

THE VALLEY AND EAST COAST VOICE

Volume 27

No 7

Friday 5 August

Established 1968

Price 50 cents

A LONG WAY TO GO FOR A BARBECUE

Our journey began about 7 am from Four Mile Creek then on our way to the Derwent Valley. Driving from New Norfolk then through the Derwent Valley was very pretty even if it was winter time. We passed through the towns of Plenty and Bushy Park with hop farms on either side of the road, then on to Westerway and National Park where we turned off the highway for the Russell Falls and Mount Field National Park. For the weekends accommodation we had booked chalets at Russell Falls and these were really excellent.

While waiting for the rest of our party - three other families - to arrive, we had a quick look around the area. The remainder of our group had arrived by this time and the four children saw more in about 15 minutes than we had in an hour.

After buying our Three Day Pass to enter the Mount Field National Park we all piled into the 4 WD for the trip up to find the snow, about 12 km up the road. The first of the snow was seen and the children could hardly wait to get out and attack the adults with snowballs. The snowplough came along to clear the road for us, then we drove to the car park at Lake Dobson and that is as far as vehicles can go without special permission. We stayed around for about three hours playing in the snow and enjoying the scenery and the quietness of the area as the snow tends to deaden the noise, even that of the children tearing around.

Time had come to return to our cabins for a birthday party for three of our group who had celebrated birthdays during the week. The song for the night was, yes that's right, Happy Birthday of course.

Saturday we awoke to find 20 - 30mm icicles on the window sills! then got well rugged up ready for the snow and Mount Mawson ski fields. After driving to the car park the rest of the way was on foot so we loaded up with food, extra clothes, toboggan and of course the video camera. It is about a 3 km hike up to Sitzmark

Lodge but alas the snow was not as good as we had hoped but everyone still had a great time. About 3.30 pm we called it a day and made our way back down, which was certainly much easier than the climb up, then headed back to our cabins for a well earned hot shower, dry clothes and rest for us all.

Sunday morning everyone was up and anxious to be on the move again so we walked to the Russell Falls through overhanging manferns along a well paved track. The native rain forest was beautiful and many wallabies just sitting near by. The sound of the water falling from the height of the falls could be heard long before it came into view and what a breathtaking sight it was to actually see, as videos and photographs could not do Russell Falls justice.

Once again back to our vehicles and to Maydena for fuel as there are no more service stations where we were going as we were about to enter the Southwest National Park. Our three day pass which we had purchased at Russell Falls

Rangers Station also allowed us into all this area.

We entered the magnificent Southwest National Park - over 600 000 hectares of wild inspiring country and part of the Tasmanian Wilderness World Heritage Area. The Gordon River and Scotts Peak roads wind through forest, scrub and moorland, sometimes opening out onto breathtaking views of rugged mountains like the Saw Back, Anne, Western Arthur and Frankland ranges.

The scenery from the car was spectacular and we were encouraged to stop and get out to really appreciate it all. Some of the high points (no pun intended) of this section were The Needles, Mount Mueller, The Sawback Range, Mount Wedge and the Sentinal Range. Through McPartlan Pass, along the Gordon River Road with Lake Peddar on one side and Lake Gordon on the other until we arrived at Teds Beach camping and picnic area. The facilities here were first class. Four electric barbecues, six picnic tables under cover as well as outside tables which were clean and tidy and very well maintained. The fees we paid to enter the National Park were certainly justified. All our group agreed that they were quite happy to pay to enter National Parks after seeing for themselves what had been provided for visitors.

Boy, it was certainly a long way to go for a birthday barbecue - from Four Mile Creek to Strathgordon, anyway after a good meal and a stretch of the legs it was on the road again to Strathgordon and the Lookout of the Serpentine Valley which was certainly well worth the detour off the Gordon River road. Next on to our journeys end, the Gordon Dam Lookout. Our trip had been wonderful and will give us much to talk about as well as the video to look at, especially of our party walking along the dam wall.

The time came for us to make our way back to Bushy Park for a snack and hot drink before all going our separate ways home. It was a great place to go for a weekend away and the magnificent scenery made the travelling worthwhile.

Ron



CLASSIFIEDS

REDLINE COACHES... Deliver this paper quickly and efficiently. Statewide passenger and parcel service. Phone 722 143

FOR SALE.. Small Fish Tank \$10.00
New Bike Helmet \$30.00
Kitchen Cupboard & Breakfast Bar —Offers
Intercom Set \$60.00
Phone 722 529

FOR SALE.... Toyota Crown Sedan. Goes well. No rego \$500. 600 x Paving Tiles (outdoor) \$400.00
Phone 722 320.

FOR SALE.... 1 Upright iron-framed piano with full size keyboard, practice pedal and stool. As new, 12 months old. \$3000 o.n.o. Phone 722 515

FOR SALE.... COMPAC 286 COMPUTER 6 mb Ram, 50 mb Hard drive 3.5", 5 1/4" Floppy drives VGA Monochrome, mouse with Epson LQ-1000 Printer. Excellent Condition \$1000 Phone 722404

FOUND.... Set of keys on road verge Tasman Highway Scamander Phone 725 464

FOR SALE.... Datsun 200B Sedan, reg till March. Good tyres & interior. As is \$2000 o.n.o. Phone 72 2481 after 6pm.

THE NEXT MEETING OF NEIGHBOURHOOD WATCH COMMITTEE will be held on Wednesday 17th August at 7.30pm at the home of Mrs Chugg Scamander

ST MARYS NEWSAGENCY

STORY STREET
ST MARYS
PHONE 722143

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(both suitable for school)

Nappies \$25 per doz
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Satin Bound.... \$6.30
Gro Suits \$8.50 & \$12.00
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Also

Singlets, Pyjamas & boxed gifts, ballet slippers
King Gee work shirts, jeans & cotton drill trousers
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WHEN NEXT YOU VISIT ST HELENS

CONTACT IAN & NARELLE

PHONE 76 1811

WHAT'S ON

FINGAL VALLEY MEALS ON WHEELS GROUP, INC

Annual meeting to be held at St Marys District Hospital on
Monday August 15th 1994 at 7.00pm.

