

THE VALLEY AND EAST COAST VOICE

Vol 26

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Price 50 cents

CHILD NEGLECT AND CHILD ABUSE

WHAT IS CHILD ABUSE?

It's usually repeated abuse or neglect of a child by parents or caregivers resulting in injury or harm. Child abuse can be:

Physical Abuse - bruising, burning, shaking or beating.

Emotional Abuse - depriving a child of love, warmth and attention, yelling or belting, picking on a child.

Neglect - failure to provide basic necessities of life - adequate diet, medical care, clothing.

Sexual Abuse - incest, rape, fondling, flashing and other sexual activities.

DOES IT HURT?

All abuse is harmful to the child even if the abuse seems minor or insignificant to the outsider.

Children who have been harmed by adults may have:

Emotional problems (feel unloved, worthless, find it hard to trust others);

Physical Problems (sustain injuries that won't get better eg. brain damage)

Acting Out Behaviours (act violently towards others)

Even Die - It is never O.K. to hurt others.

WHY DOES IT HAPPEN?

Parents with no supports and under a lot of stress can "take it out" on kids.

Here are some triggers:

Isolation - when there is no one to help with the heavy demands of children, problems seem worse.

Stress - financial, job, medical problems, a family member with a physical or intellectual disability, lack of communication between parents, etc.

Unrealistic Expectations - parents expect children to be little adults and don't know about child development.

Lack of Parenting Skills - many abusive adults were badly treated as children.

Poor Childhood Experiences - many abusive adults were badly treated as children.

Drug and Alcohol Problems - these limit ability to care for children properly.

Immaturity - sometimes very young insecure parents can't understand a child's behaviour and needs.

WHAT CAN I DO?

Stop take time out.

Don't be afraid - Ask for help

Get some child care

Check out local support centres

Get to know your neighbours

Talk to someone you trust

Contact a local service agency.

CHILD NEGLECT - And How To Recognise It

What is Child Neglect?

Child neglect is continued failure to provide a child with the basic necessities of life - food, clothing, shelter, emotional security, medical and dental care and adequate supervision needed for the child's proper growth and development.

Unlike other forms of abuse, neglect is more about what a parent does not do, rather than what he or she does do.

INDICATORS

Lack of Supervision - appropriate to the child's age.

*Unprotected from electrical hazards and other dangers in or around the home environment.

*Left unsupervised without adequate arrangements for care which are appropriate to the age of the child - in extreme situations for days at a time.

Low Self-esteem

*The child may be fearful and anxious due to an unpredictable environment with no assurance that basic needs will be met.

Insufficient Clothing or clothing inappropriate to the weather.

Failure to Thrive - This is a condition in which the child suffers inadequate weight gain which may result in a severe growth and development problem.

It may be caused by a combination of poor nutrition and inadequate emotional care of the child.

Failure to Obtain necessary medical and dental attention.

Behaviour Problems - child may be:-

*Restless, apathetic, appear depressed or withdrawn.

*Excessively attention seeking.

Low Achievement - the child may progressively develop learning deficits due to -

*High level of disorganisation within the family and consequent lack of support for the child

*Poor nutrition

*Lack of sleep

*Irregular school attendance.

PREVENTION

Prevention of child abuse and neglect is seen as a shared responsibility of parents and the community. Early notification of child abuse and neglect often results in a family receiving the help and support needed to prevent serious harm or injury from occurring to the child.

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ALL ITEMS, ADVERTISEMENTS, SPORTS, NEWS ETC FOR THE VALLEY VOICE TO BE LEFT WITH THE HEALTH & BEAUTY SHOP.

FOR SALE....DOUBLE BED ENSEMBLE very good condition \$140.00 o.n.o.
Phone 722287.

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ST.MARYS NEWSAGENCY

STORY STREET ST.MARYS 7215
PHONE 722 143

CHRISTMAS LAYBY

LATEST NEW RELEASE IN VIDEOS
BULK PACKAGE DEAL - VIDEOS FOR
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42 Main Road St Marys Tasmania
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Childrens outdoor camera kits\$17.95ea

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New stock is arriving daily
Don't forget we are happy to layby for Christmas

Special : Sorbelene and Glycerine pump packs \$3.95

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41 QUAIL STREET, ST HELENS
TELEPHONE: 761811

MEDIA RELEASES

ROGER GROOM, MHA

Minister for Community and Health Services
20 October, 1993

The State Government will retain St Marys Hospital following a recommendation from the Northern Regional Health Board's Review of Health Services in the Fingal Valley.

