

THE VALLEY AND EAST COAST VOICE INC. \$1

ESTABLISHED 1968

47.21 MARCH 26th 2015

Deadline for 47.22 is 5pm April 6th 2015

Break O'Day
Council would like
to advise that the
Breastscreen

Mobile Unit is coming to St Marys on
Wednesday 27th May through to Friday
29th May 2015.

It's not just about making an appointment, please
attend!! Please, use and support this service; it is
imperative to substantiate future visits to St Marys and
the Fingal Valley. Details for other areas on page 7.
For more information, call 13 20 50



'Growth' by Lauree Brown

One of the exhibits in the
Circle of 4 Exhibition

page 16

An Open Letter to Tasmanian Police,
politicians, media and the public page 8

'Give it a rest' says Cagerattler page 11

St Marys Pass maintenance work page 14

Waste NoT Awards competition page 14

Valley and East Coast Voice Inc 2015

deadline/publication dates page 15

AMIC update/Roving Curator Project page 18

GET update page 21

NORTHERN MIDLANDS R&SLA Sub Branch



AVOCA ANZAC DAY SERVICE 2015

11am, Saturday 25th April

Unveiling of Memorial to the Anzacs who
enlisted from Avoca by

Eric Hutchinson at 1pm

Cenotaph, Boucher Park

The march will commence 10:45 at the Post Office.

Those in Service please come in uniform.

Venison and lamb roast lunch afterwards

Money to expand freight equalisation scheme March 13, 2015

MORE than \$200m over four years to significantly
expand the Tasmanian Freight Equalisation Scheme will
put a smile on the faces of Tasmanian producers and agri-
exporters across Lyons, says Federal Lyons MP Eric
Hutchinson. Mr Hutchinson applauded Prime Minister
Tony Abbott's announcement today of more than \$50m
each year for four years to boost the Freight Equalisation
Scheme.

'It is the news that producers and international exporters in
my electorate of Lyons have been waiting for since
Tasmania lost its international freight shipping service
more than three years ago. This further federal
government investment in Tasmanian infrastructure will
put our exporters on a level playing field with the rest of
Australia' Mr Hutchinson said. *Continued on page 14*

'Swamp Juice' - 27/3/15

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

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

Community Cat Forum St Marys- 14/4/15

Community Groups

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

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

Al Anon St Helens (Family Group) meets 2pm Sundays at St Paul's Anglican Church Hall St Helens.

Anne/John 6376 4270 / Rose 6376 3335

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

Laura 6372 5687

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

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

Michelle 0407 046 865 e: bodregionalarts@gmail.com

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

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

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

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

East Coast Community Transport, Community Hall, 23 Main Street, St Marys. *Jan Saunders 6372 2137*

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

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

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

Meals on Wheels meeting dates for 2015

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

Operation Coverup meets 3rd Friday monthly from 11-2pm 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.

For Sale

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Editor: WM Dawson
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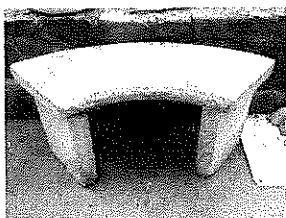
Advertising rates

- ◆ Business card ads \$15
- ◆ Intermediate ads \$18
- ◆ 1/4 page ads \$25
- ◆ 1/2 page ads \$40
- ◆ Full page ads \$65

Community announcements are free. Private classified ads are free for two issues. Annual posted subscriptions are \$51 and annual online subscriptions are \$20.

Articles for publication may be left at the St Marys Pharmacy, posted or emailed. For online advertising, contact the Editor.

For Sale



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

Lp Galaxy Giovanni Series Conga drum 300mm \$400 ono. The drum is used and as

such has some wear marks on the polish and the hardware is showing surface tarnishing. I think this drum could with a little effort be restored to new. 30" Premium North American Ash Wood, 3-ply shell. Natural rawhide head. Natural deep gloss finish with gold tone hardware. Extended Collar Comfort Curve II Rims. Premium Galaxy hardware. As new beginners steel string guitar with case \$150 ono. Electronic beginners piano, 1 speaker u/s otherwise in good condition \$50 ono. Beautiful white & yellow flowering waterlilies \$25 ea. Multi-coloured baby goldfish combinations of red, white, copper & black, quick growers in a big pond, \$4 ea. 0418 862 889

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

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

Turkeys, \$25 each. Gary 6372 2357

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

Condolence Notice

On behalf of the Break O'Day Woodcraft Guild we offer our heartfelt sympathy to Fran and family on the sad loss of Pete Williams, our ex vice-president and one of our original members. Wendy Brennan, Secretary

Community Notices

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

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

ANZAC Day

The St Marys Memorial Services Association will be commemorating the 100th anniversary of the Gallipoli landing. The Dawn Service will commence at 6am at the St Marys Cenotaph, followed by a gunfire breakfast in the Hall. A donation would be appreciated.

A march has been organized to commence at 10.30 am at Faulkner's Green, proceeding to the Cenotaph. All interested parties or persons feel free to assemble.

If your organisation would like to lay a wreath please call Wendy or Reon on 6372 2094.

LEST WE FORGET

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

Debbie Squires, President

Cornwall Community Development Group Inc.

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

Small boxes with lids and shredded paper available, free. Call the Editor.

St Marys and Campbell Town Catholic Parishes Holy Week 2015

Holy Thursday	Campbell Town	6pm
Good Friday	St Helens Stations	10am
	St Marys Liturgy	3pm
	Campbell Town Liturgy	3pm
Holy Saturday	Easter Vigil, St Helens	7pm
	Campbell Town	6pm
Easter Sunday	Bicheno	8am
	St Marys	10am
	Swansea	10am

Sister Lorraine - 6372 2252 / 0409 172 741

Wanted

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

Set of rear hubs and rims for Massey Ferguson FE35 (1958), tyres optional, will look at the complete tractor for spares if available.

Call Chris on 6372 5667 / 0412 405 428

Letters to the Editor

Editor's note: 'Opinions in any letters published are not necessarily those of the Editor and committee, or volunteer staff.'

Dear Editor

Re: Proposed multi-use stadium for St Helens

I despair at the ill-informed decision made by council regarding the new multi-purpose stadium to be built in St Helens. This project is clearly not sustainable when taking into consideration servicing the debt out of ratepayers' pockets, the ongoing running costs and maintenance. The initial cost of Stage 1 is \$1.5m, half of which will be provided by the ratepayers of Break O'Day, then a further \$450,000 being provided by the ratepayers for Stage 2, and no indication yet how much Stage 3 will cost us. Overall it's looking like \$2.5m; how can this be justified? On top of this add the running costs which will come in around \$90 per hour judging by equivalent stadiums elsewhere. Even if council recoups \$25 an hour from the handful of users, the ratepayers will have to top that up to the tune of \$65 an hour. The General Manager advised council at its February meeting that council receives a large number of waiver requests for existing facilities and he further stated that waivers will not be an option for this facility. This will limit access for community groups. Is there really a need for more sporting facilities or a conference venue? Existing facilities are under-utilised, i.e. the existing White Elephant Stadium, and there are already venues in St Helens capable of holding events. Tidal Waters recently hosted an event for 300 delegates; surely council doesn't want to borrow money to build facilities to compete against commercial interests that provide jobs for local people. There are other commercial facilities and numerous other sporting venues in St Helens, for example the private gym and squash courts opposite the GPs (closed due to lack of patronage, warning bells ringing here), school gym regularly holds basketball games and this could host netball championships, the running track and sports oval that school uses for their sports days, little athletics club house, footy club, tennis court and club house opposite school (again under-utilised), bowls club, croquet field, riding for disabled, golf course, Break O'Day field archery, soccer field, footy ground, school pool and the Bayside Inn pool utilised by trainers for swim coaching lessons. Then we have Portland Hall which regularly hosts events. I could go on all day here but you get the picture, we are well catered for. What were council and their backroom advisers thinking? Many of these facilities are not used to capacity as it is.

This is a luxury we cannot afford to fund. For my part if my rates are going up so that a few netballers in St Helens can use the stadium for five hours a week, I'd rather we had a hydro therapy pool (we do have the highest median age of any local government area in Tasmania). How about finally fixing the Barway, or catering for the extra tourists we are seeing by doing something about the inadequate roads and poor facilities in the outer reaches of the municipality. I note tourism is up 18% according to the same council Minutes, so let's re-open the Meadstone Falls road and fix the track.

If we must have their stadium why can't it be built at St Marys or Fingal? Council says this facility can be utilised by the whole community. Well, how about equity and access for the rest of the Break O'Day Municipality, which last time I looked included Mathinna, Mangana, Cornwall, Pyengana, Goshen and Weldborough, Seymour, Ansons Bay, St Marys and Fingal etc. If council proposes to continue creating a hub of facilities at St Helens then they should follow the example of the Southern Midlands Council which levies an extra rate on Oatlands, the hub of that municipality, to compensate for the inequitable access.

I notice from the council minutes that no councillors declared a pecuniary interest, so this must mean that they do not have any interest in the sporting clubs that will be using the facility or is this not considered a conflict of interest? I notice the council minutes states it was agreed eight in favour and one against, but in fact it was six in favour, two against and one abstention. It's a worry if we can't trust the minutes to be an honest record of council business. Call your councillors and tell them you don't want this poorly thought out project to go ahead and let's have some proper community consultation.

Nev Shaw, St Marys

Dear Editor

The following letter has already been sent personally to Kim Watkins, and we request that it also be printed in here, in response to her letter in the last issue. Kim also failed to mention that Fingal Railway Station received an equivalent donation from GET, and that both contributions are one-off donations, not continual financial support as implied in her letter.

12 March 2015
POB 12
St Marys Tas 7215
Dear Kim

I came down to see you today, and found that your shop is closed until the end of March. This is why I am writing this letter, as I would rather not wait until then to see you. Ian and I are both very disappointed concerning your letter in the Valley Voice today.

Your letter is based on false assumptions and misinformation as follows:

- ◆ Ian is a pensioner, not a sole trader. He does not and never has operated the museum as a sole trader
- ◆ He never has and never will sell any of our collection held in the museum, or any of the small number of donated items
- ◆ If anyone wants to make a donation to the museum of any kind, that is their choice

We also ask that you publish a retraction and full apology in the next issue of the Valley Voice (before Easter).

