# The Valley and East Coast Voice

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50c

Friday 22 May 1998

#### 100 years of Businesses in St Marys. 1860 - 1960

Gary Dakin who lived at 'The Flat' when growing up in St Marys, has spent much time piecing together some of the interesting history of the town and now gives us what he says has been the most difficult chapter to write. "In attempting to give an indication of the businesses that operated in the town I have encountered many snags", he said. "I have called on peoples memories which are not infallible. The information gained from Council records, Assessment Rolls, Valuation Rolls, Postal Directories, Telephone Directories, Cyclopedia of Tasmania and various other printed matter offered clues as to what happened.

Quite a few names have been spelt differently in these

publications."

"Years I give can be slightly out as most things are recorded after they occur and sometimes not released in print until the end of a year. Short of accessing the titles of all blocks that had businesses on them, which is a costly exercise, I cannot take it much further.

I would like to say though, that the Land Titles Office in Hobart is not at all interested in helping historical

research."

"I accept any errors I may make and apologise for them." Gary hopes to preserve 100 years of the history of St Marys in a book, for which this research is part of.

oming in to the town from Fingal we come to the old railway station. Now opposite this was firstly, The Creamery, probably started in the late 1880's or early 1890's. In 1896 a Cheese Factory was built adjoining the Creamery. Salter and Ronan were believed to be involved with the management. Names I have found as Managers were Cole, J.Christensen, T.S.Fallon, J McHarg. The factory closed in 1918 but sections of the concrete base are still visable.

Moving up Main Street and turning left into Clive Street, just before the HEC Depot, down the lane was Baxter's Fuel Depot. Further up and into Gardiners Creek Road just past the Hospital on the left was the continued next page

#### SIX YEARS OF STUDY

atthew Dabner has spent the last six years at the University of Southern California and he now has a Degree in Filmic Writing and a Masters in Production

He graduated on the eighth of May this year. My Mothers Day gift, said Matthew's mother Heather, was "Mum, I have finished with school." referring to

a phonecall from her son.

The family is very proud of Matthew's achievements and all (Matthew included) were relieved the long haul was over. At times he has held three jobs as well as University and the last year he has worked full time for ICON PRODUCTIONS which is Mel Gibson's company, as well as complete his Masters.

Matthew will continue to work for ICON for the moment, now he may have time for some serious

writing of his own!!.

During the last six years he has met a lot of people, Dustin Hoffman and Mel Gibson (of course). He actually did his Filmic Writing course with Frank Sinatra's grand-daughter, A.J. Lambert, no, he did not meet Frank but he has been to Nancy Sinatra's home and after one function there was not enough room in the car so Matthew nursed Nancy on the way to her home.

One night at midnight Matthew needed coffee to stay awake to get a paper finished, so off he went to the supermarket. On the way back to the car he met a well dressed young African American who asked the time, Matthew being the obliging person that he is, stopped to tell him. The well dressed young man produced a gun and relieved Matthew of his wallet, being a poor student though, the guy did not get much for his trouble and it all happened so quickly, Matthew did not have time to be afraid.

Matthew and of course his Mum and Dad have not forgotten the generosity of the people from St Helens, Scamander, St Marys and through to Launceston, who helped him through his first year, and say — "there is no place like Tassie because of the people in it!."

#### WHAT TO READ ABOUT

- \* 100 YEARS OF ST MARYS BUSINESSES
- \* MATTHEW DABNER HAS MADE IT
- \* JEFF'S JOTTINGS FROM W.A.
- \* DOCTORS ON WEEKEND CALL
- \* WHATS ON AND CLASSIFIEDS\* ST MARYS AND FINGAL SCHOOL NEWS
- \* KEN'S C D AND VIDEO REVIEW
- \* PLAYER PROFILES
- \* JUNIOR AND SENIOR FOOTBALL
- \* ST MARYS SPORTS CENTRE
- PLUS ALL YOUR LOCAL TRADERS

St Marys Businesses 1860 - 1960 cont.

new Cheese Factory built in 1938. Managers over the years were Markey, J.House, W.Davern, B.Nailer. Further up the road is the 'Rosegarland' Estate where lads in the very early days operated a water driven mill. I presume they milled local grain. They certainly used it to cut timber, as they cut timber which went into the building of 'Harefield' House which is still standing.

Retracing our steps back to Main Street, on the right hand corner of Clive Street where the residence is now, was the General Store of C.Berwick, started in 1913. D. Wardlaw took over the site in 1935, used it as a residence

with a Produce Store and later a Fish Processing Plant behind it.

Next door where the Second Hand shop is now, was the General Store of R.V. Hindle 1925. Mrs D. Hindle took over in 1932. D. Wardlaw in 1937 but not as a business. Part of the store was made into a Doctors Surgery. From 1940 a series of butchers operated out of it. They were A.C. Ferrall, R. Rees and I.L. Blythe. Some time earlier E. Doyle butchered here too, probably before 1913 when he was operating at the other end of town.

Next we have the little house, still standing, with the verandah over the footpath. The earliest record of this was 1909, M.McGillivary operating as a Chemist. It appears as though he died and his wife took over. Mrs

McGillivary also operated a Private Hospital in 1911, probably on this site.

In 1925 E, Baxter occupied the site followed by T. Baxter in 1934. I feel they used it as a residence only.

The Takeaway Shop is on a site where the National and then Commercial Banks stood. The National was built in 1908, probably managed by H.G. Valentine, E. Pullen and possibly Allern. The Commercial, started in 1922, was managed by C.R. Jackson 1922, W.E. Vine 1932, Whitford 1939, W.C.R. Rhooes 1939, A.E. Coutanche 1948,

Whitelaw 1951, C.Broadby 1954, E.D.Wyatt 1960.

