

# The Valley and East Coast Voice

Volume 31 Issue 18

Friday 12 February 1999

50cents

## TRAFFIC CALMERS RECYCLED

The traffic calmers outside St Marys Bakery were removed from Main Street earlier this week by a decision of the St Marys Street Theme Committee.

The calmers had been installed for a trial period as part of the new foot path development, but had attracted considerable adverse comment, mostly about the reduction of street parking space.

A member of the Committee, David Clement, said that it had taken early public comment into account, and had obtained a revised design for the calmers which would have reintroduced 3 street parking spaces and provided a safe pedestrian crossing. However, at last Monday's meeting it was decided that it would be a mistake to introduce these calmers as an isolated element of the comprehensive street plan to reduce traffic speed and improve pedestrian safety in the town.

It was also agreed that off street parking facilities needed to be developed and integrated with any traffic engineering work to achieve the simultaneous objectives of better pedestrian access, slower traffic and easy parking.

Mr Clement indicated that a proposal at the last Break O'Day Council Meeting to remove the calmers had been rejected, because they would have removed the decision making process from the local Committee which was responsible for the implementation of the local Streetscape Plan. " Council, of course, has the ultimate say, but interference at the council level before dealing with issues at the local committee level would be taking away the power of St Marys residents to make decisions about their own town."

The Committee also believed that the responsibility for ensuring a slow traffic flow through the town should not rest entirely with the Committee and any proposed traffic engineering works, but that Tasmania Police should be asked for much stricter implementation of existing traffic speed limits through the town. Additionally the Department of Transport should be approached to review existing speed limits.

The calmers will not disappear totally from the town - they have been recycled into the footpath currently under construction from the Break O'Day Milkbar to complete the 'Linden Walk' from the bridge to The Flat.

( St Marys Street Theme Committee members are: Mayor Robert Legge, Councillor Debra Manskey, General Manager John Brown, Grant Faulkner, Brent Johnson, Mary Targett, Jim Napier and David Clement )

## What's inside?

- How does one family celebrate a special family occasion? Not with just cake and candles but by taking to the air.
- Do you have a problem with LYMPHOEDEMA?
- Vanessa Voice invites you to let her help solve your problems.
- Start composing and send your poems in.
- Motor cycle rider training for St Marys.
- All the latest in sports - two wins for Cricket Tigers.
- Chance to see the local 'FULL MONTY'

## Chance for new treatment right here, for swollen limbs

Do you, or someone you know have a swollen limb or limbs?

Persistent swelling (oedema) could be lymphoedema.

In October '96 I had surgery for cancer and by early '97 my feet and legs were swelling.

Information received from the RHH seemed limited to a fact sheet of Do's and Don'ts. Later the Physio Department of the LGH provided an exercise program and some custom-made support hose. As things became steadily worse I searched far and wide for information.

Lymphoedema is due to excessive fluid in the tissues which is not being drained off and filtered through the lymph nodes (glands in groin, abdomen and armpits). It is most commonly seen after surgery and radiation therapy for cancer of the breast or pelvic area, lymphomas, melanomas and accidents.

As this dis-ease progresses the areas swell and become heavy. Movement becomes more difficult. Skin becomes taut and dry. Tissues harden, cutting off blood and oxygen which often leads to recurring infections requiring urgent medical treatment.

So, last October I greeted with delight some articles I received from the Breast Cancer Support Group which gave the personal statement of a fellow sufferer from Tasmania. This lady had discovered the Lymphoedema Management Therapy offered by Associate Professor Neil Piller of Flinders University and two South Australian physios, Robyn Heddle and Anne Thelander.

*Continued on next page.*



## St Marys Online Centre

Open: Tuesday: 11am - 2pm

Thursday: 10.30am - 4.30pm

Friday: 6pm - 9pm

Saturday: 9.30am - 4pm

Free Internet Access.

Free E-Mail Accounts

Help with initial training and access to further computer training if required.  
Book now at the St Marys Library or phone 63722005



## The Valley & East Coast Voice

*Continued from front page*

Robyn gives complex physical therapy (CPT) and Anne, laser therapy.

The laser used produces light energy at two wavelengths which penetrates the tissues to stimulate the lymph vessels to pump faster to reduce swelling and pain.

How exciting to go to Adelaide to get some help.

After one treatment I lost 16 centimetres off my leg. After two treatments saw me back into some normal clothing and footwear. I could walk again!

Well the good news is that this trio have agreed to come to the St Marys Health Centre, mid April to offer the treatment and teach CPT to lymphoedema sufferers, their partners, physiotherapists, masseurs and health care professionals, so good self-management can be given in Tasmania.

It is important to remember that lymphoedema is quite common, can and should be treated, can be much reduced and can be maintained by laser therapy and CPT.

*Jan Sparkes*

## St Marys Association for Community Development: Round up:

St Marys Association for Community Development continues to maintain its momentum in looking for and accessing opportunities to foster economic and social developments in this area. Although the attendance at our meetings has been low we have managed to bring some opportunities to St Marys. Some of the things that SMACD has done include:

- \* Opened a Community Contact Centre in 1996 - 3 persons employed for 12 months.
- \* Held weekend markets '96-97.
- \* Compilation and Development of a History of the Valley - due soon. Thanks to B.E.C.
- \* Organised a Christmas Parade.
- \* Donated time and money to community events and groups.
- \* Assisted with the development of the Playground.
- \* Opened the Online Access Centre at the Library - employing 1 person for 12 months.

