8 SNNEWS

SHEPPARTON NEWS, FRIDAY, AUGUST 10, 2012

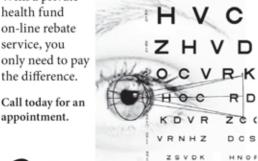
www.sheppnews.com.au

Your news. Your way. Any time. Any day

Eye Examinations

O'Brien Optical offer a range of services including eye examinations that can be bulk billed upon presentation of your Medicare card.

With a private health fund on-line rebate service, you only need to pay the difference.



appointment.

Consulting Optometrist Kara Mitchell B. OPTOM

O'BRIEN OPTICAL

62-64 NIXON STREET, SHEPPARTON · 5822 1669

NOTICE TO AFFECTED PERSONS OF TREE CUTTING / REMOVAL



Under the Code of Practice for Electric Line Clearance

Powercor Australia Limited (Powercor Australia) must maintain vegetation clearance around powerlines in compliance with the Electricity Safety (Electric Line Clearance) Regulations 2010 (Vic) (Regulations) and the Code of Practice for Electric Line Clearance set out in the Schedule to the Regulations (Code).

Notice is hereby given by Powercor Australia pursuant to Clause 5 of the Code of cutting and removal works on trees that are on public land and within the boundaries of private

These works are scheduled to occur in the municipalities of Moira, Greater Shepparton and Benalla over the next 60 days in order to maintain the required clearance space around powerlines prescribed by the Code

Where cutting or removal works are to occur on known trees of cultural or environmental significance (as defined in Clause 5 of the Regulations), the relevant party will be contacted and information pertaining to the (a) details of the impact of the cutting or removal and (b) the actions to be taken to minimise that impact, will be provided

Enquiries can be made on 5338 3300.

Relaționships Australia



Do you need help improving your relationships?

How important are your relationships to you? Do you want to explore ways of improving your relationships? Are you experiencing relationship difficulties that require specialist professional help? Whatever your personal circumstances, Relationships

Australia (Victoria) may have the answer. We have been helping Victorians with their relationships for more than 60 years.

People from all walks of life can access our services, regardless of age, race, gender or sexual orientation. It doesn't matter whether you are single, married, divorced, living together or in a same sex or de facto relationship, you can talk to us.

> 634 Wyndham St, Shepparton Ph: 5820 7444 Email: shepparton@rav.org.au

www.relationshipsvictoria.com.au

Releasing his pain

EX-POLICEMAN WRITES ABOUT TRAUMA EXPERIENCES TO HELP HIMSELF, OTHERS



The car crash killed a child and something in him snapped.

Technically, it was his "job", but when the second unit arrived, he walked away.

"Mate, you're going to have to take over this job. I'm going to do traffic. I can't deal with this," he told his colleague.

This crash was during Paul Horner's stint as a police officer in Byron Bay.

It would be his last post before he was discharged from the NSW police force in 2008 on the grounds that, suffering post-traumatic stress disorder, he was a danger to the community.

The 38-year-old was in Shepparton yesterday to promote his book Jack Knife the crashing of a police-

It's a tale of trauma about a job where people encounter an abnormally high number of traumatic incidents in a culture where many are expected to grin and bear it.

It's a job where Mr Horner learnt to become emotionally numb - to see a body as a piece of meat rather than as a human, for example - and not knowing or being taught how to cope with the consequences.

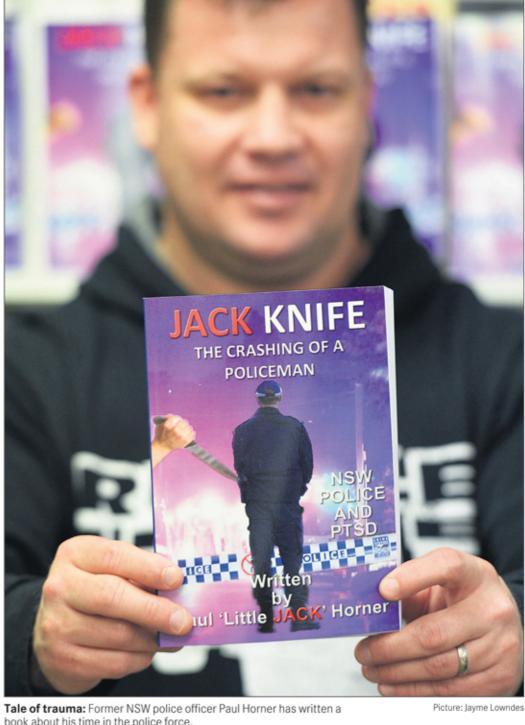
"They've got to put the hard man face on and say 'I'm fine' because I wanted to keep my job," he said.

"As a result you bottle it up, you may drink too much and so much you've got a second problem.

Mr Horner subconsciously wrote it for his own closure on the hundreds of traumatic experiences he was faced with.

But he knowingly wrote it for serving police officers, their families and to give the general public a peek behind the blue line.

"I want the opportunity to be able to educate people in relation to harm minimisation," he said.



book about his time in the police force.

"And to keep people in the job so we're not losing our police and losing our experi-

Since the publication of the

book, Mr Horner has given presentations at the NSW police academy and to operational police in Queensland.

He plans to open discussion

about similar presentations in Victoria.

Jack Knife is available from Collins Booksellers on Maude St in Shepparton.

Fonterra price third-highest

Fonterra has completed its final price review for the 2011-12 dairy season.

The milk company this week confirmed its Victorian, South Australian and Tasmanian suppliers will receive a price increase of 8¢/kg of fat and 20¢/kg of protein for all milk supplied in 2011-12.

The step-up brings Fonterra's average final full-year price across all five supply regions to \$5.45/kg of milk

The price increase will be backdated to July 1 last year.

"This is our third highest full-year price on record, so it's a strong finish and we are pleased to maintain our track record of offering suppliers very competitive farmgate



Dairy centre: Fonterra's Stanhope factory.

milk prices in all of our supply regions," general manager of milk supply Heather Stacy

"Despite the ongoing softening in dairy commodity prices and the continued strength of the Australian dollar, we have

delivered well on our sales and shipping program in the last few months of the season.

"We have also maintained a strong and balanced product mix, which has enabled us to focus on gearing our production to high-demand, highvalue categories.

Ms Stacy said there were encouraging signs for the present season, with indications milk production in the United States was contracting as a result of severe drought.

"This reaffirms our view the global supply and demand balance should recover into the 2013 calendar year," Ms Stacy said.

Fonterra's next farmgate milk price review for 2012-13 is in September.