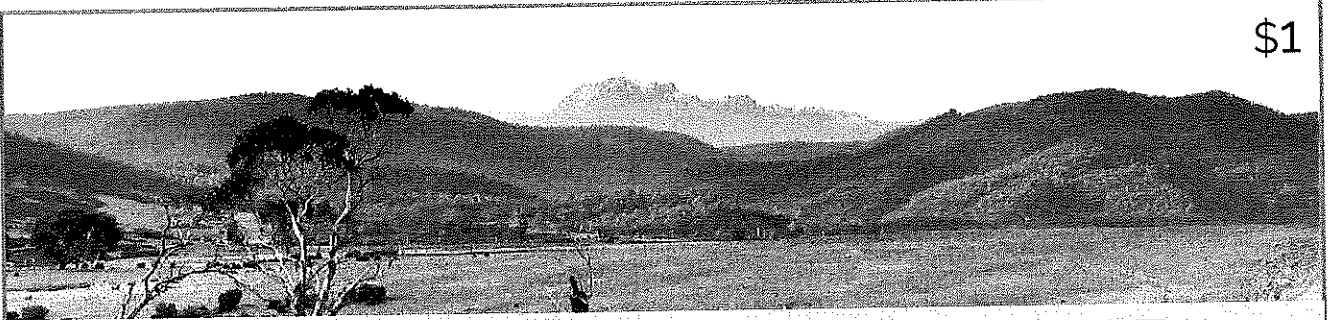


\$1



THE VALLEY AND EAST COAST VOICE INC.

Established 1968

48.22 April 7, 2016

Deadline for 48.23 is 5pm April 18, 2016

On March 16, 2016 the **Lions Club of St Marys** received a request from the local St Marys Fire Service, informing our Club of their need for a cordless impact drill with an inbuilt light.

This item is required for the removal of roofing screws in the event of a fire which requires removing roofing iron, and for removal of security screens to gain access to structures during a fire.

As the Tasmanian Fire Service does not provide power tools, the acquisition is left to the individual Brigades. The Lions Club of St Marys Inc. were pleased to immediately purchase a Dewalt 18v Driver with two batteries and charger to be carried in a fire truck at all times. Presentation of this much needed item was made on March 23 by President Kevin Faulkner, with members John and Ruth McGiveron and Peter Troode.



Lions - working with and for our Community

*Ruth McGiveron Secretary, Lions Club of St Marys
Photo by Peter Troode, St Marys*



BODRA makes beehives and picks hazelnuts p16

Northern Midlands R&SLA Sub Branch

Avoca ANZAC Day Service 2016

11am Monday April 25

at the Cenotaph at Boucher Park, Avoca

The march will commence 10:45am in front of the Post Office.

Students and those in service please attend in uniform. Venison and lamb roast lunch to follow.



On behalf of Liz Mallett and her family and friends, we would like to thank you for your all-round support during and in the passing of Dave Mallett on Thursday 24 March 2016.

A Memorial Service will be held at the St Marys Sports Complex on Saturday May 7 at 3pm for anyone who would like to attend the Celebration of Dave's life with us.

ST MARYS COMMUNITY HEALTH CENTRE TEMPORARY SUSPENSION OF SERVICES

Thursday April 28 – Sunday May 1

Details p23

Editor: WM Dawson
e: w Dawson@valleyvoice.com.au
0403 430 452
web: valleyvoice.com.au
[facebook.com/ValleyEastCoastVoice](https://www.facebook.com/ValleyEastCoastVoice)
POB 230 St Marys 7215

Advertising rates

- ◆ Business card ads \$15
- ◆ Intermediate ads \$18
- ◆ ¼ page ads \$25
- ◆ ½ page ads \$40
- ◆ Full page ads \$65
- ◆ Permanent classified ads \$20 p.a.

Community announcements are free. Private classified ads are free for two issues. Annual posted subscriptions are \$69 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.

MANY THANKS to everyone who has contributed to this edition of the Valley and East Coast Voice Inc. Articles are always welcome, but we do not accept responsibility for the accuracy of information provided by contributors! Opinions expressed are not necessarily those of the editor or volunteer staff.

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 / libel / slander will not be accepted.

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

All articles for submission must bear the author's name, town of residence, address and phone number. The address and phone number will not be published but are for verification purposes only.

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.

Community Notices

Community notices must include the name, position, town of residence and contact number of the authorised representative.

Notice to non-profit groups re changes to advertising rates: Half a page or more will cost 50% of the regular advertising charge. To establish eligibility, ABN / IA details need to be produced.

Garage Sale Furniture, bric-a-brac at 44 Morrison St Falmouth. 8.30am on Saturday April 23

Avoca Museum & Information Centre Annual General Meeting 4pm, Tuesday April 26 at AMIC



Fingal Valley
Neighbourhood House Inc

Bus trip to
AGFEST

Saturday May 7, 2016

Leaving FVNH 8am

COST: 6 people - \$15 each
8+ people - \$12 each

BYO Lunch or buy at AGFEST
\$15 tickets can be purchased
at the gate on the day

A deposit of \$5 would be appreciated
before the day

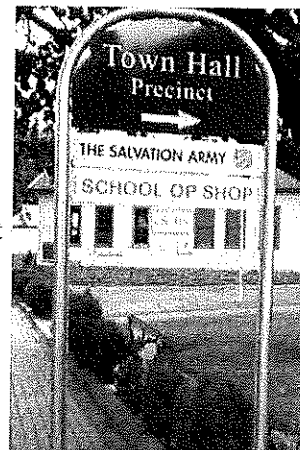
Ph 6374 2344

or call into the Office

The Combined Probus Club of Scamander Inc meet monthly on the 4th Wednesday at Scamander Beach Resort, 10am. Contact **Lorraine** on **6376 2185** for further information - new members welcome.

The co-ordinator and volunteers of the **St Marys School Association Op Shop** would like to thank Break O'Day Council and the outdoor work crew for the erection of the street signage for the Town Hall Precinct which matches the signage for Story Street. It really adds to the streetscape and allows both locals and tourists to find the Op Shop and the Salvation Army much more readily. Thank you very much for a GREAT job, well done.

Janet Drummond, St Marys



Community Notices

**Scamander's Famous
'Australia's Biggest Morning Tea'**

Monday April 11

*\$8 per person - includes
Soup and Sandwich Luncheon*

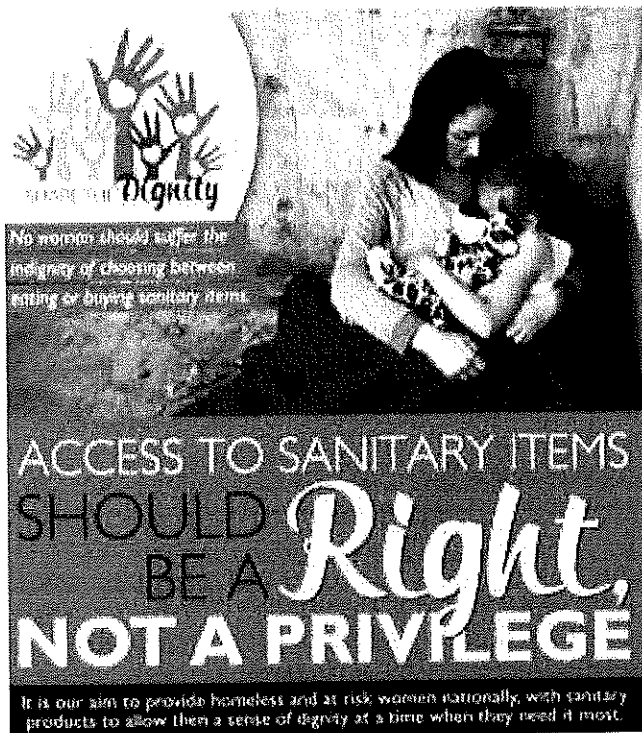
**ALL the favourites:
Trade table Chocolate Wheel Raffles
Great Company!
Donations gratefully received**

Ph Dot 6372 5530



**Cancer
Council**

**Australia's
Biggest
Morning
Tea**



Donate SANITARY ITEMS THIS April AT

St Marys Op Shop

25a Main Street (Behind the Town Hall), St Marys,
Tasmania, Australia 7215



Wanted

Tractor / slashing available, fully insured, competitive rates, from Chain of Lagoons to St Helens, Fingal to St Marys. **Alan, 0407 944 158**

Reasonably late model fridge **6372 2626**

2 x Sheep for lawn mowing duties. Must have teeth!
Ph **Stan 0400 882 742** St Marys

For Sale

Used shelving and panels etc. in good order

Pegboard (1 side painted beige) 4 / 1830 x 875mm \$20ea. 80 / 875 x 625 mm (framed) \$8ea. 100 / 1160 x 625mm (framed) \$10ea. **Masonite panels** (1 side painted beige) 10 / 1530 x 875mm \$5ea. 10 / 700 x 350mm with 200mm backing, sturdy wire mesh shelves \$8ea
30 / **Metal Panels** approx. 870 x 625 with 15mm flange to all edges. Powder coated beige **Mixed panels** prices on application - cheap. **Various boards & panels** chip-board, masonite etc. coated beige, sizes & prices on application. **Self assembled racking**, simple & sturdy - 1380mm high, with four racks (shelves) 1130 x 450mm. Powder coated brown with stained particle board infills \$220. **Fluorescent light sections** \$15 **Mobile bread stand** v/good condition, 5 wire shelves (950 x 400) plus small storage at bottom \$120. **Cane sun lounge** needs minor repair \$40. **Pallet jack** narrow tynes, incl. 2 / 50m x 19mm rolls metal strapping with 2 strapping stands, 2 sets of strainers \$400 the lot. Large qty in two sizes used **Gal. Iron** (sheet metal) - 2400 x 550mm \$20 ea - 2400 x 300mm \$10ea. **Trellis Netting**, approx length 20 - 50m, mesh size 300 x 150mm \$20 - \$40ea. Used 1500mm (5') **palings** ready soon - price? **Call 6372 2626**

