

# THE VALLEY AND EAST COAST VOICE

Volume 34 Issue 15

Friday 24 November 2000

50cents GST incl

## West Wing demolished

A little bit of history gives way to allow for a contemporary facility which will take our delivery of health services well into the future. On Monday 6 November 2000 personnel from Stubbs Constructions of Burnie arrived on site at the St Marys Community Health Centre, the objective is to build a facility which will encompass:

- 24 hour inpatient beds x 4
- G.P Surgeries x 2
- an Accident, Emergency & Treatment room
- an Xray processing room
- Administration rooms & associated offices

All this is to be achieved with as little interruption to the Centre activities as possible.

This building has been designed by the Launceston Architects ARTAS.

Next after some preliminary preparation comes the demolition crew. 'Phil' is in charge, ably supported by Des I'm sure and wow - once they start it's hey lads hey!. Despite the inclement weather the demolition crew have been forging ahead with removing the West Wing.

This part of our unit was the original St Marys District Hospital built in 1927 and the Maternity unit in 1963.

I walked around the site on Friday to take a few photos, I had an umbrella in the left hand and

*continued next page*

## Grant for test transmission

Mr Denys Walters, Chairman of the steering committee working to establish an F.M. Radio Station for the East Coast, shows his delight and a cheque for the amount of \$5000 given as an incentive grant to the project. Scott Marshall of 'Rostrevor' Fingal, and Director of The Tasmanian Community Foundation, was extremely supportive of our cause said Mr Walters and for his major role in the distribution of grants the committee proffers heartfelt thanks.

Gratitude also must be given to Steven Walley who submitted the application, the Break O'Day Enterprise Centre under whose umbrella the (as yet) non-incorporated body is functioning with regard to finance, and the Break O'Day Council which has been most cooperative.

At present technically orientated members of the F.M. committee are preparing for a test transmission and this grant will be mainly utilized for costs incurred therein. At the successful conclusion of authorised testing, a public meeting will be called to elect office bearers and take the necessary steps to become an incorporated body. This should occur early in the new year.

## Off Road Motor Bikes

Council receives numerous noise complaints in relation to trail bikes. Owners of any recreational vehicle which includes trail bikes, are advised that under the provisions of the noise regulations these vehicles cannot be operated within 500 metres of domestic premises.

## Fire hazards - It is time to clear

Property owners are reminded that the warmer months are rapidly approaching and excess growth should be cleared. Council will shortly be issuing formal notices for the clearing of blocks. Given recent rains we are expecting quite a serious fire season. Residents are reminded that the burning of material should only be undertaken when it is safe, there is a water supply available, it is not in a fire permit period, the material is dry, it is in small heaps and you do not cause a nuisance to neighbours.



### Addlestone House Bed & Breakfast

19 Gray Road St Marys 7215  
Ph. 03 6372 2783 Fax. 03 6372 2889  
E-mail: [addlestone@bigpond.com](mailto:addlestone@bigpond.com)

Accommodation  
at very reasonable rates.  
A Full 'English Breakfast' is provided.

Join your hosts Charlie (Charmaine) & Bob to learn more about the great local attractions St Marys has to offer.

*continued from front page*

camera in the right, I don't think I had fully appreciated the lot of a Photographer - (nursing is easier!!). I asked Phil to move along with the demolition as I found it somewhat sad to view the old building in such a state. I am assured that before this week is out the demolition crew will have achieved their aim and Dave will be back in the driving seat to begin construction on the ARTAS creation.

Of course it is the small things that count at a time like this, that is, how does one continue to function in an area of dishevelment? - well thankfully the team at the Health Centre are well versed by now in 'change' (ever seen Changing Rooms on the TV - our staff can out do them anytime!)

Time frame for Stage 1 of construction is January 26 - Australia Day. Stage 2 and Stage 3 by the end of March 2001.

The area of demolition and construction is considered a hazardous one so I ask all members of the public to enter the Health Centre grounds via Hugh Street entrance, parking at the rear of the Napier Wing building.

**Please do not enter at Gardiners Creek Road.**

**Please do not enter grounds after hours.**

Thankyou for your consideration and patience during this time. We will keep you posted.

## St Marys Museum

The Friends of the Valley Railway in conjunction with the Lions Club of St Marys are working within the community towards the opening of the St Marys Museum by March 2001. We are calling for expressions of interest for memorabilia either donated or on short or long term loan.

Any rail, mining, farming and dairy equipment, photos, letters or other items with a history would be appreciated. Any knowledge of abandoned machinery left in the bush, please let us know where and on whose property so we can make a contact.

All community based projects need just that - the community - and the call is being put out to any volunteers to donate their time and energy to help in setting up the museum and eventually it's operation.

If you are able to help in either of these matters please contact one of us. We will keep you informed of further development.

Bob Hersey 6372 2783 or

Ian Campbell-Mackay 6372 2844

Fran, Sarah and Lyn

of

## Designer Hair Studio

Main Street St Marys 6272 2108

would like to thank our loyal clients for their support throughout the year 2000.

For the month of December we would like to reward you with the following specials.

- ~ Every perm and colour treatment will receive a complimentary conditioning mousse also a free cuppa from Todd's Hall Café.
- ~ Any retail purchase over \$25.00 will receive a free styling product.
- ~ Students and school leavers can take advantage of our \$5.00 a foil special, receiving a free hair and body glitter.
- ~ Boys tips \$25.00 including a hair trim.
- ~ Those having a hair trim can benefit from a complimentary shampoo also a lash or brow tint for an extra \$3.00

We now offer acrylic nails for only \$45.00

We look forward  
to having your company.

## A reader asks - Why not 40 kph?

If a 40 kph speed limit is suitable for outside schools, why should our elderly and not so nimble residents be given the same protection from traffic through the town at all times?

And why protect the young outside the school, but not in our main street?

It is time Council approached the Department of Transport for a 40 kph speed limit at all times within the town.

## STOP PRESS.....

I am sitting here in the Valley Voice Office writing this as the paper actually goes into print.

Today, Thursday at 12pm. the Mayor, Stephen Salter will be holding a press conference at the Medical Centre.

The purpose of this is to announce, the Appointment of a Doctor.

Over recent days there have been many rumours circulating.

Therefore it is with much excitement that we are able to tell you that Dr Shah and his family will be returning to St Marys.

Many applications for the position were received and it was indeed a daunting task to tackle.

Unfortunately there were many stumbling blocks and for a time it remained to appear as a hopeless situation.

We as a Community were indeed suffering the effects of having limited Medical access. Dr Geniola and his family were under extreme stress.

Generally it was showing throughout the Community.

It was a couple of months ago that my husband, Stephen, came up with the idea of contacting Pravesh and seeing if he would consider applying for the position himself. At first this seemed pretty "Pie in the Sky".

Pravesh asked that all communications be kept completely confidential until such a time as we could inform the people of something that was actually happening, not something which "might".

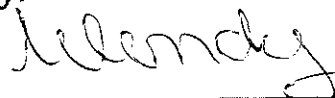
They are very excited about returning, keeping in mind that they did not really want to leave in the first place but circumstances dealt the hand in another way.

At this time I would like to Thank Stephen Salter and John Brown for the many hours they have put into this for each and everyone of us. Also I would like to thank my husband, Stephen (Bung) for coming up with the notion and following it through to the end and this great outcome...well done to all involved. Also to the Rural Health for their help, in many areas.

FINALLY.....

