

The Valley and East Coast Voice

Volume 32 Issue 1

Friday 7 May 1999

50 cents

Well done St Marys!!

Well after weeks and weeks of preparation, organisation, posting flyers and application forms and answering phone calls, the week-end of the Lymphoedema Workshop in St Marys was upon us.

Why St Marys? Why not St Marys? Hurray for St Marys! We did it. And we did it well. From every angle it was a great success.

The weather could not have been better. The countryside clean and green, peaceful and beckoning. Everybody at the Health Centre cleaned and polished, mowed, baked and filled the larder. The nurses home all freshly painted and decorated was warm and welcoming thanks to the University of Tasmania. Excellent accommodation for visiting health professionals. Thank you. A vehicle laid on by the Health Department was a great boon.

Friday evening Ralph, Neville and I drove to Lonnie to meet and greet our Adelaide guests. The vehicles returned to St Marys full of bags, cases, posters, lasers and a laughing, chatting crowd of people.

By 9.30 am Saturday, people started arriving from all parts of the state. Many had booked in at various accommodation houses along the coast and in St Marys for a short holiday.

We soon realised more seating

was required. The day room at the Health Centre was packed. Seventy plus people came to find out about lymphoedema.

It must be remembered that lymphoedema cannot be cured. The arm or leg will always have a tendency to swell but the condition can be managed and the treatment programme repeated when necessary.

Adelaide certainly must be the lymphoedema capital of Australia, possibly the world, but St Marys may well become the lymphoedema centre of Tasmania. We have all the necessary infra-structure for good health management. Now we need the laser.

There are six of these low level lasers in Australia; three in Adelaide, two in Sydney, one in Newcastle. The seventh could, should be - St Marys. It can be done!

A small rural community organised and hosted a highly successful health seminar. Congratulations and well done to all!

Lest We Forget

My granddaughter Adele Targett recently visited Lone Pine Cemetery at Gallipoli and took a photo for me standing beside this plaque.

*Those heroes that shed their blood and lost their lives,
You are now lying in the soil of a friendly country.
Therefore rest in peace.*

*There is no difference between the "Johnnies" and the "Mehmets" to us,
where they lie side by side, here in this country of ours.*

"You the Mothers"

Who sent their sons from far away countries, "wipe away your tears"

Your sons are now living in our bosom and are in peace.

After having lost their lives on this land of ours, they have become our sons as well.

ATATÜRK 1934

Selby Targett

St Marys Online Centre

Open: Tuesday: 11am - 2pm

Thursday: 10.30am - 4.30pm

Friday: 6pm - 9pm

Saturday: 9.30am - 4pm

Free Internet Access.



Help with initial training and access to further computer training if required.

Book now at the St Marys Library or phone 6372 2005

Letter to the Editor

The Editor
Valley Voice

I refer to the front page comment on the VV dated 23 April. I'm afraid I don't agree with the comments made on "marked improvement in the quality of the St Marys water supply." I wish the only problem I have with my water supply is "a few less suds".

I pay my rates and expect to get pure water.

CHLORINE: a greenish-yellow, poisonous, gaseous chemical element with a disagreeable odour, used in the preparation of bleaching agents, in water purification, in various industrial processes, as a lung irritant in chemical warfare, etc. – *Webster's New Universal Unabridged Dictionary*, P317.

FLUORIDATION: is a form of mass medication with an uncontrolled daily dose. Large daily doses are ingested by babies who are fed infant formula and young children who drink water based cordials.

The principles behind fluoride reducing tooth decay explain that the fluoride needs to come in contact with teeth – such as being brushed and then spat out. Don't we always say to children don't swallow the toothpaste it is bad for you. Some diseases result from chronic ingestion of fluoride. (This info by Mark Diesendorf – Professor of Environmental Science and Director, Institute for Sustainable Futures, University of Technology, Sydney, 10.8.1998). I personally use a non-fluoride toothpaste. My children have never had a filling and we have always drank rain water, even when we lived in the city. The

benefits of fluoride for teeth is questionable. Chlorine in the form of Mustard Gas was used to kill people. Does 1 part per million or 1 milligram per litre equal slow poisoning? Hitler used chlorine gas to kill victims in the death camp showers! If I want pure water in 1999 I should be able to get it.

Another problem with the water is that the chlorine vapours in a 10 minute shower equals drinking 8 glasses of water. I don't want to appear alarmist or start a public debate but please question the benefits of cledarn water to pure water. There is a big difference.