The Minister for Community and Health Services, Mr Roger Groom, announced the decision today in Parliament in response to a question from Lyons MHA Mr Bob Mainwaring.

"The hospital at St Marys will remain a vital component of the health services for residents of the Break O' Day municipality," Mr Groom said.

"It will continue to provide services on a 24-hour, 7-days-a-week basis and will comprise three Acute beds, three respite beds and for the immediate future, six nursing home beds."

Mr Groom also reconfirmed the Government's commitment to improving the standards of facilities for elderly people in nursing home beds.

He announced plans to phase out over the next year the six nursing home beds at St Marys which do not meet Commonwealth standards and to encourage the provision of such services to the elderly within the municipality at Medea Park, St Helens.

"It has also been recognised that when aged people can no longer remain in their own homes, they require and deserve access to facilities that are high quality, that are designed for their special role, and of size that permits a level of interaction between residents and staff," Mr Groom said.

"Aged care units need to be of sufficient size to enable overall efficiency, be fitted with modern equipment, and have appropriate support services.

"Government policy recognises that the non-Government sector can more easily provide such high quality services and is best placed to provide to provide ongoing residential care."

St Marys Hospital in the long term cannot provide the high quality residential aged care that our elderly residents deserve on a cost effective basis."

Mr Groom said this model for health services in the Fingal Valley built upon an extensive period of consultation with the community.

"It provides an evolutionary approach to change which confirms the future of St Marys Hospital while enhancing services delivery by promoting further consistency with quality and modern day outcome standards."

"It builds a health system for residents of the Fingal Valley within their Break O'Day Municipality which can service their genuine health needs into the future," he said.

Northern Regional Health Board Chairperson, Mrs Anne O'Byrne, later welcomed the Minister's announcement.

"I am satisfied that the consultation process the Board undertook was rigorous and led to a decision which takes due cognisance of both the needs of the Valley residents and the community's desires," Mrs O'Byrne said.

"Ultimately an improved quality of service and increased cost effectiveness should result."

"The decision the Hospital is to be retained will no doubt lead to an increased sense of security within the St Marys Community."

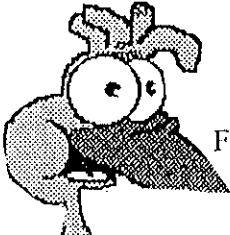
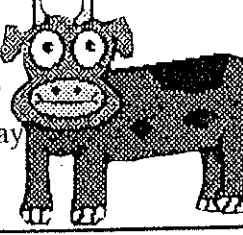
LABOR MEDIA RELEASE

WHAT'S FOR TEA?

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counter at the

ST MARYS BUTCHERY

TOP QUALITY MEAT
Free home delivery on Friday
Phone 722274.

DAVID LLEWELLYN and MICHAEL POLLEY
LABOR MHA'S FOR LYONS
20 OCTOBER 1993

The Government has sold out senior citizens at St Marys Hospital by phasing out its nursing home facilities.

Labor MHA's for Lyons David Llewellyn and Michael Polley said this would be a severe blow to senior citizens in the St Marys and Fingal Valley area.

Mr Llewellyn and Mr Polley said Community and health services Minister Roger Groom's decision will split elderly families and prevent regular visits by loved ones by forcing the infirm elderly to move to St Helens for nursing home care.

They said the distances involved and the difficulty of travelling to St Helens via St Marys pass would lead to some elderly residents being isolated from their partners and friends.

"They might just as well be moved to another State," Mr Llewellyn and Mr Polley said.

"The Government has refused to consider upgrading facilities at St Marys Hospital to enable adequate hostel and nursing bed accommodation.

CHURCH NEWS

FINGAL-PORTLAND UNITING CHURCH

Parish Services:

Week	1	2	3	4	5
St Marys		11am	11am	11am	
Scamander	11am	9am	9am	9am	
	Kuca Club Monday 4.00pm				
Fingal	9am	9.30	9.30	9.30	
	Sunday School 9.30am				
St Helens	7pm	7pm	7pm	7pm	7pm
Parish Youth Group ring 725 139 or 761 141					
All Welcome	725 139				