WELCOME HOME  
PRAVESH, PREMELLA, KAJAL AND JASBIR,

*May you all enjoy many happy years within our Community.*



# St Marys Business Guide

<b>Ambulance 000</b>	<b>Police 000</b>	<b>Fire 000</b>
St Marys Health Centre 6372 2111	Doctor Geniola 6374 2288	

ACIS information service	6372 2693	St Marys Bakery	6372 2131
Addlestone House	6372 2783	St Marys Butchery	6372 2274
<b>B &amp; B Accommodation</b>			
Aurora	132004	St Marys Electric S.Graham	6372 2395
Aulich G & M	6372 2283	St Marys Data & Communications	6372 2070
<b>Mechanic Auto electrician</b>		<b>&amp; Electrical Contractor</b>	
Australia Post	6372 2124	St Marys Health & Beauty	6372 2172
Business Enterprise Centre	6376 2044	St Marys District High School	6372 3900
		Fax....	6372 2543
<b>Break O'Day Council - Fingal</b>	6374 2111	St Marys Hotel	6372 2181
St Helens	6376 1281		
<b>C.A.R.S Mobile BP</b>	6372 2735	St Marys Library	6272 2114
David & Terry Evelyn	6372 2233 AH		
<b>Caltex Garage</b>	6372 2335	St Marys Newsagency	6372 2143
JR & MC Faulkner			
Coach House Restaurant	6372 2529	St Marys Online Access Centre	6372 2005
Colonial Trust Bank	6372 2268	St Marys Police	6372 1010
Cray Drop In	6272 2228	St Marys Sports Centre	6372 2177
East Coast Glass	6372 5361	St Marys Take Away	6372 2287
Suncoast Glass & Screens	6372 5658		
<b>Contractors:</b>		St Marys Top Shop	6372 2242
Faulkner DR & GE	6372 2366		
Freeman ML & GT	6372 2104	St Marys Value Plus	6372 2240
Hendley TM	6372 2145	Smiths Valley Trading	6372 2367
Hair Design Salon	6372 2108	Tasmania Lymphoedema Centre	6372 2900
		St Marys	
Harwood RG & RI <b>Plumber</b>	6372 2445	'The Gums' Boarding Kennels	6372 2512
Mobile	419 373 074		
Mt Elephant Pancake Barn	6372 2263	Todd's Hall Café	6372 2066
Purple Possum <b>Bulk Foods</b>	6372 2655	Trotter GM & CM Pumping Service	6372 2107
<b>Shell Service Station - Sheads</b>	6372 2184	Valley Videos	6372 2858
	6372 2899 AH	Valley Voice	6372 2105

# CLASSIFIEDS

CONTACT NUMBERS FOR VALLEY VOICE

Ron—63722105

Fax - 63722172

**REDLINE COACHES.....** Deliver this paper quickly and efficiently. Statewide passenger and parcel service.

Phone: 6372 2142



## FOR SALE

Garden stakes— (bundles of 10) 3' @ \$3.50,  
4' @ \$4.50. Bags of crushed cow manure \$3 p/bag.  
Pine bark mulch \$20 per trailer load.  
Phone Bradley Ward 6372 2415

## FOR SALE

3 seater couch & 2 armchairs (club). Black metal fireguard. Wooden free standing towel rail. Wooden rocking horse. Free standing childrens blackboard. Boat trailer. Boys full length wetsuit. Surfboard. Enquiries: 6372 2092

## WANTED TO BUY

Rugby Top in good condition. Size 24. Phone 6372 2238 or call in on 22 Clive Street, St.Marys

## FOR SALE

Wardrobe \$60.00 good cond., Mazda 323 Rego 3/01, good tyres, Auto, goes well. \$500 o.n.o.  
Phone: 6372 2842

## WANTED TO BUY

Old bricks. Ph: 6372 2512

VALUE PLUS

## ST.MARYS SUPERMARKET

38 Main Road, St.Marys 7215

Mark, Kate, John, Rosanne

Ph/fax 6372 2240

TASMANIAN INDEPENDENTS OWN

## ISLAND FRESH

TASSIE PRODUCE

1.25kg carrots .... \$.99c

2kg Apples..... \$1.89

5kg New Season Potatoes ..... \$4.97

Enter our **ISLAND FRESH** Competition  
3 prizes to be won - \$2000 each  
Entry forms on back of each Island Fresh  
produce pack

Christmas goodies on display  
Lots of stocking fillers, tinned biscuits, toffees,



We are now taking Christmas orders  
for the following:

- \* Turkeys
- \* Ham
- \* Bread/Milk/Cream
- \* Fruit & Vegies



## C.A.R.S. MOBILE Service Station & Engineering Workshop



Main St., St.Marys 7215  
Ph (03) 63722735 AH (03) 63722233  
ABN: 79 232 153 351

### DEAR CUSTOMERS

Please note as at the end of November Dave will be taking Annual Leave and will not be returning until the New Year.

**A MECHANIC WILL BE AVAILABLE FOR  
PRIOR BOOKINGS.**

**THANK-YOU FOR SUPPORT.**

Dave & Terry Evelyn



## RANSLEYS

### RANSLEYS HOME APPLIANCE SERVICES

- ✧ Refrigerators
- ✧ Washing Machines
- ✧ Clothes Dryers
- ✧ Household Appliances



41 Quail Street, St. Helens  
Ph. 63761 811

## WOMBAT POST NEWS

Staff enjoyed a farewell for Peta the Postie a couple of weeks ago.

The girls were a little red faced by the end of the day— probably a few too many wines.

Great to see Peter L. join us for the afternoon.

Wombat Post welcomes our new employee Krystle Aulich to the team.

Krystle has welcomed the offer of a traineeship in retail with us at the Post Office.

With Christmas upon us please try to post your cards and parcels early.

Drop by and check out our great range of stocking fillers.

If we haven't got what you require we will attempt to get it for you from our suppliers.

Don't forget we have Medicare Easyclaim at the Post Office. All you need is your doctors bill and your Medicare number— use the Easyclaim Line and it doesn't cost you a cent.

See You At Wombat Post



## MEALS ON WHEELS

November	ST.MARYS	FINGAL
Mon, 27th	Barbara Mitchell	Debra Speers
Tues, 28th	Pam Lynch	Mim Woods
Wed, 29th	Glenn Lodge	Debbie Speers
Thurs, 30th	Kath Read	Vic Jones
<b>December</b>		
Fri, 1st	Tracey Bean	Bob Yates
Mon, 4th	Tina Floyed	Sharon Hall
Tues, 5th	Wendy Haas	Raylene Hall
Wed, 6th	Dave Robinson	Mim Woods
Thurs, 7th	Rona Gatty	Patsy Death
Fri, 8th	Frank Turner	Jack Miller

## ST MARYS CHILD HEALTH CENTRE

**Next open sessions:**  
**Thursday 16th Nov. 9am—12md**  
**7th Dec. 9am—12md**  
**21st Dec. 9am—12md**

**Appointments available in the afternoon.**

**Contact lorraine on:**  
**0409 361 005**

## Australian Country Information Service

*Community Hall—St.Marys*  
 PHONE 63 722693 FAX 63 722694

- Social Security information & forms
- Centrelink booklets
- Free information & 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

## CARPET CLEANING

DRY FOAM - "ADVANCE" SYSTEM

- \* FAST DRYING, NO SHRINKAGE OR MILDEW PROBLEMS
- \* CONVENIENT - NO GROUP BOOKING NECESSARY, WINDOW CLEANING SPECIALIST - HEIGHT NO PROBLEM

**YOUR ON TARGET WITH .....**



## BULLSEYE CLEANING

Carpet - Windows - General - Free Quotes  
 6374 2195 (Post Office)

**EAST COAST & FINGAL VALLEY**

## WHAT'S HAPPENING?

### BIKE PARK FOR ST MARYS

After 12 months of discussions with the Council, I have reached the stage of taking ideas for a bike park to the street planning committee (in early December). There will be an informal meeting, 7.00pm on Tuesday 28th November at St Marys Town Hall, Supper Room to discuss possible plans, location, etc. *Parents, children, anybody*—please come along and put forward your ideas for the submission. For more information phone: Hannah Rubenach on 6372 2348.

### DR. UPDATE

Since the last update on finding a replacement for St Marys, substantial progress has been made culminating in video conference interview involving the State Interview Panel and a prospective GP on Monday 20th November, 2000. The Panel considers the suitability of prospective GPs for a particular area given their experience and qualifications. They are far more stringent in situations such as St Marys where it is a single GP practice in what they term a remote location. The interview went well and we are now working our way through numerous paperwork to finalise the matter as soon as possible. Hopefully prior to the need for the next update a formal announcement can be made.

