

# The Valley and East Coast Voice

Volume 31 Issue 21

Friday 26 March 1999

50cents

## WHY ST MARYS?

### *Why not St Marys I ask myself.*

I live in St Marys and have been here for 5½ years.

I like St Marys. The people are down to earth and have nice qualities of interest and concern for each other. We know many of each others foibles but generally there is tolerance, room to move and breathe and time for laughter.

We are surrounded by magnificent landscapes. So here we are after years of living and working abroad. We've seen and lived the sights of London, Paris, Brussels, Amsterdam, The Hague, Madrid, Melbourne and Sydney, but St Marys is home, where we've retired, where we can learn to know ourselves.

Two and a half years ago I presented with cancer of the endometrium and following surgery and radio and brachy therapy got on with life.

Everything was successful. Life was good.

Then trouble came again. Swelling of feet and ankles — lymphoedema — the "4 F dis-ease" some of us call it, began to manifest itself due to the combined treatment.

With pills and special stockings, I can manage my right leg but not my left.!

*Senator Jocelyn Newman is 'delighted' to accept the invitation to officially welcome Professor Neil Piller to our state and St Marys.*

Fat leg/legs, fobbed off, frustated and fear for the future led me to find out more about this dis-ease, and what a learning curve it has become.

So to Adelaide to be assessed by Professor Neil Piller at Flinders Surgical Oncology Clinic and be treated by his associates Ann Thelander with her laser light and Robyn Heddle with her magic fingers. Three laser and complex physical therapy treatments and I was able to ditch the men's size 10 left runner for a matching pair of footwear. The dragged yeti-like footprint on the beach at Four Mile Creek disappeared.

But the treatment is not a cure — it is management only. I found it impossible to receive the same treatment in Tasmania. *Continued next page*

## New life planned for Todds Hall

On meeting enthusiastic young couple Jen and Andrew who have just moved to St Marys, you cannot help but get caught up in the excitement of their plans to bring Todds Hall alive and have it become an important part of community activity and entertainment.

Plans to literally 'open up' the coffee shop to allow it to be entered from the foyer as well as off the street, are under way.

The launderette, which is now cleaned daily, will continue to operate.

As Andrew said "The hall has so much potential and is such a beautiful building that with a good clean and some finishing touches it can be proudly used for many community functions." Drama classes, presenting plays and regular film showings are just a few of the ideas which the new owners have for Todds Hall.

In the meantime until all this can happen, Jen is qualified to draw up house plans and also loves to design furniture. Andrew will be busy bringing the building up to council approval with toilets etc. and looking at ways of heating the hall and cafe areas.

In the next Valley Voice we will tell you the unbelievable series of events which made their arrival in St Marys a day that they will never forget !

## ST MARYS WATER SCHEME

**IMPROVEMENTS** The new water treatment plant at Cameron Street, St Marys is now online and residents should by now have noticed a great improvement in water clarity and quality generally. The plant treats borewater before it is piped into the town supply.

Some clarification as to the role of chlorine in the treatment process is needed. The addition of chlorine accelerates the process of removal of iron and manganese from borewater from 2-3 hours down to a few minutes. A residual level of approximately 0.2 - 0.5 parts per million free chlorine remains after treatment, which has the benefit of protecting the supply in the event of post treatment bacterial contamination, such as birds or other animals accessing the reservoir or accidental backflows sucking in contamination via garden hoses etc, after a burst water main or similar unforeseen incident.

The residual chlorine level in the water supply complies with National Health and Medical Research Council recommendations. Residents may notice a chlorine odour in their water over the next few weeks. This may be exacerbated by the presence in the water mains of silt and other organic matter from the old creek supplies. The mains will be progressively pushed out to remove this material which should result in a gradual reduction in chlorine taste and odour.

*Continued 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

What to do? Go back to Adelaide? Ask Neil, Robyn and Ann to come to Tasmania? To St Marys? Why not?

A few phone calls, faxes and letters later it started to fall into place. St Marys Health Centre would be the venue for the Lymphoedema Workshop.

Date - 24th and 25th April '99 for education and information, the following week for treatments.

Rumours began to go around Tasmania. Why St Marys? is the burning question on the lips of some health professionals.

Why St Marys indeed! What do we have to offer?

St Marys gateway to the East Coast - superb scenery, gourmet food and a range of good accommodation in the vicinity, friendly country folk and a "state of the art" health centre.

Alternative excellent venues if numbers grow too large!

Well five weeks to go and the phone and fax run hot on some days and the interest is growing.

The Federal Minister for Family and Community Services Jocelyn Newman is "delighted" to accept the invitation to officially welcome Professor Neil Piller, Robyn Heddle and Ann Thelander to our state and to St Marys.

At the workshop will be the meeting of five Tasmanians who travelled to Adelaide to see the team for their "4 F dis-ease" treatment. Until recently we had never even spoken to each other. Now we come to meet and greet.

A National Health Care Complaints Conference in Hobart recently heard that "older people were far less likely to complain or question the standard of health treatment they received" — Eve Lamb in the Mercury 12.3.99 "The fear of repercussions coupled with a great degree of respect for the medical profession often meant older Australians did not report shoddy treatment," she wrote.

Well, I'm not complaining, to the contrary I'm very grateful. But I have decided to grow old disgracefully and with the help of my old runner shoestring I've begun to organise this workshop.

The hope is that surgeons, medical and radiation oncologists, G.P's, Physios and O.T's as well as all those at risk of lymphoedema and those already with it come to St Marys for the workshop to raise our voices loudly and clearly so strategies can be put in place to ensure future generations do not suffer from this debilitating problem.

Everyone welcome!

Workshop co-ordinator, Jan Sparkes

### Lymphoedema Workshop: April 24-25 1999

St Marys Community Health Centre  
Gardiners Creek Road St Marys Tas 7215

Fax: 63722559

#### Payment:

Patient/Carer or interested persons \$10

Saturday April 24th 10am to 12 noon

Professional: \$50

Saturday April 24th 1pm to 5pm

Sunday April 25th 11.30am to 4pm

Lunch can be provided for a small donation.