ANGLICAN PARISH OF FINGAL VALLEY

FIRST SUNDAY OF MONTH

Fingal	8.45am	MP
St Marys	10.30am	HC
Avoca	7.00pm	HC

SECOND SUNDAY OF MONTH

Fingal	8.45am	HC
St Marys	10.30am	MP
Avoca	10.45am	FS
Cornwall	3.00pm	HC

THIRD SUNDAY OF MONTH

Fingal	8.45am	HC
St Marys	10.30am	HC
Avoca	7.00pm	HC

FOURTH SUNDAY OF MONTH

Fingal	8.45am	HC
St Marys	10.30am	FS
Mathinna	3.00pm	HC
Avoca	7.00pm	EP

FIFTH SUNDAY OF MONTH

HOLY COMMUNION SERVICE TIMES -
SEE 1ST SUNDAY

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Divine Service 11 am

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ST HELENS 761 153

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SERVICES

Sunday	
9.30am	Sunday School
11.00am	Family Worship

Wednesday

2.00pm	Ladies Fellowship
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Phone (003) 722 352

THRIFT SHOP Wed-Fri 10am - 2pm

Pickups phone (003) 722 352

CATHOLIC PARISH OF ST MARYS

FIRST SUNDAY OF MONTH

St Helens	Sat. Vigil Mass	6.00pm
St Marys	Sunday Mass	9.00am
Fingal	Sunday Mass	10.30am
Bicheno	Sunday Mass	4.00pm

SECOND SUNDAY OF MONTH

St Helens	Sat. Vigil Mass	6.00pm
St Marys	Sunday Mass	9.00am
Mangana	Eucharistic Service	11.00am
Bicheno	Sunday Mass	4.00pm

THIRD SUNDAY OF MONTH

St Helens	Sat. Vigil Mass	6.00pm
St Marys	Sunday Mass	9.00am
Fingal	Sunday Mass	10.30am
Bicheno	Sunday Mass	4.00pm

FOURTH SUNDAY OF MONTH

St Helens	Sat. Vigil Mas	6.00pm
St Marys	Sunday Mass	9.00am
Bicheno	Sunday Mass	4.00pm
Swansea	Sunday Mass	6.00pm

FIFTH SUNDAY OF MONTH

St Helens	Sat. Vigil Mass	6.00pm
St Marys	Sunday Mass	9.00am
Bicheno	Sunday Mass	4.00pm

PRIEST: PAUL CONNOLLY

ST MARYS PHONE (003) 722 252

THE ANGLICAN PARISH OF ST HELENS

ST PAULS CHURCH

8.00am)	Every Sunday
9.30am)	Every Sunday
7.00pm	1st, 3rd & 5th Sundays

SUNDAY SCHOOL

3.30pm	Mondays
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PYENGANA

11.15am	2nd Sunday
7.30pm	4th Wednesday

FALMOUTH

11.15am	3rd Sundays
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SCAMANDER (Home for Tea)

9.30am	2nd Sunday
10.30am	4th Tuesday

GOLF NOTES by Tee Up

Well, the members Championships are finished and what terrible weather and what a keen finish for A Grade and C Grade. Chris Davern lead for the first 2 days and then Steven Dawson took the lead by a few strokes and then that "Titanic" struggle to gain ground in the 4th and final round. What a finish for Chris to win by 1 stroke and then C Grade with C.Batchelor and J.Clement on 180 each and B.Ennis on 181. On looking over the scores for 1st round C.Batchelor was 11 strokes behind the top score of J.Clement so what an effort on C.Batchelor to go into the last round level, unfortunately J.Clements proved too strong for top spot. Chris ended up with 295, B Grade B.Kellaway 322, C Grade J.Clement 372.

NETT

A Grade	R.Field	165
B Grade	B.Kellaway	254
C Grade	C.Batchelor	278

The Chicken Run has taken off with a bang.

A wonderful turn out saw

Members Graeme Hayes (4) 30 nett

Associates N.Mallinson(6 3/4) 30 1/2 nett

Trevor Viney was runner up for Members and Liz Clayton for the ladies.

The official Day of the Associates was very successful and all visitors were given an orchid posy, by the president. Orford apologised for being unable to attend and three people celebrated birthday greetings namely Geoff King, Maisie Nolan and Vonda Shaw - how did Geoff King get in there ???

The Gross Score was won by Liz Clayton.

Best Nett G.Holmes and M.Viney 57 1/2 nett

Nearest Pin

Visitors G.Holmes

Local B.Harwood

Raffle Di Field

The food was wonderful and in plentiful supply and the tables were very impressive. As last edition informed us that Maryanne Mitchell and Liz Clayton had a play off for the B Grade Championship and it is with many congratulations that Maryanne won the event. Associates played a Stroke event last Wednesday and Kath Blair (26) won by 64 nett and was Monthly Brooch winner also May Cook was second (19) 66

Y.Davern (28) 69

Liz Clayton managed to get a gobbler and a birdie along with Norma Mallinson on the 3rd hole.

Kath Blair reduced from 26 - 25.