## ST. MARYS HEALTH & BEAUTY CENTRE

42 Main Road, St. Marys Tasmania  
Phone: (03) 6372 2172

### GREAT GIFT IDEAS

Harlequin Incense sticks 30 sticks with ceramic holder  
Meditate, Romance Tranquil, Love, Relax, Less Stress  
Blends only ..... \$4.95ea

Australis Mini cosmetic stars, lipstick, nail polish and  
Eye shadow (3 colours to choose) from \$9.95  
Vintage Port Foaming Bath gel only \$9.95  
Kappus Angel soaps in decorative tin \$6.95  
Coffee Plunger \$13.95  
Floral Platters, oval and rectangle and deep bowl  
Great buy at ..... \$16.95ea  
Pewter photo frames from \$7.95  
Sand sets \$7.95  
Melamine Childrens Dinner sets from \$11.95

### SUPER SPECIALS

1/2 price Matchbox cars only \$2.00  
Check out the basket for stocking fillers.  
\$2 baby bottles 125ml & 250ml

## Rao & Partners, Lawyers Barristers & Solicitors

93 York Street  
Launceston

Visiting St. Marys alternate  
Thursdays 9am—10am  
44 Main St., St. Marys

### BOOKINGS MAY BE MADE AT

St. Marys Health & Beauty  
Or Phone (03) 63 375555  
for appointments



Accepting instruction  
in all  
legal matters.

## GLASS

FOR ALL GLASS REPAIRS  
AND:

- \* *Flyscreens*
- \* *Security doors*
- \* *Shower screens*
- \* *Wardrobe doors*
- \* *Aluminium windows*
- \* *Double glazing*

Locally owned and servicing the  
East Coast for 10 years  
Call David and Anne Cannon  
for prompt, reliable service.

**EAST COAST GLASS**  
**FALMOUTH - 63725361**

## WE CAN HELP YOU



- Buying a property
- Planning a development
- Unsure of your property potential
- In dispute with an adjoining owner

Phone Andrew MacGregor at  
**EAST COAST SURVEYING**  
(Consulting surveyors and land planners)

Phone: 63 761972



**Did you hear about the local businessman who lost his way in St Marys ?**

Hard to believe, especially as it was in the middle of the day and also that he had lived in the town for about 10 years !

## **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
- ≈ Pensioner Concessions \* Gift Vouchers

**For a free consultation or appointment**  
**Ph. 6372 5217 Open 6 days a week**  
**Thursday evenings till 9pm**

## **STEVE McARDLE ELECTRICAL CONTRACTOR**

LIC # C10478

DOMESTIC, RURAL & COMMERCIAL  
REPAIRS & INSTALLATIONS

AUSTEL LICENCED  
VOICE & DATA CABLING  
SECURITY SYSTEMS

**Phone 6372 2070**

## **ST MARYS DATA & COMMUNICATIONS**

Builder of quality PC'S  
NETWORKS MODEMS  
PRINTERS DIGITAL CAMERAS

New systems built to order  
Second hand systems from \$350  
**Check out our new web site**  
**[www.datcom.net.au](http://www.datcom.net.au)**

Working from new premises on  
Lower Germantown Rd 6372 2070  
Email [s.mcardle@datcom.net.au](mailto:s.mcardle@datcom.net.au)

## **St Marys Spring Festival**

by Debra Manskey

The recent poor weather didn't relent for the second St Marys Spring Festival held over Saturday 11th and Sunday 12th November. Saturday morning saw the largest-ever market (so far) inside Todd's Hall and all the planned events for Faulkner's Green moved into the St Marys Town Hall. This included the History, Art & Craft and Writers Group displays, complete with comfy lounge for tired festival-goers. The quality of local crafts was really outstanding, including quilting, handmade baskets, hats and bush furniture.

The rain eased through the morning and a humid, overcast day saw the dancing of the Maypole at lunchtime. This break in the weather meant that the Open Gardens could go ahead as planned and they were very well patronised throughout Saturday afternoon. Local puppeteer Eo Greenstick's stunning mermaid even made her majestic tour around town. Planned bushwalks were the only activity abandoned over the whole weekend because of the weather. The Life Be In It children's event went ahead in the Town Hall and was well received. Tiny tigers, lions and even a little pink pig were seen emerging from the hall after face painting.

After a much needed rest in the afternoon, we donned our 'glad rags' and enjoyed an evening of bush dancing in Todd's Hall with the Bottom Pub Ceilidh Band. It was a true family event, bringing back happy memories for many, of childhood country dances.

Sunday came, humid and raining again, but it did not deter the audience or the performers for a very successful Community Concert at Todd's Hall. This event showed yet again the depth of musical talent within this area and featured some excellent performances from Paul Byard and daughter Penny, Terese Tanner and Bruce Galbraith, Glen Strickland and the inimitable Ted Coops & Joff (aka Phillip Gough). Don Ives led community singing between acts and the St Marys District High School Band finished the day's entertainment.

Despite the rain, the festival was an outstanding success, thanks mostly to a community that knows how to have a good time and is prepared to get behind local events no matter what the weather is doing.

There has certainly been no lack of activities in St Marys lately, another night out for those who went to see our school's Arts on Tour 2000 performance of 'The Lion, The Witch and The Wardrobe' presented at the St Marys High School last week. Bong Bong Louis as Aslan and Jody Cannon as the Witch were well supported by the rest of the cast and with the band playing the 'In the jungle the mighty jungle, the Lion sleeps tonight ..... ' it was a most entertaining production.



## So much wonderful help

Grassy Bottom Regional Arts would like to thank the following people for their generous help with the St Marys Spring Festival:

Aurora Energy, in particular Glen McDonald; Bruce Glatte; the Faulkner family for the use of their land - we hope you make a full recovery soon Jeff; Break O'Day Council; St Marys Association for Community Development for the Cake Bake prizes and also to Fran and Peter Andrews for the Sausage Sizzle.

St Marys District High School for the PA and the tents and the St Marys Lions Club and Frank Turner for offering tents - unfortunately the rain would not let us put any of them up!

St Marys Cricket Club; St Marys Top Shop for the Prettiest Posy prize; David Blanch and TAFE Tasmania; Dana Smith & Craig Cox for the Maypole; Frank & Julia Giles; Colleen Adams; Robyn Oh; Eo Greenstick; Debra Manskey; Todd's Hall; Lorraine Biggs.

David Clement, Karen Saunders and the Rubenach family for contributing to the fascinating history display; Peter Heading; Marjory Kanagaratnum; Terese Tanner, Mark Lowndes ; the St Helens Writers Group; all those who contributed to the stunning Art & Craft display, including the Mathinna Miners Cottage group; all those who opened their gardens for the afternoon; entrants in the Cake Bake and Pretty Posy competitions (congratulations to Sophie Piscitelli, Michelle Loane and Todd Dudley & Astrid Hinkler).

Monica Bonnitche, Ashley Mason and Todd Dudley for offering to be bushwalk guides even though the weather played havoc with our plans; the musicians who played over the weekend - what a talented bunch; Don Ives; Audrey Wright and Ron Sumner at The Valley & East Coast Voice, ABC Radio, Southern Cross Television, Peter Sanders, St Helens Herald, Lorraine Gill and Stephen Smyth for help with promotion; the Post Office at St Marys, Fingal, Bicheno and Mathinna for help distributing posters, especially Peter Wilson for endless photocopying; Denis and Ann from Eureka Farm for bringing up their yummy icecream.

All those who made donations over the weekend and all those who lent us bits and pieces and helped us set up, move things, mind things, pack up and clean up.

Thank you all who braved the wet and attended over the weekend!

## Todd's Hall

café & theatre

CAFÉ OPEN TUES - SUN 10AM - 5PM

*Private functions welcome*

\*\*\*\*\*

## Christmas Market ! Saturday 9 December

NEW TIMES 10am to 2pm  
for a stall ring 6372 2066

\*\*\*\*\*

## GRASSY BOTTOM REGIONAL ARTS

*presents*

## THE 4 NOELS

**A comedy trio from New Zealand**

**Saturday 9 December 8pm**

## Why Fingal ?

An early settler in Tasmania William Talbot obtained a land grant in the area in 1826 and named his property Malahide after his family home in Ireland.