**SMACD MEETING  
TUESDAY 15th FEB  
7.30PM  
ST MARYS HOTEL  
LOUNGE**

and currently having over 120 local people using the facility. Unfortunately groups like SMACD that run with a small number of members usually fold due to disillusionment and burnout.

I am aware that SMACD is not the only group in town to be suffering through lack of membership. I would be disappointed to see St Marys miss out on opportunities because our groups die.

If you would like to know more about SMACD projects or have any ideas about how to maintain our community groups, you are invited to attend our meeting.

M. Bonnitcha. President

As you can see the Association is a source of opportunity with the new computer centre already looking at being self funded when government funding runs out next August

## CHRISTMAS BEHIND US BUT SOME THANKYOUS TO PASS ON.

### Christmas parade

It seems a long time ago now, but as this is the first opportunity since the parade, I would like to thank everyone in and around our community for their input. "Well organised chaos" it could be described as, but judging from comments recently everything went well, largely due to the hard working committee members who I dare not individually name for fear of missing and upsetting someone. To you all a great thanks. Whilst on the subject of the committee, it enhanced the fact, to this individual anyway, how much can be shieved by a greater general input from a large number of people instead of leaving the workload to a few. I am happy to say that they all shared the workload whether a minor job or large to make the day a success. If I am going to personally thank anyone it would have to be our Santa, a great effort on short notice, much appreciated by children and adults. To all the float entrants, a great sight, judging must have been difficult but congratulations to you all. Thanks also to SMACD, Aurora and Cornwall Coal Compay for their generosity, although many might not have noticed, the free sweets and sausage sizzle on the day came from donations by these bodies.

To all businesses and clubs who participated and donated on the day, I hope your efforts were rewarded in some way. Judging by the number of people about later in the evening something must have worked. I would not hesitate to say that this was the main goal of the committee, to try and bring the community closer together. I hope in some way we may have succeeded.

Glenn McDonald

### Lions Club of St Marys Stocking Raffle

The Lions Club wish to thank everyone who bought tickets and supported this raffle.

The lucky winner of the Christmas stocking was Robyn Summers of FINGAL

### Childrens Christmas Party.

Thankyou to the the Lions Club of St Marys, the town Traders and the business people outside the 'CBD' whose donations make the Party possible. Thanks also to the helpers on the day.

Lion Ron Sumner.

### From the Post Office

*Once again we find it necessary to remind dog owners of their responsibilities.*

*Over the years our Postie Peta has had all manner of harrassment from dogs including being bitten. It is all very well to say "our little darling would not harm a fly", for some reason dogs and posties do not seem to get on and it is the dog owners responsibility to have their animals under control at all times.*

*We like our postie the way she is so could I ask all dog owners to make sure that between 9am and 12 noon their dogs are under control or maybe you or your neighbours will not be getting mail in your letterboxes.*

*Thankyou for caring. Acting PM Pete.*



# St. Marys Community Health Centre

Definition of health: a state of complete physical, mental and social well-being, not merely the absence of disease or infirmity.



**Wanted**  
Carer for up to three pre-school children.  
Working hours: 24 hrs per day seven days per week, 52 weeks per year. Salary: Nil.  
Holidays and sick leave: Nil. Workplace: Home.  
Isolated from colleagues. Conditions: Depends on partner. If single then chances for negotiating conditions almost nil.



## WHAT'S ON AT THE COMMUNITY HEALTH CENTRE

16th February, Tuesday 11am to 12.30  
Diabetic Clinic

18th February, Thursday at 2pm  
Breast Cancer Support Meeting

24th February. The Centre will be closed -  
Launceston Cup Day.

### DOCTORS ON CALL

**Dr Geniola:**  
This weekend 13th and 14th February.  
Mondays and Wednesdays 5pm to 8am

**Dr Shah:**  
Weekend of the 20th and 21st February.  
Tuesdays and Thursdays 5pm to 8am

**Please Note:** Dr Shah will have surgery at his home on Tuesdays and Thursdays.  
Please ring 63 722311 for appointments.

### GIVE THE WOMAN A BREAK !

The Child Care Centre at the St Marys Community Health Centre is a mere \$10,000 off completion. If you can offer assistance, large or small, or ideas for fund raising that will get this centre finished and opened, please contact Julia, Mark or Mary.

### 'Dear Vanessa'

Look for the problem page in the next edition of Valley Voice. Do you have a situation that is causing you stress, worry, sadness or grief?  
Write to:  
Vanessa Voice  
c/o The Valley Voice.

**Two wrongs make a write off**

Last Saturday late afternoon two cars in St Marys Pass did not service dangerous intimacy. The one coming up on the left, met the one coming down. The passengers emerged from their potential graves shocked but unmaimed. The cars would not move again without great encouragement. Two young girls in bright frocks, near their journey's end of Scamander, were tearful. Their father comforted them. The young man in the other car limped around in a dazed state. Possible fracture of one lower leg bone. When I heard the crash I was out of sight masked by forest. The crash was awesome in that confined space of the pass.

I do First Aid refresher courses every few years but I dreaded gushing arteries and compound fractures. Not breathing and in need of resuscitation didn't do much for me either.

It was quiet in the pass except for the cicadas: we'd had the big bang, now was only left the whimpers.

We were all pretty helpless and situation verging on hopeless: we asked a passing car to contact St Marys Police. He came and she came. They know who they are and you know who they are. Order was restored. Hope enter via blue car with flashing lights.