BISHOP GUNTON RAE

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GOLF NOTES by Tee Up

The usual Sunday Competition was held last Sunday

M.Viney (38) 68

N.Mallinson (27) 69

B.Hans (34) 36

Nearest Pin M.Viney

and what do you know Mary was heard to say that she learned "something today" and that was how to swear, can you imagine, Trevor must have had such married bliss all these years.

Members

R.Field (10) 59

D.Viney (17) 63

Members Stroke

J.Clements (21) 68 nett on c/b from

Toby Spilsbury (30) 68

R.Field (10) 69

P.Wilson (16) 70

Gross R.Field 79

Unluckiest Player Toby Spilsbury

Poor Liz Clayton had a fit of the blues when her tee shot almost holed on the 6th.

Good fields are coming to the office for the St.Marys Tournament on the 22-23-24 Oct and it promises to be a bumper tournament.

The Committee would like to pay attention to the wonderful response for the working bees recently held. Thank you guys.

Only a few golfers journeyed to Mowbray for Legacy. They were not successful but had a head that reminded them of the day before.

The juniors have had a couple of good days under the guidance of Barry LeFevre. 36 juniors turned up but Barry would like to have more Seniors show up to help, so please come along if you possibly can.

On the 28th, Bill Husband is coming out as far as we know.

**ST MARYS****SCHNITZEL NIGHT**

EVERY FRIDAY

(Beef, Chicken and Pork)

ST.MARYS HOTEL DINING ROOM

6.00 - 8.00PM

\$7.00 per adult \$4.00 children

Served with salad and chips or vegies

COSY FIRE

**IT'S FINALLY HERE - THE LONG
AWAITED ALBUM FROM BAD
BILLY**

Local boys Ray Singline and Bruce Cornelius have finished their album of all original songs, amongst them "Just on the Road", 1992 Song of the Year at the Tas Country Music Festival at Latrobe. BAD BILLY also won the 1993 Best Busker Award at this years Music Festival.

The album caters for most types of music (except rap) from Sea Shanties to Blues, Country and Rock. Most songs are uptempo, but all in all its good listening music. The tape will be launched at the Seamander Sports Complex over the long weekend at a Sunday afternoon session on the 31st October.

Hope to see you there.

Tapes will also be available from some local outlets.

Appearing on the album are:-

Ray Singline-	Rhythm guitar, lead vocals
Malcolm Brooks-	Bass guitar, vocals
Bruce Cornelius-	Drums, vocals
Ross "Froggy" Clark-	Pedal steel, lead guitar
Jan Dallas-	Lead guitar
Rollin Croft-	Harmonica
Peter Costelloe-	Violin
Svet-	Piano Accordion.



ENROLMENT FOR ALANVALE **1994**

Course Counsellors from Alanvale College will be visiting the school on the morning of Wednesday November 17th to enrol students for Year 11 in 1994.

Course guides and enrolment forms will be available before this date.

Parents will be most welcome to attend these enrolment interviews.

HOSTEL ACCOMMODATION **1994**

Application forms for Parkside and the Villa units, which are managed by Launceston College for 1994 are available from the School Office.



SCHOOL COMMENCEMENT **DATE 1994**

The Minister has approved 17 February as the commencement date for students for the 1994 school year. This earlier start to the year is to compensate for the three days which have been added to the normal Easter vacation period for 1994.

Teachers will commence duty on 14th February.

Term dates for 1994 are:

1st term	17/2 - 27/5
2nd term	14/6 - 26/8
3rd term	12/9 - 21/12

I was a Policeman on a bike at the Road Safety Centre.



By Matthew Midson.

COMMUNITY CONCERT

On Friday evening November 12 there will be a Community Concert. Students from our school will be performing.

Place this date in your diary.

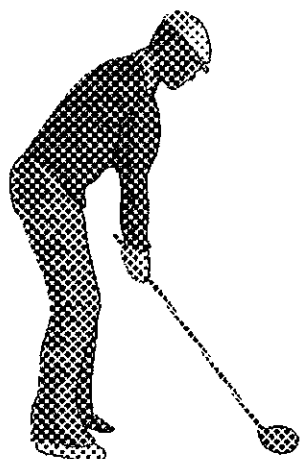
More information will be issued in the near future, including ticket selling points.