Yours sincerely

Rita Summers, St Marys

CC - Wendy Dawson, editor (Valley Voice)

Letters to the Editor

Dear Editor

It is refreshing to see GET (Greater Esk Tourism) coming to the aid of the St Marys Cranks and Tinkerers Museum by way of a financial injection to allow this facility to obtain public liability insurance.

I only hope that this precedent will be extended to all other individuals and community groups.

Reon Johns, St Marys

Dear Editor

I can fully understand how Kim Watkins feels (refer last issue of the VV) with her questions to GET (Greater Esk Tourism) concerning fair and equitable treatment. We wrote to GET three times on behalf of the Woodcraft Guild requesting recognition for our organization and volunteers on the GET pamphlets for an event in which we play a major part. We also invited their President to a meeting at our house to discuss acknowledgement about the same issue. The matter was never resolved.

We decided to join GET and bring the matter to the attention of their committee. Our temerity to question fair treatment was met with humiliation and what we consider elitist chastisement at their public meeting. I refer to their minutes dated August 11th 2014 and quote directly what was said by the President "that Reon and Wendy and Michelle were only here to cause trouble for GET". These minutes were disseminated to all GET members.

We requested a copy of inflammatory correspondence written by an absent committee member that was read out

at their open public meeting, and we were denied a copy. I ask any rational thinking person - do you consider this treatment fair and equitable towards a request that was made solely with good intentions for volunteers who put in a sizeable amount of time and effort, with no monetary gains, and ask only for just consideration?

Without Prejudice

Wendy Brennan, St Marys

Dear Editor

I was rather surprised by the recent letter regarding the payment of public liability insurance for the Cranks & Tinkerers by Greater Esk Tourism.

I am a tourism business operator and a member of GET and while not at the meeting that approved this I certainly have no problem with it. Cranks & Tinkerers is not a business, it is run by volunteers including Ian Summers. It is an asset to the town and businesses such as mine and others that derive income from tourists. Cranks & Tinkerers draws visitors to the town through the publicity it has generated, and we all benefit from this.

I would suggest that anyone who has problems with the actions of organisations such as GET become a member, if they are not already, and attend meetings where they would have the opportunity to vote on actions such as this.

Diana Foster

Mariton House B&B, Irish Town Rd, St Marys

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Eric HUTCHINSON MP
Federal Member for LYONS



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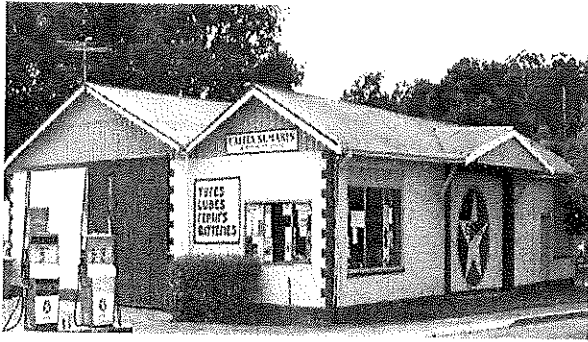
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Authorised by Eric Hutchinson MP, 53B Main Road, Perth TAS 7300.



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St Helens old Post Office building 11.00am-1.00pm

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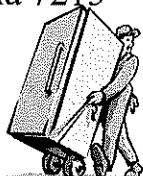
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\$40m investment and more than 400 new jobs for Tasmania 11 March 2015

Tasmania's economy will receive a \$40m injection and more than 400 new jobs will be created thanks to the \$13m Australian Government Innovation and Investment Fund, and \$27m in matching investment by local businesses.

"Forty one businesses across the State will receive from \$50,000 - \$1.4m to strengthen their operations, making them more competitive by investing in technology, modernisation and building capacity" Minister for Industry and Science Ian Macfarlane said. "The Australian Government Innovation and Investment Fund is part of our commitment to deliver long term and sustainable industry opportunities, that will help create new jobs by diversifying Tasmania's economy. We are pleased to work with the companies who have been awarded the grants to boost productivity and employment for Tasmanians."

Mr Macfarlane today joined local MPs Eric Hutchinson and Andrew Nikolic to visit some of the successful businesses that are investing in local projects to employ local people.

Among the successful applicants is GJ Engineering Pty Ltd, which will receive \$86,738 towards a \$173,476 new vertical lathe to diversify and increase the capacity of their production-run machine parts manufacturing plant and general engineering service. This project will create five new ongoing positions.

"The joint investment from both the Australian Government and local businesses is a vote of confidence in Tasmania's economic future" Mr Hutchinson said. "The creation of extra jobs in our region means new opportunities for local residents and businesses, and helps create a more diverse local economy."

Mr Nikolic said successful projects in Bass would further enhance the areas in which Tasmania has a strong reputation. Seventeen new jobs will be created in George Town and Bell Bay. George Town Seafoods Pty Ltd has also been successful with \$420,000 towards a \$1.3m project to expand its salmon processing facility, creating an estimated 14 new jobs. At Bell Bay, Timberlink Australia Pty Ltd will receive \$150,000 for a \$343,170 project to install three sort bins at its sawmill, leading to three new jobs.

"Tasmanian businesses are ideally placed to meet growing demand for clean food, diversified tourism facilities and quality professional services locally, on the mainland and internationally" Mr Nikolic said. "I'm delighted that local businesses have come forward with their plans for jobs growth and economic development."

The Australian Government's Innovation and Investment Fund is part of the broader policy approach to help all Australian industries to take advantage of new opportunities for growth and productivity gains, and is an element of the Government's wide-ranging \$106m Economic Growth Plan for Tasmania. Grants were awarded through a competitive, merit based process to ensure that funded projects are commercially robust.

Other grant recipients include:

- ♦ Bay of Fires Bush Retreat Pty Ltd, which will receive \$143,500 to construct retreat-style accommodation worth \$343,500, creating six new jobs.
- ♦ SD Reid Holdings, which will use a grant of \$1.14m to establish a \$4.45m under-cover cherry orchard, extending the production season. The project in the Southern Midlands is expected to create 30 new jobs.
- ♦ National Pies in Hobart which will receive \$695,000 to purchase freezing equipment and manufacturing, supporting access to wider markets. The \$1.8m project will create 12 ongoing jobs.

Information on the Australian Government Innovation and Investment Fund can be found at <http://business.gov.au/agiift>

Michael Ferguson, Minister for Health

Breast screening boost for East Coast women 18 March 2015

Breast screening services will this year return to the East Coast towns of Bicheno and St Marys as part of maximising access to services in rural and regional areas. In 2013 the former Labor-Green Government cut the number of East Coast screening sites to just Swansea and St Helens, removing St Marys and Bicheno from the schedule. The Hodgman Liberal Government has taken on board the ongoing concerns of these communities, which have both argued strongly to be included on the 2015 schedule for the Mobile Screening Unit. As a result the 2015 schedule for the East Coast has been revised as follows:

Swansea: Monday 13 April - Friday 17 April

Bicheno: Monday 20 April - Friday 24 April

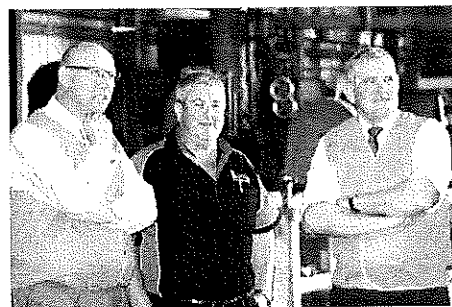
St Helens: Monday 11 May - Tuesday 26 May

St Marys: Wednesday 27 - Friday 29 May

Local residents will be consulted during this year's visits to help work out where best to locate the Mobile Screening Unit for the benefit of all Tasmanians in future years. The Government is also investing in an additional Mobile Screening Unit which is expected to come into operation next year, primarily to offer screening services in the North West.

This investment will mean an additional 9,000 appointments over four years. Breast screening can save lives by detecting breast cancer early so it is vitally important that we work with the communities across the State to find the best ways to improve access to screening services.

Contact: **Jim Dunham 0437 179 089**



L>R Lyons Liberal MHR Eric Hutchinson, G.J. Engineering proprietor Graeme Howard and Federal Industry Minister Ian Macfarlane, at Mr Howard's Western Junction business

An Open Letter to Tasmanian Police, politicians, media and the public regarding the use of medicinal cannabis (especially cold processed medicinal cannabis oil/tinctures)

In late December 2014, our daughter, Hannah Rubenach, sent an open letter to Tasmania Police, politicians, media and the public regarding the use of medicinal cannabis for her brother Tim.

Because response to the questions she posed have been slow and sparse we, as Tim's parents/carers, are contacting the same people hoping to receive answers to questions we have concerning the use of medicinal cannabis for Tim and other users.

At the time of writing we understand Hannah has received the following responses (names excluded):

- ◆ A state Labor MP confirming the Labour Party's support for the legalization of medicinal cannabis
- ◆ A state Green MP reiterating the Party's stance for the legalization of medicinal cannabis
- ◆ A Tasmanian Federal MP expressing his personal views that he sees no reason why medicinal cannabis should not be legalized and grown safely in Tasmania
- ◆ One MLC acknowledged Hannah's letter via email
- ◆ One MLC phoned confirming support for the legalising of medicinal cannabis
- ◆ Federal Greens office replied
- ◆ Acknowledgement of Hannah's letter by two Liberal state MPs and one state Labor MP, also by the Health Minister's office and the Premier's office
- ◆ Police officers have spoken directly to Hannah
- ◆ A TV interview and subsequent airing of same on the nightly news
- ◆ An email regarding Hannah's letter from the Tasmanian Commissioner of Police

We especially want answers to the statement made by the Commissioner of Police (and a similar one made on TV by Hon Michael Ferguson):

From an email to Hannah from the Commissioner of Police on 20th January 2015 - 'I would like to reiterate that the Tasmanian Police has not sought to actively pursue persons who make reasonable claims in relation to using cannabis for medical purposes. However, cannabis remains the most commonly used illicit drug in this state, and in upholding the law and in the interest of the safety of the community, Tasmania Police is authorised under the Misuses of Drugs Act 2001 to investigate circumstances whenever the drug is discovered, or reported to police. Decisions to prosecute are then made on a case-by-case basis.'