Proceedings will be officially opened at 2pm

Saturday 24th April by Senator Jocelyn Newman

For more information and bookings please ring:

Jan Sparkes Phone/Fax 63 722433

## St Marys Water Scheme Improvements *continued*

As soon as the quality of the supply is confirmed by laboratory analysis as complying with National Health and Medical Research Council Guidelines, Council will rescind its long standing recommendation to boil all drinking water from the St Marys Town Supply.

Richard Mason

Break O'Day Environmental Health Officer

## Avoca Fire and Ambulance Station Opened

The new collocated Fire and Ambulance Station in Avoca has been officially opened by the Labor Member for Lyons, Ken Bacon.

The station, upgraded at a cost of \$60,000, is manned by volunteers with backup from neighbouring districts' fire and ambulance services.

Mr Bacon said the collocated emergency services were definitely a win-win arrangement for the delivery of efficient, quality services for Avoca residents and those of the surrounding Fingal Valley areas.

He said under the constant pressure to constrain budgets to levels taxpayers could afford, it was logical and effective use of resources to bring together the expertise of fire and ambulance services.

"The extension and upgrade has enabled one ambulance vehicle and two fire fighting vehicles to be accommodated.

"The collocation has also enabled the services to share training and recreation facilities and ideas, and to work together in a team environment.

"It is absolute commonsense that the two services co-operate in planning, communication, and where relevant in shared assets to improve total cost and service effectiveness.

The station, which operates on a 24-hour basis, is staffed by 24 volunteers.

## DESIGNER HAIR STUDIO

Main Street  
ST MARYS  
Ph 63722108

Appointments  
for all the  
family.





# St. Marys Community Health Centre

## LISTENING TO BABIES

From the very first days after birth, baby will be listening to you and will soon be smiling and cooing. That's your baby talking to you. Crying is also a very important part of your baby's language.

### Some tips to remember:

- ~ Crying is perfectly normal behaviour.
- ~ In the first few months of life a baby spends about 2 hours in every 24 hour period crying.
- ~ Crying can be nature's way of making sure the baby's needs are met. It is meant to be a sound that parents cannot ignore.
- ~ Things will get better !!

### Useful tips for coping with crying:

- ~ Rock baby in a cradle or pram.
- ~ Walk up and down with baby.
- ~ Sing or talk to baby.
- ~ Play soft music.
- ~ Carry your baby in a sling.
- ~ Try a car ride - it can work like magic.
- ~ Cuddle baby - if you can relax, this is the best comfort baby can have.
- ~ Feed, change nappy, check comfort.
- ~ Try a dummy.

**REMEMBER**— Most parents feel angry with their children at some time.

**TAKE TIME OUT !!**

**DON'T TAKE IT OUT ON YOUR CHILD**

## LISTEN TO YOURSELF

- ~ Take a break when you can.
- ~ Try to avoid getting so tired you can't think straight and re-act in anger.
- ~ Talk about your concerns.
- ~ When you feel anxious about your baby share your concerns with your partner, your neighbour, friends, relatives - anyone who will listen.
- ~ Get help when you need it.

**PROFESSIONAL HELP IS AVAILABLE  
AT THE COMMUNITY CENTRE**

**MOST IMPORTANTLY —  
TAKE CARE OF YOURSELF  
TAKE TIME OUT FOR PLEASURE**

## DOCTORS WEEKEND ROSTER

March 27th and 28th — Dr Geniola  
April 3rd and 4th — Dr Shah

\*\*\*\*\*

## WHAT'S ON AT THE CENTRE

29th and 30th March  
Podiatrist - Chris White

Thursday 1st April  
Child Health Clinic

\*\*\*\*\*

**St Marys Community Health Centre**

**Phone 63722111**

**Dr Shah 63722311**

**Dr Geniola 63742288**

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## R.O.P.E.

Rural Outreach Programme East is an organisation funded through Family Based Care and run from the St Marys Community Health Centre.

The programme offers support for adults with intellectual disabilities in the Break O'Day/Bicheno region.

One to one support is designed to promote independence in everyday living situations, such as social activities, living skills, educational opportunities etc.

Also provided is information about other services available.

For more information please contact the coordinator, Mandi Williams on 03 63722691. Her working hours are Wednesday and Thursday 9am to 3.30pm.

## GIFTS and GADGETS

46 Main Street St Marys Ph 63722773

ARRIVING SOON:

SCATTER CUSHION COVERS

and THROW RUGS

24K GOLD PINS with GIFT CARD

LOVELY GIFT at \$9.95

LARGE SELECTION of JEWELLERY

NECKLACES from \$7.50

EAR RINGS from \$9.50

BELLY CHAINS from \$8.00

BRACELETS from \$6.50

### CHEAPER EASTER EGGS

Small: 7 for \$2.00

Medium: 3 for \$2.00

100g \$2.00, 125g \$2.50

ANNA EGGS, BOXED EGGS and

RABBITS ALL ONLY \$2.50. LARGE \$6.00

EXTRA LARGE BOXED ONLY \$6.50

EASTER GREETING CARDS \$1.00



### OTHER SPECIALS INCLUDE:

NYLON SHOPPING BAGS \$1.50

DEGREASER ONLY \$2.75

IRONING AID ONLY \$3.00

BIROS RED/BLACK/BLUE ONLY 50 cents ea.

### BEAUTIFUL FRAMED PRINTS

DOLPHINS, TRUCKS and HARLEYS

available at **ONLY \$30.00.**

COME IN AND LOOK AT OUR

SECOND HAND BOOK

SELECTION...

MANY STEPHEN KING BOOKS TO

CHOOSE FROM

## SMITH VALLEY

### TRADERS

44 Main Street St Marys Ph 63 722367

LAST WEEK of 1/2 price

### SUMMER SELLOUT

Dresses - T Shirts - Tank Tops - Shorts - Tops

Nighties - Dressing Gowns - Slacks - Jumpers

Kids wear - Bathers - Skirt & Top Sets

**\$7.00 RACK**

**\$5.00 BOX**

20% OFF PIPING HOT WALLETS

20% OFF MANCHESTER

20% OFF SCHOOL BAGS: PIPING HOT/ADIDAS

Shower proof ART SMOCKS \$14.95

PIPING HOT Caps now only \$15.00

A.F.L. WALLETS \$7.00

A.F.L. CAPS \$14.95

ST MARYS FOOTY CLUB SHORTS & SOCKS

PACK 3 WORK SOCKS \$8.00



KIDS CORD TROUSERS from \$16.95

KIDS CAMO PANTS from \$19.95

FLEECY TRACK PANTS from \$16.95

JUMPERS & L/SLEEVE TOPS from \$19.95

BABIES QUILTED SUITS \$22.95

KNIT JUMPERS & VESTS from \$15.00

LIDO JEANS \$39.95

THERMAL BEANIES \$8.95

LARGE RANGE of LADIES SCARVES

GIRLS LEGGINGS \$7.95

### BLUNDSTONE BOOTS

sizes 13 to 12

LARGE RANGE of HABERDASHERY

Enter our Easter Giveaway

Name.....