We will go up Cameron Street now. Going up the hill on the left hand side, we have W.Neil's Plumbing Supplies with the pushbike securely attached to the roof of the premises. The corner site was J.McHarg's Agency. On the opposite side, a little further up was Bullock's Boarding House, which served as a Doctors Surgery at times also. Back down to Main Street heading towards Frank Street, the corner block was a two acre(one hectare) block of exactly the size of the block that J.Phillips rented. People tell me he operated his Blacksmith Shop in Story Street, but I feel it was here. Phillips operated from 1875, followed by E.Barker 1899, J.Gillies 1909 and perhaps G.Mitchell.

I would point out that the Mitchells confused me all the way through. With similar initials and occupations, I am

not certain of any Mitchell information.

Continued page 4

### NEARLY WINTER by Col Smart

The valley mist sits heavy now the nights are getting cold and Ben Lomond snow is due to fall, but still too warm for it to hold, the fires burn continuous now the Autumn leaves have mostly dropped and not much in the gardens that held the summer crops. The hay bales now get scattered round for the grass is getting short and the price of beef just rose again or so says the last report time to mulch the garden and get the firewood in and it's back to beef and barley stews and curries, soups and things. The swallows now have left us and I don't hear the song thrush call and the elm tree down the paddock, I just watched it's last leaf fall. But seasons can be funny and of them you never know for maybe it might be mild this year, and maybe we might get snow. But we've had a real good summer and we really can't complain except maybe the farmers who've been yelling out for rain so so-long to this years summer, but you'll come round again for now it's nearly winter, time to watch your fire's flames.

Remember to vote on Saturday 23 MAY. VOTING IS C O M P U L S O R

#### The Valley & East Coast Voice

#### St Marys Businesses 1860 - 1960 cont.

Next door McHugo operated as a Cabinet Maker/ Undertaker from about 1900. There was evidently a price cutting war between McHugo and Mitchell, the Undertaker further up the block.

It is probably on this same site that E.Chapman(Baker) traded from 1928. Then we have the Institute built 1922 which was a meeting place, had billiard tables and a library. Next, the old school site, the Clinic site, the Parish Hall, then the corner block where there was a Blacksmith shop, a Wheel-wright shop and an Undertakers shop.

The Blacksmiths were E.Newman 1886, G.W.Mitchell 1892, W.H.Mitchell 1902, Woods 1930, L.Targett 1932, R.Brooks 1933, G.Mitchell 1935. W.G.Mitchell was an Undertaker till 1902. D.Mitchell took over then. W.G.Mitchell may be a son. He was a Painter and Paper Hanger in the early 1900's.

I have a problem with this block, as early photographs taken from about the Cameron Street intersection, looking up Main Street, show a fairly substantial two story building that appears to be opposite the Hotel. It does not look like the type of building that I have described for the corner site. I wonder what it was?

Back to the corner of Cameron and Main Streets, right hand side, the current businesses have sprawled. The narrow corner site was W.J.Davern, Butcher, 1925. L.Maney used it as a Butchers too, then McGeary's Grocery Shop in 1943. McGeary was listed as the owner of the Service Station in 1941, then A.Smith took over. The Garage then spread to cover the corner site also. Next door C.L.Royle operated a Tea Rooms/Shop from 1946. S.H.Hill 1952.

As a matter of interest, the land from the corner up to probably the Pizza shop was up until the early 1900's the sale yards operated by W.Lade 1885, J.Cramp 1902, S.Salter 1909, Louisa Salter 1909, J.McHarg 1922, probably from the Salters on it was used for agriculture purposes only.

The sale yards moved to Groom Street on the eastern side of the Police Station.

The 'Pizza site' has a chequered history, it has also been a coaching depot in the horse and coach days, Australian Bank managed by H.C.Chambers 1893, J.Browning 1890. It was possibly a Hospital run by Mrs McGillivary 1911, although she may have had it at the other site that I mentioned, J.McHarg has listed as operating a hospital in 1915 and he owned this site. McHarg and Ranson 1920, and W.Singline 1923 had garages there also.

(Sounds like St Marys was once full of butchers, bakers and blacksmiths and we will print more of Gary's research in the next paper.)

#### The Theme was 'Oceans'

Following a submission the Science Teacher's Association of Tasmania awarded grade 5/6 F/W at St Marys District High School a grant of \$250 for activities planned for Science Week 4 - 11 May 1998.

The theme was 'Oceans'

The grant enabled the 23 children to travel from St Marys School to Freycinet National Park.

The ranger, Mark Fordham spoke to the children and covered a wide range of issues. These ranged from good conservation practice in the park, on the beach and in the water. Ghost nets, line loss and fish codes were examined.

Effluent and protective methods to stop leeching into the ocean were discussed with interest.

On the beach and children spent time looking, listening, identifying, sketching and recording.

At the Coles Bay jetty Dr Klaas de Jonge showed the children the weather map depicting the highs and lows, plus points of the compass.

The children checked the wind to confirm that it was South Westerly.

Boat and water safety apparatus plus radios for communication while at sea were shown.

It was a great learning experience for the children.



Joel Douglas listening to Dr Klaas de Jonge talking about water safety during Science Week while on excursion to Coles Bay / Freycinet with grade 5/6 F/W from St Marys District High School.

## A news report from the 'Local Lert' now up in Crossing Falls W.A.

Those readers who read this paper regularly will know who this LERT is, as we gave him a bit of a send off when he left St Marys just a few weeks ago.

Went up to my letterbox this morning to collect the usual array of junk mail, windowed envelopes and the current election leaflets, but what a surprise was in store, an unexpected letter from W.A.

When Jeff was leaving I asked if he could send a few updates of what was happening up his way. "Oh, I don't reckon" he told me "I'm only good at talking, not writing.!", hence the surprise at the arrival of a few written words, or should I say, scrambled jottings, but much appreciated Jeff.

#### Jeff's Jottings go like this:

ABC News Language: Friday 15 May.

Kimberly Gos, 6.15am Temp 27, weather and footy later, planes arriving and departing, Lotto and powerball numbers - oops - Tides: High 6.7 metre at 4.04 this arvo. 8 metre low at Broome.