From that statement we ask the following questions:

1. Does the statement to not actively pursue persons who make reasonable claims for using cannabis for medicinal purposes also apply to:

- ◆ Carers, support workers, family members, friends who administer and/or source medicinal cannabis to a person who, because of disabilities, cannot do so for themselves?
- ◆ Growers of medicinal cannabis who are supplying products to the user or their proxy?
- ◆ Processors who are supplying medicinal cannabis to the user (or their proxy) in the form of cannabis oil and/or tincture?
- ◆ Users cannot be users if they do not have access to the herb, so what protection is currently in place for suppliers? Is it also determined on a case-by-case basis? e.g. Tim relies totally on carers for all his needs. We, his parents/carers, are supplying and administering medicinal cannabis to him on a daily basis, and we are procuring the cold-processed cannabis from a processor.

The following is a brief background on why we are prepared to publicly say we are involved with medicinal cannabis. Peter and I are 68 and 66 years old respectively. We are committed Christians and therefore believe our actions should be able to withstand scrutiny from people and God. We give fulltime care (24/7) to our 28 year old son Tim. He needs constant supervision and support because of Acquired Brain Injury epilepsy. (See Hannah's open letter for more details on Tim's illness.)

Together with Hannah we sent a submission to the Legislative Council Select Committee Inquiry into the Medical Use of Cannabis, expressing our desire to trial Tim on cannabis as we considered it our last hope to help Tim have some quality of life. At that time we did not know how to source medicinal cannabis.

In October 2014 Tim's health had deteriorated so badly he was lying in bed almost all the time. He was in a constant seizure state, and we feared he would not live to see Christmas.

Tim's health had been progressively deteriorating since he suffered trauma from the 2006 east coast bushfires, and then in October 2012 when he was critically ill in the LGH after a severe bout of cluster tonic clonic seizures.

On 3rd November 2014 we were given a few capsules of cold processed cannabis oil to trial on Tim. We soon knew we had to use medicinal cannabis for him on a long-term basis. Due to the generosity of people we were able to obtain a few weeks' supply (see Hannah's open letter for more details and about the significant health benefits).

Since Hannah sent her open letter Tim has experienced even more health benefits, especially with muscle tone e.g. he can now walk unassisted about 70% of the time, he can sit and rise unaided (even when seated on the floor), he no longer needs to be propped up with bean bags/pillows to prevent toppling over, he can get himself a drink of water from the tap and select fruit from the fruit bowl. He is compliant and shows very little challenging/aggressive behaviour. He is talking at times and taking an interest in life - wanting to go places and see things. He no longer seems to be in constant pain or depressed. He is still having severe, numerous tonic clonic seizures, but some life... This is an answer to years of prayer.

Between Christmas and New Year, our supply of medication ran out. It was four days before generous people supplied more cold-processed medicinal cannabis oil and tincture. Within 24 hours without cannabis, Tim's health started deteriorating i.e. complex partial seizures returned and he had significant loss of co-ordination and balance. Within two hours of resuming medication, his health greatly improved. We know we must continue giving Tim medicinal cold-processed cannabis, even when we are doomed law-breakers. We are currently growing two types of cannabis - one type low in THC and high in CBD. This is to ensure we have a constant supply.

2. How can such a wonderful medicinal herb be deemed illegal and dangerous? NB: any hallucinatory properties are only released with heating e.g. smoking. Hallucinatory properties are NOT released in cold-processed medication. We have spoken to many people about medicinal cannabis and have found that people interested in cannabis for medicinal purposes do NOT want a 'high' - they simply want to use it for help and healing. All the people we have spoken to, both users and would-be users, want to use cold-processed medicinal cannabis which produces no side-effects. Smoking cannabis is often their only option because cold-processed products are harder to obtain and much more expensive, but remains their preference.

People want to be educated about medicinal cannabis e.g. the types of cannabis available (those low in THC and high in CBD etc) and about cold-processed cannabis as opposed to smoking cannabis. Every person we have spoken to would prefer to use medicinal cannabis rather than pharmaceutical medications. They want the right to trial it!

3. Surely people have the right of choice as to medications they use/trial. On what grounds is medicinal cannabis declared unsafe and illegal, whilst pharmaceutical drugs can be harmful?

In the past, we as Tim's parents/carers were legally protected when we gave Tim anti-convulsing, pharmaceutical medication i.e. Tegritol, Dilantin, Diazepam, Midazolam, Rivotril, Topamax. We were legally protected because they were all pharmaceutical medications even though each came with a warning of side-effects (some severe side-effects). These medications were specifically designed and legally manufactured to have effect on certain brain functions. Now, as Tim's parents/carers we are legally guilty because we are giving the son we love dearly a herb that produces no side-effects, and brings health.

4. How can pharmaceutical medications capable of producing severe side-effects (even when used as medically directed) be legal, while medicinal cannabis (when used cold-processed) produces no side-effects yet be deemed illegal and dangerous? **Tim developed side-effects to all the above mentioned medications. Some produced frightening hallucinations and such severe side-effects we were advised by GPs and Tim's specialist to stop such anti-convulsion pharmaceutical medications. Also, we know of many people using pharmaceutical medications who take up to 30 different medications, many of which are prescribed simply to counteract the side-effects of the other drugs.

Therefore our prayer to legislators, regulators and all people involved in this cannabis debate is:

'Dear God, please open the minds of these people and give them your wisdom as they research and examine the scientific, medical, historical and user case/anecdotal evidence of the pros and cons of medicinal cannabis. We pray they will have your discernment to separate facts from myths about medicinal cannabis. We ask, dear God, to give them hearts of compassion and brains to be used with commonsense and logic when making decisions regarding medicinal cannabis. We pray, dear God, that all decisions made are done with your servant heart as an example; that positive things will result to promote people's health and wellbeing - body, soul and spirit.

We pray, dear God, that legislators, regulators and those in authority making decisions about the legalizing of medicinal cannabis will not succumb to pressure of pharmaceutical companies, for such companies may have vested financial self-interest in medicinal cannabis. Whatever decisions are made must be in the best interests of the health, safety and wellbeing of all Tasmanians (and Australians), especially for the ill and vulnerable.

Dear God, we ask you to help us all to be good stewards of all Creation - to use and not abuse the wondrous gifts of creation you have at your disposal. May we all be able to work together on this medicinal cannabis issue so that both individually and collectively as a State/nation we benefit socially and economically from this incredible herb you give us. Please direct and guide all of us with your wisdom and love ever present. Thank you Lord God. Amen!

Finally, we do not know if medicinal cannabis will continue to improve Tim's health and wellbeing because the nature of his complex medical condition is unpredictable, but every hour we see our son have some quality of life we thank God for this blessing. Tim has a right to medicinal cannabis!

5. Surely we (Tim's parents/carers), Tim and other people using medicinal cannabis have a right to use/supply this medication without the stress of knowing we could, at any time, be arrested and prosecuted. When can we live with freedom of choice about the medications we use for our health and wellbeing? When will medicinal cannabis be recognised as a right of choice as a legal medication?

At present we are growing 13 plants. They range in size from seedlings to plants ½m high. In order to maintain a continual supply of medicinal cannabis cold-processed oil we need access to a significant supply of cannabis. We need to learn the cold processing technique.

Currently we give Tim 2/3 to 1 capsule of cold processed cannabis oil daily; the dosage depends on the amount of tonic clonic seizure he is experiencing and any infections he is suffering, as he is prone to ear, throat and digestive infections/conditions. Cannabis has strong anti-microbial properties as well as anti-convulsion properties.

We also give Tim cold processed cannabis tincture during tonic clonic seizures and to prevent seizure clusters - this is working as a replacement to diazepam/valium. As part of our regular family diet we use organic hemp seeds and organic hemp oil in salads, sandwiches etc. Both these products are deemed unsuitable for human consumption in spite of the fact that in other countries (except New Zealand) they are a normal and highly nutritious food.

Peter and Beverley Rubenach, Gray

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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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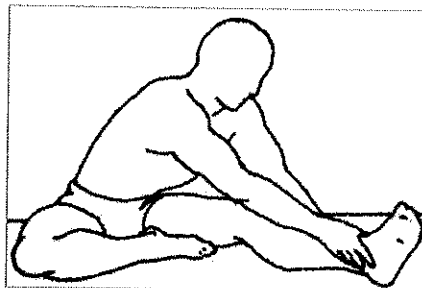
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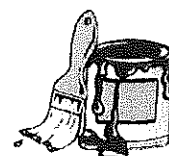
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Break O'Day Multi-Purpose Indoor Stadium

Update 1 — 19 March 2015



Break O'Day Council, in conjunction with the Tasmanian State Government and the Australian Federal Government are co-funding the construction of a Multi-purpose Indoor Stadium which will be located at the St Helens Sports Complex - 117 Tully Street, St Helens.

The stadium will be available for use by individuals or groups from all over the Municipality for a range of activities.

Important Information which may affect you

Construction Commencement Date: 10 March 2015

Projected Completion Date (Stage 1): September 2015

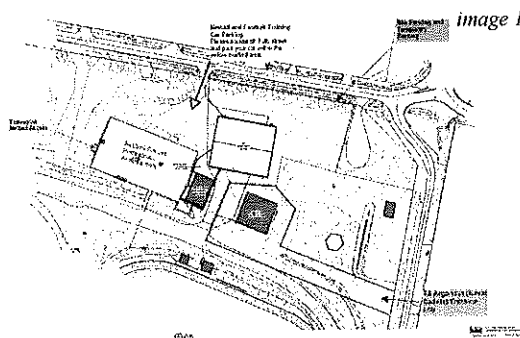
Stadium open for use by the Community: Late 2015

From Monday 16th March 2015 and until further notice, access for the Eastern end users of the Sports Complex (Athletics & Naval Cadets) will be provided off Young Street (*image 1*).

Council wishes to apologise for any inconveniences caused during this timeframe. Access for Netball and Football training will be as normal (Tully Street).

We hope the Break O'Day Community will join together with Council in the excitement of welcoming the multi-purpose facility to the area, that will be expanding and enhancing the facilities already located at the complex. The stadium will also accelerate the level of participation for all grades of competition in various sporting activities, attracting regional and state level competitions to the area, as well as enhancing the health and wellbeing of the community.