Venue: Community Room, Hospital

Business: Annual report, Treasurers statement and election of
Office Bearers for 1994-5

The Chairman, Secretary and Treasurer of the Tasmanian
Association will be present in a business meeting atmosphere.

Supper will be served. **All welcome.**

J. Miller Hon. Sec.

BIENNIAL VISIT OF STATE EXECUTIVE MEALS ON WHEELS

TUESDAY 16TH AUGUST 10AM FOR SCAMANDER
MEALS ON WHEELS AT COMPLEX

MONTE CARLO NIGHT

SATURDAY 27TH AUGUST AT 7.30PM
SCAMANDER SPORTS COMPLEX

\$10.00 ADMISSION

INCLUDES \$100 PLAY MONEY AND SUPPER FOR ALL
SCAMANDER COMPLEX MEMBERS AND THEIR
GUESTS.

RWANDA APPEAL

FALMOUTH COMMUNITY CENTRE

SUNDAY 21ST AUGUST FROM 10AM

LIVE MUSIC, GAMES AND PRIZES, TRADE TABLE,
CHOCOLATE WHEEL, BAR-B-QUE AND REFRESHMENTS
AVAILABLE. HOPE TO SEE YOU THERE.

MORNING TEA

FALMOUTH COMMUNITY CENTRE

WEDNESDAY 10TH AUGUST

IN AID OF ST MARYS DISTRICT SCHOOL.

Trade table, Raffle

Adults \$4

Children \$1

ALL WELCOME

St Marys Butchery

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AH (003) 722155

ST MARYS LAND CARE ART & CRAFT EXHIBITION

"I CAN DO IT"

all local crafts people

SCHOOL HALL

SATURDAY 6TH AUGUST 1-4PM

SUNDAY 7TH AUGUST 1-4 PM

ENTRY FEE \$1.00

Lucky door prize donated by Michael Polley
ALP Member for Lyons

HOLY TRINITY ST MARYS

Soup and Sandwich Luncheon August 16th 11.30am

Trade Table **ALL WELCOME.**

ST MARYS TENNIS CLUB

AGM

WEDNESDAY 24TH AUGUST

7.30PM

ALL WELCOME

Rae & Partners Lawyers

Barristers & Solicitors

41a Cameron Street
Launceston

Visiting St Marys alternate Thursdays 9am - 10am
50 Main Street St Marys

Phone 34 0644 for appointments

**ACCEPTING INSTRUCTION IN
ALL LEGAL MATTERS**

Church News

ANGLICAN PAROCHIAL DISTRICT OF THE NORTHERN MIDLANDS

FIRST SUNDAY OF MONTH

Fingal 8.45 am HC
Campbell Town 9.00 am MP

Avoca 10.30 am HC

SECOND SUNDAY OF MONTH

Fingal 8.45 am FS

Campbell Town 9.00 am HC

Ross 10.30 am HC

Avoca 10.30 am FS

THIRD SUNDAY OF MONTH

Fingal 8.45 am HC

Campbell Town 9.00 am MP

Mathinna 3.00 pm HC

Avoca 7.00 pm HC

FOURTH SUNDAY OF MONTH

Fingal 8.45 am MP

Campbell Town 9.00 am HC

Ross 10.30 am HC

Avoca 7.00 pm EP

FIFTH SUNDAY OF MONTH

Campbell Town 9.00 am HC

Ross 10.30 am HC

Avoca 7.00 pm HC

FINGAL-PORTLAND UNITING CHURCH

FIRST SUNDAY OF MONTH

Scamander 11.00 am

Fingal 9.00 am

St Helens 7.00 pm

SECOND SUNDAY OF MONTH

Scamander 9.00 am

Fingal 9.30 am

St Marys 11.00 am

St Helens 7.00 pm

THIRD SUNDAY OF MONTH

Scamander 9.00 am

Fingal 9.30 am

St Helens 7.00 pm

FOURTH SUNDAY OF MONTH

Scamander 9.00 am

Fingal 9.30 am

St Marys 11.00 am

St Helens 7.00 pm

FIFTH SUNDAY OF MONTH

St Marys 11.00 am

St Helens 7.00 pm

ANGLICAN PARISH OF ST HELENS

FIRST SUNDAY OF MONTH

St Helens 9.00 am

Falmouth 11.00 am

St Marys 10.00 am

SECOND SUNDAY OF MONTH

St Helens 9.00 am

St Marys 10.00 am

THIRD SUNDAY OF MONTH

St Helens 9.00 am

Pyengana 11.00 am

St Marys 10.00 am

FOURTH SUNDAY OF MONTH

St Helens 9.00 am

St Marys 10.00 am

FIFTH SUNDAY OF MONTH

St Helens 9.00 am

SEVENTH DAY ADVENTIST

Hodgman Street
Scamander

Sabbath School 10.00 am

Divine Service 11.00 am

W LOCKETT & SONS

Funeral Directors
Campbell Town

Enquiries may be directed through:

Mr D Casboul
St Marys 722 222

Mr Leo Lane
Campbell Town 811 167

Mr T Pears
Campbell Town 811 472

or

B Davidson
Launceston 444 577

SALVATION ARMY

Main Street

ST MARYS (RSL HALL)

SERVICES

Sunday

9.30 am Sunday School

11.00 am Family Worship

Wednesday

2.00 pm Ladies Fellowship

EVERYBODY WELCOME

Aux Captain & Mrs Tolputt

Phone (003) 722 352

THRIFT SHOP

Wed-Fri 10.00 am - 2.00 pm

Pickups phone (003) 722 352

CATHOLIC PARISH OF ST MARYS

FIRST SUNDAY OF MONTH

St Helens Sat Vigil Mass 6.00 pm

St Marys Sunday Mass 9.00 am

Fingal Sunday Mass 10.30 am

Bicheno Sunday Mass 4.00 pm

SECOND SUNDAY OF MONTH

St Helens Sat Vigil Mass 6.00 pm

St Marys Sunday Mass 9.00 am

Mangana Eucharistic Ser 11.00 am

Bicheno Sunday Mass 4.00 pm

THIRD SUNDAY OF MONTH

St Helens Sat Vigil Mass 6.00 pm

St Marys Sunday Mass 9.00 am

Fingal Sunday Mass 10.30 am

Bicheno Sunday Mass 4.00 pm

FOURTH SUNDAY OF MONTH

St Helens Sat Vigil Mass 6.00 pm

St Marys Sunday Mass 9.00 am

Bicheno Sunday Mass 4.00 pm

Swansea Sunday Mass 6.00 pm

FIFTH SUNDAY OF MONTH

St Helens Sat Vigil Mass 6.00 pm

St Marys Sunday Mass 9.00 am

Mathinna Eucharistic Ser 11.15 am

Bicheno Sunday Mass 4.00 pm

PRIEST: PAUL CONNOLLY

ST MARYS

PHONE (003) 722 252

ST MARYS HOTEL

Tim Scott Licensee
Phone 722181

*Cold Beer - Counter Meals
and all your Bottle Supplies*

DINING ROOM
available for special parties

EIGHTBALL- The annual Peter Jackson competition will be played this month - see notice board for details.