Unfortunately the water will be clear for several days and then a rusty stain ruins clothing without warning – an expensive problem but my main concern is the additions that are added to our water when other countries have discontinued fluoridation including Germany, Sweden and Finland. Nowadays only a few percent of the worlds population consumes artificially fluoridated water. (Mark Diesendorf).

Fluoride is like lead and mercury, it accumulated in the body. Now many councillors drink and bath in the ST MARYS water??

Karen Saunders, St Marys

Thumbs Down



*to the people responsible for
smashing the lights around the
Cenotaph, knotting the lanyard
and making it difficult for the
raising and lowering of the flag and since
ANZAC Day some of the wreaths have been
vandalised. If you have any information
regarding the above please let us know.*

Gifts and Gadgets

'The knick knack shop'
46 Main Street St Marys Ph 6372 2773

SALE
NOW
ON

ST MARYS HEALTH & BEAUTY CENTRE

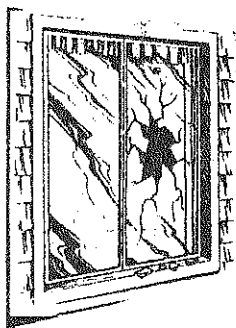
42 Main Rd St Marys Tasmania
Phone (03) 63722172

**DON'T FORGET YOUR
MUM ON SUNDAY**
**WE HAVE A VARIETY OF GIFTS FOR
YOU TO CHOOSE FROM,
THEY RANGE FROM
BATH GEL IN DECORATED
TERRACOTTA CROCKS AT \$4.95 TO
FINE PERFUMES - Red Door, Poison,
Vanderbilt and White Diamonds
ARE ALL IN STOCK.**

**DON'T FORGET THE FREE GIFT
(value \$9.95) WHEN YOU PURCHASE
TWO ITEMS FROM THE
NEW MIKI STAND.**
**YES - THAT'S RIGHT - SPEND \$9.90
AND RECEIVE A FREE GIFT VALUED
AT \$9.95.**
**BUY MUM A GIFT AND HAVE THE
FREE GIFT FOR YOURSELF
FREE GIFT WRAPPING**

SPECIALS

Evening Primrose Oil 90 caps \$14.95
Curash Baby Wipes \$3.95
500ml Sorbolene pump \$4.95
Protec Shampoo & Conditioner \$2.00ea



East Coast Glass

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

Rae & Partners Lawyers Barristers & Solicitors

93 York Street
Launceston

Visiting St Marys alternate Thursdays 9am - 1
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 72

EXTRA! EXTRA! EXTRA!
**THAT'S WHAT YOU GET
AT VALUE PLUS**
**NOT ONLY IS THERE ALL THE FABULOUS
VALUE PLUS SPECIALS!**
**BUT ALSO HEAPS OF EXTRA INSTANT
SPECIALS LIKE THESE!!!**

DELI

SAUSAGES	\$2.99KG
TIBALDI SALAMI	\$15.95KG
CHICKEN WINGS	\$3.99KG

FRUIT & VEG

AVOCADOS	89c EACH
10KG POTATOES	\$4.99
500G PARSNIPS	\$1.29

PET & STOCK FEED

10KG PAL DRY DOG FOOD

HARDWARE

**MASKING TAPE VARIOUS SIZES
FREEZER**

Church Services

Catholic Parish of St Marys

Priest: Paul Connolly, St Marys.

Fingal

Every Friday Mass
10am

St Marys

Every Sunday Mass

9am **Bichenor**

Every Sunday Mass
3pm

St Helens

Every Saturday Vigil

Mass 6pm

Mangana

2nd Sunday

Eucharistic Service

Anglican Parish of St Helens

6376 1144

St Helens

8am and 10.30am

Every Sunday

St Marys

9am

No service 5th Sunday

Pyengana

11am

2nd and 4th Sunday

Harris Funerals

Lindsay & Diane

(D.Bailey & Son) A.F.D.



Office & Res. 114 Cecilia

St. Helens

Chapel 46 Tully Street St

Phone/Fax 6376 115

Mobile 0418 133 420

We are here when you need us
arrange Burial or Cremation

Pre-paid and pre-arranged funeral
plans are available

Valley Church of the Rock

(CRC Church Fingal)

Pastor Leigh Casboul

Ph 63741099

Sunday School 9.30am

Church Service 10.30am

Seventh Day Adventist

Hodgeman Street

Seamander

Sabbath School 10am

Divine Service 11am

Salvation Army

(RSL Hall)

Main St, St Marys

Aux. Capt. & Mrs Tolpelt

Ph. 6372 2352

Everyone welcome

Sunday

Sunday School 9.30am

Family Worship 11am

Wednesday

Ladies Fellowship 2pm

Thrift Shop

Wed - Fri 10am—2pm

Pickups Ph 63 7223

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

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 6381 11

Mr T. Pears Campbell Town 6381 14

Mr Bruce Davidson Launceston 6344 4

ST. MARYS COMMUNITY HEALTH CENTRE

LYMOHODOEMA WORKSHOP

On the weekend of the 24th & 25TH April, St Marys Community Health Centre hosted a Lymphodoema Workshop. It was run by lymphologist, Professor Neil Piller of Flinders University, in co-operation with the Department of Health, South Australia.