6.30am news: ABC money for digital services. Howard on Flying Doctor services. Deaths in mining industry. Review of the fly-in fly-out work practices. Study of Dugong in Shark Bay. Theft of a Meekatharra mine safe. Meekatharra family brawl and arrest. Yalgoo aboriginal family fued. Man attacked with stones and iron bar, arrested, charged and to give 12 months community service.

More weather and rustling of papers:

Temp. Kununurra 34.

Scorching hot in Hobart, 18, with some rain!.

Tides and coastal report.

Now 24 around Kimberly. Wind and clouds, NE breeze. More weather from Derby in 10 minutes. That's all the news. Sorry that's the end of the weather around the Kimberly. We heard the news earlier.

Kununurra Movies, Sat: Airforce One. Sun: The Postman,

Federal Member Doc. Kemp on a visit to Broome to sell the Budget

9.30am Road Report.

After 10am Quiz, chance to win a a free CD.

Derby Gos. (Guessing that 'gos' is gossip?)

Flowering of Boab tree is a better sign of rain, better than the Weather Bureau. Rain on the road out of Derby so probably 10mm- a guesstimate.

Boab Quest Queen Ball. Tickets \$15. Three bands. Dress - Kimberly Formal. (perhaps, shorts, black singlet, clean thongs).

Derby Country Musical have received some funding, so look out for Mardi Gras (pronounced - grass). Sate sticks banned.

Italian Event mid May, Willarree Cascardi. Could anyone send me info about event at Fitzroy Crossing?

Now footy tips around Aussie between the two commentators.

These jottings were taken from the ABC radio, 6.30 to 7.30 this morning. The sun burns out by 6am to warm us up a little more to a pleasant 34 degrees.

People who have travelled in this part of Australia and those who know Jeff would appreciate this article the most.

He has enclosed his address for those who wish to keep in touch, so can imagine the Crossing Falls postie being weighed down with mail!

Jeff Weston Box 1833 Perch Cres. Crossing Falls Kununurra WA 6743

Phone: 0891691356

#### St Marys Community Health Centre

#### **Doctor Roster**

Weekend: 23rd 24th May

**Doctor Ed Poliness** 

Weekend: 30th 31st May Doctor Klaas de Jonge

For all services ring 63722111 and remember after hours this number gets you to St Helens Hospital.

#### Locum

Dr.Ed Poliness leaves at the end of May, we hope he has enjoyed his time in St Marys.

Another Locum will replace him.

#### Social Worker

Shann Williams is available to either see you in your home or at the St Marys Community Health Centre on a Monday, Tuesday or Wednesday.

For an appointment, please ring the Centre 63722111.

This is a free and confidential service.

## COMMUNITY GARDEN

Did you know that there are over 4 1/2 million Community Garden Web Sites on the Internet and of course many other gardens without Internet access?

Garden locations range from tranquil Tasmania to sub-arctic Canada to the Arizona Desert.

Why is there such interest in Community Gardens?

What value would a garden be to this area?

Around the world and at home:

- unemployment and crime are robbing young people of their futures
- people on their own find it hard to eat well (you only need one to two silver-beet leaves, not a whole bunch)
- employment opportunities are virtually non-existent for people with disabilities
- people feel isolated although their neighbour is just over the fence
- we suffer from ill health and disease due to a lack of exercise

#### WE NEED VOUR HELP!!!

A group of people wish to address these and the problems by establishing a Community Garden in St Marys. This garden could incorporate fruit and vegetable production, grow flowers and herbs. Garden beds could be a private responsibility or for community benefit. There could be numerous employment opportunities resulting in the areas of horticulture, waste management, handyman services and so on. Community Garden would be a great asset to the community, providing employment, activities, and outdoor meeting area and a sense of achievement.

This garden cannot develop without the interest of community members. Whether you see your role as corporate sponsor, manager, seed and cutting contributor or tea maker, you have a valuable contribution to make.

Please come to a PUBLIC MEETING AT THE ST MARYS COMMUNITY HEALTH CENTRE ON THE 25TH MAY AT 12 NOON.

Lunch will be provided.

Without your support this Garden cannot bloom.

For more information and responses for the Public Meeting please contact Mark Bonnitcha or Shan Williams on 63722111



Australian Country
Information Service
Community Hall - St Marys
PHONE 63722693 FAX
63722694

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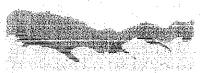
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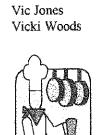
NEW RANGE THERMAL UNDERWEAR Mens & Ladies

Layby Welcome

# WEALS ON WHEELS

MAY ST MARYS
25 Janice Tapp
26 Kath Read
27 M & P Berwick
28 Karen Spilsbury
29 C & P Berwick

JUNE MEALS ON WHEELS UNAVAILABLE



FINGAL

June Hall

P&H Mills

Cheryl Rankin

## ST MARYS HEALTH

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12 Great colours and a great price only \$8.95

and yes it does stayput.

SUPER SPECIALS
Lip & eye pencils were \$3.50
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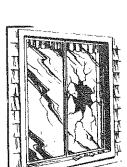
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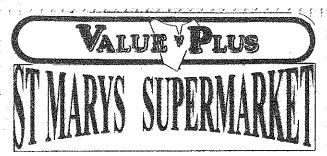
Visiting St Marys alternate Thursdays 9am - 10am 44 Main Street St Marys

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#### ASTRIVA

JENNY LARNER FROM
ASTHMA - TASMANIA
WILL BE VISITING THE
ST MARYS COMMUNITY HEALTH CENTRE
ON
MONDAY JUNE 1ST

There will be an Asthma Workshop from 10.00am till 11.00am followed by question time EVERYONE WELCOME

An Asthma Workshop for Nurses and other health professionals will begin at 12.30pm for about 2 hours

ALL WELCOME.