Address.....

Phone.....

WITH ANY PURCHASE OVER \$10

Enter our Easter Giveaway

Name.....

Address.....

Phone.....

WITH ANY PURCHASE OVER \$10

## Catholic Parish of St Marys Easter Ceremonies

**Holy Thursday: 1st April**  
Mass of the Last Supper  
St Marys: 6pm. St Helens 8pm.

**Good Friday: 2nd April**  
Stations of the Cross.  
Mathinna 11am

**Passion, Veneration of the Cross**  
**Eucharist.**  
St Marys 2pm. St Helens 4pm

**Vigil Service of Light.**  
**Saturday 3rd April**  
St Helens 7.30pm

**Easter Sunday 4th April**  
St Marys 9am.  
Bicheno 4pm

## S.R.C Easter Raffle

Look for the basket of Easter eggs (valued at \$50) in the local shops between now and Easter.

The St Marys District High School Student Representative Council is conducting this raffle which will be drawn on Tuesday 30th March.



The tickets are 50c each or 3 for \$1.00 and the students would appreciate your support.

## 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



## DO NOT BE CAUGHT NAPPING IF THERE IS A FIRE IN YOUR HOUSE

The Lions Club of St Marys still have some smoke detectors available at cost price.

It is a small price to pay to save the cost of a life. With winter coming on and the use of fire for heating in the home, the risk is higher for an unwanted fire.

So why not contact a Lions Club member and have a smoke detector fitted at your place or you can 'do it yourself'.

### Members to contact:

Lion Barry Wright  
St Marys 63722314  
Lion David Lowe  
Fingal 63742330

Lion Ron Sumner Four Mile Creek 63722105



### Fire Safety

Develop a family escape plan and practice it with your entire family. Be sure to include small children in your practice.

Explain to children what the smoke detector alarm means.

Teach them that they may need to leave the home by themselves if necessary, and how to do this.

## NOTICE CORNWALL COTTAGE NURSERY

WILL BE OPEN TUESDAYS,  
THURSDAYS AND SATURDAYS  
ONLY, FROM 10AM TO 4PM.  
THIS WILL COMMENCE FROM THE  
1ST APRIL UNTIL  
THE 31ST OF AUGUST.



AFTER HOURS SERVICE WILL  
STILL BE AVAILABLE  
BY PHONING  
CHRIS ON 63722107 OR  
BRITT ON 63722050

## Church Services

### Catholic Parish of St Marys

**Priest:** Paul Connolly, St Marys.

#### Fingal

Every Friday Mass 10am

#### St Marys

Every Sunday Mass 9am

#### Bicheno

Every Sunday Mass 4pm

#### St Helens

Every Saturday Vigil Mass 6pm

#### Mangana

2nd Sunday

Eucharistic Service 11am

#### 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

### 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

#### Thrift Shop

Wed - Fri 10am—2pm.

Pickups Ph 63 722352

## Lindsay & Diane Harris

Funeral Directors  
(D.Bailey & Son)

46 Tully Street St Helens

Phone 63 761153

Take advantage of  
the Pre-paid  
Funeral Plan  
or we can offer  
advice to suit  
your requirements.



WITH SINCERE  
DIGNITY AND  
PERSONALISED  
SERVICE

### Valley Church of the Rock

(CRC Church Fingal)

Pastor Leigh Casboul

Ph 63741099

Sunday School 9.30am

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

## W. LOCKETT & SONS

**Bruce Davidson : Funeral Director**  
**Campbell Town**

Enquiries may be directed through either :

Mr G. McGee Campbell Town 63 811167

Mr T. Pears Campbell Town 63 811472

Mr Bruce Davidson Launceston 63 444577

**Pre-paid funerals can be arranged.**

# CLASSIFIEDS

## REDLINE COACHES....

Deliver this paper quickly and efficiently. Statewide passenger and parcel service.  
Phone 63722 143

## 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.

**FOR SALE....**Ford Falcon XY '71 Wagon, automatic, mags, genuine 2 owners, Nov rego, 80,000 miles, resprayed, everything A1. \$1800

Contact D. Floyed, 24 Franks St, St Marys. Phone 63722176.

**FOR SALE....**White solid padded ends cot, 2 foam mattresses, cot electric blanket (new condition) \$120

Baby bath, white, as new \$15  
Baby car capsule (harness style), sheepskin liner, sun shade & liner (pink) \$80

Porta Cot (large) \$100

Gaylene McGiveron  
63722654.

**FOR SALE....**Yamaha PSR -190

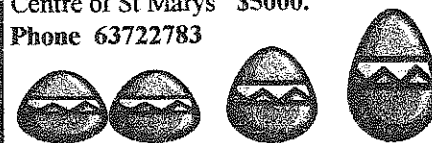
keyboard \$200  
Childs 3 in 1 swing set \$30  
Guinea pig and hutch \$30  
ALL GOOD CONDITION  
Phone 63722568.

**FOR SALE....**4 Litres Wattyl

Solargard paint (terracotta).  
\$25 (half price)  
Phone 63722218.