For those who need reminding lymphodoema is the retention of fluid in tissue which is normally drained off when the lymphatic system is working efficiently. This condition is manifested in the painful and debilitating swelling of limbs. Lymphodoema is very common after a mastectomy or surgery related to the pelvic area. Although the condition can be relieved by laser treatment and massage.

The attendance last weekend indicated the need and the interest in the subject.

Approximately seventy patients attended the workshop from all over the state together with twenty two professionals – physiotherapists, occupational therapists & masseurs.

It was reported that those both in the private and public sector were very positive about the weekend. Following the workshop a private clinic was held for seven days. This was very much appreciated by patients seeking treatment as usually they have to travel to Adelaide to get relief.

The lasers that were used, which form a major part of the treatment were two of the only six in the whole of Australia. They were operated by Anne Thelander, a physiotherapist from South Australia.

However, lasers are not only used for the relief of symptoms of lymphodoema, they can also be used for sports injuries, arthritis and for healing wounds.

It is hoped that St Marys will become a major centre for the treatment of lymphodoema. We already have Telehealth at our Community Health Centre, which provides for direct consultation between professional, patient and expert. We also have a very beautiful setting and a town of friendly people, who could wish for a more healing place in which to receive treatment. What is needed now to complete the facility is a laser.

Those who organised the weekend should be congratulated. Not only was the workshop a resounding success for patients and professionals alike, it also put a spotlight on St Marys specifically and the Fingal Valley as a whole

For further information on lymphodoem and/or laser treatment contact Jan Sparkes on 63722433.

WHAT'S ON AT THE CENTRE

6TH MAY Immunization Clinic
7TH MAY At The Day Centre –
Acquired Brain Injury – Information
session
11TH MAY Diabetic Clinic

DOCTORS WEEKEND ROSTER

Dr Geniola	8th & 9th May
	22nd & 23 May
Dr Shah	15th & 16th May
	29th & 30th May

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.

St Marys Take away

(Les & Heather Newman)
26 Main Road
St Marys 63722 287

FOR ALL YOUR
hot & cold takeaways
bread, milk, cream,
fruit & vegs, film, batteries,
confectionery, refreshments,
fishing gear, bait and ice plus
some grocery items & giftware

CALL IN AND SEE US BETWEEN

6.00 am - 8 pm (Mon - Fri)
8.00 am - 8 pm (Sat & Sun)

BREAK O' DAY COUNCIL



Break O' Day Millennium Celebrations

The Council resolved to call for expressions of interest for suitable activities from the community to celebrate the new millennium in 2000. Council has a maximum of \$6,000. The ideas, events, activities etc, should be representative of the whole municipality. The closing date for expressions are to be 30th June 1999.

All submissions to be forwarded to Break O' Day Council (C/- Chris Murray), P.O. Box 21, St Helens 7216.

Horticulture

Council has resolved, that owing to the existence of a spreading fungal disease in the two Elm trees outside St Helens Hotel and Village Stores, that these trees be removed as soon as possible.

Community Based Strategic Plan

The second stage of the plan is programmed for the latter end of May and participants who nominated for this stage will be contacted in the near future.

Council Committees. (Correction)

Clr J Collins was inadvertently omitted as a Councillor representing the St Helens Township Advisory Committee.

WORKS PROGRAM

Talbot St, Fingal Complete clean up works and seal widened section.

St Helens Point Rd. Prepare and seal reconstructed sections.

Georges Bay Esplanade Prepare and seal reconstructed sections near new kerbing.

Aerodrome Rd Sewerage Commence works.

St Marys Water Construction of site shed for fluoride etc.

MAINTENANCE WORKS

Ansons Bay Rd Maintenance grading.

Upper Scamander Rd Maintenance grading

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

ALL YOU CAN EAT ASIAN GOURMET

Fe Gillies

WHEN: Friday 28th May 1999

WHERE: St Helens Neighbourhood House

TIME: 12.30pm

COST: \$10.00

WHY: Fundraiser for Neighbourhood House and a social chat with friends.