Malahide Castle and the village of Malahide are some nine miles north of Dublin in the county of Fingal. When a township was in due course proclaimed in the vicinity of Talbot's property, it was named Fingal, Talbot being the dominant influence in the region.

## C.A.R.S MOBILE

**BP Service Station Dave & Terry Evelyn**  
37 Main Steet St Marys 6372 2735

### Trading Times

Weekdays open 8am - 6pm

Saturday open 8am - 1pm

Sundays closed

*On roster alternate weekends.*

**Saturday 8am - 6pm Sunday 9am - 5pm**

## The Inca Trail

I know this part of my adventure is going to be hard to put into words, nothing I write can fully describe the beauty and the wonder of walking the ancient Inca Trail, the feelings and difficulty and then the exhilaration of achievement when arriving at Machu Picchu one of the truly amazing wonders of the world.

Hats, boots and packs and a good supply of bottled water, nuts and nibbles and we were ready to start walking. Most of the treks start at 'km 88' but Pepe wanted us to do an extra twelve k's and we started at 'km 76' - he must have thought we were a fit looking lot !

The first half hour was a sharp steep hike up to the track which we would follow high above the Urubamba River. The views were wonderful, looking down into the valley with farms along the river and the adobe homes of the farmers, but also up to the distant peaks of the Andes.

The day was hot and the walking we knew was easy-going compared to what was ahead of us. We stopped for a breather at an impressive home being built around a huge rock and with fantastic views, belonging to one of Pepe's many friends who was building a retreat for trekkers. Pepe had been a guide for twelve years and he had friends everywhere we went and they all greeted him with hugs and much laughter, obviously a very popular man and we were very lucky to have him with us.

We kept climbing until we came to a grassy clearing and set out in the middle of nowhere was our lunch, table, stools, a bowl of hot water for a wash, meats, cheeses, salads, breads and a big kettle of hot tea. The porters had gone ahead and prepared the meal for us, we would grow to have great

admiration for these men, happy, smiling, hard working and able to cook up the most wonderful meals each evening when we arrived at camp.

After an hours rest we started back on the well defined track climbing all the time but went down lower to our first campsite at Patallacta 9,000', set below an ancient Inca City built on a series of terraces. Sleeping at a lower altitude each night would help with being able to cope with the high altitude during the day.

Our tents were all set up as well as the kitchen and dining room tent and in the background were the two 'little red tents' which were a most essential part of our tent city ! Again hot water for a wash and plenty of hot tea, milo, coffee and biscuits. At this spot on the trail you could decide if you wanted to opt out of the trek and take the train to Aguas Calientes near Machu Picchu, stay in a hotel and wait for the rest of the group to arrive.

Dinner that night was a real treat - soup, chicken, pasta and vegetables and a sweet that no one was real sure what it was, the cooks did a terrific job.

Next morning woken at 6.30am with a hot cup of tea and a dish of hot water, we snuggled in our sleeping bags enjoying the hot drink before venturing out. After a generous breakfast and all packed up ready to move again, two of our group decided to take the hike through the forest with a porter to the train and spend the next few days at Aguas Calientes instead of continuing with the hiking and camping.

This is now the dreaded 'Day 2' of the trek, we climb and climb often through very steep cloud

### ST MARYS ONLINE ACCESS CENTRE



Ph 6372 2005  
Located in the  
School Annex -  
behind St Marys  
Town Hall

Mon	1pm - 5pm	
Tues	10am - 2pm 2pm - 5pm	Seniors General
Wed	1pm - 5pm	
Thurs	10 - 12md 2pm - 5pm	Seniors
Fri	1pm - 7pm	
Sat	9am - 4pm	



### GOLDEN GATE GALLERY

Arts & Crafts

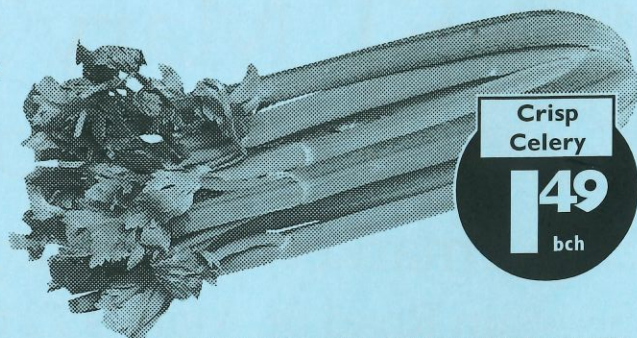
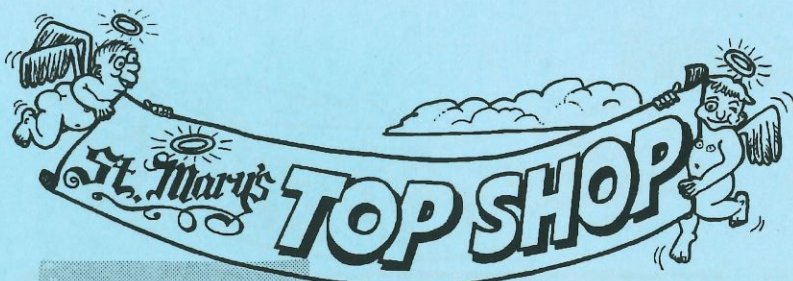
Fresh Produce (in season)

Plants - Objects of Interest

119 High Street Mathinna Tas 7214

Ph 03 6377 1135 or 03 6377 1132





**Crisp Celery**  
**1.49**  
bch

**56 Main Road St. Mary's 7215**

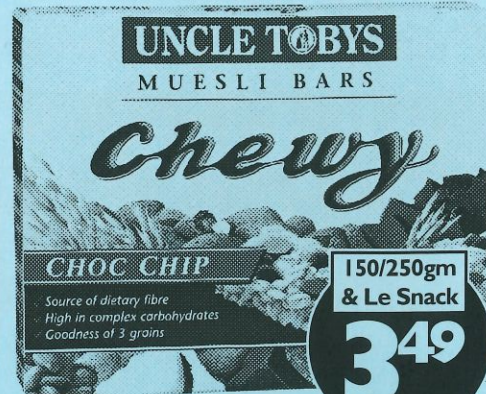
Phone (08) 63722242 Fax (03) 63722754



**Best Value**  
**PARTY ASSORTMENT**  
450g NET  
**275/450gm Varieties**  
**1.99**



**ty-nee tips**  
**50 TEA CUP BAGS**  
90g NET  
**50's Teabags**  
**1.99**



**UNCLE TOBY'S**  
**MUESLI BARS**  
*Chewy*  
**CHOC CHIP**  
Source of dietary fibre  
High in complex carbohydrates  
Goodness of 3 grains  
**150/250gm & Le Snack**  
**3.49**



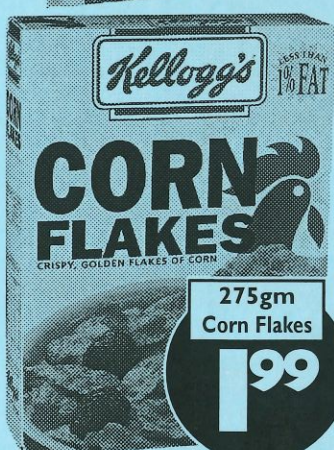
**BIRDS EYE**  
**GARDEN PEAS**  
**1kg Varieties**  
**2.99**



**Sausages**  
Epping/Breakfast  
**2.79**  
500gm



**Edgell**  
**SLICED BEETROOT**  
**425gm Varieties**  
**95¢**  
EAT IN SANDWICHES



**Kellogg's**  
**CORN FLAKES**  
CRISPY, GOLDEN FLAKES OF CORN  
**275gm Corn Flakes**  
**1.99**



**golden circle**  
**Traditional Fruit Salad**  
IN SYRUP  
**440gm Varieties**  
**1.49**



**Tropical Pineapples**  
**1.59**  
ea



**3kg Oranges**  
**2.79**  
pack

**eftpos**  
*now available*

**Wooden Garden Stakes & Metal Droppers now in stock**

**Convenient Shopping Hours for you**

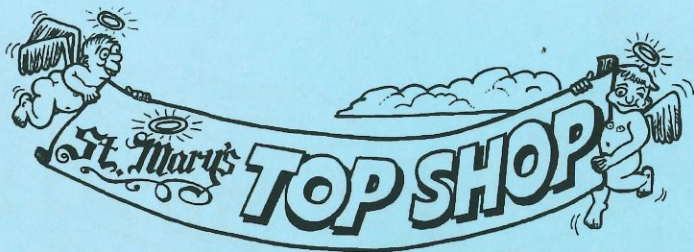
**Monday to Friday 8am to 6pm**  
**Saturday 8am to 12 Noon**  
**Sunday - Closed**