For more information please contact Council's Building Services department on (03) 6376 7900 or email admin@bodc.tas.gov.au



Jack Hale wins national under 18 100m

Tasmanian teenage sprint sensation Jack Hale has added the 100m national under 18 title to his growing list of achievements. The 16 year old crossed the line at the Australian Junior Athletics Championships in Sydney with a time of 10.38 seconds, but a tailwind prevented a race record. Hale said he was happy with the result nevertheless.

Last year, the champion long jumper became Australia's fastest kid after breaking the record with a time of 10.42 seconds. Hale has already booked a spot for the World Youth Championships in Colombia in July by winning the under 18 men's 200m event last week. His latest win means he will compete in the 100m at the championships as well.



abc.net.au/news/2015-03-15/teenage-sprint-star-jack-hale-wins-100m-dash-but-no-record-set/6320742?WT.ac=statenews_tas

The Say, by Cagerattler

This is a great place to live. We have so much going for us and so much to celebrate. We have so many unique and specially talented people who give so much back to the community and we have plenty of doers and not too many whingers but ... this very small minority of people (who have a penchant for finding ways of niggling away at those having a go or searching for things that various paid / unpaid people do to make this community the great place it is) need to take a breath, chill out and give support instead of trying to find fault.

These few people know who they are and I won't need to name anyone, but quite frankly the rest of us are getting a bit fed up with the regular innuendo that crops up about aspects of how things happen around here.

Look at Greater Esk Tourism, Woodcraft Guild, Mt Elephant Fudge, Madd Mudd, Purple Possum, The Pancake Barn, Caffeine Surfer, River and Willow, Second Hand Rose, each of the two supermarkets, the State Emergency Services, The Valley Voice, the school, the Community Health Centre, Library, three awesome B&Bs, Wildlife Carers, Sports Centre, Post Office and a personal favourite, Cranks and Tinkerers - apologies to anyone else either voluntary / community service or small business I've missed...

None of these small businesses / community services / not for profits / whatever category they fall into deserve the unwarranted scrutiny they seem to get these days.

All of these people need full support or at least not to be criticised so heavily as some seem to want to do. I wonder if the phrase 'if you can't say anything nice, don't say anything at all' has any meaning to the tiny minority in the community.

If you are one of these people, please...GIVE IT A REST...

What do you think?

Rod McGiveron, St Marys



Memorial to the Anzacs who Enlisted from Avoca

The Avoca Museum and Information Centre (AMIC) planted 50 silver birch trees in Boucher Park and their successful application to the **Anzac Centenary Local Grants Program** has enabled the placing of a small brass plaque on a plinth in front of each tree to commemorate all those who enlisted in World War One from the Avoca area. The project will be completed by Anzac Day 2015.

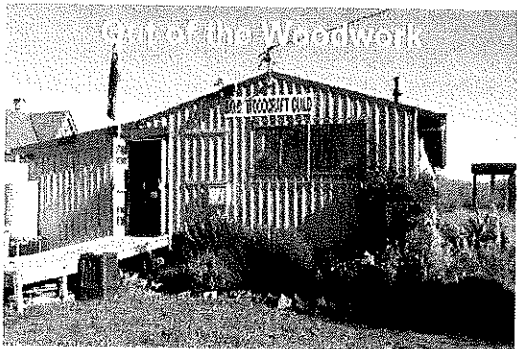
Sergeant Lewis McGee, who was awarded the Victoria Cross for outstanding bravery, is to have his plaque placed in front of the only established tree in this area of the park, and the Northern Midlands Council have placed a picnic seat beneath this tree.

The 51 plaques will be easily accessed by locals and visitors so that the soldier's name, age, rank, enlistment date, where they fought and the date discharged, killed or wounded can be read. AMIC thanks Bill Chugg for his research on soldiers from the Fingal Valley. If relatives find that their loved one is missing AMIC welcomes this feedback and will ensure that a plaque is placed in honour of this soldier. More detailed information about each soldier is available at the Avoca Museum. This includes the next of kin so that visitors researching their own family history can seek relatives.

In 2010 the Greater Esk Tourism group secured funding from many sources to restore the Old State School in Boucher Park and develop the Avoca Museum and Information Centre which opened on Australia Day 2012. AMIC has since successfully gained funding to clean up the Cenotaph and Memorial Gates to the park and planned and successfully held the first ANZAC Day Service at Avoca for 47 years, in 2013. Despite the very windy weather over 150 people attended, expressing their delight in seeing the Cenotaph looking so good and the improvements that have been made to the park and to the old building. The level of support from such a small community is outstanding, as local volunteers maintain the park and building.

The 'Anzacs who Enlisted from Avoca' small plaque project will enhance the ANZAC Day Service in 2015 commemorating the centenary of the First World War. The community will be able to walk among the trees and read individually the stories of the soldiers who enlisted, their own ancestors who did not hesitate to enlist to fight for England, head off to train in strange lands, then to go to battle in horrific conditions in the Dardanelles and in France. Seeing the young ages of those men and what happened to them, and names that will be very familiar, will bring home to those reading the plaques just how personal and just how brave those men were.

Councillor Mary Knowles, Avoca



We would like to extend a thank you to Lorraine Gill for being such a good sport and allowing us to use her face on our glamour poster.

We all hope that we will see many faces, old and new, at our Annual Open Day Fair on April 11th 2015.

Old favorites will be there including Ted Koops and Paul Byard (the 4'X2') with their well liked repertoire of songs, Reptile Rescue with their array of native snakes and the Break O'Day Regional Arts Market, to name just a few. The Colonial Strollers will be joining us for the first time. They dress in beautiful period costumes which are pleasing to the eye.

We invite people to attend in fancy dress as their favourite character.

Finally, a big thank you from all Guild members to Tim and the staff of the Caffeine Surfer, for allowing the Sizzler King to sell our hot dogs on the weekends to help raise much needed funds.

A special thank you also to Tracy from the St Marys Coach House Restaurant; as a matter of courtesy we asked if she had any issues with this revenue raising effort. Tracy being the kind hearted trooper she is gave us her full sanction to proceed.

Guilds Home Hint:

Have a peg handy when you are cleaning wooden blinds or shutters. If the front door bell rings or you need to proceed with other domestics placing a peg lets you know where to resume cleaning.

Wendy Brennan, Secretary 6372 2094

www.breakodaywoodcraftguild.weebly.co

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

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



Tyler Phillips and Jack Bestwick helping at a recent working bee.

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FREE ENTRY

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Shane Gregory, Department of State Growth
St Marys Pass maintenance work 23 March 2015

St Marys Pass will be temporarily closed at night late next month following the Easter break so that vital preventative maintenance can be undertaken.

The Pass needs to be temporarily closed from Sunday 26 April at 7pm until 7am for 6 nights to allow for new drainage pipes to be installed.

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.

We've informed all key stakeholders who use the Pass regularly, including school buses, freight companies and emergency services.

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.

We're planning to undertake these works at night to minimise disruptions caused to the travelling public.

For the latest updates on road closures check out http://www.transport.tas.gov.au/road/closures_delays



Contact: Mel Simmonds

Phone: 6166 3219

Continued from front page...

'It will make the cost of doing business for exporters in Tasmania lower so that they can compete in fair market conditions. It will mean that goods going to markets not currently covered by the scheme will be able to claim \$700 per shipping container, and shippers from the Bass Strait islands will be eligible for an extra 15% loading.'

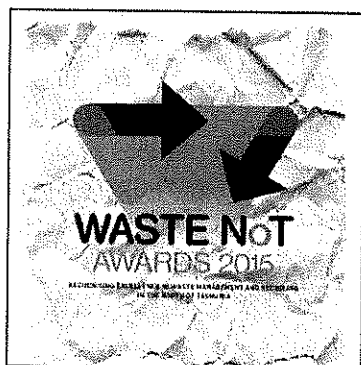
Mr Hutchinson said that the opening up of the scheme will give Tasmanian producers surety about the costs of doing business both interstate and overseas and probably prevent some from moving interstate.

This significant expansion represents an increase of more than 40% in the Federal Government's annual investment in the Tasmanian Freight Equalisation Scheme.

'Today's announcement builds on the significant funding that the Government is already providing under the Economic Growth Plan for Tasmania to build infrastructure,' Mr Hutchinson said. 'We want Tasmania to stand on its own two feet economically and this will help enormously.'

This government is delivering for Tasmania, Mr Hutchinson said.

It is investing \$1b in the state's infrastructure including \$400m for the Midland Highway, \$38m for the Hobart Airport runway extension and an extra \$60m for five Tranche Two irrigation schemes.



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APPLICATION

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Application forms can be found at rethinkwaste.com.au

February 2015 Rainfall thanks to Reon Johns

1st	1.0
10th	3.6
11th	3.6
14th	17.6
15th	20.0
16th	16.0
17th	1.2
18th	.6
19th	Trace
20th	2.6
28th	Trace

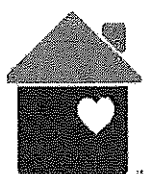
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Valley and East Coast Voice Inc 2015 deadline/publication dates

#	Deadline	Publishing	#	Deadline	Publishing
47.22	April 6	April 9	48.08	August 10	August 13
47.23	April 20	April 23	48.09	August 24	August 27
48.01	May 4	May 7	48.10	September 7	September 10
48.02	May 18	May 21	48.11	September 21	September 24
48.03	June 1	June 4	48.12	October 5	October 8
48.04	June 15	June 18	48.13	October 19	October 22
48.05	June 29	July 2	48.14	November 2	November 5
48.06	July 13	July 16	48.15	November 16	November 19
48.07	July 27	July 30	48.16	November 30	December 3
			48.17	December 14	December 17

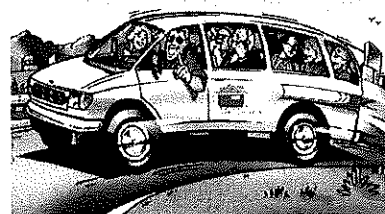


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Our Aim

To deliver health and wellbeing programs to
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What do we deliver?