* * * * *

JUNIOR GOLF

Last week 36 school children attended Junior Golf at the Golf Club. An enjoyable time was had by all. Twelve children received a golf ball each as a trophy for their efforts and potential shown. They were;

Rebecca Squires
Nadia Fraser
Matthew Viney
Aaron Taylor
Andrew McCulloch
Jessica Mitchell
Peter Cornelius
Daniel Morris
Scott Wilson
Anthony Taylor
Adam Fletcher



Barry LeFevre

ATHLETICS CARNIVAL

The Carnival will be held on Wednesday 27 and Thursday 28 October. Parents are encouraged to watch the Carnival.

The staff would appreciate your support in ensuring children are dressed in their house colours. Hats are recommended along with warm clothing to change into on completion of events.

Barry LeFevre

* * * * *

GARAGE SALE

There will be a sale of excess school furniture and farm equipment on Wednesday 27 October, the first day of the Athletics Carnival.

Items will be displayed and for sale from 2.00-4.00 p.m. For further information please contact the Bursar on 722362 or speak to her on the day.

Maureen Bushing
BURSAR

WHAT'S ON

FOUR MILE CREEK LANDCARE GROUP

SUNDAY NOVEMBER 7TH : ANNUAL GENERAL MEETING

This will be held at the Falmouth Community Centre, commencing at 7.30pm. Business will be:-

1. Minutes of the previous annual general meeting.
2. Financial statement for the year.
3. President's report.
4. Election of officers.

Following the meeting there will be a talk by John Hepper who will introduce the Four Mile Creek Catchment Management Plan.

Afterwards there will be supper. Please bring a plate of cats.

Well done to the Lions Club of St.Marys for the "Ute or boot market" day last Sunday.

Great idea - hope you have another similar market soon.

Satisfied Stall Holder.

Noticed the H.I.I.I. watering the new landscaping at the railway.!!

Who was the lady laying on the Four Mile Creek road on Monday with her arms and legs in the air?

GIANT AUCTION

St Marys Football Club Inc.

Sunday, November 7th, 1993
10.00 a.m. - Start
St Marys Recreation Ground

Donation of items appreciated
or

Items will be sold on Commission

Contact:

Graham Saunders 722242 Bruce Spilsbury 722155
Glenn MacDonald 722429 John Brown 722172
Robert Brown 722184 Olivier Chartrain 722586

ST.MARYS STUDENT - NATIONAL WINNER

St.Marys District High School, Grade 4 student Peter Cornelius, was last week announced both State and National winner in a competition run by the Department of Primary Industry to raise awareness of the need for water conservation.

Entrants up to the age of 15 were asked to write a song about how to save water and could either write their own music or could put their words to the tune of another song.

Peter chose to write his song "Don't Waste It" and put it to his own music. Peter's school will receive a set of World Book Encyclopedia for his winning entry prize.

As the National Winner, Peter will be flown to Brisbane on Thursday 21st October to do a recording at the Channel 7 Studio for Agro's Saturday Fun Show with Angry Anderson who was a finals judge of the competition.

The recorded session will be used to promote an awareness in children for National Water Week, 21st-27th November 93.

DO YOU HAVE A SPECIAL FUNCTION COMING UP THAT NEEDS REPORTING?
TELL US AT THE VALLEY VOICE IN OUR "WHAT'S ON" COLUMN.

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PHONE 722 529

VARIETY OF PIZZAS
HOT AND COLD DRINKS
CHINESE FRIDAYS 5-9 PM

Bert & Ann offer the free use of their restaurant to community groups for meetings etc.

**CONTINUED FROM PAGE 3
LABOR MEDIA RELEASE**

"The services offered at St Helens are satisfactory but they will not make up for the forced moved from St Marys.

"The Government should have worked with the local community to provide one-off assistance to enable the retention and enhancement of elderly care facilities at St Marys."

DAVID CAN BE CONTACTED ON 002 336454
AND MICHAEL ON 002 332246

**STAFF INFORMATION
BULLETIN**

19 October, 1993

- Today, the Minister announced that he has accepted a recommendation from the Northern Regional Health Board concerning the future of the St Marys District Hospital.
- The Hospital will continue to provide services on a 24-hour, 7 day a week basis.
- It will comprise three (3) acute beds, three (3) respite beds and, for the immediate future, six (6) Nursing Home Beds.
- It is intended to gradually wind down the six Nursing Home beds over the course of the next year. It is important to stress, however, that there will be no immediate change made to the circumstances of aged patients currently resident in the hospital. A gradual process of assessment will be undertaken for each patient by the Aged Care Assessment Team, their preference for alternative residential area determined, and as vacancies occur in each patient's preferred placement area, he/she will be fully involved in this process.
- Over the next six (6) months or so, savings achieved through efficiencies will be used to set up and expand community aged care support services. Application has already been made to Federal Government for Commonwealth Aged Care Packages, to further facilitate this process. It is anticipated that a response to these applications will be received by December.