#### ST MARYS PLAYGROUP

Thank you everyone who made the effort to attend our Fun Day. A big thank you to Annette Holmes who volunteered to take over the position of treasurer to enable the playgroup to keep running.

Those attending seemed to agree that a fortnightly gathering would be more suitable.

## THE NEXT PLAYGROUP WILL BE ON

FRIDAY 22ND MAY
Venue: Kindergarten St Marys School

Cost: \$2.00 per family Time: 10.00am - 11.30am

What to bring: Piece of fruit and a drink, Smocks for children or something suitable to protect their

clothes.

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ADDRESS

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## **Church Services**

## Catholic Parish of St Marys

Priest: Paul Connolly, St Marys.

St Marys

Every Sunday Mass 9am

Bicheno

Every Sunday Mass 3pm

St Helens

Every Saturday Vigil Mass 6pm

Mangana 2nd Sunday

Eurcharistic Service 11am

**Mathinna** 5th Sunday

Eurcharistic Service 11.15am

## Valley Church of the Rock

(CRC Church Fingal)
Pastor Leigh Casboult
Ph 63741099

Sunday School
Church Service

9.30am 10.30am

## Anglican Parish of the Northern Midlands

Services each Sunday

Ross 8am
Campbell Town 9.30am
Avoca 11.30am
Fingal 2.00pm

Tuesdays

Mathinna 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

## 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

#### Salvation Army

(RSL Hall) Main St, St Marys

Aux. Capt. & Mrs Tolputt. Ph. 63 722352 Everyone welcome

Sunday

Sunday School 9.30am Family Worship 11am **Wednesday** 

Ladies Fellowship 2pm

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Rev. Brain Hoole

Fingal 9.00am

St Helens
11am and 7pm

St Marys
5pm

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Enquiries may be directed through either:

Mr Leo Lane Campbell Town 63 811 472 or Campbell Town
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Mr Bruce Davidson Campbell Town 63 444 577



Break O'Cias Business Enterprise Centre

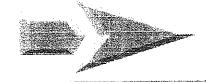
## TIME MANAGEMENT AND BETTER BUSINESS PRACTICES.

People in business often fall into the problem of losing sight of their priorities. Time management in particular is all about prioritising your workload.

This can be done through the use of better business practices (some people may call it Quality Assurance).

Better business practices simply require an administration system that can be easily managed and will ensure that you are carrying out your business in a methodical manner.

This will in turn reduce the risk of errors. Most sole proprietors in today's rural businesses, cannot afford staff help and therefore must carry out a variety of responsibilities to their customers, their family, the banker and the tax office.



#### ST MARYS FOOTBALL CLUB INC

ST MARYS FOOTBALL CLUB INC

HAVE FOR HIRE
200 SETTING OF
CROCKERY AND
CUTLERY.
ENQUIRIES TO
TRACY ON 63722494
OR
RUTH ON 63722219.

ST MARY
FOOTBALL CLUB
INC
LADIES COMMITTEE
CATERING FOR ALL
OCCASSIONS
ENQUIRIES TO TRACY
ON 633722494 OR RUTH ON
63722219.

The only way to manage these duties correctly is to have a good administration system in place.

Sometimes a white or notice board with reminders is a big help as the memory "just ain't what it should be anymore"

The Break O' Day BEC can assist you with any small business problem or design a management system to suit your business needs. The service is free and confidential and you can arrange an appointment in St Marys or district by contacting Neil Butterworth on 63762044. The BEC visits every Tuesday in the St Marys area.



## RANSLEYS

SALES AND SERVICE

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APPLIANCES

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#### NOW IN ST MARYS

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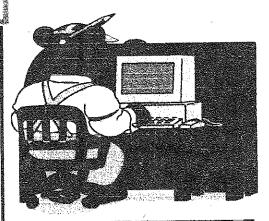
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## Break O' Day Film Society 1998 Program

#### JUNE 5TH SCAMANDER BEACH RESORT 84 CHARING CROSS RD

Stars: Anne Bancroft, Anthony Hopkins, Judy Dench. Director - David Jones.

\* The film opens in 1949 as an American woman, Helene Hanff, is making her first trip to London. She is a collector of rare books and has carried on a twenty year correspondence with an antiquarian, bookseller in London, his colleagues and family. Structured in flashbacks around the letters which form the basis of Hanff's memoirs, the film is touchingly sentimental, humorously observant and obviously literary in conception. The austerity of post-war London is contrasted with the relative affluence of New York. There is considerable strength in one performance of Bancroft as the headstrong bibliophile, Hopkins as the book selier, a shy staid family man and Judy Dench as the wife.



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#### RATING SYSTEM

- \*\*\*\* Must Hear | See
- \*\*\*\* Excellent
- \*\*\* Good
- \*\* Just OK
- \* Dont Bother

Welcome to yet another chapter in the saga that is Sound and Vision. In recent times a lot of popular music stars have passed on but non bigger than O'l Blue Eyes. Francis Albert Sinatra passed away on Friday. Even though he is not everyone's cup of tea he will be fondly remembered and sadly missed as one of the great voices of popular music.

#### CD REVIEWS

Various Artists - "In hailed"

This is a breath a fresh air definitely worth inhaling with 32 choice tracks and not many duds on one double CD. Such brilliant cuts as Ben Harper's "Faded" Side Winder's "Titanic Days" and the clever Anthem of the 90's "The Outdoor Type" by The Lemonheads. Hasn't been off the CD player for weeks. \*\*\*\*

#### LIVE BAND REVIEW

Custard at the Saloon in Launceston. Custard took to the stage at 11.30pm after a fine set by Hogwash (local boys). Their cynical approach to music showed through in such hits as "Music is Crap" and "Apartment". It was a thoroughly professional show and well worth the \$10 outlay. \*\*\*\*

#### Music Buffs Brain teasers

Last weeks answers:- 1. "You oughta know" - Alanis Morrisett
2. "Dead Flowers" - Rolling Stones 3. "Old man down the Road" John Fogerty 4. 'Killing me softly' was written about Don Mclean
What songs do the following lyrics come from