SPECIALS-

SCOTCH \$20.95
WINECASKS \$10.00



ENTERTAINMENT

Saturday 6th August
"ECHO BEACH"
9pm till late

ST MARYS HEALTH & BEAUTY CENTRE

42 Main Road St Marys Tasmania
Phone (003) 722172 AH (003) 722 210

FOR THE NEW BABY

Booties	\$3.50
Towelling Bibs	\$3.95
Assorted cup, plate & bowl sets from	\$9.95
Baby Bags from	\$15.95
Baby face washers	\$1.95

Soft Toys

SMALL GIFT IDEAS

Glitter Bath Balls	75 c each
Pearl Bath Hearts	45 c each
Rose soaps	25 c each

Girls Cosmetic Sets	\$4.95
Wooden Jigsaw Puzzles	\$8.50



LANDCARE

One of the main attractions of the St Marys area is the great natural wealth of trees. This was, no doubt, noticed by the early settlers, who used this wonderful resource for mining, railways, in homes and on farms. In addition many other trees were planted, some of these obviously thrived in this climate as they now stand out along roadsides and on private property.

The St Marys Landcare Group recognises this extremely important part of our heritage and so would like to record, information of our magnificent, significant trees. A photographic display at the library, by a number of local photographers is only the beginning.

As it is exactly 50 years since planting of trees commenced on the site that is now St Marys District High School by the Principal Mr Swift and students, it seems appropriate to commemorate this event in conjunction with the launch of the rehabilitation project of St Marys Rivulet.

St Marys is a town of trees, with many significant trees, and anyone wishing to be part of the project to register these trees would be very welcome.

If you know of such a tree or trees or have ideas on how to record and or store this material, which forms part of our historic and cultural assets, please contact St Marys Landcare . Secretary JAN SPARKES on 722433.

ST MARYS LANDCARE

PHOTOGRAPHIC DISPLAY

OF SOME OF OUR
SIGNIFICANT TREES

ST-MARYS LIBRARY

SUNDAY 7TH
AUGUST

11AM - 1 PM

ST MARYS DISTRICT HOSPITAL

SUPPORT ASSOCIATION
INC

Next meeting 15th August 7.30pm
Salvation Army Hall St Marys

IF YOU CARE BE THERE

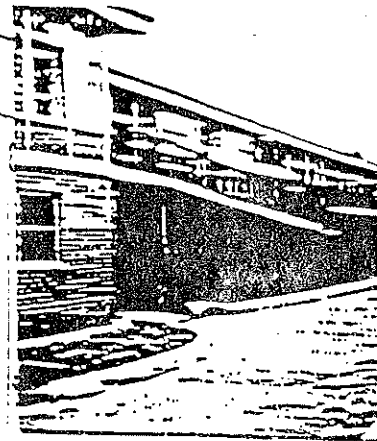
A total of 1539 signatures were collected in less than two weeks from the Fingal Valley & coastal region for the petition being presented to Parliament by David Llewellyn this week. It is interesting to note that less than 2% of those who signed were interviewed for the Needs Analysis conducted by the Northern Regional Health Board. This analysis was instrumental in down grading the hospital by removing aged care beds. However could they arrive at this conclusion???

Thank you to all those who helped with the petition

HOSPITAL HAPPENINGS

Sports Injuries

Sport is a vital part of the Australian lifestyle. It provides exercise, social contact, relaxation, competition, and promotes good health. It may also cause injuries, many of which can be prevented.



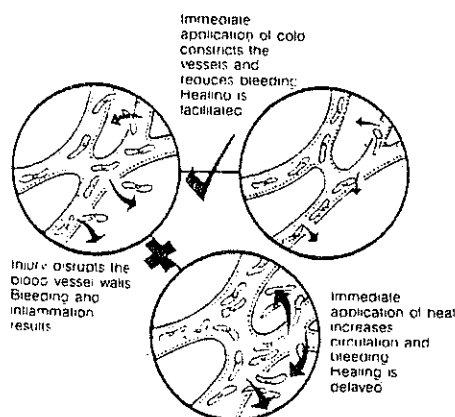
IF YOU HAVE AN INJURY

Seek immediate assessment and treatment. For sprains, strains and bruises, start the R.I.C.E. program:

- R** Rest (injured tissues must have a period of rest to heal)
- I** Ice (10 mins frequently is better than one long application)
- C** Compression (moderately firm bandage to control swelling)
- E** Elevation (elevate the injured part to help drainage)

AVOID any of the H.A.R.M. factors:

- H** Heat increases bleeding
- A** Alcohol increases swelling
- R** Running or exercising too soon makes an injury worse
- M** Massage in the first 24 hours increases swelling and bleeding



Don't presume an ice pack and strapping will do the trick — especially if you then stand around drinking while "re-living your glories". Rest, compression and elevation are most important.

COMMON INJURIES

- bruises
- ligament sprains & tears
- muscle & tendon strains
- joint injuries
- overuse injuries
- stress fractures

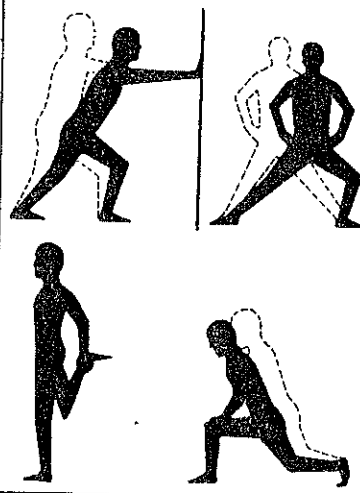
HOW YOU CAN PREVENT IT?