**Not your Average Supermarket - BUT your Top Supermarket**





# ST. Mary's Top Shop



Supermarket/Hardware

56 Main Road St. Mary's 7215

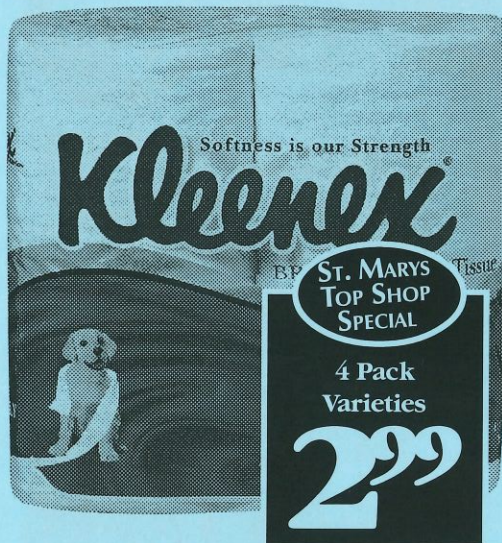
Phone (03)63722242 Fax (03)63722754



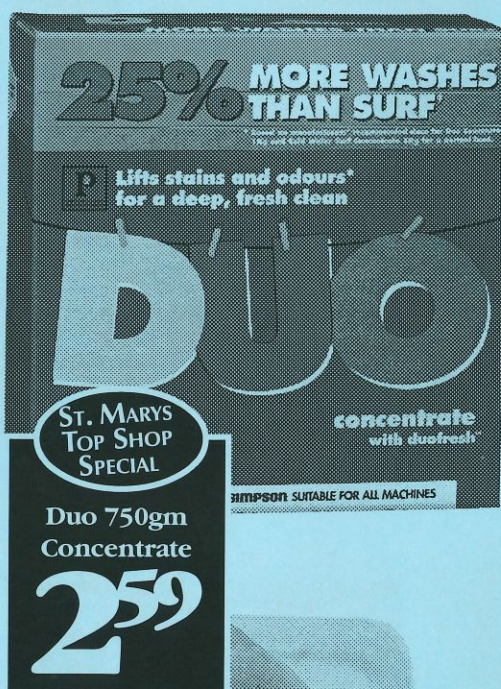
Take the Challenge!!!  
See if You Can spot "Spot"  
Hidden in Each Weeks handbill



## All purpose Work & Garden Gloves - Split Leather Heavy/Duty Cotton - \$5.99



ST. MARYS  
TOP SHOP  
SPECIAL  
4 Pack  
Varieties  
**2<sup>99</sup>**



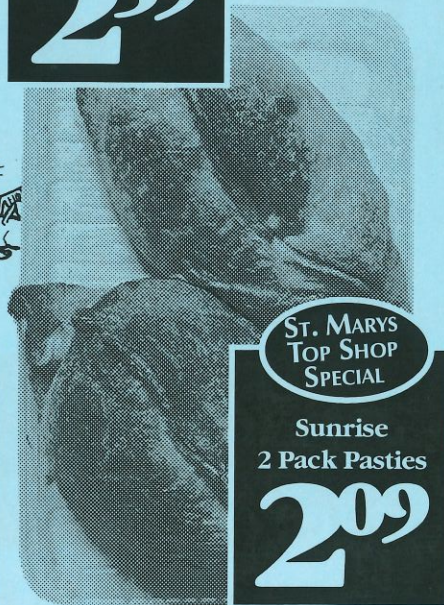
ST. MARYS  
TOP SHOP  
SPECIAL  
Duo 750gm  
Concentrate  
**2<sup>59</sup>**



ST. MARYS  
TOP SHOP  
SPECIAL  
400ml  
Varieties  
**1<sup>89</sup>**



ST. MARYS  
TOP SHOP  
SPECIAL  
Marven  
No.15 Chicken  
**3<sup>99</sup>**



ST. MARYS  
TOP SHOP  
SPECIAL  
Sunrise  
2 Pack Pasties  
**2<sup>09</sup>**



Westons  
Resealable Biscuit  
200gm Varieties  
**1<sup>19</sup>**



Graham, Karen & Staff invite you to call in and check the lower shelf prices and friendly personalised service. Specials available from 23/11/2000 until 29/11/2000. While Stocks Last.



### ***The Inca Trail continued***

forest, the moisture from the clouds encouraging the growth of beautiful hanging moss on the very old trees. Most of the 'Royal Highway' is stone paved, with steep steps, in some places almost vertical, then again steep drops on the other side, built by the Incas more than 500 years ago.

The day was very hard, three of the group were really struggling and well behind all day, but that did not matter as a porter with the first aid box was always at the back with the slowest walker.

I found I was coping well with the hard work of the steep climbing and was able to enjoy the wonderful views around me and marvel at where I was and what I was doing.

At the end of the days walking we arrived at the campsite Lulluchapampa -12,400', tents already pitched and hot drinks and water waiting for us. We were being well looked after by our guide Pepe, the cooks and porters. I am quite sure I could not have enjoyed it if I had been carrying my own tent, gear and food, to say nothing of all the drinking water which was being boiled at each camp.

The second night in the tent was oh so cold, I wore hat, scarf and gloves to bed and used the bottles of boiled water to keep my feet warm. We were really up in the mountains and next morning there was frost on our tents and a nearby lake was frozen over - it was very cold and the hot tea and warm water was very welcome, but we sure soon warmed up when we started walking again.

From our campsite we looked up to the track winding up and up and up and other walkers looking like ants in the distance. That morning we had to climb to the first pass, a 'brisk' two hour hike up to the Inca Trail's highest pass, Warmihuañusca at 13,700 feet. The climbing was mostly very steep stone steps. After a rest and time to take in the spectacular views at the top of the pass, we dropped very steeply down into the Pacamayo Valley where we stopped for a well earned lunch and rest before continuing on to the small but impressively set ruins at Runkuraqay and on to our next camp at Cochapata set just below the second pass at 12,800'.

In spite of the hard days of extremely steep climbing and descending, the tiredness seemed to disappear when we were all into camp, those of us arriving first would always give great encouragement to those who found the going hardest. Our group had become very supportive to each

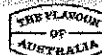
## **Tasmanian Lamb**



Purchase Lamb  
in November  
and you have  
the  
opportunity  
to

**WIN**

We love our lamb



One dozen bottles of  
**SALISBURY Wine**

MEAT & LIVESTOCK  
AUSTRALIA

Competition runs: 6th to 30th November 2000 Winner Notified:



**Enter now at: St Marys Butchery  
Main Street St Marys 6372 2274  
Brent, Diane & Adam Johnson  
Proprietors**

other and strong friendships were forming as we shared the same experiences. The two Canadians, Will and Margaret, Sandra a young woman from Sydney and myself had become good friends.

The evenings were spent in the dining tent with candles after dinner, just chatting, writing up diaries and playing word games and this was one of the nice times of the day. If Pepe thought we had been good we could have some wine with our meal - of course he was always pleased with us! He was great fun and good company and always encouraging to the ones who found the days extra hard.

One night my tent was set right on the edge of our campsite with sheer drops down into a valley and towering snow capped mountains above, what a view from the front door. We found that the early morning trips down to the 'little red tents' was quite an effort, after lying at rest for the night and then getting up to walk down to and back up from them would leave us quite breathless for a short while.