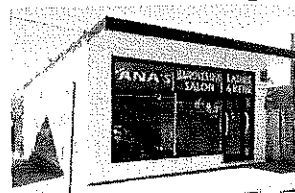
Auto 96 Mitsubishi Magna wagon, good condition, runs well, cargo barrier, timing chain replaced and fully serviced, 6 months rego. \$1,900 ono. **0403 430 452**

Industrial overlocker and cottons, \$250 neg. **6372 2756**

3 seater **lounge**, cream pseudo lambswool in gd cond \$100. Black pseudo leather highback **swivel office chair** in gd cond \$30. 7kg **LG clothes dryer** in gd cond \$60. **Westpoint stove** - 4 hotplates in gd cond \$100
Call 6372 2012

Ford falcon BA 03. 4 doors, boot, 2 taillights & left guard \$80. **0437 873 154**

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Master Hairdresser

Tuesday, Wednesday, Thursday, Friday

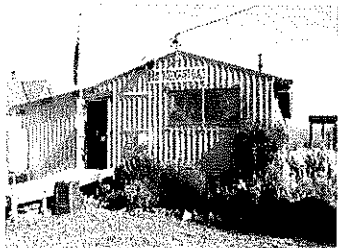
Ladies	Blonding	
Men	Perms	Beauty
Teenagers	Blow waves	Waxing
Children	Shampoo & sets	Hair products
Cutting	Colour correction	Clothing
Restyles		Gifts
Colouring		

46 Main Street St Marys - 0448 532 531

Listed as "St Marys Ana's Hairdressing Salon."

LOOK GOOD, FEEL GOOD

Out of the Woodwork



We offer our heartfelt condolences to Liz and family on their sad loss. Due to cultural sensitivity we will not mention our friend's name, but dedicate this poem in his memory. From all Woodcraft members.

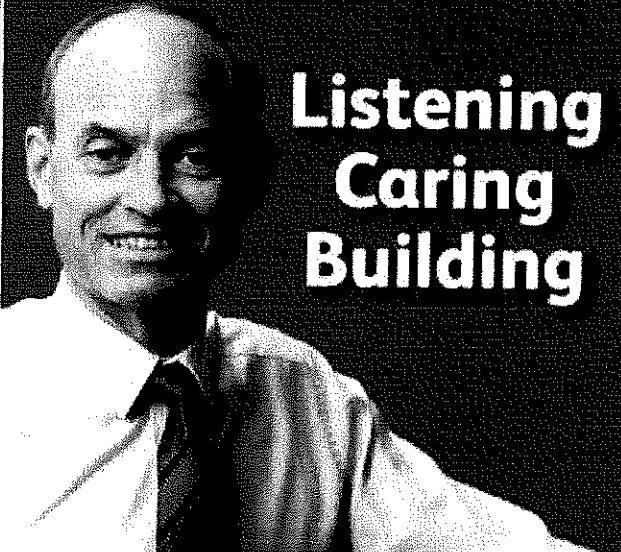
*There is a pleasure in the pathless woods,
There is rapture on the lonely shore,
There is society where none intrudes,
By the deep Sea, and music in its roar.
I love not Man the less, but Nature more,
GG Bryon*

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

Wendy Brennan, Secretary 6372 2094

breakodaywoodcraftguild.weebly.co

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



Guy Barnett MP
State Liberal Member for Lyons

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Auth. Photo by Guy Barnett MP © Nicole Street - New Media

Liberals



Fingal Valley
Neighbourhood
House Inc.

School Holiday Activities

AQUATIC CENTRE

Launceston

Thursday April 14

Bring bathers and towel

Bring cut lunch or buy at venue

BOOK BY MONDAY 11th APRIL

AIRTIME 360

City Park, Launceston

Thursday April 21

*Bring cut lunch to have at City Park
then off to Airtime 360*

Bring plenty to drink

BOOK BY MONDAY 18th APRIL

FOR BOTH TRIPS

Entry **FREE**, Bus **\$10**

Ph **6374 2344** to book

Payment due on booking
Leaving Fingal 10am

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

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Refrigerator runs too long?
Clothes dryer blows cold air?*

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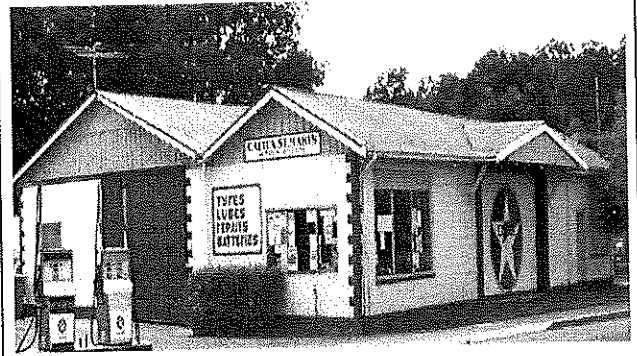
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Fax 6372 2822

In the lobby of a Moscow hotel across from a Russian Orthodox monastery: *You are welcome to visit the cemetery where famous Russian and Soviet composers, artists, and writers are buried daily except Thursday.*

On the menu of a Swiss restaurant: *Our wines leave you nothing to hope for.*

Taken from a menu, Poland: *Salad a firm's own make; limpid red beet soup with cheesy dumplings in the form of a finger; roasted duck let loose; beef rashers beaten in the country people's fashion.*

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Eric

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Here's how you can contact me:

- 53B Main Road, Perth TAS 7300
- 03 6398 1115
- erichutchinson.com.au
- eric.hutchinson.mp@aph.gov.au
- erichutchinsonmp



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

**WOODCRAFT MEMBERS MAY NOT BE GENIUSES,
BUT WE KNOW HOW TO HAVE A GREAT
OPEN DAY FAIR!**

**APRIL 16, 2016
OLD RAILWAY GOODS SHED ST MARYS
10am – 2pm**

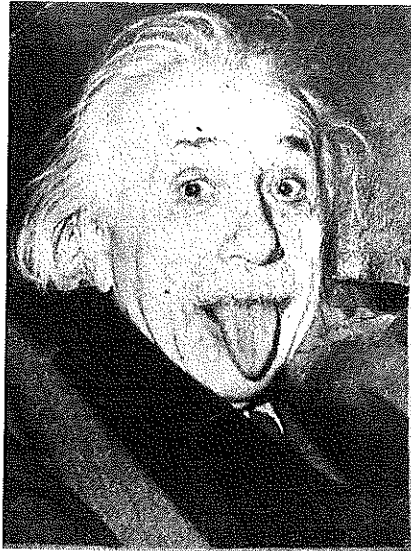
Jumping castle

Go-kart display

Reptile rescue

Star FM

Food stalls



Face painting

*Old Machinery
Club*

*Chocolate
wheel*

*EastCoast
RC Flyers*

**LOCAL MUSICIANS THE 4X2'S
CRAFT DISPLAY SPINNING WEAVING
& BASKET MAKING
COLONIAL STROLLERS
MARKETS**

**FOR FURTHER INFORMATION
PHONE REON 6372 2094**

The Say, by Cagerattler

Recently I've been on a forum site and one of the most popular topics has been cars of the future. An American company called Tesla has come up with a fully electric car that looks exactly like a real car, not one of those crazy, tiny little things that you used to associate with them 10 - 15 years ago. I was gobsmacked to be honest.

Here's some positives (pun intended):

- ◆ Car to cost approximately \$35,000
- ◆ Seating normal (five or so)
- ◆ 0 -100 km/h in around 4 seconds. That's super car territory - top speed about the same as conventional car (around 220 km/h) and braking distance from 100km/h, about the same as normal
- ◆ Range from full charge to fail is 400kms under normal conditions and driving

Now the negatives (again, pun intended):

- ◆ If you wish to up charge the vehicle at a city or town charge station a half charge will take 20 - 25 minutes and a full charge if battery bank is really low of about 40 - 45 minutes
- ◆ If you need to install a charging port at home, it has to be done by a licensed, qualified electrician. The cost could be anywhere between hundreds of dollars to as much as \$6000, as it depends on the house wiring ratings and where the port needs to be
- ◆ Home recharge rate is a km worth per minute, or 60 kms worth of charge in an hour so from empty to full would be just under 7 hours
- ◆ A trip to Launceston would be okay if you drove normally, but a trip to Hobart would be at best borderline, at worst a stop somewhere to do a 20 minute charge
- ◆ The real long term costs are for battery bank replacements over time and electric motor repairs and control systems
- ◆ Such new technology hasn't yet been fully long term tested, and of course changeover of repair outlets to repair/replace components. Sorry Grant, you might have to re train again ...

The car itself looks incredible but only time will tell if indeed this is the replacement for fossil fuel powered vehicles. Might be a while yet in the Fingal Valley but so far 115,000 Teslas have been pre-ordered ... Interesting. What do YOU think?

Rod McGiveron, St Marys

A Massachusetts chicken named Cicely, is headed into surgery on Wednesday for the start of a first-of-its-kind procedure to fit her with a \$3,409 prosthetic limb made on a 3-D printer. Cicely, 3 months old, was born with a torn tendon in her right leg that limits her mobility. Cicely's owner Martin specializes in chicken rehabilitation. Martin said she hopes to write a children's book about the experience, once Cicely is healed. "She needs to tell her story," Martin said.

Surf Coast Realty

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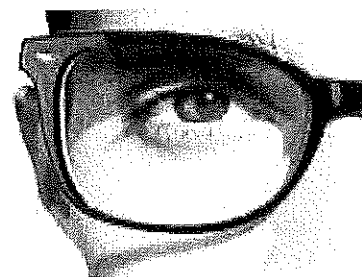
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- ⇒ Window displays in Scamander, St Marys, St Helens and Bicheno.
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If you are thinking of buying or selling, please contact Surf Coast Realty for market advice or an Obligation-free appraisal.