- correct warm-up and warm-down exercises
- proper stretching exercises for flexibility
- protective strapping in some cases
- correct footwear
- specific conditioning for a particular sport
- good general and aerobic fitness

WHAT GOES WRONG

Most sports injuries are a result of direct blow (bruise or contusion) or indirect dynamic force (sprains, strains, tears). An increasing number of injuries are due to overuse stresses (foot, knee, hip, and shoulder injuries).

STRETCHING EXERCISES



GETTING BACK IN THE GAME

Before you can safely return to sport, not only will the injury need to be completely healed, but it is essential to regain strength, mobility, balance and coordination.

THANK YOU

A special THANK YOU to our wonderful Kitchen Staff who are providing such delicious cuisine for all of us at Day Centre.

OTHER TIPS

- avoid heat stress — maintain fluid intake
- don't overdo it at the start of the season
- don't try to play on with pain

St. Marys District High School

❖ PARENT NEWSLETTER ❖

POSITION VACANT

POSITION:
SCHOOL ATTENDANT (CLEANER)
POSITION STATUS:
FULL-TIME TEMPORARY ON-GOING
FUNCTION:

As part of a team or alone, clean and maintain school facilities to a hygienic, safe and presentable level. This includes the minor maintenance of related equipment.

SALARY:

Ranges between \$408.80 and \$477.60 per week depending upon relevant previous experience.

APPLICANTS:

Should possess, or have the capacity to quickly acquire the knowledge and skills required to undertake the duties of the position.

A position description outlining the requirements of the position can be obtained from the school bursar, Mrs Maureen Bushing on 722362.

CLOSING DATE: Wednesday, 10 August 1994 at 12 noon.

WRITTEN APPLICATIONS TO:

The Principal
St Marys District High School
13 Gray Road
ST. MARYS TAS 7215

GOODLUCK!

The school would like to wish the following girls "good luck" in their netball trials.

Melanie Sutton, Renee Lynch, Sommer Woods, Bridgitte Halton, Michelle Griffiths, Nicole Stone and Peta Woods.

These girls will be competing at Burnie next weekend to try out for the state U/17 netball team.

SPEECH & DRAMA NEWS

On Thursday 21 July the finals evening of the Theatre Sports competition was held in the school hall with about 350 people in attendance.

The crowd was warmed up with several musical items including David Bain's version of the National Anthem and, I am assured, the one off appearance of the coolest daddy of them all (Rob Hart). The atmosphere was hot as 9c took on 9b in the final. Both teams performed to a high standard throughout although 9b maintained their early lead to run out winners by 137 points to 131. Shannon Williams and Sophie Green particularly excellent for 9B but overall it was a brilliant team effort.

After the interval the Teachers took on the Peoples Team (Parents) and the 12 'oldies' really showed their class with some fine performances. Again this was a very close contest but the teachers just sneaked in winners 144 points to 139.

Congratulations to all performers on the night and many thanks to all the behind the scenes helpers.

Steve Plowright
SPEECH & DRAMA TEACHER

Australian Schools Science Competition

The results of this competition, which was held in June, were recently received by the school.

This year 84 of St. Marys students joined 382,000 others from as far a field as Vanuatu, Singapore and Indonesia to participate in this competition.

Below is a list of those who gained Certificates of Distinction (awarded to those who achieved results in the top 11% of the state), Certificates of Credit (awarded to the next 20% of the state), and Certificates of Achievement (awarded to the top 20% of the school but no state award).

GRADE 7

Erica Adamczewski	Distinction
Russell Smith	Distinction
Rebecca Squires	Credit
Chris Green	Credit
Andrew Seymour	Credit

GRADE 8

Melanie Bennett	Distinction
Bridgitte Halton	Credit
Tanya Salonen	Credit
Amanda Walker	Credit
Andrea Gillies	Credit
Christine Falcone	Credit

GRADE 9

Ben Thofner	Distinction
Gino Tedeschi	Distinction
Brian McNaught	Achievement
Gypsy DeJonge	Achievement

GRADE 10

Sarah Johns	Achievement
Aimee Buchanan	Achievement
Kim Newman	Achievement
Adam Williams	Achievement

Congratulations to all those who achieved awards and to all those who participated.

B Ennis
SCIENCE TEACHER

State All Schools Cross Country

Last Wednesday (20 July) eight of our students went to Hobart to participate in the All Schools Cross Country which was held on the Hobart Domain. Although it is the "off-season" for most of our secondary runners there were some excellent performances. Each race had fields of approximately 200 competitors from all parts of the state.

Results were

Peta Woods	Under 17 girls	55th	Angela Barr	Under 15 girls	148th
Rebecca Squires	Under 13 girls	41st	Nicholas Oliver	Under 13 boys	17th
Gavin Barnes	Under 20 boys	14th	Carlie Davies	Under 15 girls	117th
Tristan Clement	Under 15 boys	15th	Matthew Harris	Under 15 boys	138th

Congratulations to all who participated.

Sick Students

It has come to my attention that some students are being sent to school who are unwell. This is of concern as it is not only undesirable for the students concerned but also places the health of others at risk. When students become ill during the day parents will be contacted to collect their son/daughter. If this is not possible we will make alternative arrangements.

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hot & cold takeaway & vegies, bread, milk, cream, cigs,
tobacco, film, batteries, ammunition, fishing gear &
bait plus some grocery items & giftware

CALL IN AND SEE US BETWEEN

6.00 am - 8 pm (Mon - Fri)

8.00 am - 8 pm (Sat & Sun)

St Marys and District Chamber of Commerce

Annual General Meeting & Dinner held at the St Marys Hotel 27 July 1994

Thirty persons attended this meeting when the following officers were elected for the coming year: President - Mr Stephen Salter, Secretary: Miss Deborah French, Treasurer: Mr John Becker, Committee: Mr Robert Legge, Mr Bill Targett, Mrs Dana Smith, Mrs Jan Sparkes, Mr Tim Scott.