PLEASE RSVP TO PENNY BY 17TH MAY 1999 on 63 761134.

(If you would like to bring a friend just include them on your RSVP).

MEALS ON WHEELS

MAY

10
11
12
13
14

ST MARYS

Vanessa Spilsbury
Rhonda Cranch
M & D Berwick
Yvonne Salter
Frank Turner

FINGAL

Kaylene Sutton
Robyn Holder
Prev Mills
Vic Jones
Vicki Woods

17
18
19
20
21

Debbie Barnes
Marjorie Spilsbury
Atholie Greenwood
Shirley Britton
Ralph Jones

Sharon Hall
Raylene Hall
Mirri Woods
Robyn Miller
Malcolm Saunders

WANTED!!!! ADULTS INTERESTED IN WORKING WITH AND/OR SUPERVISING YOUTH GROUP IF AND WHEN CENTRE IS ACQUIRED. CONTACT JULIA ON 63 722111

What's On

PURPLE POSSUM

Wholefoods Crafts
Storey Street St Marys Tas 7215
Phone (03) 6372265

**BECAUSE OF BETTER BUYING AND REDUCING
MARKUPS, IT HAS BEEN POSSIBLE TO REDUCE PRICES
ON MANY BULK LINES.
HERE IS A SELECTION**

Select Dates	previously \$4.00	NOW \$3.50kg
Natural Raisins	previously \$6.40	NOW \$5.30kg
Sundried Currants	previously \$7.00	NOW \$6.30kg
Natural Figs	previously \$13.50	NOW \$11.00kg
Salted Peanuts	previously \$5.20	NOW \$4.70kg
Garlic Almonds	previously \$18.50	NOW \$16.20kg
Pumpkin Seeds (pepitas)	previously \$13.80	NOW \$12.50kg
Sunflower Seeds	previously \$5.20	NOW \$4.50kg
Crystallised Ginger	previously \$1.90	NOW \$1.45 100g
Turmeric	previously \$1.20	NOW \$0.60 100g

**STOCKS OF MOST LINES ARE ADEQUATE TO PLENTIFUL.
BULK PRICES ARE AVAILABLE ON REQUEST.**

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

WEEKLY FOOTY TIPPING

Available at
Newman's Take Away
And the
St Marys Hotel
JACKPOT THIS WEEK
Margin tickets also available at
these venues \$2 a ticket,
winner \$80 and
1 point either side \$10



CABARET

ST MARYS HOTEL

GYPSY ROSE

After next home game

SATURDAY

8TH MAY

V's Tamar Cats at home

ST MARYS IN TIMES GONE BY

St Marys is ensconced on the north east corner of an immense basin of good agricultural and grazing land, in length about five miles, and breadth three miles. On either side rise mountainous rugged ranges, with bluffs and peaks of basalt and sandstone, yet withal heavily timbered, their sombre hues throwing into bold relief the brightly green and fertile valley stretching its length at their foot. St Marys is now the township for the surrounding district, but this was not always so. Cullenswood, two and a half miles distant, claimed that distinction in former years. Traces of that epoch may be seen now, such as remnants of old-time homesteads, an old wooden church, and the testimony of a diminutive stone structure, announcing itself by a tablet over the door as the "Sunday School, 185." Probably on its advent it filled the requirements of a church, until on the other side of the road in 1867 by adherents of the Church of England.

On approaching St Marys, looking backward, may be seen Ben Lomond and in front St Patricks Head and Mount Elephant, Mount Logic and the Island Ranges on the right. On the other side are Mount Durham and Mount Nicholas, and the town nestling snugly upon a gentle rise of the road leading to Georges Bay. When the traveller pulls up at St Marys Hotel, and has received the cheery welcome which only such a genial host as "Mick" Cullenan can give, then a great placidity of soul takes possession and all around is peace. This feeling is irresistible, the environment conduces to its existence, a huge smile of contentment seeming to overspread this arcadia of our coast.