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OPSM  



OPSM will be conducting eye examinations at the St Helens General Practice on the:

23rd & 24th Mar

20th & 21st Apr

For an appointment please call
OPSM Rosny on: (03) 62446600

Hub4Health Walking Group

Recent Walks: Beerbarrel / Burns Beaches Loop 18 enthusiastic walkers met at Beerbarrel Beach Carpark for a brisk stroll along the foreshore and the freshwater pools in the hinterland, in front of us. As we walked northward toward Burns Beach we could glimpse the Tasman Sea.

After stopping and climbing a massive beach rock formation, we left the main track through low level scrubby bush, and came upon the dams which remain since the farmland was taken over as the Conservation Area.

The track to the gravel road was a little overgrown, so individuals had to take care from eye damage. We then moved along the road to Burns Beach; with some of the group getting up and close with those fishing near the boat ramp.

After a rest, we walked back to Beerbarrel Beach along the foreshore track. A great short walk on a glorious day. *(Contributed by Wayne Fulford)*



Skeleton Bay walk, photo by Helen Whittle



Echidna burrowing into the soil, photo by Wayne Fulford

Diana's Basin Walk On Wednesday March 2, ten walkers in our group turned up at Diana's Basin for our walk along the beach to Moonah Rocks, a rugged and picturesque outcrop of rocks on the northern end of the beach.

From there we headed up a bit of a steep climb to the coastal scrub on a sandy 4 wheel drive track above the beach, which we followed until we turned onto the Onion Creek mouth track which led us back to the coast.

Once there, it was an intrepid scramble over the several rocky outcrops, interspersed with sand and climbs back up to the scrub when we couldn't get through the rocks and waves.

Although there was almost no shade we completed our walk, hot but satisfied, and were on our way back home before the worst of the heat of the day (32C).

The pleasant sight of the tiny shorebirds busy at the basin mouth, the fascinating rock formations on the beaches, the panoramic views of the sea and St Helens Island to the east and the coastal strip with the mountains to the south made it a very interesting and varied walk.

(Contributed by Wendy Saunders)

Skeleton Bay Walk: 15 turned up including Sherry, a visitor from Canada. We set out and walked around to Skeleton Point. It was a hot and muggy day with a strong nor-easter blowing in off the ocean.

From there, three of us went back to drive around to Grants Point and the rest of us went on to Grants Point to be picked up.

At Grants Point we visited Australia Rock, then decided we wanted to walk further and walked backed to Skeleton Bay. It took us about one and a half hours. It was a great walk.

(Contributed by Brian Elliott)

New members are most welcome. *Please call Hub4Health: 6376 2971 / Bryan Edhouse: 0414 987 435*

"Brain cells last as long as you do. You are issued with a hundred billion or so at birth and that is all you are ever going to get. It has been estimated that you lose five hundred of them an hour, so if you have any serious thinking to do there really isn't a moment to waste."

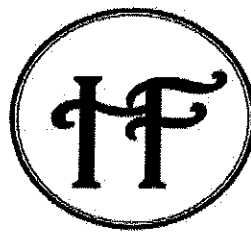
Bill Bryson, A Short History of Nearly Everything

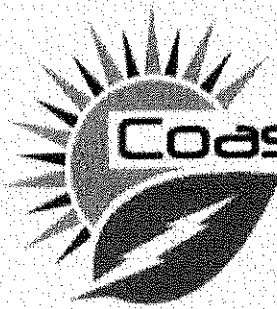
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tamara@harrisfunerals.com.au

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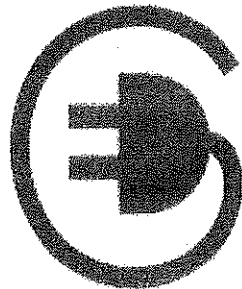
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VALLEY and EAST COAST VOICE Inc. WRITING COMPETITION 2016

Our writing competition for school students will run each school term in two sections, one for primary students and one for secondary students.

We are asking for a short story, maximum 500 words, and entries will be published in the Valley Voice.

You can write about anything you like - if it interests you, tell us about it.

To make things easier for our judges we would like your entry typed please.

(Our judges have no children currently or formerly enrolled in a school within the area, and their decision is final.)

**** 2 prizes will be awarded at the end of each term ****

The Rules ... yes, we have to have them!

- ◆ Your entry must be your own work
- ◆ The Valley Voice has the right to publish your work with your name on it if you are a finalist
- ◆ Entries will be published anonymously throughout each term
- ◆ Entries must be in by the closing date ... no late entries will be accepted

Closing dates

Term 1 April 4

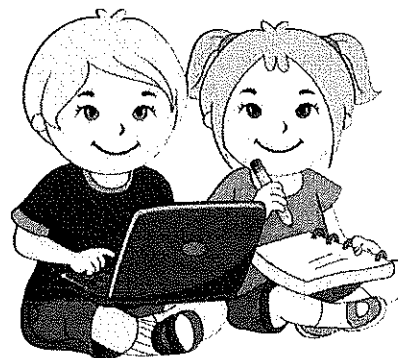
Term 3 September 15

Term 2 July 7

Term 4 December 8

Lodgment can be by:

- ◆ email to wdawson@valleyvoice.com.au OR
- ◆ mail to **POB 230 St Marys Tasmania 7215** OR
- ◆ leave at **St Marys Pharmacy, Main Road St Marys**



Valley and East Coast Voice Inc. Writing Competition

Attach this section to your entry and please make sure all information is provided

Full Name _____

Class/Grade _____

School _____

Title of essay/ written work _____

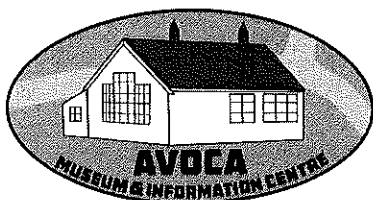
Parent / guardian's signature ... this implies permission to publish your work and your name
(should you win a prize) _____

Parent / guardian's address _____

Parent / guardian's contact phone number _____

Enquiries to W Dawson - 0403 430 452

Office use only (identifier code) _____




Avoca Museum and Information Centre

Old School Building
AVOCA TASMANIA 7213

Dart Calcutta

WINNER TAKES ALL



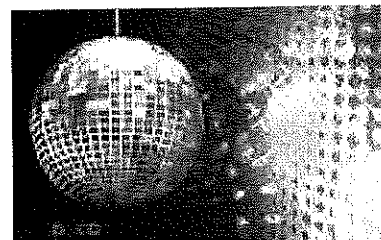
UNION HOTEL - AVOCA
Friday April 8
7pm - entry \$5,
supper \$5
Rossarden Progress
Association

Rossarden & Friends Kids Christmas Inc. DISCO

When: Friday April 29 at the Hall
Time: 7pm - 9pm
Cost: \$10 per family, bring a plate
for supper

A free sausage sizzle in the park starts
at 6pm

This is a family night. All children
must be supervised. No alcohol.



Avoca Sporting History

If you have any stories or items of interest related to Avoca's sporting history come along to the workshops Monday April 4 and Monday May 2 at AMIC or contact Mary on 6385 2002 / gippscreek@skymesh.com.au

St Marys District School Association News

St Marys School Op Shop

Earlier this year the School Association Committee decided to move the Op Shop to the annex behind the town hall, a building owned by the school that will ensure long term security of tenancy and improve the facilities for volunteers and visitors.

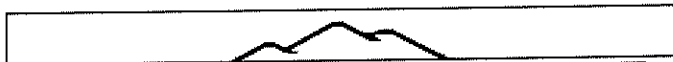
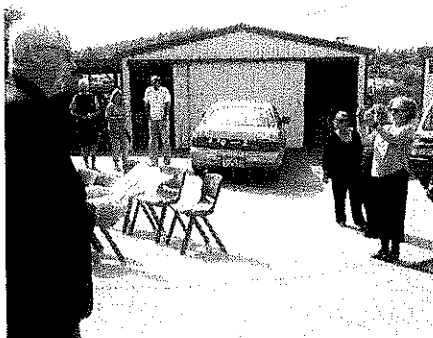
On March 24 we celebrated the move with a formal opening and volunteer lunch. Principal of St Marys District High School, Bruce Campbell, attended, along with Chair of the Association, Gary Barnes. Both commented on how many volunteers attended and how enjoyable it was to meet the community members who support our school so strongly.

Funds raised by the Op Shop have this year enabled a significant donation to the Hub4Health Active for Life Gym project, 40 iPad chargers to support students in middle school and the purchase of resources for the "Raising the Bar" literacy program. It has been a fantastic start to the year, and thank you to all who have visited the new shop.

If you have not been up to have a look then there is plenty of parking, or it is only a short walk up the hill. We look forward to your ongoing support in donations and sales in 2016 - especially if you have school uniforms that are no longer needed.

To volunteer at the Op Shop, contact Janet Drummond for further information.

Tanya Greenwood, SMDS Assoc Secretary



St Marys District School Association Inc.

Tasmanian Artillery Horses in World War I

When Tasmania's 9th Battery embarked at Hobart on 20 October 1914 with over 140 members, four guns, limbers, wagons and ammunition it also boasted some 125 of Tasmania's finest horses. These ¾ draft horses were specially selected for their stamina, and included existing military horses "grassed" at the remount depots at Sandy Bay (now the University of Tasmania campus), at Mowbray (adjacent to the present day racecourse) and local purchases from Tasmanian properties. Horses in good health, capable of drawing guns and ammunition at speed were a priority. The acquisition of suitable horses became as important as the recruitment of gunners.