In his report, the President, Mr Stephen Salter said that even though it has been a difficult year because of our lack of numbers we have as a result of the dedication and commitment of our members been able to represent our community and pursue matters on behalf of this town and region. Some of our involvement has been:

- The TEIP Program created some part-time work and it is hoped that permanent part-time employment will eventuate. Permission to divert unspent funds was sought from the Premier Mr Groom and he authorized payment to St Marys Land Care and the Railway Reserve.
- Prepared submission for ECCO Tourism grant, this was not successful but places us well for the future. I have represented Chamber of Tourism Committee and Tim Scott has represented Chamber of REDC Committee.
- Chamber invited local organisations to discuss Abbeyfield House concept and 16 groups were represented.
- Chamber was involved with town's Christmas party.
- We have spoken to many decision makers about their commitment to this area.
- There have been press statements and radio interviews to present this region's views.
- The LEAP Program on the St Marys Railway Reserve has done much to improve the approach to St Marys. Dead trees have been replaced and further plantings will take place over the next few weeks.
- The proposed shed to house mining equipment and "memorabilia" came to a halt when it was found that it had to be rezoned if it was to be called a museum. This project was funded through the local Capital Works Program and there is no cost to ratepayers. To say that I am disappointed at what has transpired would be an understatement.
- The Regional Economic Committee also oversees the ACIS Service. It has obtained increased funding for 1994/95. This will result in increased outreach hours for Fingal and St Helens. It is a terrific community service and it is hoped that there will be better utilisation as it becomes better known. We are fortunate to have such a capable person as Mr Barrie Rafter as our ACIS officer.

A most enjoyable three course meal followed the meeting and appreciation goes to Mr Tim Scott and chef Albert.

Guest speakers for the night were Mr Scott McKay from the Tasmania Development and Resources and Mr David Duncan of Mineral Resources Tasmania who spoke on the NETGOLD project which has just taken place in the North East.

TAS FAST

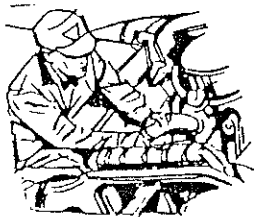
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ST MARYS

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**SAM'S CUT PRICE
ST MARYS**

Kerry & Jill Taylor

IN THE DELI
Tasty Cheese - \$5.25 kg

Mens Flannelette Shirts arriving soon

TAS FAST PTY LTD

New Service to Fingal Valley and St Helens

The air freight and state wide overnight freight company Tas Fast and associated company Promair, has extended its service to cover the Fingal Valley, St Helens route.

Services being offered are; an overnight door to door air freight service to and from Melbourne. This service is not only aimed at the large business user but also the farmer, plant operator or fisherman needing a part overnight from Melbourne. The Bass Strait air service connects to other mainland centres using a Road Express or General Road service depending on the urgency of the freight. To use the air freight service a toll free 008 013 056 phone number is used, just phone in with details of pickup address, contact person and phone number.

The state overnight service allows freight from as far away as Smithton, Kingston, Hobart and Launceston to be delivered overnight. A special feature of this service is the 24 hour Launceston courier service allowing pickups to be made in Launceston up to 3 am for early morning delivery via the Tas Fast system or the ability to pick up at very short notice and deliver to bus services or other transport systems.

The commonly heard, 'we cannot make the bus or it's at our Hobart or Melbourne branch', no longer needs to suggest untold delay. The Tasmania state operations are controlled from (003) 444666 number.

The service meets the special needs of country people with a city cheque pickup and banking service, legal paper transfer between accountants and solicitors offices. Also a statewide 24 hour at call courier service if the urgency of immediate delivery is requested.

RESULTS FINGAL PISTOL CLUB

Saturday 30 July

Centre Fire Sports

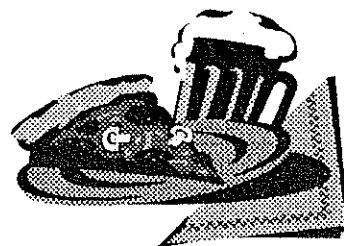
E Moody	22	511
R Welsh	22	425
B Helm	22	402
R Moody	22	384
S Gornick	22	310
C Saunders	22	290
H Isaac	22	221
A Napier	38	415

Standard Pistol

M Trotter	449
E Moody	437
C Trotter	371
A Napier	362
R Moody	345
S Gornick	327
B Helm	300
R Welsh	294
C Saunders	285
B Glatte	261

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CLUB**

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Sunday 15 August
CLUB CHAMPIONSHIP - METALLIC
SILHOUETTE

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St Marys
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- * 20 % Discount for all sporting & community groups
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CONGRATULATIONS TO THE COUNCIL FOR THE NEW RUBBISH BINS THAT ARE APPEARING IN THE BREAK-O-DAY MUNICIPALITY. THEY ARE CERTAINLY MORE ENVIRONMENTALLY FRIENDLY THAN THE OLD.

GOSSIP

Idle gossip is not really idle, if it was idle it would not start or move around.

WHAT IS GOSSIP?

It is only a story that a person likes to tell, so as to be thought to know more than the person they are telling it to.

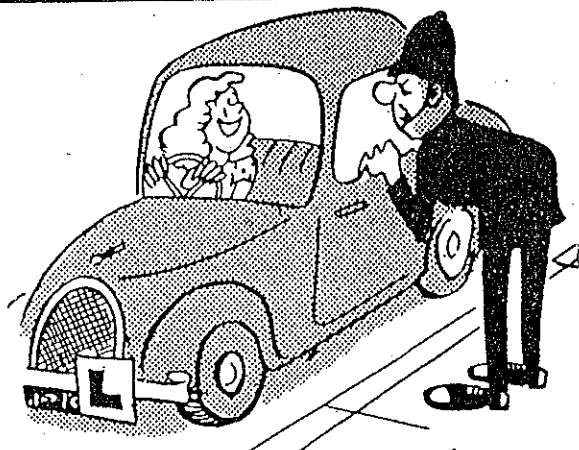
THANK YOU

I would like to express my sincere thanks to Dr Naidoo, Matron, Nursing Staff, my family, friends for their visits, phone calls, get well cards, while I was a patient in St Marys District Hospital.

Also Meals on Wheels.

Please accept this as my grateful thanks.