*Next time: Two more days on the trail before we arrive at Machu Picchu. Audrey*

## Break O'Day Council. Keeping the Community Informed



### Council Representatives External Bodies

At the Council Meeting of 13th November 2000, the following Coun-

cillor appointments were made:-

*St Helens Chamber of Commerce:*

Mayor Stephen Salter

*St Marys Chamber of Commerce:*

Clr John McGiveron

*St Helens History Room:*

Deputy Mayor Margaret Osbourne

*Georges River Management Authority:*

Clr Bill Daly

*Northern Tasmanian Municipal Organisation:*

Mayor Stephen Salter and General Manager

*Break O'Day Regional Tourism Association:*

Mayor Stephen Salter

*North East and East Coast Marine and*

*Coastal Management Group:* Clr John Collins

*Break O'Day Business Enterprise Board:*

Clr John Collins

### Works Program

Council plans to carry out the following work, weather permitting.

**St Helens Point Road:** Repair works will continue on the Scouts Beach section as weather conditions are favourable.

#### Upper Esk Bridge - Mathinna

Replacement works are planned for the second span of this bridge. The Mathinna Plains Road will be closed for one week. Closure dates will be published.

#### St Columba Falls Road, Ansons Bay Road and Lottah Road

Grading works will be carried out on these roads.

#### Complete Stieglitz Street Kerb - Fingal

The road verges will be sealed along Stieglitz Street.

#### Medea Park Footpath

The footpath sealing works will be completed as weather permits.

#### Scamander Bus Turning Circle

The bus turning circle seal is scheduled for completion.

#### St Marys Area

Various roads will be graded. Culverts will be installed along Bears Road

#### Tip hours at St Helens and Scamander

Council has decided to vary operating times of these sites for two days per week, to assist those having difficulties with the current hours.

The hours will now be:

Tuesdays 7am - 1pm

Thursdays: Noon - 6pm

Hours apart from Tuesdays and Thursdays will remain the same.

'Winter' will now be defined as Eastern Standard Time and 'Summer' as Daylight Savings Time. Changes will be imposed as of Monday the 20th November. The existing signs will be modified to reflect the changes.

Council would like to thank all those who have cooperated with us throughout this time. We hope that the above changes are a help to those previously experiencing difficulties.

## Christmas Parade for Scamander

Scamander will be presenting their Christmas Parade and children's Gala Party on Saturday the 16th December. The parade will commence at 1.30pm from the carpark next to Pedros, proceeding to Wrinklers and then up to the Complex for the Kids Gala Party.

**Excellent prizes:** \$200 Best Float, \$100 2nd, \$50 3rd, \$20 Best Costume, \$20 Best Bike.

\$150 for the Best Lit House - Scamander, Beaumaris and Falmouth. You need to be registered before the 13th of December to be eligible for judging, \$100 for second and \$50 for third.



At the party there will be a Jumping Castle, Magician-Martin, Balloon Tying, Performing Dog Show and lots more!

Any enquiries phone Vicki Miller 6372 5374



**GARAGE SALE  
CRAY DROP IN HOLIDAY VILLAGE  
SATURDAY & SUNDAY 25TH & 26TH NOV  
10-00AM TILL 3 PM**

**DUE TO PENDING CHANGE OF OWNERSHIP  
WE HAVE A SURPLUS OF ODDS & ENDS THAT NEED  
A NEW HOME.  
FOR SALES OVER \$20-00 EFTPOS FACILITIES ARE  
AVAILABLE**

**SOME THINGS AVAILABLE**

**BOOKS ALL KINDS  
VASES  
BUNK BEDS  
V BELTS  
SOME FURNITURE  
TYPEWRITERS  
LOWRY ORGAN  
SML BIRD CAGE  
EMPISAL KNITTING MACHINE  
SUITE CASE  
BEDSPREADS  
BOX OF TOYS  
SML SPECIAL CHEST OF DRAWERS  
CRAFT BOOKS  
CURTAIN MATERIAL  
FRAMED PRINTS  
CLOCK RADIOS ( NEW)  
TELESCOPE  
I DESK  
BAROMETER  
SEWING MACHINE  
CAPPUCCINO MAKER  
BLENDER**

**VERTICAL GRILL  
500 GAL FUEL TANKS  
ALTERNATORS  
PRESERVING JARS  
BUILDERS METER BOX  
OLD RECORDS 78S  
ELECTRIC CEMENT MIXER  
OLD PIANO  
BRIC A BRAC**



## ***Cray Drop In Holiday Village***

### ***Happy Hour***

***Every Friday from 5-30 till 7-00 pm***

***Cheap Drinks ,tickets with each  
drink for the prize draw.***

***Prize drawn 7-05 pm***

***you must be there to collect.***

### ***Full A La Carte Menu***

***Every night of the week***

***Bookings do help***

***Bar Snacks available***

***Bottle Shop Sales***

***Group Bookings taken for parties Etc or  
for Lunch Groups***

***Phone 63 722228***

***or***

***Phone 63 722564***



## State Conference Delegate Report

The Tasmanian Health Auxiliaries Annual Conference was held on the 31st October to the 1st November at the Launceston General Hospital. Pam Jones and I attended as the delegates on behalf of St Marys. Each auxiliary was asked to give a short report on their progress for the past year but as the St Marys Hospital Auxiliary has put our active fundraising in abeyance until our hospital reopens next year, my speech covered our towns overall issues.

I have the utmost respect for the hard work that has been put in by the people of this community, without their input and perseverance our hospital would not have the chance of being reopened with promise of better things to come and, in keeping with progress (something the older and younger generations cannot escape from), new and better things to look forward to.

Other issues were the loss and urgent recruitment of a much needed GP for St Marys, (if we want a doctor we have to stand up and be counted not just leave it to the few on your behalf), the Lymphoedema Centre and our community in general. Most of the 84 people attending who represented 34 auxiliaries were unaware of our immediate problems and were totally supportive, with the State Health Auxiliary Executive voting to write letters to the State Medical authorities on our behalf for the doctor situation and State and Federal authorities to have our Lymphoedema / Laser treatment recognised as a true form of medical benefit to patients. The replies of which we await with interest.

Guest speakers were Dr Peter Renshaw Director of Medical Services, LGH Management, Director of Nursing, and Judith Walker Associate Professor of the University Division Rural Health, who are pushing for nurse 'on the job' training to be brought back into the hospital system, benefiting overworked nurses, understaffing problems, patient interaction and reinforcing practical knowledge needed for patient care.

Something of concern that was to come from each delegate was the lack of response to calls for new membership within the communities. If you have just one hour to spare each month for a meeting and some-

times being called to help out with fundraising, for a worthwhile cause such as our hospital, then we ask you to give serious consideration to joining the St Marys District Hospital Auxiliary. Our next meeting is not until February 2001, giving you time to get over any Christmas pandemonium. This hospital is for you the people of the Break O'Day area and we cannot expect the wonderful work to continue to be done by the same old people (no disrespect with the 'old'), it is the next generations turn to repay our tireless workers and continue their humility toward their fellow man, after all in the long run it is you and your families who will ultimately benefit. Congratulations to past, present and newer members of our auxiliary they are to be commended and applauded.

In closing we would like to thank the St Marys District Hospital Auxiliary for sending us to the conference on their behalf.

*Delegate - Charlie Cormack*



## Eureka Farm

*'For all things  
Fruity'*

We grow strawberries, raspberries, brambles and currants, as well as a wide variety of stonefruit including apricots, cherries, peaches, nectarines and plums. Later in the season we have apples, pears and nashi. We produce a super premium fruit ice cream described by one critic in Hobart as 'possibly the best apricot ice cream in the world'. Come and sample an ice cream cone or dessert in our café and judge for yourself! We also do expresso coffee, real tea, fruit smoothies and light lunches.