**FOR SALE...BLOCK OF LAND**

Fenced - cleared - water connected.  
Centre of St Marys \$5000.  
Phone 63722783



# GREENS

DAVID & HEATHER GREEN  
ST MARYS

Phone (03) 63722 602

- \* Chimney Sweep \*Fencing
- \* General Home Maintenance
- \* Concreting \*Paving
- \* Domestic & Office Cleaning
- \* Lawn Mowing \*Gardening
- \* Rubbish Removal

FOR FRIENDLY & RELIABLE SERVICE AT  
REASONABLE RATES  
SERVICING ST MARYS &  
SURROUNDING DISTRICTS

## ANSWERS TO LAST WEEK CRYPTIC TASMANIAN TOWNS PUZZLE.

1. Dover
2. Hillwood
3. Derby
4. Prospect
5. Gladstone
6. Beauty Point
7. Burnie
8. Sheffield
9. Lake Leake
10. Tomahawk
11. Snug
12. Underwood
13. Beaconsfield
14. Ross
15. Campbell Town
16. Pipers River
17. Cygnet
18. Springfield
19. Battery Point
20. Ringarooma

## ST MARYS VARIETY

GOOD RANGE OF SIZES  
IN FOOTY BOOTS  
AND STOPS

ENQUIRIES 63722467  
Orders taken for Adidas  
or Puma footy boots

# MEALS ON WHEELS

## MARCH

29

30

31

## APRIL

1

2

5

6

7

8

9

## ST MARYS

Eunice Saurine

Peter Williams

Wendy Aulich

Kaye Nailer

Tracey Bean

Selby Targett

Wendy Haas

Lorraine Gill

Helen Napier

Frank Turner

## FINGAL

Lucinda Stewart

Patsy Death

Jack Miller

Jan Berriman

Janine Burt

J.Lowe/C.Rankin

June Hall

Prev Mills

Jan Marshall

Vicki Woods

# STAY UPRIGHT

MOTORCYCLE TECHNIQUES

EAST COAST & FINGAL  
VALLEY RESIDENTS

MOTORCYCLE RIDER  
TRAINING FOR LEARNER &  
PROVISIONAL LICENCES IS  
CONDUCTED AT ST MARYS  
HIGH SCHOOL.

PHONE 1300 366 640  
FOR BOOKINGS  
AND ENQUIRIES.

# What's On

## Dance Classes

At  
TODD'S HALL ST MARYS

Saturday's 3.00pm  
\$6 per class  
Childcare Available  
Phone 63722012  
ALL AGES WELCOME

Contact Eo' Greensticks  
3 Aulichs Lane  
St Marys



## PODIATRIST (FOR FEET)

A reminder that Christine White, from Hobart, will be at St Marys on Monday & Tuesday 29th & 30th March. Tuesday is fully booked but there are a couple of vacancies on Monday. For an appointment, ring Kathryn at "Health & Beauty 63722172 or Rona 63722235.



## BRINGING THE CLASSICS TO YOU

Films will be screened at St Marys District High School, The Scamander Beach Resort, the Pancake Barn at Elephant Pass & the Bayside Inn at St Helens on the first Friday of every month. Except for April, where the screening will begin at 8pm (Dinner is available from 6pm. Booking on 63722263), screenings begin at 7.30pm with supper available after the film. Annual membership of the Society is just \$40, payable half yearly or quarterly or yearly (with \$5 discount). This is great value.

For further information phone - Tina Mason 63722668, Monica Bonnitcha 63722292, Tom Busby 63761970, John Collins 63761889

**APRIL 9TH -SLIDING DOORS**  
**PANCAKE BARN.** Dinner available from 6pm. Please book on 63722263. Film screened at 8pm.

## PURPLE POSSUM

Wholefoods Crafts  
Storey Street St Marys Tas 7215  
Phone (03) 63722655

### NEW BULK LINES

**CRUNCHY RICE FLAKES \$5.70/KG**

**DARK BROWN SUGAR \$2.40/KG**

### ALSO NEW

**Natural Prune Juice**

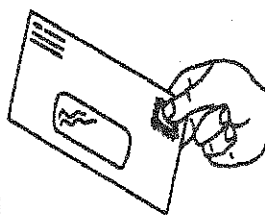
with no added sugar and no preservatives  
**\$5.50/750ml bottle**

**Tartex Swiss Pate - 3 flavours**

**\$3.40/125g tub**

**Australia's Own Natural Soy is certified organic and is free of genetically engineered ingredients. It's good value at \$2.55 litre or \$28.80 pack of 12**

## Face of Australia



**GET YOUR FACE ON A STAMP. INQUIRE HOW AT YOUR LOCAL POST OFFICE.**



## St Marys Butchery

Brent, Diane & Adam Johnson  
Main road St. Marys.  
Phone: (03) 63722274

Quality meats & smallgoods  
Extensive gourmet lines  
Daily specials  
Free local home delivery  
And  
Friendly, personal service

**CALL IN AND SEE US FOR ALL YOUR MEAT REQUIREMENTS**

## RANSLEYS

SALES AND SERVICE

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

**RANSLEYS HOME APPLIANCE SERVICES**

41 Quail Street St Helens  
Phone 6376 1811



# ST MARYS HEALTH & BEAUTY CENTRE

42 Main Rd St Marys Tasmania  
Phone (03) 63722172

**NAIL POLISH GALORE**  
**GREAT NEW COLOURS IN THE**  
**MIKI MINIS \$1.95 EA**  
**OR 3 FOR \$5.00**

**NAIL ART**  
**6 DESIGNS TO CHOOSE FROM ONLY \$4.95 SET**

**BRAVE the NEW AUSTRALIS**  
**BODY SPRAY NOW AVAILABLE**  
Win 1 of 5 \$1500 shopping sprees in  
Melbourne with a purchase of BRAVE or  
WATERBERRY fragrances.

## 3 SUPER SPECIALS AT \$5.00 ONLY

Miki colour tips (hair mascara)

now only \$5 (save \$4.95)

Miki hair extensions

Now only \$5 (save \$2.95)

Miki gelati fragrances

Now only \$5 (save \$4.95)

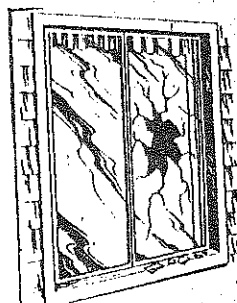
## SPECIALS

**20% OFF ALL SUNSUITS AND VESTS**  
(cash and credit card only)

Dymadon 24- 500g paracetamol

only \$2.95 ea

Pregnancy test kits - great price



***East  
Coast  
Glass***

- Glass Replacements
- Mirrors
- Shower Screens
- Fly screens and doors
- Blinds & Awnings