Marj Oliver



"And how fast were you going when the examiner jumped out?"



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COMMONWEALTH BANK

Mr Vaughan Gipson, Customer Service Officer for the Commonwealth Bank will be visiting the St Marys Post Office next Wednesday the 10th August.

If you wish to have a chat to Vaughan about your banking requirements, please contact the Post Office staff and they will organise an interview for you.

The Post Office are agents for the Commonwealth Bank and provide many of their services locally.

Peter M. Wilson

Postal Manager.

POST

BREAK - O- DAY COUNCIL STRATEGIC PLAN PUBLIC MEETING

A public meeting is to be held at the Scamander Sports Complex on Tuesday 9th August 1994 at 7.30pm to discuss the strategic plan.

Everyone is welcome.

HAVE YOUR WILL

MADE BY

THE PUBLIC TRUSTEE

A Public Trust Office Solicitor will be available to provide information on Wills, Estate, Probate Costs and all related matters and to assist you with the preparation of a Will and advise on Estate Administration at:

FINGAL - Thursday MORNING 11th August
Council Chambers
and

ST MARYS - Thursday AFTERNOON 11th August
State Library Main Street

For appointments phone Launceston (003) 362 241 or
write to PO Box 414 Launceston or call at:
5 Wellington Street
Launceston



DID YOU KNOW.....

.....There is an ambulance service in your area.

.....The ambulance service is operated by volunteers who are qualified Ambulance Officers.

.....You can request an ambulance any time of the day.
It operates 24 hours per day 7 days per week.

.....Did you know you don't need permission from a doctor to call an ambulance?

.....The ambulance service is free to residents. Charges arising out of Motor Accidents, Workers Compensation Cases and Hospital Transfers are paid by the appropriate bodies.

.....It is usually safer to transport a sick or injured person in an ambulance rather than a private vehicle.

For an ambulance phone:

722 111 St. Marys Hospital

000 (Emergency)

008 008 008 Tas Amb Service

For Enquiries:

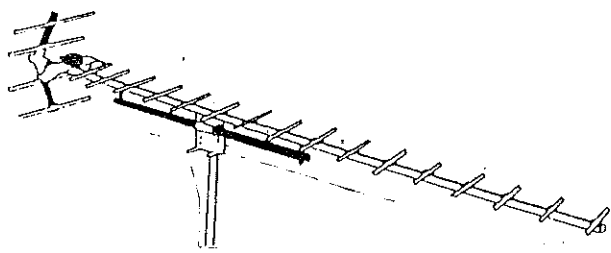
Cheryl Hendley

(003) 722 145

Neville Peake

(003) 722 390

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FUNERAL DIRECTORS

NEW SERVICE AN ENVIRONMENTAL WINNER

Doug and Anne-marie Preece have been residents of St Marys for several years. In the past six months they have made a commitment to the area that they hope will be of benefit to residents in the Avoca, St Marys, St Helens and Bicheno areas.

Keen conservationists, they saw the need in the district to dispose of vegetative waste in a more productive way than by simply taking the refuse to the tip.

Keeping in mind the fact that very many people have no option other than to cart a trailer load or two of garden clippings, prunings and waste to the tip, and the fact that most gardeners invest in some type of mulch throughout the year to keep their gardens healthy and the weeds down, they have come up with what they feel will be the answer to everyone's problems.

They have invested in two mulching machines, one to cope with everyday garden clippings and prunings and the other a massive 13hp machine which will chip tree limbs up to 10cm in diameter at the rate of 4 cubic metres an hour and call their new venture **East Coast Mulching**.

Their idea is to help the gardener to do three things at once - dispose of all the vegetative rubbish left after a general garden clean up or pruning by feeding straight into the mulcher - turn it into fresh, usable mulching material (which means you know exactly what's in the mulch you put on your garden) - help to keep the tip free of vegetative fill.

With the aid of the mega muncher, East Coast Mulching can assist you with those scrub clearing, block clearing or tree lopping jobs that so often end up in a pile of tangled smaller branches which are difficult to dispose of or are just left to become a fire hazard. Once again as the clearing begins, all the waste wood gets immediately converted into mulch that is left on the spot ready for your use at any time.

But it doesn't end there. For those of you who have no material of your own for conversion, East Coast Mulching have a ready supply of mulch available in large bags, by the square metre, trailer load or truck load!

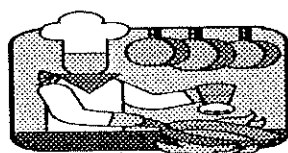
So if you have ever wished for a muncher/chipper of your own, or simply want a reliable, cost effective, environmentally friendly way to dispose of your waste garden products, give Anne-Marie or Doug a call on

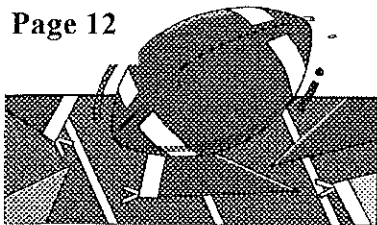
722650

to see what they can do for you.

MEALS ON WHEELS

August	St Marys	Fingal	Mathinna
8	Ingrid Mitchell	Shirley Parker	Mavis Brooks
9	Frank Turner	Vicki Woods	Max Ellis
10	P & M Berwick	Jan Marshall	Cynthia Webb
11	Gail Gamble	Hetty Williams	Christine Scott
12	Patsy Burgess	Vic Jones	Kaye Turner
15	Debbie Barnes	Sue Woods	Mavis Brooks
16	Claire Bean	Jane Berriman	Max Ellis
17	A Greenwood	Merriane Woods	Cynthia Webb
18	Heather Griffiths	Robyn Miller	Christine Scott
19	Molly Cocker	Malcolm Saunders	Kaye Turner





SPORT

ST MARYS FOOTBALL cont.

less than one kick the difference. (report on the Old Players game next fortnight)

Our **Thirds** took the ground with some hope of still making the five, but were up against an opponent that defeated us by over 100 points when they last met. This didn't deter the youngsters who gained the advantage early in the first quarter only to see it eroded by three quick goals late in the term by Cressy, to be even at quarter time. Both teams strived hard but again scores were close at the long break. Cressy then dominated the third term scoring some early goals to gain what appeared to be a match winning lead at three quarter time. Our boys dominated early in the last quarter to almost wipe out the six goals deficit, with the last five minutes of the game remaining scoreless, in a battle of defences. We went down by five points at the siren. Best players: Trinity Mitchell, Scott Mason, Daniel Morris, Keith Gillies and Adam Johnson.