**Open 7 days a week from November to May.**

*We are 1 km from the Tasman Highway  
in Upper Scamander Road Scamander  
Come and see us or phone  
Denis or Ann on 6372 5500*

## St Marys Take Away

Phone 6372 2287

**Roseanne & Chris**



**Trading hours:**

Mon-Fri: 6am - 9pm

Sat: 6.45am - 9pm

Sun: 8am - 7pm

## St Marys Newsagency

Phone 6372 2143

**Trading 7 days a week**

**2001 Season AFL keyrings  
for every club \$4.95**

**Get in early for Christmas**

**Full range of Christmas cards & wrap  
now available**

**Prices vary from \$1.10 per pack**

**New toys arriving daily**

**Layby now pick up Christmas Eve**

# St Marys Community Health Centre

## G.Ps ROSTER ON CALL: Nov- Dec.

St Helens- Fri 24th - Sun 26th

Dr Geniola- Fri 1st - Sun 3rd

St Helens- Fri 8th - Sun 10th

Dr Geniola- Fri 15th - Sun 17th

St Helens- Fri 22nd - Sun 24th

### Monday & Wednesday Evening

Dr. Geniola ph. 63742288

### Tues & Thur Evening

St Helens Hospital 63765222

### Medical Emergencies Phone:

1800 008 008 or

The Ambulance on: 000

## WHAT'S ON AT THE CENTRE?

By interest - Antenatal Classes

Please contact Patsy for further information.

Tuesday's- **Beginners Yoga Classes** starting 12:30

25th Nov- **Physiotherapist Student** for 4 weeks

30th Nov- **Postnatal Exercises and Physio Session**

St Helens Neighbourhood Hse. 63761134 with  
Shelagh Lowe and Lorraine McGee.

## 'Demolition Underway!'

As many of you are aware the demolition is well on the way. The progress has been fast and very productive with the majority of the building already being demolished. There are still some items of building materials available for sale. Enquiries at the Medical Center.

We would also like to thank those of you in the community for your ongoing support whilst the re-development has been going on. It has been a difficult time for us all, but we have coped well, especially with the help of our understanding community.

Building is due to start approx. early next week, week commencing Monday 27th.

### A thought for the Day:

'The way to get things done, is not to mind who gets the credit for doing it'.

'Men talk of killing time, while time quietly kills them'

### Beginners Yoga Classes

Commencing: Tuesday's

Time: 12:30pm

Where: SMCHC (Old Physio)

Yoga is the union of body, mind and spirit. It can greatly enhance ones mental and physical wellbeing. There are many types of Yoga that cover a wide range of subjects, in these classes we will be experiencing Hatha Yoga. No cost involved. Ph Anne on 6372 2111 for more details.

### THANK YOU!

A big thank you to all of you who helped with the Day Center stall at/ for the market on Saturday 11th . We made a total of \$36.00 for Day Center!

32 days to go  
until christmas  
day!



# PRESENTATION AFTERNOON



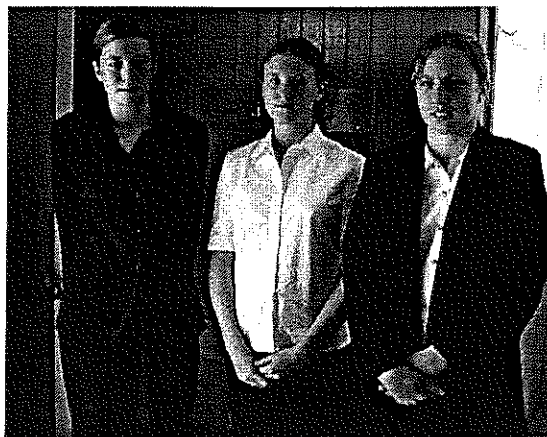
*Please join us as we celebrate  
Presentation Day 2000  
On Thursday December 14th  
At 1.30pm  
In the School Hall*

## MOCK INTERVIEWS

Last Thursday our year 10 students participated in our Mock Interview Program. The day was very successful, with students gaining valuable experience and interview skills. Thank you to those community members who gave up their valuable time to sit on our interview panels, your help is greatly appreciated.



Tom Hughes and Luke Oates



Jody Cannon, Melanie Griffiths, Erin Roberts

Louise Brown





## PARENTS AND FRIENDS

### SCHOOL HOLIDAY LEARN TO SWIM LESSONS

Parents and Friends will once again be running a summer swimming program providing there are sufficient numbers. The program will run between 9.00am and 12.00 from Monday 15 January to Friday 26 January during the school holidays. Swimming lessons will be offered to children aged 5-15 years in small groups at any level from non-swimmers to advanced.

#### COSTS FOR THESE LESSONS ARE:

\$50.00 each (one child)

\$47.00 each (2 children in a family)

\$45.00 each (three or more in a family)

*The fees will need to be paid at the school office by December 10 if the program is to proceed.*

Alison will be assessing your child/children on November 28 from 3.20pm. This is not a lesson—only an assessment. Your child will only be in the pool for 5 minutes or so.

Please return the slip below to the school office to register your interest in this program. If you have any queries, please contact Janine Midson on 63725252.

#### HOLIDAY SWIMMING LESSONS

PARENT NAME

CONTACT NUMBER

CHILDS NAME

AGE

☐ NON SWIMMER

☐ CAN SWIM MORE THAN 50m

CHILDS NAME

AGE

☐ NON SWIMMER

☐ CAN SWIM MORE THAN 50m

CHILDS NAME

AGE

☐ NON SWIMMER

☐ CAN SWIM MORE THAN 50m

CHILDS NAME

AGE

☐ NON SWIMMER

☐ CAN SWIM MORE THAN 50m



### POOL KEY HOLDERS PLEASE NOTE:

The Swimming Pool will be closed to key holders between the hours of 9.00am—12.30 from Monday 15 January 2001 until Friday 26 January for Parents and Friends Learn To Swim Lessons.

### SWIMMING POOL

The swimming pool is open for family and community use.

The fees for pool use are as follows:

Keys	120.00
Resuscitation Mask	5.00
GST	12.50
Key Deposit	10.00
<b>TOTAL</b>	<b>147.50</b>

Please note that the fees are the same as the previous season and the only increase is GST

Keys and rules are available from the office from Wednesday 1 November. When collecting keys, please ensure that you have your valid CPR / First Aid Certificate with you for us to copy and keep with your key application form.

## Dick Adams MP

Federal Member for Lyons

### Telecommunications Service Inquiry



The Federal Government has launched an enquiry into Telstra's service delivery standards in rural areas.

Do you have or have you had a problem you would like to pass on to the inquiry? If you are not happy with the service Telstra is giving with your phone, fax, medium which affects your business or home, please let me know about it.

Ring me on 1800 811134, write to PO Box 50, Perth Tas 7300, fax me on 6398 1120 or e-mail me at D.Adams.MP@aph.gov.au

**Dick  
Adams MP**  
Federal Member for Lyons

### Donations appreciated

The East Coast Counselling Service has launched a Christmas Appeal for residents of the communities it services, from Coles Bay in the south, to Pyengana in the north and the Fingal Valley.

This appeal has been launched due to the retirement of the Salvation Army's Captain Reg and Eve Tolputt, and our concern that those facing financial hardship will find Christmas that much more difficult without the Salvos presence this Christmas.

The Counselling Service is staffed by social workers Helen Preston 6376 2385 and Thom Ryan 6376 1545, and we wish to advise that donations of cash, food or toys can be left at the St Helens Neighbourhood House or at the following places:

**St Marys :** St Marys Supermarket

St Marys Top Shop

**Fingal:** Fingal Neighbourhood House,

Fingal Post Office

**Bicheno:** The Log Cabin Store

Individuals or families requesting assistance for Christmas either for themselves or others can contact either Thom or Helen and can be assured of the strictest confidentiality.

All donations of cash, food and toys will be directed toward those in need, and we wish to assure the community that any costs associated with any aspect of the appeal will be met by the Counselling Service.

Helen Preston & Thom Ryan

### 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 11am

Eucharistic Service

**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

### Anglican Parish of the Northern Midlands Services each Sunday

Ross 8am

Campbell Town 9.30am

Avoca 11.30am

Fingal 2.00pm

Mathinna Monday 10am

#### Daily Office Reading

Avoca Tuesdays 10am

Fingal Tuesdays 12 noon

Ross Wednesdays 10am

**Anglican Parish  
of St Helens 6376 1144**

**St Helens**

8am and 10.30am

Every Sunday

**St Marys** 10am

No service 5th Sunday

**Pyengana** 11am

2nd and 4th Sunday

Last Sunday of month we will share lunch together.

108 High St Mathinna Ph 6377 1234



**Harris  
Funerals**

*Lindsay & Diane*

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

Office & Res. 114 Cecilia St.