Next from Scamander came the paramedic. Her hugs and comfort for the two girls finished the work of the occupants of a passing car which had stopped: Woman, girl and labrador x puppy - I don't know who they are but they did all that was necessary to ease the suffering of those little girls (there are times when men are worse than useless!) What the cuddles didn't achieve, the lollies achieved and the puppy was in constant attendance.

The one from Scamander - it would be worth having a wild smash to have her attend you - checked the girls for breaks and abnormalities while seeming to play with them (aren't women wonderful?)

Very soon after Scamander came St Marys paramedics. They took on the young man and sat him in the back of the ambulance. No lollies, puppy or cuddles for him, just a possible broken lower leg bone. She and he -these two ('our') paramedics were great. They know who they are and you know who they are so that's OK.

I'm writing this 'cause I was impressed and proud of the quality and quantity of help we might get if it was us! 4 victims, 9 helpers - including the puppy, are good odds aren't they?

Thank you all. D.Lawler St Marys.

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## UP UP AND AWAY

Oh, 5am. It's up - quick shower and an even quicker bite to eat and oh yes a hot cuppa, then off to Launceston 0545. Pick up other family members (another quick cuppa!) and to Devonport airport, actually it was nearer to Port Sorell. We take a little time to locate the correct building but once inside it's introduction time.

"Hi, I'm your instructor, now just pay attention, this is good fun but serious stuff. Listen well, learn thoroughly and I promise you a truly great experience"

"Are you all in then?" "Yes" all six reply. The other members of the family disappear for a few hours relaxation. Now for the dictionary of terms - *toggles - canopy - nine cells - harness - strut - static line - altimeter - risers - sliders - gear - suit - helmet - goggles - deployment bag - P.S - reserve & main - flare - brakes.....*

Let's watch the video, that will sort it out for us. Looks easy - simple - nothing to it !!

Now back to the book, more terminology - *static - line hangup - Hi/Low speed malfunction* (things are sounding serious now) - do I go on ??

Pay attention, for the emergency strategies. 'Look' - 'Locate' - 'Punch' - 'Clear'. WOW!! - - we continue on, 1000, 2000, 3000 - - oh now the emergency roll procedure, I can't quite get it - the others don't have a problem. Ken (the instructor) remarks that "as we get older we become a little less flexible" - ouch, that was just the urge I needed and yes, executed a superb emergency landing (one never knows when one may encounter power lines or roof tops !!)

Phew, it's lunch time, over to the airport lounge and pretend we're tourists and yes back to the classroom. Being a person who appreciates the practicalities rather than the study books, I relished the next session. It was now time to get 'suited up' and into our harness and practice what we had learnt. A few run throughs and it's cuppa time again and ready for the exam.

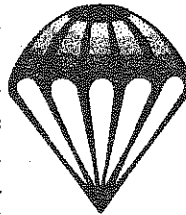
I've heard this terminology earlier today and I recognise it - *toggles - sliders - static line - look - locate etc.* A little discussion, the family members (support crew) have returned, the time, oh it is 4.15pm, the sun is still shining brightly, breeze 15-20 knots, OK - knowledge aboard, time to suit-up and harness on (this is an experience in itself!). First crew at the ready, (not being one to hang back, of course I was in the 1st crew!) - last minute instruction and it's out on the tarmac and introduced to the pilot (no time to worry about appearances !!) and then to the jump instructor (and wouldn't you know, he's an ex St Marys man). He pointed out the important aspects of the plane, ie the step and the strut under the wing. This plane is about 2.5m high and not a lot of room inside to fit 3 jumpers, pilot and instructor, we all crouch in. (the pilot has a seat). Engine roars, no muffler, and along the runway we veer and then up and up and up - all three and a half thousand feet up. Yes I can do this, no worries! Up goes the door and whoosh, the force of the wind is greater than I had imagined..... remain calm I thought. The 'nod' is given to Jumper No 1 - out onto the step, hands on the strut, edge along and hang, look back to the instructor and wait for the 'GO'.

Seems to take a few seconds longer than I thought but she looks blissfully happy, then WHOOSH - suddenly she is

gone - sucked into oblivion. I couldn't see a thing - where had she gone? Tears welled in the height of the emotion (a natural response one might say). The instructor then closed the door and turned to face me, he noticed my apparent distress and wrongly assumed I was unable to continue. However he began to assure me of number one's safety - there she was - I spotted her, a little dot apparently way out over the sea (a parallax I'm told). A superb view of the northern coastline.

Now I am ready (have to now, as I really could not stand to say I couldn't do it!). I decided that the guys had taught me well - I now needed to trust their teaching and so with a quick Hail Mary (don't leave anything to chance), it was my turn.

Out onto the step - hands on the strut - edge out and hang - look back at the instructor. Seconds tick by but I feel great - remember that I am hanging at 3½,000 ft - then 'GO' - head back, hands/arms back, back arched and counting 1000, 2000, 3000, 4 - the canopy is out, oops strings tangled - untangle as instructed, toggles down and up and look now for the huge orange cross on the landing pad.



How do I feel? Absolutely, sublimely wonderful, overwhelming sense of peace and calm - oops, pay attention, look to the arrow for guidance down.

Rick now guides me as I marvel at the scenery of

colour - skyline, coastline, hills, terrain, the city of Devonport - delightful stuff!

Eventually after 3½ minutes of unforgettable freedom Rick assists me to execute an incident free landing (no need for the emergency roll !!)

I hear the cheers from the film crew (yes, the other family members were both support and film crew).