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



Contemporary Art Quilts create a stir

An exciting new exhibition of art quilts by **Circle of 4** members was held at *Gone Rustic Studio and Gallery*, St Marys, recently. This group of Tasmanian textile artists from around the State regularly sets themes and challenges to inspire and extend their creativity. They meet online via Skype, which is a great way to share ideas and artworks despite geographical separation.

The themes set for 2015 were 'Music' and 'Growth'. Each artist interpreted the themes in her own unique way, which led to a variety of interesting interpretations and styles.

Works by Dorotea Hinrichsen and Lauree Brown were colourful creations, featuring a variety of innovative printing, dyeing and applique techniques. Judith Mckinlay's expertise as a felter really came to the fore in her contributions, with stitching and beading as added highlights.

Rita Summers' focus on printing and dyeing were a strong element, and she also incorporated paper and 3D elements.

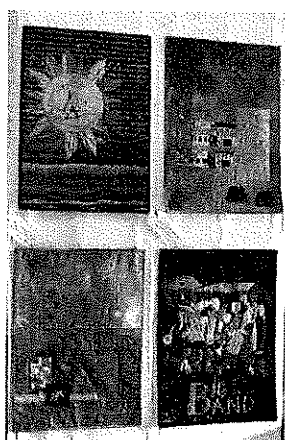
More than 30 people attended the launch, enjoying delicious platters of food provided by Purple Possum Wholefoods and Café.

Next exhibition: NSW challenge quilts – 'Hexagons'.

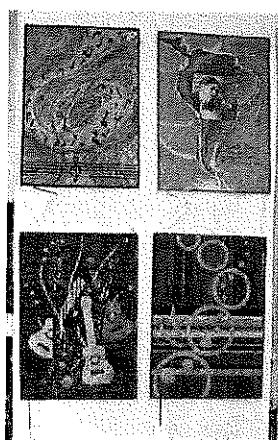
For more information, please contact Rita Summers on 6372 2724 / 0417 027 424 / gonerustic@gmail.com

www.gonerustic.com / www.facebook.com/gonerusticstudiogallery

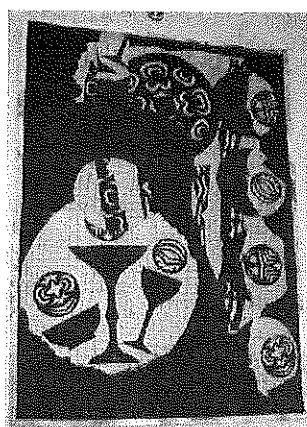
MarysPhotos by Margit Salonen and Rita



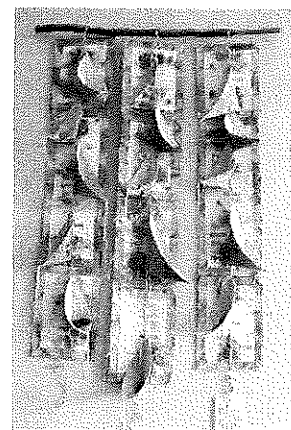
Lauree Brown's Music Exhibit



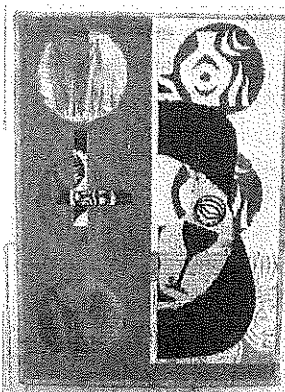
Dorotea Hinrichsen's Display



Unplugged (Instrument) by Rita Summers



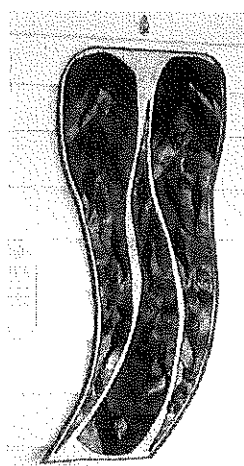
Genesis by Rita Summers



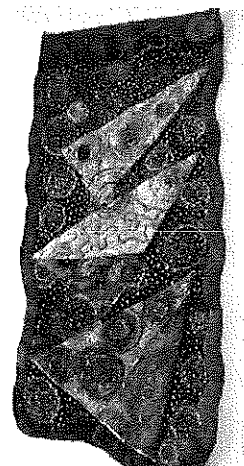
Collaboration (Era) by Rita Summers



Satchmo by Judith McKinlay



Buds to Blossom to Seed Capsules



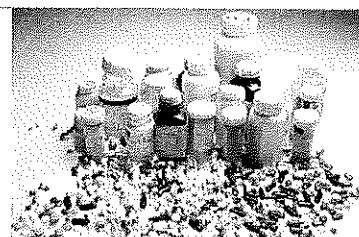
Life's Journey by Judith McKinlay

An Italian NGO decided to teach Zambians how to grow food, and paid locals to grow tomatoes in a fertile valley that lacked agriculture.

When the tomatoes ripened, 200 hippos came out of the nearby river and ate everything.

"That's why we have no agriculture here," explained the Zambians.

In 2014, prescription drugs surpassed car crashes as the leading cause of accidental death in 29 US states



Follyfoot Friends - Tamwah.

Poor boy...what was he to do? He was raised by his turkey mum Violet, but now she was gone - sadly passed away, as old age had finally caught up with her. Tam wasn't the smartest of birds, even though his kind were meant to possess some sort of magic for those around them; he was so distressed and sad over the loss of his precious mama that he called and called the day she died, while running in and out of her nest, where she had decided to make her journey from. Oh dear...this was turning into a huge problem for the rest of us at Follyfoot.

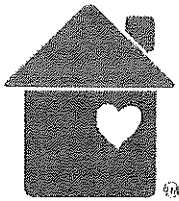
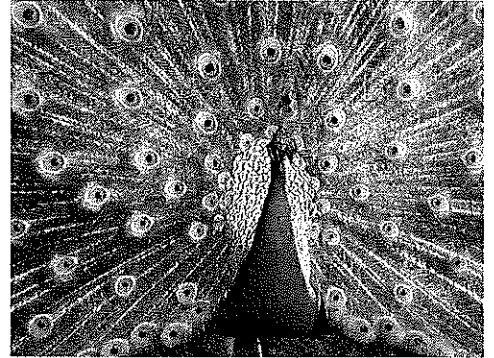
One day a few weeks after this, Tam disappeared! Oh dear, now what? Where on earth would he have gone, as there are no peafowl in our area. Then I heard a cry - yep, a peacock call - there he was over at the neighbouring farm in amongst the flock of geese. Well, I never! (He did however return home each evening to perch on the pergola roof.)

Light bulb moment...aha...he thinks the big white geese are turkeys like his mama, and as far as he knows, himself! So with the wonderful support of a friend down in Acton near Hobart I was sent two lady geese, Pearl and her daughter Yolande.

Tamwah was delighted and of course stayed around a lot more. When Springtime came, the inconceivable happened (pardon the pun)...Tamwah mated, the only way that birds can, with both the geese.

So there you see...one little peacock, who thought he was a turkey, but fell in love with a goose!

By Jackie Roberts, Mathinna



FINGAL VALLEY NEIGHBOURHOOD HOUSE INC

**** For sale ****

The Fingal Valley Neighbourhood House Inc. has copies for sale of a small vintage booklet, with pictures from the 1940s of the Fingal Township and surrounds

Only \$5!

Call in to the office and check them out.

FVNH 6374 2344



Can you remember when Fingal was like this??

YES, we are back! We need you to come along and join us at the Fingal Valley Neighbourhood House for our Eating with Friends Easter Luncheon

Date: Thursday March 26th 2015
Cost: \$10 per person

Time: 12 for a 12.30 start
Menu: To be confirmed

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



"Swamp Juice" - the story of one man's romp through a swamp; a world travelled shadow puppet comedy.

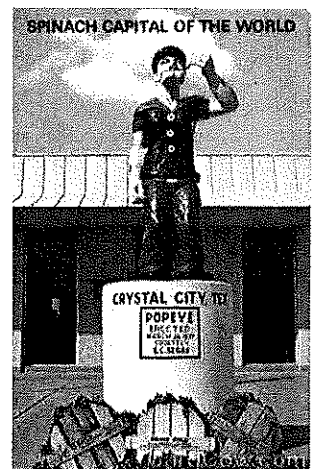
7pm Friday March 27th 2015, at Portland Hall, St Helens

Ticket Prices

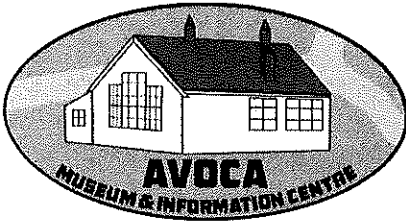
\$10 kids	\$20 Concession
\$25 adults	\$55 Family of 4

Ticket Bookings

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



On this day in 1937 - Spinach growers in Crystal City, Texas, erected a statue of Popeye.



Avoca Museum and Information Centre

Old School Building
AVOCA TASMANIA 7213

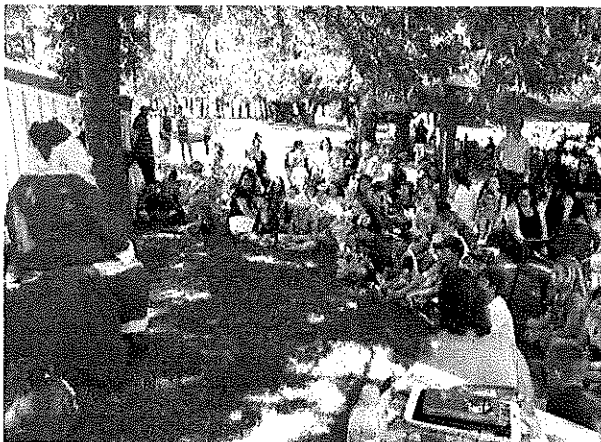
COMMUNITY NOTICE

Due to higher insurance costs and a dwindling number of stall holders there will be **NO FURTHER COMMUNITY MARKETS** at Avoca. AMIC would like to thank all those who have been involved and made the markets a success since commencing in 2012.