**CONTINUED IN NEXT
ISSUE**

BRINGING THE CLASSICS TO YOU

**MAY 7TH
AMERICAN GRAFFITI
BAYSIDE INN, ST HELENS
7.30PM**

USA 1973 COLOUR 110MINS
(supplied by Nat, film and video lending
service managed by Cinemedia)
STARS Richard Dreyfuss, Ronny Howard,
Harrison Ford, Candy Clark & Cindy Williams
Writer/Director George Lucas

Quinns

Quinns Auto electrical
2 Story Street, St. Marys
Phone: 63722194

**REPAIRS, SALES & SERVICE
TO AUTOMOTIVE,
COMMERCIAL, AGRICULTURAL
& MARINE.
ALL YOUR AUTOMOTIVE
NEEDS.**

WE ARE STOCKIST OF:-

- * B.P. FUELS & OILS
- * C/O ALTERNATORS & STARTER MOTORS
- * SANDVIK CHAINSAW CHAIN & FILES
- * EXIDE BATTERIES

BOTTLE GAS REFILLS

EFTPOS FACILITIES

**APPROVED INSPECTION
STATION**

**PHONE ROSS OR SUE
63722194**

THE JUBILEE 2000 CHARTER

The Jubilee 2000 Charter suggests a solution to the problem of Third World debt which is attractive to both debtors and creditors. It proposes the remission - by 31 Dec 2000 - of the unpayable debts owed by highly indebted poor countries to commercial banks, creditor Governments and multilateral bodies such as the International Monetary Fund, the World Banks and regional development banks). The Jubilee 2000 Debt Coalition Charter Proposes that:

- * There is an overwhelming need for remission of the backlog of unpayable debts owed by highly indebted poor countries. Debt remission should relate to commercial, government and IMF/World Bank debts, and debt reduction would comprehensively include all their forms of debts..
- * Creditors as well as debtors must accept responsibility for these high levels of indebtedness.
- * The remission should be a one-off, un-repeatable act, tied to the celebration of the new millennium. It would set no precedents for future loans.
- * The precise details of remission should be worked out in consultation with both creditors and debtors, for each debtor country.
- * Their details should be agreed by arbitrators nominated in equal numbers by both creditor and debtor, under the aegis of the UN.
- * There should be a 100% remission of the backlog of unpayable debts to each severely indebted, low or middle income country with strong indicators of deprivation.

**PETITIONS TO SIGN WILL BE
"AROUND TOWN"**

David Lawler

Smith Valley Traders

44 Main Rd St Marys
Phone 63 722367

**FLEECY TRACKIES
\$12.00**

KIDS CORDS \$16.95

NEW RANGE



BABY WEAR

**20% OFF ALL
PIPING HOT**

**WASHABLE
SQUASHABLE HATS**

SUNCOAST GLASS & SCREENS

*Peter Clark at your service with over 33
years experience in the glass and aluminum
fabrication industry.*

*For all glass sales and
replacements, security doors and screens
flyscreens, shower screens, mirror wardrobe
doors
aluminum windows
and doors,
glass roofing, porches, security locks,
aluminum window replacements
and glass bricks.*

Service is our aim.

*For an obligation free quote
Phone/fax (03) 63725658
Mobile 0417336667*

Australian Country Information Service Community Hall - St. Marys

PHONE 63722693 FAX 63722694

Social Security information and forms, Centrelink booklets.
Free information and advice on all government services & programmes from
our professionally staffed office.

**OPEN
10AM - 3PM
THURSDAY & FRIDAY**
since 1993

NOW AVAILABLE
Bizlink information service for new & existing businesses.
Internet Facilities
Tax Help
Certification of documents for tax-file
number applications
Fax & photocopying facilities at a
very reasonable cost



St. Mary's Top Shop

Supermarket/Hardware

56 Main Road St. Mary's 7215

Phone (03)6372 2242 Fax (03) 6372 2754



TOP SHOP



Take the Challenge!!!
See if you can spot "Spot"
hidden in each weeks handbill

Potted Chrysanthemums

A great Gift for Mum on Mothers Day - or
to Spoil Yourself.