**DAVID CANNON**

**Frank Street Falmouth (03) 63 725361**

# Rae & Partners Lawyers Barristers & Solicitors

93 York Street  
Launceston

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

**BOOKINGS MAY BE MADE AT ST MARYS  
HEALTH & BEAUTY**

or

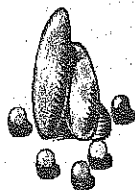
Phone (03) 6337 5555 for appointments

**ACCEPTING INSTRUCTION  
IN ALL LEGAL MATTERS**

**Value Plus**

**ST MARYS SUPERMARKET**

Kerry & Jill Taylor  
38 Main Street St Marys PH 63 722240

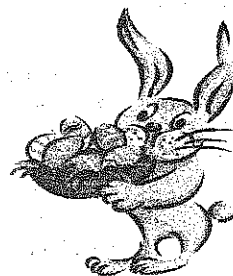


**EASTER BUNNY IS  
JUST AROUND THE  
CORNER.**

**ORDERS ARE NOW BEING  
TAKEN FOR**

- FRESH FISH
- BREAD, MILK & CREAM
- FRUIT & VEGIES
- HOT CROSS BUNS

**KERRY, JILL &  
STAFF WISH YOU  
A SAFE EASTER  
AND MAY EASTER  
BUNNY DROP  
SOME GOODIES AT  
THE FOOT OF YOUR BED.**



# Quinns

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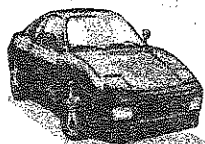
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Our ph/fax number is 63742344. Booking can also be made at the Health & Beauty shop in St Marys with Kathryn during business hours on 63722172. Bookings for a course cannot always be guaranteed due to circumstances beyond our control, however these circumstances are rare. Occasionally though, we do not receive enough booking to make a class viable to run and we do cancel classes. A phone call to Debbie prior to the class is recommended.

**FINGAL VALLEY**  
**NEIGHBOURHOOD HOUSE**  
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**Monday April 26th**  
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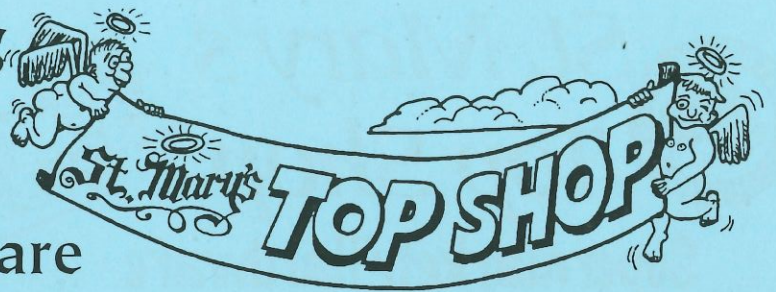
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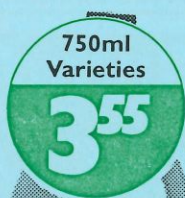
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750ml  
Varieties

**1<sup>59</sup>**



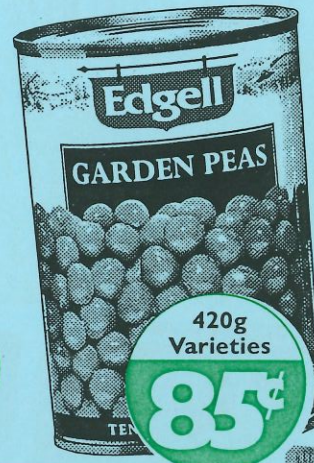
750ml  
Varieties

**3<sup>55</sup>**



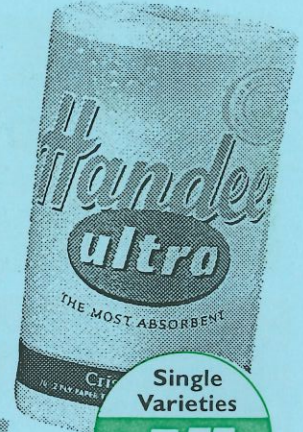
425g  
Varieties

**75<sup>¢</sup>**



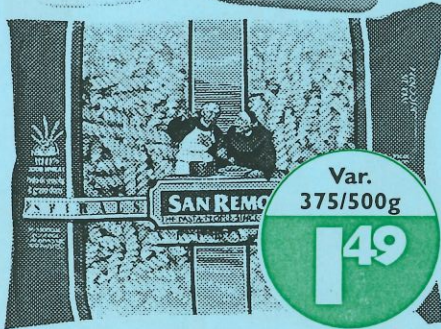
420g  
Varieties

**85<sup>¢</sup>**



Single  
Varieties

**1<sup>55</sup>**



Var.  
375/500g

**1<sup>49</sup>**



250g  
Leaf Tea

**2<sup>09</sup>**



750ml  
Varieties

**1<sup>75</sup>**



500g  
Saveloys

**2<sup>59</sup>**



400g  
Varieties

**95<sup>¢</sup>**



Ripe  
Avocados

**99<sup>¢</sup>**



Var.  
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**2<sup>75</sup>**

Sunrise 200g  
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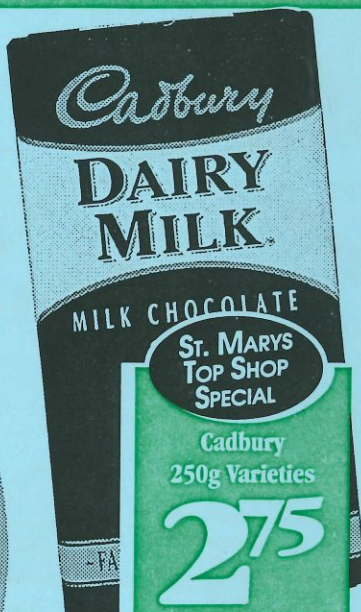
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supplies now.**



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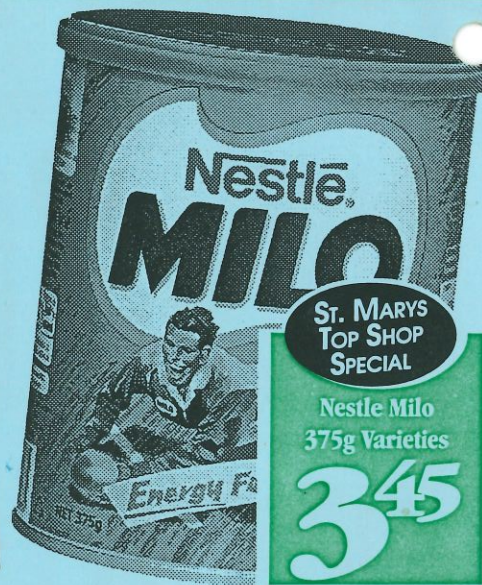
**1<sup>79</sup>**