Roving Curator Project

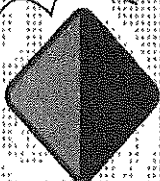
Learn the skills to care for and handle museum articles, keep appropriate records and exhibit at proper museum standards so locals and visitors can access and enjoy the Avoca Museum collection. Family histories will also be an area of focus. Workshop dates are: March 23, April 27, May 25, June 22 and 29, July 6 and 27, August 24 and September 28 from 10am -3pm Anyone interested in preserving our history and heritage is invited to come along as you will be most welcome. We want/need your ideas and input. Bring a picnic lunch. Morning / afternoon tea provided. Kind regards, Mary

Rossarden & Friends Kids Christmas Party at Avoca in December 2014



Handmade Original

meet
Andi & Sherryn
the artists!




ORPHIC
Art2Wear

At The Escape Gallery

04 5858 2895
e-mail: OrphicArt2Wear@yahoo.com.au
facebook.com/OrphicArt2Wear/

ST. MARYS
TAS. AUS.

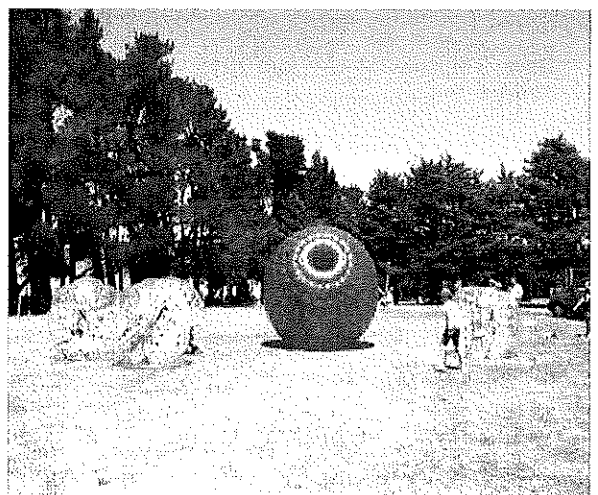
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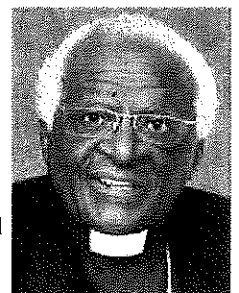
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ST MARYS TASMANIA
maddmud@hotm...l.com



Desmond Tutu: When the white missionaries came to Africa they had the Bible and we had the land. They said 'Let us pray.' We closed our eyes. When we opened them we had the Bible and they had the land.





HILLYS IGA ST MARYS

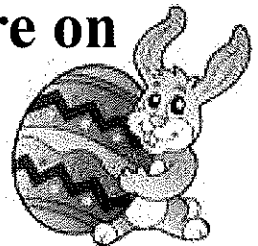
Open seven days a week

A great shopping experience -

everything in one convenient location

Don't miss out on Hillys huge range of
Easter eggs

**The Easter Bunny will be in-store on
Easter Saturday, 1-2.30pm**



- Large range of gluten-free, sugar-free products
- Fresh fish daily
- Awesome fresh food departments
- Cookies chickens, BBQ chickens
- Homemade salads and pizzas
- Eftpos and cash out facilities
- Seniors discount day every Wednesday
- 100s of weekly specials



Cut out and present this
coupon to receive a
free small coleslaw
with each BBQ chicken
purchased

Cut out and present
this coupon to receive a
free 1.25 litre coke
with each fresh pizza sold



School Events Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			26th March <ul style="list-style-type: none"> ENE Combined Athletics Carnival at St.Helens SCHOOL NEWSLETTER 	27th March <ul style="list-style-type: none"> Primary Assembly Led by 4-5 Yodgee
30th March	31st March	1st April <ul style="list-style-type: none"> Inter-High (Div 2) Swimming Carnival—Launceston Aquatic Centre LAST DAY OF TERM FOR STUDENTS 	2nd April <ul style="list-style-type: none"> STUDENT FREE DAY 	3rd April GOOD FRIDAY



Easter & School Holidays



20th April <ul style="list-style-type: none"> TERM 2 BEGINS 	21st April	22nd April	23rd April	24th April <ul style="list-style-type: none"> Primary State Athletics Carnival in Launceston
--	------------	------------	------------	---



Thursday Garden Day!

When: Term 2: every Thursday, anytime between 2-4pm

Who: Anyone! Children very welcome

What: Community gardening in the school's community garden. Learn gardening skills with our volunteers, meet other parents and school community members, help us maintain the garden and take some produce home!

Where: St Marys District School Farm Community Garden - Located next to the kindergarten.

Bring a hat and sturdy footwear. We look forward to seeing you in the garden for a chat.

For information contact:

Lucie Ellis

Farm Manager

lucie.ellis@education.tas.gov.au

6372 3900

Tanya Greenwood

Building Blocks

tanya.greenwood@healthyhouse.org.au

0400 001 126



13 Gray Road St Marys, Tasmania 7215.

6372 3900 Fax: 6372 2543

e: st.marys.district.high@education.tas.gov.au



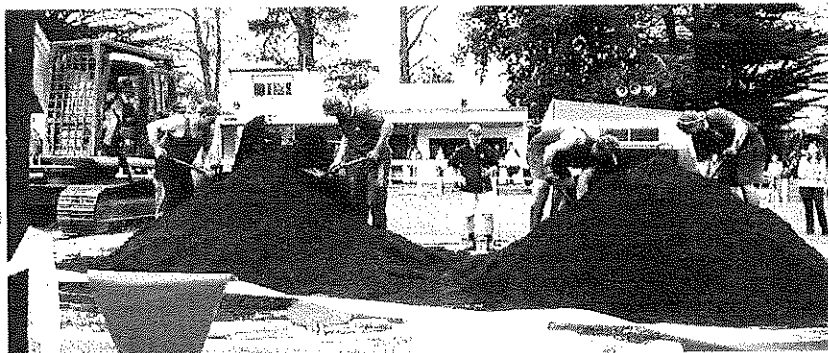
Valleys of Adventure

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

GREATER ESK TOURISM

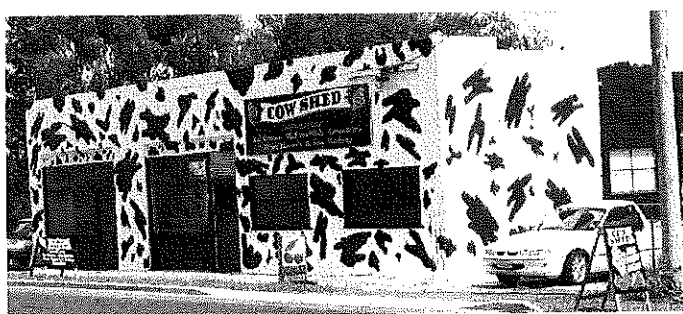
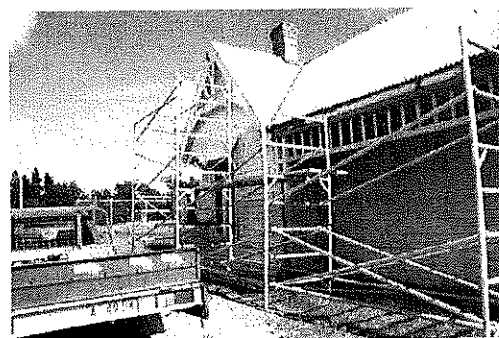
34th Fingal Valley Festival

Tasmania triumphs !! **Results 2015:** Malcolm Woods won the coal shovelling and Brett Phillips and Ricky Gale won the roof bolting over the NSW team of Morgan & Muldoon. Well done!!!





Fingal Railway Station -
Restoration
has commenced!



Avoca Berrie Delights

THE COW SHED

35 Falmouth Street Avoca

Hot coffee
Homemade and home
blended real fruit ice cream
Hot waffles with fruit and
ice cream

Hot donuts
Lattes
Home made jams and syrups
Award-winning fruit liqueurs
[free tastings]

Dare to Dream
This restoration is the
first step towards
getting a passenger
train to return to the
Fingal Valley



The next **Council**
meeting will be
held on **Monday**
April 20th 2015 at

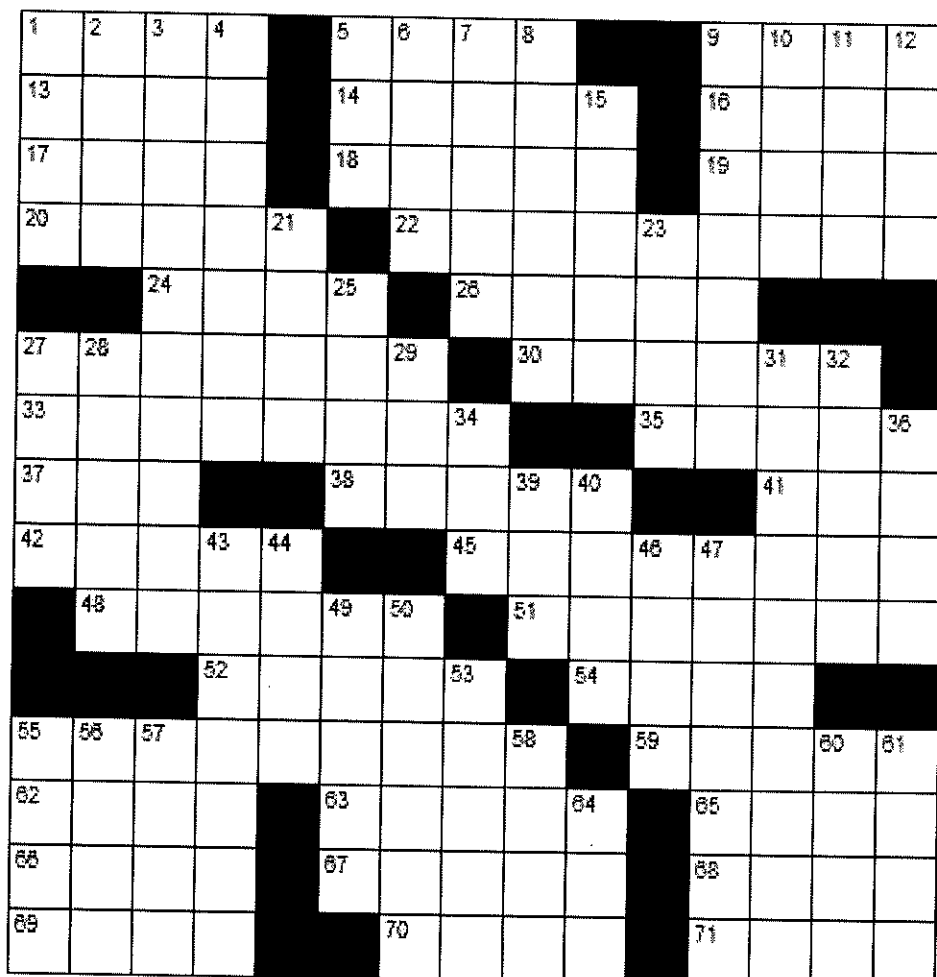
10am in the Council Chambers, 32-34
Georges Bay Esplanade, St Helens.
Minutes from Council meetings are
available on the website.