ST. MARYS
TOP SHOP
SPECIAL

Crisp
Carrots

99¢
kg

ST. MARYS
TOP SHOP
SPECIAL

Golden
Bananas

179¢
kg

MARVEL

POU

FRO
CHIC

ST. MARYS
TOP SHOP
SPECIAL

Marvel

Chick

5

Sorbe
WHIT

ST. MARYS
TOP SHOP
SPECIAL

Sorbent
4 Pack Varieties

329

224 SOFT WHITE TISSUES
Sorber

2 PLY FACIAL TISSUES 20.5CM x 19

ST. MARYS
TOP SHOP
SPECIAL

Sorbent
224's Varieties

179

ST. MARYS
TOP SHOP
SPECIAL

Jumbo
Cotton Tea Towels

189

NEW
FORMULA

OCEAN BREEZE

COLD WATER

Sun

POWER
GREAT

ST. MARYS
TOP SHOP
SPECIAL

1kg

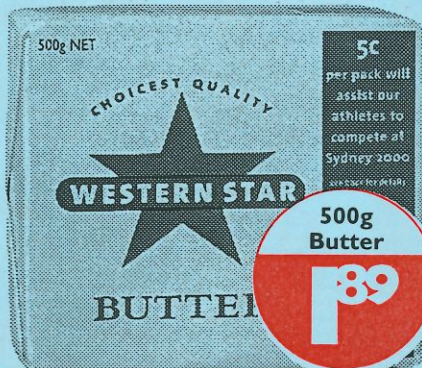
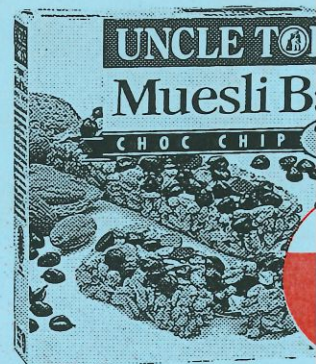
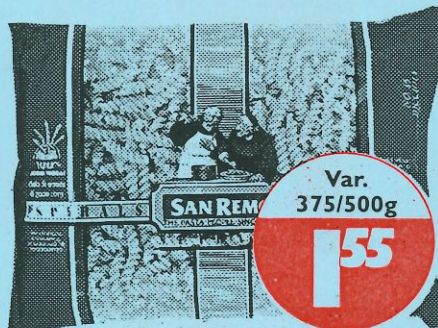
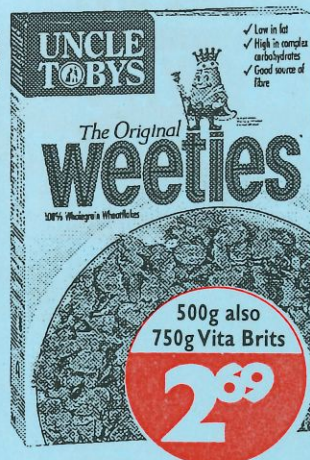
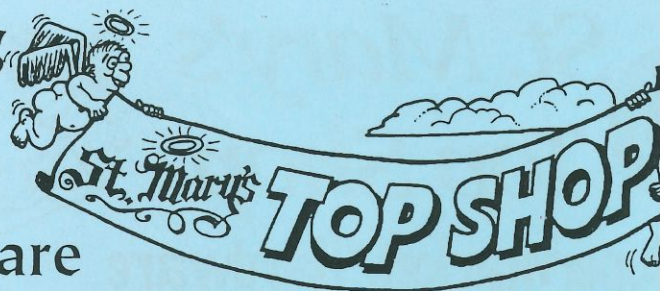
2

St. Mary's Top Shop

Supermarket/Hardware

56 Main Road St. Mary's 7215

Phone (03)6372 2242 Fax (03) 6372 2754



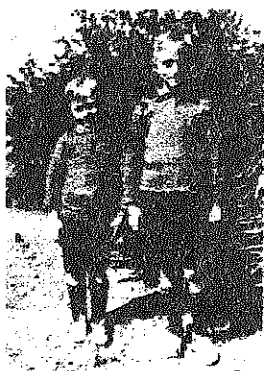
Sunrise Bakery
Cake Splits
\$2.99

eftpos
now available

∞ **HAPPY MOTHERS DAY**
Have a great day, relax
let the family spoil you

Happy Birthday

Congratulations to Noel Bradbury who is celebrating his 80th birthday and to Janice Stevens (nee Bradbury) who will be blowing 37 candles out this year.



Boy on right

DESIGNER HAIR STUDIO

Main Street St Marys
Ph 6372 2108

Appointments for all the family

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

SCAMANDER BEACH SURF SHOP

6 Lagoon Esplanade Scamander Tas 7215
Ph/Fax (03) 6372 5529

OPEN 7 DAYS

CLOTHING WETSUITS
FOOTWEAR
SURFBOARDS BODY-
BOARDS
& ACCESSORIES
WINTER GEAR IN STOCK
CREDIT CARDS /

RC & RI HARWOOD PLUMBING

♦ MINI EXCAVATOR HIRE

- ♦ Bathroom & Kitchen Renovations
- ♦ Hot & Cold Water Repairs
- ♦ Spouting & Roof Repairs
- ♦ General Maintenance
- ♦ New Homes

24 HOUR SERVICE

7 Frank Street St Marys
Phone 6372 2445
Mobile 0419 373 074

Coach House Restaurant

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

ICE
BAIT
FISHING
GEAR

Aussie Host St Marys Visitor Information Network

Large range of
Takeaways
Bread-Milk Cream

New Videos

There's Something about Mary
Sliding Doors
Snakes Eyes
The Edge Armageddon

Tasmanian Wilderness Travel

Arrives St Marys 10.15am Wed. Fri. Sun.
- connects Bicheno to Hobart
Departs St Marys 3.40pm Wed. Fri. Sun.
for Launceston.
Offering Tassie Explorer Passes
also a freight service.
Enquiries welcome