The spotlight now turns to the next candidate, this sequence is repeated for the remaining three who went up in the next flight which followed.

All of us chatted excitedly as we returned home. Do we have the photos? Did we have it on film to provide us with a vivid memory of a truly unforgettable and great experience?

Ah, midlife crisis I hear you mutter (yes I'm well aware that I'm 20 plus years older than the other 5), I prefer to call it quality time with the children, but really it's more a case of, if an opportunity arises don't let it pass you by and if that opportunity involves family then it's all the better.

So if you have a spare day, can discipline yourself to learn a new skill and wish to experience a truly blissful and equally exhilarating 3½ minutes ..... GO SKYDIVING with Ken and Rex at Devonport. You will not regret it.

PS. James this was for you. *Patsy Burgess.*

## DICK ADAMS

Federal ALP Member for Lyons

Fighting for Tasmania  
Fighting for regional Australia

If you would like any information or to express your view  
Please contact me on 1800 811 134  
PO Box 50 Perth Tas 7300  
Authorised by P Kearney, Killara Ave Exeter Tas

### Who or what is Y.A.M.H.I.G.?

#### Youth and Mental Health Issues Group

The YAMHIG has been in existence for almost 12 months and since October of 1998 has been meeting on a monthly basis.

The group was initially formed in response to concerns by our community with regard to problems associated with young unemployed persons and also those people with a serious mental illness. It was the poor service provision associated with these two groups that led local workers including health workers, Tasmanian police and concerned local people to meet to discuss what should be done.

The group now has approx. 12 regular members who represent both local service providers and some service providers from the city. There is also representation from our local community. This has meant that as rural workers we are more aware of which services visit this area and what their agendas are. We are more able to communicate our concerns directly to government departments through their workers.

Some of the ideas that we are working on at present include assisting the Health Centre to complete its child care facility; establishing a local contact number for those persons in crisis to contact for prompt service; establishing a community garden; ensuring representation on forums and other government decision making groups and becoming a single voice for lobbying for change. While we agree that we must continue to support the move for better youth services and provide better services to maintain the communities mental health, our name does not mean that these are the only issues to be dealt with.

This group is not intended to be an elite club for health and welfare workers and for this reason I am asking any members of our community who has any ideas about what should or should not be happening in the area to feel welcome to attend.

The meetings are held on the first Monday of the month between 11am and 1pm in the Day Room at the St Marys Community Health Centre. A light lunch and tea and coffee are available from our ever capable kitchen and hopefully soon child care facilities will also be present.

Mark Bonnitcha. Co-Convener

## David Llewellyn

Phone 62336454 or 0418 122 048

Internet address:

<http://www.parliament.tas.gov.au/david.htm>



Authorised by  
David Llewellyn  
Parliament House  
Hobart

*It is well after midnight and I still have some spaces to fill in the V.V, so I quickly filled in this one off the top of my head !!*

*Can you send in some short poems to help fill the gaps?*

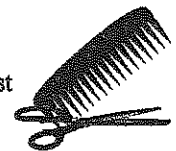
### Out the back

Remember the building away round the back  
Covered in creepers at the end of the track.  
Thought to be hidden but obvious of course  
The purpose we knew of this essential resource.  
Torches and candles, lanterns or such  
Were needed at night for children to clutch.  
Little trapdoor out back , not much room inside  
While washing-ups done - a good place to hide.  
A good book or crossword were handy at times  
To while away hours as you sat there inside.

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**CONTACT NUMBERS FOR VALLEY VOICE** ..Ron 63722105 or Audrey 63722337 FAX 63722172.

**BABYSITTING**.....I am offering baby sitting in St Marys for \$5.00 a hour. It doesn't matter what age to look after. I can be trusted with looking after children. I am 15 and in grade 10 at St Marys D.H.S. and can supply references. Phone Perri Chapman 63722320.

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**SALVATION ARMY..East Coast Thrift Shop.** We need all sorts of household goods. Phone us on 63722352 or 63751029 and we will collect. We also need volunteers to help us keep the shop open, if you have a spare few hours each week give peter or Sue a call on the above numbers.

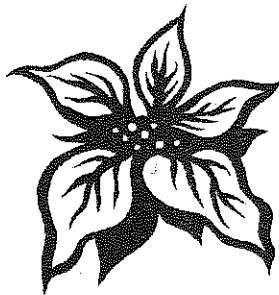
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**8AM**

**8 FRANK ST ST MARYS**



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## MEALS ON WHEELS

### FEBRUARY

15  
16  
17  
18  
19

### ST MARYS

P & Y Davern  
Kath Read  
Mary Viney  
Karen Spilsbury  
Ralph Jones

22  
23  
24  
25  
26

Eunice Saurine  
Tina Floyed  
Audrey Wright  
Gail Gamble  
Clive Berwick

### FINGAL

Shirley Parker  
Sue Woods  
Barbara Saunders  
Robyn Miller  
Bob Yates

Carol Woods  
Maryanne Pauls  
Julie-Ann Claridge  
Rhonda Hoskinson  
Malcolm Saunders



## STAY UPRIGHT

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AND ENQUIRIES.**

# What's On

## COMMUNITY GARDEN

Do we need one, do we want one? This is the question that needs to be answered. Last year a move was made by the social worker and the alcohol and drug worker at our health centre to investigate the possibility of the community operating and using the vacant land behind the centre as a community garden. A public meeting was called which was poorly attended but a number of people responded in a positive way during the weeks after the meeting. Because the social worker was leaving it was decided to postpone any further development of the idea until 1999.