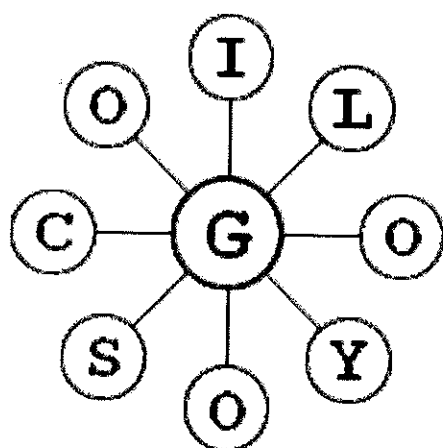
If you're searching for that one person who will change your life, take a look in the mirror...

ACROSS

1. Exposed
5. Countercurrent
9. Snare
13. Black, in poetry
14. Drills
16. Cry of pain
17. Strike heavily
18. Constructed
19. Thorny flower
20. Electrical pioneer
22. Moves
24. Tight
26. Ancient empire
27. One who bestows
30. Reddish brown
33. Massages
35. Tropical Asian starlings
37. Nigerian tribesman
38. Steam bath
41. A law enforcement agency
42. Two
45. Finance
48. Attack by plane
51. High ranking officer
52. Not written exams
54. Interlaced
55. Doubters
59. Stupefy
62. A chess piece
63. Units of land
65. Recent events
66. Carryall
67. Property claims
68. Eccentric person
69. Toboggan
70. French for "Head"
71. Terminates

**DOWN**

1. Finest
2. Competent
3. Deckhand
4. Part of Great Britain
5. Diminish
6. Gloomy
7. Less damp
8. Lemon or canary
9. Despotism
10. Violent disturbance
11. Church alcove
12. P P P P
15. Leaf opening
21. Car
23. Serene
25. Drags
27. Electrical or crossword
28. Yokels
29. Ribonucleic acid
31. Unanticipated
32. Small drum
34. Type of large sandwich
36. Small mountain
39. Henpeck
40. Again
43. Hunched
44. Hearing organs
46. A round handle
47. Retaliation
49. Deadly
50. Bring out
53. A slope of loose rocks
55. Circle fragments
56. Objective
57. Schnozzola
58. Dispatched
60. Was indebted
61. Sounds of disapproval
64. South southeast

**Solutions next issue**

How many words can you find?
Each word must contain the central G 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: 18 words. Good: 15 words.
Average: 12 words.

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



St. Helens Electrical

Rod Shaw

Lic No. 933671

**Domestic Commercial
Industrial**

***Wiring and Repairs, Rewires,
Underground***

***Home Heating: Advisory, sales and
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heaters***

***Lighting Specialist: Interior and
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24798 Tasman Hwy St Helens 7216



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- ◆ ROCKS
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- ◆ 10 YARD TIPPER
- ◆ COMPACTION ROLLER
- ◆ WHEEL LOADER

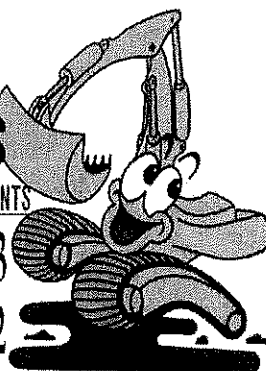
And much more...

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Phone : 03 6372 2033

Mobile : 0439 722 032



DAMS, ROADING, FIREBREAKS, LAND

CLEARING, HOUSE SITES, DRAINAGE &

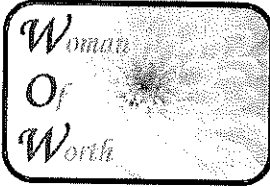
BRIDGE CONSTRUCTION

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25 YEARS' EXPERIENCE

Call Dana or Craig

6372 2033 / 0439 722 032



Come and join us - we're going POTTY!

*A fun, relaxed, social evening
for ladies of all ages.*

Be spoiled, pampered, encouraged and indulged.



Teapots with Character

6:30 - 8.30pm Tuesday 14th April

St Marys Hospital Day Room - up the ramp at side

Questions & Directions

Contact Christine Waters 0410 441 558

RSVP for catering purposes

(an initiative of the Break O'Day Anglicans at St Marys)

Singing for health

There is a growing body of evidence which claims that *singing* as part of a group can have a range of *health* benefits. "When you sing, musical vibrations move through you, altering your physical and emotional landscape. Group singing, for those who have done it, is the most exhilarating and transformative of all. It takes something incredibly intimate, a sound that begins inside you, shares it with a roomful of people and it comes back as something even more thrilling: harmony." (Stacey Horn)

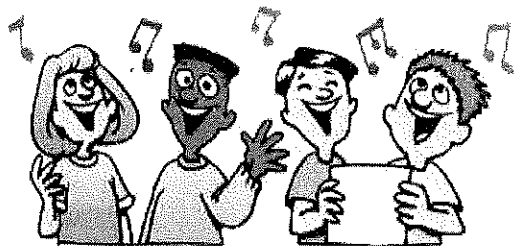
The Chocolate Shop Singers have resumed singing every Thursday evening 5.30-7.30 at the Mt Elephant Fudge Shop in Story St, St Marys.

They are a small but enthusiastic A Cappella group who enjoys singing a range of songs from around the world – in English and other languages. Often the songs are short simple rounds with beautiful harmonies.

The emphasis is on relaxed singing together, not performing. New members are always welcome, no experience necessary. You don't even have to know how to read music.

So if you are new to the area or just new to the idea of singing, if you have always wanted to join a choir but were afraid to take that first step, this may be for you.

Questions? Call **Leissa on 6372 2686** or just turn up.



Last edition's solutions

All words: adeem, admen, am, amen, amend, **AMENDMENT**, ament, dam, dame, deem, deme, demean, dement, edema, em, eme, emend, emmet, ma, mad, made, madmen, mae, man, mane, maned, manned, mat, mate, mated, me, mead, mean, meant, meat, meated, meatmen, med, meed, meet, mem, men, menad, mend, menta, met, meta, mete, meted, mm, nam, name, named, neem, nema, tam, tame, tamed, tandem, team, teamed, team.

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

P	U	S	S	E	F	F	S	F	A	C	T
A	N	T	I	S	O	O	T	S	U	S	E
D	I	E	T	T	O	R	A	H	S	I	L
S	T	R	U	T	T	O	R	I	A	L	S
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L	E	O	T	A	R	D	S	T	Y	L	U
A	R	T	E	R	I	A	L	S	I	N	A
T	R	Y		S	P	I	K	E		D	U
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S	I	L	L	S	E	D	A	N	F	O	R
H	O	E	D	R	E	N	T	E	D	O	M

SPLASH
ST MARYS


You swill it, we fill it!
You dump it, we pump it!

Water cartage
Septic pumping

Contact: Mick
0488 777713

ST MARYS
BAKERY

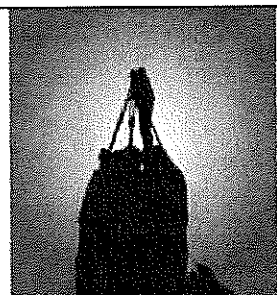
PH: 6372 2131
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**FRESH BREAD, ROLLS & BUNS,
PIES, PASTIES, CAKES,
HOT FOOD,
COFFEE, COLD DRINKS,
ICE CREAM.**

52 MAIN ST ST MARYS.

Visit our website at valleyvoice.com.au and look back over nine years of archival content, galleries and stories, in addition to each new edition. Leave a comment/suggestion on what you would like to see included.



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March 30	Lundy Vosper
31	Lundy Vosper
April 1	Lundy Vosper
2	Sonya Allison
3	Drew Adam
6	Karl Balzer
7	Louise Keady
8	Lundy Vosper
9	Valmai Spencer
10	Lorraine Gill

Tip locations and opening hours

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

The Valley and East Coast Voice Inc. Guidelines

Opinions in any letters published are not necessarily those of the Editor and committee, or volunteer staff. Our pages remain open to fair and honest criticism so that on all questions both sides may be presented, but any submissions containing personal attacks or hinting at libel or slander will not be accepted. Please do not attack the editor, the paper or the authors of previous articles.

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

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

The editor reserves the right to edit any submission for grammar, spelling or reduction in size where necessary. All letters/emails must include your full name, address and phone number.

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

All information is correct at time of printing.

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

Emergency services

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

Church Services

Catholic Parish of St Marys

Sr Lorraine Groves
6372 2252 / 0409 172 741

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

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

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

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

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

Break O'Day Uniting Church

The Manse 6376 2405
St Helens 9am
Fingal 11.15 am

St Marys Salvation Army

Envoy M Norton 0409 838 816

Sunday Joy 9.30am

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

Tuesday JAM 3-5pm (except school holidays)

Break O'Day Anglican

Parish POB 143, St Helens
Tas 7216 6372 1144

St Helens 9.30am

5th Sunday Combined Service with Uniting Church
10.30am

St Marys 10am

Pyengana Please phone for service times

facebook.com/anglicanbod

Anglican Parish of Northern Midlands

Avoca 11am 2nd Sunday

Fingal 2pm 2nd Sunday

Mathinna 2.30pm 4th

Sunday

Ross 10am 5th Sunday

Campbell Town 9am

EAST COAST GLASS

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

Locally owned - servicing the East Coast
Call David or Anne Cannon for professional, friendly and reliable service.
6372 5361



ST MARYS COMMUNITY HEALTH CENTRE

St Marys Community Health Centre

GP Surgery Hours:

Monday—Friday

8:50am-10:00am

10:00am-10:30am— Reception Closed

10:30am- 12:30pm

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

1:30pm-2:45pm

2:45pm-3:15pm— Reception Closed

3:15pm- 4:30pm

PATHOLOGY SERVICE-

NO PATHOLOGY SERVICE BETWEEN:

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

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

SCRIPTS AND DOCTORS APPOINTMENTS

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

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

PHONE SCRIPTS

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

INR TESTS

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

FLU VACCINATION 2015

If you require a Flu Vaccination please phone the St Marys Community Health Centre on 6387 5555 to have your name placed on the waiting list.