On arrival in Egypt (two horses died on the journey) horse teams and their gunners were exercised in vigorous preparations for a highly mobile form of warfare. The complete Battery on manoeuvres in the desert would cover some five kms. With the advent of the Gallipoli campaign much of this training became redundant. The constant fire and steep terrain of ANZAC Cove precluded all but minimal use of horses and wagons. Consequently, following the landing the Tasmanian horses were to spend over three weeks confined on their ship *HT Atlantian*, off the Gallipoli Peninsula.

Returned to Alexandria, nearly 50% of the battery's horses were in veterinary hospital with many suffering from Purpura, a flu-like affliction caused by their long incarceration aboard ship. A contingent was charged with nursing them back to health and members of the Battery rotated between the Gallipoli gun position and the "Zahireh Detachment" in Egypt, many gunners expressing frustration at being removed from the action. Nevertheless, the bond between gunners and their horses remained resilient. As Rudyard Kipling wrote at the time: "*No one accuses the gunner of maudlin affection for anything except his beasts and his weapons*".

Following the withdrawal from Gallipoli, the Battery was redeployed to the Western Front. For the remainder of the war the Battery with its horses faced the horrors of modern industrial war. With the advent of gas warfare, combat care of the horses was complicated by the additional requirement for special horse gas-masks to be fitted to each animal when under attack. The elements in northern France and Belgium were also a major challenge. The winter of 1916/17 was particularly freezing: "*...it was so awful cold I walked most of the way, but it was impossible to keep warm. Frost formed on the horses' necks and icicles on men's moustaches as we marched*". (The Diary OF W. G. McKenzie, Extract dated 26 January 1917.)

By Australia Day 1917 the complement of Tasmanian horses had been reduced to 56. The following is typical of the conditions the horses and gunners faced:

"Went to Battery with 11 wagons of ammunition, road was heavily shelled, holes were in and alongside track all the way up, had to remove the dead bodies of some "Tommies" off the track. A wagon team of another Battery that had got sandwiched in between ours got knocked (shelled) on a small bridge over a trench and the dead horses lay just at the approach to the bridge, the drivers of the teams that had been in rear of them had some difficulty in getting their horses to face the dead ones, as they had to drive over them. ... While we were being unloaded Bombardier M received a wound from a fragment of shell. On the way back Gunner S was thrown off and a wheel went over him, he was left at dressing station, two teams got knocked at "Shrapnel Corner". ((The Diary OF W. G. McKenzie, Extract dated 24 September 1917.)

By Armistice Day 1918, only seven Tasmanian horses remained with the Battery. Because of the fear of Glanders Disease (Farcy) in Australia (a fatal and incurable disease of the skin) they could not be returned to Tasmania. These surviving stoic Tasmanian horses were ordered to be auctioned off in France – hopefully to spend their remaining years usefully employed in the French countryside.

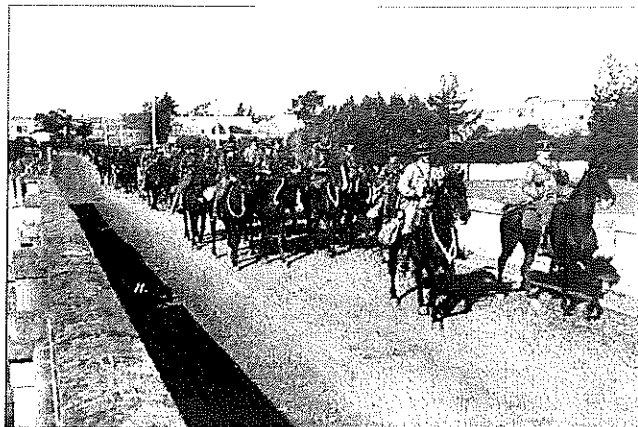
The final word must go to the Battery Commander of the 9th, Major RS Gee DSO:



Good-bye, Old Man

This striking image of a soldier bidding farewell to his fatally injured horse is in the Board Room at Victoria Hospital, London.

The artist is Fortunino Matania (1881 - 1963) and it is one of his most famous war-time illustrations.



9th Battery (Tasmanian) Australian Field Artillery on the march at Pontville prior to embarkation.

"I am still sure, however, that nothing but pack-horses would have got our supplies and ammunition up to the guns, through the appalling mud and snow of the Somme and Passchendaele - tractors and tanks simply sank out of sight".

The following was inspired by Matania's painting:

A Soldier's Kiss

by Henry Chappell

Only a dying horse! Pull off the gear,
And slip the needless bit from frothing jaws,
Drag it aside there, leaving the roadway clear,
The battery thunders on with scarce a pause.
Prone by the shell-swept highway there it lies
With quivering limbs, as fast the life-tide fails,
Dark films are closing o'er the faithful eyes
That mutely plead for aid where none avails.
Onward the battery rolls, but one there speeds
Heedless of comrade's voice or bursting shell,
Back to the wounded friend who lonely bleeds
Beside the stony highway where he fell.
Only a dying horse! he swiftly kneels,
Lifts the limp head and hears the shivering sigh
Kisses his friend, while down his cheek there steals
Sweet pity's tear, "Goodbye old man, Goodbye".
No honours wait him, medal, badge or star,
Though scarce could war a kindlier deed unfold;
He bears within his breast, more precious far
Beyond the gift of kings, a heart of gold.



A horse and rider with gas masks

From "Horses in World War One"

http://www.edinburghs-war.ed.ac.uk/system/files/PDF_horses.pdf

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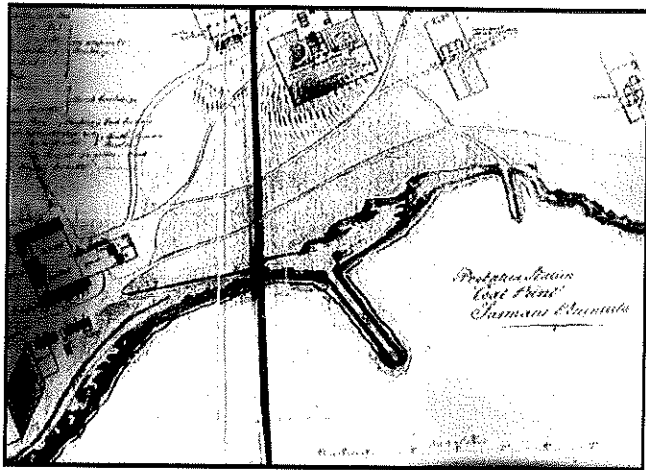
We have members' own specials



Convicts; The Salt Water River Coalmine Research Project part 2 by Wendy Fowler R.N. B.A.(Hons).

A paper presented at the 14th annual conference of The Australian Mining History Association, held in Queenstown Tasmania from October 4 - 10 2008.

Questions concerning the efficiency of the mines were again raised later during Franklin's administration. As a consequence of these questions, a further technical inspection was instigated late in 1841 and the appointed Inspector, Count Paul Strzelecki, filed a report which raised further concerns about the viability of the operation. Strzelecki's concerns focused on the high level of water in the original mine shaft, a problem which combined with the failure of the newly purchased pump to make the mine virtually inoperable.



A plan of the Coal Mines, showing the original wharf and Jetty 1, and the small jetty to its north (Jetty 3).

these men, rather than focus on the site administrators (generally military officers) who were appointed to be responsible for overall discipline, rather than production details.

The four men of particular interest during the convict period are Joseph Lacey, James Hurst, William Dawson and Zephaniah Williams. These four men brought particular skills to Plunkett Point, and played a significant role in the development of the site. The exact chronology of their service at the coal mines is somewhat unclear, however Lacey appears to have been the longest serving - although his tenure was interrupted by transfer to Recherche Bay on at least two occasions. Theoretically Lacey was mine overseer from 1833 to 1842, however clearly Hurst took over some time in 1840 during Lacey's absence at Recherche Bay. Dawson was appointed surveyor from 1842, and Williams is recorded in some sources as superintendent in 1841. It seems most likely that Williams was overseer rather than superintendent, as that position was generally held by a military officer.

Joseph Lacey is of particular significance to the coal mines story, because of his longevity of service and the extraordinary amount of latitude his skills and service appears to have earned him. Joseph Lacey was sent to perform an initial reconnaissance with a view to establishing a working mine at Arthur's behest. Although his convict records cite his occupation as bricklayer, Lacey clearly had some detailed knowledge of underground mining. Where, and under what circumstances, he acquired this knowledge is one of the mysteries of Plunkett Point.

As he was neither literate nor numerate, Lacey left no journals. He assumed a considerable degree of authority and autonomy from very early in his period of tenure as overseer, despite a military presence and a strictly regulated wharf.

His skills so valued that all manner of irregularities were overlooked. He was involved in an alcohol related dispute with a senior military officer in 1837 which under normal circumstances would have incurred a severe punishment, but he ultimately escaped censure.

An altercation on the wharf in full view of convicts would generally result in the harshest of punishments, and Lacey was certainly dismissed from his post (and in fact left the region despite being a convict under sentence at the time of the offence).

Following a chance encounter with Lacey in Hobart Town however, the officer involved was prevailed upon to accept an apology - clearly written by a third party - and Lacey was reinstated with no loss of entitlement.



A Bishop Nixon sketch, showing Plunkett Point Coal Jetty 4, the Commissariat Store and Jetty 5

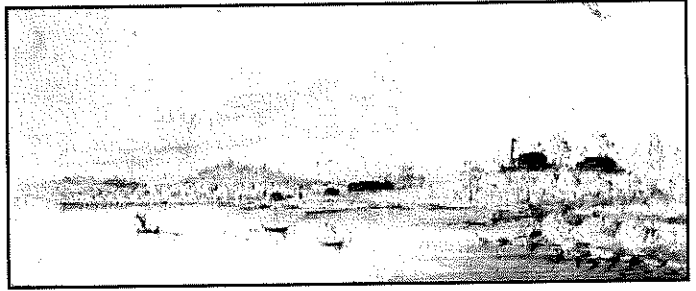
Shortly after this event he was granted a Ticket of Leave and within a matter of months his petition for a salary increase was supported by Booth. By 1840 his position was so secure that he was placed in charge of a group of convicts under sentence, hand picked by himself from a group of volunteers, who accompanied him to Recherché Bay on an expedition to report on the viability of that site as a coal mine.