Community gardens are in operation in many community centre around Tasmania and provide a number of alternatives for their communities. Some of the opportunities that they offer include:

- Nutritious food for those who don't have access to fresh fruit and vegetables
- A relaxing environment for members of the community to meet and socialise and exchange skills

- The opportunity for disadvantaged and disabled community members to garden and meet

- The teaching of horticultural skills to the young and unemployed

- The ability for people and their centre to generate some income through business ventures that may eventuate.

I am sure that there are other ideas. If you have any and are interested in this concept please fill in the form below and send to **Community Garden C/- P.O. Box 165 St Marys** or bring it to the **Community Health Centre.**

**M.Bonnitcha - Alcohol and Drug Service - St Marys**

YES, I SUPPORT THE IDEA OF A COMMUNITY GARDEN

NAME AND ADDRESS (optional)

.....

.....

I CAN SUPPORT THE IDEA BY.....

.....

# PURPLE POSSUM

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**FRESH STOCKS OF**

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**Brown chick bean - organic \$3.20 kg**

**Gluten flour \$6.70 kg**

**Spicy devilled peanuts \$5.70 kg**

**Whole dried bananas (yummy) \$9.90 kg**

**SPECIAL**

**ANGAS PARK WASHED SULTANAS \$3.60 KG**

## ST MARYS DISTRICT HOSPITAL SUPPORT ASSOCIATION

Due to the fact that the closing date for expressions of interest for future development of our hospital do not close until the 26th February, it has been decided to postpone our meeting until Monday March 15th.

We have been assured that progression for reopening the hospital is on target.

C. Hendley. Secretary

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Extensive gourmet lines

Daily specials

Free local home delivery

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## RANSLEYS

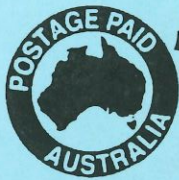
SALES AND SERVICE

- ⇒ REFRIGERATORS
- ⇒ WASHING MACHINES
- ⇒ CLOTHES DRYERS
- ⇒ HOUSEHOLD APPLIANCES

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Whole Wheat Biscuit Cereal



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2 PLY TOILET TISSUE

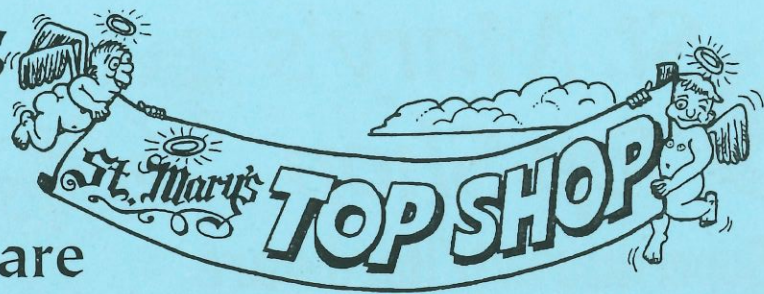


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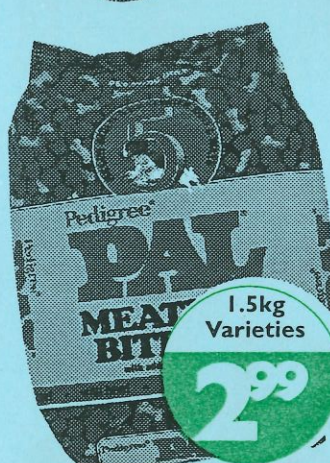
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# St. Marys

St. Marys, a town on the East Coast, must have the most community-minded citizens in Australia.

They give so much time and money to social projects that the extent of their activities would put most communities to shame.

St. Marys has the only free ambulance service in Tasmania, if not in Australia. This service has been provided for the district since 1947 by the St. Marys Branch of the Red Cross. Each year a public drive is held to raise money for the service. It has been so successful in the past that no patient has to pay for the trips into Launceston which the ambulance makes.

This service is naturally very helpful to the pensioners and people on fixed incomes who can least afford to pay for such services. St. Marys also has a local paper run completely voluntarily. It is called "The Valley and East Coast Voice."

"The Voice" is registered with the Post Office as a periodical, and comes out once a fortnight. It is written and printed by local talent for local consumption. "The Voice" is an eight-page duplicated foolscap size paper which contains articles by the local policeman, ministers of religion, and the matron of the



A Local Beauty Spot

local hospital. A farmer, Geof Dean, is the editor and his wife Betty looks after the business side of things. Sandra and Ada, two nursing sisters at the hospital, print and do all the art work.

"The Voice" has a circulation of 1000, and it must be closer to the people than any other paper in Australia.

## Tourism

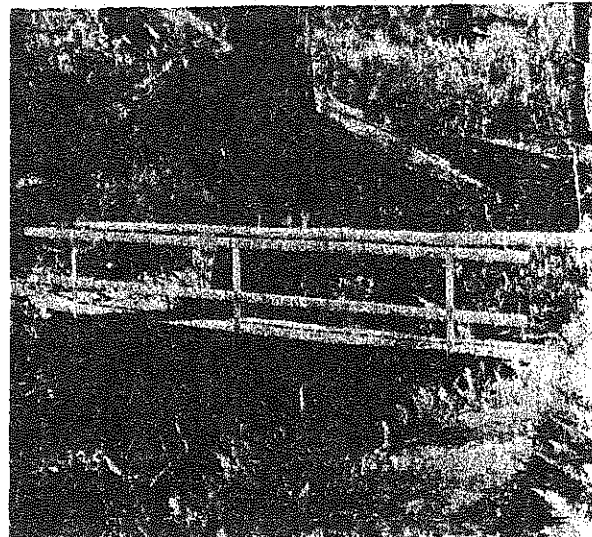
Since the coal mines shut down in the Fingal Valley, the St. Marys district has lost population, but this has not prevented those who live there from facing the future with optimism.