- 1. 'Start spreading the news, I'm leavin today'.
- 2. 'I come from the land of the ice snow, with a midnight sun and the hot springs blow'
- 3. 'Always had a roof above me. always paid the rent and I never set foot inside a tent'

For all the smarty pants: What Pink Floyd song was dedicated to Syd Barret one of the founding members who left in the 60's

#### VIDEO REVIEWS

"MY BEST FRIENDS WEDDING" starring Julie Roberts, Cameron Diaz - If you are looking for a light comedy and a pleasant way to spend a couple of hours this could be the one. Julia Roberts plays a distant friend of Michael who when hearing of his impending marriage to Kim played by Diaz, decides that she wants him for herself. Enjoyable \*\*\*\*

"BREAKDOWN" starring Kirk Russell - Russell plays distraught husband who after his car breaksdown on desert highway he looses his wife to a strange truck driver. Very much in the vein of Duel with the desert background and inevitable build-up to action climax. Good but not great \*\*\*

## LEGISLATIVE COUNCIL ELECTION

## SATURDAY 23rd MAY 1998

(VOTING IS COMPULSORY)

## ELECT

## **COLIN RATTRAY**



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•EDUCATION •FISHING •FORESTRY •HEALTH •INDUSTRY

•JOBS •ROAD UPGRADING •SMALL BUSINESS •TOURISM

AUTHORISED BY: Murray Le Fevre, Lot 2 Argonaut Road, St Helens

#### STOP SUIGIDE - Words to Hang on to -A Book of Hope

Youth Suicide is an issue of concern to students, parents and teachers, and one that is often covered in the media. It is an area which has generated much discussion and research, in an attempt to find ways of understanding why some young people attempt suicide. The Adolescent Health Survey conducted in Victoria in 1995 found that while 80% of the young people surveyed could be described as healthy and well, 20% were having a range of mental health problems. For example, out of every 1000 young people, 200 were described as displaying some symptoms of depression or suicidal behaviour. Australian Bureau of Statistics figures suggest that the actual rate of suicide in 1995 was around 1 in 10,000 young people (15-24 year olds).

Other research suggests that the most important message for young people and their families and friends is to seek help if they are worried about someone they know. The main focus of programs to prevent youth suicide is to identify young people who have these sorts of things happening in their lives:

- I Depression (see signs of this below)
- 2 Alcohol and drug abuse
- 3 A history of deliberately hurting themselves
- 4 Major family problems

As noted earlier, around 1 in 5 young people show some signs of depression, with around 1 in 20 displaying major symptoms of depression. Depression in young people can present with the following signs:

- Depressed or irritable mood
- Less interest or pleasure in activities
- Changes in weight or appetite
- Problems sleeping
- Becoming more or less physically active
- Increasing tiredness and lack of energy
- Feelings of worthlessness or guilt
- Problems thinking, concentrating or making decisions
- Thoughts of death or suicide.

(Information and figures from "Salvaging the Lost Generation", Associate Professor Michael Carr-Greg, Centre for Adolescent Health, Melbourne)

If you as a parent are concerned that you know a young person who is depressed, there are many avenues for seeking help. At school you can contact the guidance officer. In the local community you can talk to your doctor or staff at the St Marys Community Health Centre (63722111) or East Coast Counselling Service. Also available is Oakrise in Launceston (6336 2867). As a student, if you are worried about a friend, talk to a teacher, a parent or the school guidance officer. Other ways of seeking help include talking to your doctor or phoning the Kids Help Line on 1800 55 1800.

A Tasmanian Woman, Heather Donaldson, has produced a book specifically aimed at young people called *Stop Suicide* – Words to Hang On To – A book of Hope. It is a collection of words and sayings designed to help people contemplating suicide to think again, to hopefully delay or prevent them taking their own life. Graham Watkins, the owner of Ishtar's Bazaar in St Helens is impressed by the book and had kindly made some copies of it available to students in grades 9 – 12 at St Helens and St Marys District High Schools. Students or Parents who would like a copy can collect one from the St Marys District High School Office. The book can also be bought at Ishar's Bazaar for \$5.00 or from Heather Donaldson, 200 Ritchie Street, Westbury Tas 7303.

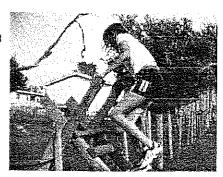
PAUL BERTOIA GUIDANCE OFFICER



### 1998 Grade 7-10 Cardiovascular Fitness / Gross Country Carnival

Our carnival began at 9.30am with the House Pursuit being the first event. The order of places for this event were Dalmain, Duncan and Blackwood. The events then began with the Under 13 girls and boys event being run together.

The weather improved from a not so cold but slightly foggy morning to quite a nice, crisp and sunny morning. At 5 minute intervals the U14's, U15's and Open ages were sent off. There were some very commendable performances in all groups. The winner of each age group became the 1998 Individual Champion and 2nd place the runner up. An Interhigh Team will be announced very soon. Below is a summary of the first 5 places for each age group.



#### U/I3 GIRLS

- 1. Rebecca Miller
- 2. Kaylee Nash

#### U/I5 GIRLS

- I Louise Brown Niekia Denholm
- 3 Joanne Cohen
- 4 Romany Witton
- 5 Celeste Miller

#### U/13 BOYS

- Ilya Brucksch Domanski
- Nick Denholm
- Darren Jones
- 4 Matthew Spilsbury
- 5 David Claridge

#### U/I5 BOYS

- Brendan Tennick
- Kyle Bean
- Josh Poole
- **Bradley Halton**
- **Brett Semmens**

#### U/14 GIRLS

- I Jody Cannon
- 2 Melanie Griffiths
- 3 Megan Kschammer
- 4 Azi Andrews
- 5 Robbie Gunson

#### **OPEN GIRLS**

- I Neysa Canon
- 2 Corinna Howard
- 3 Upasna Pratap
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- I Adam Viney
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Marcus Salonen Rebecca Cooke

Blair Adamczewski

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#### MOST IMPROVED

lames Kerr

Kai Linfoot

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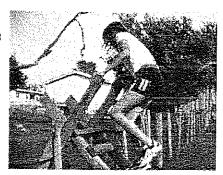
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-

#### MOST IMPROVED

lames Kerr

Kai Linfoot

Colby Derrico



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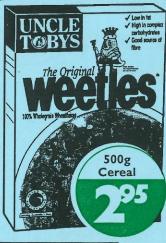
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#### RACE CAR DRIVER

Hi, my name is Fred. I am 18 years old. I have always wanted to be a race car driver. My first day has come and my very first race. Here I come, out of the pits, and I have lined up ready to race.