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AH (003) 72 2155

- As the hospital will continue to provide 24 hour, 7 day services, staff jobs will not be dramatically or immediately affected. As the need for residential aged care diminishes, staff will either be offered positions in other health facilities in the Municipality or in new community based services, or have access to other employment options, which may include voluntary redundancy. It is anticipated that the eventual staffing level for the hospital will be approximately 18.
- The next steps in the process are to produce a full document detailing the above options, and conduct meetings between individual staff members and Regional Human Resources staff.
- Unions have been advised and will be fully involved in the process.

Should you have any concerns or comments, please do not hesitate to contact Terry Searson on 327027. Terry will be coordinating all employee issues related to the change process.

QUINNS

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PROP. ROSS & SUZANNE QUINN

(S.M.A.C.D)

ST MARYS ASSOCIATION for COMMUNITY DEVELOPMENT

At a meeting held on the 29 October the above name was chosen for our committee. It was decided that the Central Committee will meet on the second Tuesday of each month with meetings open to the public.

The group do not intend to get involved with matters pertaining to the day to day operations of local Council but do hope to be given the opportunity to have input in regards to community development. The Landcare group, headed by Peter Witton (722422) started work on the St Marys Pass parking area on Tuesday evening. Any persons wishing to assist with cleaning up the area, give Peter a ring.

Felicity, Bruce and Steve are on track with the concert and by all accounts this is going to be a top night. Maurice Linfoot is presently working on a plan for landscaping the old post office block, so we could hope to see things happening there before too long.

A few photographs are coming in to Karen and Lynn and we have been allocated space for storage at the Forestry depot, so if you have anything for the history room, let them know (Karen and Lynn).

Members elected to the committee are: Annette Wines (chairperson) Mike Wicks (vice chairperson), Melissa Bean (secretary), Michael Evans (treasurer).

Next meeting: Tuesday 9 November.

Coach House. 7.30pm.

Agenda: becoming incorporated.

CARPENTER

Craig Oates

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for special parties

SPECIALS

MONDAY 1st NOVEMBER 8pm
MELBOURNE CUP DRAWW
COME AND WATCH THE CUP
ON TUESDAY CUP DAY.

A lot of work could be accomplished in this world
if nobody cared who got the credit.

The young want to change the world and the old
want to change the young.

Success is getting what you want. Happiness is
liking what you get.

W LOCKETT & SONS *FUNERAL DIRECTORS* *CAMPBELL TOWN*

Enquiries may be directed through:

Mr D Casbault

St Marys 722 383

or

Mr T Pears

Campbell Town 811 167



Drink Driving

We are concerned that about 30 per cent of drivers killed in road crashes have an alcohol reading above the legal limit.

To combat this problem:

- * Random Breath Testing has been increased extensively.
- * Mobile Police Patrols as well as "Booze Bus" testing stations are conducting random Breath tests.
- * All drivers intercepted by Police are being assessed for alcohol.

With police cars and motorcycles now operating as "Booze Buses", close to one million drivers will have been tested for alcohol since random breath testing started in Tasmania. Anyone who continues to drink and drive will eventually be caught.

Penalties for Drink Driving

Penalties are tough on drinkers who drive above the limit.

Upon conviction for drink driving you may be fined for a first offence up to \$500 and also your driver's licence may be cancelled for up to three years.

Terms of imprisonment may also be imposed for drink driving.

Limits

Remember the limit in Tasmania is .05

If you are driving when the level of alcohol in your blood is more than .05 the penalties apply.

Remember if you are on "L" or "P" plates your legal limit is .00

Alternatives to Drink Driving

- * If you plan to drink, plan not to drive.
- * If you are going to be drinking, plan ahead - arrange a lift from a friend who isn't drinking.
- * Arrange to stay the night after a party, but remember you could still be over the limit the next morning.
- * If you are driving, drink non-alcoholic beverages.
- * Try not to get involved in "shout" situations.
- * Remember that large quantities of low alcohol beer can take you over the legal limit.

Choosing one of these alternatives to drink driving could save your licence...OR YOUR LIFE.

TASMANIA POLICE

THANKYOU

Kayla, Kathryn, John and Angie would like to thank family and friends for their phone calls, visits and prayers during Kayla's sudden illness. A special thanks to Dr Naidoo, Jeanette, Tony and Arthur and emergency staff at the LGH.

Thankyou.