The local progress association, started two years ago, is fast becoming one of the most enthusiastic in the State. Already townspeople have made a tourist track to one of the many local beauty spots — a waterfall called "The Mare's Tail."

St. Marys Progress Association has been made a division of the Tasmanian Tourist Council. This position has only been given to five or six organisations in Tasmania. Soon St. Marys will have its own tourist information centre with information on all aspects of tourism on the East Coast.

## Awards

The Sir Robert Cosgrove Memorial Award is given each year by the Tasmanian Tourist Council for road-side reserves. Sir Robert was always interested in road-side facilities for tourists and this is why the Council has named the award after him. The award consists of two \$100 prizes for (a) the best road-side reserve which has been established, and (b) the best-maintained reserve. St. Marys has nominated for the best established reserve. The Progress Association is building a new public park in the centre of town. It is bordered on two sides by a stream and should make an ideal place for tourists to stop for lunch. Mr. Ron Clarke, the Director of the Tourist Council, has said that "St. Marys has a good chance of winning the prize next year." Perhaps the activity which people in the district are most proud of this year was the raising of



THE TRACK TO THE MARE'S TAIL

over \$1000 to send a 16-year-old schoolgirl to Japan to represent Australia in the International Guide Council. Sue Herring, an auxiliary nurse and a Queen's Guide, was one of only two girls sent from the whole of Australia to Japan. It took over nine months to raise the money, all of which came from the pockets of people in the district. This was quite a feat, considering that the area is not a rich one at all.

Sue, an outstanding girl, was chosen as the spokesman for Australia at the Council, and was also picked from the 4,000 guides from all over the world to thank the host country for the Council. Apparently she did an excellent job, one of which any Australian would be proud.

The people of the St. Marys district are the kind which have given Tasmania the name of being the most friendly State in Australia.

This interesting article  
about St Marys  
appeared in the  
Summer 1970-71  
edition of the magazine  
NEW HORIZONS

**Church Services**

**Catholic Parish  
of St Marys**

Priest: Paul Connolly, St Marys.

**St Marys**

Every Sunday Mass 9am

**Bicheno**

Every Sunday Mass 4pm

**St Helens**

Every Saturday Vigil Mass 6pm

**Mangana**

2nd Sunday Eucharistic Service 11am

5th Sunday Eucharistic Service 11.15am

**Mathinna**

5th Sunday Eucharistic Service 11.15am

**Anglican Parish  
of St Helens**

63761144

**St Helens**

8am and 10.30am

Every Sunday

**St Marys**

9am

No service 5th Sunday

**Pyengana**

11am

2nd and 4th Sunday

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Aux. Capt. & Mrs Tolputt.

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**Sunday**

Sunday School 9.30am

Family Worship 11am

**Wednesday**

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Church Service 10.30am

**Anglican Parish  
of the**

**Northern Midlands  
Services each Sunday**

Ross 8am

Campbell Town 9.30am

Avoca 11.30am

Fingal 2.00pm

Mathinna

Tuesdays 2.00pm

**Daily Office Reading**

Avoca

Tuesdays 10am

Fingal

Tuesdays 12 noon

Ross

Wednesdays 10am

**Seventh Day Adventist**

Hodgeman Street

Scamander

Sabbath School 10am

Divine Service 11am

**Break O'Day  
Uniting Church**

Fingal

9.00am

St Helens

11am and 7pm

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Mr Leo Lane

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63 811 472

Mr T Pears

Campbell Town

63 811 167

Mr Bruce Davidson Campbell Town 63 444 577



# ST MARYS HEALTH & BEAUTY CENTRE

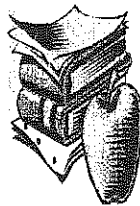
42 Main Rd St Marys Tasmania  
Phone (03) 63722172



**DON'T FORGET  
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(this Sunday)  
WE HAVE A WIDE RANGE OF  
FRAGRANCES FOR HER OR  
HIM TO ENJOY.**

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Hair bands  
Scrunchies  
Head bands  
Spider clips  
Ibis clips  
All available.



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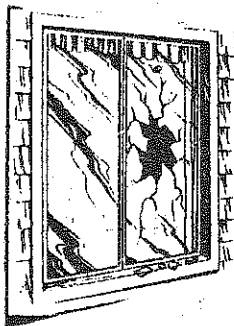
Protec Shampoo & Conditioner (varieties) 500ml  
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Pental Soaps (varieties) 5 pack \$2.55

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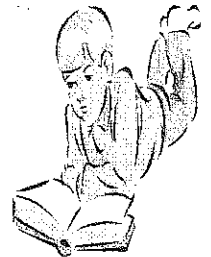
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OVER**

**SCHOOLS BACK**



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THE CORNER**

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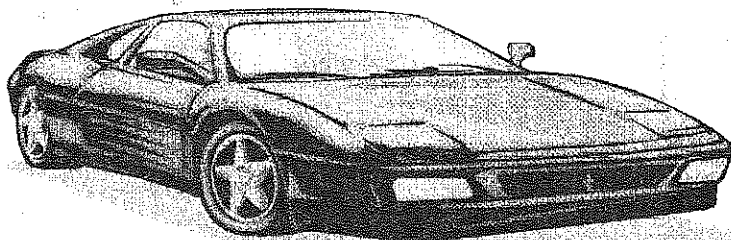
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## SPORTS CENTRE NEWS

by Kackhander

First up it's good to have the Valley Voice back to enable us to convey the happenings of the Club.