SPECIAL
10kg Trusty Dog
Food \$13.50

Trading Hours

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



ST MARYS SPORTS CENTRE

by Kackhander

Well done firstly to anyone who had anything to do with the Business Houses Day either with organisation or participation. Can you believe it we had 75 players in 17 teams even though it was almost dark when the last group putted out. These days can only do good for the finances of the club and there are still ideas floating around for future days. Special thanks to Don Targett, Trevor Viney, Speed and Wendy Maher and Roger Donald on the day. Also to May Cook for her assistance.

To Pennant and the A and A Reserve side find themselves on top of their grades after four rounds with the Bicheno side behind on individual matches in A Grade and both themselves and Scamander 1 outright win behind us in A Reserve.

In A Grade, the last three weeks have seen St Marys win 7-0 in all their games. Luckily for Captain John Miles the Launceston tradition of buying a 5 gallon keg for a clean sweep victory doesn't apply here otherwise he'd have to mortgage his house to pay for it. Everyone seems to be playing well and with Shan Wilmot coming good slowly from his recent back trouble, all can look forward to the top of the table clash this upcoming week at home to Bicheno. This also applies in A Reserve.

We are currently at the halfway point of the Spilsbury Trophy and thanks once again to Toby, Rod and Keith Spilsbury for continuing to run this top event each year.

It's good to see a tight tussle between about 7 players who can still win with the final round next Saturday.

Congratulations to the Ladies Pennant team also who seem to be right in the winning for the flag. They're a committed bunch and their chances seem to be pretty good. I believe Leehanne King is also scoring really well at various events and is adding a title or two to her sideboard. Well done Leehanne.

Anyway until next time, good hitting and rolling.



St Helens Building & Landscaping Supplies

- ♦ French's Pine Timbers
- ♦ Kopper Logs Fencing Supplies
- ♦ Animal Products
- ♦ Plants & Fruit Trees
- ♦ Stock Feed
- ♦ Concrete
- ♦ Ornaments
- ♦ Chaff and all Stock Feed

R & B Hand
22 Quail St St Helens
Ph 6376 1605

Agents
for

The Valley & East Coast Voice

Footy Roster

Seniors and Reserves

ROUND 4 - 8 May

Campbell Town vs St Pats
St Marys vs Tamar Cats
OLFC vs Perth
Scotch vs Evandale

ROUND 5 - 15 May

St Marys vs St Marys
Tamar Cats vs Perth
Scotch vs OLFC
Evandale vs Campbell Town

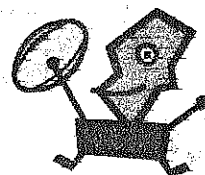
Under 16's

ROUND 4 - 8 May

Campbell Town vs St Pats Green
St Marys vs St Pats Gold
Grammar vs Perth
Scotch vs Evandale

ROUND 5 - May 15

St Pats Green vs St Marys
St Pats Gold vs Perth
Scotch vs Grammar
Evandale vs Campbell Town



Ocean Vogue

Hairdressing

Mind, Body & Spirit

5 Steel St Scamander

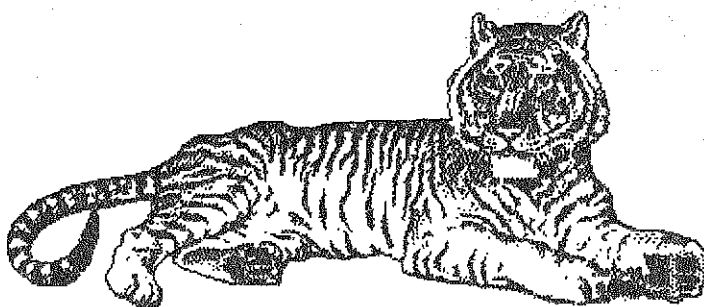
For all your needs in:

- ~ Hairdressing
- ~ Beauty Therapist
- ~ Nail Technician
- ~ Massage Therapist
- ~ Solarium
- ~ Reiki Healing
- ~ Meditation Evenings
- ~ Ear Piercing
- ~ Gift Vouchers
- ~ Pensioner Concessions



For a free consultation or appointment

ST. MARY'S FOOTBALL CLUB INC.



By Old Tige.

Seniors: Coach Jamie Viney.