ELECTRICIAN

For Prompt Service & Installation

Contact **Frank Giles**

Upper Scamander

Supplier of Carrier Heat Pumps, Water Pumps, Infra-red & Low Energy Lighting, Bradford Insulation

B & D Roller Doors installed with remote control
All existing roller doors can have remotes fitted

Phone 725 528

Don't forget the Lions Club Billy Cart Race Day, on November 28th in St.Marys. Bring your "wagon" and join in the fun.

ST.MARYS R.S.L.A. SUB-BRANCH

Sunday November 11th 1993, the St.Marys P.C.U. will hold a Remembrance Day Service at the Cenotaph.

Exactly at 11am a bugler will sound the Last Post and the people across the Nation will observe two minutes silence.

This year commemorates the 75th Anniversary ending of the First World War.

Everybody is most welcome to attend this service

Sunday November 14th 1993 the St.Marys R.S.L. Sub Branch will be holding their annual dinner at the Scamander Beach Resort Motel for R.S.L. members and wives.

Time 12 noon for 12.30pm. R.S.V.P. 5th November 1993.

Jack McGee
Secretary.

Hallowe'en history

For hundreds of years, Hallowe'en has been the feast of summer's end. In Christian times, the festival of All Hallows, now known as Hallowe'en was held on the last night of October. Ghosts were said to be at large and, in Scotland, Hallowe'en was celebrated by the arrival of Geezers or revellers in fancy dress and masks, who went from door to door, singing songs in return for nuts and apples. Today, children knock at doors, trick-or-treating for goodies at Hallowe'en. It also remains the ideal time for an autumn party.



MUNICIPALITY OF BREAK O' DAY

Georges Bay Esplanade, St. Helens
P.O. Box 21, St. Helens, Tasmania 7216
Telephone (003) 761281 Facsimile (003) 761551

Our Ref:

Your Ref:

Enquiries to:

Municipality of Break O' Day Strategic Plan

Community Meetings / Workshops

Residents of the Break O' Day Municipality are invited to attend a series of Community Meetings/Workshops to put their views on the future direction of the Municipality.

These meetings are part of the Council's Strategic Planning process and their purpose is to enable Council to gather valuable information and opinions to prepare a draft plan and determine the direction it should follow over the next five years leading to the year 2000.

The meetings will be conducted at the following locations and times.

2nd November, 1993 (<i>Fingal Area</i>)	Municipality Offices, Fingal	7.30pm - 9.30pm
3rd November, 1993 (<i>St Marys Area</i>)	St Marys Community Hall	7.30pm - 9.30pm
9th November, 1993 (<i>Scamander Area</i>)	Scamander Sports Complex	7.30pm - 9.30pm
10th November, 1993 (<i>St Helens Area</i>)	St Helens Memorial Hall	7.30pm - 9.30pm

Interested persons are requested to book their attendance as places are limited. Bookings can be made with Deborah at Fingal on 742 111 or Paula at St Helens on 761 281.

Written submissions are also invited from residents or interested community groups

Further meetings will be organised if demand requires. Enquires should be made to Craig Commanc on 742 111.

J A Brown
General Manager

ST. MARYS

Community Concert

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7_{pm} - 9³⁰_{pm} & music session till Late

Community Hall ST Marys

HOT FOOD and REFRESHMENTS WILL
BE ON SALE PRIOR TO THE CONCERT
and during THE INTERMISSION.

So come ALONG FOR a SAV.

Support your Community

YOUR GUITAR and DANCING SHOES.

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ST MARYS HOSPITAL TO REMAIN

The Minister for Community and Health Services, Mr Roger Groom has announced that the State Government will retain St Marys Hospital following a recommendation from the Northern Regional Health Board, this recommendation being the major result of the review of health services undertaken in the Fingal Valley over the last 12 months.

"The hospital at St Marys will remain a vital component of the health services for residents of the Break O'Day municipality," Mr Groom said.

"It will continue to provide services on a 24 hour, 7-day-a-week basis and will comprise three acute beds, three respite beds, and, for the immediate future, six nursing home beds."

Mr Groom also reconfirmed the Government's commitment to improving the standard of facilities for elderly people in nursing home beds and announced that plans will be put into place to gradually phase out the six nursing home beds at St Marys. This is due to the fact that from a quality of facility perspective, these do not meet Commonwealth standards and to encourage the provision of long term aged care for elderly residents of the municipality at Medea Park, St Helens in line with Government policy.

"It has also been recognised that when aged people can no longer remain in their own homes, they require and deserve access to facilities that are high quality, that are designed for their specialist role, and of a size that permits a level of interaction between residents and staff," Mr Groom said.