Thanks to the Voice people and good luck for the coming year.

Unfortunately, lately there has been a real spate of problems with machinery culminating with the failure of the fairway mower. Please golfers be patient over the next few days while the repairs are completed as the breakdown was totally unforeseen, however it will be repairable.

Thanks to Jack Wines for getting the pump up and running again and Chris Davern for doing likewise with the tractor and green mower lately, thanks fellas.

Isn't it good also to see the green improving greatly again over the past few days. Well done to all concerned.

While on golf it was terrific to see the East Coast Junior Development Officer, Errol Chapple take Tristan, Adam and Sean to the North West Championships and it must have been a good experience for them. And to the boys over the summer for helping out whenever possible. All three are a great credit to the Club.

To bowls and with one round of the pennant season home and away series to go it is comforting to know that we are certain of a finals berth in the first semi final against Scamander. Thanks to everyone involved in the green including Rod Spilsbury, Tracker, Glenn Mac, John Mac, Les Peart, Smokey and others and of course Bowls President Alan Beach.

To think that a few short months ago a bowls team was unlikely and now a pennant may just be round the corner. Just shows you doesn't it.

Finally a plea goes out to all the Club that we must work together over the winter period to help keep the Club going in difficult financial times.

Could all those who want to help out please submit ideas to committee and we will just show everyone else what can be achieved.

Until next time, good hitting and rolling.



## St Marys Tennis Club

St Marys Ladies Midweek Tennis Roster will be drawn on Wednesday 17th February at 9am.

Tennis practice only

Names taken on the day, before 9am

*The creators of the following real-life sign knew what they meant to say, but that's not what they said: Sign on auto repair garage.*

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Public Holiday	9 am - 10 pm
Monday	9 am - 6 pm
Tues, Wed)	
Thurs, Sun)	9 am - 10 pm
Fri	9 am - 11pm
Sat	9 am - 11.30pm

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*St. Marys Football Club inc.*

*(With Donation To The Make A Wish Foundation)*

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## HEY HEY IT'S FRIDAY.

**FRIDAY THE 19<sup>TH</sup> OF FEBRUARY**

**7:00pm AT THE COMMUNITY HALL.**

*Featuring: RED FACES, THE GREAT AUSSIE JOKE,  
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BOAGS Products, Lucky Envelopes & Much More!!!!**





## CRICKET from 'Ole Snake Eyes'

Continued from back page.

St Marys revamped the batting order but were soon in trouble. After the loss of Captain Roger Towns things looked grim and were soon even worse with the total at 6/38.

A fifty partnership between Keith Gillies and Simon Lynch put St Marys back in the game. Roger Salter was rock solid as he helped Simon Lynch guide the Tigers to their second win with 14 overs to spare.

Scores: St Marys v's Scottsdale 19/12/98

St Marys 6/190

Roger Towns 93 no, Simon Lynch 45, Wayne Gillies 25, and Mick Bramich 10 no. defeated Scottsdale 185

M.Bramich 2/15, K.Gillies 2/36, K Wagner 2/30, D Arnol 1/10, M Kringle 1/15, R Towns 1/29, R.Salter 1/36.

St Marys v's Scamander 16/1/99

Scamander 221

S.Bennett 65, J.McKimmie 49, J.Laycock 30, M.Greenwood 20, S.Mason 19.

S.Lynch 2/19, W.Gillies 2/33, R.Salter 2/33, R.Towns 2/54, K.Gillies 1/42

defeated St Marys 7/208

R.Towns 38, J.Woods 30, R.Salter 26, W.Gillies 21, M.Bramich 21, D.Haberle 12, J.Stingle 2/18, T.Riley 2/21, S.Mason 1/32, M.Greenwood 1/20/, J.McKimmie 1/50.

Branxholm v's St Marys 23/1/99

Branxholm 202

K.Wagner 4/27, R.Towns 2/10, M.Kringle 1/27, R.Salter 1/35, K.Gillies 1/36

defeated St Marys 141.

W.Gillies 41, M.Kringle 23, R.Salter 17, K.Gillies 16, M.Bramich 13

St Marys v's St Helens 30/1/99

St Helens 184

M.Bramich 2/6, M.Kringle 2/32, K.Wagner 2/42, R.Salter 2/47, S.Lynch 1/16.

defeated St Marys 127.

M.Kringle 32, R.Towns 29, K.Gillies, 19, R.Smith 15, M.Bramich 13.

St Marys v's Central 6/2/99

St Marys 7/128

S.Lynch 44 no, K.Gillies 32, R.Towns 19 defeated Central 123

R.Salter 4/30, K.Wagner 3/15, M.Kringle 2/15, S.Lynch 1/16

### UNDER 16's SCORES

St Helens 120 defeated St Marys 111

Sean Fletcher 15 no, Tristan Clement 13.