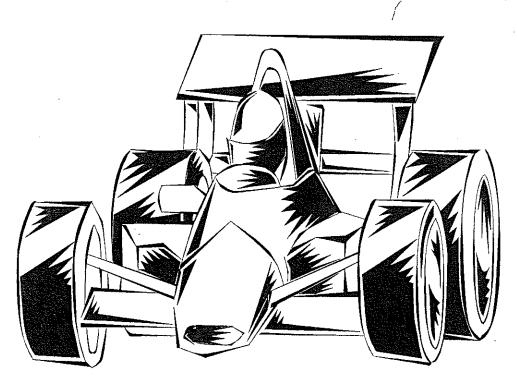
I am revving my car up, 'VROOM VROOM' and we are off! I am coming last but the man in front of me has crashed. I'm still last, because the man that broke down has started his car up. The race is over and I am slowing my car down.

The crowd is cheering me on, because it is my first race. I hopped back in my car and I started it up and drive up on the trailer.

The next week it was racing day, I hop into my car and started it up and we were off! I was coming first, my car was boring out. i heard a motor blow up, but I wasn't giving up. I was still coming first then I could see the line, but I have to do one more lap and my speedo broke.

Bob is the best driver in the world. We are side by side. I followed him to the finish line and I finished second.

By Mitchell Freeman





20th May, 1998

#### STUDENT TEACHERS

Early in Term 2 we will have two student teachers (2nd year) working with us. One will be in the infant room and the other in Grade 4/5/6. We look forward to learning from them and vice versa.

#### WINE TASTING EVENING

I have heard that although the numbers were small a top time was had, especially by one thirsty soul. A special thanks to the organisers. Some people want to know when the next one is on!

#### **ASSEMBLY**

There will be a final Assembly for the term on Thursday week, 28th May. The starting time will be 2-45pm. All are welcome.

#### **TENNIS**

There hasn't been any more information yet. I guess, Ben, from Sunny Hill, is waiting to hear from the other schools in our cluster.

#### PARENTS & FRIENDS MEETING

The next meeting will be on Monday, 25th May at 7-00pm in the staff room. As this is the final meeting before the Fair, it is most important that as many people as possible attend.

#### **FINGAL FAIR NEWS**

Don't forget the Fair on Friday, 19th June. We can still do with small items for the Lucky Dip (Tuesday 26th May) Bottle Stall and Tombola (Wednesday, 27th May). Any donations at all will be very much appreciated. Vicki Hyland could do with an artistic hand or two on the Face Painting.

There will be working bees on Tuesday afternoon to fill the Lucky Dips at 1-30 K-P-1 will have theirs on Wednesday afternoon. Parents are urged to bring along their small bits and pieces for the Bottles.

Grade 4-5-6- will have a craft working bee on Wednesday afternoon. Crafty parents are asked to come along.

The Valley & East Coast Voice

### Sports Centre News

by Kackhander

The past couple of weeks have seen the Ladies Club Championships and the Mixed Foursomes.

Both events had good fields and many of the scores were outstanding. A big congratulations to Kath Blair in taking out her first Club Championship by one shot from May Cook. It must have been a tremendous last 18 holes.

In B Grade Heather Hayes not only took out the title but came within 2 shots of the Club Championship herself. To think that after 72 holes three players could finish so close, within 2 shots is fantastic.

In C Grade Wendy Haas took out the title with 4 very consistent rounds. Well done Wendy.

I believe Kath also won the overall Handicap which is a fine achievement for an A Grader.

The Mixed Foursomes Championships over 27 holes was held last weekend and Chris Davern and Norma Mallinson took out the Gross Championship, while Paul Davern and Idie Francis won the Handicap title. Well done to all those who competed.

Chris Davern is organising an Irish Golf Event for 25th June, which sounds like a great day. It is a team event based on stableford and a list of rules has been put on the board. Chris hopes to see at least five teams of four players to try this new event.

Peter Wilson is organising the Oatlands visit on May 31st when they visit our club. Peter assures that all who play will have a great time.

Pennant recommences for us this weekend with a trip to Bicheno. Hopefully both teams will go well.

It's a big day this Saturday for Bowls.

## Bene Bidding MHA

**CAN I HELP YOU?** 



Regularly visiting the Valley!

Ph 63 362686 for an appointment

LIBERAL MEMBER FOR LYONS

Firstly Len Rodman from Hobart is visiting to help level the green for next year. Anyone willing to offer a couple of hours help during the day will be most welcome.

In the evening the Annual Bowls Dinner will be held for about 40 patrons. A very limited extra few seats might be available for late comers.

Dinner will be courtesy of the St Marys Football Club Catering Committee who do a magnificent job.

Anyway until next time Good hitting and rolling

## Coach House Restaurant

Andrew & Jackie Wilson 34 Main Street - St Marys Ph/Fax 6372 2529

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Large range of fishing gear BAIT





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ICE

#### NEW VIDEOS:

George of the Jungle
Pallbearers Liar Liar Speed 2
Trial by Fire Frighteners

#### **Trading Hours**

 Public Holiday
 9 am - 10 pm

 Monday
 9 am - 6 pm

 Tues, Wed)
 9 am - 10 pm

 Fri
 9 am - 11 pm

 Sat
 9 am - 11.30

#### St Marys Football Club

Player profiles. Interviews by Diane Johnson

#### Andrew Webb

Age 32 Seniors No 16 Centre Half Back Married to Cindy, 4 sons, Shane, Luke, Aaron, Jayden. Shane 8, plays Junior football. Andrew said he would not force his boys to play football, but can if they want to. 1.Q. What is your ambition in football?