The Regional Director, Mr Simon Blair, along with other senior staff, visited St Marys directly after the announcement and spoke to staff, patients and other community representatives. Mr Blair emphasised that plenty of time was going to be allowed for

the process of transferring long term residents. "We recognise that people need time to get adjusted to the idea, to meet and discuss their needs with assessment team staff and residents will only be moved when there is a vacancy at the nursing home of their choice," Mr Blair said. "There is no urgent time deadline being put on this process," added Mr Blair.

Mr Blair also noted that the comments of the community during the period of consultation undertaken by the Board had been incorporated into the design of the future services to be provided from the hospital and that the Board had moved a great deal from the 1992 option of a 9-5, day only service.

"The Board still recognises, and is committed to improving the need for, community services in the Valley and as a result savings that may be generated through greater efficiencies in service delivery would be directed to improving community services," Mr Blair said.

Consistent with this, Mr Blair indicated that a submission had already been forwarded to the Commonwealth Government for the provision of six Community Aged Care Packages which provide funds to enable elderly people to remain in their own homes by increasing the range and type of support services.

"The introduction of such community services along with the developments at the hospital provide a more efficient and effective health service for residents," Mr Blair said.

In concluding, the Regional Director paid tribute to the community's involvement in the consultation process. "Without doubt the input from the community enabled the Board to very clearly see its views and priorities and to take account of these in its decision-making process," Mr Blair said.

LIBRA - SEPT 24 - OCT 23

Travel will bring surprises. A sudden emotional challenge will disturb you. Finances are in for a boost.

Lucky numbers 3,11,45.

SCORPIO Oct 24 - Nov 22

Time to discover your own strengths and express your true identity in the world. Time to heal any rifts and show real love and affection.

Lucky numbers 16,22,27.

SAGITTARIUS Nov 23 - Dec 21

Your home may buzz with excitement activity and visitors. Home and business affairs take shape. Your financial position is improving.

Lucky numbers 6,7,39.

CAPRICORN Dec 22 - Jan 20

Your social calendar will be hectic. Great news concerning family and friends. An old friendship may be renewed. You may strike it rich.

Lucky numbers 4,5,25.

AQUARIUS Jan 21 - Feb 19

Your ambitions should be pushed to the limit. This should be an exciting week. Love is important to you now. Good time for contracts and agreements.

Lucky numbers 13,18,23.

PISCES Feb 20 - Mar 20

Journeys this week will be rewarding and satisfying. A fascinating week for love and romance. An urgent letter may have you jumping for joy.

Lucky numbers 1,8,36.

ARIES Mar 21 - Apr 20

A friendly person will help develop your independence. It may be a time to discover your own strengths. Large sums of money may pass through your hands.

Lucky numbers 21,26,37.

CANCER June 22 - July 23

Travel could produce some very unexpected events. Throw all your love into your family circle. Expect big things to happen with employment and home.

Lucky numbers 15,20,42.

LEO July 24 - Aug 23

You may find it difficult to catch up this week. Look for those who will be a positive influence on your life. Your health and confidence will improve.

Lucky numbers 19,24,28.

VIRGO Aug 24 - Sept 23

Your values are now changing, you know what you want; so go for it and reach your goals. A great week for entertainment.

Lucky numbers 9,33,41.

TAURUS Apr 21 - May 21

New opportunities may be offered to you. This week your emotions are running high. A change of direction is about to happen. Finances need a reshuffle.

Lucky numbers 10,29,40.

GEMINI May 22 - June 21

Happiness can be found with new relationships. Rewards on the job and business interests will be highlighted. You may purchase something expensive.

Lucky numbers 12,17,30.

MEALS ON WHEELS

SEPTEMBER

Monday 25

Tuesday 26

Wednesday 27

Thursday 28

Friday 29

ST.MARYS

Mary King

Wendy Haas

Jean Lohrey

Marj Spilsbury

Molly Cocker

FINGAL

Shirley Parker

Robyn Holder

John Walker

Gloria Parker

Bob Yates

MATIINNA

Mavis Brooks

Max Ellis

Cynthia Webb

Christine Scott

Kaye Turner

NOVEMBER

Monday 1

Tuesday 2

Wednesday 3

Thursday 4

Friday 5

Dana Smith

Kaye Nailer

Audrey Wright

Jenny Cook

Jill Faulkner

Joan Lowe

Patsy Death

Jan Marshall

Yvonne Johnson

Les Rubenach

Mavis Brooks

Max Ellis

Cynthia Webb

Christine Scott

Kaye Turner