St. Marys  
TOP SHOP  
SPECIAL

Cadbury  
250g Varieties

**2<sup>75</sup>**



St. Marys  
TOP SHOP  
SPECIAL

Nestle Milo  
375g Varieties

**3<sup>45</sup>**



St. Marys  
TOP SHOP  
SPECIAL

Gold'n Canola  
500g Varieties

**1<sup>79</sup>**



St. Marys  
TOP SHOP  
SPECIAL

Sweet  
Corn

**2<sup>70</sup>¢**  
for



St. Marys  
TOP SHOP  
SPECIAL

Marven  
No.15 Chicken

**4<sup>69</sup>**



St. Marys  
TOP SHOP  
SPECIAL

Sorbent  
6 Pack Varieties

**4<sup>79</sup>**

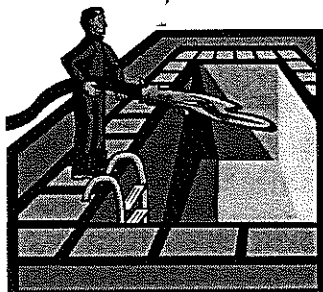
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# SWIMMING POOL CLOSURE



The swimming pool will close at the end of Easter. This will give keyholding families the opportunity to use this facility during the Easter break. The pool will **OFFICIALLY CLOSE** on Sunday 11 April.

Following this date, it is hoped to have the pool resurfaced. We're hoping that a good spell of weather will allow this to happen.

We hope that all pool users have enjoyed the 1998 /99 season. Keys can be returned to the office receive the \$10.00 key deposit refund. Late return of keys may result in the forfeiture of this deposit.

## S.R.C. NEWS

Our Student Representative Council have had a busy start to the year.

Next Wednesday and Thursday our senior students will be attending a Student Leaders' Conference at Inveresk Railyards. Student leaders attending this meeting will be addressed by several business leaders and our students should gain some valuable experience from this meeting.

Student fundraising has also had a great start. Activities include:

- Easter Basket Raffle. This is on display at St Marys Supermarket. Tickets are 50c each or 3 for \$1.00. This raffle will be drawn on Tuesday. Don't miss your chance, get your tickets on your next visit to the shop.
- A jar of chocolate eggs has been circulating around the playground for our guess the eggs competition. The closest guess of how many in the jar wins!
- The pool table in the student common room is in a sad state of repair and one of the aims for the students this year is to raise enough funds to have it resurfaced. A pool competition is being organized by Simon Bet to get the "ball rolling" for this goal.
- 40 Hour Famine kits have arrived at school and will be distributed to students who want to participate soon.
- A social is being planned to take place after Easter. More information will be circulated closer to the date.
- The usual plain clothes days, button days and traditional fundraising activities will also take place throughout the year. Watch this newsletter for more details.

# STOP PRESS

## ORANA HOSTEL CLOSES

ANOTHER SLAP IN THE FACE FOR  
COUNTRY STUDENTS AND PARENTS

Parents with students at Orana Hostel were shocked to receive a call from "District Office", not "Newstead College" on Thursday afternoon in order to be told that Orana Hostel was closing at Easter. Parents who decided to send their children to Orana did so for specific and very good reasons.

They were no doubt under the impression that the Hostel would remain open for the whole of 1999. However, this was obviously not to be the case.

The previous Liberal Government was determined to privatize student accommodation and our present Labor Government has done absolutely nothing to prevent this happening. Basically country parents now have no choice of accommodation for their children.

If they go to Launceston for year 11/12, it's Clarence House or nothing. We have an 11/12 system in this state which is unlike any other state in Australia. We have large colleges - all city based - to cater for the needs of all. However, there is obviously one huge problem, Tasmania is very rural and many students must leave home at sixteen in order to attend these colleges.

Do governments or our city counterparts think for one moment that country parents want to lose their children at sixteen? Do they really think that we want to be unsure about who is looking after them, what rules apply and who is keeping an eye on our children?

If we are going to be treated in this manner, it is about time we saw a year 11/12 complex developed on the coast between St Helens and St Marys to cater for our children. A combined complex would allow our children to come together to form large enough classes to make pre-tertiary subjects viable. It would also allow our children to remain at home under the care of their parents until 18 years of age.

It's time we asked for a better deal for our children. A 'one stop' accommodation complex is simply not good enough.

KATRINA LAYCOCK  
PRESIDENT

ST MARYS DHS PARENTS AND FRIENDS ASSOCIATION



# FINGAL PRIMARY SCHOOL NEWSLETTER

22nd March, 1999

## **MURAL**

The mural constructed by Megan, Alicia, Robert, Crystal, Hannah, Melissa and Nicklas looks absolutely fantastic.

A special thanks to Ken Martindale for a really top effort. Ken thoroughly enjoyed working with our students and was most impressed by the overall standard of behaviour and politeness.

Andrew Lowe won the contest to design a mural. Ken incorporated Andrew's idea of the Past, present and Future. Congratulations Andrew!

## **SPEECH PATHOLOGY**

Sonia Marson, our new Speech Pathologist, will visit us this Thursday. We welcome Sonia to our school.

## **GALA SPORTS DAY**

The first Gala Sports Day for 1999 is on March 30th at St. Marys. Our Grade 4-5-6 students will participate, choosing either cricket or T.Ball. During the day there will be a skills session in the morning, followed by a game in the afternoon.

## **ARRIVING AT SCHOOL**

Recently some students have been walking to school too early. Unless students have permission from a teacher, they should not be at school before 8-30am.

## **SCHOOL LUNCH BOXES**

I have been astonished by the amount of lollies, or equivalent, in some students' lunch boxes. The staff are of the opinion that lollies/chips etc. could be used as a treat, i.e. perhaps once a day or a couple per week. Please be selective when packing recess and lunches.