It appears that Lacey transferred permanently to Recherché Bay in 1842 and continued to work within the mining industry for a number of years.

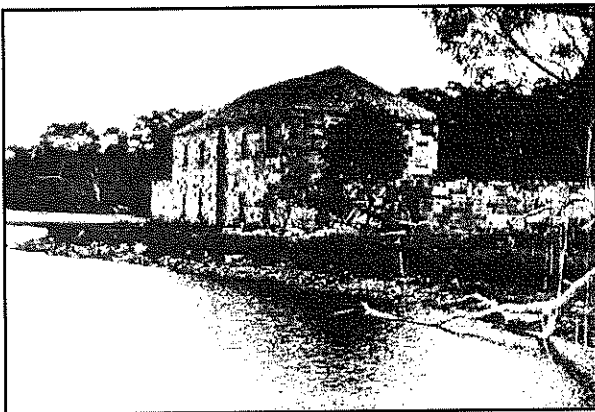
James Hurst was transported for highway robbery in 1828. He was previously a coal miner but stated that he had been out of work for twelve months prior to the offence for which he was transported.

His behaviour generally appears to have been good and thus he came to the to the coal mines with a ticket of leave, which was soon upgraded.

In December 1840, seemingly while Lacey was at Recherché Bay, Hurst was appointed mine overseer at Plunkett Point at a wage of 1/-6d per day.



Coal Mines Station from Jetty 4, Plunkett Point



Commissariat Store without the jetty

By August 1842, Booth recommended he be paid £100 per annum with an annual increment of £25 per annum for two years or on completion of the second, deeper mine shaft. The second shaft, completed by May 1843, allowed an increase in production of fifteen tons per day, and its success can be largely attributed to Hurst's skill.

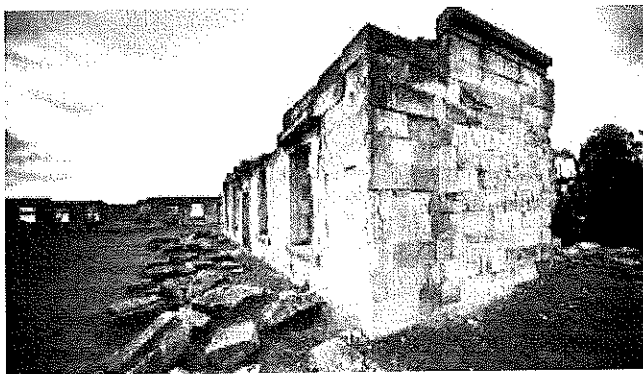
William Dawson arrived in Van Diemen's Land as a free man in 1831 and applied for a position within the Surveyor General's Dept. He appears to have acquitted himself in a satisfactory manner and was recommended for promotion in 1836.

In 1840 he was charged with uttering a forged bill of exchange for £37, and on being found guilty sentenced to secondary transportation for ten years.

In his case, secondary transportation meant the Tasman Peninsula where it would appear his skills were used in the coal mining

enterprise. The Executive Council Meeting minutes of 11.6.1842 refer to a report written by Dawson about the Recherche Bay seam.

It is perhaps a reasonable assumption that Dawson's literacy and numeracy skills were used to augment Lacey's practical knowledge. Dawson's employment record makes much of his abilities as an illustrator, as well as his mathematical knowledge.



To be concluded next issue ...

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.

CLEAN CRACK LAUNDROMAT

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and dryers
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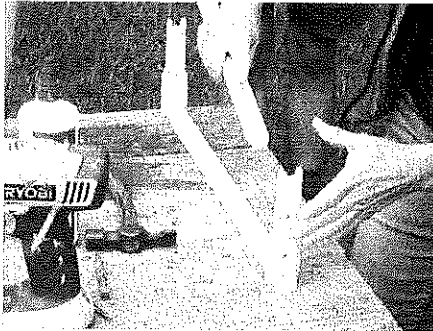
From Beehives to Hazelnuts with a Transition Break O'Day weekend

Beehive Construction Saturday March 19

After all that rain earlier in the month it's been great to get some warmth and sunshine again. The clouds parted just in time for the sun to shine on the group of us who made our way to Falmouth Community Centre on Saturday March 19. Some were experienced home beekeepers and others, like myself, complete newbies; however we had a common goal – to learn how to construct a beehive AND take one home!

With the expert guidance of Susie Boughton of Bay of Fires Apiaries (ably supported by her handsome assistant Jim), we set to the task with drill, glue, hammer and nail.

Over the course of the day we constructed five complete beehives, including all the frames for each hive. It was a hive (sorry couldn't help it) of activity with everyone having a go and helping each other as well. While we worked Susie and Jim answered the many questions we had about bees and beekeeping.



Hazelnut Harvest Sunday March 20

Sunday turned up sunny again and a whole group descended on Hazelcombe Hazelnut Farm to help Kerry harvest.

With the many willing hands and rakes we soon had them secured and ready to dry. All that was left to do was enjoy the delicious shared lunch and relax in the sun.

Kerry has very kindly donated the harvest to TransBOD to process and sell. Thanks very much Kerry, the proceeds will go towards paying the exorbitant

cost of public liability insurance, which we need to be able to have fun days like

these. Thanks to all who contributed and participated over the weekend.

Anyone interested in participating in activities like these should contact Transition Break O'Day (TransBOD) on transbod@gmail.com

Words Bronwyn Zemanek

Pictures – Robina Balzar

Here are some statistics for the Year 1915:

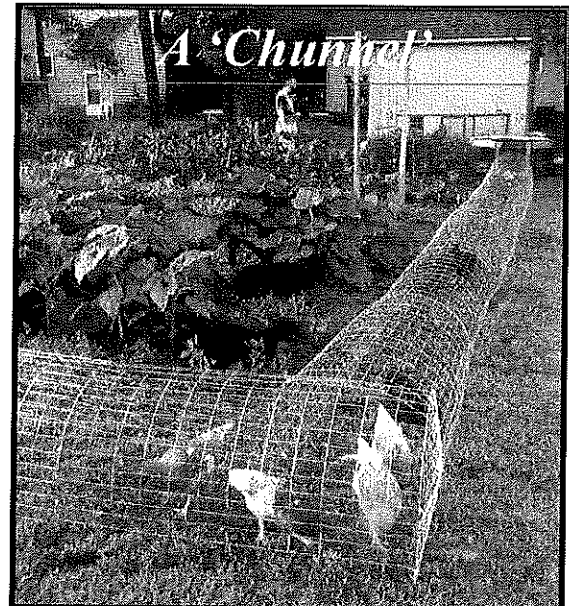
The average life expectancy for men was 47 years.

Fuel for cars was sold in chemists only.

Only 14% of homes had a bath.

Only 8% of homes had a telephone.

The maximum speed limit in most cities was 10 mph.

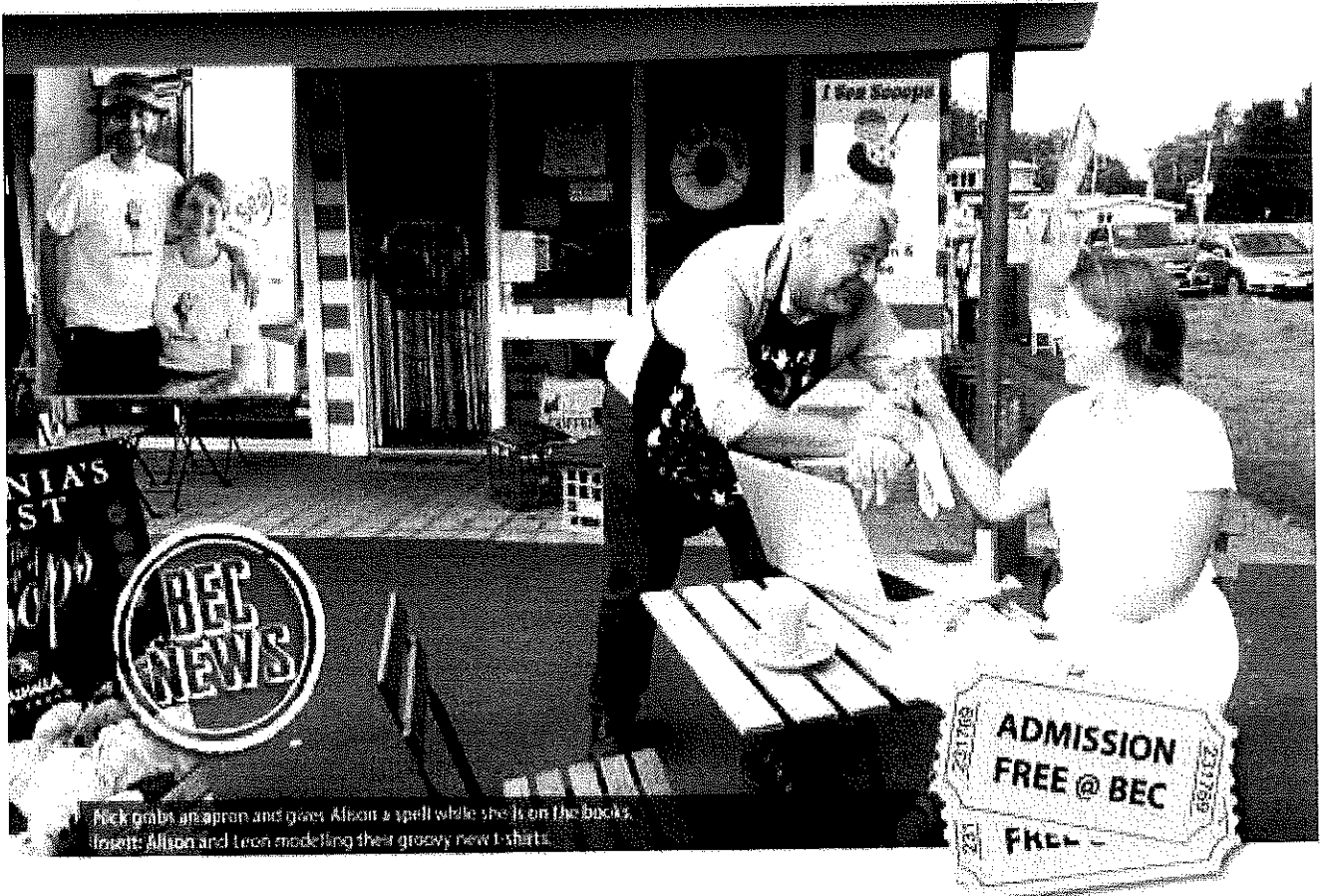


BREAK O'DAY

Business Enterprise Centre

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Nick grabs an apron and goes Alison a spell while she is on the books.
Insert: Alison and Leon modelling their groovy new t-shirts.