St. Helens

**Chapel** 46 Tully Street St Helens

Phone/Fax 6376 1153

Mobile 0418 133 420

We are here when you need us to  
arrange Burial or Cremation.

Pre-paid and pre-arranged  
funeral plans are available

### New Beginnings Church

Every Sunday at 10.30 with children's  
time, tea and coffee afterwards.

**ST MARYS CHILD HEALTH CENTRE**

St Marys Catholic Church  
Main Road St Marys

**OPEN SESSIONS**

1st & 3rd Thursday 9.00am—12.00 noon

**APPOINTMENTS**

Available Thursday pm

**NEXT SESSION**

Thursday 7th December 2000

**ST HELENS CHILD HEALTH CENTRE**

Neighbourhood House  
25 Circassian Street, St Helens

Postnatal Exercise and Physio Session  
Thursday 30th November 2000, 10am—12 md

Mrs Shelagh Lowe Physiotherapist and  
Lorraine McGee R.N.

A "one off" session.

All Welcome

Bring yourself and your baby  
Come along and trim those muscles  
Get fit and have some fun at the same time

**ST MARYS CHILD HEALTH CENTRE**

Temporary Site from  
20 July 2000—March 2001

Will be at  
Catholic Church Presbytery  
Main Road, St.Marys

**NEXT OPEN SESSION:**  
7th December 9am—12md

**APPOINTMENTS** available in afternoon

Lorraine 0409 361 005

**FROZEN CHRISTMAS PUDDING**

½ cup glazed cherries  
½ cup raisens  
½ cup mixed peel  
½ cup sultanas  
¼ cup toasted almonds  
1 tspn cinnamon  
1 tspn nutmeg  
1 dspn mixed spice  
1 tbspn rum/brandy or Grand Marnier  
1 dspn cocoa  
1 tbspn hot water  
4 egg whites  
1 cup icing sugar  
750ml cream

**METHOD:**

Chop fruit finely and marinade in  
liquor overnight, with the spices. Add  
almonds.

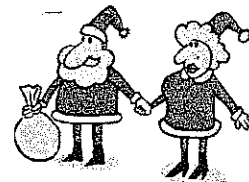
Blend cocoa and hot water. Beat egg  
whites and ½ icing sugar until stiff.

Beat cream and other ½ of sugar.

Fold together cream and egg white  
mixtures, then mix in the fruit.

Lastly swirl through the chocolate.

Line individual or large mould with  
foil, fill with mixture and freeze until  
solid.



**EASY PLUM PUDDING**

1kg mixed fruit  
3 eggs  
1 cup brown sugar  
300ml cream  
2¼ cup plain flour  
1 tspn mixed spice  
1 tspn bi-carb soda

**METHOD**

Beat eggs and brown sugar, fruit,  
cream and soft dry ingredients.

Place all ingredients into a damp,  
floured cloth.

Tie up with string very, very tightly.

Boil for approx. 5 hours.

## Christmas Eve Parade in St Marys

At the last meeting we discussed a timetable for the St Marys Christmas Parade.

The entertainment starts at 12noon on Sunday 24 December with Bank Top entertainment, including at this stage Line Dancing, Puppet Show, Jumping Castle and a few more exciting attractions that will be finalised and announced in the next issue.

The Lions Club and Local Business Children's Party and photos with Santa will be at 2.30pm followed by the Street Parade at 3.30pm finishing at 5pm where we hope a band will entertain on the BankTop until the Cabaret begins at the St Marys Hotel at 7.30pm and continue until 11pm.

We intend to announce in the next issue, the Businesses that will be open on the day to attract people not only to the parade but for some last minute shopping.

Prize money for floats and Christmas decorations will be finalised at our next meeting on Tuesday 5th December but at this stage all prizes will be increased.

We are still looking for any ideas to increase the entertainment on the day, so if you have anything to offer, our next meeting is your best chance to put forward your ideas. Hope to see you there.

*Remember Meeting:*

*Tuesday 5 December 7pm St Marys Hotel .*



### ST MARYS HOTEL

Phone 6372 2181

- ♦ GUINNESS on TAP
- ♦ EFTPOS
- ♦ KENO
- ♦ TAB
- ♦ SKYCHANNEL



*MEALS: Fri.Sat & Sun*



### ST MARYS SHELL SERVICE STATION

28 - 30 Main Street St Marys  
6372 2184 A.H. 6372 2899

**Trading Times:** Mon. to Fri. 7.30am to 7pm  
Saturday 7.30am to 1pm. Sunday closed  
**Roster weekend** Saturday and Sunday: 7.30am to 7pm  
**EFTPOS now available also Shell cards**  
**Malcolm & Marina Shead**

## St Marys Football Club

Annual General Meeting

Thursday 30th November 2000

7.30pm at the

St Marys Hotel Lounge

- ♦ Election of Office Bearers
- ♦ Financial statement
- ♦ Election of Coaches

All present & intending  
committee members welcome.



### Boil Water Advice to St Marys Residents

The Break O'Day Council wishes to advise St Marys residents that due to supply problems and suspected vandalism to the St Marys Water Treatment Plant, water will be intermittently supplied from Richardsons Creek.

The Richardsons Creek supply will be chlorinated however until bacteriological tests confirm water quality, residents should boil all drinking water for a period of 3 minutes. This supply may also be discoloured.

For further advice, please call the Council offices, St Helens on 6376 1281.

John Brown  
General Manager

### Scamander Beach Surf Shop

OPEN 7 DAYS Ph 6372 5529

[www.scamanderbeachsurfshop.com.au](http://www.scamanderbeachsurfshop.com.au)



Clothing Footwear Wetsuits  
Watches Accessories  
Surfboards Bodyboards





## Sports Centre News by Kackhander

Firstly to bowls and unfortunately the weather has not been all that kind to everyone lately with both home games rain affected in some way.

Against Bicheno it was a total washout and the game against Scamander meant that the fellows preparing the green were interrupted again.

Clive Berwick's near misses this year were finally rewarded with a top win but the other rinks missed out. However the club is still in a reasonable position with another nine rosters games still to go.

Unfortunately the trip to Swansea still awaits us this week. Swansea has proved over about 15 years to be super difficult to win at, I wonder can we change it this time ?

Just a reminder that the Pairs and Singles matches are requested to be played as soon as possible, particularly the Pairs games. Please make a real effort to do this.

With golf, the ladies have had two very successful days with clubs visiting us.

I believe the Orford Day in particular was a big success, and last weeks big day likewise went well.

To other golf and the Lefties versus the Righties Day proved to be a success also. At least twenty-five took part with victory going to the Righties again. They have now won all five encounters over the years but the Lefties are a determined bunch and will try again next year.

Adam Johnson won the Best Righties title and not to be outdone, Brent Johnson took out the Best Lefties trophy - what a pair !

Thanks to Alana Donald for doing the barby and Umesh for his bar duties.

This weekend we have the Monthly Medal on Saturday with a timesheet available, and Sunday will see the inaugural Cream Cake Day sponsored by Beth and Jim Haas.

In the next few weeks there will be the popular Business Houses Day and the Ham and Turkey events for Christmas.

There are less than two weeks still left to get your Subs paid before becoming unfinancial. Please drop it in to the Club before December 1 to avoid this happening.

The course is coming on well after the rain and a few working bees are to be held to help the greenkeeper keep the massive growth etc under control. Please give some time.

*Anyway until next time good hitting and rolling*

### Taslink Transport

*Specialising in*

Furniture removal  
General freight  
Statewide service  
10-30 cubic metres  
7 days a week  
Free written quotes



### Taslink Transport

*GW & DJ Maher*

*125 Main Rd Cressy*

*Ph 0418 540 820 AH 6397 6283*

### T.J. & C.L. DENNEY General Contractors

Onsite Sawmilling

Suppliers of Rails, Palings, Droppers etc.

Hydraulic Woodsplitter for hire \$60 a day

Full or half loads of Koppers pinebark  
and screened cow manure delivered.

**Servicing the Fingal Valley**

**Phone Tim or Carolyn**

**6391 8523 or 0407 918 523**