## **VANDALISM/THEFT**

Last week we unfortunately had an undesirable person/persons enter the school grounds and steal the tops off the wash basin taps in the boys toilet. We ask all students and parents to keep an eye on the school, particularly out of school hours.

Someone has been practising their 'slam dunking' - using the netball poles, as a result, bending the rings. This re-occurred on Thursday evening. The rings were only renewed last year.

Please help your school by watching out for inappropriate visitors and act!

## **EASTER**

School concludes on Thursday, 1st of April at 3-15pm and resumes on Monday, 12th April.

There was to be a RDO on Friday, 2nd April but we will be on holiday anyway. The next RDO will be on Friday, 16th April.

## **EASTER SERVICE**

The Easter Service will be held on Thursday, 1st April in the Anglican Church, commencing at 2.15pm.

All parents, relations and friends are most welcome to come along.

Rev. Cliff Walker of the Uniting Church will be taking the Service.

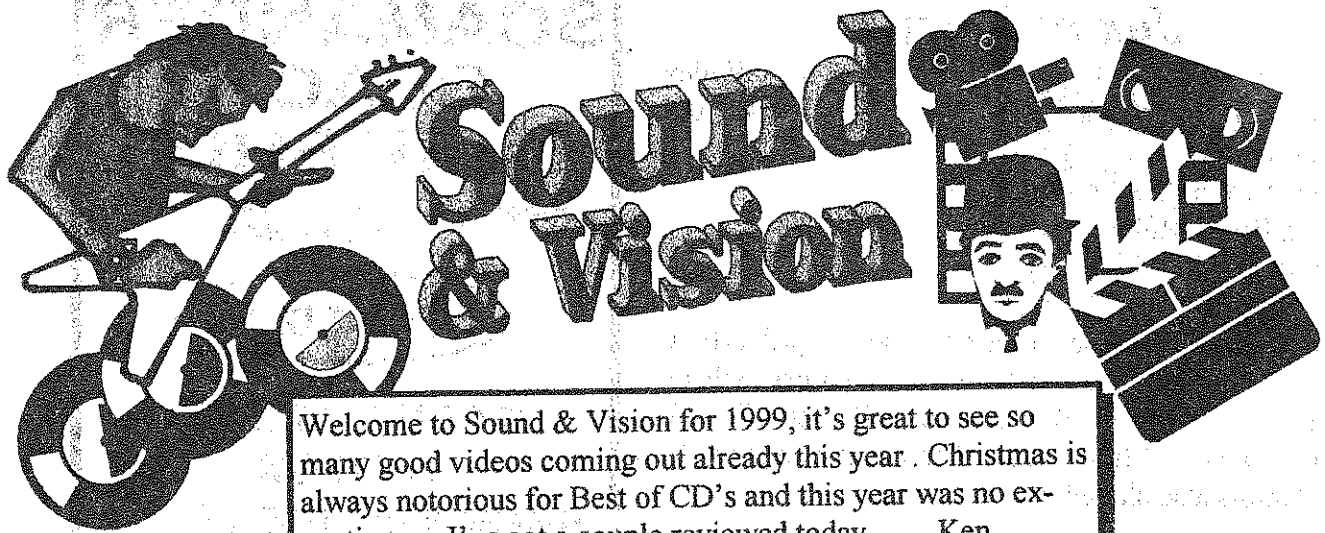
## **SPORTS PREPARATION**

A really big thank you to Mrs. Rankin and Mrs. Bosworth for attending an evening session in Launceston this week, learning better warm up procedures for sporting activities.

## **SPORTS GEAR FOR P/E**

Another reminder for Grades 2-6 students to bring their P/E gear on Thursdays. We will phase in the Infant class during the year. After Easter we would like the Grade 1 students to bring their sports gear in their bags and change before and after P/E.

Prep students will begin changing at a later date, when we believe as a group they are ready.



Welcome to Sound & Vision for 1999, it's great to see so many good videos coming out already this year. Christmas is always notorious for Best of CD's and this year was no exception, so I've got a couple reviewed today. Ken

### VIDEO REVIEW – “Something About Mary” Starring Cameron Diaz, Ben Stiller & Matt Dillon

What a great way to start off the video reviews for 99'. Cameron Diaz stars as Mary, a girl it seems everyone falls in love with by just meeting her. The story starts in the 70's when nerdy teenager Ted (played by Ben Stiller) falls for Mary and carries the crush right through to present day even though Mary has long moved away. With the help of a sleazy private investigator (Matt Dillon) Ted tracks his lost love down in Miami and is determined to not let her slip away again.

Something About Mary works on a slapstick comedy level in the style of the 80's teen movies such as “Weird Science” and “16 Candles” but has a 90's edge to it which makes it as fresh today as these movies were in their day. There is reasonably strong language and sexual references but they fit in well with the story and provide in some parts some great laughs.

Diaz is one of the big flavors of the month at the moment, although her acting skills have not really been tested in such movies as “My Best Friends Wedding” and this one, she seems to be perfect for these type of roles.

A very enjoyable movie \*\*\*\*

### CD Reviews – “The Very Best Of The Bee Gees”, “Time Capsule”, The Best Of The B52's “ & “Ladies & Gentlemen”, The Best Of George Michael “

What is this obsession we have with old music, I know the record companies say that the big money is spent by the 25 to 35 age bracket but it really is amazing to see how popular some of these old songs are. Of course the fact that nearly every new movie today features at least one old hit, be it from the 80's which is flavor of the month at the moment or the 70's which was done to death last year, they just keep on coming. One band no one seems to get tired of is Australia's prodigal sons The Bee Gees. This Best of features everything from “To Love Somebody” right up to “You Win Again”. As well as all the hits from “Saturday Night Fever” you get a good range of their pre disco era stuff such as “Words”, “Run To Me” & “Saved By The Bell” the latter being a solo hit for Robin Gibb.