This month Nick travelled south to catch up with Alison Collier and Leon Yates, the proud owners of Bicheno's newest little eatery.

Sea Scoops is the brain child of two of the most engaging ex city slickers you are ever likely to meet, who found Bicheno during a holiday five years ago. Alison revealed that the business would not have happened had it not been for her spotting the BEC's ad in the Bicheno Forward.

Following a pretty intense house call from Nick in April 2015, Alison and

Leon, who for the previous few years had owned an investment property in Bicheno, decided to take a leap of faith and call the real estate agent to inspect their future shop.

Alison said "We had a pretty clear idea of what the shop would be, but Nick's help with implementation of the financial side of getting the business up and going was invaluable. We appreciated Nick's honest and frank advice. Laying everything out for us, he pulled no punches, but it was exactly what we needed to hear"

Opening in November, it was a very busy summer. Innovative ideas, such as the regular Friday after school treat for local families, have been a great way for the business to get to know the locals.

Leon said, "We love using Tasmanian produce - our fabulous ice creams from Valkalla, the milk comes from Pyengana Dairy and the fudge from A Foreign Affair is to die for. Alison also whips up a selection of home-made delights for our customers to enjoy with their coffees."

Find them on Facebook and Instagram.

Call the BEC on **6376 2044**
Shop 1, 34 Quail Street, St Helens TAS 7216
Or visit the website www.smallbusiness.org.au

The services provided by Break O'Day Business Enterprise Centre are partially funded by the Australian Government.



BEC Australia Member

This is a poem by Jack McInnes about his working mate who he loved. I was given a kelpie by Mike Williams - what a proud beauty she was. Not a working girl, but the sentiment is the same. Thank you Mike, she is the best gift I ever received.

My Kelpie Pal

From a bouncing playful puppy, to a lady smart and keen
With smooth brown hair and soft soft eyes, my little
Kelpie Queen
We roamed the farm together, we cared for lamb and ewe
You often coaxed the wayward ones through grasses wet
with dew

The roundup on my motorbike, you love the pillion ride
Your poise and balance perfect, my instruction time you'd
bide

At my command a flying leap would see you on the
ground
And the flock would bunch together as you directed them
around

Excitement was your way of life at shearing muster time
Yards to fill with milling sheep, oft on their backs you'd
climb

To push the leaders through the gates then dash around
the rear

To pack the stragglers in the bunch, the entrance yards to
clear.

The same excitement in the pens when sheepo was the cry
The shearers never lacked for sheep with shedhands you
and I

With branded shornies jumping out as I emptied out the
pens

You'd place a scratch mark on the ground each time I
counted ten.

You've had a long and useful like, a true and faithful
friend

It seems so sad that part we must, your life is near it's end
Your wistful eyes are haunting me, my own are full of
tears

For my little faithful kelpie, my pal for many years.

The veterinary man is here old girl, time is up for you
A needle quick and merciful is all that we can do
It's so you will not suffer pet, the end will peaceful be
But evermore I'll cherish thoughts, how close you were to
me.

Kate Almond, St Marys



Grafton's Jacaranda Festival

The world-renowned Jacaranda Festival is held annually in Grafton, Northern Rivers New South Wales, from the last weekend in October to the first weekend in November.

Inaugurated in 1934, this was the first of Australia's folk festivals and celebrates the magnificent spectacle of the hundreds of lilac-blossomed trees that grow in Grafton's broad tree lined avenues. Henry Volkers introduced the first Jacaranda trees to Grafton and each year the trees are celebrated, although it has changed over the years to adapt to today's society, this traditional event is still widely celebrated within the town.

The oldest floral festival still celebrated in Australia, was first appreciated in a much different way. It was one of the few means of entertainment to look forward to. So when Jacaranda time rolled around, the town was in high spirits. Even during the difficult times of WWII, this festival had a way of uplifting the community and giving them something wonderful to celebrate. A half-day public holiday is observed locally on the first Thursday of the latter month, the Festival's focal day.

<http://www.roninfilms.com.au/feature/9202/once-queen.htm>



*Coral Hague
being crowned
Floral Festival
Queen 1959 by
Cleaver Bunton*



Dancing in Jacaranda Avenue 1937

CLEAN ENERGY AND INNOVATION

24 March 2016

The Australian Government is establishing a \$1b Clean Energy Innovation Fund (CEIF) to support emerging technologies make the leap from demonstration to commercial deployment.

This will be jointly managed by the Clean Energy Finance Corporation (CEFC) and the Australian Renewable Energy Agency (ARENA).

Federal Member for Eric Hutchinson Lyons welcomes the announcement and will be looking into how the funding can provide opportunities to Tasmania.

"The funding will help drive innovation and create jobs and growth, while delivering financial and environmental benefits to the community.

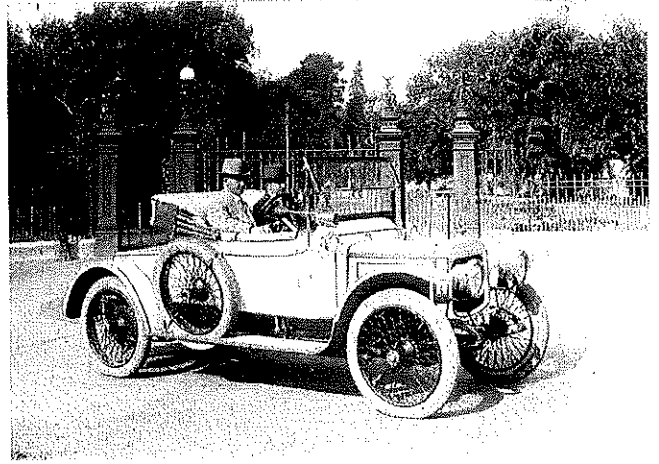
Notwithstanding challenges with Tasmania's water storage levels, there are currently limitations to increasing generation capacity.

"We can be the renewable energy capital of Australia, but to secure investment to do that we need more industries with high energy consumption or the capacity to sell to the mainland.

"A second interconnector to the mainland would provide a catalyst for the renewable energy market, as well as providing energy security for businesses and residents.

"Tasmania is ideal for efficient energy generation through hydropower, wind, tidal and other generation sources.

"So the question remains, is this an opportunity for the commonwealth to contribute to a second interconnector?"



*City Park Launceston, 1920.
From 'Way Back When'*



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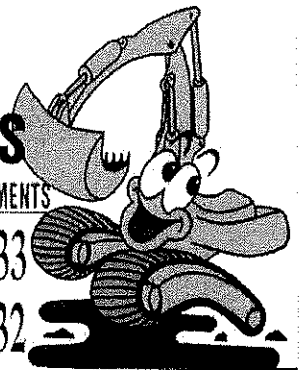
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GREATER ESK TOURISM

Thanks to everyone who attended our 2016 Fingal Valley Festival. It was another fantastic event packed full of competition and entertainment. A big thank you to all the volunteers and congratulations to the winners.

Coal Shovelling - Singles

- 1 - M Woods (Tas)
- 2 - S McKinnon (NSW)
- 3 - E McKinnon (NSW)

Women's Doubles

- 1 - Peta Buchanan & Jaymeila Webb

Roof Bolting

- 1 - Randall & Justin Faulkner
- 2 - Leigh Spilsbury & Jack Viney

Speed Shear

- Open winner - Jye Baldwin

Doubles

- 1 - M Woods & Ox Bryan

Mixed

- 1 - S McKinnon & A Beecroft

Strength Race

- 1 - Mick
- 2 - Dean Glover
- 3 - tony Buchanan

Wood Chopping

- 275mm state title
- 1 - D Gurr

WRAPPED IN ST MARYS

The **Wrapped in St Marys** event will be held on **Sunday 12th June 2016**.

We have 2 themes this year: Juniors - Transport and Adults - Memories.

Prizes are money and certificates.

Deadline for entries is 4pm June 1st, 2016. Email bagdadquillingsupplies@hotmail.com

This is the Queen's Birthday long-weekend, the same day as the St Marys Car Show



St Marys Newsagency

3 Story St, St Marys, TAS 7215 Ph: 6372 2143

Open 7 days a week, this long established business sells stationary, magazines, all phone credits, including international calling cards, iTunes, Aurora PAYG and pre-paid mobile phone cards. This **newsagency** is the Callows Bus Depot and also offers some grocery lines, gifts, DVD hire, fishing tackle, bait and ice.

Photographic Competition 2016 THEME "Promote the Fingal Valley"

This theme for this year's GET Photographic Competition is "Promote the Fingal Valley" so explore our beautiful valleys, have an adventure and get clicking. Details to follow.