A. To keep playing with St Marys, hope to get a Grand

2. Q. Why do you choose to play with St Marys?.

A. Because I live here, good club, people are great.

3. Q. How long have you been playing football?.

A. Played last 2 yrs with St Marys. About 5 yrs ago I played with Fingal and during this time won 3 Best & Fairest with Fingal Reserves. Did not play in the interim due to injury.

4. Q. What do you enjoy doing the most?.

A. Fishing and wood cutting.

5. Q. Do you have a future fantasy?.

A. To go to see Carlton win the next Grand Final. (Interviewer comment: Certainly won't be this year!)

6. Q. What has been your greatest achievement?.

A. Turning up for football every Saturday, I just love footy, also watching Carlton win 1995 Grand Final.

7. Q. What makes a good football club.

A.Supporters.

8. Q. What is your favourite TV show?.

A. Baywatch.

(Comment: Clear favourite with most players)

9. Q. What is your favourite music?.

A. Savage Garden.

#### Adam Britton Reserves No. 2

1. Q. What position do you play?.

A. Where I am most wanted.

2. Q. Who do you most admire?.

A. Laurence Gilbert!!

3. Q. What makes a great footy club?.

A. When people do not criticize you and —
Team Everyone Achieves More

4. Q. What do you enjoy doing the most?.

A. Playing football with St Marys.

5. Q. Why do you choose to play with St Marys?.

A Because every other club does not have respect for each other and St Marys does, they are a team that comes from the heart.

6. Q.Do you have a future fantasy?.

A. To be a movie star.

7. Q. What is your favourite food and drink?.

A. Milk and Mrs Mac's beef, cheese and bacon pies.

8. Q. What do you consider to be your best feature?.

A. Running ability.

9. Q. Who would you like to cuddle up to on cold night?.

A. Scottie Frankcombe.

#### Leigh Spilsbury No 20 Reserves Captain

One of St Marys veterans, has played with them since Under 16's. Will turn 32 on May 26th.

Nickname: Blairy. Originates from his youth when he was a blond haired surfie!

Married with two children, Hannah 5 and Jacob 3. Interview is with his wife Karen (Granny).

1.Q. Who does he most admire?.

A. Just loves Richmond - a Richmond boy, (old man)

2. O. What is his greatest fear?.

A. Me going into shops (hates me going to town by nyself)

3. Q.Is he hard to live with during footy season?.

A.Only on Saturday night when he moans and groans and aches.

4. Q. What does he enjoy doing the most?.

A. Fishing (I think) - loves sport.

5. Q. Which footballer does he most admire?.

A. I should say Wayne Carey, he hates his guts. I go for N.Melb. and he hates them because of Carey 6. Q. Is he a good father?.

A. Yes. Likes reading to Hannah and doing fatherly things.

7. Q. Has he any pre-game rituals?.

A. Goes to the toilet all the time.

8. Q.Does he remember Birthdays and Mothers Day.

A. Yes. He is very good, has nice surprises on Birthdays, Mothers Day and roses on Valentine Day. We have been married 7 years.

9. Q. Who has had the biggest influence on his life?.

A. James Boag.

## St Marys Hotel

Phone (03) 63 722181

KENO





SKY CHANNEL

#### **COUNTER MEALS**

Friday Night

6 pm - 8 pm

Saturday

12 noon - 2.00 pm 6 pm - 8.00 pm

Sunday

12 noon - 2.00 pm

#### The Valley & East Coast Voice

## Player profiles: by Diane Johnson Tim Martin Reserves No 5 Back Flank

- 1.Q. What is your occupation?.
  - A. Trainee Motor Mechanic at Evelyn's S. Station
- 2.Q. What makes a good football club?.
  - A. Teamwork and respect.
- 3.Q. What has been your greatest achievement?.
  - A. Getting a job.
- 4.Q. Who do you most admire?...
  - A. Grandfather.
- 5.Q.What do you consider to be your best feature?
- A. Being up front, people know where they stand with me.
- 6. Q. What is your favourite food and drink?.
  - A. Milo and steak.
- 7. Q. What do you enjoy doing most?.
  - A. Messing around with cars.
- 8. Q. What do you do to relax?.
  - A. Reading, Science Fiction.
- 9. Q. Do you have a future fantasy?.
  - A. To be successful.

#### Clinton Witchell

#### Reserves No 14 Wingman

- 1. Q. Have you any pre-game rituals?.
  - A. Having an early night on Friday.
- 2. O. What do you look for in a woman?.
  - A. Sensitive, loyal, everything that Conor is.
- 3. Q. Who is your best supporter?.
  - A. Relatives.
- 4. Q. What do you hope to achieve this season?.
  - A. To make the Grand Final.
- 5. Q. What is your favourite food and drink?.
  - A. Coffee and Chicken burger.
- 6. Q. What is your greatest possession?.
  - A. Car and Girlfriend.
- 7. Q. What makes a great footy club?.
  - A. Loyalty and commitment.
- 8. Q. What has been your greatest achievement?.
  - A. Restoring a car.
- 9. Q. What food do you hate the most?
  - A. Mushrooms and pumpkin.
- 10.0. What is your greatest fear?.
  - A. Being blind or being a paraplegic.

#### Laurence Gilbert Reserves No 4 Wingman

- 1. O. What is your most valued possession?.
  - A. Car (Dato)
- 2. Q. What is your greatest fear?.
  - A. Having to sell the Dato.
- 3. Q. What do you think makes a great footy club?.
- A. Turning up to away games, not only home games and turning up for training.

