tournament for both girls and boys (up to and including grade 10 students of St Marys District High School) on **Saturday 19th March** with a 9 am start. This is free entry for family or student members of the Club and \$5 entry fee for non-members. Please leave names with Mrs Maureen Bushing at the school office by Wednesday 16th March if interested. There are trophies available for winners and runners up.

Club and Pennant Dinner

All members and their partners are invited to attend the Annual St Marys Tennis Club and Pennant Dinner at the Escape Café St Marys on Saturday 19th March, 7 for 7.30 pm, for a meal and the presentation of Pennant and Club Championship prizes. We welcome all Midweek, Night Roster and Pennant players to this function. Please RSVP to Michelle Loane on 6374 2343 by Wednesday 16th March.

General Meeting

The next General Meeting will be held on **Wednesday** 23rd March at 7.30 pm.



SOCCER NEWS

We are hoping to start our junior soccer season at the St Marys District High School on Wednesday 6th April at 3 pm. The season will run each school day Wednesday, until the end of August. We will also be running soccer days with other East Coast teams over the season.

Anyone who is interested in giving up some time to help our junior programme would be most welcome as we find the more helpers we have the better time everyone has.

We are holding our next soccer club meeting at **3.30 pm Wednesday 9th March** at 7 Storey Street St Marys.

All parents and soccer enthusiasts are most welcome.
Jack Foreman 6372 2034

PAINTER

Ray Rosskelly

Ph. 6372 2218



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Sports Centre News

by Kackhander

First to bowls and thanks to a fantastic last week of roster matches, St Marys secured the vital second spot on the ladder, thereby having a great chance at gaining a grand final berth. All rinks won against Bicheno and a comfortable result was forthcoming.

Last Saturday the team took on the much vaunted St Helens Red side at St Helens in the second Semi-final, and whilst initially disappointed that we went down in an extremely close match 98 -90, the positive was that even though some of our players were down on form a little, we almost still took the easy road into the grand final. Provided we first get over Swansea in next Saturday's Preliminary Final, it will only take a small improvement over- all to grab that elusive flag.

It's been 20 years since the last one. 1984/85. Jack Viney wants everyone to get to practice on Thursday night. If you can't, try and get there on Friday. Let's see if we can emulate Jack's own comfortable win on all rinks.

Still on bowls, and almost immediately after pennant is finished there will be a major working bee on the green to core it, and if everyone helps out it will be terrific. That same weekend the golf greens will be cored and top-dressed which is essential also for a big winter of golf.

The trip to Launceston is on soon as is other similar club events, and anyone wishing to go should contact Jack or Macca as soon as possible.

Thanks to all the players who represented our club as part of the ECBA representative team at Invermay last week. Well done. And don't forget the Annual Bowls Dinner, Trophy Night and Best and Fairest count will be in April. More details of the night in the next couple of issues of the Voice.

Not a lot to report this time with golf, except to mention how important it will be to help out with the coring and top-dressing of the greens soon, so please do so if you can.

Because of other events, Sunday golf has taken a very brief quiet time, but another major day will be a huge amount of fun. Suffice to say that it is going to be unique. Watch this space for further details soon.

It was decided that because the Golf Pennant will be more compact this year, that Sunday be heavily involved in the winter roster this year. Hopefully that roster will be available in early to mid -March.

Club news, and firstly a huge reminder to all for **MACCA'S COMEDY TRIVIA NIGHT** to be held at the club on **Saturday March 12**. You need a table of 6 and it will cost the meagre fee of \$5 each to have a great night of fun, frivolity, prizes, nibbles and drinks. Should be a ripper. Contact the club or pester Macca to enter your team.

A big thanks to Roger, Michael, Rex and all the helpers, and there were many, to do the new ceiling and other jobs at the club last Sunday week. Looks great. Also to chefs Janice, Nikki and Alana for the barbie after.

Finally thank-you to two people who have done, and are about to do probably the most onerous job in the club, that being the position of Licensee. After several years Janice Viney is taking over from Steven Dawson and a special thanks go to you both for your roles that you've done Steven and are about to do Janice. It isn't easy.

Anyway until next time good hitting and rolling.

(Lets celebrate a Bowls Pennant in the next issue!)



St Marys YOGA

Thursdays: 6.00 - 7.30 pm

Fridays: 10.00 - 11.30 am

Pre-school Yoga

Fridays: 12.15 pm

Class fees \$9 (\$6 conc.)

*Please note that yoga classes will only go ahead if there are sufficient definite bookings the day before the class. Please leave a message on the phone.

For bookings and enquiries please phone teacher Jack Foreman

6372 2034

Everyone welcome

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Visiting St Marys Community
Health Centre

Alternate Tues. 9 am -10 am

Appointments: 6372 2172

St Marys

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RATHA B'ZAR

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Phone 6372 2487

Just arrived - Oil burner pods,
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Groovy oil burners too.

Lots of tumbled stones, amethyst
& quartz chunks/shards.

Large range of pewter figurines,
Buddhas, Buddhas and
more Buddhas.

Candles galore & snuffers.

Cackling witches.

Natural dog soap.