St Marys Sports (and Social) Centre

Gray Road St Marys

Bar open Thursday 6 - 8pm, Friday from 6pm,

Sunday 1:30 - 4pm

Friday Happy Hour 6.30 - 7.30 with *Jag the Joker*.

Raffles and bar snacks

Bowls news: Lots of work being done to the green, new corer being used. Advice from Scamander and Bicheno has been a help. Great to see you working together. Bowls Dinner with Club Dinner to be held on Saturday April 16 at 6.30pm. RSVP by April 14 please.

Golf news: Greens and bunkers being worked on, looks good on the whole. Thanks to the dedicated workers; noticed more people having a hit. Swish & Fish went well, the meal was appreciated. Happy day for all players, and the caddies had lots of laughs.

Jam Session: Musos are back on Sunday April 10 from 1 - 4.30pm. Free entry and music, come and hear them sing and play. Some food available for minimum prices.

Dining: 3rd Friday monthly. Your hosts Christine and Michelle. This meal is prepared as a service to the public. It is not presented by the club ladies. The next meal is on April 15, at the new time of 6pm. Bookings are essential by Wednesday 13 - please phone **Christine Waters on 0410 441 558**

Licensee / treasurer: *Jim Turner 6372 2441*

President: *Jacqui Bianchi 0439 978 156*

Vice President *Bobby Harwood 6372 2445*

e:stmaryssportsctr@internode.on.net

facebook.com/stmarysportsandsocialclub

March rainfall, from Reon Johns St Marys

March 1	Trace
3	9.0
6	1.0
9	2.4
11	18.0
12	26.0
14	10.0
15	.4
17	6.8
18	1.4
19	11.4
26	4.4

Cocktail lounge, Norway: *Ladies are requested not to have children in the bar.*

Airline ticket office, Copenhagen: *We take your bags and send them in all directions.*

ACROSS

- 1. Travelled through water
- 5. Roamed
- 10. Iridescent gem
- 14. Carryall
- 15. 3-banded armadillo
- 16. Forearm bone
- 17. Exposition
- 19. Makes lace
- 20. Born as
- 21. Concerning (archaic)
- 22. Luxurious
- 23. Angered
- 25. Small islands
- 27. What we sleep on
- 28. Reconnoitring
- 31. Ruffle
- 34. Seethes
- 35. Alcove
- 36. Breezy
- 37. Body
- 38. Slender
- 39. Neither ____
- 40. Horde
- 41. Experiences

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17				18							19			
20				21						22				
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			45					46				47	48	49
50	51					52	53					54		
55					56						57			
58					59						60			
61					62						63			

DOWN

- 1. Display
- 2. Having the paleness of wax
- 3. Doorkeeper
- 4. Japanese apricot
- 5. Showered
- 6. Chose
- 7. Conceited
- 8. Sexual arousal
- 9. One of the tribes of Israel
- 10. Wall plug
- 11. Believable
- 12. Picnic insects
- 13. Whip
- 18. Deli item
- 22. Add
- 24. With competence
- 26. Alone
- 28. Apologetic
- 29. Found on a finger
- 30. School athletic centres
- 31. A temple (archaic)
- 32. Violent disturbance
- 33. Insurgent
- 34. A petty officer
- 37. Blockhead
- 38. Clairvoyant
- 40. Hissy fit
- 41. Vestibule
- 43. Flower part
- 44. Fire warden
- 46. Sad song
- 47. Small egg
- 48. Pig sounds
- 49. Centre
- 50. F F F F
- 51. Anger
- 53. Clue
- 56. A law enforcement agency
- 57. Petroleum

Last issues solution

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

VLLWELHEVMTWXBYOCWZGGHYWCTRHXAYZ
 TZLSBEIIZIHUBHRVNWSBSBANSVHUZDGX
 BPTKHPJLMHSQHIDGXFAKLZJMEMVVCOE
 NNEFOXPOCUCOMNUHTMWPPDDNHPNZMQYBD
 IWURRAKWGUUVSUCTYJFUEOLFGSFCVIWU
 FGQAFQVNJNSNVXJINLVWTGECQTELDFTZ
 LAZRVCUNUDQABVBABMRWCWBXXONNDIP
 TRFOQWXOECIPPVZESYKSHBGHRTYGHY

How many 3 letter words can you find in this list of letters? They run horizontally and together, and in normal reading order.

St Marys Community Health Centre
Gardiners Creek Rd St Marys Tasmania 7215
6387 5555

GP Surgery Hours

Monday - Friday
8:50 - 10am
(10 -10:30am reception closed)
10:30am - 12.30pm
(12:30 - 1:30pm reception closed)
1:30 - 2:45pm
(2:45 - 3:15pm Reception closed)
3:15 - 4:30pm

Pathology

There is no pathology service prior to
8.30am, or from 12:30 -1 .30pm
If you require pathology prior to 8.30am,
an appointment must be made at the
Nurses' Station the day / evening before on:
6387 5555

**Scripts and Doctors
appointments**

Please ensure doctors appointments are
booked **PRIOR** to your medications running
out, or **IN ADVANCE** if you attend this practice
regularly.

Please be patient

Waiting periods to see your doctor may be
experienced. We are not able to issue
scripts during the weekends, please ensure
you have enough in advance.

**Please be aware we are not able to issue
scripts by phone**

**Non Attendance of
Doctor's Appointments**

Please be aware there is a
non attendance policy at this practice.

If you miss three appointments you
will be sent an account.

If you miss a fourth appointment you may be
referred to another Medical Practice.
Due to demand, doctor's appointments need to
be booked at least **2 weeks in advance**.
Waiting periods can apply.

INR tests require a 5 minute doctors consultation.
Please inform reception when booking

Doctors Roster

Dr C. Latt
7/4/16—15/4/16

Dr K Nash-Rawnsley
8/4, 12/4, 15/4, 19/4 & 22/4 2016

Dr E Lord
7/4, 14/4 & 21/4 2016

Dr E Reeckman
12/4 & 13/4 2016

Dr Newton
18/4/16— 22/4/16

PUBLIC HOLIDAY
Monday 25 April— ANZAC DAY

Please see the after hours numbers for during
this time. Normal doctor's surgery hours will
resume on Tuesday 26/4/16.

**St Marys Medical Practice
reminder**

Dr Latt wishes to remind the community of the
following exceptions to bulk billing at the SMCHC

- ◆ *Driving licence renewals*
- ◆ *Insurance medicals*
- ◆ *Requested medical reports*
- ◆ *Harness medicals*
- ◆ *Pre-employment checks*

The above are NOT covered by Medicare, and may
incur cost. Please discuss this with reception when
making your appointment.

If you have any concerns, please contact us and we
will try and address them

A.H. contact numbers

GP Assist	1300 780 011
Ambulance or Emergency	1800 008 008 000
Lifeline - Saving lives, crisis support and suicide prevention	131 114

**St Marys Community Health
Centre - please ring before pre-
senting after hours** **6387 5555**

St Marys Community Health Centre
Gardiners Creek Rd St Marys Tasmania 7215
6387 5555

What's on at the Centre



April 12 **Child Health Session** with Mary Mumford Tuesday fortnights, by appointment only.
Ph 0428 136 381
Rae & Partners Lawyers consult fortnightly at the SMCHC. Ph 6337 5555 for appointments.

April 13 **Day Centre**- call Hayley Gilbert on 6387 5555 for information on the group.
Cancer Council Outreach service—Richard Austin 2:30pm-3:30pm St Marys Health Centre. Drop in Service.

April 14 **Psychologist**— Please see your GP for a referral.

April 15 **PHT Diabetic Educator, Physiologist and Dietician.** Contact GP for referral.

April 18 **TLC Meeting** (Tasmanian Lymphoedema Centre) 5pm in the Day Room.

April 19 **Lightfoot Podiatry**— Perry Daly. Ph 6331 9568 for appointments.

April 20 **Consumer & Carer Advocacy Group** 12 -2pm downstairs at the SMCHC. Call Shan on 6387 5555

Day Centre- call Hayley Gilbert on 6387 5555 for information on the group

TAZREACH Antenatal Clinic with Katie. Contact GP for appointments.

April 25 Public Holiday- **ANZAC DAY**

CANCER COUNCIL OUTREACH SERVICE

The Cancer Councils Senior Support Officer Richard Austin will be available for **drop in appointments** at the St Marys Community Health Centre on April 13 from 2:30-3:30pm.

Richards role is to help support those of you who have a cancer diagnosis and help you work through any questions you may have without having to travel to Launceston to get the support you may need.

IMPORTANT COMMUNITY NOTICE
CHANGES TO SERVICES

ST MARYS COMMUNITY HEALTH CENTRE
TEMPORARY SUSPENSION OF SERVICES
From Thursday April 28 – Sunday May 1

The St Marys Community Health Centre will be undergoing some electrical works to upgrade our switchboards.

Due to the upgrade we will be required to shut down ALL POWER sources to the Centre.

The St Marys Community Health Centre will be **CLOSED TO ALL SERVICES** from 5pm Wednesday April 27 until 9am Monday May 2, 2016 whilst this upgrade is completed.

Due to having **NO MEDICAL SERVICES** during this time all medical related calls can be directed through GP Assist 1300 780 011 or the Ambulance 1800 008 008 non emergency call or for an Emergency call 000.

Please ensure if you are accessing the Doctor's Surgery regularly that your scripts are current prior to the 28th April 2016.

We apologise for any inconvenience this may cause.

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 with us?

Sometimes we need to contact you, or pass your details on to other health professionals.

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 us on 6387 5555 or call in and see our friendly reception staff for assistance

The marijuana conspiracy: the reason hemp is illegal - part three

by Doug Yurchey, The Dot Connection July 17, 2010

Congress banned hemp because it was said to be the most violence-causing drug known. Harry Anslinger, head of the Drug Commission for 31 years, promoted the idea that marijuana made users act extremely violent. In the 1950s, under the Communist threat of McCarthyism, Anslinger then said the exact opposite: marijuana will pacify you so much that soldiers would not want to fight.