- 4. Q. Who do you most admire?.
  - A. Woody.
- 5. Q. What do you enjoy doing the most?.
  - A. Playing football.
- 6. Q. What has been your greatest achievement?.
  - A. Playing a senior game for St Marys.
- 7. Q. Why do you choose to play for St Marys?.
  - A. Good supporters.
- 8. Q. Who would you like to cuddle up to on a cold winter's night?.
  - A. Ross Bean.

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#### JUNIOR FOOTY by Kid Eager

Sunday matches were played in fine conditions at Scamander. Prep/Ones again played a fine pipe opener with a further improvement in the standard this week. No scores were recorded for this match.

Other matches were played under a revised format with Grade 2/3's and 4/5/6's playing.

The 2/3's match was a spirited game with the Demons jumping the Cats in the first quarter leading 4.0 -24 to 0.2 - 2.

The Cats gradually clawed their way back into the game but inaccurate kicking and fine performances from some individuals in the Demons team held the Cats at bay.

At the final whistle the Demons 9.2 - 56 inflicted the Cats first defeat 6.12 - 48.

The best for the Demons was Billy Singline whether on the ball, in defence or attack. Todd Spilsbury and Blake Faulkner provided plenty of run whilst Brody Stuart kept the Cat's forward line in check in the first half. Lucas Bailey provided strength in the ruck and full forward.

For the Cats Daniel Cooke battled hard all day and Kase Miller was very effective when moved to the centre. Andrew Webster was again dangerous around the goals.

In 4/5/6 match, the Junior Footy brain trust must have been pleased with the changed format as the Grade 4;s fitted in quite well with the bigger boys.

The Magpies pulled a surprise move by including a mystery big man Simon Bett. The Pies caught the Demons napping in the first quarter piling on 6.6 to 2.1.

After even second and third quarters the Demons came home with a wet sail kicking 6.5 to 1.1 in the last quarter. Maybe this was an omen for Sundays AFL game!

Final scores,

Demons 16.12 - 108 defeated Magpies 15.7 - 97.

Goal kickers:

Demons: Mark Webster 5, Richard Howe 3, Jamie Webster 2, Matthew Kelly, Luke Casboult, Matthew Spilsbury, Corey Floyd 1.

Magpies: Simon Bett 5, Lasarus Louis 4, Tyrone Blair 3, Jordan Montgomery, Josh Rice 1.

This weeks matches will be held at Bicheno with the following round of games at Fingal.

All players are reminded to bring their own drink bottle.

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#### St Marys Football Club News by Old Tige

The trip to Old Scotch brought with it the promise of a very competitive day, the U/16's were looking to bounce back from their first loss and started well and led for the first three quarters of the game. On many occasions they looked to run away with the match but two players were sent from the ground, taking away some of the initiative. A very tense last quarter saw Scotch hit the lead for the first time late in the game and hold on to win by five points. Again costly errors costing the team a win.

The Reserves game was almost a carbon copy, the team leading for most of the game, only to be over run in the final stages to lose by fifteen points, the teams first loss for the season. Again there were many costly mistakes late in the game. The side had been playing well in previous matches, and would have expected to win this one, as one player said "we came up against a team of real triers".

The Seniors were bouyed from their first win the previous week and were looking forward to the game against Scotch who looked evenly matched. The Tigers were away to another good start and accurate kicking saw us away to a three goal lead at quarter time. A tense struggle in the second and third quarters had us in the lead by just five points at three quarter time. Scotch's inaccuracy due mainly to a fine effort from our backline, forcing many behinds. The late goals saw us home by sixteen points, a well deserved win.

Last week saw us pitted against a well credentialled opponent in Old Launcestonians, who were being touted as a finals contender in both the Reserves and the Senior grades. The first match however had the lads against Grammer Blue, a fairly tall side, who looked to take control of the game early, restricting the lads to no score at half time whilst they kicked five goals. The second half though saw a complete turn around, the side, without some regular players kicked

two goals to nil to have a chance at three quarter time. Grammer again held out in the final term to win by twentytwo points, the boys playing very well in the second half.

The Reserves got off to a slow start, Old Launcestonians kicking six unanswered goals until quarter time. The Tigers fought back well in the second term, booting five unanswered goals for the quarter to be just eleven points down at the long break.

Unfortunately injuries to Andrew Viney, Michael Cooke and Leigh Spilsbury robbed the side of valuable experience, OL's taking complete control in the second half to run away very convincing winners. The difference in the sides,

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#### FOOTBALL continued from back page

seemed to be a very potent opposition forward line, two players contributing thirteen of the oppositions goals.

The Seniors were facing a three goal deficit early in the first term, but played very well for the remainder without much luck in front of goals, to register two goals to six goals two, but bad kicking they say is bad football.

A more even second term saw us just thirteen points in arrears at half time, but after the third break OL's kicked eight goals to two in the third term to sew up the match. Again the opposition forward line seemed to be the difference, on most occasions that they went into attack, they scored a goal, long and accurate kicking a feature, it was not surprising that our best players came from the backline, as they were under seige for most of the second half.

#### Saturday 23 May:

This weekend sees the Tigers with a chance to bounce back against St Pats at their home ground, lets hope all sides can get back on track after last week.

#### Saturday 30 May:

St Marys against Evandale at St Marys.

#### Appreciation

On behalf of the Under 16's, we would like to thank Mr and Mrs Doug Gamble for the donation of the sausages and hamburgers for last weeks barbecue.

Tracy Bean
President Ladies Committee
St Marys Football Club Inc.



#### DICK ADAMS

Federal ALP Member for Lyons
Chairman of the Federal Opposition
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If you would like any information or to express your view Please contact him on 1800 811 134 PO Box 50, Perth, Tas 7300

Authorised by P Kearney, Killara Ave, Exeter

Life affords no higher pleasure than that of surmounting difficulties, passing from one step of success to another, forming new wishes and seeing them gratified.

- Dr Samuel Johnson