Reserves: Our side took the ground Saturday with a complete line-up, including interchange, which must have rested some weight from Peter Dakin's shoulders as it has been some time since we fielded 20 players in the Reserves. With many past players as witness, there seemed a different atmosphere around the team, and soon opened our account and a small lead at

quarter time. With Ben Robinson and Jason Gilroy dominating the ruck and giving us first use of the ball, our forwards capitalised on the more open play and once again Mick Kringle gave our on ball players a target to aim for. The back line did their best to restrict Cressy, and although we led all day there was never any more than three goals difference in the game. Although it appeared at times we could be headed in the hectic final term, goals came at important times and when the siren sounded, gave our side its much awaited first win for the season. A great team effort and some respite for patient coach, players and supporters. A win by five points.

The Seniors game went the same way as the previous two encounters, with only the step up in tempo the difference in a very even encounter all day. After getting an early two goal advantage, both sides went virtually blow for blow in the first half. After a stern half time speech, the Tigers swarmed their opponents early in the third term to stretch out to a 37 point lead at one stage of the quarter. Again the players must have felt this was enough to win, but Cressy showed what fighting qualities they have by slamming on five unanswered goals of their own to once again even up proceedings at three quarter time. The final quarter went kick for kick again, with Cressy hitting the front for the first time with only 40 seconds remaining on the clock. The centre bounce was then tapped to Brent Leedham who bounced his way to the forward line to score the match winning goal with only seconds remaining. A great spectacle of high marking, running football, with spectators roaring toward the end and the Tiger theme song being sung from the bar as players left the ground. An outstanding days footy for those who attended, emotions high for Bluey's 300th and a fitting end, as though written in a script. Best players: Dale Ridgers, Ray Squires with 8 goals, Brent Leedham, Bluey Spilsbury, Scott Miller and Scott Gray. Last game this week against Mole Creek, your final opportunity to catch the footy action for '94.

St Marys Football Club

COMING EVENTS

6 August

Players & Supporters Tea
after game followed by
BEST & FAIREST COUNT
Football Sheds

Windup **CABARET** at Hotel
8.30 pm with

Echo Beach

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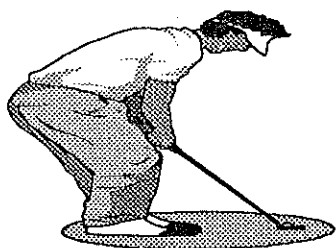
BREAK O'DAY ELECTRICAL

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- B & D REMOTE CONTROLS - OASIS IRRIGATION TIMERS
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SPORT

GOLF NOTES

by Tee Up's mate

Tee up is away for this issue so you'll have to put up with me.

Gumboots, Drizabones, thermal underwear should have been standard issue for last weekend's 2nd round of the Men's Foursomes Championships because she was wetter than one of Auntie Mable's sloppy kisses. Testimony to the enduring spirit of our hardy breed of St Marys Golfers that a big percentage of the field finished out. Congratulations to Trevor and Damon Viney who won their second straight championship after two very good rounds, especially in the rain and wind on Sunday.

In the handicap, rising star Adam Fletcher teamed with shooting star Brad Ennis to win this year's handicap event. Adam is having a marvellous year and it won't be too long before discussions revolve around singles champion status for him. Brad is a lean, mean fighting machine and is swinging the club nice at the moment. Good to see Peter Davern playing again and Paul teamed with him for a solid performance.

The club is enjoying one of its boom attendance periods at the moment averaging well over 30 players per main event which is testimony to the excellent work of Andrew Haas, Jim Haas, Peter Wilson and captain Trevor Viney each week. One thing that really stands out is the meat trays. They are excellent trophies - well worth winning.

One downer is the little acts of vandalism on and around the greens recently, by non-members. Could I ask that all the Members and Associates help me keep an eye on this and stop occurrences, like last Friday, happening too often.

Last weekend it was good to see Peter 'Wombat' Wilson taking out the popular M D Webb & Co Day last week on c/b from Graham Little and well done to Clive Berwick on a great win in Division 2. Thanks to Sparks on behalf of M D Webb & Co for sponsoring the day.

Sorry to the Ladies results but unfortunately I couldn't get hold of the comp book in time for this issue but Tee-up will publish the results in the next issue I'm sure. Suffice to say though that much

as the Men, the Ladies are having excellent fields continuing and it was congratulations to the Ladies Pennant team that won the final round game versus St Helens inflicting the only defeat all year for them as champions.

To the men's Pennant side, thanks for a grand season. To Chris and Steven for being undefeated and to Trevor, Damon and Jack and also to John Miles for a wonderful start to their Pennant careers this year and next season St Marys should have one of our very best teams again if reports are true on the return of players. Let's not forget Reserve Grade because one more win would have challenged St Helens for the flag also. Excellent stuff fellas. Special mention Jason Lynch for a 5 out of 6 season.

M D Webb & Co Day

Div 1	Div 2
P Wilson 63/cb	C Berwick 64
G Little 63	L Rattray 65

Best Gross C Davern 74

NTP - 5/14 C Davern

- 7/16 S Aulich

2 Person Ambrose

T Viney - K Blair	60 3/4
J Furlow - N Mallinson	61 3/4
J Haas - J Wines	62 3/4

NTP 7/16 J Wines

Mens Foursomes Championships

Day 1

Gross	R Field - R McGiveron	73
	T & D Viney	75
	B LeFevre - S Aulich	77
H'cap	S Aulich - B LeFevre	63
	R McGiveron - R Field	63 1/2
	A Fletcher - B Ennis	64

NTP 4/13 R Field - R McGiveron

7/16 A Fletcher - B Ennis

Day 2

Gross	T & D Viney	80
	J Miles - J Viney	85
	P & P Davern	91
H'cap	J Wines - M Viney	68
	A Fletcher - B Ennis	70
	T & D Viney	71

NTP 7/16 P & P Davern

9/18 No Winner

OVERALL CHAMPIONS

Gross Trevor & Damon Viney 155

H'cap Adam Fletcher & Brad Ennis 134

NEXT WEEK

Harold & Tom Newman Trophy

SPORTING SHOOTERS

TEST YOUR SKILL

Fingal Rifle Club invite all shooters to test their skill at **THE FINGAL RIFLE RANGE** SEE HOW GOOD YOU REALLY ARE!!!