Today, our planet is in desperate trouble. Earth is suffocating as large tracts of rain forests disappear. Pollution, poisons and chemicals are killing people. These great problems could be reversed if we industrialized hemp.

Natural biomass could provide all of the planet's energy needs that are currently supplied by fossil fuels. We have consumed 80% of our oil and gas reserves; we need a renewable resource. Hemp could be the solution to soaring gas prices.

THE WONDER PLANT

- ◆ Hemp has a higher quality fibre than wood fibre
- ◆ Far fewer caustic chemicals are required to make paper from hemp than from trees
- ◆ Hemp paper does not turn yellow and is very durable
- ◆ The plant grows quickly to maturity in a season where trees take a lifetime
- ◆ All plastic products should be made from hemp seed oil
- ◆ Hempen plastics are biodegradable! Over time, they would break down and not harm the environment
- ◆ Oil-based plastics (the ones we are familiar with) ruin nature. They do not break down and will do great harm in the future
- ◆ The process to produce the vast array of natural (hempen) plastics will not ruin the rivers as DuPont and other petrochemical companies have done. Ecology does not fit in with the plans of the oil industry and the political machine
- ◆ Hemp products are safe and natural
- ◆ Medicines should be made from hemp. We should go back to the days when the AMA supported cannabis cures. 'Medical Marijuana' is given out legally to only a handful of people while the rest of us are forced into a system that relies on chemicals
- ◆ Pot is only healthy for the human body
- ◆ World hunger could end. A large variety of food products can be generated from hemp. The seeds contain one of the highest sources of protein in nature. Also: They have two essential fatty acids that clean your body of cholesterol. These essential fatty acids are not found anywhere else in nature! Consuming pot seeds is the best thing you could do for your body. Eat uncooked hemp seeds
- ◆ Clothes should be made from hemp. Hemp clothing is extremely strong and durable over time. You could hand clothing, made from pot, down to your grandchildren. Today, there are American companies that make hemp clothing; usually 50% hemp



Hemp fabrics should be everywhere. Instead, they are almost underground. Superior hemp products are not allowed to advertise on any media. The liquor, tobacco and oil companies fund more than a million dollars a day to Partnership for a Drug-Free America and other similar agencies.

Half a million deaths each year are caused by tobacco. Half a million deaths each year are caused by alcohol.

No one has ever, ever died from smoking pot!! In the entire history of the human race, not one death can be attributed to cannabis. Our society has outlawed grass but condones the use of the killers: tobacco and alcohol.

Hemp should be declassified and placed in drug stores to relieve stress.

Ingesting THC, hemp's active agent, has a positive effect: relieving asthma and glaucoma. A joint tends to alleviate the nausea caused by chemotherapy. You are able to eat on hemp. This is a healthy state of being.

Cannabis is a medicine, not a drug.

History will look at America's' 77-year hemp ban as more ridiculous than legal DDT.

It was while studying about the discarded stalks of the cannabis plant that journalist-author-goat farmer Doug Fine realized that industrial cannabis was likely to be a more valuable crop than even psychoactive cannabis.

After researching the hemp industry worldwide for two years, he wrote his fourth book, Hemp Bout, which was published one month after the US Congress re-legalized hemp after 77 years.

Hemp, Fine says, is a game changing plant that's going to feed the world and free us from fossil fuels while putting small farmers back to work. The good news, he says, is that the roadblocks to industrial hemp cultivation are collapsing the way Communism did with the Berlin Wall.

earthisland.org/journal/index.php/elist/eListRead/history_will_view_our_77-year_hemp_ban_as_ridiculous/

Church Services

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

Break O'Day Anglican Parish

6372 1144 St Helens
 9.30am 5th Sunday Combined Service with Uniting
 Church 9.30am
 St Marys 10am
[facebook.com/anglicanbod](https://www.facebook.com/anglicanbod)

Break O'Day Uniting Church

The Manse 6376 2405
 St Helens 9am
 Fingal 11.15am

Catholic Parish St Marys - Father Bala

6372 2252 / 0419 314 692
 Bicheno Mass 1st, 3rd & 5th Sunday 9am
 Liturgy 2nd & 4th Sunday 9am
 Fingal Mass 1st & 3rd Sunday 11.30am
 5th Friday 10am
 St Helens Mass Saturday 6pm Thursdays 10am
 St Marys Mass 2nd & 4th Sunday 9am
 5th Sunday 11am

St Marys Salvation Army

Envoy M Norton 0409 838 816
 Sunday JOY 11am
 Tuesday JAM 3-5pm (except school holidays)

Meals on Wheels

April 7	Valmai Spencer
8	Drew Adam
11	Ruth Aulich
12	Lundy Vosper
13	Louise Keady
14	Liz Rice
15	Drew Adam
18	Pam Bretz
19	Trish Pike
20	Lundy Vosper



Tip locations and opening hours

Ansons Bay

Long w/end Mon 12-4
 Wed/Sun 12 - 4
 Fingal, Mathinna Road
 Tues/Thurs 10 - 4
 Sun 2 - 5
 Pyengana, Tasman Hwy
 No builders' waste please
 Wed 9 - 1, Sun 2 - 5

Scamander, Coach Street

Tues/Thurs 10 - 4
 Sun 2 - 5
 St Helens, Eagle Street.
 Open 7 days 10 - 4
 St Marys, Gray Road
 Tues/Thurs 10 - 4
 Sun 2 - 5

Emergency services

AURORA Emergency	13 20 04
Carers for Wildlife St Marys	6372 2973 / 0417 017 105
Crimestoppers	1800 333 000
Poisons Information	13 11 26
Police Emergency	000 & Enq 13 14 44
SES Emergency	13 25 00
TFS Emergency	000 & Enq 1800 000 699

RAE & PARTNERS

LAWYERS
 of 113 Cimitiere Street Launceston

VISITING EVERY SECOND TUESDAY
 St Marys Community Health Centre 9.00am-10.00am
 St Helens old Post Office building 11.00am-1.00pm

Please call to make an appointment **6337 5555**

St Marys Salvation Army

is pleased to offer the following services:

Weddings Dedication of children Funerals

Envoy Mel Norton 0409 838 816

St Marys PHARMACY

Main Street St Marys 7215 Ph 6372 2844

Kodak copies from 45¢

Ear piercing \$27 Piercing, earrings & solution with qualified staff
 Bec, Sally & Cassie

Pharmacist instore Monday - Friday



ST MARYS IGA SUPERMARKET

38 Main Street

Ph/Fax 6372 2240 Butcher 6372 2274

Monday - Friday 8am - 6.30pm

Saturday 8am - 5pm

Sunday 10am - 5pm

Butcher instore weekdays 8am - 2.30pm

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

<i>Butchery specials April 6 - 12</i>		<i>Butchery specials April 13 - 19</i>	
	<i>p/kg</i>		<i>p/kg</i>
Corned Silverside	8.99	Nichols Chicken Breast Fillets	9.99
Lamb Loin Chops	15.99	Netted Leg Of Lamb	15.99
Ingham Whole Chickens	3.99	Beef Mince	9.99
Ham Steaks	6.99	Beef Casserole Steak	13.99
Smoked Bacon Bones or Hocks	7.99	Chicken Kebabs	1.29ea
Two week specials April 6 - 19			
Logan Farm Oven Fries 1kg	2.99	Arnotts Tim Tam or Mint Slice Value Pack 330g-337g	3.49
Peters Drumstick 4pk	3.99	Kraft Peanut Butter 375g	3.49
Coon Cheese Block 1kg	7.99	Kraft Cream Cheese 250g	3.49
Kraft Cheese Singles 180-216g	2.49	Arnotts Cream Biscuits 250g	1.99
Greens Cake Mixes 400-470g	1.99	Rosella Tomato Soup 500g	1.99
Ocean Spray Cranberry Drink 1.5L	3.69	Kleenex Toilet Tissue 8pk	4.99
Pedigree Canned Dog Food 700g	1.99	Uncle Tobys Quick Oat Sachets 400g	4.99
Nescafe Menu Sachets 20pk	9.99	Felix Cat Food Sachets 12pk	8.99
Harvest Canned Meals 425g	2.59	Samba Firefighters 36s	1.99
Cheezels or Chickadees Box 110g	1.69	Soph Dish Washing Liquid 1L	1.99

**The Valley and East Coast Voice Inc.
is available at:**

Avoca Post Office	Mathinna Post Office
Coachouse Restaurant	Mouth Cafe, Scamander
St Marys	Scamander Supermarket
Hilly's IGA St Helens	St Marys IGA
Hilly's IGA St Marys	St Marys Newsagency
Holder Bros, Fingal	



*Incorporating
St Helens Transport &*

Launceston 6339 4900

St Helens 6376 1143

Fax 6339 2900

suncoastexp@netspace.net.au

John Campbell
0438 392 621

Jamie Harper
0408 012 145

Always Wear Underwear...

Always wear underwear in public, especially when working under your vehicle. From the local paper comes this story of a Brisbane couple who drove their car to the shopping centre, only to have their car break down in the car park. The man told his wife to carry on with the shopping while he fixed the car.

The wife returned later to see a small group of people near the car. On closer inspection, she saw a pair of hairy legs protruding from under the chassis.

Unfortunately, although the man was in shorts, his lack of underpants turned his private parts into glaringly public ones. Unable to stand the embarrassment, she dutifully stepped forward and quickly put her hand up his shorts, and tucked everything back into place.

On regaining her feet, she looked across the bonnet and found herself staring at her husband who was standing idly by watching.

The R.A.C.Q. mechanic however, had to have three stitches in his forehead.

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www.bstra.com

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