21 Songs in all, Clean sound & Solid material \*\*\*\*. The Best of The B52's doesn't conjure up too many hits to mind, but songs like “Planet Claire”, “Private Idaho” & “Rock Lobster” are always forgotten for the more commercial material of the 80's such as “Roam” & the dancefloor classic “Love Shack”. Unfortunately the songs above are the best the band had to offer, the other 13 cuts are not much. \*\*\*. George Michael's Best of is a bit better going for solid material, “Faith”, “Father Figure” & “Praying For Time” still sound as great today as when you first heard them. Though the 2 CD set could have been possibly been cut back to a single CD there is a hell of a lot of great music here, included are the brilliant “Kissing A Fool” and the Wham classic penned by Michael when he was just 16 “Careless Whisper”. A Top Set that gets better with every listen \*\*\*\*



## Junior Footy

The first meeting for the East Coast and Fingal Valley Junior Football Association was held on Wednesday 10th March at St Marys.

The executive for 1999 is as follows:

President: Bruce Miller

Secretary: Debbie White

Treasurer: Gilbert Woods

It was decided to start the roster on Sunday April 11th at St Marys. It is envisaged that the roster games will be again shared amongst the four venues — Bicheno, Fingal, Scamander and St Marys with other matches against St Helens Juniors also slotted in.

**East Coast and Fingal Valley  
Junior Football Association**  
invites applications for

**Coaches for under age football**  
(6 - 13 years)

Applications can be forwarded to:

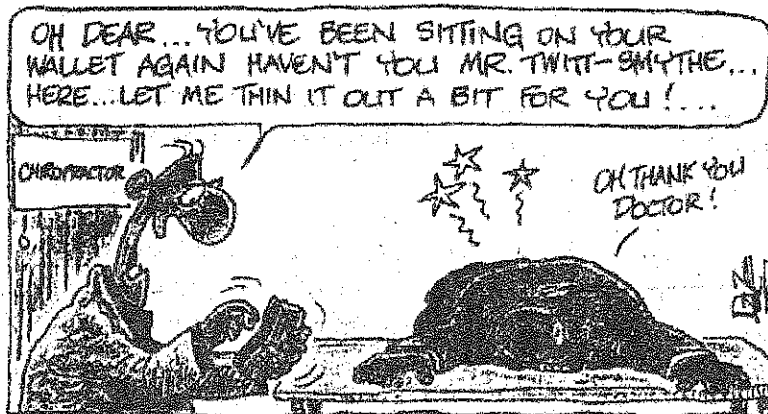
The Secretary

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Fri	9 am - 11pm
Sat	9 am - 11.30pm



## St Marys Sports Centre News

by Kackhander

### Forum night well attended

It proved to be a really worthwhile exercise resulting in the formation again of the Golf/Greens Committee convened by Mr Don Targett and Social Committee convened by Mrs Heather Hayes. To Donald and Heather thanks for your keen desire to bring together these committees to help the professional running of the club events and days. Also resolved was the extra bar persons for Sundays, a great attitude to getting the compulsory painting at the clubhouse done in April, bring a friend along for a drink night, and many other great ideas.

There were about 40 attending and committee wishes to thank everyone for their input and substantial support.

Saturday March 20th was the Annual Mowbray Day and once again Rod Spilsbury and Les and Pam Peart turned on a great day, evidenced by a happy bunch of 43 visitors. Mowbray are great supporters of the club and we convey to them all, our appreciation.

Pam's efforts with organising the sumptuous tucker was outstanding. Special thanks also to Dot White for bar efforts until mid afternoon then to Glenn McDonald and Peter Wilson for making Bryon Brown and Tom Cruise (cocktail) look like beginners. Glenn and Peter were excellent in offering their help. We also had a visit from the South Launceston Bulldogs Social Club. Wombat, Chris Davern and Trevor Viney looked after them well again, thanks fellas.

While still on golf, Don Targett will be conducting a four ball best ball stableford on April 3rd (Easter Saturday) commencing 11.30am. Bring your own partner.

There will be some nice trophies and Don promises that up to four crayfish will be spun for on the wheel. There will be a free barbeque after golf.

Hope to see a few there to support good events.

Let's also offer support to the Scamander tournament over the Easter break.

### Now to Pennant Golf

We are intensely proud of our pennant record over the years and I'm happy to report that once again we will have a fairly strong

team available to defend the 1998 title in A Grade.

Congratulations to John Miles in being keen to continue as Captain, a job he did excellently last year. The first game is March 28th at St Helens and the first home game is against Freycinet on April 11th. Good luck to all representatives.

Finally to Bowls and Secretary Glenn McDonald advises that the Annual Dinner (this year a spit roast) will be held on Friday April 9th at 7pm followed by trophy presentation. Invitations have been sent out and Glenn asks that your R.S.V.P. be returned nice and early. Sounds like a great night.

*Anyway until next time,  
good hitting and rolling.*

### IS THAT SO?

- Look for strength in people not weakness, look for good not evil, most of us find what we search for.
- The old believe everything, the middle-aged suspect everything and the young know everything.
- Here's to all our relatives - may they forget our faults and mend their own.
- Keep thine eyes wide open before marriage and half closed afterwards.

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&

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## FOOTBALL NEWS

The practice match at Fawltly Towers turned out to be a one sided match but the players gained some valuable match fitness on the day. Probably the only disappointment was the number of players that went missing for the match — that put the pressure on the rest of their team mates, as 20 players tried to compete against 32.

To their credit though the Tigers fought out the game well, the final margin indicated that a couple of key forwards were sadly missed.

Troy Clayton, the Bramichs, Jamie Viney and Adam Johnson showed benefit of an early start to training whilst newcomers Scott Round, Andrew Wright and Danny Bishop impressed in their first match.

Scott Mason carried the rucking duties single handed and although he had a terrible clash of heads in the first few seconds of the match with team mate Keith Gillies, also played well.

There was a lot to look forward to in the game, especially given the quality of players missing on the day.

### Under 16/s run out winners

The U/16's started their match looking at a 3 goal deficit in the first minutes of the game, the St Helens boys looking the goods early, but the lads fought back late in the first quarter to trail by a few points.

The Bay side looked as though they would be too tall and fast for the Tigers, but what a turn around in the next three quarters as the Tigers handball and accurate passing constantly saw them in attack.

The side running out deserved 9 point winners, a fantastic effort against a much vaunted opponent.

It would be easier to say that this was a real team effort, than try to name individuals. A great start for Daniel, Adam and all the boys and good for the future of the club.

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- Leathal Weapon 4
- Blues Brothers 2000
- A Boy called Hate
- What dreams may come

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