Bring your own rifle and ammo
Any Calibre - Any Sight
10 Scoring shots at 300 yards

9.00 am Saturday 6 August
GUN LICENCE MUST BE SHOWN
BBQ TO FOLLOW

Refreshments available at Range
For More Information Contact:

Viv Ward Phone 742 244
Roxie Cowie Phone 742 104
Brian Izard Phone 722 458

ST MARYS VOLLEYBALL ASSOC ROSTER

8 August

6.30	Fingal v School	Harriers
7.30	St Helens v Harriers	Fingal
8.30	Panthers v Scraps	St Helens

10 August

6.30	Magpies v Wags	WTB
7.30	WTB v Bounders	Wags

15 August

6.30	School v Scraps	Panthers
7.30	Harriers v Panthers	School
8.30	Fingal v Bounders	Harriers

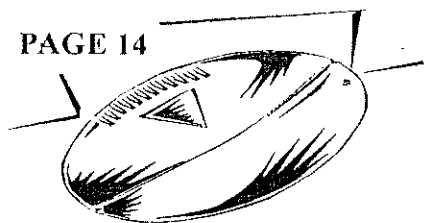
17 August

6.30	WTB v Wags	St Helens
7.30	St Helens v Magpies	WTB

ST MARYS INDOOR HOCKEY ROSTER

ROSTER HAS FINISHED

FINALS SERIES NOW
UNDERWAY



SPORT

ESK/DELORAINÉ FOOTBALL ASSOCIATION

FINGAL FOOTBALL

by One Eye

Fingal v Hagley

Seniors: Last Saturday Fingal played host to Hagley, where Hagley ran out winners by 13 points. It took Fingal until the 26 minute mark of the second quarter to kick their first goal. After half time Fingal came out a much more competitive side and really pushed the ladder leaders. Once again Ox Bryan was the real work horse of the side. Jarrod Woods played a great game in the back pocket, turning out several Hagley forward moves. Others to play well were Stephen Sonners, Michael Green and Jason Hall. David Lowe received a bad injury and it looks like he will miss a couple of weeks.

Next week we take on Bracknell and we will find it hard to beat them as we haven't beaten a side above us on the ladder. So come on fellas, let's give it our best shot.

The **Reserves** were soundly beaten and now have dropped out of the finals race. The problem seems that the players have once again lost interest and are not travelling away to games. Better players were Paul Webb, Allister Woods, Danny Woods and the evergreen Glenn Turner.

The **Under 16's** bounced back with a 100 point win against Hagley. Well done boys. Andrew Turner put in a Best on Ground, he was ably supported by Clinton Hamill, Andrew Scott and Matthew Lowe. Next week they play the strong Bracknell side and I am sure the Under 16's will make a great game effort.

Fingal v Bracknell

Seniors: Last Saturday Fingal travelled to Bracknell and were defeated by 34 points. This defeat now has cost the Blues the double chance so now we will have to play Mole Creek in the Elimination Final at Campbell Town on 13 August. The Blues played well in patches for the first three quarters, then they had a very good last quarter. Inaccurate kicking cost the Blues badly, 12 goals, 20 behinds, where Bracknell never missed an opportunity in front of goals. Better players for Fingal were Jason Hall, Robin Youd, Andrew

Bryan and Craig Woods. Although we are yet to beat a side above us the final series is still wide open. The big grounds will suit Fingal's style of play, but the Blues will have to sit down and do a bit of homework on some of the players from if they are to be a force. The Club wishes our Coach, David Lowe, a speedy recovery from the serious knee injury he received, he will be sadly missed for his on field leadership.

After promising so much early in the season, the **Reserves** finished for 1994 on Saturday. It was great for the Club to see the way these young blokes fought out the game against Bracknell.

Under 16's: Although soundly beaten on Saturday they gave their all. Now the boys take on Mole Creek in the Elimination Final. So all supporters be there and give these boys our support.

Thanks to Trophy Traders for donating the bags last week. **Winners were:** Reserves: Steven Rigby - Seniors: Jason Hall.

The Fingal Football Club's **Best & Fairest Count** will be held on SATURDAY 13 AUGUST at the Town Hall, commencing at 6.30 pm with the Under 16's then Reserves & Seniors.

Fingal Football Club COMING EVENTS

Saturday 6 August
MYSTERY BUS TOUR

Saturday 13 August
BEST & FAIREST COUNT
6.30 PM

CABARET TO FOLLOW
with

Echo Beach

ST MARYS FOOTBALL

by Ol Tige

St Marys v Campbell Town

With the help of a few Thirds players and a couple of fill-ins, the **Reserves** could hold their heads high in their game against second placed team Campbell Town. The youngsters such as Nigel Birrell and Daniel Morris played well and appreciated the step up in pace, Daniel finished with two goals. Ben Robinson again played well, along with Jamie Haas and Daniel Lehner, these players hopefully giving the Tigers something to look forward to over the next few seasons, if we can retain their services. Mick Kringle presented himself well at centre half forward to give the Tigers something to aim for in the forward line.

The **Seniors** was a dour struggle all day, with Campbell Town leading for most of the game. Their persistence had to be admired as we continually struggled to shake off our opponents to win by 5 points, maybe only a slight edge in fitness telling in the final quarter. Coach Craig Jones played his best game of the season, continually burrowing into packs and tackling hard, setting up our forwards on many occasions. Ray Squires was again prominent with accurate goal kicking, finishing off the work up forward. Scott Gray and Dale Ridgers gave us drive whether on the ball or playing on the forward pocket. Scott Furley again contributed after receiving a heavy knock early in the game.

With two home games to go let's hope the supporters can see the real Tigers win both matches and stand us in good stead for season '95.

St Marys v Cressy

What a day! It had everything, Paul Spilsbury's 300th game, the 'Old Players' game and three matches with

cont. page 12