A Flu Vaccination Clinic will be organised when the vaccinations arrive. Flu vaccinations are due in after Easter.

If you are aged 65+ or you have a chronic condition your flu vaccine is FREE.

DOCTORS ROSTER

• **Dr Cyril Latt**

30/3/15—10/3/15

• **Dr K. Rawnsley**

26/3, 30/3, 31/3, 2/4, 8/4, 9/4 & 10/4 2015

• **Dr E. Reeckman**

26/3 & 27/3 2015

For appointments phone: 6387 5555

PUBLIC HOLIDAYS OVER EASTER 2015

PUBLIC HOLIDAYS:

3 April 2015

Good Friday

6 April 2015

Easter Monday

7 April 2015

Easter Tuesday

Please note that if you require medical services during this time please ring the after hours contact numbers listed on this page.

Normal Doctor Surgery hours will resume on Wednesday 8 April 2015.

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

IMPORTANT INFORMATION TO PATIENTS

Please be aware that Dr Latt's Surgery is currently fully booked for appointments 1 week in advance as of 30/3/15

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

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

If in doubt— Call an Ambulance 000
Thank you for your cooperation

ST MARYS COMMUNITY HEALTH CENTRE

WHAT'S ON AT THE CENTRE

- 26 Mar **Australian Hearing Services**— **FREE** Hearing Screening. Phone 6372 2111 to book . Limited appointments available.
- Social Worker**— Shan Williams. Please phone 6387 5555 for appointments.
- Anglicare Drug & Alcohol Counsellor.** For appointments please see your GP for a referral.
- 27 Mar **St Helens Neighbourhood House**— 10:00am-4:00pm in the Day Room.
- Social Worker**— Shan Williams. Please phone 6387 5555 for appointments.
- 30 Mar **TML Psychologist**— Sam McCarthy. Please see your GP for a referral.
- Continence Nurse.** For appointment please see your GP or Health Professional for a referral.
- 31 Mar **Child Health Session** with Mary Mumford every Tuesday— Appointments only. Please phone 0428 136 381
- Tom Bain, Rae & Partners Lawyers.** At the Community Health Centre Tuesday fortnights. For appointments please phone 6337 5555
- 1 April **Social Worker**— Shan Williams. Please phone 6387 5555 for appointments.
- TAZREACH**— Antenatal Clinic with Katie. For appointments please see your GP
- Day Centre**— For details on the group please contact Hayley Gilbert 6387 5555
- Podiatry North**— For appointments please phone 6336 5155
- 2 April **Social Worker**— Shan Williams. Please phone 6387 5555 for appointments.
- Relationships Australia**— Leanne McMurtie for appointments please phone 1300 364 277
- Anglicare Drug & Alcohol Counsellor.** For appointments please see your GP for a referral.
- 3 April **GOOD FRIDAY**— Public Holiday
- 6 April **EASTER MONDAY**— Public Holiday
- 7 April **EASTER TUESDAY**— Public Holiday
- 8 April **Day Centre**— For details on the group please contact Hayley Gilbert 6387 5555

WHAT'S ON AT THE CENTRE Continued...

- 9 April **Social Worker**— Shan Williams. Please phone 6387 5555 for appointments.
- Continence Nurse.** For appointment please see your GP or Health Professional for a referral
- Anglicare Drug & Alcohol Counsellor.** For appointments please see your GP for a referral.
- 10 April **Social Worker**— Shan Williams. Please phone 6387 5555 for appointments.
- TML Diabetic Educator, Physiologist and Dietician.** Appointments available by referral from you GP.

ARE YOUR DETAILS UP TO DATE?

Do you have a new address/ phone number?

Do you have a new Centrelink/ Medicare Card?

Have you updated these details at the Health Centre?

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

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

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

ST MARYS HEALTH CENTRE TEACHING SITE

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

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

APRIL/ MAY 2015— there will be multiple students on placement at the St Marys Community Health Centre from the University of Tasmania.

EYELINES

Visit the St Marys Health Centre every 6-8 weeks. For appointments please phone: 1300 139 363.

All consultations Bulk Billed to Medicare

ST MARYS SPORTS (AND SOCIAL) CENTRE

Gray Rd St Marys

Renovation trading hours. Friday 5.30 - close. Sunday 1-30 - 4.30

Entrance through deck area.

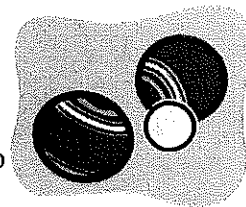
BOWLS NEWS

Congratulations to Swansea for taking out the pennant Finals.

Commiserations to St Marys.

Unfortunately Swansea were just too good on the day. St Marys managed to beat Bicheno and then Scamander in the two preliminary games, so well done teams.

Details of our annual dinner and the East Coast Bowls AGM will appear in the VV when they become available.



FRIDAY HAPPY HOUR

Friday 13th proved to be lucky for Rod Weyer who managed to take out Jag The Joker. ***Congratulations.***

John Vincent took home the meat tray and there was no winner for the free members draw. Thanks to those who got in the mood and dressed up for the night, and thank you Bobby for providing the prizes.

All in all it was a great night. Thanks Tamatha for the BBQ.

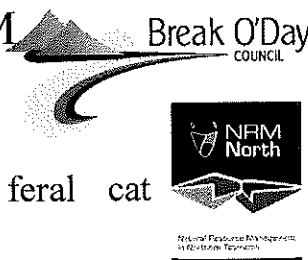
Happy hour will continue during renovations with a new Jag The Joker starting next week. (\$200)

Committee

Licensee/treasurer Jim Turner 6372 2441 President Bobby Harwood 6372 24455

Secretary Annette Wines 0417 010 648 Kitchen - Jacqui 0439 978 156

COMMUNITY CAT FORUM



St Marys Town Hall

Tuesday 14th April 3.30-5.30pm

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

INFORMATION - ACTIVITIES - MICROCHIPPING

- ♦ Discovery Ranger Anthea from the Parks & Wildlife Service
- ♦ Kids' activities
- ♦ Lucky door prizes - desexing vouchers (female cat subsidy)
- ♦ The feral cat problem and Council's program
- ♦ Responsible cat care
- ♦ The Cat Management Act and Declared areas for feral cat control

Has your cat been made safe with microchipping yet? To promote responsible cat ownership, residents can get their cat microchipped by a vet for half price at the Forum from 4.30pm.

Cats must be in a carrier, be calm and healthy.

To book your cat in or for more information contact Council on 6376 7900

WANTED - Alive Not Dead



THE WHEREABOUTS
around St Marys of
Perameles gunii
otherwise known as the
Eastern Barred Bandicoot
& listed nationally as a
threatened species
Get your resident bandicoot on the map!

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



ST MARYS IGA SUPERMARKET

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

38 Main Street

Ph/Fax 6372 2240 Butcher 6372 2274

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

Sunday 10 - 5pm

Butcher available Monday-Friday 8 - 2.30pm



Specials from 25th - 31st March

<i>Butchery</i>	<i>per kg</i>
Nichols chicken breast schnitzels	12.99
Ingham chicken gourmet portions	5.99
Lamb bbq chops	9.99
Netted boneless lamb roast	13.99
T-Bone steak	17.99

Shelves

Safe white long roll toilet tissue 12 pk	3.99
Palmolive shampoo 400ml or conditioner 375ml	2.49
Nice & natural nut bars 6pk	1.99
Morning fresh dish liquid 250ml	1.49
Moccona coffee mixes 10pk	3.69

Only \$2.99 ea

Cadbury roses silver boxed chocolates 150g
Safcol responsibly fished canned tuna 425g
Cripps cafe quality fruit loaf 70g
Devondale butter pat 500g
Unicorn brie/camembert cheese 125g

Specials from 1st - 7th April

<i>Butchery</i>	<i>per kg</i>
Rump steak	10.99
Leg of lamb	9.99
Nichols 6 legged chicken	4.99
Nichols drumsticks marinated	4.99
Hawaiian ham steaks	11.99

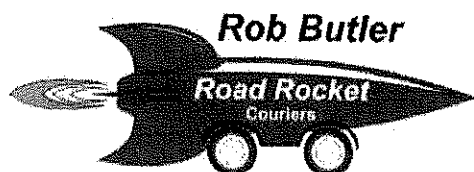
Cool room & Freezer

Kraft cheese block 1kg	8.99
Vita Cee orange juice 2.4L	2.69
Birds eye hot chips 750g	2.00
Birds eye oven bake fish 425g	4.99
Peters ice-cream 4L	6.99

Shelves

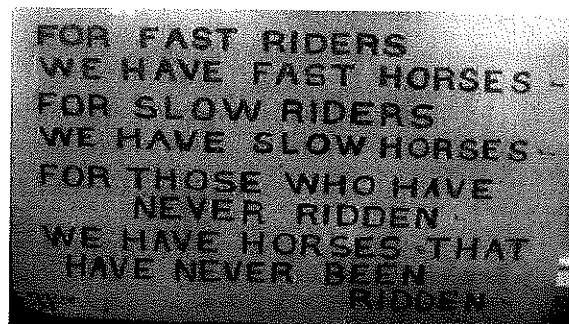
Devondale long life milk 1L	4 for 5.00
Heinz baked beans or spaghetti 420g	1.49
Pedigree canned dog food 1.2kg	2.69
Arnotts savoy/clix or shapes 160-250g	1.99
Sorbent toilet tissue 24pk	8.99

Touching stainless steel removes the odour of garlic and onion from your hands. 'They' even sell bars of stainless steel 'soap' which is just a bar of stainless steel to rub on your hands.



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

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Printed and published by
The Valley and East Coast
Voice Inc.
POB 230
St Marys Tasmania 7215.