Wicket takers Mark Webster 3, Ulash Pratap 2, Josh Cooke 2

Scamander 139 defeated St Marys 106

Daniel Smith 26 retired

Sean Fletcher 1/17, Alex Hortle 2/4, Luke Casboubt 1/13

Jamie Webster 1/4

Georges Bay 113

Brock Leedham 3/0 ( 3 wickets in 4 balls), Josh Cooke 1/17, Daniel Monks 1/7, Alex Cronan 2/0 defeated St Marys 78

Daniel Smith 11, Brad Newport 7

St Helens 139

D.Smith 1/17, A.Cronan 1/5, J.Cooke 1/21

defeated St Marys 133

A.Cronan 28 retired, T.Clement 18.

## SURF COLUMN

by Dazzler



### North East Boardriders

First Competition for 1999 was held at Four Mile Beach on 10th of January in clean overhead conditions.

Results:

Open.

1. S. Oxford 2.S.Hodge 3. L.Hoskinson 4. G.Barnes.

Junior

1. M.Hoult 2.A.Young 3. C.Wolski 4. D.Aguis

Cadets

1.M.Hoult 2.D.Aguis 3. J. Stanford 4. A.Hoult

Other competition dates for 1999 are:

13 March, 8th May, 10th July, 11th September, 7th November.

The third round of the Tasmania State Surfing Titles will be held at Marrawah on 27th February to the 1st of March

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## CRICKET from 'Ole Snake Eyes'

### Drought broken with two wins

The second half of the year 89/99 season saw improved performance from the St Marys Tigers. The last game prior to Christmas St Marys met Scottsdale at home. The 'Spuddiggers' made 185, a target which should have been a little less as Scottsdale were 9/180 at one stage - but still gettable. Wickets were shared amongst the bowlers in an even performance. The Tigers were soon in trouble losing opener Mick Kringle in the first over. Wickets fell steadily and with the score at 5/44 the result looked ominously predictable. However a magnificent stand of 109 between Roger Towns and Simon Lynch put the Tigers well and truly back in the match. After Lynch's departure, Towns put on an unbeaten partnership of 37 with Mich Bramich, to give the Tigers an early Christmas present, their first win of the season.

In the first game of the New Year St Marys travelled to Scamander. Scamander made the most of missed chances being all out for 221 in the 50th over. This total would be normally beyond the Tigers but with legendary batsman Jeff Woods back in the side they approached the task with renewed enthusiasm. Scamander captain Jamie McKimmie gambled by using all of his best bowlers in the first 40 overs.

St Marys built the score slowly and steadily and were in with a chance having 6 wickets in hand despite needing 88 runs in ten overs. However the loss of Simon Lynch and Jeff Woods put St Marys behind the eightball and despite brave efforts from Mick Bramich, David Haberle and Rick Smith, the Tigers fell 13 runs short.

St Marys met Branxholm at St Marys in the next round with the visitors making a competitive 202. Kevin 'Fruit Bat' Wagner was the best of the bowlers with 4/27 from his ten overs. St Marys got off to a flying start being 0/57 off the first ten overs. We didn't make our 100 until the 27th over but still had eight wickets in hand. However the batting collapsed, ghost of pre-Christmas re-visited the Tigers, and despite some resistance from Keith Gillies and Mick Bramich, St Marys were dismissed for 141.

Captain/Coach Wayne Gillies stood down for the St Helens match due to a knee injury and Roger Towns led the team for the first time. St Marys dismissed St Helens for a respectable 184 again with wickets spread evenly. Had we not missed St Helens Captain Phil Duggan the score could have been much less.

St Marys in reply made 127 with the first four batsmen being given out LBW, that took the seasons tally to 13 St Marys batsmen being out LBW compared to a total of 4 given by our opposition teams for the season. Mick Kringle top scored with 32 and Roger Towns was next best with 29. In the last match St Marys met Central who have been a powerhouse in the Association for many years. Central batted in difficult conditions with the outfield slow and wet. Their score of 123 was probably worth 170. Bowling honours went to spinners Roger Salter and Keith Wagner who took four and three wickets respectively.

*continued inside back page*

## Footy News by Old Tige



### Tough workout first up

Just the mention of the first training run and the temperature dropped 10 degrees, not that it worried those who trained, as tyres, bricks and ropes added to a strenuous first up workout.

New training innovations don't look to be a problem, Coach Jamie Viney putting the players through their paces.

Although the numbers were not there, given the time of the year and the amount of things on at present, it was a good first up hit out.

The Club is introducing a Senior incentive scheme this season, with win-loss payments. The Reserves incentive from last season will remain the same, the emphasis on these payments will be a reward for club services rather than a purchase of loyalties.

Training will be on Wednesdays at 5.30pm and Sundays at 10am until further notice.

Under 16/s training will commence on Tuesday the 23rd February at 3.30 for 4pm

Coaches Adam Johnson and Daniel Morris will send notices home with all intending players to invite parents to a BBQ night to discuss plans for the coming season.

### Looking for a good night out?

The Clubs first function is on Friday 19th February at the Community Hall St Marys.

A 'Hey Hey it's Friday' and 'The Full Monty' night.

A great evenings entertainment with reserved seating about filled as this goes to press. Normal seating is still available but limited, so do not miss out, we would hate to turn people away on the night.

More details on poster inside back page.

### St Marys Football Club Inc.

#### Ladies Committee

Annual General Meeting

Election of Office Bearers and General Business

Old and new members most welcome to attend.

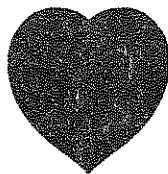
THURSDAY 18TH FEBRUARY AT 7.30PM

at the St Marys Hotel.

T.Bean President

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Full range of cards for the one you love.



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