The season so far has seen us with losses by 62 points to Campbell Town, by 26 points to Old Launcestonians and last week's heart breaker by 2 points to Perth. Although a win in the previous match would have seen the seniors back on track early in the season, the side did play extremely well in the match. Bad kicking in front of goal cost the side dearly, but bad kicking is bad footy. We would be, without doubt, the youngest side in the competition and always improving. This week we take on the new boys in Division 2, the Tamar Cats and whilst they had an impressive win the previous week against Campbell Town down the Tamar, we are back on our own "dung hill" and should be in the hunt. After two trips away, playing in front of the home crowd should be enough incentive to lift all teams.

Reserves: Coach Peter Dakin.

Ably led by the old war horse himself, the Reserves have had a mixed bag of successes so far, a great win first up against an improved Campbell Town, a loss against O L's and a great fighting win against Perth. Our only loss so far due entirely to the lack of numbers that turned up for the game, much

more commitment required, let's not be victims of our own circumstances. Other than this, we could have been 3 from 3 which would have been handy early in the season. Keep up the good work.

U/16's: Coaches Adam Johnson & Iain Morris

Two Games so far for the boys ending in wins, but what a thriller last week against Perth !! Up by the barest of margins at a point.

Although the team did not play well in the first half, they atoned in the second half. The coaches would realise that you cannot expect any teams a start in the competition and to be trying hard to mend the problem. The style of play on the footy the boys are showing is characteristic, let's see a winning margin on the board again this week.

After every home game there will be a social function, commencing this week at the club with Gypsy Rose. Come along and have a good time.

**THE TIGERS, PROUDLY
SPONSORED BY THE BUSINESS
HOUSES OF ST. MARYS.**

The Points Margin Winners So Far Are:

\$80.00

V. McDonald & W. Milner

Weekly Footy Tipping Winners So Far:

\$30.00

Gail Gamble, Shaun Aulich

Personal Profiles of the Physios at our Lymphoedema Clinic

Robyn

- Like: beauty – natural and artistry
Dislike: untidiness
Hobbies: gardening and opera
St Marys: as much and more than I thought it would be.
- ◊ country and community spirit
 - ◊ working togetherness
 - ◊ kindness and generosity of heart
 - ◊ most welcoming atmosphere
 - ◊ a charming and beautiful spot.

Ria Keinert – Physical Therapist from Ames, Iowa.

Personal Info:

I have two young sons and a husband, we all enjoy reading, travel, word games and restaurants. In the USA I act in Amateur drama groups and make pottery. I like detective books and hate celery. Also love Australian people – they are so good, natural and interesting.

The opportunity to come to St Marys was an unexpected delight. The Staff, patients and community have all reached out to us in a gracious way. The facilities here are outstanding and the setting and scenery are healing and restful. Best of luck to you all. I'll think of you often when I'm back in the USA.

Ann Thelander

Interests:

Walking on the beach or in the bush is something I enjoy every day rain or shine. Theatre and travel and dining out are also great pleasures. Reading is another daily delight. Visit to St Marys:

What a great experience this stay has been!! Jan and the Medical Centre staff gave us a warm welcome. The accommodation at the newly restored nurses home is very spacious and comfortable.

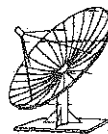
The seminars attracted many lymphoedema patients and massage and medical personnel.

The treatment sessions showed many people that "things can change". They were able to ask many questions and increased their understanding of their condition. Many willing partners improved their massage techniques and will provide greater benefits in their home treatments. Thank you Jan and St Marys.

PS: The Medical Centre gave us excellent treatment

ST MARYS HOTEL

Phone 6372 2181



SKY
CHANNEL

TAB KENO

COUNTER MEALS

C.A.R.S. MOBILE

St Marys

Service Station &

Engineering Workshop

For full mechanical repairs
and servicing

♦ Wheel alignments

♦ EFTPOS available

Normal trading hours

Mon. to Fri. 8am to 6pm

Saturday 8am to 1pm

Sunday 9am to 5pm (fuel only)

Dave and Terry Evelyn

Ph 6372 2735

St Marys Newsagency

Deidre and Ros Story Street St Marys 6372 2143

Footy season has arrived - **READ ALL ABOUT
YOUR FAVOURITE TEAM** in -
AFL Record - Football Action - Inside Football

Huge new range - **COLLECTOR STICKERS**

New to our store:

Mens, Womens & Childrens **WATCHES**.

Laybys are available.

New Videos available

- The Big Hit
- Snake Eyes
- X Files Movies
- Lethal Weapon 4
- Blues Brothers 2000
- A Bo called Hate